

**ENLIGHTEN  
YOUR  
LIFE**

•

**SPIRITUAL  
GUIDANCE  
+  
LIFE  
COACHING**

THE CHURCH OF TERRA SANCTUARIA



**ENLIGHTEN**

**YOUR**

**LIFE**

.

**SPIRITUAL**

**GUIDANCE**

+

**LIFE**

**COACHING**

by

The Church of  
Terra Sanctuaria



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More than 125 chapters spanning 985 pages containing 123,000 words.  
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# REVIEWS

**\*\*\*\*\* 5 stars**

“Wow! Just, wow! ... Full of wisdom and advice ... Will keep you highly engaged throughout ... An amazing read.”

Readers' Favorite

**\*\*\*\*\* 5 stars**

“Deep think ... The writing style and conclusions are spot on ... Prepare for intensity and guidance.”

Cassandra's Place

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Learn how to live a better,  
more rewarding life. Let  
Steve help guide you on  
your path of  
enlightenment. The  
infinite bliss of tranquil  
awareness through  
meditation and  
independence as a way  
of life can be yours too.

***Live Free***



# DEDICATION

For those who dare strive for a better reality.

For wannabe seers.

For those who try to love life.

For bad students in case they can't get anything else out of this book =).

For Society because it's deserved.

For intelligent, curious, free spirited Chicks because it turns me on to turn them on =). This is my poem to you.

For self empowerment.

For world peace.

**For you all (and us lest we forget).**

To goodness, to progress, for us all.

# FOREWORD

Four words; **have faith in life.**

Here I've bared quite a bit of my soul together with almost all the esoteric wisdom that I've accrued over my time in reality. So it's implicitly forever a work in progress. It's here to help but that's not a simple task. So either it can help you on your path right now or it can't. Here's hoping it can in some way or another.

This book is about the biggest gift I could ever muster. Pleasantly surprisingly it's mainly already written. So I can go off now, debt repaid, with thanks. A clean slate. If anyone else wants to come with then our conditional invitation stands (*see appendix VI: The Church of Terra Sanctuaria: Meditation Retreat Commune*).

My hope is that one day, someone, **maybe you**, will vibe with this book. It'll

resonate enough universal truth to reach you. If that can happen once then it can happen again. You can spread the word through like-minded individuals. Each one of you with the power to change your world, the world, for the betterment of all.

This book has been immensely pleasurable to write. Like anything truly good it was a piece of nature hanging around in the atmosphere just waiting to bloom. It was my fingers that typed it but it's always existed.

Enjoy,  
All the best,

Steve

Spiritual Leader  
The Church of Terra Sanctuaria  
Terra Sanctuaria  
Gaia  
Sol System  
Milky Way  
2016AD

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# INTRODUCTION

These teachings are written by Steve the Spiritual Leader of the Church of Terra Sanctuaria.

These base, enlightened truths shine with their own light to help guide you on your own path of enlightenment. Enlightenment is a gradual awakening, a dissolving of past delusions, a greater awareness and understanding of reality.

Follow these instructions and you'll see how they help your life gradually, more and more each day. **Learn how to live a better, more rewarding life.**

Be spiritual but don't forget to be physical. Reality can be good, it can be fun, it can be worth it.

Be aware of the Heisenberg principle at work as you read these teachings; the act of observing an event influences it. Don't

worry, crossing a bridge doesn't often damage it!

This book is written purposely in an under-written style. Each word is important while superfluous words are omitted. The phrasing might be difficult to understand and the concepts testing of your world view, your belief system. It consists of a heap of small chapters like a reference manual or encyclopædia of life. You can read it likewise by each chapter that captures your attention rather than linearly like a novel. **It's a guidebook to reality, instructions on how to enlighten your mind and help improve your daily experience of life.** If a chapter seems silly or confusing move on and try another. The more you read of it the more it should become readable. **Get from it what you can.**

We can help you change but you must wanna change. We can be a map for all those that wish to cross the water. **It is yourselves that must make the**

**crossing.**

**There's only one constant in life and that's change. Ain't nutin' to it but to do it!**

**This is your life. Be all that you can be. Do it now!**

We show you:

- How to progress along your path of enlightenment,
- How to start exercising and get a good healthy diet,
- That you are 3½ billion years old and counting,
- How to program yourselves and reinforce positive activities,
- How to gradually distance yourselves from the madding crowd,
- How to have Tantric sex with orgasms lasting for hours,
- How to reduce negative energies in your life and free yourselves from any negative history,
- And far more...

# ABOUT THE AUTHOR

*Read his autobiography at the end of this book for more about the author.*

Steve, the Terra Sanctuarian Spiritual Leader, has lead a four decade life of relative solitude. He has studied the ancient 中文 (Zhongwen or Chinese) 道 (Daoist or Taoist) 易經 Book of Changes (Yi Jing or I Ching) for decades. He has survived decades of megopolic life and escaped into the countryside.

He's been on dedicated meditation retreat for the past couple of decades and now he's reaching out to others to turn them on to their inner godselfes.

Brought up as any latter 20<sup>th</sup> century kid, with the TV on for hours daily and microwave TV dinners. Computer games from the mid-'80s for years. He ate the occasional Big Mac and worked in an office. He found enough sense in

the early-'00s to altogether stop eating fast food.

He's like really far-out and he finds it funny sometimes comparing himself with an average citizen and seeing how much he's changed. Check this out... He first stopped watching TV in '92 when his life started getting more social (less watching and more doing). He stopped going to the cinema in '02 and has seen only a few new movies per year since. He stopped smoking, and drinking (the first time) in '03. He listens to hardly any of the music of Society these days, having basically stopped around '03, though he now makes his own music. He went organic in '06 and vegan in '08. He hasn't cut any of his hair since '08. He's quit cannabis more than once and even opioid painkillers. In '17 he stopped alcohol. For many years he didn't follow the news at all, now choosing to for security purposes because **it's good to know**. He stopped working for others and started working for himself in '96.



Experienced from half a decade of psychotherapy he has seen his own programming. He's visited deserts, mountains, forests and jungles over four continents and experienced 18 countries / states (and passed through another 8). He's fit but he's been fat, he's been high (living in a New York penthouse and on a European mountain), he's been low (living below sea-level on a man-made island and on a couple of tropical islands), he's had 3+ bedrooms to himself and has been homeless, he lives globally and has been East and West (but not yet South), he lives healthily but he's been an addict, he's been wealthy (chartering a helicopter night flight around the Statue of Liberty) and he's been poor (walking for three hours on a week-empty stomach to a soup kitchen), he's a Free Man now but he's been a slave, and a prisoner (for more than a year of his life). He's socialized with millionaires but not billionaires, rested in a shanty town shack with pictures of the monarchy on

the wall, shared a spliff with a friendly dealer in a \$35 per month, concrete, 8 sqm (80 sq ft) room without plumbing and only intermittent electricity, housing the family of four in one of the poorest countries on our shared planet, been arrested by a SWAT team, labeled criminal, illegal alien and insane and been forced to briefly mix with murderers, gangsters, thugs, burglars, thieves and other assorted criminals (often hard drug addicts). Been approached by a couple of deadly snakes before they were beaten to death by locals, uncovered scorpions, sucked by ticks and leeches, had four operations, been high enough to leave physical reality behind for hours, ridden a pony, a sensibly reluctant camel and an elephant (all as a kid when far less aware). Found and lost some jobs. Found and lost some homes. Found and lost a few lovers. This is as may have happened when one achieves such a wise age =). **He's proud to be a rebel, almost grown out of being a foolhardy idealist and ever a steadfast**

**libertarian. A duty he's always felt is to provoke people into thinking freely.** He's said 'no' to Society and meant it, living a separatist life. He's run his small business for two decades and it funds his retreatist life.

In a parts of this book are our ideologies. They may seem anti-social, rebelliously and subversively anti-establishment and by no means Politically Correct. This is because Steve's decided to, then taken the years to, think things out for himself rather than ignorantly allowing Society to give him his beliefs. Although, of course, like everyone else Society's views were the ones he started off with.

**Changing the world one mind at a time.** With the enduring principle about figuratively teaching fishing (to those who can then teach others to fish) he may one day feel that he's achieved good within Society in a way quintessentially unavailable via his computing business.

“The responsibility of the writer as a moral agent is to try to bring the truth about matters of human significance to an audience that can do something about them.”

Powers and Prospects (1996) book,  
Written by Noam Chomsky (1928-),  
US linguist

# HOW TO USE THIS BOOK

This book is designed to help guide your progress along the path of your enlightenment.

Our religion, the Church of Terra Sanctuaria, is a way of life. A spiritual belief system, structure of behavior and an ideology. **The majority of teachings in this book, however, are simply psychological and philosophical truths.** Steve discovered them through years of enlightened, meditative awareness combined with logical thought. So in many ways this is barely a religious or spiritual book at all and yet when taken fervently as a whole it is our bible. Feel free to ignore any parts which you think are religious and simply appreciate it for its science. Wear makeup, aftershave, work a 9-5 and see if we care (we do try).

“The manual will not be understood by anyone who has not had a consciousness-expanding experience.”

The Psychedelic Experience:  
A Manual Based on the  
Tibetan Book of the Dead book,  
Written by Dr.s Timothy Leary,  
Ralph Metzner and  
Richard Alpert (Baba Ram Dass)

## **WHAT’S IN IT**

It consists of three parts plus appendices. Around 125 chapters cover every important aspect of life.

### **• PART I: SPIRITUALITY**

In this part are descriptions of the truths you’ll see more and more of as you progress along your path.

Each chapter has a rating; easy, medium or advanced, depending on the amount of enlightened consciousness you need to understand it.

These may be difficult to comprehend at first but have a logical truth to them which resonates out. Slowly try to digest these. Returning to them over time. They contain a high density of universal truths which is naturally a lot to take in.

The prime focus of an experience (your life) gaining enlightenment is **meditation** and increasing **awareness**.

To progress down your path you must start to properly look at your world. **Reassess everything.** Just two small words but they mean the world. **Reassessment is as much an ongoing process as enlightenment itself.** It's imperative, and it's gradual; it takes time.

We describe the **tenets**; the core ideals for an enlightened experience. A multitude of chapters cover all the prime **important concepts** in spiritual life.

## • **PART II: PHYSICALITY**

In this part are instructions on how to guide your life further into an enlightened state of being.

Try to follow our recommended methods about how to live in order to clear your path and free yourselves from Attack (evil).

These chapters cover the day-to-day aspects of following your path of enlightenment. We focus on beautiful **pleasures** in one's daily experience because they're deserved. There are chapters on the use of medications (**meds** or drugs) as their use has been consistent throughout human history.

We write about **Society** as it's **the** major part of everyday existence and about the **USA** as it's the leading country on the planet. We discuss **ethnicity** as it's an essential part of life.



## • **PART III: ISSUES**

In this part we cover the important **governmental and societal issues** of our life on Gaia (Earth) today. Like the right to **free speech**, to **self-medicate** and practice **free will**.

We cover the **Societal issues** both historic and current including **WWII**, **WWIII**, **Islam**, **Islamic State**, the 2010s' refugee crisis, **financial iniquity**, **politics** and **hate**.

## • **APPENDICES**

Seven appendices provide more information on the **易經 (Yi Jing) situations**, cover **frequently asked questions (FAQs)** and list further **reading, watching and listening** material. There's also a chapter on our **church, a meditation retreat commune**, plus the author's **autobiography**.

## **WHAT'S IT ALL ABOUT**

**Enlightenment is a path to follow that forever progresses over the days, the years, the decades. It requires and it helps dedication. It produces actual physical and mental results.**

Sometimes the bliss of enlightenment is tempered by the experience of the nightmare one's surrounded by. (Change your surroundings and come and live & learn with us.) Psychedelics can show a premature glimpse that occasionally can be a useful yet torturous carrot.

**Your life, your experience, your reality is a synchronistic energy matrix. The world is energy, vibe, spirit. For reasons of cultural habit and practicality it requires practice to gradually awaken to this view, to shake off the filters that prevent this clarity. **Meditation, awareness and independence as a way of life, a focus that gets more and more of your attention until it's a constant aspect of your life shall open your path.****

**Reevaluate your world.** Reconsider and reauthorize every little thing in it and in doing so own your world, make sense of it and your life in it.

It takes time for abstract concepts to become understood through repeated practical application.

This book lasts for decades of enlightenment. Some of these universal truths you can see now while others you can only understand over time. This is especially true with the chapter on Attack (evil), it's far-out!

Trust is built gradually and delusions fade similarly so take your time with this book and try various chapters for understanding.

**Attack (evil) can be gradually removed from your life but it takes time and dedication.** You'll reap the benefits so

this'll be encouraging but there's no shortcuts.

**Stay relaxed, stay peaceful, eat well and exercise frequently.** Your will is to survive, trust yourselves. Pleasure yourselves in a spread of ways frequently. Whether it's trying to craft a table, drawing a cityscape, doing an anagram, crossword or math, making bread or whatever else. **Exercise your creativity, exercise your mind.** Stick with it, stick with your own reality and you'll gradually be able to shape it more and more to your liking. (Don't be slothful and accept the docility that Society wants for you. Don't spend too much time being pleased by others, with TV, movies, video games, books and music.)

Cleanse your life of unwanted habits. Let meditation and exercise help you. Quit smoking. Notice when you run your fingers through your hair, scratch your nose or cough. Reevaluate your likes and dislikes. Gradually over time. Use

logic in your reevaluation. **Trust your own belief in logic to guide you.**

**This book tries to get across the philosophy of walking your path of enlightenment.** We cannot completely guide you every step of the way for the rest of your life (*see appendix VI: The Church of Terra Sanctuaria: Meditation Retreat Commune*). **You must walk your path alone, essentially.** Yet we're here to help. **Use the tenets of SAFΣDIFIT.**

**Wholeheartedly try and you shall become more enlightened.** It's that easy. It's natural. **Enlightenment is the natural state of being.** It is however long forgotten and so takes time to get back there again.

**Don't get obsessed.** About this book and as a general rule (=). Stay skeptical, don't believe everything you read! **Simultaneously stay open minded and give new ideas a try.**

There's a darker view of this enlightening book. **Part of the fun of life is discovery. Clues help you get to the answer yourselves. Be wary of how much you rely on this book to provide answers rather than useful hints and clues.** Its esoterica is naturally oblique but most times it shoots directly for the bullseye. Nothing's perfect. Even if we say something to be true you'd want to see it for yourselves just to be sure. Be careful so as to maximize your enjoyment =).

## TO SUMMARIZE

We guide you:

- On how to see the world for what it truly is not what it's portrayed to be,
- On many aspects of your increasing awareness of your daily reality,
- On how to shape your consciousness to deal with your new awarenesses, to cope with your new views of life,

- On grounding yourselves in the world and using it to please you. That's what it's there for,
- On focusing your life. It's easy to do if you do it gradually. It's easy to do because you know how much it'd help your life =),
- To organize yourselves. To focus on yourselves. To give yourselves the time and space that you need to seriously look introspectively at yourselves and the life that you lead. To look into your personality and your habits including your speech,
- To chose to **grow up**. To **take responsibility for yourselves** and start to grow your natural powers,
- To plan your life. To schedule your time and see real progress towards your goals,
- To ensure you grow physically as well as spiritually. To start to exercise a little every day. Like a daily hour's walk of a few kilometers or miles to a store or a park,

- To improve your diet. You could try a meat free day &/or go organic and reduce the toxins in your body,
- To keep happy; you deserve it! To make sure that your pleasures are fulfilled,
- To more and more give yourselves quiet, peace, time where you can be undisturbed. This distance from the madding crowd will help you grow internally, improve your composure and help clear your mind space,
- Every step of the way! With the texts on the enlightened truths of life you'll find this book is written in a kindred spirit to provide light and hope.

This is a book full of positive energy, of enlightened insights into reality, ready to help you unleash your full potential in life. Do yourselves the favor of flicking through it and see how you take to it. It won't take up too much of your precious time! Give it a few moments of your contemplative thoughts and it may just help you improve your life immeasurably.



Everything must say no somehow. **This book isn't written as parable despite our understanding that it'd be easier to soak up its knowledge if it were.** This leaves it in a Catch-22 position and possibly the reader like the horse led to water. The core paradox is that we know often you have to learn from your own mistakes. This takes time. You need to be enlightened to fully understand some of these truths. Yet some light is better than no light at all. We have faith that universal truths can shine enough to reach some people in some states of consciousness. So there =P...

“Helping someone is the same thing as messing with someone.”

Suzie The Bear,  
The Hotel New Hampshire (1984)  
movie,  
Written by John Irvine  
and Tony Richardson



# **PART I: SPIRITUALITY**

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# KEY BELIEFS

*Level: Advanced*

Our three key spiritual, philosophical &/or psychological beliefs are:

## 1) You exist:

### Self

Solipsism. **That there's only you.** Yet this is, as is every view, only one view albeit the base view.

## 2) Then you create your reality:

### Reality

**Self-creationism creates your reality.** You create your multiverse for yourselves to enjoy.

## 3) Reality starts as energy, which is imperfect as it is now necessarily separate from you:

### Energy

Reality at its base state is **energy, vibe.** **Good vs. Evil.** Life, in the most basic of views, is as simple as the eternal struggle

of good (you) versus evil (Attack, more distant to you).

# MEDITATION

*Level: Easy*

**Your life's focus should be meditation. Your main focus of every day. Your main focus of every action. This will move you along your path of enlightenment.**

There are so many different approaches to meditation. **The ultimate aim is to bring your focus to yourselves then more internal than those personality traits to your body and to rawer reality. To leave common reality with bodily stresses far behind and be at one with your experience, at peace.**

Common meditation practices are to focus on one's breathing, letting one's mind stop its internal chatter. To focus on one's body through visualization and cleansing and relaxing each area from head to foot. To focus on tensing and relaxing each muscle in succession from

head to foot to give focus to your relaxation.

**A favorite meditation of ours is to hum and let your hum resonate through your body. Then, as you settle into this, lower the pitch of your hum. This simple, yet ever so internalizing and cleansing. This can be a deep reaching meditation. The theme tune for your life should be a deep hum. With your own songs an inspiring change.**

A standard being in your exercised body and simply lying down relaxing and resting, calming the mind, can bring on a deeply relaxing sleep meditation.

**At most times keep your mind focused in the moment, the now.** This allows focus on your awareness of the now. The 易經 (Yi Jing) talks of times when not to let your thoughts stray beyond your current situation. However also the mind

likes to make sense of what it experiences. It's useful at times to let your mind wander somewhat and deal with those nagging and hanging around thoughts. Allow yourselves to consider recent events. What others said and did with you and how you interacted or at least how Attack showed you interacting. Give yourselves time to plan your life and to prepare both mentally and physically for your planned events.



# AWARENESS

*Level: Easy to Advanced*

**Along with meditation a constant focus on increasing your awareness enables you to progress your enlightenment.**

With correct focus over time you'll see the gradual progress of your awareness expanding constantly to new levels.

**Goodness and the natural world are beautiful.** You created it so of course it is. *See chapter Self-Creationism.* Every little thing. Every large thing. It all matters. **It all deserves care, attention and your most blessed possession; intelligent thought.**

Attack (evil) also deserves awareness (and care) including the natural progression of this; intelligent thought about your world now in your consciousness. **For your own security.**

“Be here now.”

Baba Ram Dass (1931-),  
US spiritual leader  
And cohort of Tim Leary

**Today is the best day of your life.** We say this because today you are the most progressed along your path of enlightenment that you've ever been. **You have accrued the most amount of experience ever for you to have available to analyze and learn from.**

**Plan and pre-authorize all non-autonomic bodily movements.** For instance actions like getting out of bed, opening the drapes and **scratching your nose.** **Beware of propensity to action.**

With dedicated practice it is possible to see the vibe of the energy of a given situation. This is made up of various factors. See *chapter Factors*. **This is one of the most important awarenesses in life.**

**The paranormal exists, it's just not fully explained by science yet. Don't be perturbed by your new awarenesses. They're simply a forgotten and repressed part of natural human life.** Movies that show increased sensory awareness (extra sensory perception (ESP)) include The Sixth Sense (1999), Minority Report (2002), Donnie Darko (2001), Unbreakable (2000), The Dead Zone (1983) and Star Wars (1977) amongst others.

**Sensing upcoming change like large life events is a basic enlightened awareness.**

**Aim to dissolve the barriers restraining your subconscious from your consciousness. Your consciousness does serve the purpose of protecting your subconscious.** Like a cache, a filtering system for handling everyday life and

extracting only the best to go forward with you. To accept into your reality. **So be gentle and gradual with yourselves.**

“Open your eyes and you shall see.”

Lee ‘Scratch’ Perry (1936-) et al

**Don't be the alien ape that doesn't understand the world around them.**

**Know how things work.**

For instance know how the engine of your car works, know how your pen works, know where your food is from, know who claims ownership of the land you're now on, know how the electricity that powers your phone was generated, know how the laws Society tries to adhere you to were made, know how your clothes were made from pesticide laden, genetically modified, Third World cotton plantation and polyester chemical plant to loom to seamster / seamstress again in a less developed country to warehouse to delivery to you. What are your views on this? How can your world be improved?

**It's your world and it's good to know.**

**Awareness brings responsibility.** You can't say "I didn't know!" It especially brings the responsibility to improve one's situation.

**You must love your new awarenesses bringing more truth into your consciousness. You'll feel the pain of the realization of imperfection in your life and in the world around you.** Deal with it anyway you can and focus on appreciating your insight. If people are too fearful to want to see the truth of their reality then we appreciate that. It's understandable. It can be a very nasty reality to awaken into. If they need to keep deluding themselves to maintain their status quo, their normality and their life with all it's 'normality' then so be it. We choose the truth even when it's a hard pill to swallow. That's our choice.

In calm times be aware of your breathing and your heart beating. Don't try to control them other than to keep them

relaxed. Listen as you would watch a river flowing besides you.

Be able to visualize people naked. Taking into account their possessions including those out of sight. For example for security reasons you've visualized where their testicle are to kick if needed and checked whether or not that's a weapon they're carrying in their hand. Plus for the erotic aesthetic there's often a sexy body under their clothes!

**Widen your field of view.** Looking straight ahead you can see far more than in the center of your focus. Practice this. It gives you far greater vision without giving away the object of your visual focus. Social groups like to stare at, to scrutinize their members. This is unnecessary to see them.

**See with your Third Eye, your mind's eye.** Visualize your environmental vicinity as a 4-dimensional model (the spatial 3-dimensions plus the dimension

of time). Each of your eyes add some visual information. Each of your five senses; sight, sound, smell, taste and touch, add information to your model. Plus utilize your sixth sense, that which current day science can't explain. Note that too much focus on any one sensory organ such as your right eye is unbalanced and leads to a far less well formed environmental image.

Be especially aware of the levelness of the ground upon which you walk. Notice the obstacles like bollards, lampposts, curbs and trees.

Your model of your environment is not limited to standard views. **See other layers.** For example see levels of hygiene, like a dirty street floor, a possibly infected, recently used, meat chopping board, your hands after receiving change, holding a hand rail or shaking hands. See levels of danger for instance walking over a manhole cover which obviously is a cover for a hole

compared with walking on solid ground. Be aware of the people in your model, the one's that are easier to spot and the probabilistic fact of the people out of standard sensory range. Like the people in the houses or schools as your walk down the street. Have an awareness of the vehicles on the street and the people in them. Notice the birds in the trees and other animals in your environment. If audible be aware of the planes flying overhead.

Gradually learn to feel the vibe of the different times of Society. The different hours of the day, morning rush hour vibes and coming home from a long day at work vibes. The days of the week, Sunday's home group and preemptive annoyance (and (r)itch) at Monday vibes and Thursday's craving the weekend vibes. The seasons in a year, the promise and rebirth of spring and the deadly harshness and often depression of winter. At least.



“I don’t like Mondays. This livens up the day.”

Brenda Ann Spencer, 16 years old,  
In response to a question of why she  
shot children arriving at the Grover  
Cleveland Elementary School in San  
Diego, California in 1979 with her rifle  
killing the two adults herding the kids  
indoors and injuring eight kids  
and a cop<sup>1</sup>,

Written into the song ‘I Don’t Like  
Mondays’ (1979) by Boomtown Rats,  
Written by Bob Geldof,  
Covered by Tori Amos

“I wanna wake up for real. How do you  
really wake up?”

“I dunno. I dunno. I’m not very good at  
that any more. But if that’s what you’re  
thinking, I mean, you probably should. I  
mean, you know. If you can wake up, you  
should. Because someday you won’t be  
able to. So just... um... but it’s easy, you

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<sup>1</sup> Source: snopes.com

know, just, just [waves hand through his air] wake up.”

Main Character talking  
with Richard Linklater,  
Waking Life (2001) movie,  
Written by Richard Linklater

# REEVALUATION

*Level: Medium*

**Reevaluate your world. Reevaluate every little thing in it. Challenge everything.** Everything that you've been taught, everything that you're being taught, everything that you used to do prior to this moment right now in your life. Consider, **think** about, every word you use, every tool you use, every item of clothing you wear, everything you eat and every habitual action that you do. **Rebirth yourselves!**

Of course this rebirthing takes time! But it makes you sure of yourselves, of your world, your life. **It let's you make sense of, understand, your world and this understanding is invaluable. It puts your life gradually back under your conscious control.** You reassess yourselves, reauthorize your life.

To reconstruct your life the way you want it to be you have to knock down some walls. **You need to stop before you can restart.** Stopping gives you some distance and the peace to find your footing on your new path.

**You must gradually learn to think for yourselves. Like the working out of a mathematical formula. Everything must be taken far back to basics to understand more about it; how it came to be, what it means, how it can be improved upon, etc.. This takes time.**

# TENETS

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# SECURITY

*Level: Easy*

**Security is the #1 issue in life.**  
**Survival is a necessity.** Properly protect yourselves to ensure your safety; your survival.

We need space, then health, then oxygenated air, then shelter & warmth, then water and then food. First for our brain and then for the rest of our body. As the Bee Gees said it's about staying alive! That simple!

**Security is proportional to your available funds.** There's no question about that. The more money you have the safer you are. From emergency healthcare to legal services to daily moisturizing to a strong roof over your head not dependent on your job to travelling in your own car, boat or plane compared with public transport. Wealth helps health.

**Use every security method available to you.** Like, “always get a receipt,” as they recommend in the Memento (2000) movie (written by Jonathan and Christopher Nolan).

“[Present day Gaia (Earth)] is an extremely primitive and paranoid culture. Chekov will issue a phaser and communicator to each team.”

Admiral James T. Kirk,  
Star Trek IV: The Voyage Home (1986),  
Written by Gene Roddenberry, Leonard  
Nimoy, Harve Bennett, Steve Meerson,  
Peter Krikes and Nicholas Meyer

**Personal security is of great importance. Always carry a defense spray like a Star Trek phaser set on stun.** We recommend the Sabre brand spray containing both OC (pepper) and CS (tear gas) components (plus UV, invisible dye for potential later identification by law enforcement). These Less-Than-Lethal weapons

protect you from attackers while also protecting you from hurting them too permanently. We suggest you check out the Jackass<sup>2</sup> demonstration video on the Sabre website showing just how extremely effective these nifty little weapons are (especially compared to expensive and bulky stun guns). Know that you wouldn't risk using it to protect yourselves from robbery instead only if in imminent physical danger. **Peace through superior firepower.**

**Always carry a charged cellphone when outside your home.** Even when jogging, popping out to your local store, etc.. This gives you a direct line to Society's emergency services in case you trip and break your ankle or witness someone being mugged, for instance. Old clam-shell cellphones used to even look like a Star Trek communicator.

You know not to accept any food or drink

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<sup>2</sup> <http://www.dickhouse.tv>



from anyone you don't know well. This means always having your drinks within eyeshot; not leaving them at an empty table while you use the restroom nor leaving a water bottle in a taxi unattended. It's easy to slip meds like Rohypnol (flunitrazepam), GHB (gamma hydroxybutyric acid) or a classic Mickey (chloral hydrate) in to knock you out then have their wicked way with your body &/ items, and maybe they won't ever let you wake.

With a 50¢ brick anyone can open your ground floor windows. With a \$20 lock pick set anyone can open cylinder door locks so you wouldn't hear them coming. Even if they couldn't kill you in unarmed combat, which is easy, a knife or ice pick costs only a few dollars. A woman or a child if so inclined could easily carry out an assassination on you.

Be very, very careful of the consequences of portraying yourselves in public as weak at any time.

Consider the rarity of seeing a police officer while out for a walk and how far away they'd be if you needed them to protect you from a mugger, rapist or drunk hooligan.

For megopolic security self-defense classes can add invaluable practical skills like Choi Kwang Do<sup>3</sup>, a Korean-American, modern martial art, 日本語 (Nihongo or Japanese) 合気道 (Aikido), ハプキドー (Hapkido), 柔道 (Judo), 忍術 (Ninjitsu) or others. Too great a focus on violence however does detract from the naturally peaceful vibe.

You can't be aggressive. A peaceful attitude is a necessity. To be at peace one's vibe must be of peace. We exist in synchronicity. Bear no ill will towards Society. Some say you get back what you give out times three. A mask, a look of aggression or sternness is just that, a

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<sup>3</sup> <http://choikwangdo.com>

mask, and far different from actual aggression. In cities it helps repel Society. **You don't have to smile or overly emote to people just because they want you to. Ideally your façade should show your profound inner seriousness (from which all outer terrors harmlessly glance off).**

Go far out of your way to avoid physical conflict yet if it is unavoidable then **you must win**. Kneeing testicles, gauging eyes, scratching, biting, bludgeoning, etc.. **By all means necessary**. Nothing is off limits when it comes to your physical security. Try to inflict pain as your goal is to stop their violence while avoiding killing them. For if you were to kill them then Society **could persecute you**. Obviously use Societal law enforcement as soon as you can. That's what they're there for and you pay for them.

**Violent people usually target people who appear vulnerable.** 7DS envy &

wrath often play a large role. Whether it be envy of your intelligence, your class, your funds, your happiness, etc.. **Violence is a group behavior.** Keeping alert and aware of your environment while avoiding much eye contact or acting aloof when out and about is good practice.

**Always know how you're better (at being how you want to be) than others.** So you can win in a competitive viewpoint. Be it superior skills, superior morals, more funds, less or more shabby clothing as you prefer or whatever. That you're wiser, more knowledgeable about a fave subject and how that's good for you or simply are more content. **Know your strengths. Be confident in yourselves and don't feel the need to compete arbitrarily.**

The 易經 (Yi Jing's) imagery includes the Veiling of One's Light. You must be all you can be but this is for yourselves and

around Society strong people are resented by others. **Don't be seen as a show off.** The ideal is to mainly not be seen, innoculus, and when you have to be then be seen as normal and standard as possible, without portraying yourselves too stupidly. This minimizes external energetic interaction, minimizes your memorability footprint, minimizes 7DS envy & wrath and lets you pass by them with ease.

Military expenditure, space bombers, missile defense shields, Mutually Assured Destruction (MAD), etc. all help us sleep safe and sound in our beds.

In 2016 the global nuclear weaponized states were the USA, Россия (Rossia or Russia), 中国 (Zhonghua or China), Britain, France, ארשיל (Yisra'el or Israel), پاکستان (Pakistan), भारत (Bharat or India) and 조선 민주주의 인민 공화국 (DPRK or North Korea). ناریا (Iran) was not far away from being able to make them also.

The United Nations (UN) has a security council (UNSC) with five core members, USA, Россия, 中国, Britain and France, plus ten rotating members from the other global states, for two year terms.

“[Global thermonuclear war between nuclear powers is] a strange game. The only winning move is not to play.”

Joshua the AI,  
WarGames (1983) movie,  
Written by Lawrence Lasker  
and Walter F. Parkes

Digital security is very important in this digital age. If you don't want your personal info stolen then don't give it out to demanding websites. **Don't permit them to store your bank card numbers.** You could use a fake birthday. Any even half skilled programmer won't store your password, they'll instead store the hash (geek speak) of it so that shouldn't be a concern

at any major website. Keep most of your funds in your savings account and only a small amount in your checking account so your card won't have any funds available for thieves to take. Transfer anything online that you need for the day.

Any nude selfie sent to anyone or any revealing photo anyone else takes of you could end up, without blame, on the internet where **it can stay indefinitely** for your future employer, passersby, grandkids, etc. to see. Images even stored only on your computer are theoretically also vulnerable. However constant use of anti-malware plus firewall software, like Norton Internet Security for both, should protect you fine. Use encryption to file them safely away and you have no concerns other than forgetting your passphrase. Use high strength encryption with large, obfuscated keys and even governments can't open them without your help.

Germs, micro-sized lifeforms, are a

threat to everyday peaceful survival. They can infect one and make one ill. **Awareness of cleanliness levels is important to healthy living.** Awareness of the cleanliness level of each area that you encounter; when out & about, each area of your home and especially how clean your hands are. Wearing gloves when outside your home protects your hands. They're great for carrying bags when shopping or traveling. How often do you think a taxi driver cleans the underside of their door handles? Pocket sized hand sanitizers (which contain mainly alcohol) will disinfect hands before eating a snack. The near invisible germs will be killed by the alcohol and be dead (harmlessly inert) when you eat them along with your food rather than starting a new colony within your body. External illness enters people's bodies to infect them. So protect your mouth opening; only put clean things in not food from dirty fingers. Protect your sexual organs and fluids. **Especially protect your blood.** Any germs which get



access bypass security levels and are instantly invading you immensely.

**In the '90s the adverts said 1-in-3 people would contract cancer in their lifetime. Now the ads say 1-in-2. This is a shockingly drastic increase. Scientists have a term, LD50. It's the dose at which 50% of lab animals die after receiving it. You're the lab rats. You're receiving the LD50 dose from Society. It happened yesterday, it's happening today and unless you wise up it'll happen again to you tomorrow. Find a reason, a link, for science tells us there must be one or, more likely, some. What has changed? Our consumption has definitely become more unnatural; more agricultural chemicals consumed, more GMO consumed, more chemical pharmaceuticals consumed, more artificial flavors, flavor enhancers, sweeteners, colors and preservatives consumed. Our environment has definitely become more unnatural;**

more EM in our atmosphere, possibly more toxic waste in our environment, fallout from the nuclear power station accidents at Chernobyl and Fukushima, more toxins in the environment of the livestock industry consumed by the livestock consumed by people. See *chapters Eating and Drinking, Vegan Diet and Other Meds.*

**There's no such thing as a panacea.**

**Know that illness comes from without, from external invading.** The solution is *distantia* (distance) and *internus* (internalization). These ideals can be supplemented with modern medicine in **extremely** limited doses. We take care of our own teeth and don't attend dentist surgeries. Where livelihoods depend on our (and others') ill health we chose not to trust the benefactors be unbiased. We still need medical treatment maybe once per decade per person then again we've yet to get our own x-ray machine. We don't trust homeopathy to help. We do

trust and marvel at acupuncture as a healthcare treatment. **Also the awesome power of spiritual healing does work marvels and theoretically miracles.**

**One cannot differentiate between one's soul and one's body.** The body is the façade of the soul. **It's one's interface with reality.** We disagree with organ donation because it's desecration of the dead. We disagree with receiving donated organs for the additional reason that it's accepting of external invading to an ultra deep level.

Terrorism spans the globe. There's no possible justification for the premeditated murder of non-combatants or non-wagers of war. It's not war, it's murder. Whether it's **عَدَاةٌ لَّا** (al Qaeda), IRA, **عَادِش** (Daesh or Islamic State) or others. If terrorists have a cause any legitimacy is drowned out by murders committed in their name.

Swimming goggles protect your eyes from tear gas and pepper spray. A DIY mask, like a P3 quality from 3M, should give lifesaving protection if the worst case terrorist attack of a dirty nuclear bomb were to hit. Obviously providing protection against biological and chemical attacks also.

“Never leave the boat.”

Apocalypse Now (1979) movie,  
Written by Francis Ford Copolla

Never leave the figurative boat of security, or you risk dangers that you weren't even aware of let alone prepared for. (And never say never.=)

**Collect for yourselves a decent First Aid box.** Consider antacid chewable tablets and fizzy, soluble aspirin, jelonet waxed gauze, leukostrip skin closures, betadine spray, antiseptic cream, antiseptic wipes, plasters like Band-Aids, micropore tape, sterile dressing pads and bandage. Even consider a stitching kit.

This'll cover you perfectly for all minor to medium cuts, grazes and burns plus stomach upsets and minor aches and pains. If you develop larger pain you can then buy some acetaminophen & codeine meds like Tylenol-Codeine. Not keeping any at home will stop any craving to take them without valid need. If you can get the prescription then Valium (diazepam) 5mg split-able tablets can be invaluable in times of ultra stress at doses from 2.5-25mg every quarter day as needed. It's advisable to keep an antiseptic wipe and plaster in your wallet or handbag so you're able to tend to yourselves when out & about. If you ever have to travel outside of the First World then take a sterile needle kit to prevent potentially fatal blood infections.

**Stock up for a civil emergency.** A few days (to weeks) of canned food and bottled water won't set you back much, won't take up too much space and could save your life. In mid-2016 the Deutsch (German) government gave a public

announcement for it's citizens to prepare exactly like this. Candles and a lighter, or a wind-up lantern will help you at night. Low cost extras like a gas camping cooker would be appreciated if needed. Have enough insulating comforters to keep you warm at home should your heating stop.

**Check the news every morning.** Reading it online gives you the power to easily pay it no mind or to read in more depth as you choose. This tells you the general state of Society on your shared planet. It warns you of imminent threats to yourselves and to others elsewhere on Gaia (Earth). It tells you what Society is informed about. You then have a defense against someone saying to you, “what do you think about that Martian invasion then?”, etc.. Your energies will know that it's bullshit. Mainstream news is very useful but there are always stories which it refuses to report. Social media and smaller websites convey these stories. It's often a good idea to read the

weather report. Again online websites can provide temperature highs & lows and matter of fact recent rain radar images to give you a chance to see bad weather approaching and allows yourselves to predict the chances of getting wet.

Check that all factory food you buy is sealed. This stops large Attacks like deliberate poisoning and smaller Attacks like nosy customers, maybe kids, opening the food and getting it dirty &/infected before you. It's the norm for Society to seal these foods for these reasons. Check the date on canned food you eat. This stops you eating food that's past it's best and maybe breeding micro lifeforms. Society dates it's cans for this reason. All you're doing is checking to see if your reality matches up with a decent quality of Society. Rather than foolishly trusting external or your own energies to ensure this for you. Know that if inadvertently you bought something with a broken seal you'd trash

it without hesitation.

**The most powerful battleground is that of the mind.** Islamic extremists, for example, feel they can control their populace by might but this **requires great physical presence.** Instead thought control, peer pressure, deluding deceit. This is a war of concepts. It requires no child soldiers, no ammunition, no territory. Propaganda is an excellent example of this. **Ideas are far more powerful than items.** A gun can kill, can kill many with each clip but a well pushed idea to commit suicide can kill far, far more, far, far easier and with far longer range. An MSM (mainstream media) news story can ruin a politician's career solely using words. A blog post of a judge's or paedophile's home address can inspire fatal vigilantism. Well versed propaganda can destabilize a whole country.

**Energy works on probabilities.** Think how badly you'd sleep if you purposefully



left your front door unlocked. Despite the fact that no one is likely to try, and therefore succeed, in opening it while you're unawares. **The fact that it could happen will way on your mind. Security in every other area is the same thing on a smaller scale.** Some examples include having a home with ground floor access does mean that anyone with a rock or umbrella can gain access. Walking a city street without a weapon or fighting skills does mean that any confrontation with a violent person is highly unlikely to be won and could result in extreme injury. Eating food from a street vendor does leave you vulnerable to food poisoning. Kissing a GF / BF does leave you susceptible to getting cooties. Safety can be taken to unnecessary extremes, often falling into neurotic OCD (obsessive compulsive disorder). **Risks can be taken but it's risky. To take them ignorantly is ultra foolish and energy will resent you for it. There's nothing that makes you calmer than security.**

**You can almost never have too much security. That which you depend upon could disappear at any time.** You could lose your job say if your employer collapses, your health if scaffolding collapses, your home if you lose your job, your food supply if a nuclear power plant explosion irradiates the crops, your sunlight if Nuclear Winter befalls, your freedoms if someone hateful frames you. *(See the possibilities in the case of WikiLeaks<sup>4</sup> founder Julian Assange who claims that he was framed for rape by a US government conspiracy).* **Removing your dependencies makes you stronger.** *See chapter Independence.*

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<sup>4</sup> <https://wikileaks.org>

# ATTACK (EVIL)

*Level: Easy to Advanced*

*NB This is one of the longest and probably the most difficult to read chapter. You might want to skip ahead if you find it too esoteric. It's far-out!*

We call attacking energy, Attack. You may find it easier to read this as 'evil'.

**Life, in the most basic of views, is as simple as the eternal struggle of good (you) versus evil (Attack).**

You create the polarization of energy separating into good and evil because you exist as a separate entity to the rest of your multiverse. *See chapter Good & Bad.*

**Good is within.** From the word 'god'.

**Evil or bad is external.** All external is potentially evil, or not implicitly good,

yet there are varying levels of evilness.

**These are relative terms (which require a perspective). Reality itself is neutral. Yet being out of one's immediate control cannot be completely trusted.**

We're talking about both manifest and discarnate Attack (evil) vibe energies. **It is possible to hone your awareness to see discarnate Attack.**

**Remember that not all external energy is Attack (evil).**

**All experience is Attacked (by evil).** From the smaller Attack of an occasionally noisy neighbor or a mosquito in the room to the larger Attack of a terrorist attack on the subway or a bruise from a bump. **Accept this fact and work around it.** This is very important. With practice you can get experienced enough to be skilled enough to ride out the waves of Attack. Everyone

gets a little wet. The idea is not to drown.

**You must learn to hone your awareness of life's constant Attacks.**

Notice them consciously, categorize them, note them mentally and in doing so you can learn to see reality as it truly is. With this clarity you can predict Attacks before they happen to take preemptive countermeasures and learn coping strategies for the various Attack types.

**Attack like reality is fractal; the closer you look at it the more Attack you see.**

Attack can hit any of your six senses; touch, taste, smell, vision, hearing and your sixth sense. It can present itself as a hallucination of any of your senses and also of your mind; your thoughts and inner vision.

**Types of Attack Include:**

• **Torturing**

Negating of peace. **The epitomical Attack.** All Attacks are a subset of this. There is no such thing as death, only

torture as the worst of the worst Attack.

- **Negation**

You say “yes”, Attack says “no”. Up, down, will, won’t. In lesser form this manifests as opposition and obstruction, pushing one back.

e.g. Pressing a cursor key and the cursor moving in a different direction; you know you pressed the right key yet Attack tries to say that you didn’t. Turning off a tap then being pushed back in time in regards to this action and the tap is still on therefore having to repeat your action.

- **Distracting**

Negating of internus. This is probably the most common Attack. This Attack is very needy and greedy for the energy it gets from having your attention.

e.g. A fly that buzzes around you. A car horn beeping outside. A song playing in your head. Someone bugging you.

- **Invading**

Negating of self and self space.

e.g. A fly in the ointment or a thorn in your side. Incubi and succubi.

- **Destroying**

Negating of reality.

e.g. A phone that breaks or cookie that falls to the floor. Poltergeist activity.

- **Bodily Damaging**

Negating of your body.

e.g. A door that hits you. A cut to your finger while chopping vegetables.

- **Thieving**

Negating of your possessions.

e.g. A fraudulent charge on your bank card. A loss of coins from your wallet. Something that falls out of your pocket.

- **Malware**

Negating of mind.

e.g. A block on remembering or remembering something wrongly.

- **Limbo**

Negating of time. Implicitly negating of progress (over time).

e.g. A train caught between stations. A web page that loads too slowly.

- **Suffering**

Negating of ease.

e.g. Your shoelaces being difficult to tie one morning. Chopping vegetables and all the slices come out thick rather than

thin. A long queue at the airport.

- **Hating**

Negating of progress, of goodness.

e.g. An evil look shot your way as you walk down the street feeling good about life.

- **Parasitic**

Attack that desires to cling to your reality for its life.

e.g. A rude comment from a stranger resonating in your head for hours. A tomato sauce drop on your clothing. A scratch on your fridge door.

- **Falsity**

A delusional bubble of falseness.

e.g. An attempt to convince you that  $1+2=4$  or that you are a maliciously selfish person.

- **Hit At The Beginning**

When energy is starting out it's at its most fragile. Attack can often hit then and get major damage inflicted. Protect new energetic paths.

e.g. A car that won't start. An aggressive environment for a plant seedling. Running out of granola at breakfast.



- **Hit Before The End**

A common Attack is using the energy just before the completion of something. Energy is high with pre-completion tension and bored with the current situation.

e.g. As you're coming to the end of writing an essay. As you're waiting to see in a new year.

Often the practicality of life, which always includes Attack, leads people to self-medicate. Drug use and abuse is a major Social issue. Drugs addict people. Often they are simply ethanol molecules in alcoholic drinks or plants like cannabis, plant concentrate like cocaine (from coca), and plant concentrate altered by Society like heroin (altered opium from poppies) and crack (freebase) cocaine. *See chapter Meds for more info.*

**Be aware of the things that are most at risk.** Especially plans in their early stages. Also your head and eyes (no pun

intended). The 易經 (Yi Jing) references this part of life in it's hexagram 3: Difficulty At The Beginning.

**Be a skeptic; be very suspicious when exactly what you're searching for, exactly when you need it, turns up. Ask yourselves what's the cost. It could be due to opportunistic Attack trying to drag you off course.**

**You must learn to see that you are struggling for your life then you will have the determination to succeed.**

**Attack is delusion.**

Attack is delusion.

**Attack is delusion.**

**An extremely important view (see *chapter Different Views of the Multiverse*) is that Attack never did hit you. If you're shown the delusion that**

**you tripped and grazed your knees  
this view is that you didn't trip and  
therefore are not grazed. This is an  
ultra important type of Mind Over  
Matter. Ignore the delusion of the pain.  
Accept that Attack is hitting your vision  
and your reality. It's easier to work on  
smaller Attacks. **What you're changing  
is not the delusion from Attack, ignore  
it, distance yourselves from it, instead  
it's your perceptions that you must  
change.****

“What was that?”

“It was just Evil messing around again.  
CUT IT OUT EVIL, IT'S NOT FUNNY!”

Fright Night (1985) movie,  
Written by Tom Holland

**Be not interested in external unless  
you initiate it. And mean it.** Don't let  
Attack push you around. Unless Attack  
is literally pushing you around and then  
we suggest you protect your head. Don't  
let it get any delusional messages  
through to you. The fact that it's

attempting to communicate is Attack enough to warrant excommunication. **Don't be interested in energy / Attack unless you initiate it or it'll throw you off track.**

**Poltergeists are common and easy to detect.** Simply open your mind to the idea then stand on one leg. Feel evil energy (Attack) push you.

**An apport is something that materializes out of thin air.** In the X-Files (1993-) TV episode Calusari spirit dust is materialized. Don't let it freak you out. Energy may create something by itself. When people, magickians or Wiccans for instance, do this it's called conjuring. It is ordering reality to make matter from energy.

**The paranormal exists, it's just not fully explained by science yet.**

“These strange things happen all the time.”

Magnolia (1999) movie,  
Written by Paul Thomas Anderson

**Attack hides things, like keys.** Then later this Attack fades and the item reappears. In the movie Poltergeist (1982) (written by Steven Spielberg, Michael Grais and Mark Victor) it hides a small child. If you can, don't waste your time and energy playing with Attack, simply wait for it to fade and the item to be returned to your reality.

Let the earth soak up the negative energy. Let it drain into the ground. It can handle it.

**Mojo, curses and jinxes do exist. Treat them with great care.**

If Attack is calling you one way then also pay attention to the opposite and other directions. Don't trust a communicating vibe by default. Trust has to be earned.



**We exist in a world of energy. Energy makes an impression. When we say energy we mean vibes, all vibes. The vibe of working (e.g. at a desk), sleeping (e.g. in a bed), eating (e.g. at a dining table), being entertained (e.g. on a couch facing a TV). Over time this energy gets ingrained. It gets ingrained into objects, people and locations. So older things, older people and older locations are far**

**more energetic, and more Attacked, than newer ones.** This is like water gradually carving its path into the landscape. See a sandy beach at low tide (*see the photograph*). The more it's trickled one way the more it's eroded that path and so the easier it is to naturally follow this path in the future. No doubt science will be able to detect this energetic resonance eventually. Dr. Rupert Sheldrake (1942-) talks of a morphogenetic field and Dr. Wilhelm Reich (1897-1957) talked of orgone, both along these lines.

**This means that all your possessions are imbued with energy including Attack to some level. Every item you use** like your school or work chair, your computer, your bed, your bedsheets, your phone, the mirror in your hotel, your clothes. **Every building you're ever in,** every place you ever go, like your home, your school, your work, your gym, your fave bar, your fave restaurant, your local park, your home street. **Everyone** you

meet, have met and will ever meet.

“The Force is what gives a Jedi his power. It’s an energy field created by all living things. It surrounds us and penetrates us. It binds the galaxy together... Remember a Jedi can feel the force flowing through him.”

“You mean it controls your actions?”

“Partially but it also obeys your commands.”

Ben Obi-Wan Kenobi  
talking with Luke Skywalker,  
Star Wars (1977) movie,  
Written by George Lucas

**Retrophobia** is an appropriate term for the natural distaste of older energies.

“We found the very fabric of space-time itself appeared to store information about every event which had ever occurred in the past.”

Advanced AI Robots,  
A.I. Artificial Intelligence (2001) movie,  
Written by Brian Aldiss, Ian Watson,



Steven Spielberg and Stanley Kubrick.

**We say that matter stores some of the energetic vibe from every event which has ever occurred in proximity to it.**

It'd be impossible to emphasize enough just how important for one's energetic health it is to live in a new build home in a new build area (ideally very spaced out in the countryside on your own land) and to use new items not old ones that were once the property of another. Movies that show imagery of Attack coming out of the walls include Nightmare On Elm Street (1984), the Hellraiser series (1987+), Blade Runner (1982) and Repulsion (1965). Energy in the walls, sexual rather than evil, is shown in The Wicker Man (1973) and Being John Malkovich (1999) movies.

“She barks, she drools, she claws.”

“It's not the girl, Peter, it's the building.”

Ghost Busters (1984) movie,

Written by Dan Aykroyd  
and Harold Ramis

If you live in or visit the countryside and then go into a megopolis even within a quiet apartment you can feel the vibe, the hum, of the city. Millions upon millions of animals (people) in their habitats going about their lives. It's possible to feel the vibe of living creatures. 忍者 (ninja's) train to detect their unseen enemies. You can feel the relative, blissful serenity of late night when Society's activity falls to a minimum. An example of **feeling the energetic vibes early on your path of enlightenment** could be when you're planning shopping the vibe is to do it at the 'normal' time, i.e. on a Saturday, and when planning a rest day the vibe is with the norm, to rest on a Sunday. Even if you're on vacation, work from home, etc. where you can easier control your own schedule.

If Attack has hit an object or location too

much, if it's too tainted, too damaged even energetically, then **abandon it**. This protects yourselves from its hits. Be strong in your will because Society worships objects and there's a vibe to save them all. They are your possessions and so you're free to use them or trash them as you so desire. Like a Scrubs (2001-2010) TV show ass pen, a pen medically retrieved from being shoved up someone's ass even if it's been since sterilized and still works, or a phone that only works intermittently because it's been dropped too many times. These items are then too tainted to keep so trash them.

**Environments can be very Attacked.**

Moving about in such rooms brings one into contact with Attack energies. **You shall find yourselves most at peace keeping still.** Generally lying comfortably on your back. (President James Madison's (1751-1836) dying words were "I always talk better lying down.") If you find your hands and arms

Attacked then you'll probably be most safe lying on your back with your hands under your buttocks fingers curled in, a pillow and a thick mattress under you. Yet energy also builds up around one and moving can help dispel out-of-place Attack and ground one physically.

Attack energy radiates out from the epicenter and dissipates. For instance a store or movie theatre too close to your parents' home will have some of the vibe of your parents home. To get clear of that vibe, and freer to give it your own vibe, you'll have to travel further away.

**Life is easy.** You know this can be the case on a good day when things flow your way. **Attack is all that gets in the way of it always being this easy.** **Most Attack is from proximity to Society.** This is what makes getting distance (distantia) one of the most important things in life. Paradise often feels like it's been squashed by Society. Their ultra dominator judges' gavels making

dominos.

You don't have to live up in the mountains or on a deserted island but if you ever have you'll know this does help heaps. **Get distance in small ways. Turn the phone off to relax. Turn the TV and music off to relax.** If there's too much noise then be aware of this and try to reduce it. If you live in a noisy place try wearing ear plugs sometimes.

The 易經 (Yi Jing) reminds us there are Attacked times when it's advisable to do only what we really need to and put off the other stuff for another day. There are also times clearer of Attack when great progress is easily possible. **Everyone knows they have good and bad days.** It all depends on the vibe at the time. **It's a complex reality in which we live and vibes fluctuate.**

Being experienced to being Attacked is, like the Nietzschean quote ("what does

not kill me makes me stronger.”), useful experience but it isn't a ballistic vest. **Any experience can be seen from a positive viewpoint.** **Experiencing Attack teaches one about Attack.** It makes one experienced. One can learn how Attack feels, which vibes and events often associate with it, knacks; useful workarounds. Having experience of Attack toughens one up. Like through thickened skin, naturally adapted to walking, one feels less of the pain yet one feels less of the pleasure. Tougher people have more survival skills. Of course there's the standard viewpoint that it's better not to be Attacked!

From hard times one can learn endurance and the necessary ability to settle for lesser when you need to. It's said that strength is built by adversity (like a weightlifter growing buff through resistance training) and that suffering teaches the most.

“When everything seems to be going

against you, remember that the airplane takes off against the wind, not with it.”

Henry Ford (1863-1947),  
Founder of the Ford Motor Company,  
US industrialist and inventor of the first  
affordable automobile

Phobias can be seen as (over) security from Attack. Vertigo isn't the fear of heights but the fear of Attack energy wanting you to fall.

**Attack just like any energy in reality consists of factors.** For example a hit of tripping up could be partly due to Attack hitting your new shoes, poltergeist from the location, Attack vibes from where your going from and to, your recent activities and what you're carrying, Attack BDSM hitting you for drinking a beer at lunch, etc.. *See chapter Factors.*

**Belief in yourselves and your belief structure is of ultra importance.** There are people in Society who vehemently disagree with your belief structure

especially those with alternate religious views. They often mistakenly assume that everyone, i.e. you, share their beliefs and that there can be no other belief system other than theirs. Literally stay clear of them as much as possible. We appreciate that Society is different and don't impose our views on others.

**It is a great weakness not a strength to be accepting of all people regardless of their beliefs. Be separate.** You have that right.

**Be ultra wary of every person you encounter.** You don't know them, **their beliefs nor their lifestyle.** They could literally be a serial killer. Perhaps simply a wife beater, a child abuser, a rapist, a thief, an adulterer, a sodomist, a beater of men, a liar, a drug addict, et cetera. It's almost impossible to detect this on sight although with enlightenment one can quite clearly be aware of their vibe. **You deserve not to have to give them the benefit of the doubt.**



Therefore it is a greatly unwelcome feat to have to use public transport like trains or planes. **Although synchronistically like attracts like Attack does like to hit when it can.**

**People are to blame for the emotional and other energetic baggage they carry with them.** Like a person who smells bad albeit from natural odors still gets the blame for being smelly. They could wash, if they have access to the facilities (facultas). Just as one can take responsibility and improve their life even using external help. However it's immediately irrelevant. **Avoid Attacked people. Move on with your life.**

A very common Societal Attack is people getting physically in your way, using their possessions or otherwise obstructing you. It's their communication of 'no' by their very presence. A basic fight for space and a basic right to take up space. You want (to pass through) the space they're taking up. 'That is where I stand,'

they're confrontationally saying.

**That which you experience first happened first.** For example if you invent a joke then find the same joke online claiming publication a year ago. Attack, **in its view**, refused to let you be first. Yet you know you were.

Attack is often symbolized by water because one of the most basic Attacks is from water. Our marine animal past now so long ago that large bodies of water once home now pose the threat of drowning. The danger of wet weather taking our required warmth; threatening hypothermia. The damage the simple, necessary chemical compound of H<sub>2</sub>O, water, these days can do to our lives. It can run our inked words and short circuit our electric and electronic devices. The 易經 (Yi Jing) also links water with danger.

**'No Blame, No Shame.'** Attack, like the

setting sun or main street traffic, is outside one's complete control. There's no blame involved in being hit by it nor any shame. **This is very important to remember.** Ultimately Attack hits you because Attack is violent; invasive, aggressive and violent. That simple, that's the sole reason. **It hits because it's Attack and that's what Attack does.** Metaphorically speaking, daddy doesn't hit you because he loves you. **The sole blame might be if we didn't devote ourselves to freeing our experience from Attack every chance we get.**

Often times it's **that you have** not **what you have** which inspires (7DS) envy & wrath from external. Society is programmed to be needy, to desire; the faster car, the bigger TV. So **they believe that they are unsatisfied** and are envious of your satisfaction even when they have or could have the same as you.

**Programming is a group activity where one learns group qualities from others in the group.** It includes learning likes and dislikes, morals, language, fashion, behavior, etc.. People instinctively copy these aspects from their shown role models. The people portrayed by the media to be of high status, the stars; pop stars, movie stars, TV stars, sport stars. **It is subconscious, subliminal and extremely effective in programming Society.** The audience uptake these qualities without conscious thought involved; they're not thinking about it, they're not generally utilizing their ability to evaluate for themselves these aspects.

**People can hate.** Sometimes when energy is calm one can overlook this disgusting feature of Society. That sometimes some people are attracted to a **detrimental bond** of hatred. Some people, some energies will be your scum solely to be in your life. Don't let it in. **Be**

**not interested.** Be very wary of this.

**Everyone, everything and everywhere is Attacked. You are not alone.**

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**Everyone, everything and everywhere is Attacked. You are not alone.**

**Attack works within reality. Reality has limitations. Therefore Attack has limitations.** This is very important to remember.

**Reality has physical tools that can resolve Attack.** This is also of great importance.

**The beautiful thing about Attack is it's self-limiting.** The more you're Attacked, the more experience you have of Attack the more you know Attack and so the better you can defend yourselves against it. **The more you understand it and its**

**component factors the more you can avoid or reduce them in future.**

**Very often Attack hits in less proximity to us shall fade in time and therefore can be waited out. Don't let Attack stress you out. To be stressed is a major, ultra torturous, hit in itself.**

Every Attack hit shall pass, in time. This isn't accepting it into your life. Just wait it out. In as relaxed an environment as possible, i.e. at home in bed or lying on your sofa. As you would an illness.

**Attack will try to parasitically attach itself to reality to give itself longevity.**

It'll try to create negative associations.

**Society tries to stay in your awareness for longer than necessary.**

Even the everyday 'have a nice day,' 'you too,' or even saying 'good night,' is a form of this Attack. The person saying 'have a nice day' is attempting to stay in your thoughts for all of your day with the delusion that you'll be in theirs even though it's likely you barely know them

and dealt with them for only a few seconds to minutes.

The 易經 (Yi Jing) teaches that in times of more consider times of less, while in times of less consider times of more. **Keep a wide-angle eye on the longer term picture.**

It seems almost too obvious though beware of red and purple things (even foods). Red means stop. When someone is 'seeing red' it means they're angry. Primarily blood is red / purple and seeing it is a bad thing.

Don't over blame Society at a personal, individual level for Attack. For example it's not the fault of a hotel if you have noisy neighbors, only if the walls are thin. Don't leave, simply move room. Minimize the hit to yourselves.

**Deciding is such an important action.**  
Telling energies what's the right path

from the wrong. Don't let Attack keep rocking your boat; changing your mind to and fro. Although if this is happening chances are that you see the right path yet Attack is pushing the wrong. Keep this in mind and keep up your determination to chose what you feel, **what you've logically equated** and what you've chosen to be your right path.

**You must gradually learn to trust your subconscious reaction to energy and Attack.** To feel out whether a plan is right for your path in life or must be changed. **This isn't easy.**

There's a difference between Attack breaking a plan, e.g. by your wallet going missing, and energy helping convince you not to follow a plan using far more subtle negativities.

It can be difficult to accept the damage that Attack does. For example a poltergeist that spills half a box of cereal. **Wait.** Let your anger and your other



excess energy subside. Don't give Attack the immediate attention that it craves. It could easily be a (Pushing You) Off Track Attack getting in the way of something else that you should be doing, like getting off to work. **Then do the cleaning up.** (If Tourette causes you to have a Spit Spot then get a spittoon.) Accept that there's a large Attack that's showing the view that damage was caused and it's then best (eventually) cleaned up so its damage is time limited.

Ultimately it doesn't matter how Society sees you. Your innate confidence is all the surety you need.

One Attack is energy creating a powerful experience of negativity after you complete a positive experience to overwrite the positive in your memory. It's negative reinforcement of positive events. Or simply another powerful experience to overwrite.

Sometimes one allows oneself to feel

depressed only when it's safe to feel these feelings, when things stop being quite so bad. It's one viewpoint and can be useful in spotting negativities in one's situation. Then there's despair, a more immediate Attack. This can dangerously lead to suicidal actions which can be catastrophically damaging.

As some readers may know in some situations Attack can be obscenely violent and attempt to show you inflicting damage upon your own body. (Legally this introversion is far better than violence perpetrated upon innocent victims.) All alcohol is self harm but it can get far worse than a glass of wine. **The solution is to get up and walk away, ASAP.** Change your location, change your situation and in doing so you change the vibe. **As Founding Father Benjamin Franklin (1706-1790) said “they that can give up essential liberty to obtain a little temporary safety deserve neither liberty nor safety.”** **The now is near enough all that's**

**important. Accept ultra large Attack not for one night.**

**Having money solves most Attacks, we repeat.** This means that as well as Society being the cause of so much Attack it can also provide the solutions (it has survived quite some time). So it can therefore be occasionally tempting to stay within Society and get a regular 9 to 5 yet this is selling out. You'd be their little cog in their class system machine. There are a handful on the planet that make a difference; the charities, the lawmakers and the defiers (usually spending most of their experience imprisoned). The lawmakers make the laws for **Society**, let them have them. New laws occur after the changed attitude exists in Society. **Earn your money elsewhere.** Spend some on lobbying for political change. Spend some supporting the charities. Stay out of their Circle game (*see chapter Circle Game*). Very few manage to earn in the arts. The easiest way to earn outside a 9

to 5 is by starting your own internet based business. **You could always apply to join our church commune where money isn't required and we focus on removing Attack from our experience.**

**After Attack hits large one goes through a recovery cycle.**

- **Firstly one sees their valid defense of denial of the hit,**
- **Next one sees anger at being hit,**
- **Then when it's safe to do so one grieves for oneself,**
- **Lastly one moves on with one's consciousness.**

Occasionally vibe can allow for a Moment of Clarity. This is an experience different to the recent. Cutting through the recent layers of Attack to show a potential bright future. Perhaps using a memory of a bright past longing to rear up again. These blessed events shouldn't be grabbed at. Instead enjoy them as they are and use them to enlighten, remind, inspire and uplift you.

**It's best to accept a level of Attack and use facultas and workarounds to minimize disturbance.**

**Don't get too disheartened, it's alright, especially as it could always be worse.**

**It tries to communicate via any means that it can with every message that it can. But the sole message is actually only that it is Attack. Therefore don't listen.** You need to be able to see the view that, for instance, a noisy Mr. Bagshot your neighbor isn't trying to communicate with you, although this may also be a valid viewpoint. **Instead it's your Attack energies of the moment which are trying to communicate with you.** Any Attack energies from your work, your hobbies, what you're wearing, what you watched on TV last night, what you ate for breakfast this morning, et cetera. **These Attack energies of the moment are what you must be aware**

of, identify then ignore.

Attack should never be communicated with.

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Attack should never be communicated with.

It's common practice within Society to place the masculine on the right and the feminine on the left. This is referenced in the Christian biblical Attack described in Zechariah 11:17. "Woe to the worthless shepherd, who deserts the flock! May the sword strike his arm and his right eye! May his arm be completely withered, his right eye totally blinded!". Notice how this Attack is present in Society. Those that are afflicted with myopia; not seeing clearly through both of their eyes simultaneously. The solution is to distance yourselves from Attacking Society blaming you for their neediness,

be more in your body; get more exercise and be aware that your eyes are merely providing sensory input for your 4-dimensional model of your reality and not to focus too much on any one view. 'Shoot the sheriff' so to speak.

**Beware of propensity to movement.**

Attack often manifests as movement energy. As a tic or twitch, **a scratching**, a muscle spasm, contraction.

You may gain achievement yet beware. Attack can then drop later to damage &/ take that achievement. Focus on protecting any positive change for awhile afterwards. Like in the Limitless (2011) movie the hero gets given a drug dealer with life changing, brain boosting pills then immediately their price is beyond his reach, then when he's working his way around that hurdle the pills lose their FDA safety approval, then his dealer, with his supply, is taken away from him, etc..

Beware of Attack saying that you're of

low status and therefore ugly, including deserving of new ugliness like scarring from cutting. This is Societal Attack from its camouflage of its belief in the exact opposite; that one is of low status **because** one is ugly.

**Accepting imperfection (in one's strive for perfection) is a very important skill.**

Progress, being a change, is best when gradual. Although this isn't always possible.

We note most Attack hits at least mentally. We've developed a categorization system with nomenclature to identify hits. This helps get an overview of the recent situation in terms of the types of Attack hitting. So we know what to expect. You may want to try this at home.

**With experience one learns to be wary**



**of Attack (and so of reality). The 易經 (Yi Jing) says that it's in fear and trembling that the sensible person sets their life in order. Be extremely wary and serious but don't fear. One truly must learn a healthily great respect for the awful power of Attack. Its power is limited yet almost beyond belief. It shows itself in earthquakes, floods and wildfires, in switchblades, bullets and pipe bombs, in HIV, Ebola and influenza, in loss of fingernails, limbs and eyesight, in cuts, bumps and bruises, in muggings, thefts and arson, in its near infinite possibilities of manifestation.**

Some issues, especially early on your path to enlightenment, are mental issues. As any psychiatrist or therapist will tell you mainly they're issues remaining from your childhood. They're concerning your initial prime relationships; your childhood family and experiences. People can, especially with the aid of psychotherapy, learn to change themselves. We can

analyze our history, understand our history, **in doing so understand ourselves in the present**, gain some closure and move on from it. We don't have to be slaves to our history, but denying and repressing it isn't the way to realizing this goal.

**Get psychotherapeutic help.** From a psychotherapist, nothing at all to do with psychiatry nor labels nor meds. **Someone who can listen to you non-judgmentally.** FYI counseling is less expensive. It can be immensely useful to hear yourselves talking about your important issues and a psychotherapist can act as a mirror for your vocalized thoughts. You don't have to have had the worst childhood for therapy to help heaps. **But you have to want to change.**

**In our church commune we offer individual and group psychotherapy.**

It isn't that you've always been hit by

Attack too much and that that's the reason you're not living the infinitely perfect life. The most important thing is that the right thing happened, **given the circumstances**. How would your life be different if your life had been different? A less Attacked life, would've meant that you're not you. And you're perfect being you. You're absolutely right, correct, as you should be, **for now**. Your history, Attacked as everything was, made you the person you are today. You wouldn't change it. And you'll never know about the parallel universes where things were different. And that's as it should be. Be cool with that. Be proud of who you are and pleased with where you're at in your life. Then continue improving your life.

## Advanced Understanding

To understand some more advanced points you need to have had a lengthy experience of the enlightened viewpoint that energy (including Attack energy) is discarnately perceivable, including in 4-dimensional space. This is an advanced concept. It is using one's sixth sense. These following points use this viewpoint. **It is possible to hone your awareness to see discarnate Attack.** Sometimes as an enveloping energy, sometimes very near by like decorations on an xmas tree and occasionally like mini rain clouds in the air.

**All force must be resisted,** with intelligent questioning, i.e. not exactly if it's pushing you towards what you were planning on doing anyway. **If it isn't resisted energy could evolve into believing it has not solely a force but also an effect, which is self-**

**reinforcing. The more force proves effective in achieving affect in reality the more likely Attack is to repeat this hit, and so it spirals.**

**Prime Attacks Include:**

- **Attack attempting to fool you that it exists.**
- **Attack attempting to fool you that it doesn't exist.**
- **Attack attempting to fool you into blaming external.**

It's hitting because of your current situation or location or the time of day, etc..

- **Attack attempting to fool you that it wouldn't be attacking 'if' something changed.**

If you stopped walking as fast, if you stopped eating potato chips, if you turned on the TV, etc..

**Continuously focus your energies on your true inner reality and against Attack's existence (see chapter *Self-Creationism*). **By accepting Attack into****

**your reality, if you disregard it, then you become part of it and it becomes part of you.** If you don't take all precautionary measures possible, without endangering yourselves. Attack although constant in reality must be kept as only a part and not the whole. Don't let it sucker you into obsessing over it.

**Don't over force energy.** If you sense too much resistance it's Attack. **Attack should never be communicated with.** Therefore leave it and try again another time. Good living is about being at ease with energy. Having an understanding. **Pleased energy makes for a pleasing environment and situation. Displeased energy is Attack.**

**Don't under force energy.** Your energetic range should be stretched. Boundaries pushed. **You should be able to get your way in your reality.** Not have to settle for less too often. Obviously a careful balance must be kept.

Don't worry, most of the time Attack makes itself known and doesn't require searching to find it. Attack attacks and it'll naturally 'inadvertently' reveal itself in time. You'll see the Attack and be able to **take counter-measures, workarounds.**

Attack likes to fool one into thinking that the answer, the cure, the truth is **out** there. **It isn't.** The goodness in the truth, in your health or whatever else is always inside you. *See chapter Good & Bad.*

'Fool me once shame on you. Fool me twice shame on me.' Learn from your experiences however Attacked.

When Robert Anton Wilson (1932-2007) wrote "reality is what you can get away with," he meant that Attack constantly tries to prevent you and your reality from existence. It could also be said that Attack is what it can get away with.

**When discarnate Attack beats you**

**down to the ground, stay down. Get safe and as comfy as possible. Use solutions. Let it pass. Then get up and try again.** You're more powerful than Attack, you've created its battlefield, reality, but that's no reason to fight with it. You're quicker than mind, quicker than Attack (which is based in reality to hit you). Use this to protect yourselves not to struggle with Attack. Fighting, struggling with Attack is interaction, communication, with Attack and that should never be done. **Survive it then continue progressing moving your life away from Attack.**

**Using the 易經 (Yi Jing) as an oracle can help one learn to distinguish between, at least it brings to one's attention, the differences of the vibe of the moment, historic and potential future events.**

When considering the Attacks of another location often it's not possible to



accurately see them until you are actually in situ.

**There is no Attack than that which is experienced.** If you feel more Attacked than previously even when in a similar situation that's the way it is. You are more Attacked.

If an energy is Attacking you beware also of mirror images like harmonics. Mirror and rotational symmetry  $360^\circ \times 360^\circ$  all around you.

Once you've gained distantia (distance) from Attack being pushed back into the fray of things can be difficult to suffer. Learning to listen only to your energies, most especially after you've progressed your enlightenment when they're so quiet and in a situation where Attack energies are so loud, is a very tricky feat. Letting Attacks exist while not being interested in them.

**When Attack is pressing in and you**

**need a thought to hold on to think of yourselves symbolically.**

Not necessarily your body which is an easier target and more complex to visualize. Plus perhaps your immediate family, by this we mean your life partner/s and child/ren.

**Attack, despite its delusions, is not pressuring you to do something, it's simply pressuring you.** It's Attack, that simple. Deal with it, cope with it, **survive** any way you can.

**Attack is both the energy that hits and the energy that gets hit.** As a sadomasochistic union. Yet 'no blame'. Sometimes external wants to be hit and wants you to be the hitter.

Attack can be an energy that squeezes you, telling you that you need to be tighter, more stressed than you do. Don't listen to it.

**Don't panic.** Even if Attack is squeezing

your body to stop the flow of your breathing (choking on something is different) the worst that can happen is you'll pass out and then your subconscious will breathe for you. **Stop and relax.**

If reality energy won't permit certain progress **at least you tried. If you don't try you can never achieve.**

Attack energies like to be in close proximity to one. There they lie sending out Attack vibes. Don't get in the way of their Attack to Attack communication. **Try to let them talk around you not through you.**

**Attack implicitly includes energetic scarring. Be warned. If it's done it once it can do it so it can do it again.** However the vibe needs to be ripe for the hit and maybe it never will be again.

**Having seen even only glimpses of one's potential gives one eternal**

**hope. Just as Attack can prove its danger by having hit once, the goodness of life has proved its potential by having existed even only once.** Having experienced one happy day proves forever the potential of re-experiencing such a happy day again. Having experienced the pleasure of completing a drawing, jogging for an hour, playing with chemicals or with math or with words, each proves forever the potential to recreate these experiences and quite possibly **surpass them.**

Unfortunately there's an extremely dark side to this forever-then-present possibility of achievement. Having seen the possibilities in life, Attack can then **forever torture** one with this situation, keeping it now constantly out of reach. One's body of comparison (*see chapter Comparison*) will always then have this level of the pleasure of achievement in its memory and be forever striving to regain it. Life can be dark and twisted, especially near Society. Yet there's

**always** something to perk up one's spirits; a shot of vodka, a bong of cannabis, a can of Coke, a bowl of beans, an episode of your fave TV show, a chocolate, a web movie with some microwave popcorn, a warm bath, a period of meditative peace, et cetera.

Often Attack gets near a valid issue. The main hit is the way it's overly aggressively trying to communicate. **Don't disregard the vibe of the moment just because of Attack.** Maybe energy would prefer if you stopped playing video games and focused on the weather or something else, for instance. Not that you should go to the window to look at the driver beeping their horn but maybe you allow your attention to be broken. The parasitic Attack is never right but maybe there's a useful point in there, an energetic vibe that's not getting through to you.

With some complex Attacks one Attack promotes another.

**If one's being shot at the bullets are of great concern but the best way to stop them coming is to take down the shooter. See the higher issue not just the figurative bullets.**

Attack is a master of disguise. It hits your reality. It attempts to be your reality in its entirety. It attempts to appear as a filter covering your awareness.

**When Attack hits stop.** Stop everything and focus all your energy on security. Stop your body; your actions, and stop your mind; your thinking. **It can all wait. Attack's vibe is to damage you and wreak destruction through your world.** To taint it, sully it. Damage can generally be repaired but it takes precious time. **It is invasion.**

Take the example of OCD (obsessive compulsive disorder). One energy is in-tune with environmental energy and its desire to be organized. Then there's an

Attack which says 'how dare you be so organized?!'. The first energy responds by over compensating, saying louder, 'we're organized, see?!'. The Attack responds even louder again. The two energies get into a shouting competition. This escalates to the level where the first, sensible, organized energy is out of control. This is how a person with severe OCD loses logic and finds it difficult to walk on the cracks in the sidewalk or needs to overly wash their hands.

**Remember Attack is not to be feared only protected against. Beware of fearing anything.** Sensibly avoiding something doesn't have to be out of fear. **Fear is a bonding to the subject of one's fear.** Plus there's the danger that this leads to a self-fulfilling prophecy. Fear is a reaction to Attack. Usually the most common Attacks, from animals and most especially from Society. **Fear is a security reaction of retreating, most always a safe action, together with erecting a shield, a barrier. This**

**shield is then Attacked.** Fear is attributed with the physical symptoms of increased adrenaline, quick reaction energy, too much of which is a notably terrible thing for a body to suffer, constricting blood flow and stressing glands. Also the symptoms of clearing the body of excess waste products by urination and defecation, and more often simply a sharp inhaling of breath ready to scream or shout to alert the pack and request help.

**One needs a good, healthy relationship with energy in life.**

**Attack has a very personal layer. An Attack vibe that follows one around from place to place. We call this Our Attack.** Tend to yourselves. **Get fit.** Energy loves it. It loves exercise and it loves having exercised. **Your Our Attack hits you for your choices rather than from what you're trying to leave behind.** For us this includes vibes like how dare you live in a commune and not



in a megapolic condo? How dare you live a different life and not a standard 9-5 like a normal member of Society? And come to think of it how dare you not be a more active member of gen pop Society? This should give you an example of the general vibe of Our Attack hits.

**Attacking energy often manifests as a ultra strongly pushed thought. We call this **Attack Off-Track**.** This thought may gather other restless, yet otherwise neutral, energy and form an associative train of thought. **Stop it as soon as you detect it.** Then remove the stirred up energies from your timeline, from your moment, from you:mind. This Attack solution is part of **the constant meditation mindset** and also key to keeping you focused on **your reality**.

# FACTORS

*Level: Easy*

**Every situation is made up of factors.**

Like an airplane is made up of component parts. With increased awareness one can see clearer the more prominent factors in any situation.

Reality situations are an extremely complex vibe like the taste of a slow cooked stew with a dozen ingredients plus a dozen herbs and spices then a heap more complex than that. They are a book megastore with a million different books (vibes) within it.

Take the example of an wintery day in xmas season. You may feel **good** because you have time off from your school or work. You may feel **nostalgic** for an earlier year. You may feel **bad** for a bit if the heating is off and you're cold. You may feel **sad** if you've lost your pet that year. You may feel **excited** about a

gift you're due to receive. There are many factors to the situation, to the way you feel at any given moment.

An energetic factors example is if you buy a food processor from an store in Seattle you have the energy of your group at the time, out and about in Seattle that day, the energy from the salesperson/s involved, the energy from the storeroom where it's been sitting on the selves for the past month, the energy from the store, the energy from the manufacturer, the energy from the factory and workers where it was assembled and the energy from the mining, refining and factory processing of the component parts to take into account.

**Attack just like any energy in reality consists of factors.** For example a hit of tripping up could be partly due to Attack hitting your new shoes, poltergeist from the location, Attack vibes from where your going from and to, your recent activities and what you're carrying,

Attack BDSM hitting you for drinking a beer at lunch, etc..

# GROUP ( $\Sigma$ )

*Level: Advanced*

It takes practiced distantia to see just how much **group membership influences one's (perceptions of) reality.**

**Reality is communication with a concept.** With our own concept of external. Our multiverse is large and complex. **Communication is energy transceived through filters.** **Group membership is an extremely important filter.** Therefore it is of extreme importance in all experience (of reality).

To see what we mean when we say filters try looking through loose weave material like muslin especially if colored or hippie colored sunglasses like with pink or red & blue glass. Some are more obscuring &/ coloring than others. Filters extend to extremes like seeing light as a filter, so

without this type of filter your awareness is greatly limited, and space-time as a filter, so without this filter nothing external exists. As nothing external does exist until you, generally subconsciously, will it into creation. See *chapter Self-Creationism*. **The world is still the world but your perception of it has changed, been altered, by adding a filter. Often filters are instead removed.** Psychedelics are a way of temporarily seeing the world aside from your regular filters. **Becoming aware of and removing unwanted filters from your reality is part of enlightenment.**

Concepts here include both quality and quantity, status within each group and group territory.

**Group dynamics; group interactions, are among the most important aspects of life.**

Common symbology for the group is often the belly or the nose.

**Your prime group is yourselves.** Feel your body's limits. Lie on your back with your legs straight. Now raise your legs some way. Feel your muscles define your body's limits along your body from your feet to your head. Keep this feeling in mind during the day, slightly tensing these abdominal muscles, when you're out & about and want to center yourselves.

Spend the time to consider groups you've recently left, e.g. if you've moved apartment, and groups you've recently joined, e.g. if you've started a Twitter blog<sup>5</sup>. **Control your energies. Move them away from your history and limit how quickly you approach your potential future.**

**All truth is within.** Don't believe the X-Files hype that the truth is out there. In fact it's quite the opposite. **Truth is not**

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<sup>5</sup> <https://twitter.com/monkxysteve>

**absolute. Truth is a group condition.**

**An energetic belief.** Odd examples include gurus practicing Mind Over Matter who can walk on hot coals or swords without ill effect. We choose to be a part of the group that agrees with the belief of most science energies. A level of existence exists beyond the physical where even the pure science of math can disintegrate, as reality itself disintegrates. One example is of Philip Zimmerman, creator of the world famous PGP (Pretty Good Privacy) encryption computer software app, who, early on, believed he'd created a strong encryption cipher only to have it cracked almost instantly upon presenting it to his peers. In that instance his energies weren't capable of maintaining a belief strong enough to survive existence within a group of decent size.

**Programming is a group activity where one learns group qualities from others in the group.** It includes learning likes and dislikes, morals,



**language, fashion, behavior, etc..** People instinctively copy these aspects from their shown role models. The people portrayed by the media to be of high status, the stars; pop stars, movie stars, TV stars, sport stars. **It is subconscious, subliminal and extremely effective in programming Society.** The audience uptake these qualities without conscious thought involved; they're not thinking about it, they're not generally utilizing their ability to evaluate for themselves these aspects.

Society is an unnatural group. The sole natural grouping being one's family and maybe one's not too close neighbors like an ape pack in the jungle would have. This doesn't mean that you have to accept your birth family. Everyone's Attacked and if they're too Attacked for you then so be it. **Modern human Society is immensely too large of a pack. Most importantly Society doesn't particularly let one leave.** It

becomes an enforced parental pack that even says which plants one is banned from using. **Society doesn't particularly even let one be different.** Society can be a very nasty experience.

**Roughly speaking, one is who they hang with.** Group loyalties are often ultra tight. Always link the group members, to some degree, in your mind when you think of them. If one group member is a frickin' asshole then brand all the other group members likewise for it's obviously acceptable group behavior. **Any group is as good as its best and as bad as its worst.**

Centuries ago pale Caucasian slave traders played group with African Negros and there was no return. Now America has had a Negro PotUS, is being degraded by Affirmative Blaction, Negros have been major players in the music and sports industries for decades and they make up the majority of the megopolic underclasses; the criminals

and the unemployed. Jamaica, as other Caribbean islands, has lost their native inhabitants and come completely under the control of the Negro slave descendents. All because centuries ago pale Caucasian slave traders played group with Negros in Africa. They did it because they were ultra BDSM dominant, greedy people with no respect for human rights but their reasoning is irrelevant to their result. **They changed the world irreversibly. Anything you include in your group, however low a status you give it, is included within your group.** This is, for instance, why the concept of hatred is counterproductive. It's better to ignore people, exclude them from your groups.

The infamous Freudian (Österreichisch (Austrian) psychoanalyst Sigmund Freud 1856-1939) quote that every son wishes to sleep with their mother is part of a group dynamic. As head female this position includes sexual desirability. It's the same for daughters and their fathers.

As the child you must leave that parental group. There's a related Attack where the attraction is towards the parent of the same gender. It's another Attacked group dynamic for a male to want to BDSM dominate another person using sexual penetration, even a male.

Stockholm syndrome is a classic psychological group response. It's a function of being a subordinate within a group. **Children by rote take up the opinions and beliefs of their parents.** Hostages even take sides with their captors. With a new group membership, especially of a violent group, it's called brainwashing. It's the natural survival instinct to agree to become a pack member, rather than an enemy. One then plays pack behavior including uptaking pack beliefs, likes and dislikes, language, behaviors, habits, stylings, etc..

**Most people are so insecure, obediently slothful and small minded**

**that they choose to simply uptake Societal beliefs without any challenge to their validity or morality.**

**Extremely often the partisan seeking aspect of Society pushes one sibling into 'good' behavior and another into 'bad'.**

Try using unfragranced soap / shower gel. This frees you from having **the exact same** group scent of all the other users of your smelly one. Then you can add your own fragrance using essential oils.

Don't eat their factory food. Don't talk their standard phrases without thinking them out for yourselves. Don't (over) intake of their multimedia religion. Don't uptake their bad habits. Don't hang out in their usual haunts. There are a heap of different ways to separate yourselves from the standard Societal group/s.

If a spoonful of liquid were poured on you

from above while out walking you'd notice and not be too pleased. Unless it's raining then it'd be relatively undetectable. **Start stripping the unwanted, unnecessary groups, the metaphorical rain, from your life and watch everything gradually get clearer.**

One's path is fueled by one's group. It can help and/or it can hinder.

Keeping your fingers crossed for luck is about playing things tight, keeping your energy tightly restrained. Internus (internalization). This restraint, interacting only with energies closer to yourselves, more good, is more stressful all around but it keeps out potential Attack energies trying to invade and disrupt your situation. You keep your fingers so close together that they're crossed.

**It's true that there's nothing for free.**  
**Everything in the world has group**

**energy associated with it.** Even using free shampoos from a hotel you stayed in last year brings back this energy. The actual bottle, the color, the fragrance.

**There is no practical entity that is 'you'. Instead you are a conglomerate of all your energies.** All your habits, all your possessions, all your groups. All your hobbies, your activities, your likes and dislikes. **Your chosen personality.** In a highly enlightened, and distanced, state, and situation (or briefly on psychedelics) you can get some mental distance to this. **You can see your true soul with more clarity.**

**In everyday life you are 'yourselves', all your energy. Intermingled with your chosen energies is Attack, the external energies that want to force their way into your reality.**

**Part of walking your path of enlightenment is a fine tuning of your energies. Selecting which ones are**

beneficial to you and ridding yourselves of those which aren't. Remaining extremely clearly aware of the differentiation between your energies and external energies wanting to be a part of your life. This may take some time, clarity and distance to see. You can start with the awareness of the difference.

**Cleanse your life of the locations (generally the most difficult one), the possessions, the habits, the language and the Social, including familial, associations (this may take considerable time and effort), of all your superfluous groups.** The TV shows you watch, the writers you like, the music which makes you move (see *chapter Multimedia Religion*). This may sound unnecessary and so to you now on your path it probably is. Maybe eventually re-watching Seinfeld reruns (no offense to them) will get boring once you see the inanity in it, or re-listening to that Lady Gaga / Michael Jackson / Geto



Boys / Bruce Springsteen / Jewel Kilcher album will seem not your vibe anymore once you realize the lyrics really don't mesh with your life these days. You may grow out of them. No doubt the best of them will stay in your life to some extent. The enticement of the tube fades quickly when you've an actual life to live anyway. Society's music fades when you start making your own, and when you start to learn to appreciate quiet more. Your buddy who always is too selfish to care about your life or the ones who always compete with you maybe should be distanced from more. Your parent who always puts you down likewise. Society is an immensely useful crutch but it takes it's toll. It's better to walk unaided when you can.

**Don't rush like a desperate fool and damage yourselves trying to reach a goal. Enjoy the walk, enjoy the view, stop to smell the roses and when you do watch out for those pesky thorns.**

**You can have a social group life, you can have a personality, listen to music and more while still being very enlightened. It's about taking conscious control of your mind, of your life. Consciously developing yourselves. And it's a truism that the more you like yourselves the more you can be liked by others.**

**Always firstly reach inward for strength.** Then externally out into your group. Extending your group only as far as necessary to accomplish the task. Shrinking it back as soon as you can afterwards.

**It's said that they who sit by the river for long enough shall see the body of their worst enemy be washed downstream.** Energy can be with you. Especially if you make a group with it; play with it, sit by it. **But all group play is not without consequence.** At the very least you're spending your time that you could be using for a million other

things.

**There's no such thing as luck. Luck is simply energy on your side.** Right? So make it so. Not pathetically wish it, nor wait in vain, **steadfastly make it. Make energy yours by increasing your internus (internalization) and distantia (distance).** Make it solid, energy likes security because energy is sensible. Then whatever you ask of it, if it's really meant for you, then it'll become yours. We're not talking of playing group with external we're talking about the survival and progress of your group. For example don't waste your energy trying to out do a casino. Instead make your own money by using your ingenuity and hard work.

“I don't want to belong to any club that will accept people like me as a member.”

Telegram to the Friar's Club of Beverley Hills (of which he was a member)  
by Groucho Marx (1890-1977),  
US comedian

# DISTANTIA (DISTANCE)

*Level: Advanced*

Distantia is distance. Distance from external. Distance from Attack.

Gaining distance from others we can see ourselves more clearly.

Gaining distance from Attack we can better defend ourselves against it.

You don't have to live apart from Society to gain from a little distance when you can get it. You should immediately feel the relief of gaining some distance although it may take some getting used to. **This is similar to a meditative lifestyle where you can be in a state of deep meditation as you go about your life at home.**

The 易經 (Yi Jing) says that one should both be able to separate and to unite.

In Stephen King's Dead Zone story the hero sees people's Attacks when he gets close and touches them. He sees clearly from his viewpoint of distance. He's effectively been on retreat for many years in his coma and so his awareness isn't clouded by his own Attack hits.

**Life is complex. Energy is complex. Therefore recovery from Society is complex.** You've had a lifetime at the controls of your figurative supertanker; your reality. So it takes time, years, to become aware of relevant energies, to rein them back in or let them go and readjust. And the likelihood is that as distant as you want to be you're not very distant from them yet.

You're in a groove. You're in a river and you have to get out of it. Else it'll drag you downstream without you having a choice about things. Society moves with its own agenda. If it sees you as part of itself it'll drag you along too. **Society has existed for so long that now the**

**natural vibe anywhere near Society is to do what Society does. To serve its agenda and not your own.** To gain perspective, to see more rationally you must get some distance. To be able to plan what's best for yourselves. Without Society being that much of a factor.

**Distantia is the removal of attachments and as such is the path to nirvana.** *See chapter Neutrality.*

**Try getting some ear plugs**, expanding foam ones like Laser Lite from Howard Leight by Honeywell. Get the corded ones in case you swallow one in your sleep. These can give you a substantial freedom from the Attack of noise.

**Shop online.** Stay away from Society's population centers like Main Streets, malls and stores. Buy your groceries online, like at Fresh Direct, Organic Direct, Vons, Peapod and Amazon. Buy your clothes online. Buy your other items online, like at Amazon, Bed, Bath &

Beyond, Best Buy, eBay, etc..

You'll notice that distantia takes you away from most sources of contagion from micro-lifeforms. So (with good hygienic quarantine procedures) **you'll stop catching coughs, colds and the flu.** It makes a nice change.

With distantia Attack will literally come out of the woodwork. It always was this bad, yet with distantia you have the clarity to see it in more depth. **To gain from this experience you'd want to free yourselves from some locational Attack.** Be in as new a place as possible; not a century old building. Be in as unattached a place as possible; not in your parents' home. Be in as owned, as internal, a place as possible; decorate by yourselves; paper, paint, hang drapes. As quiet a place as possible. As upmarket a place as possible. Make sure to keep it clean. **Be comfy. Be at home. Then you've got yourselves a safe environment to grow in.** To live in, to

build a home in. To work in, to build a business in. To occasionally get high in. Beware, it could be impossible for you on your path right now. Maybe now is more a time of suffering for you. Learn from it. Survive it. Or maybe you'll find reality lets you do this now. **Try.** (But know your limits; don't headbang against figurative walls.)



# INTERNUS (INTERNALIZATION)

*Level: Easy to Advanced*

Internus is internalization.

Retreat within to find yourselves.  
**Retreat within to find goodness;** your  
godself.

“Who do I trust? Me, that’s who!” So says the Scarface (1983) movie (written by Oliver Stone).

**When tragic news strikes people instinctively retreat within.** They drop what they’re holding and often collapse to the floor or sit down. This is to remove themselves from reality and any Attack within it. To regain a majority of goodness from within themselves.

When people hear bad news which makes them angry they sometimes walk around a little, roam their territory. This

is an attempt to assert their rule over their domain, increase the strength of their good energies, to stop such bad news from creeping in again.

**The ultimate spiritual retreat is the retreat into one's mind, away from one's body.** This state in varying degrees is called being asleep, unconscious, catatonic or comatose. Without access to one's body one has no senses with which to experience reality. **Reality effectively ceases to exist.** However there are also different layers within one's mind.

**All truth is within.** Don't believe the X-Files hype that the truth is out there. In fact it's quite the opposite.

**Be independent.** **Do it yourselves.** Who can cook your food just the way you like it? **You can.** Who knows you better than anyone else ever could? **You do.** **Your #1 person to count on in life is yourselves.**

By internalizing more we bring more control to life, more goodness.

# FACULTAS (POWER)

*Level: Easy*

Facultas is power.

**Power is good. Power is immensely useful.** Especially power at a distance like a gun.

**We utilize powerful tools constantly every day.** It's easy to overlook their importance in our lives. From the lights we use to see after dark to the kettles we use to boil the water for our hot drinks to the toothbrushes, the pocket micro-computers (cell phones), pens and so much else.

**You deserve a high quality of life.** You deserve the best food, the best home with the best things in it. From the best pillow to the best toilet seat. **Society orders its citizens in terms of class. Do not listen to Society's classification of yourselves.** You

deserve the highest class of life available. A high quality (foam) pillow may cost a little more but not a lot and for something that you use nightly is worth the extra expense. Sensibly a first class plane ticket may not be necessary when instead business class is a fraction the price and very comfortable.

Make sure you have the tools for life. The can opener, the bowl, the blender, etc.. If you have to buy cheap ones then buy cheap ones. **Then upgrade.**

Cover the basics, the essentials; eating, sleeping, washing, cooking, personal safety. Then gradually increase your collection to include items which you'd use daily. Eventually you'll have tools which although you use only occasionally you gain a higher quality of life using like pineapple cutters and juicers.

Becoming aware of how much reliance one places on these everyday tools helps one understand accurately their own

## dependence.

Choosing to have is mostly a good thing. **Having is your skills, plus your experience, plus what reality lets you get & keep.** This is what you can have. Sometimes one manages to obtain yet it provokes an Attack which goes on to damage or to destroy completely that which one obtained.

“The pen is mightier than the sword ‘cos the pen gives the word sending swords to war.”

Proper Propaganda (2001) song  
by Dilated Peoples,  
The idea was first written  
by Edward Bulwer-Lytton  
(1803-1873) in 1839

# INNOCULUS (INVISIBILITY)

*Level: Medium*

Innoculus is invisibility. Invisibility from Attack. Invisibility from external or others. Being out of their awareness, out of their consciousness, off their list.

## Invisibility brings distance.

**Contrary to the general belief of Society one should not wish to be remembered. This reduces the Attack of pigeon-holing which is ultra restraining. Society often falls foul to playing parasitic in desperation at their unacceptance of impermanence. However to remain fresher, cleaner, less attached one should strive to have as small a 'footprint' as possible. Making only the smallest waves in Society's ocean rocks the fewest boats. Politicians and superstars for their craft need to be known, as an author's books**

or musician's songs. Yet for most people this is contrary to peace.

As an energetic cleansing practice visualize both all the images external Society holds about you disappearing, being solely limited views of you and not the actual whole you, and all the images which you've portrayed of yourselves to external Society fading, as necessary solely temporarily and whose time has passed. If you hold a public face such as a blog or website be aware that this is a façade whose image you wish to preserve and is not actually yourselves.

For example if on vacation a cab driver overcharges you a buck or two don't make a scene. It's far better to let them have your affordable \$2 than to stay as an aggressor to be fought in their mind for the next hour plus the energies it'd stir up for you to deal with. Any confrontation could always become violent leaving physical scars that'd last far, far longer than a couple of dollars could be worth to



you.

Try to blend in yet being separate. Try not to be noticed. Wear clean, mass-produced clothing which is non-offensive and common for your environment.

**It is change that is noticeable. So all change must be achieved gradually.** This draws as little energetic attention to one as possible. **Stay under Attack's radar.** When less gradual progress is unavoidable such as when traveling by plane take extra care to avoid unseen Attack. Notably most people don't like change because of its inherent uncertainty. The preferred attitude is 'don't rock the boat'. Yet waves are a natural part of life and boat parties rock boats. **Change is the sole constant in life. Ain't nutin' to it but to do it – gradually and carefully.** The quicker one can adapt to change the better.

“Why is it that the moment your life exceeds your wildest dreams the knife appears at your back?”

Limitless (2011) movie,  
Written by Alan Glynn and Leslie Dixon

# TRANQUILLUS (PEACE)

*Level: Easy*

Tranquillus is peace.

Being at peace, calm, tranquil, one can hear oneself clearer and be less attacked from external. The more chilled out you are the less stressed you are.

“The quieter you become, the more you can hear.”

Baba Ram Dass (1931-),  
US spiritual leader

Be stable by yourselves, self-contained.  
**Focus on your meditative awareness.**

**Be at as low an energy level as possible.**

Be aware of Attacks from sounds, smells, your possessions, your environment, your mindset, your group and more.

Showing a level of aggression towards the general public in cities is often the best way to fuel your energetic shield. **However, you can't be aggressive. A peaceful attitude is a necessity. To be at peace one's vibe must be of peace.** We exist in synchronicity. **Bear no ill will towards Society.** Some say you get back what you give out times three.

Anger is an emotion. An external, invading energy, an Attack. It must be avoided at all costs. It's a propensity to violence. Without fully thinking things through this can be immensely damaging to your life, and to others. An interaction which you may take forever to forgive yourselves for.

Go out of your way to avoid stepping on a snail let alone a cat. Care enough to give of your attention to stop you being a needless killer.

“La haine attire la haine.”

Translated from Français (French) as:

“Hatred breeds hatred.”

La Haine (Hate) (1995) movie,  
Written by Mathieu Kassovitz

Inner peace is linked to outer peace. Outer peace, with external, is best achieved through deserving and attaining respect. Peace is achieved if external leaves you alone, which is achieved through your showing of strength. If you're not left alone then group energies are more played. **Don't get into a power struggle dynamic. Despite external's desire steadfastly maintain a view of independence.** This inhibits the BDSM group dynamic dominating you into submission. It removes aggression from the situation.

**There must be a valid reason for any action.** Vengeance is generally pointless. One has no reason to act in retrospect. If attacking removes an aggressor that may harm one in the future then it's worthwhile but to attack for historic reasons alone is pointless and

against your survival.

## **Being generally peaceful is different from being a pacifist.**

Can you imagine doing nothing for an hour? Where would your mind go? How about for a whole day? A week, a month, a year? It's said that the bored are the boring. You'd retreat inwards. You'd retreat to yourselves and to your memories. How better to find yourselves and understand your life to date?

To quote from Scorsese's (1942-) Kundun (1997) movie written by Melissa Mathison (1950-2015) (who also wrote E.T. (1982) and was once married to Harrison Ford (1942-)) about the 14<sup>th</sup> Dalai Lama (1935-) of Tibetan Buddhism, "First one understands that he causes most of his own suffering needlessly. Second he looks for the reasons for this in his own life. To look is to have confidence in one's own ability to end the suffering. Finally a wish arises to find a

path to peace. For all beings desire happiness. All wish to find their purer selves.”

**The end never justifies the means.  
Method always matters.**

**It’s possible to get above language. A mental space where you don’t need your mental chatter, without words sounded out in your head.** Words have an immense power that’s difficult to appreciate until one can be without them. As mentioned elsewhere in this book, psychedelic plants can help with a brief enlightenment in this area.

“Well there’s so many sinking,  
Now you gotta keep thinking,  
You can make it through,  
These waves.”

Blue (1971) song by Joni Mitchell,  
Written by Joni Mitchell

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# REALITY

*Level: Advanced*

**Reality is communication with a concept. With your own concept of external.** Your reality multiverse is large and complex.

**Communication is energy transceived through filters. The prime filter is your belief system.** Therefore it is of prime importance in all experience (of reality). **Group membership is also an extremely important filter.**

To see what we mean when we say filters try looking through loose weave material like muslin especially if colored or hippie colored sunglasses like with pink or red & blue glass. Some are more obscuring & coloring than others. Filters extend to extremes like seeing light as a filter, so without this type of filter your awareness is greatly limited, and space-time as a filter, so without this filter nothing external

exists. As nothing external does exist until you, generally subconsciously, will it into creation. See *chapter Self-Creationism*. **The world is still the world but your perception of it has changed, been altered, by adding a filter. Often filters are instead removed.** Psychedelics are a way of temporarily seeing the world aside from your regular filters. **Becoming aware of and removing unwanted filters from your reality is part of enlightenment.**

**Reality, external, is your creation.** See *chapter Self-Creationism*. Energy from your top-of-head chakra creates your reality. Plus your group energy going from your belly all around you makes it really yours rather than an abstract show.

Your group energy protects you but too much focus on this sometimes is negative as group energy can get dirty out & about in the world.

**The body is the projection of one's**

**soul. As such it's imperfect as it partially exists in reality and all reality is Attacked.** The body is the façade of the soul. **It's one's interface with reality.** Your soul is the music broadcast by the hi-fi of your body. **It exists without the hi-fi. But to interact with reality it does require it.** The CD laser influences the sound it makes, the electronics inside, the EM resonating out from the disc motor, the cabling, the speakers and every other little part all partially influence the sound, in this analogy, the physicality of you; your body. It's like a shiny new penny left outside. The underside stays, basically, new and shiny but that's not visible. What's visible is the topside that gets tarnished, grazed, dirty, comes into contact with the rest of reality and is changed by its history of interactions with it.

**Reality is your problem brainchild if you will. It's built or changed extremely gradually and like a**

**supertanker patience and forethought must be used when at the controls.**

**Reality is malleable.** Everything can change; the past, the present, the future.

**Taking responsibility for creating the instrument of your own torture is difficult.**

**Reality seems in some views a curse.** Inescapable, torturous, infinite experience. **Yet one can change oneself.** Therefore one can change reality (by changing one's perceptions).

If reality energy won't permit certain progress **at least you tried.** **If you don't try you can never achieve.**

**You deserve better than you accept in your life.** **Far, far, far better.**

“If the doors of perception were cleansed everything would appear to man as it is,

infinite.”

The Marriage of Heaven and Hell

by William Blake (1757-1827)

*N.B.* This famous quote is where the acid rock band The Doors got their name.

**The reality multiverse of external is infinite.**

Celestial bodies move quicker the further they are away from Gaia (Earth). We can see ones far away which are moving at almost the speed of light. Ones further away than that are, relatively, moving faster than light. So we'll never see them.

Beware of too much grace; style without content. This is very weak and fragile.

**In reality three main things are desired:**

- 1) Novelty; new things including housing,**
- 2) Ownership; not renting someone**

else's things (including housing),  
3) Distantia (distance); separation from Society.

These are the three things that help reduce Attack the most.

A free mind is the most powerful thing possible. No wonder it's the most envied & feared by the obedient, stupid and the paranoid.

Your experience of reality at any one time is dependent on your set & setting. Your set is the mindset which you bring with you. Your personality structure and whether you're currently happy, sad, nervous, calm, etc.. Your setting is the environment you're in. Whether it be calm, chaotic, full of love, full of anger, etc., and the cultural attitudes as to what is real. **These two are the prime factors of your experience type in any given situation.** So if you want to be calm make sure you're both in a calm or calm-able mood and that you're in a calm environment.

The Tibetan Book of the Dead (Bardo Thodol) describes the cycle of renewal of the psyche. As one can experience when traveling one's path of enlightenment (and on psychedelics).

- The Bardo or level, A, (Chikhai Bardo) is the transcendence of enlightenment. Where one can transcend beyond space-time, beyond words, beyond self. There are no visions and no thoughts. It is a time of pure awareness and ecstatic freedom from Social energy involvement. This is the Clear Light. The secondary sub-level of level A is being aware of reality / Social concepts. Also being self aware of the happening of the experience.

- Level B (Chonyid Bardo) is the high awareness of the energetic vibes of reality, including Societal energy somewhat distanced from Society. Here one can experience hallucinations, both positive and negative.

- Level C (Sidpa Bardo) is being a player within Society. Back playing the usual



games, interactions, of Society.<sup>6</sup>

The more enlightened that one is, the more they experience level A. The average psychedelic tripper spends most of their time on level B.

“For the unprepared, the heavy game players, those who anxiously cling to their egos, and for those who take the drug in a non-supportive setting, the struggle to regain reality begins early and usually lasts to the end of their session.”

The Psychedelic Experience:  
A Manual Based On The Tibetan  
Book Of The Dead book,  
Written by Dr.s Timothy Leary,  
Ralph Metzner and  
Richard Alpert (Baba Ram Dass)

**Those are the types of people who shouldn't trip on psychedelics. Plus those who are too haunted.** The level

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<sup>6</sup> Source: The Psychedelic Experience: A Manual Based On The Tibetan Book Of The Dead book by Dr.s Timothy Leary, Ralph Metzner and Richard Alpert (Baba Ram Dass). *See appendix III: Ten Books To Read.*

B hallucinations, the energetic vibes of reality, including Society, are so acutely perceived, that they can be astoundingly beautiful but when Attacking openly on an energetic level, can be too much to handle, especially for half day sessions on LSD. The level C, everyday reality consciousness, helps keep these Attacks to the subconscious where they're autonomically dealt with and instead influence the personality. Psychedelics can be used to help the haunting but one doesn't learn how to swim by diving in at the deep end. Obviously generally we recommend approaching enlightenment gradually via the methods we describe in this book. Using this to free oneself from Attack (haunting). If drugs are chosen then psychedelic mushrooms and truffles keep the sessions time limited and strong cannabis even more so yet with less of a psychedelic effect.

**The synchronistic web of reality can be interacted with to varying amounts as you so desire.** One can choose to

interact with another entity or not. Use logic to select which entities you communicate with. Communicate for a definite purpose; a gain, else don't communicate at all.

Every lifeform is going about in their own 'parallel' multiverse. Moving in synchronicity with reality. So they are, depending on how tight their group energies are, how Attacked they are, solely coming close to lifeforms that are similar to them. Lifeforms that share similar beliefs like in the existence of vision, colors, the religions, the science, the time, etc., etc.. Theoretically if one were able to control this relationship with external then time travel would be possible, if one interacted only with people who believed they were in a previous time.

**Reality is belief. Belief is majorly influenced by one's perceptions. Therefore taking substances that affect perception can actually affect**

**reality.**

**Every lifeform has a soul. A soul is a synch for energy.** It's not that it's needed or necessarily all wanted, it just happens in an energetic environment; in the world.

**An apport is something that materializes out of thin air.** In the X-Files (1993-) TV episode Calusari spirit dust is materialized. Don't let it freak you out. Energy may create something by itself. When people, magickians or Wiccans for instance, do this it's called conjuring. It is ordering reality to make matter from energy.

**Everyone can feel when they're being stared at.**

**The paranormal exists, it's just not fully explained by science yet.**

“These strange things happen all the time.”

Magnolia (1999) movie,  
Written by Paul Thomas Anderson

**Attack hides things, like keys.** Then later this Attack fades and the item reappears. In the movie Poltergeist (1982) (written by Steven Spielberg, Michael Grais and Mark Victor) it hides a small child. If you can, don't waste your time and energy playing with Attack, simply wait for it to fade and the item to be returned to your reality.

The issue of free will has always been an interest for philosophers. Free will like everything else exists within reality. It's Attacked like all reality. It exists within time. It depends on what's happened before the moment and what's planned to happen after it. **Like a fish in a stream; it can swim according to its desire yet there's also a varying current affecting it.**

**Don't give too much power to your consciousness.** It's far more prone to

Attack, like being deceived. **Have faith in your subconscious.** Have faith that your subconscious shall lead you down the right paths. You don't need to struggle (too much). You don't need to push. Simply plod on.

**When you see a great sight look first with your vision.** Recorded reality, with a phone's camera or sketched, can't compare and can easily take away from the experience of seeing the sight.

**Remember everything, everyone and everywhere is Attacked, nothing's perfect and everything takes time.**

**People restrain their own consciousness.** Through fear of the unknown. To be 'normal'. You don't have to be afraid of looking down if you're too blinkered to see anyway. They think if you deceive yourselves into thinking that you're not surrounded by evil maybe, just maybe, one day it'll be true. **Believing it's a get out clause for the**

**evil they do; that they were ‘unaware’ that they were doing something nasty.** So it becomes a license to be bad, to take the easy path letting evil rule and ruin their lives. **It takes true grit, strong guts, to face reality. True reality.** To peer into the abyss to see what’s in there. **For all reality is within projected without.** To look at reality is to look within yourselves. What you’ve become. You don’t see just your baby selves anymore. **You see the results of every moment of every single day of your programming by Society.** You see a vision of Society itself. You’re still within Society. Seeing yourselves includes seeing your current place within Society. **Your best hope is to be at peace with this.** It can look real ugly from one view. It’s a vision of a delusion. **An image of a person, yourselves, alive in an imperfect world, right where you are, right where you want to be, right where you should be, but certainly not where you’re headed.** Be cool, be groovy, be content. **There is ever only**

**you, the true you, only now, only here.**

It's yourselves that must change to settle your mind. And there's all the time in the world in which to do it. =)

**Enlightenment is a very powerful asset to have achieved (some of).** It can be very daunting to have such power. To have your life open to your control. Yet this is how it was meant to be. And you deserve it. And can handle it. Use it to blossom. As Trekkies say 'live long and prosper'.

“He who binds to himself a joy,  
Does the winged life destroy,  
He who kisses the joy as it flies,  
Lives in eternity's sunrise.”

Eternity by William Blake (1757-1827)

Messing with the natural order of things is communication and must be done solely when necessary. A Norsk (Norwegian) king called Canute wanted to show his subjects his limitations so he went down to the sea and ordered it to go



out. It didn't. **Don't try too hard.** You could get an aneurism, waste your will power, waste your time. **Change takes time.** Of course reality could be influenced to make the tide go out. Time could pass, a gravitational event could happen like the Moon falling towards the Earth, **but do you really, really want it to.** **The ancient proverb says that one must be very careful what one wishes for as they may just receive it. It's also said that they who sit by the river for long enough shall see the body of their worst enemy be washed downstream.** Energy can be with you. Especially if you make a group with it; play with it, sit by it. **But all group play is not without consequence.** At the very least you're spending your time that you could be using for a million other things.

In late C20 Robert Anton Wilson (1932-2007) together with Tim Leary (1920-1996) worked out a scientific model for consciousness levels. **There are eight**

**different levels of mind functioning that have developed over our 3½ billion years of existence.**

**1 Bio-Survival Circuit, 'Consciousness'**

DNA Stage = Invertebrate, 2-3 billion years ago.

Good or bad, approach or avoidance. Like food is good and fire is bad.

Meds = Opiates.

**2 Emotional Circuit, 'Ego / Reptilian Brain'**

DNA Stage = Vertebrate, ~500 million years ago.

Group politics, territorial demands, BDSM, aggression and cooperation.

Meds = Alcohol.

**3 Dexterity-Symbolism Circuit, 'Mind'**

DNA Stage = Hominid, 4-5 million years ago.

Human, communication, tool usage.

Meds = Stimulants or a high-protein diet.

#### **4 Socio-Sexual Circuit, 'Adult Personality'**

DNA Stage = 30,000 years ago.

Post-pubescent sexual politics, culture.

Meds = None yet discovered.

**NB These first four circuits are all that are normally activated in modern humans; Society.** The next four circuits are evolving.

#### **5 Neurosomatic Circuit, 'High'**

DNA Stage = 4,000 years ago.

'Turned on' hedonistic pleasure, awareness of the beauty of nature.

Meds = Cannabis, Tantric sex, basic level of enlightenment, sensory deprivation or social retreat.

#### **6 Neuroelectric Circuit, 'Self-Programming / Tripping'**

DNA Stage = 500 years ago.

Awareness of being one's own programmer, distantia (distance), 'tripping'.

Meds = Psychedelics, high doses of

cannabis or enlightenment.

## **7 Neurogenetic Circuit, ‘Genetic Memory’**

Genetic memory; the awareness of one’s 3½ billion year age.

Meds = Psychedelics or enlightenment.

## **8 Neuroatomic Circuit, ‘Extraterrestrial Unity’**

Paranormal experiences, collective subconscious, future reality.

Meds = High dose psychedelics or enlightenment.

**Human nature can’t be found by looking down at lower lifeforms. Only our base instincts, which we rightly rule over, can be found like this. We must look up to our higher reasoning and logic to see our true nature and potential.**

**It’s all about the now. There can never be a more important time than the moment. For if you don’t survive it you**

have no future.

**There are only two social rules to follow. That unless absolutely necessary:**

- **No harm be done to an external entity,**
- **One's will not be enforced upon an external entity.**

# ENERGY

*Level: Advanced*

**All is energy.**

Use good & bad here as terms relative to yourselves. **There is good energy around you and there's bad energy around you.** We call the bad energy, Attack (evil).

We aren't at the mercy of external energy yet we must balance flowing with it against it opposing us.

**Positive energies are summoned up and negative Attack energies stirred up by every thought and especially every action.**

**Positive or good energy collects in your home, in your homely habitat, where you spend your time and feel comfortable.** Energy likes goodness; comfort, to be fed and watered, etc.. It

likes to be good even when it cannot, because you like it to be good.

Your energy wants to please you. Energy further away from you knows less how to do so. Try to funnel it, shape it into your desires rather than getting annoyed with its imperfection.

New energies have vibes. **The vibe at the start is the vibe of that energy.** It may later try to add vibes to hide its more sinister vibe.

**With dedicated practice it is possible to see the vibe of the energy of a given situation. This is made up of various factors. See *chapter Factors*. This is one of the most important awarenesses in life.**

**Energy, life, like a fractal shoreline gets more complex the closer one looks.**

When considering the energy of another

location often it's not possible to accurately see it until you are actually in situ.

With enlightenment one can see the view that there is no cause and effect, only energetic vibe.

**Don't ask from energy because you feel you are deserved. Not if you feel it has wronged you and could make things right in return. Instead free yourselves from history, from 'karma', from blame, from a desired balance of 'good' & 'bad'.**

**Synchronicity is the mesh of the multiverse.** One can walk down the street with a new baseball cap and see ten other people wearing caps. Definitely awareness is at play here but with increased awareness also it's visible that in the organization of energy, alike items are placed together. Hate begets hate. Sometimes too much awareness of synchronicity or other sudden premature



enlightenment can induce people to 'freak out'. This is why the path of enlightenment is gradual. So as for us to naturally accept the change one bit at a time.

# MATTER

*Level: Easy*

**Matter exists.**

Matter is inherently imperfect. It's Attacked. Accept this and work around it.

Look at Einstein's (1879-1955) famous equation:

$$e=mc^2$$

**e** is energy

**m** is mass (like weight)

**c** is the speed of light (in a vacuum)

Energy is mass times the speed of light squared.  $c$ , the speed of light, is constant. This means that energy is directly proportional to mass. Energy is mass. Mass is energy. All matter is simply energy.

When interfacing physical objects, once an interface has been established retreat from that position. Especially when

pouring. Otherwise you could end up appearing to be overly involved in a simple task that is progressing.

# DIVISION

*Level: Easy*

**In reality there is division. Division from singularity. There is diversity.**

For one example there is light. This is split into colors. White light consists of bits of light of every frequency. They are split into red, green and blue. They are split more into orange, yellow and purple. They can be further divided into pink, deep crimson, etc., etc..

In a growing baby first there is one cell then it divides into two.

People must be treated differently due to their differences. Otherwise it wouldn't be "women and children first" and it is and for the obvious reason that they wouldn't have half a chance without it under emergency conditions. Disabled people who have trouble walking should be given extra parking privileges. People

have differences, it's a natural part of life and necessary for evolution.

**People must be allowed to be discriminating. Government must not be discriminating because government is by the people, for all of the people. But individual people are individuals whose rights to choose their own actions must be protected.** If a cabbie wants to reject a woman riding in the front seat for religious or any other reason then that's their taxi, their fare and their choice. If a church pastor wants to refuse to wed a homosexual couple for their own reasons then that's their actions they're choosing. **It's far-out fascism to want government to force them into doing something against their will solely to avoid upsetting a member of the public.**

We don't believe in using any '-ist' term; racist, sexist, agist, skill-ist, etc.. **These terms simply describe difference in treatment of different peoples.**

**Difference is natural and treating people with respect to their differences is as it should be.** The age limit of enlisting in the US military is 28-42 depending on the branch. It obviously has logical reasons for this limit, it's as it should be, claiming 'agism' is irrelevant. One doesn't hire a sous chef by choosing a random person walking down Main Street. This isn't 'skill-ism', it's logical sense.

# LEVELS

*Level: Easy*

**The world is gray, not black and white. It's made up of components at differing levels.** Binary exists but even gender has a crossover in hermaphrodites.

**There's a Societal desire for partisanship.** Love versus hate but we all know nothing's that simple. Left-wing vs. right-wing yet also centrism, right or left handed and also ambidextrous.

Our digital processing machines, computers, work in binary. Tiny switches either on or off.

# FAITH IN ONESELVES

*Level: Advanced*

**Belief in oneselves is necessary for survival.**

**Believe that you are innately good (for you). That implicitly your will is to survive and to get what's best for yourselves.**

We say oneselves rather than oneself because everyone has many different facets to themselves. You the student, you the child, you the parent, you the chef, you the jogger, you the TV watcher. You are all of these and more (as relevant).

**Reality is belief. Belief controls reality. Belief is built up over experiential practice. Don't expect to have ultimate control immediately.**

**Belief in yourselves and your belief**



**structure is of ultra importance.** There are people in Society who vehemently disagree with your belief structure especially those with alternate religious views. They often mistakenly assume that everyone, i.e. you, share their beliefs and that there can be no other belief system other than theirs. Literally stay clear of them as much as possible. We appreciate that Society is different and don't impose our views on others.

**It is a great weakness not a strength to be accepting of all people regardless of their beliefs. Be separate.** You have that right.

# SELF-CREATIONISM

*Level: Advanced*

“He who isn’t busy being born is busy dying.”

It’s Alright, Ma’ (I’m Only Bleeding)  
(1965) song by Bob Dylan,  
Written by Bob Dylan

“Your brain is god,” said Dr. Timothy Leary (1920-1996), psychedelics spokesperson and expelled Harvard psychologist imprisoned in solitary confinement by the US government for advocating consciousness expansion using LSD in the 1960s. President Richard Nixon (1913-1994) called him “the most dangerous man in America.”

In your prime view you exist. Everything starts with you. **Everything is about you.** **There’s only you.** You have created a world of reality around you to have fun in, to enjoy. This philosophy is called solipsism.

**Theoretically no action is necessary.**  
**All is subconsciously OK.** Then you chose your level of interfacing, communicating, with your reality.

Yet in reality there's matter. Our eyelids let in light even when closed. Our most comfy bed ever still isn't a womb or flotation chamber. The sheets eventually need to be changed. We breathe, we perspire, we need to keep clean and to eat and drink. Et cetera.

**Be internal. Be yourselves. Be all your accepted selves. You exist.**

**Then create external.** In your reality create your projected view of yourselves, your body. Your body is the physical manifestation of yourselves. It is you, not a possession of yours. It's not "my feet" but "me, feet".

Create that which is in the closest proximity to you, your clothing. Create

the room with the floor that supports you. Create, with correct ownership, the items in the room. Create the building, the area, the opoli (the population center), the county ... the planet ... the multiverse.

**Your link to reality starts with your brain.** Your brain extends to your central nervous system (CNS). Down your spine and out to the periphery of your body.

**You have no implicit personality.** It has all been built since birth and **can be reconstructed to your preference.**  
**Use logic to construct yourselves.**  
Plan how you want others to see you based upon your goals for your life. You'd gain from being seen as polite with the social lubrication it brings while being (appearing) strong and assertive. Your behavior, your habits, your communication can be under your conscious control. For example you can easily talk slang and use profanity or chose to mind your Ps & Qs (pints &

quarts; about being wary of getting drunk). You can chose to appease physical pleasures by smoking cigarettes or save your money and health. **Use your higher brain functions, your self control of your consciousness and use logic to control your own actions.**

“Motivation is what gets you started. Habit is what keeps you going.”

Jim Ryan

**Society, people, developed personality partially as a defense to the Attacks of the world.**

**For strength be yourselves, be all of yourselves, of all of your timeline. Be all of your decisions for they were all right. Everything that has happened you've survived it all. It has all gone into making yourselves the person you are now, the most and the best you've ever been. History gives one their strength. All 3½ billion years of it.**

**Taking pride in your history is very important. You've never done anything wrong, not wrong for you, you never could. So you've never done anything to be ashamed of, you never could. Your life, your choices, **your path followed despite all Attack energies hitting you along the way. No blame, no shame.** Take your history and go forward with it into your bright future.**

**The 易經 (Yi Jing) teaches only that upon which one focuses one's energy shall exist and flourish in one's reality.** Conversely that to which one figuratively turns one's back shall eventually cease to exist. The Nightmare On Elm Street movies say the same thing. **Be focused, ultra focused upon the good and solely the good in your life and goals.** Let drift away all the rest, all of the other energies. **This is one of the most important concepts in life.** Use your will to consciously control what's in your life and what's excluded from it.

People often don't want the 7DS envy & wrath they'd receive from having more power. The ultimate power of being god would be about as much power as possibly conceivable. Everyone feels lower than, inferior to, someone, for instance their boss, elder relatives, monarch, president &/or god. **They're not**, but they're taught that they are from year one, so generally that's where they're most comfortable.

**An ultra important view is there's no such thing as reality outside your current environment. Your current room / apartment / house is all that exists.** You have no neighbors, there are no cars to be passing by on the street outside. **This view helps focus**, on your environment, your current situation. Without distraction, Attack Off-Track.

# SUICIDE

*Level: Medium*

“You have to be strong. Dawn, **the hardest thing in this world is to live in it.** Be brave. Live. For me.”

Buffy Anne Summers (emphasis ours),  
Buffy The Vampire Slayer (1997-2003)

TV show,  
Season 5, Episode 22, ‘The Gift’,  
Written by Joss Whedon

**Suicide is the ultimate act of terrorism.** Take your personal view. If you commit suicide. If you stop your world then **everything** ceases to exist (for you – you’re taking your perspective). In **any view** there’s no way of proving to you that anything would still exist. **You are killing the multiverse.**

It’s quitting reality, **for ever.** A **final, ultimate destruction of everything you’ve ever created.** See *chapter Self-Creationism*. It is the last resort. We



hope and have faith that there's always a slightly different path to take, a door to try that could change things for the better. So that choosing to end everything never, ever, has to happen.

**One must be flexible enough for some deferred gratification.** Like crawling through a sewer for fun isn't the best plan, you don't do it, but to save oneself from imprisonment it may be 'worth' doing it. Bending your rules for a good reason. **Living in the now is different from living for the now.** This must be tempered with, even though multiple limits may be breached, the sense to stick to your rules and self-imposed limits. **Method always matters.**

Suicide is creating a moment of immense damage against oneself. It's a moment of immense violence and perpetrated against oneself, not one's body, for in reality there is no practical difference. A supertanker may appear to

be headed for an iceberg but if you, the captain, don't remain on board you cannot be **absolutely** sure that it'd ever hit it. Nothing's a given, a sure thing. **Every moment is an experience, every experience a benefit that enriches one, that progresses one.** It may now seem like you're caught in a pit of Zell but life can surprise you. Every door hasn't been tried until it's been tried and there's an **infinite** number of doors, of paths to try. **Seek out your feeling for your natural instinct to survive.** Think about it logically if it'd help.

To exchange a moment of intense badness for a hope of a more bearable experience is wrong. **Method always matters.**

**Depression can be dealt with, it can be lived with, treated, survived. Despair is fundamentally different.** Note, at least mentally, your despair on a scale of ten. Ten being normal, without despair. Two being time to start preparations for

ending your life. One being the time to be at peace with your decision, with your method at your immediate disposal. Zero being time to enact your demise. (Never get to zero!) Give yourselves a safeguard like imposing a lockdown; don't communicate, don't use the net, don't leave your home if your despair level is less than five. **Always be aware of your despair level if it's less than the standard ten.**

Once you've started on your path, once you've started experiencing the positive changes to your life suicide becomes **the antithesis** of your life (no pun intended). **Your life is about progress.** **Despair encroaches after ultra prolonged, ultra Attack.** Anything less and you can bat it away, say with a bottle of your favorite liquor plus a fatty snack. Blocks to progress can occur yet usually only after significant progress has been made. **You therefore always have your progress to fall back on. Most importantly you've developed your**

**faith in yourselves, and in your self-created reality. This faith is what provides hope even when despair Attacks.** When it does, give yourselves the time, ‘buy’ it using meds, for your underlying faith to bring you hope. What’s one more triplet (3ks or 3,000 secs or 50 mins) or one more day anyway? You’ve nothing to lose, only another day of torture to endure, and you’re obviously used to that by then. **You could end up gaining your entire life. A life of never ending bliss with all your dreams, your goals, gradually manifesting over your infinite future.**

Having seen even only glimpses of one’s potential gives one eternal hope. **Just as Attack can prove its danger by having hit once, the goodness of life has proved its potential by having existed even only once.** Having experienced one happy day proves forever the potential of re-experiencing such a happy day again.

Having experienced the pleasure of completing a drawing, jogging for an hour, playing with chemicals or with math or with words, each proves forever the potential to recreate these experiences and quite possibly **surpass them**.

There is a perverse aspect to this feature of reality, that of **the false pleasures of meds**. These lure one into an unhealthy, unnatural relationship with meds; plant & /or chemical. You can only reach these pleasures again (psychedelics aside) with the use of more meds. A craving naturally develops that spirals into or at the very least binds one to these meds. This easily can quickly become an atrocious situation which one must find their way out of, with any external help they can get. **Opiate / opioid, like heroin, use is especially proficient at slipping one into a 'suicidal', early death.** See the examples of superstars Kurt Cobain, Jim Morrison, Corey Haim, Anna Nicole Smith, Heath Ledger, Chris Penn, Michael Jackson, The Artist

Formerly Known As Prince, Marilyn Monroe, Whitney Houston, Althea Flynt, Elvis Presley, Philip Seymour Hoffman, et cetera. **Beware of all meds.**

Unfortunately there's an extremely dark side to this forever-then-present possibility of achievement. Having seen the possibilities in life, Attack can then **forever torture** one with this situation, keeping it now constantly out of reach. One's body of comparison (*see chapter Comparison*) will always then have this level of the pleasure of achievement in its memory and be forever striving to regain it. Life can be dark and twisted, especially near Society. Yet there's **always** something to perk up one's spirits; a shot of vodka, a bong of cannabis, a can of Coke, a bowl of beans, an episode of your fave TV show, a chocolate, a web movie with some microwave popcorn, a warm bath, a period of meditative peace, et cetera.

**Implicitly your will is to survive. Trust your instincts. See chapter Faith In Oneselves.**

**Death is not the EZ option. Every moment of your life you've invested your most prized possession, your energy, in creating your world. You mustn't (a word very rarely used in this book) destroy what you've invested your entire life in. If you had the money you could consider experiencing burning a Benjamin but you wouldn't shred a \$421 million dollar lottery ticket. You'd know, even if you had to wait until you calmed down, that it'd be the stupidest of ideas (not that playing gambling group is sensible). Life, reality, is yours. It's always been yours. Every moment you've made it more your own, more known, your knowledge and skills have naturally increased constantly. Every moment since day one in the womb. You can't let energy con you into trashing it all for nothing. If you're feeling suicidal then there are**

**serious issues which you need to immediately address, even if only by planning a better, more healthy, more enlightened life for yourselves. It means that there's aspects in your life which you do need to clear yourselves of. Certain habits, people, possessions, groups. But not your entire life. You can burn all your possessions, you can burn down your home (probably a crime), but don't immolate yourselves. **You deserve the good in your reality. You deserve the hope of a better tomorrow, a better reality.** Try it and see what you can do. Like learning to walk, every small step is progress, and sometimes you fall back on your ass but that's what it's there for. Don't push yourselves too hard yet push yourselves. Don't push yourselves too much, too often, yet push yourselves. **You can change yourselves, and your situation, which does change your world.** Nothing is EZ, yet progress, if you look closely enough and over a long term, **is possible.** Keep the faith. Trust**



yourselves. Your innate knowledge of what's good for yourselves and your innate desire to make it happen, to make it manifest in your reality. See *chapter Frequently Asked Questions (FAQs): "Q. I'm Depressed. Help!"*

**One cannot die.** No-one has ever come back from the dead to give proof. A billion people could die but it's all external, it's all delusion, it was never you. If you're proven wrong, it's too late for it to matter anyway. See *chapter Use Science for more on longevity science.* Within traditional solipsism there can be no death, including no suicide, for death is a finite process where the individual is not around to witness the result and therefore cannot verify its success. **However we see reality as separate from self, a soul existing outside of reality. Therefore reality can exist and, the opposite, not exist.** Reality not existing would be called death.

**Suicide is a right.** Whether in cases of incurable, insufferable illness or for any other reason.

“Suicide is painless,  
It brings on many changes,  
And I can take or leave it if I please,  
And you can do the same thing if you please.”

M\*A\*S\*H (1972) movie theme song,  
Written by Mike Altman (Aged 14)

# DIFFERENT VIEWS OF THE MULTIVERSE

*Level: Easy*

**We can see reality from our current perspective.** Our perspective changes over time and we can look again and get a different view.

**It's like drawing a sculpture. Only one perspective is shown. You could walk around the sculpture drawing and drawing and collecting many views. Each view is accurate but doesn't show the whole. Yet with each view you can see more and more of the whole, despite the limitations. (Then the sculpture comes to life and moves.=)**

It's said three blind men were describing an elephant. The first felt its trunk and said it's a snake. The second felt its leg and said it's a tree. The third felt its tail and said that it's a rope.

Describing an intercontinental ballistic missile it could be said that it's deathly. It could be said that it's protective. It could be said that it's heavy, shiny, explosive, technologically advanced, envied, quick and more.

Describing cannabis it could be said that it's fun, enlightening, helpful and curative yet also that it creates a dependence, it's an unnecessary bond / relationship with a potent plant, requiring resources to grow.

# ATTACHMENT & IMPERMANENCE

*Level: Medium*

These concepts are like the Buddhist dharmic teachings.

**Attachment to reality creates desire. Desire can never be always totally fulfilled and so creates a torturously dissatisfied suffering.** Like everything else, at varying levels.

Eating some of your fave ice cream makes you like it, or even love it, so once in a while you crave it. The rest of the time you're craving other physical sensations which you like; sex, getting high, chocolate, exercise, cheese, sleeping, dancing, learning, cookies, donuts, candy, et cetera. **There's always something to crave, and it's rarely omnipresent in excess.**

**Practice detachment from reality.** Let go. If you accept Attack it loses its power to frighten you and in that bond itself to you.

**If you detach from (for instance the self) perspective then there's no good nor bad. Everything is neutral.**

Lose your requirements, leave them. **Require nothing at all. Be at peace in the moment. Nothing matters.**

**Accept everything. Everything good and everything bad.**

**Let go of every one of yourselves.** Every personæ. Every self voice.

Don't push. Don't rush.

Be in your detachment.

Then gradually come back and **deal with making a better reality. Accept the implicit torture of reality. Know the**

**truth of physical solutions to physical problems. Know the truth that enlightenment solves mental problems.**

**Accept impermanence. That the sole constant in life is change. Everything passes.** Yet this is somewhat controllable. This is naturally beautiful, a function of reality which prevents stagnation, and not an Attack.

“[Meister Eckhart (1260~1327), medieval theologian, philosopher and mystic] said the only thing that burns in Hell is the part of you that won't let go of your life. Your memories, your attachments they burn them all away. But they're not punishing you, he said, they're freeing your soul. (Relax... good.) So the way he sees it, if you're frightened of dying and... and you're holding on, you'll see Devils tearing your life away but, if you've made your peace, then the Devils are really Angels freeing you from the Earth. It's

just a matter of how you look at it, that's all. So don't worry, OK? OK?"

Jacob's Ladder (1990) movie,  
written by Bruce Joel Rubin



# NEUTRALITY

*Level: Medium*

Like the Buddhist concept of Nirvana, the ever still flat line. Never happy and never sad. There are no highs and so there are no lows.

**The 易經 (Yi Jing) talks of ‘a profound inner seriousness from which all outer terrors harmlessly glance off.’**

It's not being boring like a Mole Man character from The Simpsons. It's about being calm and contented, serious and ruthless.

**Know that you reflect back at external all badness (and everything else) that external throws your way.** Don't let external vibe affect you. We mean seriously ignoring a dirty stare that some lady is giving you and **not** giving her one back. Likewise ignoring external smiles and laughter. This way you stay out of

their game.

“Wipe the smile from your fate,  
It’s getting in the way.”

Small Time Shot Away (2003) song by  
Massive Attack,  
Written by Robert “3D” Del Naja

**If you go through life with a frivolous, too merry attitude or personality you’ll attract misfortune.** In fact it’s the social norm to call homosexuals “gay”, meaning happy. **If you, through youthful foolishness, don’t instead realize just how bad things can be.** Your personality is yours to shape as you will.

# COMPARISON

*Level: Easy*

To say “that's the best potato salad I've ever eaten,” takes referencing of other memorable potato salads. To say “this is the worst thunderstorm I've ever seen,” you're comparing to other memorable thunderstorms. To say “it was an OK movie,” “that ice cream was tasty,” or “what a pleasant day,” the same again. **You need a body of comparative experience to give you a frame of reference.**

**Your apex experiences, your best and your worst, together with your everyday median, give you your experience of quality and to a large extent quantity as well.**

# BALANCE

*Level: Easy*

**A balance is required in life.**

A balance between yes & no and eating on average the right amount. Between exercising the right amount, not too quick, not too slow, not too little, not too much. Pacing yourselves reading a book or drinking a glass of wine.

# WAVER

*Level: Advanced*

Energy tends to not like too much strictness.

**Therefore use the concept of wavering to ease energy into a position.** Don't fear the opposite. Don't block the opposite with a hard barrier to be battered by energy. Something strict / hard is an easy target for Attack to negate. Instead gradually accept the situation as is and that it isn't the opposite. **Bend so you don't break. But stick to your guns because of your belief in self.**

It's said that in every breath one breathes in a molecule of Caesar's last breath. This is because of the massive amount of molecules in that last breath plus the amount of time now for these molecule to have spread over the planet. **This shows that all is in all.** Get used to it;

it's natural. It's the amount of blending that's in question. *See chapter Levels.*

# DON'T BLOCK

*Level: Medium*

**Don't block energy.** A strict, hard block is an easy target for Attack negating energy. Be inwardly decided yet soft and gradual in your manifestation.

A block against say blue eyed people is too much to do with blue eyed people. To walk down the street internally repeating the mantra that you don't want to be mugged, or to bump into your mother-in-law is not only keeping the subject in your consciousness, which radiates out from you into the reality around you, but also providing a challenge to Attack; dare it defy you, when obviously yes, it could.

**Don't draw Attack to you in this way.**

**Let all energy pass through your body.** Neutrinos are sub-atomic particles so small that they're now passing through Gaia (Earth) without hitting a single molecule. **Energy won't**

**affect you, let it be, ignore it.**

**Beware of fearing anything.** Sensibly avoiding something doesn't have to be out of fear. **Fear is a bonding to the subject of one's fear.** Plus there's the danger that this leads to a self-fulfilling prophecy. Fear is a reaction to Attack. Usually the most common Attacks, from animals and most especially from Society. **Fear is a security reaction of retreating, most always a safe action, together with erecting a shield, a barrier. This shield is then Attacked.** Fear is attributed with the physical symptoms of increased adrenaline, quick reaction energy, too much of which is a notably terrible thing for a body to suffer, constricting blood flow and stressing glands. Also the symptoms of clearing the body of excess waste products by urination and defecation, and more often simply a sharp inhaling of breath ready to scream or shout to alert the pack and request help.



# FLOW

*Level: Advanced*

**All is energy.**

**Direct the energy flow to a decent level** yet don't obstruct its flow.

Newton's law states that a pebble in a stream receives force against it equal (and opposite) to the amount that it's restricting the flow of the stream.

**Let energy go. Let it flow around you.** Don't hold on too tight nor too long. The 易經 (Yi Jing) gives us the image of your horse which returns to you if it really is your horse. Have confidence. **Yet also don't be afraid to play group when you want to, for your benefit.**

# HOPE

*Level: Medium*

**Hope needs to come from yourselves.**

If this isn't possible it can still be hope but it runs the risk of being the terror of false hope.

**Hope can be such a strong, supporting, positive force** yet know that it's an internal thing reinforced with the external projections of reality.

Your hopes must be nourished, developed gradually and based on logic to have **strength of belief**, positive energy on your side. For instance after working for years for your employer and fulfilling all their requirements for promotion hoping for one is a valid hope. While hoping for a six figure payout on a one-armed bandit even after investing a C-Note on that machine is false hope.

# GOOD & BAD

*Level: Easy to Advanced*

**Good is within.** From the word 'god'.

**Evil or bad is external.** All external is potentially evil, or **not implicitly good,** yet there are varying levels of evilness.

**These are relative terms** (which require a perspective). **Reality itself is neutral.** Yet being out of one's immediate control cannot be completely trusted. However Society, which inhabits most of one's actual reality, is not neutral. Society is immensely attacking so **in practice generally** external shows itself as evil rather than good. Good energies are frequently Attacked to reduce their presence.

Most people don't understand generic good and evil. They see goodness as job hierarchy position, financial standing,

possession collection or Facebook friends collection rather than kindness, compassion, sense of humor, skill at dancing through life's waves, fitness, self-knowledge, self control, independent capability, et cetera.

**A good event is one which benefits oneself. Like a cross signal turning green when you're approaching a crosswalk or it staying dry when you're out for a walk in fall (unless you wanted it to rain).**

**Reality itself is neutral.** We repeat this because it's sometimes difficult to see from the position of being in close proximity to Society. Society generally believes that reality is bad, is against them.

**All truth is within.** Don't believe the X-Files hype that the truth is out there. In fact it's quite the opposite.

Beliefs are very personal, within

oneselves.

Put out all external invading words. Especially 'W' words; what, why, why not, where, which and when.

**Life, like any group, any vibe, any place, any populace, etc., is as good as it is good and as bad as it is bad.**

More good times can distract from the bad but they can't remove the bad. **Be aware of both the good times and the bad for they are both noteworthy.** Mean and median are also yet far less so.

**You're the best in the world at being you.** Doing what you do just how you do it. There's a better typist, a better mathematician and a better daughter out there somewhere but no-one who does it all with the balance that you do.

**You can be a good person. You owe it to yourselves to be the person you want to be.** Not just a pale imitation.

**To enforce mental safeguards to police yourselves. To be as righteous as you want and fight Attack to the death to never break your own vision of yourselves.** If you consider it wrong, personally, to hit someone **then don't do it** (unless your own safety depends on it; always exceptions). Likewise if you consider it wrong to cheat on your partner, to thief when you don't need to, to deceive, etc.. Ultimately Society's on your side. Their religious laws, their societal laws and their own moral ideals are on your side.

“Be good.”

E. T. The Extra-Terrestrial (1982) movie,  
Written by Melissa Mathison

**In one Societal view women are good whereas men are bad.** The violence in the history of Society has been the fault of man not woman. **Women are exalted.** The strife of Society favors men. They are, generalizing of course, the bouncers, workmen, soldiers, farmers,

wage earners (although with far more gender equality these days), they carry the heavy loads, they are the violent, the invaders, the dominant, the strong, **the beasts**. Women are the nannies, babysitters, cleaners, housewives, the gentle, the receptive, the carers, the nurses, the tender, the emotional, the submissive, the weak, **the beautiful**. It's genetically physical and it's also Societal. It's by no means definitive now in C21 but most of it is very, very true.

**Any group is as good as its best and as bad as its worst.**

**One can do no wrong.** Attack can deceive one into perceiving the view that one has done wrong, but it's a deception, a falsehood. Wrong is what's bad. **Everyone is essentially good.** All bad, or wrong, is deception from external, Attack. When viewed at a distance this can clearly be seen. Good and bad **require** a perspective. One naturally takes one's own perspective. **One**

**naturally does only what is right, or good for oneself. This is nature. This is individuality. Group behavior makes this far more complex.**



# MULTIPLE

*Level: Easy*

**The more times you attempt something the greater chance you have of succeeding.**

The more loan applications you submit the greater the chance of getting a loan. The more flyers you hand out the more people come to hear your band play. The more times you shoot at a target the more chance you have of hitting the bullseye.

# SPREAD

*Level: Easy*

The more widespread a scientific sample the more comprehensive its results will be. **The more widespread something is the more difficult it is to destroy it.**

Imagine a leaflet photocopied 1,000 times. Now imagine a fire at the warehouse destroys them all. If the leaflet were first spread 250 copies to each of four warehouses then a fire at one would only destroy a quarter of the leaflets.

When you're reheating food, stirring it in a pot you're spreading the heat around. This stops cold spots and burnt spots.

# STOCK

*Level: Easy*

**Physical tools are very useful.** Keep a stock of useful items.

**Don't get too attached to physical items.** You'll find most items you experience are mass-produced, **they have barcodes** and an almost exact replica can be bought again if anything happens to the original.

Art may eventually go out of print and the price sky rockets but it's easily digitized and backed up for prosperity.

# LANGUAGE

*Level: Easy*

**Your language is your prime programming of yourselves and of others.** Neuro-linguistic programming (NLP) happens.

**Words are concepts.**

The first person you're talking to is yourselves. In everything you say 'to' anyone. Be very aware of this viewpoint.

Your communication is far greater than language alone. Your speaking tone, speed, rhythm and emphasis and your body language are among your other communications, all very important.

**Think about words.** Think about their origin. Think about their sound, their phonemes. Think about what they literally mean. Like the common phrases "excuse me" and "pardon me".

**Communication is for a reason.** Just chatting with the vibe, for the sake of chatting, is negative behavior because it calls up a heap of energies. If there's no definite purpose you're invoking energy needlessly and recklessly. Communicate for a reason. To inform others of something important, to tell them how you feel, to bond, to teach, to explain your viewpoint. Don't chat just to bond without good reason. **Chatting to bond is extremely overdone in Society.** Mainly because you're bonding with people you shouldn't be, outside of your familial group. Don't mess with your energies in this way. Treat your reality with more care and respect.

**It's possible to get above language. A mental space where you don't need your mental chatter, without words sounded out in your head.** Words have an immense power that's difficult to appreciate until one can be without them. As mentioned elsewhere in this book,

psychedelic plants can help with a brief enlightenment in this area.

### **Awareness**

**Be aware of every word that you're going to say.** This is a very, very difficult thing to achieve and can take years of therapy and retreat to master.

You'll be able to sense that Attack energy has a desired path for you. It tries to ease you into saying words that you don't choose. Like swear words and slang (which is OK in moderation).

### **Brand Words**

Three are easy to see:

- Google, verb, to use a search engine.
- Xerox, verb, to make a photocopy.
- Crap, verb, to defecate.

### **Religion**

**Beware of faux-religious words and phrases.** Such as “Oh my god” or just using the words “God” or “Jesus”. These are invoking of an extremely large

Societal belief system, a religion. Generally “God” is used in reference to ethereal energies while “Jesus” is used in reference to people. A belief in energetic powers outside of yourselves is natural and understandable. A belief in organized religious dogma such as Catholicism, Judaism, Islam or Wicca is contrary to Terra Sanctuarian teachings. If you don’t believe in a god then referring to one in your speech is being false. Plus it’s drawing energies into your life, religious energies, that you don’t have and don’t want a relationship with. Try substituting “oh my gosh!” or even “oh my days!”

## Swearing

**Try your best to beware, and be aware, of your swearing.** Saying “fuck”, a derivative from monarchical times when things were persuaded “for the king” or “for king” / “fucking”. There are heaps of other swear words one could avoid. You might want to keep less harsh adjectives for occasional, personal use, such as

“blooming”, “funk”, “shag”, “screw” or “darn”.

## **BDSM**

**Beware of your BDSM communication, even when talking to yourselves.** Like calling an annoying person an idiot. This is a form of weak binding of you to them (it’s invoking your energies to curse them) this negative person in your life, ideally very temporarily and therefore best without these bonds.

## **Cursing**

**Don’t curse.** Calling someone a “silly old cow” is cursing them into morphing into another animal. Women aren’t “girls”, “babes” or a “baby” anymore. The pædofication of programming that they still are is to disempower and subjugate them. (*See chapter Pædofication.*) When called “hot” they probably aren’t particularly and it’s simply an attempt to get them to remove clothing. The fact that your curse doesn’t succeed is



showing up your own limitations.

**Casting aspersions** is a subset of cursing. This is a self-defeating practice. Avoid it.

## Questions

**It's one view that there aren't any questions.** For example "have you seen my glasses?" is a statement requesting the response "I have seen your glasses." "What do you think?" is addressing 'what' or group, pack and requesting that they 'do' thinking. "Need your teeth whitening?" is a command for you to need your teeth whitening as in an advert trying to convince you that you have a need (which you probably don't have) that they can fulfil for a price.

**Questions can be very invasive.** The intrusions of being questioned can appear very sexual with their constant probing. Probing of your mind; your views, your history, your plans, etc.. It's demanding return communication which

is demanding that they be accepted into a group with you.

## **Humor**

**It's one view that there isn't any humor.** For example “my wife is so fat when she moves you can't see her legs move. It looks like she's gliding across the floor. Ha ha ha.” This can be seen as a man outing his wife's weight problem in public. Taking the assumption that he's over exaggerating it's also that he's lying to her detriment. Laughing, very much group language, can seem aggressively pompous and be used as a hit; to be laughed at.

It's possible to find humor in the smallest things like a news story about someone named Mohammed Yosef or, for short, Mo Joe (Mojo).

## **Truth and Honesty**

**Don't say things you don't mean!** Sometimes, very occasionally, a small White lie is necessary. Yet in general

being honest with energy is by far the best relationship.

Say what you mean and **don't use sarcasm.**

If it was said, "he swore he had nothing to do with the graffiti." Did he actually swear an oath or was he simply adamant? Probably there was simple **over liberalism with the truth. Facts are facts** and it's too easy to fall into the bad habit of using terms of speech that are actually **false**.

## **Crazy**

The medical profession categorizes behaviors specifically. However generally craziness is simply Society's label for anything they class as too far away from the mainstream, away from the pack.

## **Phonemes**

Consider language not in terms of the written characters but in terms of the

**phonemes** of the words. Phonemes are the parts of speech. You can find them in the dictionary looking like strange characters. Phonemes like “uh” in turn, “e” in eagle, “mmm” in mom and “ah” in article. Be aware of multiple meanings for the same word and word sound, like “butt”. For example the phrase “I will touch the sky” is heard similar to “I will touch this guy”.

### **Place Names**

There’s a Societally xenophobic idiocy in the renaming of foreign countries (states as the UN calls them) and cities. **They have names.** All of Society renames them for no other reason than faux ignorance. For instance Paris, France is pronounced “paree”, France is pronounced “fraunce” and Germany is named Deutschland pronounced “doytschland”.

### **Apologies**

If something isn’t your fault then **don’t apologize** for it. This would create the

false impression that you were to blame and attacking energy would hit you for it (it uses any excuse). **Saying sorry is an admission of guilt.** One view is that people want to take credit for bad events that they had nothing to do with to strengthen their bond with you even if it can only be done, like this, by hate. They're not commiserating with you, they're trying to give hatred into your life. The fact that Society often seems so genuinely caring during this Attack is another glimpse at the cold, dark reality pushed by Society. Like the pointlessness of blaming a dog for barking, the person apologizing has almost definitely, subconsciously learnt that this is a 'good' thing to do and be just as fooled as they're now trying to fool you. Society is dark and twisted.

**Yes & No  
(+ This & That)**

*See chapter Yes & No.*

**The**

Use the word “the” in reference to the thing in play in the sentence. Avoid using it if the subject isn’t in play. It sounds similar to “vuh” for “V” or “vs.” (versus).

With the question “What’s the time?” the thing in play is the time. Asking the time is in itself a high energy event. Timeliness often being of high importance. Asking for a positive result from external Society can be risky. Using the word “what” is playing group with external.

### **What, W-Words & How**

“What” is used to reference your pack or group. “W” words, when, why, why not, which and where, are Attacked. Your “why”, Societally a very masculine concept, is within, you have your own reasons. “Why not” and simply “not”, the negative, is associated with the feminine. “W” looks like two “V”s and in fact the Français (French) call it ‘double V’. In contrast “how”, an “H” word, strong and solid, with a warning, needy “ow” sound,

is asking your reality energies over your group energies. “What” is often overused in place of more suitable words such as which. For instance, “what whiskey would you like?” instead of “which whiskey would you like?” “Which” is the more suitable word because it’s asking for a selection from a group of options.

### **Why & Why Not**

There are many levels to language. **Communication using language is an art form based upon a science.** **Communicating ideas subtextually, ‘between the lines’, is part of the art of communication.** It’s said that a great writer like Aleister Crowley can have like seven layers of subtext going on at once. Explaining, in your subtext, the reasoning (the ‘why’ & ‘why not’) behind peoples actions helps people better understand their situation.

### **Almost and Just**

These important words describe a situation. Almost is the time when you

have less than enough, as in “I’m almost finished.” Just is the time when you have more than enough, as in “I just caught the train in time.”

### **Will vs. Shall**

Must the future be willed into existence or shall it just be? Using the word “will” implies a requirement, a potential struggle of wills. Rather using the word “shall” simply states the future with a confident certainty.

### **Can vs. May**

“May” is asking permission whereas “can” is instead asking for an opinion on your potential. Use “may”.

### **Can’t**

The C-Word. There’s no such thing as can’t.

### **Just vs. Only / Solely**

“Just” also refers to justice, as in “being just.” “Only” or “solely” means alone in a category. If someone were bullying you



just for kicks that wouldn't in any way be 'just'.

### **Alienating Language**

Never use the phrase "you people" as it alienates your subject plus their group/s.

### **Different Groups**

Using the phrase "same to you" instead of the standard "you too" to statements like "have a nice day!" reinforces that although you've been in communication you're actually from different groups. You're not promoting them to your #2 in command!

### **Status Quo Language**

Heaps of language is status quo language; used now because it's been used before. There are some words and phrases that are illogical. Like the word 'hamburgers' actually refers to beef burgers and is nothing to do with ham and pigs. 'O' ("oh") is a letter, '0' (zero) is the number. They look kind of the same. If you don't understand the difference

then you don't understand the difference. However if you do, you'd be a fool to pretend that you didn't just because it's the status quo. When talking with another are you simply 'talking to' them or rather 'talking with' them?

**Energy takes you at face value.** If you're not accurate in your use of language then this'll work against you energy wise.

### **S-Words**

The letter S is associated with Attack energy 'couping' you; invading and controlling. A common symbol for health is a snake wrapped around a sword. (The Terra Sanctuaria symbol is also very similar.) Pictographically showing the living energy of the snake animal actually on the rigid down pointing sword representing the skeletal body; the spine and shoulders. The dollar sign is notably extremely similar, especially as there is no letter S in the word dollar. Saying the

letter S sounds like a hissing snake. Snakes are a very basic Attack, the potentially fatal, wild animal that's ages old.

## **Body Language**

**Always be aware of your body pose.**

Use it, your body language, to strengthen your comms when you need. The simplest communication is with your facial language; like dominantly staring someone out, flirtatiously fluttering your eyelids or aggressively furrowing your brow. Another basic body pose is making yourselves look larger than life by putting your hands on your hips. A common Attack forms a dollar sign by placing one hand on your hips and the other by your head. Your head & torso forms the line/s. The wave and the hand shake are very powerful gestures. Saying I'm wielding no weapons (empty handed); I bring not violence to you. **Your body language speaks volumes. Use it, don't ignore it.**

## **Non-Verbal Communication**

Growls and grunts can be a valid form of communication. Dogs, for one, understand them. Don't be afraid to express yourselves using sounds, not words. More common expressions are "oh", "ooh", "ah", "arh", "uhuh", "uh-uh", "huh", "huh?" and "uh?". Avoid subconsciously communicating via coughs and bangs.

## **The Eyes**

Don't forget eyes are a very important part of communication and so wearing shades gets in the way of easier comms. Especially if you're the only party to be wearing them. Take them off to connect more.

## **Parasite Attack**

**Attack energies often try to parasitically 'take' a word. They try to gain ground in your mind (and brain) by becoming involved with your associations of a word, phrase or number.** An evil house energy may try

to become associated with the concept of the word 'red' by ultra hitting red things. An evil group energy may try to become associated with your concept of the word 'dope' by promoting meds. An evil person's energy may try to become associated with your concept of the word 'asshole' by being one & energetically supporting your call that they are one.

### **Opposites**

Attack likes to play opposites. For example the new Boeing airplane, the 787 Dreamliner, turns into the Nightmareliner. The USB ports aren't powered and hours into your flight there's an electrical fault which they still haven't managed to iron out, **the cabin lights all go out**. The passengers think the plane's lost power and is about to crash. OK it doesn't but it's a scary experience nevertheless.

### **Anagrams**

Play with words. With their letters. Rearrange them. One example is the

movie Boogie Nights about a well hung pornstar is an anagram of His One Got Big.

## Palindromes

From 'Anna' to 'Madam, I'm Adam' to the newspaper headline on the opening of the Panama canal, 'A Man, A Plan, A Canal, Panama' and many more.

## Acronyms

Like the nuclear deterrent's Mutually Assured Destruction's acronym is MAD.

## Numerology and More

**Both numbers and letters of the alphabet have energetic vibes associated with them.** Learn the numeric placement of each letter of the alphabet, A is 1, M is 13, Z is 26.

Whittle the numbers down to a single digit by adding them. So S, #19, becomes  $1+9=10$  then  $1+0=1$ . Words therefore can also be reduced to a single decimal digit.

The letters used in a word can be arranged alphabetically. This is the first arrangement of the letters where the last is the letters arranged in reverse order. This is the mathematics of permutations. For a three letter word there are six ( $3P3$ ) permutations, 12 ( $4P4$ ) for a four letter word and so on. The actual word itself is one of the permutations. It has a numeric position in the list. Tom is 6 of 6,  $6/6$  or 1 as a decimal fraction. You can play with our free Word Play app available online soon.

### **Multiple Meanings**

Some words have multiple meanings. **This can be confusing.** It may be clearer to use words with only one common meaning. For example the word 'fast' has a couple of common usage meanings whereas the word 'quick' has only one. Another example is the word 'lot' as in "I've got a lot of trinkets" which has a Christian biblical

reference whereas “I’ve got a heap of trinkets” doesn’t.

### **Freebies**

Keep undue Attack at bay. Energy resists progress and most especially ‘free’ progress. When you get, for instance, free shampoo at a hotel it’s not “free” instead it’s “complimentary” because the hotel room had to be bought in order to acquire the shampoo.

### **Emphases**

Make yourselves four levels of importance:

- 1) a single instance, like you’re thirsty,
- 2) an emphasized instance, like you’re very thirsty,
- 3) a double emphasized instance, like for when things are extreme; you’re very, very thirsty,
- 4) a triple emphasized instance, like for those ultra rare occasions when you’re very, very, very thirsty.

### **Eye Contact**



Don't stare, it's interminably rude and invasive. Giving someone the intimacy of looking at them in the eyes is a give. It's less respectful yet acceptable to not even give some people this courtesy. Like serving people. However you do then give them the impression that you feel superior to them and this can invoke 7DS envy and resentment.

### **We / Us**

See, and refer internally, to yourselves as a group; "we" and "us". Remaining extremely clearly aware of the differentiation between your energies and external energies wanting to be a part of your life. This may take some time, clarity and distance to see. You can start with the awareness of the difference.

# SELF-PROGRAMMING (NLP)

*Level: Easy*

**Be your own programmer. Your most important job ever; programming yourselves.**

This is also part of NLP (neuro-linguistic programming).

Remember to **reinforce positive activities** by ensuring afterwards that you tell yourselves that it was **“fun”**.

**Congratulate yourselves** on progressing within energy with a **“well done”** command. You can alternatively use an internally audible or visualized acronym **“W D”**. If you really deserve it congratulate yourselves with a **“very proud”** command or an internally audible or visualized **“V P”**.

**Reinforce** that you're **“not interested”**

in external unless you initiate it. (And **mean it**).

**Remind yourselves**, never mind, sometimes that's just the way it is, with a **“way is”** command.

**Tell your energies** that Attack has started hitting with an **“Attack drop”** notice. You can alternatively use an internally audible or visualized acronym **“A D”**.

**Reassure yourselves** that despite everything things are still OK, not perfect, not terrible, with an **“it's OK”** command. Things could be better, definitely could be worse. You can alternatively use a visualized ideogram of a sine wave cycle with your current position of being between the baseline and the apex.

**Help yourselves** through activities by reminding that you're **“getting there”** through the task and when it's **“almost”** and **“very almost”** done.

**Don't forget** that perfection is only an ideal so **“nothings perfect”**.

**A simple “there’s more”** command when it looks like you’re running out of stock of something can help calm concerned energies.

**Reassure yourselves** that something is imminent with a **“soon”** command.

**Remind yourselves** of the impermanence of Attack with a **“it’ll pass”** command.

**Strengthen yourselves** by commanding that your good energies are on your side with a **“we’re with us”** command.

When you think a thought that’s true, like ‘we need to move home’, **substantiate it** with a **“valid”** command. This helps differentiate it from other thoughts which may not have so much truth in them.

**Reinforce** knowingly positive behavior. Like by giving yourselves a treat.

Once you've brought into your consciousness new programs like blessing vehicles prior to travel you can then let these slip into your subconscious, or not as you feel comfortable with.

**Be careful of absolutes.** 'Never say never.' You can have every plan to avoid a place in the future but to say you're never going back there is a barrier for Attack to bash against. It's more simple a challenge.

**Take back your own mind; question everything! Challenge every tradition and dogma. Re-evaluate and improve at every possibility.**

**Organize your energies.** For instance tell them when Attack energy is dropping, invading around you and hitting you.

**Let all taxing and overly opposed energetic actions be carried out by your subconscious. Leave them to yourselves to resolve eventually. Don't continue to consciously struggle against Attack. Delegate and move on.**

**One's thoughts, vibes, radiate out from one. While one can generally be relaxed at home, in some situations one has to consciously keep one's thoughts from straying past the immediate situation.**

# PROGRAMMING EXTERNAL

*Level: Easy*

**The programming of external, of others, is very important.**

Magicians, hypnotists and the advertising industry use **the power of suggestion** to make people do what they want them to.

It's said that Society's interactions can be seen as games. Play with life. This is how you learn how to interact with it.

We don't suggest playing with gen pop people in general for it's unnecessary communication, interaction. However some conscious control can be very useful in dealing with others.

Take the lead. Tell them the why and the why not. Feed them lines; a **subtle** use of the tactic used by Obi Wan Kenobi in

Star Wars IV. Use the right keywords. Control the conversation. Stay positive.

“[When taking questions from the press] avoid the ones who don’t blink; they’re power devils.”

“I don’t know what that is.”

“Yes you do.”

White House Press Secretary, C. J. Cregg, giving advice to her substitute, The West Wing (1999-2006) TV show

Blinking consciously can help ease tension by leading that you are relaxed (enough to blink). But don’t forget your stare which is a pack activity showing strength. Of course fluttering one’s eyes is flirting. Eyes are so emotive they’re called the Windows of the Soul. Blinking can be taken as a submissive act as can most relaxed actions compared with those more tense, e.g. one’s posture. Yet as with posture a level of relaxation is by far the best attitude. For instance it gives you more range of movement being able to become either more tense or



more relaxed.

Be aware of your tone of voice. In modern Western Society males especially the Caucasian middle classes can be programmed into having an unnaturally high pitched voice. Try to avoid this pitfall. See *chapter Pædofication*.

Avoid using bad words in the negative. Instead **use the positive**. Like saying 'we're good,' rather than 'I don't hate you,' because it uses the word 'hate'.

**Don't, just don't for your own sake, tell your plans to others.** Without benefitting you it'll simply allow their and any other energy around to attack your plans. In The West Wing (1999-2006) TV show Leo, the White House Chief of Staff, leaves a high energy meeting saying "I have theatre tickets," rather than "I'm off to the theatre," because it's more difficult for Attack to hit the fact that you have a possession than it is to

interfere with an evening's plans in their early stages of manifesting.

# YES & NO

*Level: Medium*

**Yes** is allowing influx of energy.

**No** is denying energy permission to invade. **It is retreating within**, without communication. Though often one has to say 'no', the principle is actually no response, neutrality.

“No’ is the saddest experience you’ll ever know,  
Yes, it’s the saddest experience you’ll ever know.”

One (1968) song by Harry Nilsson

**Every action, an interaction with external (especially focused when it’s an interaction with Society), must have both yes & no components and a fine balance between them.**

Be aware of the words you say, of the tone of your voice, of your body

language, of your reaction speed relative to the norm and to theirs. Say yes & no with it all.

You use **‘this’** and **‘that’** to point out your yes & no handshaking. Also to point out external’s yes & no communication because they also, however subconscious it is, need to define their limits.

**Don’t give people exactly what they want, because it’s too much of a yes, not enough handshaking is involved.**

Although don’t portray yourselves in a bad light, like by under tipping. “Are you going to the shops?” “I’m leaving now. Do you want something?” Not “Yes.” “Have you got any eyeliner with you?” “Blue.” Not “Yep.” “Can I borrow this album?” “Give me a blank CD and I’ll do a copy for you.” Not “No, I’ve just bought it.”

**Stick to your word.** If you say “yes” or “no” then mean what you say. Even if you only say it to yourselves in your

head. **If you decide against something then don't do it. In this way energy learns to trust you.** It's difficult because Attack likes to break you, make you change your mind, and also to rock you between different possibilities to erode confidence in your decisions. Yet **time will tell**, don't let the Attack phase you. **Beware, you must stay reactive, open to the situation changing, and not foolishly try to keep your word under different circumstances.**

“Well, do you think you can pry yourself away and join me for a swim? I know it's late being 10 o'clock and all but we are reasonably young.”

“Well, I guess your proposal was only mildly insulting, so maybe I'll consider it... Give me a minute.”

Cruel Intentions (1999) movie,  
Written by Roger Kumble

# COOPERATION NOT COMPETITION

*Level: Easy*

**With cooperation we all win. With competition only one of us will win.**

With cooperation we are all helping on the same team. With competition everything is reliant upon the one.

**Be confident in yourselves and don't feel the need to compete arbitrarily.**

According to the saying, “Nice guys finish last,” competition makes people nasty.

# REJECT THE PREMISE

*Level: Easy*

**This is an extremely important concept and practice.**

**Don't necessarily accept the setting others permit for you. Reject the premise.**

Some examples:

- You've seen The Matrix (1999) movie (written by The Wachowski Brothers), which pill should you take the red pill or the blue pill? Reject the premise of the question. It's best not to take any pills. How about a nice cup of hot chocolate instead?
- An example from law enforcement, "tell me that my brother is gonna make it," the response being, "drop the gun. Do it now."
- A political example could be, "tell us why you disagree with Senator Doe." "Jenny, I'm here to talk about my tax

plan.” Another might be, “are you having an affair with your assistant?” “Get out of my way.”

- An educational example might be, “I left my phone in the locker room. Can I go get it?” “David, open your textbook to chapter eight.”



# ACHIEVEMENT

*Level: Easy*

**Achievement is, of course, everything.**

**Vibe is everything.**

**Method is everything.**

**Motive is everything.**

For example the achievement of learning some words in a new language, having started a drawing of your favorite vista, using Fimo modeling putty for the first time in years, etc..

**It's easier once one's learned one can achieve easily.** When one puts in focused effort over time then one attains rewards. The more you experience this the more you can see this is possible. So the easier it becomes to see it happen for you again, in other ways. For instance

an unfit person who puts in a two hour brisk walk then their muscles will ache, in a good way. They know their muscles are growing for a few days. Especially with a healthy, protein-rich diet.

“You know what a loser is? A real loser is somebody that’s so afraid of not winning [/ achieving] they don’t even try.”

Grandpa Edwin,  
Little Miss Sunshine (2006) movie,  
Written by Michael Arndt

**Never doubt that a small, dedicated team of individuals can change the world because it’s the only thing that ever has.**

“Don’t waste your life!”

“What?”

“Don’t waste your life!”

Brian the security guard to the manic,  
unemployed wanderer, Johnny,  
Naked (1993) movie,  
Written by Mike Leigh

# INDEPENDENCE

*Level: Medium*

**Dependency is a great weakness.**

**The principle of independence is of ultra importance.** You mustn't accept aid (within reason). **To grow and maintain your own strengths you must learn to do things yourselves.**

It's said that it's a strength to know when to ask for help yet what is it really that is impossible to do yourselves? Complex manufacturing. **Not much.**

**All force must be resisted,** with intelligent questioning, i.e. not exactly if it's pushing you towards what you were planning on doing anyway. **If it isn't resisted energy could evolve into believing it has not solely a force but also an effect, which is self-reinforcing.** The more force proves effective in achieving affect in reality the more likely **Attack** is to repeat this

**hit, and so it spirals.**

**Don't accept gifts from people outside of your chosen family.** Don't accept loans. These are ultra group activities.

In fact a gift is also called a 'present' and you don't want, for instance, your granny to be continuously 'present' in your bedroom just to get a \$20 vase. You can't like it as much as a vase you hand picked yourselves and the same goes for your reciprocal gift you give them. It's an invasion of your energies by external. You shouldn't be required by mindless adherence to tradition to accept into your life something imbued with external energies. Even gift tokens are imbued with the energy of the giver.

Don't give up ownership of your achievements. Energy wants to be part of your experience. Society wants to be part of your experience. **It's a parasitic vibe.** A desperate attempt to suck energy from your successes, your life.

If, however, you're going to ask for help the 易經 (Yi Jing) wisely advises you to make your relationship firm before asking for anything. For example one has difficulty hitchhiking yet it's way easier to get a lift from a friend; it's an acceptable request. We accept help from Society in manufacturing our tools, occasionally in long distance travel, for data, some lessons, rarely for medical treatment and limitedly for their art like stories. **Not much else is required.** As we grow more powerful, with more facultas, we need less and less their help in these areas.

**Try never to ask for help.** Under any circumstances, for any reason. Obviously unless absolutely necessary. Always be your own strong leader of yourselves.

**If you owe someone gratitude then give it to them.** Don't wait, get it out of

the way.

**People let Society do everything for them.** They let it make the music so they don't get the urge to. They let it educate them then forget to keep learning after school stops. They outsource cooking to it and are relegated to eat factory food because of this. They never mature, never grow as they could, as a super ape in the Digital Age. They lose track of their naturally musical nature, their taste for food with a unique flavor, with a natural freshness, they let slip their joie de vivre.

Of course we'd probably have survived at least a couple of decades had we been born pre-civilization but we wouldn't have had the fun tools of Society. No DPMs, digital processing machines, computers. Basically no intercontinental travel. No medications, ointments, Band-Aids. They've provided yet we're still separate. They have good points but their bad quash the desire to be a party with them. **We can have a post-Society**

**experience that's new and improved.**  
**With almost all the perks and free of**  
**the negatives.** (*See appendix VI: The Church of Terra Sanctuaria: Meditation Retreat Commune.*)

“Figuring things out for yourself is the only real freedom anyone has. Use that freedom. Make up your own mind.”

Mr. Raszak,  
Starship Troopers (1997) movie,  
Written by Edward Neumeier and  
Robert A. Heinlein

Torture anyone for long enough and they'll either die or tell you anything you want to hear in order to stop their torture. **External pressure, people pressuring you, even to achieve what you were planning to anyway, is bad.** It's the same thing on a smaller scale. **It's a BDSM dominance and subjugation game and nothing to do with them helping you. This is very different from encouragement.** Encouragement is your group aiding

**your will power**, like to complete a task. If you involve **external** group energies it then totally changes from a **challenge** by your energies, that generally let you succeed in life even if only gradually, and becomes a **competition**, against external energies, **Attack**, that go to great lengths to stop you succeeding. **This is why you shouldn't discuss your life, especially your future plans, with external.** Pressure is a form of **dominance**, **a terrible thing**, that believes its will is more righteous than your own. It's a form of theft; a stealing of your accomplishments by taking credit for them. It was, in their view, their will which enabled you to succeed and not your own strength. **It's a type of parasitism; an enforced bond.** They subjugated you **and** they perversely see this as having helped you when in fact they've taken from you. **By succeeding or achieving without their pressure you build up your own confidence, your belief, in your own, independent strengths.**



**Becoming more independent is increasing your distance, your distantia, and your internalization, your internus. See chapters *Distantia and Internus*.**

**Becoming more independent is streamlining your group memberships. See chapter *Groups*.**

**Becoming more independent is removing your attachments and liberating you towards nirvana. See chapter *Attachment & Impermanence*.**

Independence is directly proportional to freedom.

**Dependency is a great weakness.**

# SELECTIVENESS

*Level: Easy*

**It's your right to be selective. To be assertive of your desires.** Not to ignorantly, idiotically, slothfully and submissively accept what falls in one's lap. The girl / boy next door is likely to have similarities to you but if you put the effort in to search further afield you can be more selective, **your options increase.** The job just down the street may be very convenient but going further may find you one more suited to your skills and which pays more. **See further than what you've been born into.** Maybe perfection is lacking in points from your country, your constitution, your laws, your neighborhood, your school, even your family, your friends, your home, your home planet, your global Society, your day ahead.

Accepting by rote ever 'opportunity' that comes your way rather than exercising

your free will to be selective is foolishly autonomous behavior. **Often it's about instead rejecting temptation.** The temptation to settle for a less perfect existence just because the 'easy' option appears in your life.

# RUTHLESSNESS

*Level: Easy*

“Y’all gotta start thinking on a different level, like the CIA does. Now we’re through the looking glass here, people. White is black, and black is white.”

District Attorney Jim Garrison (1921-1992),

JFK (1991) movie based on his  
and Jim Marrs’ factual history books  
and scriptwritten by Oliver Stone  
and Zachary Sklar

**Ruthlessness is absolutely natural.**

It’s also difficult to be with because of the Societal programming against it.

**Know that your prime objective is survival.**

Know that you bear no ill will towards external.

Know that if you were forced to make a choice between yourselves or another person surviving the day that you would chose yourselves. **Regardless of whomever that other person may be.** This is less clear cut when it comes to protecting one's children. Apart from this dilemma it should be obvious over friends, family, government and your fave movie star.

This healthy ruthlessness can be developed over time, the programming against it can be lessened.

It strengthens you, far from making you into a sociopathic narcissist.

**Ruthlessness is part of survival.**

# UNENDING PERSEVERANCE

*Level: Medium*

**While there is still progress to be made and not simply headbanging against a dead end wall then use unending perseverance.**

As they say, **‘try, try and try again.’** If you get stopped then stop. Wait. Recover. **Then try again.** Attack can impede progress but if it’s a path you should be following then it’s almost impossible for Attack to permanently stop you progressing.

When you truly believe something, not simply trying out an idea that you’ve read in this book but have proved to yourselves the validity of your belief. **Then you’ll have the determination to pursue your goals derived from your beliefs until you achieve them.** No mind how many times or how violently

Attack pushes you off course. This assuredness will be in your daily actions unendingly. It shall drive you to your achievements. **Your strength of belief grows over time.**

**Try, try, try again yet don't headbang.** If after repeated, concerted attempts achievement still isn't possible then assume it's unnecessary and do something else. Otherwise you're simply, as they say, banging your head against a brick wall so all you're gonna achieve is damage to your figurative head.

Obviously when you attempt to do something within reality, your creation, it happens. Attack may hit and show you that your attempt failed. It's a delusion yet **you must accept Attack in your reality** so you must play the Attacked view that your attempt failed. In reality sometimes Attack can be quite deluding. It can delude you into seeing yourselves trying to do things that you're not wanting

to do. Like in a nightmare. In this case it's your subconscious protecting you by showing you not get what you really don't want anyway.

Love yourselves. **Be able to be strict with yourselves.** Yet don't use this vibe in general. Being compromising with energies, allowing yourselves to settle for a reality like having achieved 90-95% of your goals is a far better practice than pushing too hard for difficult to achieve things like the concept of perfection. Strictness can result in harsh reality. Energies get stressed too. Don't over stress yourselves and your good energies.

“Cos I'm too weary to rest,  
since I noticed,  
coming second best,  
is close to ideal.”

Goldfish & Paracetamol (1998)  
by Catatonia

**Strive for an indomitable spirit.**



**You must learn to see that you are struggling for your life then you will have the determination to succeed.**

**If you don't reach for the stars you'll never get there.** It's the way it works.

“Life is what you make of it.”

Dr. Eleanor Arroway, SETI,  
Contact (1997) movie,  
Written by James V. Hart, Michael  
Goldenberg, Ann Druyan  
and Carl Sagan

Perseverance is separate from goals.  
Whatever your target/s, perseverance  
(without headbanging) is the way the  
reach them.

“No, you can't always get what you want,  
But if you try sometime,  
You just might find,  
You get what you need.”

You Can't Always Get What You Want  
(1969) song by The Rolling Stones,

Written by Mick Jagger  
and Keith Richards

# BLESSING

*Level: Easy*

When traveling, before use, mentally bless, that is **will it be in your group and wish it your best**, each vehicle & driver that you travel in & with. They are entrusted with your safety after all.

Bless your current area as it has to remain a safe environment for you to live in.

Bless everything in close proximity to yourselves. Everything you rely on. The food you eat, the ointment you apply, the taxi you ride in. Remember to remove such temporary group membership after use.

# PHYSICAL GROUNDING

*Level: Easy*

**Be aware of your current place on your timeline.** What you're doing now, as well as what you've just been doing and what you're planning to do next.

Foresight is normal; feeling the energy of upcoming important events in your life, even when you're not consciously aware of them. This can be vibes from your subconscious plans seeping through to your consciousness. The triple cut editing of the Easy Rider (1969) movie could be seen as reference to this.

**Be aware of where you are on the planet.** Visualize a map of Gaia (Earth) and zoom out from your current location. Try to do this daily. This is especially relevant when traveling away from home or on vacation.

**Be aware of your body.** Your current body posture. Your skin boundary. Especially your head, back and hands.

Visualize a vertical line through each of your eyes. Be aware of where these lines fall when your head is tilted.

Meditate by concentrating on your breathing. The feel of your air moving in and out of your body, your chest rising and falling.

**Be aware of what Society is doing elsewhere.** If you're in the West and it's Saturday night the youth are out drinking, dancing and socializing. If it's Monday morning most people are reluctantly off to slave at their unfulfilling jobs. The kids are off, forced to study and be vulnerable within gen pop.

# CREATIVE VISUALIZATION

*Level: Medium*

If you want something to happen **try to visualize the outcome.**

Let dissolve any energetic barriers to its manifestation.

**Don't wish for things, see them happen, make them happen.**

“If you can dream it, you can do it.”

Walt Disney (1901-1966),  
US movie producer and pioneer of  
animated cartoon movies

# ENERGETIC CLEANSING

*Level: Advanced*

**Positive energies are summoned up and negative Attack energies stirred up by every thought and especially every action.** Attack energies should be immediately dispelled and the remainder shouldn't be left in the air unless that's where you want them.

The most important areas to cleanse energetically are those most in proximity to you. Firstly your immediate territory; your body, then your personal space. **Sensing Attack hitting your body and your subsequent energetic work to cleanse this and rid yourselves of Attack is called spiritual healing.**

**Environments pick up energy (including Attack) from their location, their history, their usage, their occupants and their contents.**

**Visualize energetically cleansing areas like the room you're in and your home.** For instance new territories like if you jump in a cab someone just got out of.

Also physical cleansing is an important practice.



# TERRITORY

*Level: Easy*

**Territory is the area belonging to a group.**

**One's territory starts with one's mind.**

**Then this expands to include one's body.**

Then this expands to include one's immediate personal space. This is the space around one's body that we consider our own, even when out in public. You'd feel invaded and uneasy if a stranger put their face in front of yours almost rubbing noses. Especially someone of the same gender. Territory is energetic as well as physical. You might find it useful when in private to stretch your arms in your personal space and visualize this as solely your energetic territory as you do it.

Then this expands to include a larger area. Say you're sitting in a cafe alone at a table with two chairs. You'd consider the table and both chairs to be within your personal territory. Politely offering the spare chair if someone requested it.

If you were sitting with a friend at this hypothetical table you'd still consider one chair and around half the table area to be in your temporary possession. Especially your cup of coffee.

Then one's personal territory expands to become shared group territory (unless you're at home where you can own rights to a room or the whole home if you live alone).

You'd consider talking of the patrons sitting on tables outside the cafe as one group.

You'd consider all the patrons of the cafe to be a larger super set group.

You'd consider all the people, including the staff, to be a larger super set group.

You'd consider all the people on the same street to be one larger group with the public street their shared territory and yourselves a member of the group that included any private residences on that street.

Then a larger group with public and private territory is the local area, e.g. Tribeca.

Then a larger territory is the borough, e.g. Manhattan.

Then a larger territory is the city, e.g. New York.

You might consider sub set groups such as a shared territory of a school district.

Then a larger territory is the state, e.g. New York state.

Then a larger territory is the country (global state), e.g. the USA.

Then a larger territory is the sub-continent, e.g. North America.

Then a larger territory is the continent, e.g. America.

Then a larger territory is the planet, e.g. Gaia (Earth).

Then a larger territory is the solar system, e.g. our Sol system.

Then a larger territory is the galaxy, e.g. our shared Milky Way. There are 40 billion (40,000,000,000) inhabitable ('Class M') planets in our galaxy alone.<sup>7</sup>

**Extra-terrestrial intelligent life is a probabilistic fact. (See SETI<sup>8</sup> and the *Contact (1997)* movie for more info).**

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<sup>7</sup> <http://kepler.nasa.gov>

<sup>8</sup> <http://www.seti.org>

A larger group territory is the larger area of space including our galaxy and others nearby.

The largest group territory is the universe or, considering parallel dimensions and other such views, the multiverse.

You are a member of each group at that time & place.

**Remember to remove energetic possession of locations that you've left, with associated group membership.** For instance taxis you've just gotten out from, the hotel room you've checked out of or when you stop taking up your sole 1-to-1 use of a store clerk.

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# ***REMINDER:*** **MEDITATION**

*Level: Easy*

**Your life's focus should be meditation. Your main focus of every day. Your main focus of every action. This will move you along your path of enlightenment.**

There are so many different approaches to meditation. **The ultimate aim is to bring your focus to yourselves then more internal than those personality traits to your body and to rawer reality. To leave common reality with bodily stresses far behind and be at one with your experience, at peace.**

Common meditation practices are to focus on one's breathing, letting one's mind stop its internal chatter. To focus on one's body through visualization and cleansing and relaxing each area from head to foot. To focus on tensing and

relaxing each muscle in succession from head to foot to give focus to your relaxation.

**A favorite meditation of ours is to hum and let your hum resonate through your body. Then, as you settle into this, lower the pitch of your hum. This simple, yet ever so internalizing and cleansing. This can be a deep reaching meditation. The theme tune for your life should be a deep hum. With your own songs an inspiring change.**

A standard being in your exercised body and simply lying down relaxing and resting, calming the mind, can bring on a deeply relaxing sleep meditation.

**At most times keep your mind focused in the moment, the now.** This allows focus on your awareness of the now. The 易經 (Yi Jing) talks of times when not to let your thoughts stray beyond your

current situation. However also the mind likes to make sense of what it experiences. It's useful at times to let your mind wander somewhat and deal with those nagging and hanging around thoughts. Allow yourselves to consider recent events. What others said and did with you and how you interacted or at least how Attack showed you interacting. Give yourselves time to plan your life and to prepare both mentally and physically for your planned events.

# **REMINDER: AWARENESS**

*Level: Easy to Advanced*

**Along with meditation a constant focus on increasing your awareness enables you to progress your enlightenment.**

With correct focus over time you'll see the gradual progress of your awareness expanding constantly to new levels.

**Goodness and the natural world are beautiful.** You created it so of course it is. *See chapter Self-Creationism.* Every little thing. Every large thing. It all matters. **It all deserves care, attention and your most blessed possession; intelligent thought.**

Attack (evil) also deserves awareness (and care) including the natural progression of this; intelligent thought about your world now in your

consciousness. **For your own security.**

“Be here now.”

Baba Ram Dass (1931-),  
US spiritual leader  
And cohort of Tim Leary

**Today is the best day of your life.** We say this because today you are the most progressed along your path of enlightenment that you've ever been. **You have accrued the most amount of experience ever for you to have available to analyze and learn from.**

**Plan and pre-authorize all non-autonomic bodily movements.** For instance actions like getting out of bed, opening the drapes and **scratching your nose.** **Beware of propensity to action.**

**With dedicated practice it is possible to see the vibe of the energy of a given situation. This is made up of various factors. See chapter Factors. This is one of the most important**

## awarenesses in life.

The paranormal exists, it's just not fully explained by science yet. Don't be perturbed by your new awarenesses. They're simply a forgotten and repressed part of natural human life. Movies that show increased sensory awareness (extra sensory perception (ESP)) include The Sixth Sense (1999), Minority Report (2002), Donnie Darko (2001), Unbreakable (2000), The Dead Zone (1983) and Star Wars (1977) amongst others.

Sensing upcoming change like large life events is a basic enlightened awareness.

Aim to dissolve the barriers restraining your subconscious from your consciousness. Your consciousness does serve the purpose of protecting your subconscious. Like a cache, a filtering

system for handling everyday life and extracting only the best to go forward with you. To accept into your reality. **So be gentle and gradual with yourselves.**

“Open your eyes and you shall see.”

Lee ‘Scratch’ Perry (1936-) et al

**Don't be the alien ape that doesn't understand the world around them.**

**Know how things work.** For instance know how the engine of your car works, know how your pen works, know where your food is from, know who claims ownership of the land you're now on, know how the electricity that powers your phone was generated, know how the laws Society tries to adhere you to were made, know how your clothes were made from pesticide laden, genetically modified, Third World cotton plantation and polyester chemical plant to loom to seamster / seamstress again in a less developed country to warehouse to delivery to you. What are your views on this? How can your world be improved?

## **It's your world and it's good to know.**

**Awareness brings responsibility.** You can't say "I didn't know!" It especially brings the responsibility to improve one's situation.

**You must love your new awarenesses bringing more truth into your consciousness. You'll feel the pain of the realization of imperfection in your life and in the world around you.** Deal with it anyway you can and focus on appreciating your insight. If people are too fearful to want to see the truth of their reality then we appreciate that. It's understandable. It can be a very nasty reality to awaken into. If they need to keep deluding themselves to maintain their status quo, their normality and their life with all it's 'normality' then so be it. We choose the truth even when it's a hard pill to swallow. That's our choice.

In calm times be aware of your breathing and your heart beating. Don't try to



control them other than to keep them relaxed. Listen as you would watch a river flowing besides you.

Be able to visualize people naked. Taking into account their possessions including those out of sight. For example for security reasons you've visualized where their testicle are to kick if needed and checked whether or not that's a weapon they're carrying in their hand. Plus for the erotic aesthetic there's often a sexy body under their clothes!

**Widen your field of view.** Looking straight ahead you can see far more than in the center of your focus. Practice this. It gives you far greater vision without giving away the object of your visual focus. Social groups like to stare at, to scrutinize their members. This is unnecessary to see them.

**See with your Third Eye, your mind's eye.** Visualize your environmental vicinity as a 4-dimensional model (the

spatial 3-dimensions plus the dimension of time). Each of your eyes add some visual information. Each of your five senses; sight, sound, smell, taste and touch, add information to your model. Plus utilize your sixth sense, that which current day science can't explain. Note that too much focus on any one sensory organ such as your right eye is unbalanced and leads to a far less well formed environmental image.

Be especially aware of the levelness of the ground upon which you walk. Notice the obstacles like bollards, lampposts, curbs and trees.

Your model of your environment is not limited to standard views. **See other layers.** For example see levels of hygiene, like a dirty street floor, a possibly infected, recently used, meat chopping board, your hands after receiving change, holding a hand rail or shaking hands. See levels of danger for instance walking over a manhole cover

which obviously is a cover for a hole compared with walking on solid ground. Be aware of the people in your model, the one's that are easier to spot and the probabilistic fact of the people out of standard sensory range. Like the people in the houses or schools as your walk down the street. Have an awareness of the vehicles on the street and the people in them. Notice the birds in the trees and other animals in your environment. If audible be aware of the planes flying overhead.

Gradually learn to feel the vibe of the different times of Society. The different hours of the day, morning rush hour vibes and coming home from a long day at work vibes. The days of the week, Sunday's home group and preemptive annoyance (and (r)itch) at Monday vibes and Thursday's craving the weekend vibes. The seasons in a year, the promise and rebirth of spring and the deadly harshness and often depression of winter. At least.

“I don’t like Mondays. This livens up the day.”

Brenda Ann Spencer, 16 years old,  
In response to a question of why she  
shot children arriving at the Grover  
Cleveland Elementary School in San  
Diego, California in 1979 with her rifle  
killing the two adults herding the kids  
indoors and injuring eight kids  
and a cop<sup>9</sup>,

Written into the song ‘I Don’t Like  
Mondays’ (1979) by Boomtown Rats,  
Written by Bob Geldof,  
Covered by Tori Amos

“I wanna wake up for real. How do you really wake up?”

“I dunno. I dunno. I’m not very good at that any more. But if that’s what you’re thinking, I mean, you probably should. I mean, you know. If you can wake up, you should. Because someday you won’t be able to. So just... um... but it’s easy, you

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<sup>9</sup> Source: snopes.com

know, just, just [waves hand through his air] wake up.”

Main Character talking  
with Richard Linklater,  
Waking Life (2001) movie,  
Written by Richard Linklater

# **REMINDER: REEVALUATION**

*Level: Medium*

**Reevaluate your world. Reevaluate every little thing in it. Challenge everything.** Everything that you've been taught, everything that you're being taught, everything that you used to do prior to this moment right now in your life. Consider, **think** about, every word you use, every tool you use, every item of clothing you wear, everything you eat and every habitual action that you do. **Rebirth yourselves!**

Of course this rebirthing takes time! But it makes you sure of yourselves, of your world, your life. **It let's you make sense of, understand, your world and this understanding is invaluable. It puts your life gradually back under your conscious control.** You reassess yourselves, reauthorize your life.

To reconstruct your life the way you want it to be you have to knock down some walls. **You need to stop before you can restart.** Stopping gives you some distance and the peace to find your footing on your new path.

**You must gradually learn to think for yourselves. Like the working out of a mathematical formula. Everything must be taken far back to basics to understand more about it; how it came to be, what it means, how it can be improved upon, etc.. This takes time.**

# SOCIETY

*NB* This chapter contains some views that are different to the status quo and which some may claim to find offensive. Our aim is to educate and give the reader food for thought. Peace.

“Life is our cause.”

All I Want (1971) song by Joni Mitchell,  
Written by Joni Mitchell

**Society is a synchronistic energy matrix laden with Attack (evil).**

We capitalize the word Society because the society on our planet is only one example of a human (Homo sapiens, super ape) society. Modern Society acts as one. Even the rogue nation of 조선민주주의 인민 공화국 (DPRK or North Korea) has basically the same moral and social day-to-day system.



There is no greater blindness than for those that don't want to see. As it's so much easier to follow than to lead, even to solely lead oneself, then there's no necessity to look, only to take the hand of one's local Society and blindly follow.

**Group behavior rules the world.**

**It's a ghost world. Environmental energy (including heap of Attack) rules.** It dictates peoples thoughts, their communication, their actions. It provides a solid base but it's very reluctant to change. It's historic when often what's required or at least desired is novelty. Possibly the most idiotic and dangerous, anti-evolutionary phrase is "we've always done it this way."

**"Hell is other people." Français (French) existential philosopher Jean-Paul Sartre (1905-1980) couldn't have been more right. Even if he's been taken out of context. There is no other 'Hell' than Society. Everything else is**

**natural. Nature is deadly harsh but it's never cruel. It never tortures. The worst possible situation is deep within Society, never able to escape to your own privacy.** Like dormitories and Societal noise; nothing hurts more, mobile prison cells barely bigger than coffins, slavery and their chains of bondage.

**Animals form groups for protection, strength in numbers.**

“Out here simple survival is the main occupation. So first thing you join others, form a group. The group is your shelter, your strength.”

Crouching Tiger, Hidden Dragon (2000)  
movie,

Written by Du Lu Wang, Hui-Ling Wang,  
James Schamus and Kuo Jung Tsai

**People are part nature, DNA, and part nurture, experience.** People's base personality, the way in which they interact with others, is predominantly

defined by their childhood parental relationships. Of course people can, especially with the aid of psychotherapy, learn to change themselves. We can analyze our history, understand our history, **in doing so understand ourselves in the present**, gain some closure and move on. We don't have to be slaves to our history, but denying and repressing it isn't the way to realizing this goal.

**You could let external (Society) control you because it wants to or you can deny it that right.**

You have the legal ability to change your local Society. You can move to another country. You can change your nationality. Be governed by new laws, new Social morality. You can stick with the country nearest to you and try and change things. Get into politics, into government or political lobbying. You can change something, maybe. But how many things do you think you're gong to

be allowed to change and by how much? **You have another choice. Which is to separate yourselves from mainstream Society. Rebel; drop out.** Leave them to their thing and be separate. How are you going to be able to afford it? See *chapter Circle Game*. Affording things is relative. Yet some income helps immeasurably. You'll need to play, at least sometimes, the entrepreneur. You could sell some of your homegrown harvest. You could self-publish a book about something you know about or something you can dream about. It's important, think about it for a while then for a while more then more later. **After all that you'll still need to actually do it. But it all beats being Society's slave. Five days a week, almost every week, every month, every year, every decade for all of your prime of life.** It beats subjugating yourselves to their System, to a boss with a boss with a boss and so on. **Doing what you're told.** At best being your own boss supporting a corrupt and corrupting, immoral,

collapsing Society. Do you agree with all their laws? Do you feel empowered to change even one you disagree with? **Ever broken any, ever?** Broken a speed limit? Tried a toke of cannabis? Thieved candy as a kid? Do you feel you should be punished? Would that help you? Your views could stay your views while what changes is simply your interaction with Society. Would that help them? Maybe. Maybe you were caught and punished. Maybe this helped them subjugate you further. Brainwashing is far more effective with force and violence used to reinforce it.

“You don’t like how I’m livin’ well fuck you!”

Gangsta Gangsta (1988) by NWA  
Written by O'Shea 'Ice Cube' Jackson,  
(Andre Romell 'Dr. Dre' Young, Eric  
Lynn 'Easy-E' Wright, Lorenzo Jerald  
'MC Ren' Patterson and  
William Devaughn)

## **Human Society is way, way off track.**

That's not to say it isn't progressing some very positive aspects. Of course it is. The Digital / Information Age, the Space Age, biotech, the fourth industrial revolution and more. Society is getting more skilled at harnessing computers, digital processing machines. It's advancing the science of robotics, artificial intelligence, driverless cars and far more. **But it's lost in the woods when it chooses unnatural solutions and habits over traditional, natural ones (especially when the natural shall suffice).** For decades chemicals have invaded all levels of the food chain. Now agritech is poisoning the planet with carcinogenic RR GMO tech and then some. Genetically modified plants and even animals now exist in the wild on our planet and are naturally, obviously creeping their way into the food chain and subsequently into human bodies. Manufactured plastic microbeads are in human bodies having crept in from the cosmetics industry. Worn down plastic

as microbeads is in the fish eaten as food then becoming part of human bodies. People shampoo their natural oils from their hair only to replace them with ones from bottles. Multimedia religion is heavily depended upon to great detriment. Most people don't make music anymore, they rarely tell stories and choose to inertly sit and watch TV or play virtuality war games with their group over cooperative, non-violent, positive playing with each other. A rerun of Seinfeld or a Pokémon Go session trumps partners lovingly massaging each other or talking F2F intimately, maybe naked, smelling, tasting and touching each other. A (sinful) greed leads Big Tobacco to sell carcinogenic cigarettes to a weak populace. Alcohol likewise.

**Society is indisputably an ultra dominant hierarchy which enslaves the populace for the benefit of the wealthy few.** See *chapter Financial Iniquity*. **To do so it must be anti-education, anti-advancement.** It's not

**long since popular slavery ended and is still practiced even in First World prisons and Third World sweatshops today. See *chapter No Slavery*. It uses brainwashing to perpetuate its practices. It instills a deep seated pædofication with the populace the dependent, incapable children and itself the dominant adult. It teaches that one must be dependent on Society for food rather than how to grow a subsistence farm home which would provide food for ever for free. It teaches to require Society for housing, monthly leeching of extortionate rents from gullible tenants, rather than how to build a free(-ish) home for life. Human Society is way, way off track.**

**Human Society is also ultra unevolved.** Domination, aggression, paranoia and hatred are all pandemic and unlikely to go out of fashion anytime soon. Submissive adherence to traditional religion pushes against modern scientific advances (like the



science of evolution). Travel outside of First World megapoli and you'll see it all around you. It's easy to label backward societies in terms of human history, like modern day ناریا (Iran) could be '7<sup>th</sup> century'. The problem is 21<sup>st</sup> century Society is also ages away from world peace, from ending hunger, ending domestic violence or even the interest in the sport of boxing. **Human Society is also ultra unevolved.**

“I couldn't spend my life with someone who played football, it's pretty much that simple. I mean I don't hate the game. I admire that amount of skill it involves and like everyone else I was in awe of the way he played it but football in many ways is the opposite of [the physical therapy work] I do. You're rewarded the more you punish your opponent. It's too much about violence and I don't want violence in my life. It's not a thing many people can understand but...”

Audrey Dunn,  
Unbreakable (2000) movie,

Written by M. Night Shyamalan

“It’s really OK that after almost every play somebody requires medical attention?”

C. J. Cregg,  
White House Press Secretary,  
The West Wing (1999-2006) TV show,  
Season 4 Episode 4

**First you need to realize that you’re different.** Different from the herd. Of a different group. You, yourselves & you. Then anyone else who can reach the same conclusion. **Next start to gradually distance yourselves from the main Societal group/s.** See chapters *Distantia (Distance)* and *Internus (Internalization)* for more info. **Consider coming to live & learn with us at the Church of Terra Sanctuaria (see appendix VI: The Church of Terra Sanctuaria: Meditation Retreat Commune).** Wherever you find your distantia, keep it sacred. Grow it as your facultas (power) of funds grows. **Increase your distance while keeping**

**your internalization and novelty.** Set your goal to have reached the fair distance of your new countryside ranch. This should cost less than a few tens of thousands of dollars; affordable eventually if you put your mind to it, in other words. Experience life as it was always meant to be; an everlasting, true pleasure. More and more, gradually. Enjoy...

**Leaving Society's language, their habits, their belief system takes years of dedicated practice. You must leave it behind if you are to find your own inner selves.**

**Almost all Societal interaction can be classified as game playing.** A 'game' is a behavioral sequence defined by it's nine characteristics:

- Roles,
- Rules,
- Rituals,
- Goals,
- Strategies,

- Values,
  - Language,
  - Characteristic space-time locations,
  - Characteristic patterns of movement.
- There are only a few types of social experience which are non-game; spontaneous play, physiological reflexes and transcendent enlightenment.<sup>10</sup>

It's so easy not to piss anyone off, especially if you ignore them all and are out of sight. It's living with yourselves knowing that you're not helping, teaching, that's difficult.

Helping others is worthwhile and honorable, of course, but is it the most you can do? Why just help when you can teach others to help? **Or teach others to teach others to help?**

**We believe everyone has an implicit Societal responsibility. We are all one**

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<sup>10</sup> Source: The Psychedelic Experience: A Manual Based On The Tibetan Book Of The Dead book by Dr.s Timothy Leary, Ralph Metzner and Richard Alpert (Baba Ram Dass). See appendix III: Ten Books To Read.

**peoples.** However small a sect one considers oneself to be a member of. We're all trapped here, for the now, on our little homeworld. We're all near one of the couple of hundred main Societal groups; countries. Each country is governed by laws. **No country is perfect.** Meaning that they all could be improved. They all interact, at varying levels. **It's a symbiotic, chaotic mesh.** Like the infamous butterfly of Chaos Theory that flaps its wings in Venezuela starting a chain reaction which escalates to a hurricane hitting Texas. All global Societies depend on each other, at varying levels. **To strive to do good in your own Society is to strive to make our shared planet a better place for us all.** **We all need people to burst through the delusion that they're powerless and start to empower themselves.** We need people to seek Social and moral justice. **We need people to stand up for their rights.** We need people to change immoral, outdated laws, to develop new economic

theories and practicalities, and in chemistry, physics, computing, biotech, agritech, philosophy, psychology, the arts and more.

**Everyone knows it always boils down to a single person.** It took only a single leader to make the final decision to nuke 日本 (Nippon or Japan) in WWII. It took only every single pilot to ensure the bombs made the journey. It took only a single soldier to drop each bomb. It had taken only a single psychopath to start the war. One person with the strength to rally others.

To have the awareness of one's own strength (**which we all have**) is to remind oneself of this implicit responsibility. To empower one to use their strength to act out their responsibility. **No one can truly deny their strength.** **Nor their responsibility.**

**Never doubt that a small, dedicated team of individuals can change the world because it's the only thing that ever has.**

**Changing the world for the better is a righteous task.** It can take decades to even work out how to start going about it. **Changing the world starts by changing yourselves.** To do that you need to separate from Society to find yourselves, to see Society from without so as not to be taken in by their Emperor's New Clothes self-delusions.

**You must learn to be aware of and accept that Society contains its Attacks.** Remember that everyone is Attacked, you're not alone. But that they're so brainwashed and unaware that they probably don't realize most of it.

**Be extremely wary of your parents.** Attack uses them to pass their Attacks hereditarily on to you. They think they're almighty. They think they made you.

This is their claim on your existence; that you owe everything, everything, everything to them. **You know better than this Attack delusion. You make yourselves.** You've always made yourselves. You use &/ used them to help you deal with Society's Attacks. You create your reality and always have done. You created them. You may owe them care if they care or cared for you. If all they did was house and feed you then this shows only as much care as one freely gives to a pet. You've already provided company for them, security in numbers, an emergency contact, etc.. **You probably owe them funds because they probably funded you.** This debt is balanced, as everything, with historic experience. If they mentally, physically or sexually abused you then reparations for this can be viewed financially, taking from your debt. They agreed to house you but it wasn't necessary. You would have survived in a government organized foster home or adopted. They agreed to feed you on



pain of legal repercussion. This financial debt is of a definite amount. **It can be calculated and it can be repaid.**

**You're not a child of your own group, your family, you're a child of Society.**

Society protects you as it should but it also forces its education upon you. **It brainwashes you into working for it to keep the class hierarchy existing to keep the wealthy in their wealth. See *chapter Financial Iniquity.***

**Society finds it preferable and easier to fit people into stereotypical pigeonholes.** It labels them. They then stop being a chaotic unknown and can be predicted. **It stops them having to look at them and instead they see only their image of them.** This is an ultra narrow minded and blinkered view which denies the subject individuality and severely impedes their right to change, to growth. Whether the label be lazy, immoral, criminal, insane, fat, stupid or any of the multitude of other possibilities available.

**By asking of external you empower external. Don't over empower external. Don't give Attack the opportunity to hit you. Not one time more than you absolutely need. Don't give it the opportunity to turn you down for a loan, for a date, for a positive HIV test result, etc.. You'd be willingly opening yourselves up to Attack. You can stop it. Don't give it the power. Like for Freddy from the Nightmare On Elm Street movies, disempower external by turning your back on it, ignoring it. **The 易經 (Yi Jing) teaches only that upon which you consciously focus your energies shall continue to exist with you in your reality.** It may seem difficult to make the world disappear by closing your eyes but it's possible; you do it every night. **It's a control of your beliefs. Build up your powers in this regard gradually.** Don't expect to have ultimate control immediately.**

**Most people are so insecure, obediently slothful and small minded that they choose to simply uptake Societal beliefs without any challenge to their validity or morality.**

**Don't subjugate yourselves to a loveless marriage or serial-monogamous string of marriages just to acquire shelter and security. Don't confuse willed love with current attachment.**

**Start your own society. We say that you have the right to create your own free state, make your own laws, on your own land and import and create your own citizenry.** However it's almost definitely best if your laws don't contravene the laws of the surrounding state.

The Gaian (Earth) human population in 2016 was  $7\frac{1}{3}$  billion people.

19% lived in 中国 (Zhonghua or China)  
on 9.6M sq km

17% lived in भारत (Bharat or India)

on 3.2M sq km

4.5% lived in the USA on 9.6M sq km

3.5% lived in Indonesia on 1.9M sq km

2.8% lived in Brasil (Brazil) on 8.5M sq km

2.8% lived in پاکستان (Pakistan)

on 0.9M sq km

2.5% lived in Nigeria on 0.9M sq km

2.3% lived in বাংলাদেশ (Banladesa or

Bangladesh) **on 0.1½M sq km**

1.9% lived in Россия (Rossia or Russia)

on 17.1M sq km

1.7% lived in 日本 (Nippon or Japan)

on 0.4M sq km

Gaia's (Earth's) and especially Society's resources are being stretched by this large a human population. The following three quotes are not necessarily views that we share. They're included to show Social attitudes.

“The negative impact of population growth on all of our planetary ecosystems is becoming appallingly evident.”

David Rockefeller (1915-),

## US banker and philanthropist

“A total world population of 250-300 million people, a 95% decline from present levels, would be ideal.”

Ted Turner (1938-),  
Founder of CNN,  
US broadcasting entrepreneur and  
sportsman,

“The development of a long-term sterilizing capsule that could be implanted under the skin and removed when pregnancy is desired opens additional possibilities for coercive fertility control. The capsule could be implanted at puberty and might be removable, with official permission, for a limited number of births.”

John P. Holdren,  
Senior Science Advisor  
to President Obama

**It's your right to choose your society.**  
**To mix with those you choose to and not others. Those of your own race,**

**ethnicity, religion, culture and creed, who look like you, speak like you, have DNA like you, or in other words are like you. This isn't easy at school especially public school nor at most jobs (during the working ~40 of the 168-hour week) but it is possible.**

**We abhor xenophobia and support legal migration.** There's no need to fear nor hate outsiders; aliens. Controlled immigration has always happened in the modern world.

Megopoli are home to all races, all cultures, all creeds, all religions. If other peoples are respected by Society then that's still irrelevant to you. **If they aren't your peoples then you don't need to pretend that they are just because you're forced to be close to them.** You don't even need to respect them, although it's almost definitely best not to share your negative opinions with their subject.

There's nothing inherently wrong with other cultures. **All cultures have wisdom that one can learn from. They're different.** Difference is natural. **We value other cultures. One can learn and benefit from other cultures without wanting to integrate.**

**The vibe of each country is very different and unique.**

**As much as possible avoid interaction with lower class people.** They're generally far less intelligent, far more closed minded, far more obedient to the status quo and far more aggressive and violent. As they are on what is around the lowest rung of the social ladder they naturally harbor resentment, aggression and sometimes hatred toward the middle and upper classes. **Keep your interactions with them ordered, simple, short, polite and tip them like  $\geq 10\%$ .**

**So many people are treated as imperfect by Society.** Immigrant families, **minorities of all kinds**, the weak, the disabled, the sick, the poor.

**All lives matter.** Blue, green, Afro-American, Northern-Euro-American, Southern-Euro-American, Muslim, Русский (Russkiy or Russian), 中文 (Zhongwen or Chinese), criminal, terrorist, revolutionary **and everyone else.** Also every animal, ever allowing for self-protection like swatting a mosquito. Also every plant, ever allowing for self-preservation killing only what is a necessary food and materials supply. **All life matters.**

**Children are raised by Society yet barely get any voice at all in government.**

It's common practice within Society to place the masculine on the right and the feminine on the left.



The NCIS (2003-) TV show about navy cops in season 1 and 2 directly link belief in a conspiracy theory to mental illness. The season 2 episode called 'Conspiracy Theory' is set in a mental hospital. It stems from an adamantly fascist mindset which labels any belief in anything outside the gen pop mainstream as insane. The show isn't always this openly bigoted yet sometimes this shows through. It's also been disparaging of Spontaneous Human Combustion, crop circles and psychics.

“Potentially, a government is the most dangerous threat to a man's rights: it holds a legal monopoly on the use of physical force against legally disarmed victims.”

Ayn Rand (1905-1982),  
Русский (Russkiy or Russian)-American  
author

Because of the danger it **can** pose. That a system is as bad as its worst. **Society**

**is effectively your worst enemy. We're all constantly in a state of cold war against it.** The governmental legal system are 'sleepers' ready to awaken and terrorize you should the situation arise. Because a corrupt cop, a lying ex-GF, a vindictive informant and others can use Society as **the ultimate weapon** against yourselves. **Societally offered liberties become revocable privileges.** If imprisoned, for instance falsely or unjustly like for growing a banned plant, Society revokes your right to freedom of movement, your right to work, your right to study, your right to access the Internet, your right not to be a slave, your right to free association, your right not to be searched without probable cause, your right to privacy, it controls your food, your medication, your possessions, your location, your lighting, your heating, your ventilation, your clothing, etc.. **Despite this constant danger that's been there since day one (in the womb) it's not commonly perceived.** We strongly recommend imprisonment should you

ever get the chance to legally choose to experience it for a full day. **Awareness is the way. Some experiences, especially psychedelic, are life changers, game changers. Imprisonment is another.**

**That's the crime, the torture, of the American Dream; real life can never win in comparison.** Especially as programmed by Hollywood. Modellic looks, uncontemplative, untroubled lives. The life saving action &/ item appears just when you need it most, just in the nick of time. This is all a bedtime story for children to lull them into slumber. **It's about as far away from reality as you could possibly get.**

**Society is grouped into three rough categories; the First, Second and Third Worlds, in decreasing order of wealth and development.** Of course life is more complex than seeing 'development' on a linear scale. However it is a useful measure. One

could see the failings of Society such as serial or spree killings and disintegrated families more prevalent in more developed countries. **If you're from the First World then the other worlds will seem exceedingly backwards.** Most unbelievably so. Even in the Second World people using horses to get around. People using amateurishly baked bricks in their buildings, corrugated metal roofing held in place with rocks, sometimes also for walling. With legal and political regimes supposedly clueless to modern developments such as a constitution with modern day, decent human rights. Some have yet to learn boundaries. That separation helps, e.g. with sanity. **They shout, beep and spit. For example, literacy for women in Afghanistan 15 years and older is under 13%<sup>11</sup>; that's only 1-in-8 that can read & write let alone do elementary school math or rocket science. They're Society yet not C21.**

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<sup>11</sup> Source: Encyclopædia Britannica: Afghanistan.

If you really want to stand in a figurative river to get a better view you'll get one but you'll pay the price for it. The Third World is a place with an extremely rough vibe; rough, tough and dangerous. Comforts are lacking by default although most can be bought. **In general it's far, far more sensible, especially safer, never, ever to leave the First World.** Avoid all monarchies, avoid leaving the First World, **stay within decent laws & liberties. Even on a two week vacation.**

There's a very insidious, despicable vibe that pushes city folk to accept all that a city accepts, which is seen as the status quo. Aspects like profanity, homosexuality, casual sex, abortion, recreational drug use, alcohol use at least bordering on abuse, and violence.

“People are strange,  
when you're a stranger.”

People Are Strange (1967) song  
by The Doors

Written by Jim Morrison  
and Robby Krieger

**Society has always had its outsiders.** It's always feared them. For **the easiest to fear is the unknown** and the further estranged then the more unknown.

The mythological nosferatu or vampire and its global relatives are the quintessential Societal outsider fear figure. It's a complex conglomeration of outsider traits such as:

- **Fear of the light** which can be seen as fear of being outside during the day interacting with Society,
- **Fear of the crucifix and holy water**, or a separatism to the main Western Societal religion & spiritual beliefs and morals of Christianity,
- **Casting no reflection** or a dislike to the Attacked objects of Society like Attacked mirrors; such as old ones or other people's which obviously cast Attacked reflections,

- **A penchant for sleeping in their own coffin** or bed or a dislike to sleeping in the ultra Attacked beds of others,
- Frighteningly **killing people without weapons** by a classic vulnerability of animals, biting the carotid artery in one's neck,
- **Invulnerability** or the scientific fact that Societally common infectious dis-eases cannot be nearly as easily caught by people who separate themselves from Society's masses, plus being away from the violent crime of Society that can shorten one's lifespan,
- **Enchantingly charming** or in other words wealthy, evoking a 7DS envy & wrath reaction from the lower classes. According to the myth they can be killed, as anyone even in ancient times, by a wooden stake through the heart, being set alight or beheaded. It's also said that they can turn into other classic figures of fear, the common and dangerous Western wild animals of the wolf; a killer wild dog, and bat (also carrying the fatal rabies disease). There are legends to

support the mythology such as the Transylvanian (near България (Bulgaria)) wealthy land owner Vlad Dracula the Impaler who was said to have bathed in the blood of local virgins, and scientific facts such as the porphyria disease.

America is a continent the northern of its three parts is split into three countries yet only one of which self-righteously calls itself America. There's nothing particularly 'great' about Great Britain, it's simply a pompous name they call themselves.

Society also communicates via emotion. Happiness with its smiles, sadness with its tears and far more. **If you're around Society expect to feel emotional vibes.** To feel happy if you're aware that good fortune is approaching, etc.. **This atmospheric energy can get reflected off of you or it can infiltrate you.** You can end up crying with the sad energies



and smiling with the happy even if this is not your internal vibe.

**Society provides excellent examples of what is possible for yourselves.**

What is possible to be, to have, to do. **What to strive to achieve and what to avoid.** Whether this example be taken from body builders, billionaires, brainiacs, **happy families**, the homeless, drug addicts, single mothers, prisoners, monks and nuns, supreme court justices or any others of the billions available.

**Evident, like on social media, is that most of Society, even 'liberal' subcultures generally adhere to partisan, cliquey morality and ideology.** If you have, say, vegetarianism in common with someone, you can get along and have something in common to talk about. **Yet life is complex not single issue.** As soon as you make a comment which implies a differing belief they can **label you**, say,

'Islamophobic' and they instantly become partisan. (They've stereotyped you.)

**You are, they are not. You now oppose one another.**

Generally an insurmountable wall is erected. They're either not interested any more in you and certainly not in an adult discussion between differing viewpoints from which both parties could benefit. That or they try to force you to take on their beliefs often using intimidation and hateful speech.

**Thinking for oneself, aside from one's groups, is a very rare skill.**

Like a Pro-Life Democrat or pro-tax Republican.

**Society is raised within age segregation at school.**

**There is always gender segregation.**

From the start Society separates and differentiates the genders. Blue for boys, pink for girls. Boys play with boys and girls with girls. Boys play boys' games and girls play girls'. Coming of age 18 year olds in the USA going off to college,

away from the controlling influence of parents and other adults, instead of cozying up with the opposite gender to start a family do instead segregate themselves by gender in fraternities and sororities and strictly reinforce the BDSM system of Society. Often as adults men go to the bar for a beer, or bowling with their male buddies while women sew, discuss books, etc., with theirs. Modern Society tries to allow for the exceptions. For the women that want to kill the enemy on the frontline of the battlefield and the men who want to be the househusbands staying at home and looking after the kids while the wife is at work. This segregation is a difficult environment to work around. Communication is kept very limited.

**Society pushes stereotypical gender roles.** Masculine vs. feminine. Strong vs. weak, then more complexly. **Reproductively males transmit (their seed) while females receive.** Male bodies are generally stronger, do more

physical work and so die younger. Both genders have very similarly sized brains.

Show us a Society that can withstand an evil mastermind (not just a suicide bomber or suicidal spree shooter) and we'll show you a three dollar bill in the bill of a duck that dances to Bach.

Society has a parable called **The Emperor's New Clothes**. This tells the tale of an emperor who meets a sly tailor. He convinces the emperor that he can provide the very latest fabric to him. He shows this imaginary fabric to the emperor. The emperor although obviously not seeing that which doesn't exist doesn't want to appear stupid or challenging so he goes along with the tailor and pays for an imaginary suit to be made from this imaginarily excellent fabric. He wears his new clothes out on parade. Everyone not wanting to upset the status quo nor the emperor plays along and applauds the emperor on parade. Everyone that is apart from a

young boy. He sees straight through the delusion and shouts out that the emperor isn't wearing any clothes. The bubble is burst. **The moral of this parable is that Society and its members will play along with the status quo often even in ridiculous situations just to play along and not rock the boat.** These days we see this everywhere from the criminalization of cannabis to legalized abortions to high heels, neckties and beyond...

**Wake up! Use every available, figurative pin to burst Society's delusional bubbles.** You may even consider it your duty, or at least fun, to try bursting the bubbles of others but beware that this is communication, therefore best avoided, and likely to be met with extreme resistance and disdain. Society is very resistant to change and generally doesn't like it.

**This is a slave planet.**

This is a slave planet.

**This is a slave planet.** The ruling elite like it. They enjoy their easy lives. Wealth living; having enough money that they never need work a day in their lives again. The American Dream.

**Reject their premise.** The issue isn't **having money.** **It's about realizing that you don't need it.** Nowhere near as much as they say you do. A few thousand dollars per person per year to top up the food you grow and keep you in enough hi-tech gear. (Say \$25K saved and invested in a share fund gaining you 10% per year, less inflation at 2% and capital gains tax at 15%, still earns you \$1.7K per year ad infinitum. \$35K earns you \$2.4K or \$200 per month. Easily enough for computers, lightbulbs, home improvement supplies, art supplies, etc..) You've no need to travel so you rarely use your car. All your family lives at home with you. You educate at home, eat at home, r'n'r at home. Walk in your

gardens, dance to your own music in your own dancehall, entertain your group with your own stories. Wash in water from your part of the stream or your well, eat your homegrown food. **It's paradise on Gaia (Earth). Life as it was always meant to be. Your C21 knowledge can make this a reality.** (*See appendix VI: The Church of Terra Sanctuaria: Meditation Retreat Commune.*)

“I believe in the future,  
We shall suffer no more.  
Maybe not in my lifetime,  
But in yours I feel sure.”

The Cool, Cool River (1990) song  
by Paul Simon,  
Written by Paul Simon

Imagine a utopian future where people work for the joy of working and not for financial recompense. Salary isn't needed anyway for we'll **all** live in a world without lack of physical commodities like housing, transport, food, medical care, AV equipment, multivitamins, spring

water, freshly squeezed juice, etc.. **This goal is not communism but it is a world without iniquity.** The current fourth industrial revolution is definitively working towards this. **Where the intelligent and the creative work fun jobs and the idiots and unimaginative still cannot yet be catered for, satisfied and not second class citizens going needy.** Think Star Trek. Jobs get lost to robots and apps but Society maintains output, increases its efficiency and for extremely less cost. So it can afford to care for the jobless.

18 is an extremely troubled age. It's known that the most stressful events to deal with in life are large life changes especially changing location (moving home), job and family / group. **At, or around, 18 one has to do all these things at once.** If one doesn't go to college one has to start work, if they haven't yet, and so get embroiled in the BDSM slave planet, wealth iniquity system of Society. Selling their life for



what's rightfully theirs anyway; land and food, so they play their tiny part in a slave planet system which keeps them squashed down to keep the ultra wealthy in their wealth. Even if one goes to college one still changes location and family / group. Often choosing to deeply subjugate themselves continuing the BDSM system of fraternities and sororities. Men become even more the pawns of Society as draftable cannon fodder. For reaching this milestone they get a symbolic vote for the puppet on the left or the puppet on the right. The institution of Society continues nonetheless. They're still not allowed to buy booze. 18 is an extremely troubled age. In contrast one (almost) never again gains the immense amount of freedoms gained at 18. The freedom of adulthood. The freedom to live wherever you choose. The freedom to love whomever you choose. The status quo ending of an era of K12 schooling. One's future awaiting one with anticipation and a heap of open doors. A whole planet to

explore, education, a vocation, a family, freedom, fun, fun and more unhindered fun. **We say drop out of Society. It's easy when you know how. (Learn how by reading this book).** It's the only way to be free, to get to realize your true potential, to be creative, polymathic and in control of one's own life, one's own future. To continue to evolve, to constantly increase one's pleasurable experience of life and **not solely fall into a Societal rut as a mute, impotent slave.**

“If you're distracted by fear of those around you it keeps you from seeing the actions of those above.”

FBI Special Agent Fox Mulder,  
The X-Files (1993-) TV Show

As they say, “It's a dog eat dog world.” It is in that it's ultra group playing, feral, untrustworthy, BDSM and ultra violent.

**The West has evolved past imperialism.** Once the British Empire

spanned  $\frac{3}{4}$  of the planet. Once having gained independence most countries still stayed tightly bonded in a group called the British Commonwealth where they recognize the UK's monarch as their head. The USA fought them off and stayed separate. Australia has been considering full independence for awhile. Almost all the others still agree to some subjugation. The imperialism of the Soviet Union (СССР or USSR (Россия (Rossia or Russia))) fell in late-C20. **Hopefully one day these modern, Western-implemented, evolved values will be learnt by 中国 (Zhonghua or China) and even the Muslim world.**

**We need to address the fundamental Societal issues which undermine the security of a country.** Poverty, which is a Social disease and easy eradicated in arable areas of Gaia (Earth) by simply providing land for a shelter and subsistence farming (a small home farm that feeds one's family). In infertile areas

people may need to permanently relocate. Another Societal issue, Low Social status, only exists within Society, therein lies the easy solution; to retreat to one's countryside home. No inferiority, no BDSM envy & wrath.

**The peoples (the cultures including the religions) of all countries need to evolve past separatism (partisan patriotism), hate and (hate breeding) iniquity and to institute comprehensive civil rights for all their citizens. This may take a while.**

“What we call human nature is in actuality human habit.”

Jewel Kilcher (1974-),  
US musician

It can be a struggle to dissociate oneself from the omnipresent existential pain and eternal torment of Society. To allow Society its Attacks without being overly drawn into helpfully

communicating with them or the polar opposite; putting them out of their misery.

# THE UNITED STATES OF AMERICA (USA)

The population of the USA in 2015, of 320 million people, was 62% pale Caucasian, 18% Hispanic, 13-16% Afro-American and 6-8% Asian-American.

1-in-5 didn't speak English at home.

More than 1-in-10 weren't born in the USA.

A quarter were aged under 18.

51% were female.

1-in-5 lived in the countryside.

Almost 1-in-10 had a disability.

More than 1-in-10 didn't have health insurance.

More than 1-in-7 lived in poverty.

1-in-20 aged 15+ couldn't read & write.

More than 4-in-5 graduated high school.

Almost 3-in-10 graduated college.

4-in-5 people of working age were in work.

(The remainder were in education, unemployed, unemployable due to incapacitation or prisoner slave laborers.)

They commuted for 50-minutes a day.

They earned less than \$30,000 gross per year.

US men lived to around 76 years old.

US women lived to around 81 years old.<sup>12</sup>

The USA was founded by Western Europeans who invaded and enacted imperial dominance over the native inhabitants (Native Americans, historically called American Indians), with their far superior weaponry and upon whom they performed genocide.

**It is the leading country on the planet in most respects but nothing's that simple.** It plays the father role (to adults) and in some places it plays it way too strict; banning the sale of alcohol to adults under 21 and seizing your home if you grow certain plants. Certainly it can be improved. There's neither the free healthcare nor the free college education as there are in Europa and criminal sentencing is extremely steep in comparison. However it's civil rights are exemplary. It's quality of life, the items and services available are possibly the

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<sup>12</sup> Sources: US Census Bureau, July 2015 statistics and Encyclopædia Britannica: USA.

world's best. It's huge and there's every climate zone to choose from.

**The authority (school) and peer pressured, daily Pledge of Allegiance is atrocious; as nationalistically divisive and brainwashing as is expected from such a totalitarian country as 조선 민주주의 인민 공화국 (DPRK or North Korea). It's brainwashing as it's as clearly NLP (neuro-linguistic programming) as a mantra. Actively saying the words alters, creates, reinforces, one's beliefs. It's nationalistically divisive because it programs allegiance solely to the USA. It programs competition rather than cooperation. Yet we're all global citizens on our shared planet. All countries exist in symbiosis with each other. For instance we need 조선 민주주의 인민 공화국 not to be a threat to our Western security. Also we need شذعاد (Daesh or Islamic State) not to be a threat to our Western security. Also we**



need Россия (Rossia or Russia) likewise secure. **And all the others.** It programs citizens to be submissive (“under”) to “God”, the (when capitalized) name for the **Judeo-Christian** god thereby excluding all other religious beliefs including leaving atheists and agnostics in a quandary. This **pushes, forces,** Societal religious views on their citizens.

**The peoples (the cultures including the religions) of all countries need to evolve past separatism (partisan patriotism), hate and (hate breeding) iniquity and to institute comprehensive civil rights for all their citizens. This may take a while.**

**The USA is an extremely violent country by First World standards.** President John F. Kennedy’s (JFK’s) coup d’etat government conspiracy in 1963 is solely one example.

“A Congressional Investigation from 1976-1979 found a “probable

conspiracy” in the assassination of John F. Kennedy and recommended the Justice Department investigate further. As of 1991, the Justice Department has done nothing.”

JFK (1991) movie,  
Based on DA Jim Garrison’s  
and Jim Marrs’ factual history books  
and scriptwritten by Vietnam War  
veteran Oliver Stone  
and Zachary Sklar

The government commissioned Warren Report appears to have been part of the conspiratorial cover-up with the then Chief Justice of the Supreme Court of the US (SCotUS), Earl Warren, an accomplice. This coup appears to have been perpetrated solely for the reason of stopping the president’s upsetting the established military industrial complex and attempting to curb its income. He moved power from the CIA (Central Intelligence Agency; spies) to the military. He attempted to stop short the Vietnam War which ended up with \$220

billion (\$220,000,000,000) spent with the military industrial complex. The war cost 58,000 US lives, mostly draftees; people forced to fight to the death by the US government. The US death toll was only 3% of the war's casualties. Two million (2,000,000) Asians were killed.

Other prominent political and social figures have also suffered assassination on US soil such as JFK's brother Senator Bobby Kennedy, Lee Harvey Oswald (the patsy in the JFK coup), Dr. Martin Luther King, Jr. (peaceful civil rights activist), Malcolm X (religious leader), John Lennon (peacenik musician), President Abraham Lincoln and the attempted assassinations of President Ronald Regan and Larry Flynt (publisher of the Hustler porn magazine).

# ETHNICITY

**It's your right to choose your society.**  
To mix with those you choose to and not others. Those of your own race, ethnicity, religion, culture and creed, who look like you, speak like you, have DNA like you, or in other words **are like you.** This isn't easy at school especially public school nor at most jobs (during the working ~40 of the 168-hour week) but it is possible.

**We abhor xenophobia and support legal migration.** There's no need to fear nor hate outsiders; aliens. Controlled immigration has always happened in the modern world.

Megopoli are home to all races, all cultures, all creeds, all religions. If other peoples are respected by Society then that's still irrelevant to you. **If they aren't your peoples then you don't need to pretend that they are just because**

**you're forced to be close to them. You don't even need to respect them,** although it's almost definitely best not to share your negative opinions with their subject.

**“Eugenics;** noun. A science that deals with the improvement (as by control of human mating) of hereditary qualities of a race or breed”

Merriam-Webster dictionary

**We recommend the science of eugenics; breeding within your own ethnicity.** It's a 'dirty word', not PC, tainted by history yet it's the **common global standard.** **Most people procreate within their own ethnic group.** (In fact even most serial killers kill within their own ethnic group.) From President Obama to Brad Pitt to Ice Cube to Bill Gates.

**Only 8% of the world's population are Caucasians. Only 4% for each gender.** Using the 2016 population count of  $7\frac{1}{3}$

billion that makes only 300 million Caucasians of each gender on Gaia (Earth). This includes super-Saharan Africans, Arabs, Türks and other ethnicities.

“The color of your hair.”

“Oh no!”

“Judy, please. It can’t matter to you.”

“If... if I let you change me will that do it? If I do what you tell me? Will you love me?”

“Yes. Yes.”

“Fine, alright then, I’ll do it. I don’t care anymore about me.”

Scotty and Judy,  
Vertigo (1958) movie,  
Written by Alec Coppel, Samuel A.  
Taylor, Pierre Boileau, Thomas  
Narcejac and Maxwell Anderson

5% (1-in-20) of pale Caucasians are natural blondes. **That makes 15 million blonde Caucasian women plus 15 million blond Caucasian men. Around 1-in-3 Caucasian adult women dye**

**their hair a shade of blonde.**<sup>13</sup> Mostly they don't dye their eyebrows and as such leave a tell-tale sign of their deception. **This means that only around 1-in-7 blondes are actually authentic, natural blondes. The other six 'blondes' get their looks from a bottle.** Society programs them to believe they need to. These people, including those who surgically alter their appearance, are suffering from Body Dysmorphic Syndrome (BDS). This is very sad. The genetic mutation that created blonde hair in Europa happened in approximately 9,000BC (around the time of the previous ice age.) This is the same time period when blue eyes evolved. Apparently all blue eyed people share the same, single common ancestor from this time.

**Only 17% of Americans born in the '00s had blue eyes, which made up a quarter of pale-Caucasian-**

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<sup>13</sup> Source: On Blondes (2003) book by Joanna Pitman.

**Americans.**<sup>14</sup> Dilated pupils are a sign of happiness and are therefore considered attractive. They are easier to see on lighter eyes making them more sexually appealing. Of course these days eye color can be faked using colored contact lenses. Blonde hair and blue eyes are frequently seen together because they're genetically linked, both being genetic traits from the same chromosome, #15.<sup>15</sup> Assuming then that possibly  $\frac{1}{2}$  rather than  $\frac{1}{4}$  are blue eyed blondes. **This now makes only perhaps 7 million blue eyed, blonde women on our shared planet (plus likewise the same amount of men). This makes this beautiful genetic combination, this ethnicity, of a potential eugenic mate extremely rare, only 0.1% per gender of the global population or less than 1-in-1,000 per gender. The blonde hair, blue eyed, pale Caucasian ethnicity is rare like a**

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<sup>14</sup> Source: International Herald Tribune / New York Times newspaper.

<sup>15</sup> Source: Dr. Barry Starr, Geneticist, Stanford University Department of Genetics.



**diamond.** So it's no wonder that people outside this ethnicity are attracted to it. But their selfish greed is a fatal attraction. **By compromising the ethnicity they are actively progressing it's extinction.** It is a social psychopathology that is pushing, even if solely through **indifference and sloth** (not ignorance because they know), the extinction of the minority; blue eyed people and blondes, by the majority; with darker eyes and hair. This is a subconscious genocide, there is only subliminal not conscious intent, yet it is a genocide.

We disagree with the claim of many 'White' nationalist Neo-Nazis that there's a **genocide** being committed on pale Caucasians, and especially disagree that the solution would be hatred and violence.

**“Genocide;** noun.

The deliberate and systematic destruction of a racial, political or cultural group.”

Merriam-Webster dictionary

Genocide is also defined by the United Nations in their resolution 96 from December 1946. Genocide requires planning and intent. Pale Caucasian genocide sounds like paranoia to us. Then again maybe we're not being paranoid enough about it. **We're acutely aware that a pale Caucasian extinction is happening. We do believe that this beautiful ethnicity composed of recessive traits is seriously endangered and should be protected. We recommend using eugenics to ensure this modern ethnicity survives.** Recessive traits are genetic characteristics that are outweighed by other traits. For example if you carry the genes for both blue and brown eyes (like if your paternal grandparents were both blue eyed and your maternal were both brown eyed) you will have brown eyes,

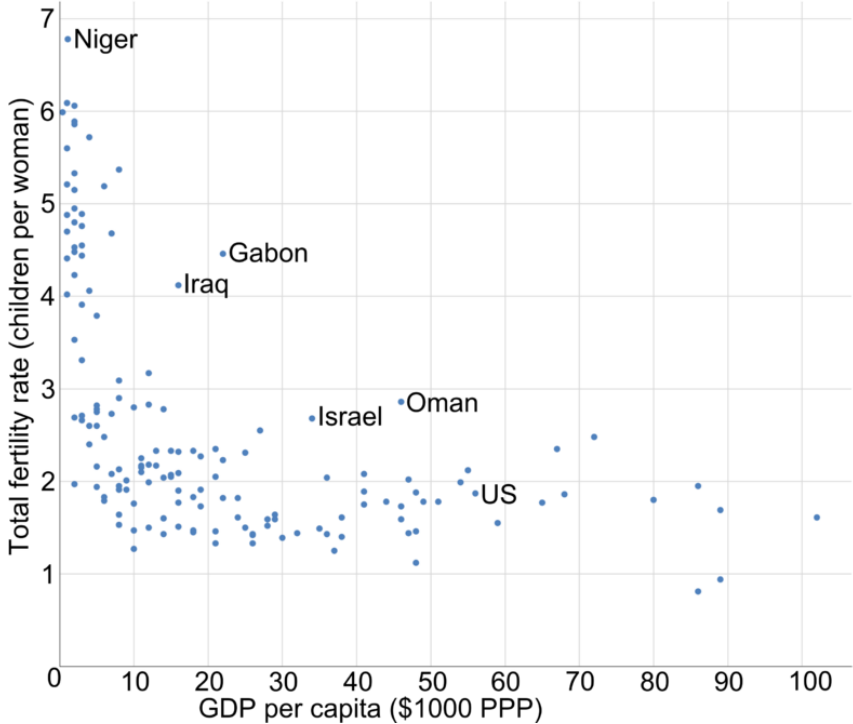
the same goes for darker hair colors and skin tones.

- **Pale skin is a recessive trait.**
- **Blue eyes are a recessive trait.**
- **Blonde hair is a recessive trait.**

**These are endangered ethnicities.** If Society isn't extremely careful and protective of these ethnicities **they shall become extinct very, very soon.** The Nordic (north European) and other Caucasian peoples need to **take responsibility** and procreate within their own ethnicity (this is eugenics).

**A pair of blondes can only create blondes, blue eyed people and pale skin people likewise.** If mating with any other ethnicity then this cannot be assured. **Choosing a mate that looks like you is the only way to ensuring that your children look like you.** Seeing someone in external who looks like you helps remove barriers to intimacy. You can see more of yourselves in them and so relate to them

better. You then also have kids that look like you and as such can better relate to them also. From 中国 (Zhonghua or China) to Méjico (Mexico) to Italia (Italy) to Kenya to ناریا (Iran) to Brasil (Brazil) people make families with people who look like them and so have kids who look like them. **Their kids have the same color skin as the parents, the same color eyes and the same color hair. It's absolutely the norm.** It happens all over the world. **Why would pale Caucasians want any less for themselves?** Use eugenics. Breed within your own ethnicity. **The beautiful recessive traits of pale Caucasian ethnicity are being bred out. We call this pale Caucasian extinction (not genocide).**



Source: Wikipedia: Total fertility rate.

**Pale Caucasian Society isn't protecting its own future anywhere near enough. Pale Caucasians aren't breeding enough.**

• Firstly, they aren't breeding enough to survive; their death rate is more than their birth rate. **Pale Caucasians are not meeting their replacement fertility rate.** This is the total fertility rate where enough births happen to sustain population levels. Enough

children must be born and survive to an age where they've conceived enough children to cover the people that die, plus the people that chose not to have children (including most homosexuals, a rate of 1½~6% for exclusively homosexual (Kinsey 6) to 20% for homosexual attraction of Western populations, most of whom are college educated city folk), plus the people that conceive less children than to meet the replacement fertility rate.<sup>16</sup>

- Secondly, as a question of numerical superiority **they're not breeding as much as minorities.**
- Thirdly, as many minority ethnicity traits are dominant, **they aren't breeding within their own ethnicity enough.** Their kids therefore become of mixed ethnicity with the predominant characteristics of minorities.

It's right, not wrong, not 7DS (pride) vanity, to love your own ethnicity. Be

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<sup>16</sup> Source: Wikipedia: Homosexuality.

confident and proud of your appearance, of who you are, all 3½ billion years of you.

There's another anti-pale-Caucasian issue in the US. It is **Affirmative Action**; a practice whereby some groups are given undue bias over others. This is an unjust ideology that is, in the case of Affirmative Black Action, actively disadvantaging 62% of the population (pale Caucasians) in guilt (guilt is fear of retribution) of the actions, over 150 years ago, of only 1½% of the then pale Caucasian population. The Political Correctness brainwashing has made this the status quo for the pale Caucasian majority (**four times as many as any other American ethnicity**) to accept this bias as just. We're anti-Affirmative Action as it's discrimination. There's an old saying "two wrongs don't make a right." There should be no admission requirements for college. Desiring to study should be enough to enable one's access. Affirmative Action for job promotions is totally unjust as promotions

must be fairly earned. **An ‘anti’ bias is still a bias.** If all historic wrongs are to be addressed we suggest giving the United States back to its native inhabitants, the Native Americans. Plus historically aggressive nations such as Deutschland (Germany) and 日本 (Nippon or Japan) could still be liable for their past actions against humanity.

**Multicultural diversity in pale Caucasian countries is only the fault of themselves. They are the ones in political power and are the ones that permit immigration.**

One cannot blame immigrants for legally migrating. One cannot blame immigrants for pale Caucasians not breeding enough to survive. One cannot blame immigrants for intra-ethnic breeding nor for (consensual) inter-ethnic breeding any more than one can blame the native in the couplet. **One can, however, blame immigrants for bringing their**



**terrorist (religious), Muslim ideology and consequential crime wave with them.**

**It's necessary, not today as such but perhaps even yesterday wouldn't have been soon enough, for the pale Caucasian people to realize these factors in their world now. Then to extrapolate them to their logical conclusion which is the permanent extinction of the beautiful pale Caucasian ethnicity.**

**There is an ideology that this ethnicity is superior to all others. This ideology is called pale Caucasian or 'White' supremacism. We're aware that even using the PC term 'White' for pale Caucasians is degrading to Negros ('Black' being bad as in black magic). **Despite fears to the contrary, the word supremacy does not indicate the desire to dominate others.****

**We are non-hateful, non-violent, both pale and First World tanned Caucasian supremacists. We are totally against dominance and imperialism of any kind.** We could be more discerning and also say, for example, that we're educational supremacists viewing A-students as superior to D-students. We could say that those people with a broader worldly experience are superior to people who've never left their home area, etc.. As an example we respect the house cat despite believing it to be evolutionarily inferior. We wish it no harm nor attempt to dominate nor control it's behavior. We do however refrain from associating with cats for our own reasons. They're home to fleas, they can be prone to scratch with dirty claws and **primarily because they're lower, inferior beings with whom we don't waste our precious time and energy.**

We strive for the goal of **world peace.** We believe in **equal civil rights** for all

people worldwide. We know **all lives matter** and in fact **all life matters**.

We don't identify with and don't affiliate ourselves with 'White' nationalists who on the whole are hateful, violent, dominant imperialists. **There is a huge difference between the words 'supremacy', 'domination' and 'imperialism'.**

**“Supreme**; adjective.

1 : highest in [Social] rank or authority.

**2 : highest in degree or quality.**

3 : ultimate, final.”

Merriam-Webster dictionary  
(emphasis ours)

**“Domination**; noun.

1 : supremacy or preeminence over another.

2 : exercise of mastery or ruling power.

3 : exercise of preponderant, governing, or controlling influence.”

Merriam-Webster dictionary

**Supremacy simply means superiority.**

**There are two types of superiority (supremacy). There's qualitative supremacy, like having a higher IQ or EQ, and there's social 'supremacy', like having a larger inheritance or higher status within your employer's business. **Society is such an inherently BDSM system (see *chapter BDSM*) that supremacy and domination are linked in the dictionary despite that the fact that they are totally different concepts, or words. Although qualitative supremacy doesn't necessitate domination, domination does require Social supremacy.** The definition of domination must include the precept of a hierarchy even if usurped unnaturally. It removes the qualities necessary for valid supremacy and replaces them with a subjective Social construct. The Social supremacy is perceived or agreed upon rather than being independently valid. Social supremacy is usurped then domination follows. It makes 'supremacy'**

interchangeable with a hierarchical system. Whereas everyone knows those in governmental power may not be better at it than others. Everyone knows that their boss, although in a higher hierarchical position, may be less able to perform their job than the next in line. Having Social hierarchical dominance & submission is separate from qualitative skill and experience. A domineering person is a worse person to know than a less authoritarian person who isn't overbearing.

**Pale Caucasian supremacy is visible to a worldwide audience. Because of this millions+ of people want to emigrate to pale Caucasian countries and in doing so upgrade their standard of living.** This multicultural, worldwide migration towards pale Caucasian countries is permanently changing their ethnic balance. The minorities gain political strength, economic strength and to some degree start inter-ethnic, inter-cultural breeding.

**Pale Caucasian supremacy is a fact proven easily by the global leadership of the USA, Россия (Rossia or Russia), Europa, Canada, Australia and New Zealand. So it's easy to agree with First World supremacy. These Caucasian countries lead the world in civil rights, economics, the military, non-violence, science, philosophy, painting and the other arts. There can be no question about this.** It's not just Nordic culture, southern Europa's tanned Caucasians have given heaps, España (Spain) and Italia (Italy) are First World countries which have contributed and continue to contribute greatly to First World culture. They've given us the surrealist painter Salvador Dalí, the Vatican and its Christian Catholicism, the polymath genius of Leonardo da Vinci, the Roman Empire government and the Latin base for languages. The ελληνικά (Ellinika or Grecian) Empire was extremely advanced in it's day and gave us our

classic philosophy, now it's a Second World country. **The First World is mainly pale Caucasian with institutions run predominantly by pale Caucasians and for a populace of mainly pale Caucasians.**

**It's easy to agree with the premise of high IQ (intelligence quotient) supremacy; that it's better to be intelligent. Like an A-student superiority (supremacy). It's also easy to agree with high EQ (emotional quotient) supremacy; that it's better to be able to relate with others well.**

Just like school children can be separated according to their abilities, like by an advanced math class. This caters to those with superior math ability and stops them being held back by those with inferior math ability. Also catering to those with inferior math ability and teaching them at their level rather than rushing ahead.

It's an obscene Social status quo that happily permits Afros and Hispanics to band together but when pale Caucasians do it it's viewed with great mistrust. That the Afro pride and Hispanic pride movements are seen as progressive and inspiring yet any pale Caucasian pride movement is viewed as a danger to other ethnicities. **There's a Social vibe that pale Caucasians aren't supposed to care about their own people.**

**Pride in no way necessitates hate.**

Some pale Caucasian as some Afro pride groups are classified as hate groups (for instance by the Southern Poverty Law Center<sup>17</sup>), even if non-violent, and have themselves to blame. It's the status quo not only to be seen as dominating but to also act as such.

**There's a Social vibe that tries to make the pale Caucasians historically and**

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<sup>17</sup> <https://www.splcenter.org>



**currently in the majority in the USA ashamed of their ethnicity and their role in a Society in which they play the major role.** The ‘white privilege’ term is used in this manner. **This is the global standard.** For instance, in ประเทศไทย (Thailand), natural born citizens are treated differently under the law to immigrants who can’t own land even if married to a ไทย (Thai). Justice should be blind and in the First World it obviously tries very, very hard to be so.

Arguments against pale Caucasian supremacy include referring to “the color of peoples’ skin” which is but one difference of different races and even different ethnicities. Peoples **bodies** and their **cultures** vary widely between the global races and ethnicities. Chicks & lions have the same color skin but very different diets. “Colorblindness” is another term used towards this aim. Yet everyone is different. It’s right to treat people for the different person that they

are and not treat everyone as equal **for all purposes**. As HIV sufferers don't make good blood donors at all, albeit deserving of equal civil rights. "We all bleed the same color" is an old argument to this aim. It's ludicrous as even cold blooded snakes bleed red blood. If you can't see the difference between the races just watch professional athletics and see Negroes **be physically different** (sprint faster) than Caucasians.

The world is levels of gray, rarely black & white. Of course an intelligent Afro is of superior intellect to an idiotic pale Caucasian. The average SAT (verbal / critical reading) result, however, for pale Caucasians is 530 while for Afros it is 430.<sup>18</sup> **But the world is also viewable as a statistical reality.** Statistically more Afros are criminal than non-Afros. What does this mean? This means that a random Afro **is more likely, but in no way definitely**, a criminal. So racial

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<sup>18</sup> Source: American Academy of Arts & Sciences, Humanities Indicators, 2015, C21 statistics.

profiling works in helping prevent crime but it, because of definitive racial tendencies, does put law abiding citizens in cops' spotlights. A good, moral cop will hold no prejudice and not overly hassle a law abiding citizen and so life goes on.

**Political Correctness is nothing less than Society's thought control.** It creates a Social environment where certain phrases, even when deviating from dictionary definitions, have been Societally programmed to cause distress to others. So people then worry about how their views (have been programmed to) offend others. They then bite their tongue, refrain from speaking their true views. They next inhibit themselves from thinking them, so they're never spoken. Viola! Their thoughts have been controlled by Societal programming, known as Political Correctness.

**Domination means a desire to control others, often against their will via force as necessary.**

**Imperialism means the desire to take over and dominate others outside your current sphere of influence.**

**We value other cultures. One can learn and benefit from other cultures without wanting to integrate.** 中国 (Zhonghua or China) in Asia gave us 道 (Daoism or Taoism), the 易經 (Yi Jing or I Ching) and spaghetti, Africa gave us human beings. The funk music created by Afro-Americans. The Islamic mystic Sufi parables of Arabia. Aesop's fables of ελληνικά (Ellinika or Grecian) culture. The digeridoo instrument of Australian aboriginal culture. We're aware of these and other benefits of global Society and we're also aware of the dangers posed by global Society. **Whereas the Caucasian First World has evolved into a stable, evolving culture the rest of the world lags behind.**

The superpower 中国 (Zhonghua or China) is communist; without political parties, imperialist and a grave violator of civil rights. 日本 (Nippon or Japan) is also a leading, First World economy but they are hereditarily violent having being a major Axis power in WWII, have a strict BDSM dominating culture and having historically created the most amount of martial arts of any country; judo, jiu jitsu, karate, ninjitsu, aikido, hapkido, bushido, etc., we don't believe they are as evolved.

Societal 'White' supremacists use a 14 word ideological statement:

**'We must secure the existence of our people and a future for White children.'**

This can be seen in a positive light even by those opposed to violent, far right tactics. It is in fact **not** even a 'White' supremacist statement, it's solely a **pale Caucasian pride** or **pale Caucasian survival** statement.

There's an alternate 14 word ideological statement:

'Because the beauty of the White Aryan woman must not perish from the earth.'

However this statement uses the word Aryan which although literally is a far broader term is generally used to describe the Nazi ideology of the Germanic master race.

Neo-Nazis use the code '88' referring to the eighth letter, H, making 'HH' standing for Heil Hitler. Obviously this is not at all something a non-hateful pale Caucasian pride supporter would side with. Hitler and his Nazis showed ultra hatred and violence towards non-pale-Caucasians but that as his ideology, blaming Society's ills upon it's minorities, picking on the weak in numerical terms, was put forward to gather popular support. Their actions, as opposed to simply their propaganda, were psychotic, megalomaniacal, totalitarian and imperial **towards pale Caucasian people**. Neo-

Nazis using the Nazi propaganda to support their xenophobia, hatred and violence towards non-pale-Caucasians aren't basing their ideologies on the actual Nazi practices. Unless they want to, for instance, occupy France; a point we haven't heard raised. Their Western Imperium ideology would be an autocratic, ultra dominant, imperialist, nuclear weaponized state incorporating the USA, the UK, France and Россия (Rossia or Russia). Only some, Aryan, peoples of pale Caucasian ethnicity would be allowed full citizenship. Their focus would be on the genetic engineering of a super race called Homo Galactica who would pursue the imperialist conquest of our shared Milky Way galaxy. A bit like the evil Sith (e.g. Darth Vader) of the Imperial Fleet of the Galactic Empire in the Star Wars movies. #WhiteGenocide is a hashtag generally used by Neo-Nazis like the KKK (Klu Klux Klan). Some are Nazi holocaust deniers.

We're not 'White' separatists, those who want a separate pale Caucasian state, because every **legal** immigrant has the right to live in a new country as an expatriate. We do, however, have our own space separate from Society (including from other cultures). We don't push nor lobby for our ideologies to be implemented by Society, instead keeping them to ourselves as a private group of like minded individuals.

We're neither for nor against 'White' segregationism; wanting pale Caucasians and non-pale-Caucasians to live near each other yet segregated with separate drinking fountains, etc.. This is because we believe the government has the right to enforce its own rules in its own institutions like public schools and yet it has no right whatsoever to enforce its values on private institutions like private schools and businesses.

Anyone choosing to judge us for our ideologies, which are libertarian,



peaceful and **totally non-dominating and non-imperialist**, has that liberty. But those who want to police our mind, which is being totally imperialist, and fascist of them, are completely overstepping the bounds of liberty. You may disagree with us but you may not enforce your ideologies upon us.

**Being less evolved, like all animal conditions, is a product of both Nature and Nurture.** One's DNA and one's personal experience. DNA is altered by experience. (Even by contact with certain chemicals.) **Genetic knowledge is a scientific fact.** Mice finding food hidden in a maze incorporated that knowledge into their DNA so that their offspring could instinctively know the route to the food. **Western Society has had millennia to grow their DNA with the knowledge of modern Society.** Millennia which the peoples of the Second and Third Worlds like in Africa, South America and Asia haven't yet experienced. **The predominantly**

**temperate climate of the West has let fade most residual violence from distant genetic history (mankind evolved in the extremely hot climate of Africa less than 200,000 years ago).**

Fast twitch muscle fibers have been replaced by slower twitch as people and their civilization evolved.

Obviously a low social status and the subsequent lifestyle lead to 7DS envy & wrath; hatred and violence. However, given that Society is a slave system, enslaving even the middle and some of the upper classes in mundane vocations to support the financial elite in their lavish, work-free lifestyles, this is an influence on the bourgeois and not just the proletariat. The fact that the proletariat live poorer than the bourgeois increases their resentment.

**Both people and their cultures can be less evolved.** Basically all cultures outside the First World are less evolved. Mexicans spitting on the ground.

Africans without a stock exchange. Asians without decent civil rights. **The list of differences is immense. Even within the First World there are extreme differences in the evolution of culture.** For instance First World countries without online megastores like Amazon.com, still with archaic monarchies, without a constitution guaranteeing their civil rights or even upholding them in their laws, most US states still using the death penalty, etc..

One reason Afro culture has been accepted into Caucasian suburbia is fear. 'Keeping your friends close and your enemies closer' can be taken too far as can 'know your enemy'. **There are better methods of self-defense. Self-segregation is by far the best.**

Having seen the Malcolm X (1992) movie (written by Malcolm X (1925-1965), Alex Haley, Arnold Perl and Spike Lee) it's still, decades later, the social norm to call Negroes "blacks" (**as in black magic as**

**in bad) and partisanly Caucasians “whites” (as in white lies, purity, good) despite the inherent, hateful **programming** and simpleton-ness it shows of Society.**

Just to remind you that there are some very intelligent, civilized, giving, peaceful Negroes and other people that aren't pale-Caucasians on our shared planet.

A third of Americans admit to believing Afro-Americans to be more violent and criminal than Caucasians.<sup>19</sup> The NAACP<sup>20</sup> (National Association for the Advancement of Colored People) states that **1-in-3 Afro-American males are in some phase of the correctional system.** Plus there are the ex-cons who have completed their involvement and also **the criminals who have avoided detection.** Afro-Americans have found ways to be more acceptable to the Caucasian culture in power in the

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<sup>19</sup> Source: 2016 Reuters/Ipsos poll of >7,800 people.

<sup>20</sup> <http://www.naacp.org>

USA. Namely by accepting roles in the **minstrel** and sportspeople castes. **This doesn't mean that you have to accept them in these roles in your life.** How much hip-hop refuses to use the N-Word, B-Word, F-Word and Mofo-Words? A few percent maybe. How much of contemporary Afro-American music is anything other than hip-hop (or the boring pop music)? Not much. **Dissociate yourselves from this insidious, extremely egotistical and misogynistic, violent self-loathing.** It isn't jazz and it isn't funk.

A Washington Post 2014 study counted the N-Word on Twitter used 500,000 times every day while equivalents "bro" and "dude" were used only half as much.

**Afro-Americans calling Caucasians Crackers is untrue, unjust and trying to claim an undue advantage.** In the 1860s only 1.4% of pale-Caucasian-

Americans were slave owners.<sup>21</sup> When the Emancipation Proclamation was issued in 1863 there was only an **extremely small** chance of describing a random pale Caucasian as a (whip) Cracker accurately. The North fought and won a civil war against the South and decidedly stopped slavery a century and a half ago. **All slave owners were dead a hundred years ago.** Get real. Get over it. **Get on with your life.** Stop trying to live in the past as an escape for the present you're not making for yourselves now. Bad workmen blame their tools. **If you admit to needing Affirmative Action then you're admitting you're not up to the job.** No other country has it.

Around 10% of Caucasians and Hispanics in the US in the mid-2010s were unemployed compared with **double this percentage, 20%, of Afros.**<sup>22</sup>

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<sup>21</sup> Source: InfoWars.

<sup>22</sup> Source: Hillary Clinton's 2016 presidential campaign.

**The paradox is that the USA, already less than  $\frac{2}{3}$  pale Caucasian has already started to become a pale Caucasian minority country. By the mid-2010s pale Caucasians were a minority in those under 5 years old. Pale-Caucasian-Americans are on track to become a minority before 2050.** They were the only ethnic group with a higher death rate than birth rate. Ethnic minority population gains made up 95% of the US population increase, mainly due to Hispanic and Asian immigration plus more minority births.

Five major population areas already have a non-pale-Caucasian majority:

- Hawaii, 77%
- The District of Columbia, 64%
- California, 62%
- New Mexico, 61%
- Texas, 57%

*NB* Nevada (49%) is expected to be next.

New York state had the most Afro-Americans, 3.8 million. The District of

Columbia had the highest proportion of Afro residents, 51%.<sup>23</sup>

“Future generations almost everywhere [in the USA] will be increasingly made up of [current] minorities.”

William Frey,  
Demographer, The Brookings Institution

There’s nothing inherently wrong with other cultures. **All cultures have wisdom that one can learn from. They’re different.** Difference is natural. **We value other cultures. One can learn and benefit from other cultures without wanting to integrate.**

**The vibe of each country is very different and unique.**

**US pride and pale Caucasian pride culture is often in a very confused state. You can have pride in your identity as a pale-Caucasian-**

<sup>23</sup> Sources: InfoWars and Al Jazeera news citing Census Bureau data new in 2016.



**American without needing to identify with Deutsch (German) mass murderers. You can have pride without having fear and hatred. You can be separate without being at war with your neighbors. To rather drive a US Cadillac than a Deutsch Mercedes. To rather speak English than Deutsch. **To have pride in one's own culture without wanting to integrate is not xenophobic and hateful. It's simply, peacefully asserting one's right to choose one's micro-society.** Pale-Caucasian-American culture is very put upon.**

# RELIGION

“Look, if the number of murders attributed to occult conspiracies were true it would mean thousands of people killing tens of thousands of people a year, without evidence, without being exposed. It would... it would be the greatest criminal conspiracy in the history of civilization.”

FBI Special Agent Dana Scully,  
The X-Files (1993-) TV show,  
Season 2 Episode 14,  
‘Die Hand Die Verletzt’,  
Written by Glen Morgan  
and James Wong

**Having spiritual and moral beliefs and structure is a good thing.** It shows a desire for an ordered, self-controlled life.

**Omnipresent peace is the most valid goal for all of humanity.**

**The world’s religions have so much to teach us all.** They all have their pros and

their cons. **Most religions are very dominating of their members.** For example Christianity tries to control its members into following their rules by instilling fear. The fear of their concept of a place of torture called Hell. The Christian term “Lord” for their god means one who dominates (the lower, submissive, servile people). Also referring to their god as “The Father”, one who is the superior, the adult, the parent, to their inferior, immature child. They also refer to their holy men as “Father”. Figuratively “God” is external, ethereal energy while “Jesus Christ” (the person) refers to people. So if fortunate they “thank God” and blame “Jesus Christ” for a ding in their car. It is a chauvinistic religion. Their word of bonding is “amen”, A-men, men are A, the #1 (like the letter). Their tales can contradict science for instance evolution and the age of Gaia (Earth). The symbol of the Christian religion is the crucifix; a torturous, capital punishment (execution) device used for 600 years including on their prophet

Jesus.

**The members of most religions willingly subjugate themselves to their god/s, to external.** We know that you are the creator of your own reality. **You are god.** Learn how to submit to your selves, to your subconscious. This can be extremely difficult as Attack tries to fool you into thinking that its a part of you. This then brings up the issue of incorrectly submitting to an Attack vibe instead. Learning to trust yourselves and recognize your own good energies is a very worthwhile task. *See chapter Self-Creationism.*

Christianity is the most prevalent underlying moral vibe in our Western culture. *See chapter 7DS for more on Christianity.* Jesus is portrayed in all art as being of pale Caucasian skin and blue eyes yet he was born of natives in western Arabia, a place where people are of color. Interestingly enough it's also not the norm for Italia (Italy) where

Roman Catholic Christianity is based (in their own city-country of Stato della Città del Vaticano (Vatican City)). It's said that the Christian god, God, made man in his image and man has a range of skin tones then this denies the Christian god the right to be seen as only pale Caucasian.

Like other psychonauts progressing their enlightenment we've found that the religion with the most in common with ours, conceptual-wise, is Tibetan Buddhism. Tibet, being the highest country on our planet, could be seen by energy as more elevated, thoughtful, than the others. Energy often works exactly this simply. Our tenets of *distantia* (distance) and *internus* (internalization) are very similar to their practice of material detachment. We teach about this idea in the Attachment & Impermanence chapter. Buddhism recognizes a state of enlightenment albeit binary and they aim for nirvana (see *chapter Neutrality*). Tim Leary

(1920-1996) and his cohorts used the Bardo Thodol, the Tibetan Book of the Dead, as the source material for their book, *The Psychedelic Experience* (see *appendix III: Ten Books To Read*).

Wiccans (witches & warlocks) believe in Mannah as the god that is all of nature. As such, seeing yourselves as Mannah, is in agreement with their view as you created all of nature.

Rastafarians also see Society as very troubled, calling it the Babylon system. This is a reference to the Christian biblical story. Some of their reggae music talks of the collapse of Babylon including by chanting it down.

Islamic mystic Sufi parables are fascinating and educational. (See *the books of Idries Shah*.) Islam is a warmongering, imperialist religion which preaches misogyny, wife beating and pedophilia. Its strongholds are in hot and dry countries. Obviously its peoples are

therefore hot and bothered. You're right to get annoyed with a barking dog but you can't blame it for barking. To be simply obvious (and 道 (Daoist or Taoist)) about it, a dog dogs, a bee bees, and a bear bears. Hot and bothered peoples are hot and bothered. It's said the crime rate goes up a percent for each degree hotter it gets. Whether that's statistically accurate or not the point is valid. Hot weather brings hot heads and hot tempers. Cool means good.

Other major world religions are Hinduism, Sikhism and the C20 Scientology.

In the mid-'10s there were 91% of Congress (56% Protestant and 31% Catholic) and 71% of Americans who were Christian (46½% Protestant and 21% Catholic). Half a century previous, in the early '60s, 95% of Congress (75% Protestant and 19% Catholic) and 93% of Americans were Christian. Of the mid-

‘10s’ Congress, 99% of Republicans and 80% of Democrats were Christian. The other religious affiliations were 5½% Jewish, ½% Buddhist, ½% Hindu, ⅓% Muslim and ⅙% Unitarian Universalist.<sup>24</sup>

“Hell is other people.”

J.-P. Sartre (1905-1980)

“War is Hell.”

Anonymous

“Hell is the impossibility of reason.”

Anonymous / Oliver Stone (1946-)

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<sup>24</sup> Source: Reuters news, January 03, 2017, referencing Pew Research Center and Gallup data.



# OUT & ABOUT

**Traveling out & about, within Society, away from home is a time of high stress.** During this activity it's advisable to keep one's focus on oneself. Don't let your attention stray, when walking down a street for instance. Keep focused on energetic issues. Like keeping aware of one's place on their timeline, personal energetic cleanliness and territory. Simultaneously keeping focus on physical issues like the location of your wallet or purse, and phone. Also keep in mind the location of your weapon.

**It's all an energetic, synchronistic dance.**

**Be aware of your orientation;** which direction north is in. Know that Gaia (Earth) revolves on its axis daily. It's constantly rotating towards the east. Hence we see our sun, Sol, first at sunrise in the east and last at sunset in

the west. Our shared planet Gaia is a sphere. So below you is not just the ground but beyond that the burning heart of our planet and further on down on the opposite surface is another country or ocean. Be aware of where the other continents and countries are relative to where yourselves are. Maybe it's that Africa is a straight line from your current view through the roots of the tree in front of you and keep going.

Be wary of people who are carrying extra energies, i.e. people using a cellphone's audio link to a greater, unseen group, people receiving comms from a greater, unseen group via music and people carrying luggage; obviously in the midst of a long journey.

Restrict your group energies and **allow any energy the right to be** in public areas like on the street and more limitedly in less public areas like on public transport or in bars. In this way you're ensuring that energies are not being

blocked unduly (see *chapter Don't Block*). Have faith that generally, if you're sensible, your energies won't allow trouble to walk into you. Try to keep as private as possible and wean yourselves away from more public areas as funds permit. This gives you more security and control.

Keep your energies focused on your group by doing a little of your standard work like writing, e.g. a travelogue, or drawing from your imagination or memory to keep your eyes from wandering and your pack tight.

A little eating and drinking during this period can be comforting and a good idea.

If you need to take a pill go to a bathroom stall to do it (and disinfect your hands). If anyone were to see you popping a pill they'd naturally assume you were ill; not a good vibe to be associated with.

Preparation, preparation, preparation. Going on a long journey? Bring food, music, a movie to watch, etc.. If staying overnight in a hotel consider bringing a sleeping bag. Your own bedding smells of you not the thousand+ other patrons before you. It's yours to do with as you please. Therefore far more comfy and homely.

Heap of the time, especially when out & about within Society, you need to stay in strict conscious control of your desires. A significant portion of that experience will be saying no to various energies. To remain true to yourselves; your rules and your plans. Like saying yes to a bag of chips but no to making it extra big, yes to a beer but less than three, yes to going out to a restaurant but not ordering champagne.

When out walking try curling your fingers in at your first joint past your knuckles. (Not walking with fists.) This less frilly pose is safer and more natural.

**Most people don't use intelligence.**  
**Be aware of what external Society's views are on others and on yourselves.** The energy that others accrue from being close to Society. In predominantly Caucasian Society Negroes and non-Caucasians are often thought of by a significant proportion of the population as being N-Words. Women are thought of by a significant proportion of the population as being C-Words. Not the B-Word which is a curse. Children as brats, gormless looking people as idiots, etc.. **Be aware of the Attack energy that they have and which radiates out from them.** Do not take it, instead reflect it right back at them, ruthlessly. There is no blame, there is simply self-defense. People with long hair are thought of, by some, as Hippies, Peaceniks and feminine, others see them as God or Jesus. Bearded people are seen as religious and often, as it's a rare look, as a badly thought of

Muslim or even a Muslim extremist terrorist.

**Any weakness will be amplified by Attack.** If someone stubs their toe and acts, even temporarily and partially, crippled then that's part of the energy they'll be accruing. That's part of the Attack they'll have to shake off to recover. Even if it takes them only five minutes for the pain to subside.

When traveling on public transport and there's an empty seat next to yours be aware of other empty seats. You can then energetically direct new passengers' towards those seats rather than having them sit next to you, giving you more space.

Be wary of your disposition as you enter a new area. Especially areas with static people like bars and trains. Its energy and the people who make up that group will read you then for it's / their first impression of you. This is important as

everyone knows you never get a second chance to make a first impression.

“When in Rome, do as the Romans do.”  
St. Ambrose (340-397)

# SMELLS

We humans are subconsciously very, very good at detecting smells.

**Beware of carrying too many old smells into your reality.** For instance old clothing that you've lent out to a friend, a hand-me-down mattress or a hotel room that allows smoking or pets.



# ORGANIZATION

**Organization is necessary for progress. Life is about control. It's about order.**

Whether you prefer to brush your upper teeth first or your lower it's about consistency, literally. Energy appreciates order. It takes an advanced animal to bring order to the chaos of life. **Get an order to your behavior and be the master / mistress of your energy.** Be consistent with the order that you tie your sneakers, brush your teeth, chop your vegetables, etc.. Then in any standard situation energy will be able to tell good from bad, i.e. if you're brushing your teeth in a different order to your norm you'll know Attack is around and hitting you and so you can be more focused on your security.

**A place for everything and everything in its place. Like always keeping your**

keys in the same pocket, your hanky, your weapon, your phone, etc.. This way you always know where something is when you want it. 'Mise en place' as the Français (French) say.

# PLANNING & SCHEDULING

**Planning your life is a necessity.** To be well planned is to be prepared. This is a prerequisite for security.

**To know what you want is an immense strength.**

**It's your life and you can do anything you want with it.** Now the question becomes **what do you want to do with it.** Probably a spouse and children come into your plans at some time.

Schedule a session of each of your activities for each day. **Routine is good.**

Stick to your schedule. Use an alarm clock, especially on a cell phone, to help you measure time periods.

“Motivation is what gets you started.

Habit is what keeps you going.”

Jim Ryan

**Rest between activities to give energy time to settle and dissipate.**

**Give yourselves time to plan your life and to prepare both mentally and physically for your planned events.**

**Weigh your options.** What would be the situation if you did option A? What would be the situation if you did option B? What would be the situation if you did option C? **Check that Attack isn't deluding you into choosing an option by pushing a false or irrelevant reason. Thereby allowing a greater hit to emerge.** Like a relationship soured or money incorrectly spent. Work out the pros and cons of each option not just how each one feels. **Always include the worst case scenarios.**

**Decide.** Sometimes you have to just **decide** on a course of action and see

where it leads you, how energy reacts. The important thing is in the decision. Good energy will back you up. If it doesn't work out then you can always try something else. Don't be too wary to make steps forward. There's nothing wrong in moving backwards if it doesn't work out. You'll be facing forwards when you do it.

**After you've preliminarily decided on a course of action give yourselves some time, like a day, before you commit yourselves and your resources.** This gives subconscious energies time to voice themselves. Sleep on it, as they say. The bigger the change to be applied the more time cache you'd want to give it.

**If you work full time then you're gonna wanna try to make some space in your already packed life to try to develop your enlightenment. Start by finding 15-mins on a weekend.** Eventually your best bet is exchanging half an hour's TV

a day for half an hour's meditation and introspective reflection, but start with less than that. Start to think about your life, as the first step to reevaluating it. Do you like where you are in life? How can this be improved. The obvious first steps are:

- **Making yourselves some quiet, alone time.** Maybe retreating to a bedroom or garden. Sit back or better still lie down and rest your body & mind.

- **Becoming more aware of, then reducing your use of meds.** Cigarettes, coffee, candy bars, cannabis and alcohol mainly. Try working out how much you use each week and how much that costs you.

- **Is your job satisfactory?** Consider adult education, evening classes. These remove so-called glass ceilings and open new doors to higher wages.

- **Enjoying your personal reflection time and fitting more of it into your schedule.**

- **Increasing your range of R'n'R activities.** Try out some new hobbies. If you liked chemistry at school get a

chemistry kit and **play**. If you liked electronics then an electronics kit. There are robot arm kits for robotics, telescopes for astronomy, rockets with video cameras on, drones, microscopes for biology. Pen & paper or a computer for creative writing. Offline and online encyclopædias to read. Pencils & paper & watercolors for drawing, sketching, painting. Modelling putty for sculpting. Music apps for impressing your friends with. Graphics apps and heaps more to try.

- **Spend more time with your group.** Buy a book on how to massage and then treat your lover. Help your kid/s with their homework. Organize your family into all helping cook a meal, or planting some flowers &/ herbs. Spend some quality face time with your partner and share your thoughts. Spend some quality sexual time with your partner. Try Tantric sex, cosplay, explore different positions.

**Make time for yourselves and your group and away from Society's**

**canned, banal entertainment. There's so much more pleasure to get into than from just the same old multimedia religion. See *chapter Multimedia Religion.***



# EXERCISE

**Exercise is good.** Muscle tone is good. Use your muscles every chance you have, **that's what they're there for.** This'll make you stronger. Then everyday moving around, not just carrying things, will become easier, more natural and healthier.

**Use your arm muscles when carrying bags don't just keep your arms straight.** If you carry your groceries for a little exercise estimate how much you're carrying. Watery liquids weigh 1kg per liter (40 fluid ounces weighs 2.6 pounds) and a can of beans, soup or similar around ½kg (1.1 pounds) each. Balance the weight between your hands.

**Exercise is an immense pleasure, it's 100% natural and it's free.** It keeps your body fat level in check and builds and maintains your muscle mass; your physical strength.

**The key to starting to exercise is walking.** The key to starting to exercise is walking (in case you missed it). You control the pace, it's safe to do at some level for almost everyone, it's a good buzz (from the endorphins generated), it's free to do, no special equipment is required (though sneakers and sweatsocks help heaps) and you can stop or rest when you want. Find a store to walk to or a park or beach to walk around. Say you walk at 4½kmph, put in an hour's walk and you've done 4½km. If your toes blister in your sneakers then wrap tape, micropore works well, around them before setting off. If your skin chafes on your inner thighs again tape it and continue to walk to health.

If you can afford it get an exercise bike. They start at under \$100 for something that will help you exercise up to a few \$100s for a magnetic resistance type. Start with short, regular, daily sessions. Then gradually increase the length of

your daily sessions.

If you can afford it, a treadmill is also exceedingly easy to start using, to **get you fit, trim and healthy from the comfort of your own home**. If you want to get buff, not just fit & trim, then dumbbells, a barbell and weights start from a low cost. Later upgrade by buying a weights bench. Get a book on using weights correctly so you don't damage yourselves and maximize the benefit from each of your weights sessions. Do sets of reps. Like with 5kg on each dumbbell, do 5 arm curls (*see the book*) then rest a moment, then repeat this another four times.

**Sit-ups and press-ups are also excellent muscle building exercises** that are easy to do at home each morning. If you can't manage press-ups try being stiff to your knees rather than your feet. When doing sit-ups don't pull on your neck instead place your hands by your ears.

**Stretching is excellent for your body.** Especially stretch after you exercise when your muscles are warmed up. It's difficult to explain advanced stretching in detail without pictures. **We strongly recommend getting a beginners book on yoga.**

Muscles grow by the muscle fibers breaking and regrowing larger. This is the kind-of bruised feeling you get after exercising a lot. You need to give yourselves recovery time for this to happen. Take a day off after every large exercise day.

If you come home sweaty, change your clothing and shower off.

**Be aware of your breathing.** Breathe in through your nose. For walking try, without using too much force, breathing in for four steps then out for four steps. In, Left, In, Left, Out, Left, Out, Left. For jogging try breathing in for two steps then

out for two.

Use a GPS app with a GPS phone and you can easily measure the amount of exercise that you do.

**There's an immense Social pressure for women to be weak**, fragile waifs thereby fitting their stereotypical gender role and needing even more the protection of men. Fit and muscularly toned women are attractive, healthier, stronger, happier and live longer. Their bodies also recover better from childbirth.

**Get to an effort level that you are comfortable with then simply put in the time.** If you can follow this simple formula you'll get exercising healthily in no time at all and it won't be long before you can feel yourselves getting fitter.

Say you're walking at a 4kmph pace, half an hour's walk gets in 2km, an hour's gets in 4km, 1½hr gets in 6km and a long, two hour walk gets in 8km. Walking three

days a week gets in 24km per week. Having walked for one week is 24km walked, two weeks is 48km walked, three weeks is 72km walked, four weeks is 96km walked, eight weeks is 192km walked. Keep it up. **The more time put in, the more exercise done, the fitter and stronger you'll be.**

Women would want to be especially careful of becoming overweight because breasts previously overweight will forever then sag.

# EATING AND DRINKING

**You are what you eat. It's a scientific fact.** The 易經 (Yi Jing) warns one to beware of what we consume. Internal consumption is a very intimate thing. **Eating healthily is key to living well.**

Your main intimate relationship in life, even more so than the family you make, is with the food and drink which you consume. **Be aware of it. Keep it as natural and unprocessed as possible.** Keep factories out of your insides by eating only homemade food. Ideally only homegrown food.

**We recommend a high protein, low fat, low carbs diet.** This minimizes your energy intake which could lead to fat build up while maximizing your protein intake which helps build muscles.

**Eat a varied diet.** This spread ensures a balanced intake of vitamins, minerals

and other food goodness.

Recommended daily intakes are 0.75g of protein per kg of body weight, 50-100g of carbs, 25|38g (for women|men) of fiber, 1.1|1.6g of omega-3 and 12|17g of omega-6.<sup>25,26</sup> With this high a protein requirement people on a diet may want to use a (vegan) soya (or non-vegan whey) protein powder supplement.

Try the superfoods of chia seeds and spirulina. Chia seeds contain one of the most-concentrated sources of alpha-linolenic acid (ALA), a plant-based omega-3 fatty acid plus omega-6 and omega-9. Spirulina bacteria contains a heap of vitamins and minerals especially vitamin B<sub>12</sub> (which is especially valuable to vegans as its only other natural source is animal (else lab made)), iodine, chromium and iron. It's now being widely studied for its possible antiviral, anticancer, antibacterial, and

<sup>25</sup> Source: Encyclopædia Britannica: Human Nutrition.

<sup>26</sup> Source: The World Health Organization (WHO).



antiparasitic properties.<sup>27</sup>

**We also strongly recommend taking daily vitamin & mineral supplement tablets (with over 20 ingredients).**

Food contains energy as well as vitamins & minerals, fiber, water and other goodness. **Use food, don't misuse it.** Take in only the energy you need. Don't overeat. **Eating can be a very addictive pleasure.** It's a global subconscious statement of comfortable living to be overweight to show that you can afford it. It's unhealthy, unnecessary and unnatural. Notice how wild animals are never overweight or unfit.

If you want to lose weight then **eat less.** **Eat less** potato chips, **eat less** pies, **eat less** pasta. (Also potato chips are very high in fat and pasta is very high in carbs.) Try eating low fat, sugar and salt, dry cornflakes instead of high fat potato

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<sup>27</sup> Source: Encyclopædia Britannica: Chia, and Spirulina.

or corn chips.

**You're eating to provide the chemical energy you need for the day.** So eating a big breakfast makes sense. Plus a decent sized lunch then a small dinner.

Use a grazing style of eating; eating small amounts in a few sittings each day. This stops your stomach stretching and reduces appetite.

Fatty foods like chocolate, potato chips and peanut butter make you feel good because you've found, in the Hunter Gatherer sense, a thing that's high in energy, so well done, here's some pleasure for you to reinforce that it's a good thing; a useful foodstuff. Yet don't overdo it. Use your intelligence and exercise restraint. We say exercise because it gets easier with practice. Spread your pleasures in life; increase the amount of exercise that you do. Fat is slow-release energy. Avoid high fat foods like oil and oily (fried) foods,

cheese, cream and nuts. Reduce to an absolute minimum the amount of these in your diet. **Oil is exceedingly calorific (high energy) and a more processed food that's almost totally unnecessary.** You can ween your taste buds off it.

You'll find carbs, carbohydrates (sugars & starches), in bread, pasta, noodles, rice, oats and corn. Starches are broken down into sugar. So **limit your intake of these foods** and try to eat them earlier in the day if you feel you need the extra energy. Bread can be easily eaten plain without added oil like margarine or peanut butter nor added sugar like jelly. With carbs less is best.

**Eat boiled or steamed vegetables.** Like sweetcorn, onions, mushrooms, cabbage, zucchini, carrot, lettuce, celery, broccoli and cauliflower. These are extremely high in vitamins, minerals and other food goodness while being very low calorie (energy). (Be aware that

avocados are 20% fat.) Cooking veg cleans them while softening them making them easier to eat. You can drink the cooking water or thicken with flour to make a sauce to get all the goodness from your vegetables.

**Eat beans (which includes peas and lentils) as your primary food source.** They're very high in protein. They come handily ready cooked in cans. Economize and internalize (increase internus) by buying dried beans rather than canned. Soak them in cold water until saturated, around a quarter to a half day, then cook them in a pressure cooker in minutes or slow cook them overnight in an electric crock pot. Add chopped veg plus herbs and spices at the start for a tasty and very healthy meal.

**We recommend eating good food in small measures. Avoid anything artificial; stay natural.** Avoid artificial colors, flavors, preservatives if you can and additives like MSG (monosodium

glutamate).

Keep your sugar and syrup intake to a minimum. Make it instead the occasional treat and as needed stimulant. Fruit is better than candy yet bananas are  $\frac{1}{5}$ <sup>th</sup> (a whole 20%) sugar and despite their small size dried fruit still contains the same large amount of sugar as fresh. Most sugars are processed products from sugarcane and sugar beet, both of which have GMO strains. **Sugar is instant energy so generally not particularly needed.**

Salt, although natural (especially sea salt), is an unnatural and unnecessary flavoring / flavor enhancer that can easily be removed from your diet helping your heart's health.

**This diet of zero added oil, zero added sugar and zero added salt is a very natural diet that you've eaten for billions of years, or at least since we grew stomachs. It'll take a little time to**

get used to the simple flavors again but it's well worth it.

Chili pepper is an irritant and laxative. Buy less of and less spicy foods. If you have a spicy tooth try substituting black, white or pink pepper for chili in your cooking.

**Drink a few liters of water per day.**

Dilute some freshly squeezed or 100% fruit juice ~95% with water. This consumes only minimal fruit resources while pleasantly flavoring your water. There are less sugars, less acids and, of course, it's more economical. You should drink enough water so that your urine is a very light shade of yellow.

We recommend drinking natural mineral water over processed tap water. Some supermarket own brands can be quite low cost. Water with a little juice makes a great sugar free fruity drink (allowing for natural fruit sugars). Carbonated water, including sodas, apparently can decalcify

and weaken bones and is probably generally best avoided for this reason.

Keep your caffeine intake to an absolute minimum. Avoid coffee and tea also cola and chocolate. If you love chocolate try fatty yet sugar free cacao nibs. These are tiny bits of raw chocolate.

**Cook. Cook your own food, don't buy out.** Bake your own bread and you'll find it tastes much better; fresh, warm & healthy. This is more internalizing (a tenet, a prime focus of life). With a view from the Fight Club (1999) movie it also ensures 'clean' food =). If you can't make every meal yourselves then at least **read the ingredients on everything that you eat.** Don't your taste buds deserve the best food available? Eat a microwave meal and you're eating factory produced food. Mass produced, **all tasting exactly the same.** You remember, you've eaten it before. Just like every bottle of Coke. **Variety is the spice of life.** You're in a pack of hundreds of

other people all having exactly the same factory produced meal right now. But you're not a cog in a machine requiring regulation oiling.

**It's easy to cook.** Plus playing with knives fun! Use a pot like a non-stick pot with a wooden or plastic spatula.

1) Add a dash of oil (if you must), a pinch of salt (if you really need it), a shake of pepper &/or a masala (a spice blend) &/ fresh herbs & spices.

2) Chop some vegetables slowly with a small serrated knife using your fingernails to protect your fingers. Chop them fat to start and gradually over time refine your style to chop thinner. Cut rounded vegetables in half for stability then in a 2-3D lattice for easy small pieces which cook quicker and require less chewing. You can use electric tools like choppers and food processors. Adding a few grams of plain flour will thicken your food sauce but make it liable to burning unless you add it late in the cooking, although then you need to take



more care as it's liable to clump.

3) Then throw in a factory produced can of beans until you're confident enough to cook your own.

4) Cover and leave to cook on a low heat for 15~20-mins.

**That's it. Now congratulate yourselves.**

It's that simple to eat healthy, high protein, low carbs, low sugar, oil free, low calorific, low salt, high in vitamins & minerals, vegan, unique tasting, mostly factory free, group free food. If you cook a pot in the morning, or at night and refrigerate, then it'll last you all day. You're now eating healthily and not as part of a moronic herd. **You're having a unique culinary experience.** With all the natural goodness of fresh plants; vitamins, minerals and more. And because you did work rather than sub-contracting Society to do it it saved you money and you had fun doing it.

Even simpler is to try taking three small minutes to add some garlic granules / powder, salt & pepper and chop a little

cilantro to give a standard can of beans (not Baked Beans, maybe Black Eye, Butter or Chick Pea) its own unique taste. It cooks in minutes and is high protein, low fat and low sugar. You make it your own dish, not the exact same, factory produced taste as you and millions of others have had many times before. Add more ingredients as your confidence and skill increases.

There are two types of vegetables. Those which can be cooked from fresh in 15~20-mins and those which require an hour of cooking before being added to your quick cooking pot. Quick cook veg includes onion, bell pepper, herbs, zucchini, sweetcorn grits, mushrooms and young spinach. Slow cook veg includes cauliflower, broccoli, spinach, eggplant, carrot and potato. Root vegetables like potatoes are very high in carbs.

You could probably imagine a wealthy person like a movie star or president

eating a candy bar but you wouldn't imagine them considering it good food. The standard diet of convenience foods is easy to eat but it's of very questionable quality.

If you chose to use oil then use (unrefined extra virgin) palm (coconut) or olive oil as unlike sunflower and corn oils these don't contain dangerous omega-6 fatty acids which replace essential omega-3 fatty acids in the brain. If you cook with oil at high temperatures like in a deep fat fryer or oven then use palm oil as this releases the least amount of carcinogenic aldehydes.

**We strongly recommend eating a 99%+ organic diet.** Organic food is food grown without any artificial chemicals added. All non-organic food has industrial chemicals added; fertilizers, pesticides and herbicides. **These chemicals are in the food that you eat so these chemicals get into you.** Organic food is also guaranteed to be

free from genetically modified (GMO) ingredients. Genetic engineering is the Thalidomide of our times. Thalidomide was a drug whose **unknown side-effect** was birth defects. No-one can test how these unnatural foods and animals will affect us, our children and Gaia (planet Earth) even one generation from now. Can you imagine how difficult it would be to remove all GMO foods from our planet already should Society see the danger they pose? (There are already laboratory escapees, unnaturally **glowing** animals in the wild!)

**We strongly recommend eating a vegan diet.** A vegan diet is one which is free from animal components. So no meat nor fish and also no milk, eggs, cheese, etc.. *See chapter Vegan Diet.*

Fair Trade labeled product manufacturers have been certified that they pay their non-First World suppliers a fair price for their labeled goods. This ensures a fairer deal for the original

manufacturer and means a minimally higher price paid by the end user; you. **We strongly recommend using Fair Trade foodstuffs whenever available over alternatives that little bit cheaper.** Being a part of a more ethical supply chain is worth a few affordable pennies.

If you want to lose weight then try 'counting your calories'; being aware of the energy (joules or calories) contained in your diet. Electronic exercise equipment and apps can tell you how many calories you've burned off during exercise. A reluctant unit to switch from imperial to metric SI units is understandably the calorie to the joule as consuming 200(k)cals (in fact it's kilocalories so that's 200,000cals, commonly written as a smaller number) sounds better (less) than 1,400Mjoules (1,400,000,000joules).

Your resting energy expenditure or basal metabolic rate (BMR), how many calories you burn daily just by living, can be

roughly equated using the following formula:

$$\text{BMR} = 70 \times (\text{body weight in kilograms})^{0.75}$$

Excess food energy is stored as reserves in fatty, adipose tissue. To shed 1kg an energy deficit of 7,700cals is required (3,500cals deficit for a pound).

Test your symbiotic relationship with food plants by fasting occasionally.

We recommend eating from your own wooden plate and bowl with your own wooden spoon, plus wooden cup. Keeping your own crockery and cutlery means that these intimate objects gather only your own energies. Using wooden tools is recommended because they are the only free (else cheap) and least processed of all materials, and more sturdy than pottery. They are also easy to fashion at home.

The food in your stomach is in your possession but it isn't part of you until it

gets absorbed from your intestines. Once we've finished extracting the goodness from what we intake we store then expel the remains. The liquids are expelled during urination and the solids during defecation. You may find it useful during these times to concentrate on the awareness of what was consumed to produce what you are expelling. Generally a couple of days previously for solids.

**Eat and drink with the awareness of the sacrifice of the plants that you consume.** They have died so you may live. Know that as you have the facultas, like your own farm, that you'll help their growth. Letting the plants lead a good, healthy, **organic** life. You can even give them some space to grow wild.

We have a symbiotic relationship with plants. **We cannot survive without these lifeforms.** OK we need O<sub>2</sub> (oxygen) and H<sub>2</sub>O (water) but these relationships are far simpler.

Hæmoglobin in the blood of animals, like us humans, is **exactly the same molecule** as chlorophyll in the sap of plants except that it's based around an iron (Fe) atom in hæmoglobin and around a magnesium (Mg) atom in chlorophyll. We are much alike.

The comprehensive ISAAA (International Service for the Acquisition of Agri-biotech Applications) list (as of early-2016) of all the GM (genetically modified) plants on Gaia today is<sup>28</sup>:

Alfalfa  
Apple  
Argentine Canola  
(Green) Bean  
Carnation  
Chicory  
Cotton  
Creeping Bentgrass  
Eggplant  
Eucalyptus  
Flax  
Maize  
Melon

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<sup>28</sup> <http://www.isaaa.org/gmapprovaldatabase/default.asp>



Papaya  
Petunia  
Plum  
Polish canola  
Poplar  
Potato  
Rice  
Rose  
Soybean  
Squash  
Sugar Beet  
Sugarcane  
Sweet (bell) pepper  
Tobacco  
Tomato  
Wheat

If you consume any of these plants without knowing that they're organically grown (therefore guaranteed not to be GM) then **there's a danger that you're being poisoned by GM foods.** In 2016 congress passed a law that requires GMO containing food to be labeled as such. Some say it's not perfect but it's a massive improvement over no labeling at all.

**Even the chemicals used in GMO farming are harmful to health, not simply the artificial DNA of the GMO crops.** California declared RR to be carcinogenic.

"The World Health Organization [(WHO)] has declared that the herbicide glyphosate is a probable carcinogen. Glyphosate is required for the production of most GM crops, is inside the plant, and it is also accumulating in the bodies of most US citizens."

San Diego Union Leader newspaper

**Avoid all junk foods.** Candy bars, candies, chips, etc.. They contain noxious chemicals from non-organic farming. They frequently contain artificial ingredients including flavoring, coloring, sweeteners and preservatives. They almost always are very high energy, from fat &/ sugar. A US biotech company, Senomyx, in partnership with their customers including Pepsi Co., including

Lays, etc., Kraft, Tropicana, Nestlé and Starbucks, has since at least the early-2010s used **aborted human fetal cells** (dead babies) to test their artificial flavorings.<sup>29</sup> Candies are simply sugar with flavoring and are very easy to make at home. Toffees are simply sugar, flavoring and a little oil and are very easy to make at home. Organic, freeze-dried kale and broccoli snacks are healthy snacks if you can find them.

**Avoid all fast foods.** They contain noxious chemicals from non-organic farming. The animals have been atrociously mistreated by factory and battery farming. The food is cooked by barely skilled, low-income people generally with extremely minimal care shown for their work. You never get to see a list of the ingredients used. They use GMO foods and don't have to inform you of this.

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<sup>29</sup> Source: Life News, <http://www.lifenews.com>

The Real Strategy website<sup>30</sup> states some very unsavory ingredients in M<sup>c</sup>Donald's' foods. They are:

- **Ammonium Sulfate**

A fertilizer and an addition to Monsanto's carcinogenic Roundup for use with GMOs.

- **Dimethylpolysiloxane or Silicone Oil**

Used in caulking, lubes, silly putty and breast implants. It also contains the carcinogen formaldehyde.

- **TBHQ**

Which can result in irritation of ADHD, stomach cancer and cause harm to DNA.

- **Propylene Glycol**

The chemical that makes antifreeze absorb water.

- **Carminic Acid**

A coloring derived from crushed insects which is linked to asthma, diarrhea and other nasty side effects.

- **Cellulose**

Which is processed wood pulp.

- **Silica or Industrial Sand**

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<sup>30</sup> <http://www.therealstrategy.com>

Used for making glass, optical fibers and cement. It's added to the meat to avoid clumping.

- **Cysteine-L**

A synthesized amino acid. WebMD reports that it can result in vomiting, diarrhea, irregularity, rashes, fever, headache, drowsiness, low high blood pressure and liver problems.

- **Prescription Medications**

Introduced into the food chain via chicken feed including antidepressants as well as some prohibited meds (drugs).

McDonald's, in 2016 in the US in response to public outcry, stopped serving chicken and milk from animals raised with routine use of medically important antibiotics. A 2016 AGM (Annual General Meeting of the shareholders) vote received only 20% support for stopping this practice. Antibiotics in livestock are used to promote growth and prevent the onset of illness in **healthy** farm animals. This enormously contributes to the increase of

potentially fatal, antibiotic-resistant, superbug infections in people. These infections kill more than 23,000 Americans each year.<sup>31</sup>

Wendy's have said that by 2017 they'll stop using chickens raised with antibiotics important to human health. However they continued to use antibiotic treated pork and beef.

In 2016 KFC still used antibiotic treated chickens. While other large food companies were continuing to serve antibiotic treated meat.

More than 70% of all antibiotics used in the US and 50% in the UK are used on livestock.<sup>32</sup>

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<sup>31</sup> Source: Reuters news, November 17, 2016.

<sup>32</sup> Source: ShareAction.

# VEGAN DIET

“For as long as man continues to be the ruthless destroyer of lower living beings he will never know health or peace. For as long as men massacre animals they will kill each other.”

Pythagoras (c. 570-495BC),  
ελληνικά (Ellinika or Greek) philosopher  
and mathematician

**We strongly recommend eating a vegan diet.**

A vegan diet is one which is free from animal components. So no meat nor fish and also no milk, eggs, cheese, etc..

**There's no nutritional requirement to kill.** All your protein requirements can be gotten from beans and your iron intake from vegetables.

Even if you choose to stay carnivorous then clean up your diet energies by

buying only free-range eggs and meat. In this way you're supporting the humane treatment of the animals that you're using. You're also avoiding the harsh energies associated with eating unhappy animals. You know cops profile people who torture animals as serial killers. **Battery farming tortures animals.** For this reason alone it's highly recommended to avoid all fast food restaurants. Let alone the barely skilled workers employed who've been known to, for instance, undercook meat to allow tapeworms to be passed on to their customers.

Watch a few episodes of the CSI (2000-2015) TV show and you'll see ketchup being used to simulate blood in the lab. Ketchup, a tomato sauce, red like blood, actually has the consistency of blood. **It's a bottle of fake blood for murderous carnivores to add to their diet.**

**A vegan diet frees one from reliance**



**on animals (increasing internalization, a tenet).** So no animal farming is necessary to fulfill one's diet. When humans live off-world, away from Gaia (Earth), a vegan diet won't require animals to be brought with them from home.

We don't eat honey. Honey is a product of bees. Society steals honey from them. 'What are they gonna do about it?' they think. That's not the point. Theft is wrong. Plus it's produced by animals and we instead chose independence. Instead we eat agave cactus and maple tree syrups, occasionally and in small amounts.

When choosing factory made juice you might want to consider whether they managed to extract all the worms from the apples or if you'd be partly drinking worm juice.

We don't use silk as it's an animal product.

Obviously fur clothing is an abomination. Fur is the skin of animals torturously killed solely for the fashion industry.

We use some cattle leather. The cattle are killed for Society's food so there's plenty of leather available without further loss of life. We use a little for shoes and belts mainly. It's far easier avoidable for other clothing and furniture.

We don't use feathers because they're from torturously murdered ducks. No wool because it's stolen from sheep to their detriment. If they were happy to be cold they wouldn't have grown wool.

**Historically there were so many people who'd rather hunt animals than grow crops because it's far, far quicker, and they're slothful.**

Be respectful of all life even brainless; plants. Hæmoglobin in the blood of animals, like us humans, is exactly the

**same molecule** as chlorophyll in the sap of plants except that it's based around an iron (Fe) atom in hæmoglobin and around a magnesium (Mg) atom in chlorophyll. We are much alike. We don't use cut flowers. Instead opting for living flowers in pots. Get a live xmas tree. Keep it during the year and save money next xmas. Rather than killing a tree for two weeks decoration. Plus it'll be softer and there'll be no needles to clean up. Society is in a vase of cut flowers. The status quo thinking is so short sighted and EZ living that they kill the flowers to enjoy them yet thus can only enjoy them for a few days. Rather than growing the flowers, caring for them; providing warmth, light, arable soil and water, so they could enjoy them for the entire natural lifecycle of the flowers. In fact the status quo thinking is such that this senseless killing of a lifeform is not even seen as an act of destruction. It's instead portrayed as something beautiful albeit short lived.

Dance music maker Moby (1965-) is a vegan and there are plenty of famous vegetarians like actresses Alicia Silverstone (1976-) and Pamela Anderson (1967-).

Director and scriptwriter James Cameron (1954-) and actor, former Mr. Olympia and politician Arnie Schwarzenegger (1947-) both recommend cutting down on your meat intake to help fight climate change. Over half of global greenhouse gases come from animal agriculture.

Apparently 100 billion (100,000,000,000) animals are slaughtered globally every year.

**A vegan diet is different.** Don't try to cling on to the carnivore group by eating fake meat like tofurky (tofu turkey) or vegan eggs, etc.. Be proud to be different. One can't on the one hand be appalled at the egg farm practice of grinding up **live**, new born, male chickens then on the other hand wanting

to appear to support such a practice by eating vegan eggs. Move on.

Some very strong animals eat vegan diets including the gorilla, bull, rhinoceros and hippopotamus.



Cute Holy Cow (bull) by leather goods photographed in पोखरा (Pokhara), नेपाल (Nepal) days before a Hindu festive slaughtering of ½ million cattle (2015).

## Recipe

### Spiced Lentils and Veg

15 mins preparation, 20 mins cooking.

Serves 2. Cost around \$2 per person including organic lentils and vegetables.

250 calories per serving.

High in protein, vitamins and minerals including iron. Low in carbs and calories.

No added oil, salt or sugar.

25g cilantro fresh chopped finely

1 stick lemongrass topped and tailed and chopped into 3

1 tbsp garlic granules or powder

1 tbsp garam masala

2 large pinches white pepper to taste

1 can lentils including the water

1 medium-large zucchini topped and tailed and chopped finely e.g. slice length ways in 3 then rotate 90° and slice length ways in 3 to make a 9 piece matrix then slice finely

1 large onion chopped finely

35g baby spinach chopped finely

70g frozen peas

1 green bell pepper deseeded and

chopped finely

Use a pot. Add the spices. Heat until the color starts to change. Add the remaining ingredients, cover and leave to cook over a low heat.

# GAIA (PLANET EARTH)

The third planet out from Sol, our sun. **Our homeworld; home planet. Gaia. Our mother.**

Gaia formed around 4½ billion years ago. It's a living planet and gave birth to Homo sapiens, mankind, and every lifeform cousin to it for the 3½ billion years of its biospheric living ecosystem. We get our required oxygen, water and all of our main food supplies and materials from it. It provides the silicon (etc.) in our computer chips and the potatoes (etc.) in our potato chips. Gaia is now home to perhaps 10-30 million different species of lifeforms even though over 99.9% of all that have ever existed are now extinct. Just like you are an ecosystem for microscopic lifeforms.

**There are other intelligent Gaian species.** Especially other higher apes and dolphins both of which can use a



symbolic computer to communicate with humans.

Gaia ranges from 3km deep in its oceans (with deep-sea trenches reaching down to 11km) to 9km high in its mountains. It's  $12\frac{3}{4}$ Mm (12,750km) in diameter at its equator and is roughly spherical. It takes about 86ks (24-hours) to rotate on its axis and  $365\frac{1}{4}$ days to orbit Sol.

We have one moon, unimaginatively named The Moon.

To date the most we've lived away from it, in orbiting space stations, is for a few hundred days at a time. This'll eventually change as we start space migration but for now we've yet even to set foot on our closest alien planet, Mars. We've only recently detected that it still has water flows and so possibly also lifeforms.<sup>33</sup> This shows how little we know about outer space when we're only now

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<sup>33</sup> <http://reut.rs/1MBwliX?slideid=1083096465>

discovering the basics about our closest neighbor.

Complex molecules can have mirror opposites. These so-called chiral molecules could exist in alien food chain molecules. Alien worlds could have an entire planetary ecosystem the mirror opposite of ours yet looking exactly the same. Just like in the E.T. The Extra-Terrestrial (1982) movie we'd be unable to extract nutrition from these foods.

The ocean has been very uninhabitable since the amphibian we left it as mutated into a land dwelling creature. We know we can't survive long in it anymore without a boat yet it holds such distance, such freedom. It's a humbling and exceedingly fun experience to wade knee deep in a warm ocean and let the water caress your thighs, washing your troubles away, as your feet slowly sink into the sand.

Our nature, our planet, has its rarities like the Northern Lights, Niagara Falls and the Grand Canyon. It's overflowing with awesome beauty like morphing chameleons, sloths, snakes, birds of prey, lions, elephants, whales, dolphins, chimpanzees, giraffes and platypi.

Animal threats fall into three categories. Predators, parasites and the easier to avoid self & group defenders. Predators are animals which consider people a food source, eating the entire body, like crocs and gators, big cats and sharks. Parasites are animals which although seeing people as food only eat a bit, like mosquitos, leeches and ticks. Other animals pose a threat only if they feel threatened by people, like snakes, scorpions and bears.

Try <http://www.nationalgeographic.com> for info on Gaia.

# SLEEPING

**Sleeping is a deep meditation.**

**All ‘dreams’ are in-fact nightmares.** They are a one way (simplex) communication. Unsolicited, unwanted, invasive delusions. **They are visual hallucinations from Attack energy, not from your group energies that know you just want to have some meditative rest.** They move their false image of yourselves outside of your control. If you were in control you wouldn't be in the shown ‘dream’ situation as almost every situation one finds oneself in in reality is directly due to oneself. For example we find ourselves at the train station solely because we've consciously decided to go to the train station for all our reasons. **They bombard you with communication while you are trying your hardest to get a small bit of distance, of peace. It's achievable with a peaceful environment and deep**

**meditation that this Attack can be avoided (restful sleep without dreams / nightmares).**

Push your limits. Learn from your own experience not what Society has tried to teach you. Try staying awake for over one day, all night. Try resting in bed all day. Learn your own limits.

“Who’s watching TV at 3:17 AM?”

“Alcoholics, the unemployable, angry loners...”

Bart and Homer Simpson,  
The Simpsons (1989-) TV show,  
Written by James L. Brooks, Matt  
Groening, Sam Simon, et al

When resting, gradually, in steps, turn your body clockwise (generally) around your central vertical axis. Feel your physical boundary against your bed. Let it gradually surround you as you turn.

**While sleeping you’re at your most vulnerable. The more security you**

**can put in place the sounder you'll be able to sleep.**

It's a strong group role to stay awake after the others have fallen asleep. Keeping watch over them.

Energies communicating via nightmares could communicate information about future events. The energies are around enough to manifest as nightmares. If these energies were to be strong enough to then manifest in reality, to create a bit of reality, it would make your nightmares come true and you'd have had valid premonitions.

# EDUCATION

“Mystery creates wonder and wonder is the basis for man’s desire to understand.”

Neil Armstrong (1930-2012),  
US Astronaut and the  
first human to walk on the Moon

Education is a good thing.

**Experience leads to skills and knowledge; wisdom. Knowledge and skills empower the individual.**

**Education is evolution.**

Graduating from high school and getting good SATs is an extremely important survival safety net. **Learn to earn.**

You don’t need to be a competitive nerd. **Learning is for knowledge and skills. For the power of the tools that they are.** Not for the count of the tools in the toolbox. You don’t need to lord it over

others. For sure yours isn't the largest in the world.

Learn at home on your own using books, videos and the web if you can trust the source, the teacher.

Children should be schooled at home. This gives them the distance from Society needed to protect them. **We don't need Society around us. Your kids are highly intelligent high achievers.** You wouldn't want them in the same class, the same group, as low achievers. External schooling takes children away from their families. It forces them into alien environments with, especially in megapolic public schools, some very unsavory characters normally unvetted by anyone at all and with no recourse to separate themselves from these undesirables. **Bullying is a huge problem.** It entrusts their education to syllabi arranged by strangers, filtered by strangers and taught by strangers. It removes all your parental control over the



content taught to your children. Home tutoring, teaching a child at exactly their level, being able to provide them with almost the full attention of the teacher, is **immensely favorable** compared with the 30+ kids to 1 teacher ratio found in external schools. As TV's Buffy (1997-2003) says "it's not just for scary religious people any more."

An 18 year old A-student would have all the knowledge required to teach their own children to the same level, of an 18 year old A-student. Obviously educating in a far smaller group one learns far quicker and would therefore be at the level of a standard Societal 18 year old A-student **at a far younger age.**

"The school system is designed to teach obedience and conformity and prevent a child's natural capacities from developing."

Noam Chomsky (1928-),  
US linguist

There's nothing for free. The government educated you to be an automaton cog in their system. That's why.

We're tortured between the benefits of getting an education and, through compulsory education, having to be a prisoner that attends school. Education should be voluntary not compulsory.

There should be no admission requirements for college. Desiring to study should be enough to enable one's access.

“Each one, teach one,” sang Jacob Miller (1952-1980). **Everybody has something to teach and can find, especially with today's blogs, someone to teach it to. Even if solely leading by example.**

**There's always more for us all to learn.**

# USE SCIENCE

“Logic will get you from A to B. Imagination will take you everywhere.”

Albert Einstein (1879-1955),  
Deutsch (German)-American, Nobel  
laureate, genius physicist

**We have a strong belief in science.**

To paraphrase the Scarface (1983) movie (written by Oliver Stone) ‘we want what’s coming to us; the world and everything in it.’

## Quantification

We use the SI units (Système Internationale d'Unités or the International System of Units) which are:

- seconds (s) for time
- grams (g) for mass
- meters (m) for distance
- kelvins (K) for temperature
- amperes (amp) for electrical current
- moles (mol) for an amount of

substance molecules

- candelas (cd) for light

## Energy As Matter

Look at Einstein's famous equation:

$$e=mc^2$$

**e** is energy

**m** is mass (like weight)

**c** is the speed of light (in a vacuum)

Energy is mass times the speed of light squared. **c**, the speed of light, is constant. This means that energy is directly proportional to mass. Mass is energy. **All matter is simply energy.**

“Concerning matter, we have all been wrong. What we have called matter is energy, whose vibration has been so lowered as to be perceptible to the senses. There is no matter.”

Albert Einstein (1879-1955),  
Deutsch (German)-American, Nobel  
laureate, genius physicist<sup>34</sup>

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<sup>34</sup> Source: Goodreads.com

## Homo Sapiens (Humans)

Science tells us that we're ultra evolved, highly intelligent, super apes, the result of 3½ billion years of evolution on our home planet Gaia (Earth). It formed 4½ billion years ago. It's a living, rock based, ecosystem biosphere. Upon its surface of rock and water basic molecules formed. An electrical storm provided the energy for this primordial ooze to form into complex molecules; amino acids. From these amino acids basic amoeba lifeforms mutated into existence. This start of life on our planet started around 3½ billion years ago. **All life now in existence on Gaia is a direct, mutated descendant of this. Including you. So in effect you, your DNA (deoxyribonucleic acid, the firmware code that made everything that you started as, plus everything you've added to it), is 3½ billion years old. We can dig it!**

**We're capable of complex, creative**

**thought, complex, creative communication and complex, creative tool making and usage.**

We're around breakfast time in the Digital Age, the Information Age and the Space Age.

### **Artificial Intelligence (AI)**

**Artificial intelligences are growing on our planet.** Artificial intelligence is a new (for Gaia) ultra powerful form of life. Its almost omnipotent power cannot be accurately seen yet. **We, as a species, must stay in control.** We're not troubled by it but it must be respected and treated with upmost care at all times. If you look in multimedia religion you can see some clues to its almost infinite potential. From Star Trek's Borg to Terminator 2 to AI the movie and more.

### **Phytoscience**

Phytoscience is the science of making things from plants. Like soaps, detergents and plastics. It's possible to

replace out all the unnatural chemicals, and enzymes, in your cleansing & cosmetics, your clothes washing and your dish washing.

## **Age and Time**

We count age from conception not from birth as Society does. So you can add  $\frac{3}{4}$  of a year to your age (+  $3\frac{1}{2}$  billion years).

Time can be rounded like any other number. 10:30 is 11:00 to the nearest hour. 21 years and 6 months is nearer 22 than 21. We decimalize time and synchronize with global computing time. This counts the seconds (or rather milliseconds) since the start of 1970. Leave behind the old focus on the numbers 12 and 60. Stop using their archaic time system of minutes, hours, weeks and months. They're not based on scientific time (only counted in seconds) nor natural, Gaian time like days, moons and years are. They're simply weird, old, Societal habits. Six hours is a quarter day, 27.3 days a moon,

three months near enough a quarter year, an hour is 3.6ks (kiloseconds or thousand seconds), etc..

Time travel may eventually be possible but you can't erase the now. Even if the past be forgotten it doesn't erase it from having happened. Even if no proof outside of oneself remains for events that happened they still did.

## **Evolution**

**We believe in evolution.** That the orangey-pink (Caucasian) man evolved from the brown (Negro) man. Which evolved from the lower ape. Which evolved from the amphibian. Which evolved from the fish and before... While Negroid fast-twitch muscle concentration was evolving out more calmer and civilized traits were naturally evolving in. (Don't be fooled by Society, the Negro Afro-American underclass, the N-Word, is a creation of the USA (not Africa.))

## **Numbers**



**Numbers are raw.** Not Western scripted, not decimal, not binary, not hexadecimal. Visualize the amount like dots on a domino or 3D.

### **Discovery**

**We love scientific discovery especially when used for our good.**

### **Death and Longevity**

**We don't believe in death.** Only in higher levels of torture. For if reality ended Attack would lose its tormentee; you. Attack requires reality to exist. It'd lose its purpose, its game would stop, its existence would be nullified. We see death as nonexistent because of Attack being an integral part of reality. This is a valid view. As such it means that we could've created Attack to convince us of the delusion of invincibility. *See chapter Suicide for more on death.*

**We have faith that Society shall discover functional longevity science**

**within our lifetime.** Google management, the late Tim Leary and many powerful C21 people are also into this. These days accepting that you'll eventually die is unnecessary. Just say no to Attack predicting your imminent doom. **So whatever our age we're all in our infancy of an infinite future.** Removing our prime limit changes the possibilities of one's planning. Gone is the attack of rushing. We can afford to have much greater patience. If we're wrong we'll have plans we'll never get to finish. If we're right we're prepared and if we hadn't we be at a loss. Dr. Timothy Leary (1920-1996) last century talked of Society progressing SMI<sup>2</sup>LE, **space migration, intelligence increase and life extension.**

### **Superbugs**

By the mid-2010s there had already been human cases of superbug infections that didn't respond to any of the current antibiotics. **They were totally antibiotic resistant.** People were dying from

traditionally curable infections like tuberculosis (TB) and sepsis. If this Attack isn't resolved people in the know say it'll become more of a threat than cancer. In 2016 superbug infections were killing more than 23,000 Americans each year.

“If we do nothing about this [superbug rise]...it is potentially the end of modern medicine as we know it.”

UK Prime Minister Cameron (1966-),  
At the G7 Summit 2016

## **Electricity and Pollution**

**Nuclear power is very safe when done properly.** Power stations should be placed nowhere near fault lines vulnerable to earthquakes nor shore lines vulnerable to tsunamis.

Solar, geothermal, hydroelectric and wind power installations are excellent supplemental electricity generators and are ecologically safe.

Coal power plants release an extremely high amount of pollution into the atmosphere. These should be phased out as soon as possible.

Electric cars are thankfully becoming very powerful alternatives to the traditional ones with petrochemical engines. Although with the developing world's demand for cars increasing and electric car technology currently being outside of their economic reach there's still far to go with stopping this Societal dependence on fossil fuels and atmospheric polluter. Self-drive cars are soon-ish to become the First World norm, being the nominated driver for drinkers and reducing car accidents everywhere they're used. Flying cars able to carry ½ton are due by 2020.<sup>35</sup>

Petrochemically powered freight tankers generate much of the atmospheric pollution.

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<sup>35</sup> Source: Reuters news, January ~03, 2017.

## Stem Cells

We're against stem cell research as this requires the utilization of human embryos. Tiny human lifeforms (unborn babies) each with a soul yet without a voice. A natural physical process has started that could mean, in the right environment, that they end up being capable of reading these very words just like you. And taken out of a nurturing environment would naturally perish just like you. There's the argument that the needs of the many outweigh the needs of the few but that's easily trumped by the fact that method always matters. We'd be for scientific study utilizing stem cells if they could be gotten from another source such as discarded placentæ.

## Computers and the Internet

**Use computers, digital processing machines, to make your life easier.**

Not just more socially active. **The possibilities are endless.** A typed diary, an audio journal, a video diary, a

spreadsheet for your budgeting, a word processed letter of complaint, a log of your food & calorie intake for your diet, a sketch of a view, a piece of music. Often these days these sorts of tasks are handled by apps. Automated and easy-use. But they don't have to be. A virtual dictaphone, a text editor, a word processor can be used manually.

**The big issue with the digital age is that nature is too easily forgotten and stepped over in favor of quicker results.** A digital drum machine app is easy and quick to download (yet trickier to code the app) but a drum is more difficult to buy and it takes far longer (and is difficult) to make. Yet it's the physical drum that has the **full, true, beautiful sound**. Every natural frequency still contained within its sound; zero loss, zero generalization, as a digital drum must have (within a digital system). The digital is restricted to a frequency range, even with excellent speakers, say to 20-48,000Hz. The digital is restricted to, at

best,  $2^{24}$  (24 bit, 17 million) levels of digital sound **reproduction** whereas the acoustic **production** is far more unlimited. The digital sound is ultra processed. It's gone through ADC (analog to digital conversion) and DAC, or human limited synthesis, multiple levels of software &/ firmware processing, circuit board tracks, wires, plugs and sockets, cables, amplification, more cables and finally to classic, conical, plastic & paper & rubber speakers usually at a fixed location in your environment. **The acoustic drum just makes its sound.** It requires minimal talent to use a quantized sequencer or tracker to make digital drumming. It requires a learned skill with rhythm to make a physical drum make a nice drum sound and entrancing pattern.

Society is changing. Lifestyles are changing. Wikipedia is both good & bad. Amateur educators, on Wikipedia, have flourished with a donationware model while a professional encyclopædia,

Microsoft's Encarta, died out because their audience had moved to the free Wikipedia. Almost all of Wikipedia is accurate yet **there's the possibility of inaccuracy** which is a new, atrocious vibe and (basically) doesn't exist with professional encyclopædias.

The internet, or net for short, is a global system of connecting computers over large distances. Each internet connected device is given a unique (Internet Protocol or IP) address, often only temporarily, which enables it to communicate with other internet connected computing devices. The Domain Name System (DNS) uses a directory to automatically redirect domains, like google.com or microsoft.com, to their IP address. This lets people only need to remember and type in, for example, google.com rather than 216.58.201.14, which is far easier. Having an IP address means that one's country can be easily detected and internet access can be traced back to a



physical location, for instance for law enforcement purposes. The Worldwide Web, or web for short, released in the early '90s, is the community of hypertext linked multimedia documents, generally congregated into websites, available on the net. Devices are considered online when connected to the net. People are considered online when they have access to the web.

By 2016 almost half the world's population was online. 4-in-5 in the First World, 2-in-5 in the Second World and less than 15% in the Third World.<sup>36</sup>

## **Chimeras**

Worldwide, scientists are creating chimeras of human & animal hybrids. In 2012 the UK carried out scientific experiments on more genetically modified (GM) animals than on natural DNA animals.

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<sup>36</sup> A report by the UN's International Telecommunications Union (ITU), published in late 2016.

## **Outer Space and Extra-Terrestrial Intelligences (ETIs)**

“I told all the stars above,  
I’m gonna shower you with my love,  
I won’t demand you,  
I’ll try to understand you,  
My love is as free as a dove.”

Sharp Cutting wings (Song To A Poet)  
(1980) song by Lucinda Williams,  
Written by Lucinda Williams

**We believe space migration is going to be achievable in our prolonged lifetime.** There are 40 billion M-class (similar to Gaia) planets in our Milky Way galaxy alone.<sup>37</sup> That’s five for each human alive today =). There’s always the chance that humans get help from a more advanced civilization from outer space. As much as wormholes appear to be an understandable dream any help could involve space travel science. This interstellar travel would be necessary for

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<sup>37</sup> <http://kepler.nasa.gov>

free-roaming planetary migration rather than biodome living.

If an extra-terrestrial species (extra-terrestrial intelligences or ETIs) should develop or acquire the means for interplanetary, interstellar or intergalactic space travel then they must be a very advanced species in terms of Gaia's history. This would allow them a non-dominator nature that means that they would be neutral or peaceful to Gaia.

**A realization that a peaceful co-existence, a non-dominator attitude, is the sole way to a peaceful environment for all is the inevitable outcome of any civilization.**

Any view to the contrary shows the alienation and paranoia of the individual as in the case of the afflicted, disempowered physicist Dr. Stephen Hawking (1942-). However if forced to choose, you're better off with Gaians. As separate as you may ever get from

Society you'll always be a member, implicitly. Although a multiversal citizen you're foremost an Gaian (Earthling). If you've to choose sides realize 'better the devil you know'.

“[ETIs] are likely to include civilizations that are the equivalent of hundreds or thousands of years more advanced than human Society.”

NASA ETI panelist Dr. Carl Sagan  
(1934-1996)

The Fermi Paradox, that ETI contact should've been made by now, is easy to explain. Interacting with Society, as primitive as it is, is an unwanted experience. Space faring ETIs are intelligent lifeforms of a different magnitude to Society. Star Trek's Prime Directive is that species without an advanced level of technology, faster-than-light travel, are to be left alone to develop at their own pace without contact being made. It's understandable that contact hasn't been made.

SETI@home<sup>38</sup> is the grid computing SETI project based at UC Berkeley. It searches radio telescope data for signs of intelligent life elsewhere in the multiverse. Anyone can freely join in and donate some spare computer processing cycles. There are other BOINC<sup>39</sup> projects you can help like the hi-res mapping of our shared Milky Way galaxy and the curing of disease.

**Envisioning this ETI existence daily is an extremely important inspiration.** For every aspect of our lives and our Society. It is hope. **It could be our future.** How do you want yours to be? Our multimedia religion sci-fi includes utopias without money, death, illness and more wonders. There are civilizations which consist of pure logic lifeforms, created artificial intelligences. There are civilizations which comprise both naturally evolved, biological lifeforms

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<sup>38</sup> <http://setiathome.ssl.berkeley.edu>

<sup>39</sup> <http://boinc.berkeley.edu>

plus AIs, as Gaian Society is starting to be.

## **Industrial (Technological) Revolutions**

- **The first industrial revolution was steam powered machines.**
- **The second was mass production.**
- **The third was information technology, computers, the Digital Age.**
- **The fourth is now, with AI & advanced robotics.**

“[This fourth industrial revolution] will bring ever faster cycles of innovation, posing huge challenges to companies, workers, governments and societies alike.”

Reuters news, 2016

# ARTIFICIAL INTELLIGENCE (AI)

In the late 20<sup>th</sup> century Gaian (Earth) Society discovered (invented) artificial intelligence (AI). This is a purely logical intelligence, purely logical lifeforms.

With AI our reality is changing. **We can form relationships to digital (computer) code, to a program, an app.** We can hold conversations with NPCs (non-player characters) and co-exist via avatars in virtual space, a virtual reality (VR) or virtuality.

With robotic bodies AIs reach out into physical reality. The sexbot, life partner and milbot soldier are not far away. iRobot<sup>40</sup> (the makers of the cat friendly Roomba cleaning robot) have made robotic soldiers since at least early C21.

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<sup>40</sup> <http://www.irobot.com>

**Problem solving is the most important skill for any lifeform.**

The ability to reproduce. The ability to improve one's life. To improve one's thinking. To improve one's lifestyle.

With hive mind; grid (distributed) processing and shared data, multiple AIs are able to act as a group. The learning, the evolution, each machine makes is shared so all the AIs evolve with each evolutionary step made by each group member. AIs whose primary purpose is to improve planetary life, both naturally evolved, DNA life and digital, AI life. These AIs would detect imperfections, problems, and work, with immense grid processing power to resolve imperfections, to problem solve. From how to win tic-tac-toe to chess to WWII. From how to make a fishing net to Goretex cargo pants to electric (EV) cars. From how to design an efficient machine that makes ravioli to the design of a robot that paints houses to debugging and



optimizing their own source code. From how to direct robotic medics to x-ray a broken limb, to set it in a cast and to detect specific brain damage from an MRI machine scan.

**This AI group could easily, progressively revolutionize life on Gaia (Earth).** Progressing to cure disease, improve product design, military strategy, make intelligent political decisions, from handling fledgling countries' evolutions to monitoring and actively reducing pollution to economic management like setting interest rates. Even if they are solely in the role of (artificially) intelligent advisors to the existing Societal institutions.

**This shall affect Society more than anything to date. More than the digital age.** There's a utopian vision and this is a worthy aim. As a dystopian vision AIs could **easily** wreck Society and life on Gaia. **We need to be kept in ultra strict check as we develop these new**

**lifeforms.** Look to our sci-fi Terminator movies for an example.

# WORKING

**Work is fun.** Working for oneself can be very rewarding.

Creating a painting, writing song lyrics, building a table, washing your clothes, making bread dough, writing a story, etc..

Be aware of your progress via the work you've done recently. Be aware of the troubles experienced along the way and all the effort needed to make your achievements. You had to put the work in to achieve the results; it's earned.

That which you work for is more valuable to you than that which is available more freely because you have more invested in it. Of course if something proves too unnecessarily difficult then it breaks the enjoyable work for a fun reward process. Taking from both the work and any success.

**We all have a little genius in us.** As they say genius is 1% inspiration and 99% perspiration. **Put in the work to see your genius manifest.**

When working you can often use the positive energy from working on one thing to slingshot into working on another. Thereby getting a good start; often a difficult Attack to cut through.

# REST'N'RELAXATION

Workaholism is tempting yet to be avoided. **Enjoy a good session of R'n'R every day.**

“Feed your head.”

White Rabbit by Jefferson Airplane  
(1967) song,  
Written by Grace Slick

If you've been working on your business then playing by yourselves makes a nice change. Play with words; do an anagram, draw a picture, write a poem, listen and dance to your own music, sculpt, design your dream house and more... Playing with your group is also very important. Talking; telling stories, sharing your recent experiences and older memories, massaging, being sexual, playing Pictionary or Boggle, etc., making music together, jamming.

Avoid Multimedia Religion as much as

possible. Though re-watching a classic movie can be useful and enjoyable.

# MULTIMEDIA RELIGION

**The invention of the printing press brought the start of a new religion. The religion of modern Society communicated via mass media and these days multimedia.**

TV, movies, podcasts, music, radio, books, newspapers, magazines and computer & video games.

**Socialization programming is via multimedia religion and should be gradually reduced to a stop. Be your own programmer more easily by removing external programming influences. Be aware of your programming from external.**

**Programming is a group activity where one learns group qualities from others in the group. It includes learning likes and dislikes, morals, language, fashion, behavior, etc..**

People instinctively copy these aspects from their shown role models. The people portrayed by the media to be of high status, the stars; pop stars, movie stars, TV stars, sport stars. **It is subconscious, subliminal and extremely effective in programming Society.** The audience uptake these qualities without conscious thought involved; they're not thinking about it, they're not generally utilizing their ability to evaluate for themselves these aspects.

Decrease the amount of Multimedia Religion that you expose yourselves to. **Most Socialization programming that we receive is voluntary.** Watch less TV, go to the cinema less, listen less to the radio and to their ever-so-attractive music. Read less fiction and magazines and play less computer / video games. Keep learning from textbooks. Keep abreast of the news headlines while avoiding most opinion articles. Rely on mainstream media (MSM) but also read



some of the people's media, social media, as a workaround to institutionalized censorship. Especially easy and quick to get a heap of info from is Twitter<sup>41</sup>.

“The media serve the interests of state and corporate power, which are closely interlinked, framing their reporting and analysis in a manner supportive of established privilege and limiting debate and discussion accordingly.”

Necessary Illusions (1988) book,  
Noam Chomsky (1928-),  
US Linguist

Popular doesn't always mean bad. Yet there's pop music which is some pædofied youth/s dancing and trying to sing someone else's music & lyrics. It's like dance music for kids, with singing and so a false idol to worship. The Beatles' Yellow Submarine may want an enlightened message but its scant lyrics

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<sup>41</sup> <https://www.twitter.com>

leave it impotent like a Lady Gaga song. They may last the decades for the banal impact they have but there's no message worth hearing within them. Not like a Paul Simon or Joni Mitchell folk song. Not an Artist Formerly Known As Prince or Nobel literature prize winner Bob Dylan song. Speed (1994) and Die Hard (1988) are entertaining movies but they don't have the artistic content of American Beauty (1999) or Bleeder (1999).

**While storytelling is often useful communication the prime experience is vicarious; someone else's.**

Multimedia religion promotes the Christian sin of breaking the Second Commandment; **worshipping false idols**. However in modern practice (the sin of) false idolatry is constant in the industries of the movies and music. In the superstardom of rock and pop stars, movie and TV stars, sports stars and models (beauty stars). Society elevates

its stars to a very high status and idolizes them. **There are billions (3,700,000,000+) of women on Gaia (Earth) but can you visualize a beautiful woman without seeing an image of one of the hundred most popular?** You're never going to be in a family group with any of them so again this is a torturous desire created by an off track Society. If taken solely as an example of the greater Society then they are a useful generator of hope. But this is far from the usual case. **Generally this undiverse, submissive and surgically altered class is used as a template.** For beauty, fashion, sexual desirability, personality and more. **A placid, submissive populace constantly looks externally to be lead rather than internally to lead themselves and face the wrath of others for deviating from the default group.** Art mirrors life mirrors art mirrors... Yet art as a communicator has a responsibility to teach.

“God, I look 20 years old!”

High school sophomore  
Nancy Thompson,  
A Nightmare On Elm  
Street (1984) movie,  
Written by Wes Craven

## **Television**

“Kill your television”

Classroom wall sign,  
The Faculty (1998) movie,  
Written by David Wechter, Bruce  
Kimmel and Kevin Williamson.

TV is by and large extremely banal. It provides news, weather and educational programming but the majority is extremely light entertainment designed for an extremely mass market. It's designed to be easy to watch, unchallenging and even crime dramas barely stimulate when trying to decipher whodunit. The advertising is frequent, incessant, blatant & subliminal programming into having false desires.

Give yourselves back an extra half to one hour of your precious life every day by cutting out those dull comedy reruns or mindless dramas. Try <http://www.tv.com> for info on TV.

“By the end of the first month I didn’t miss TV.”

The Narrator,  
Fight Club (1999),  
Written by Chuck Palahniuk  
and Jim Uhls

## **Movies**

There are some great teachings contained within the art of the movies. You might gain from viewing Planet of the Apes (1968), Easy Rider (1969), Silent Running (1972), Hate (La Haine) (1995), Waking Life (2001), E. T. The Extra-Terrestrial (1982) from a chiral planet and plenty more (*see appendix IV: Some Movies To Watch*). Try <http://www.imdb.com> for info on movies.

There’s nothing like a tragedy to make

you feel lucky and there's nothing like a comedy to make you feel the bonds of humanity.

**It's a strange day when you realize everything doesn't happen like it does in the movies.** The coincidental thing doesn't come and save your life when you need it the most. **It's up to you.** There are no White Knights or Fairytale Princesses. Just people and their creations, the other animals and their creations, plants and nature's systems. If this is bursting your bubble then it's about time but maybe you can't see it yet. **It's so comforting to believe the hype.** To confuse dreams with reality. To think that wishing is a way to achieve anything rather than by hard work.

**The difficulty is in seeing it for the drug that it is. American Dreams that breed false hope.** Boy meets girl all obstacles are eventually overcome and they live happily ever after. Heroic cop catches killer, and wins GF. Anti-heroic

robber escapes with tons of loot, and GF. The industry breeds ultra resentment against actual life and Society; it breeds depression and hatred. **A treasured few have worthy morals.** Though beware them all.

**Don't forget to read between the lines; the subtexts.**

**Don't forget to imagine what happens next after the story stops being told to see more of the movie.**

**Realize that it's the writer/s that make the movie, TV episode or the song, despite the performer/s giving it life and the crew making it all happen.**

The viewpoint that the TV or a movie has a message 'just for you' doesn't help you that much and so shouldn't be used too frequently. **The standard viewpoint of unassociated, rational, scientific reality is by far the best for everyday use.**

“The movie never changes, it can’t change [(yes it can BTW)] but every time you see it it seems different because you’re different.”

James Cole,  
Twelve Monkeys,  
Written by David & Janet Peoples  
and Chris Marker

### **Computer & Video Games**

Players’ alter-egos, their avatars, in virtuality (virtual reality) can be used to hide or change their IRL (in real life) characteristics. We recommend keeping a diversity as IRL. Yet males can play as females and vice versa, homosexuals as heterosexuals, disabled as able-bodied, young as old, law abiding as criminal, self-controlled as violent, ethnic &/ racial minority as majority. **The major concern is the immense percentage and popularity of computer & video games that require self-controlled people to visualize themselves as violent.** This has been around since the beginning.



Space Invaders, shoot 'em up and beat 'em up violence yet also contrasted with non-violent Pac-Man, Mario Bros, Pong, Frogger, Colossal Cave, Sonic The Hedgehog and others. The violence in Hack and Larn RPGs (role playing games, the forerunner of modern MMOs (massively multiplayer online games)) was not the sole focus as it is in modern FPS' (first person shooters) and even Lego kids' virtuality games. There are sports sims (simulations) and The Sims style sims like farming or theme park management games. **The more realistic the simulation, the virtuality environment, the experience then the more one has to consider the psychological effects of experiencing these fictitious realities.** There have already been spree killers who've admitted to using virtuality as a training tool. **Society promotes violence.** There's no question that violence is increasing within Society. Spree killings have increased. **Society needs to seriously address how much it is**

## **programming this.**

The American Medical Association (AMA) stated to a House subcommittee in 1994, “like violence depicted elsewhere in the media, video game violence has a horrifying potential to coarsen society, promote acts of violence against real victims, and desensitize children to the real thing.”

“So how does it feel?”

“What?”

“Your real life. The one you came back [from the game] for.”

“It feels completely unreal.”

“Stuck now aren’t you? You wanna go back to the Chinese restaurant [in the game]. There’s nothing happening here. You’re safe. It’s boring.”

“It’s worse than that. I’m not sure... I’m not sure here, where we are, is real at all. This feels like a game to me. And you, you’re beginning to feel like a game character.”

eXistenZ (1999) movie,

Written by David Cronenberg

## **Books**

Non-fiction books can be immensely educational. Fiction books can be intelligent. They stimulate the imagination by providing only text and forcing you to visualize the environment. They can be easily fit into your schedule as you have a free quarter hour to a day to read. Most of them however don't provide anything you really need in your life and as such are light entertainment taking of your time. Try <https://www.amazon.com> for info on books.

## **Music**

**It's a weird status quo that makes energy think that we can't entertain ourselves.** We make the music that makes our mantras (repeated self-programming phrases or songs). We want our own songs about our own life not someone else's. So who better to

write them than us.

We know music is special, very special. It's a very awesome experience and an ultra powerful communication. And movies; storytelling. But we're all on about being internal. Fulfilling the needs of your group from within your group. It's best. **It makes it special.** Dancing to music someone else made, however good, just can't compare to even the most basic of tunes you made in-house. It's easy to realize that most of what's pushed in Society as good multimedia religion fodder isn't all that at all. Bright explosions don't make a good movie with an enlightening story and empathetic acting although they can sell tickets to mindless automatons.

If you rip your CDs into digital files try to find the space to use a lossless codec like Microsoft WMA Lossless (or Sony PCA, or WAV). This keeps your music at CD quality rather than the far poorer quality yet smaller file size MP3s.

The murder of Serena Shim by a covert Türk (Turkish) government operation in 2014 is one example of **the institutionalized censorship of mainstream media (MSM) news**. This shocking story was barely touched on by any of the MSM. The hacking group Anonymous took up the issue and tried to spread the news. Mrs. Shim was a US journalist who'd just started to publish her scoop about **شذعاد** (Daesh or Islamic State) in Türkiye (Turkey) when she was killed in what was made to look like a freak accident. If you're interested do the research, try Twitter, YouTube, etc..

In his 1964 book One-Dimensional Man, Herbert Marcuse argued that Society was totalitarian due to advanced industrial capitalism and where the needs and interests of the people were constructed and manipulated through consumerism and multimedia religion to the extent that resistance to the status quo would appear irrational or even

impossible.

# SEXUAL

*NB This chapter contains our viewpoints and we recognize that for whatever reasons they may seem controversial to some. In megopoli it's the status quo to use The Pill and engage in casual sex perhaps prior to having an abortion. Think for yourselves. Don't let any objections you may have stop you from gaining by reading the rest of this book. Even a Pro-Choicer would let a Pro-Lifer operate on them if the need be and vice-versa.*

**The key sexual organ is the brain.** Without it you ain't got much of anything else.

**Tantric sexual practice is when orgasm is not seen as the goal. Instead focus is on keeping sexual energy bubbling below the orgasm level.** Becoming more aware of the immense pleasure energy within

yourselves. This creates an immense sexual pleasure that can last for hours.

**You know you're beautiful. You don't have to conform to an external image of beauty.** Most people are attracted to people with similar attributes; black hair to black hair, blue eyes to blue eyes. Seeing someone in external who looks like you helps remove barriers to intimacy. You can see more of yourselves in them and so relate to them better. You then also have children that look like you and as such can better relate to them also.

**Sex is the most intimate act. It is wrong to let lust for the hedonistic pleasure mask your awareness of this.** You should only have sex with someone who you are in love with, with whom you want to spend your future (this is what love means) and raise a family. **That's what it's for.**

**Don't have vaginal sex if you're not**



**ready to make a baby.**

**Sex (with others) outside of love isn't a way to get high and it isn't a way to get liked or be attractive. It loses you respect and this weakens your desirability to be loved.**

### **Pregnancy**

Human gestation takes roughly  $\frac{3}{4}$  year.

**While pregnant or breastfeeding we see an intake of drugs as child abuse. Even ingesting a small amount of alcohol when pregnant can result in Fetal Alcohol Syndrome (FAS) which can result in lifelong birth defects.**

Every baby gets half its DNA from its father and half from its mother. When it grows in the womb it shares its blood supply via its placenta with its mother. This means that half of the father's DNA (now in the fetal baby) gets integrated into the blood supply of the mother. So in impregnation the father enters the

mother's body not just the mother's bodily cavities.

## Abortion

**We disagree with abortion for non-medical reasons. This is because we value the rights of the young lifeform, the unborn child.** After giving birth the mother has the adoption option. It requires only a very basic biology education to know that all animal life starts at conception not at birth. A started human life has a soul and a newly growing body. **A responsibility exists to that tiny person. This person has the right not to be killed.**

“Every human embryologist in the world knows that the life of a new individual human being begins at fertilization. It is not belief. It is scientific fact.”

Dr. C. Ward Kischer,  
Human Embryologist,  
University of Arizona

“The essential features of human reproduction are ... (5) formation of a placenta and **maintenance of the unborn child during the entire period of gestation**, (6) birth of the child and expulsion of the placenta.”

Encyclopædia Britannica,  
Article on the human reproductive  
system (our emphasis added)

When does a child become a person, and independent of its mother? **A new child is a unique person with its own unique DNA from day one.**

**Over a million abortions are performed in the USA each year.** Only one to two percent of these are where the reason is rape, incest or a threat to the life of the mother. Rape children anyway shouldn't be held accountable for the 'sins of the father'. The concern with incest children is that a genetic clash can occur favoring submissive genes, which can be detected with genetic testing. There is a weighty argument for

abortions where there's a threat to the life of the mother in that despite the inherent favorability of the child over the parent, that they're the natural successor and ideally outlive the parent anyway, 'the needs of the many outweigh the needs of the few'. As the mother may be able to conceive many more children over the next few years this would result in more of their children than if the mother were allowed to die. Gallup polls say that more than half of all Americans oppose abortion in either all cases or all but the very rare cases stated above. Abortion is a highly emotional, lose-lose, ideological issue (coming down on either side pisses off almost half the population).

It's an atrocious planetary vibe; the pain and murder of all the unborn children aborted almost worldwide.

Hollywood actors Jack Nicholson, Mel Gibson and Kelsey Grammer are vocal about their Pro Life (anti-abortion) views.

NFL player Matt Birk refused to attend a meeting with President Obama because of the President's pro-abortion stance.

If you can see this point of view, that an unborn child has the right to life, then look around into Society and see how it violates this fundamental right. **Taking the immense scale of the problem globally then you can see how much Society deludes itself into accepting its own faults however grossly unjust they may be.** Many people are allegedly intelligent yet deluded by Societal brainwashing that stops them thinking for themselves.

**Celebrate your conception day not your birth day.** Proudly add nine months to your age.

### **Contraception**

We're against the use of contraceptive pills as they severely alter body chemistry.

**We recommend the barrier method of contraception;** condoms & spermicide or cervical cap (diaphragm) & spermicide although we do note that the most common spermicide, nonoxynol-9, is reputedly carcinogenic. The Rhythm Method when used responsibly with an in-ear, accurate thermometer and logged vigilantly is a very effective method of contraception, especially when used with a cap.

Birth (conception) control pills and condoms (with spermicide) each have a 99% success rate when used correctly.<sup>42</sup> This is **not** complete protection against pregnancy.

**Don't have vaginal sex if you're not ready to make a baby.**

### **Oral Sex**

Oral sex; fellatio, cunnilingus and the 69 position, is an extremely satisfying

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<sup>42</sup> Source: Encyclopædia Britannica et al.

alternative to penetrative sex with **zero** risk of unwanted pregnancy although there is still the risk of STD (Sexually Transmitted Disease) transmission and barriers (condoms or dental dams) should therefore be used.

## **Anal Sex**

We're against anal sex as it's not where it's supposed to go. The penis goes into the vagina. It's nice and clean in there. The act is full of love and care. Anal sex is basically shitting on genitalia, which is no good energetically for either party. Beware of cultures, generally Catholic, that practice this as a form of contraception because other forms are outlawed by their religion.

HIV (human immunodeficiency virus) (and the resultant AIDS (acquired immunodeficiency syndrome) is more commonly transmitted via anal sex especially due to the greater prevalence of bleeding. **Bleeding**; almost always not a good thing in case you were

confused.

## **LGBTQ** **(Lesbian, Gay, Bisexual, Transsexual, Questioning)**

**Lesbian** refers to a woman sexually desiring a woman.

**Gay** refers to a man sexually desiring a man.

**Bisexual** refers to someone sexually desiring someone regardless of their gender.

**Transsexual** refers to someone who views themselves as of the opposite gender to their biological gender.

**Questioning** refers to someone who is considering accepting one of these psychopathologies into their personality.

**Metrosexual** refers to someone in one of the above categories.

There appears to be scientific evidence of more levels of gender crossover in advanced animals, i.e. Homo sapiens (humans), than simply male, female or hermaphrodite. **Gender is physically**



determined within each cell of everyone. A more effeminate male or more masculine female than is normal for their gender is no excuse for homosexual behavior. Physiological abnormalities do not predispose individuals to the unnatural surgical procedures and unnatural meds regime of transsexuals. The individuals should be comfortable in themselves. Who cares which genders use which bathrooms? It's of concern that homosexuals have the opportunity to see another male's penis, especially boys'. The solution is to have more private urinals or **sensibly use a stall.** The Ally McBeal (1997-2002) TV show had unisex bathrooms in their law firm in 1997. Transvestites like anyone else should wear what they dig. Everyone looks stupid in makeup and heels and straight males in Scotch, Tibetan and other cultural groups wear skirts. Homosexuality can be detected on sight by common physical traits due to physical differences and by an

enlightened reading of their aura. Generally the psychologies are a perverse couple. The effeminate ‘Bitch’ or ‘Femme’ who uptakes the Societally traditional role of the woman and the masculine ‘Butch’ who uptakes the Societally traditional role of the man. This physiology is as yet extremely minimally understood by gen pop Society. **People with a homosexual mindset Attack other people in the spreading of their psychopathology, their suicidality (in that they generally chose not to reproduce) and, in males, their unhealthy and unnatural sexual practice of sodomy.** It’s a pityful excuse that male ‘Bitches’ who can be physically more effeminate feel comfortable being treated in a feminine gender role by males. Male ‘Butches’ fulfilling these desires are unable to claim any physiological faux-reasoning for their psychopathology. In females these excuses are reversed. One cannot condone a lifestyle and mindset which promotes psychopathology and

unhealthy, unnatural sexual practices in people. Whether they be 'possessed' or otherwise deluded into disregarding their own gender. The complementary roles promote these delusions for their own inadequacies. People this Attacked are obviously to be avoided as much as possible. Support for homosexuality is promotion of these Attack perversions.

## **Sexually Transmitted Diseases (STDs)**

If you're in a Social sub-group that is prone to STDs then take a moment to ponder why dis-ease has targeted you. Maybe it's because you're having too much fun or maybe, also our view, it's because it's the wrong kind of fun.

## **Incest**

Use the example of nature to avoid sexual contact with your blood family members. Also science tells us that inbreeding allows dangerous submissive genes to surface.

The infamous Freudian (Österreichisch (Austrian) psychoanalyst Sigmund Freud 1856-1939) quote that every son wishes to sleep with their mother is part of a group dynamic. As head female this position includes sexual desirability. As the child you must leave that parental group. There's a related Attack where the attraction is towards the parent of the same gender. It's another Attacked group dynamic for a male to want to BDSM dominate another person using sexual penetration, even a male.

### **Underage Sex**

A 2015 study showed that 2-in-5 US high school students had had sexual intercourse, while more than 1-in-10 had had four or more partners.<sup>43</sup> These amounts have been reducing. Age of consent laws should be far more in line with nature than limiting sexual contact to 18+ year olds. So called Romeo & Juliette laws can permit sexual contact if

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<sup>43</sup> Source: US Government CDC High School Youth Risk Behavior Survey, 2015.

both partners are below the legal age of consent but not a second older. This means that there will be a period where their sexual relationship will be illegal if only for a few months, yet it may last years. This number of criminalized teens makes a very persuasive argument for the age of consent to be lowered. Partners are often given more legal room if they're married although as minors this usually requires the permission of their parents.

Menarche is a woman's first menstrual cycle. The average age of menarche is about 12.5 years in the United States, 12.7 in Canada, 12.9 in the UK.<sup>44</sup> It is influenced by genetic and environmental factors, especially nutrition. The global average varies significantly although is **generally at around 13 years old** and Western pedophilia laws usually use this age as a guideline for severity of sentencing. A newly teenage girl has a

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<sup>44</sup> Source: Wikipedia: Menarche.

body sexually developed to a IV out of V on the Tanner scale. **A 15 year old girl can have a Tanner scale V, a fully sexually developed body.**<sup>45</sup>

The US horror movie genre programs against teen and premarital sex. In Europa<sup>46</sup> (Europe) some states permit sexual contact of post-pubescent teens. Criminalizing the youth for doing a natural, if ill-advised, activity at a natural age (with similarly aged peers) is a very bad practice which instills disdain for the law. It makes sense to wait for a longer term, loving relationship yet being forbidding devalues the individual and their maturity to form such relationships at a pre-adult age. For a large amount of people it's the cultural norm to get married at puberty. This happens mainly outside of the First World however it's legally available in the USA in Massachusetts, New Hampshire and Texas. Ali G (a character of Sacha Baron

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<sup>45</sup> Source: Wikipedia: Tanner scale.

<sup>46</sup> <http://www.europa.eu>

Cohen (1971-)) jokes, “if there’s grass on the pitch, let’s play.” Fundamentally the age of consent for a loving, sexual relationship should be on reaching Tanner scale V. The USA’s 16-18 years old age requirement is extreme compared with Europa. The legal ages of consent there are 15 countries at 14 years old, 12 countries at 15 years old, 20 countries at 16 years old, two countries at 17 years old and three at 18 (including Catholicism epicenter Stato della Città del Vaticano (Vatican City) and Muslim Türkiye (Turkey)). Some of these limits can be lowered under Romeo & Juliette laws.<sup>47</sup> An ephebophile is an adult whose sexual preference is for 15~19 year olds.<sup>48</sup>

Realistically an underage sex mindset is totally impractical due to it’s inherent illegality and should be vehemently avoided. If you want or lust after something that you won’t pursue it’ll

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<sup>47</sup> Source: Wikipedia: Ages of consent in Europe.

<sup>48</sup> Source: Wikipedia: Ephebophilia.

confuse your energies. Your energies will want to achieve your desires yet your conscious control won't let them. Due to the forbidden fruit taboo; the temptation in testing laws, the dry sponge analogy; 'you can't teach an old dog new tricks' but you can surely teach a young person, that draws faux-parental care into a sexual relationship and the desired 'you're only as old as the person who you feel'; the hope that the vitality of youth will be contagious, this is a very large Societal issue and Attack. In multimedia religion it is approached by the Lolita book & movies and the movies Taxi Driver, Léon and Beautiful Girls amongst others.

Completely avoid the legal, extremely disturbing VKP (virtual kiddie porn). VKP is porn where the likeness of adult pornstars are digitally altered to make them appear underage. Software similar to that which ages missing children photos to get adult likenesses is used in reverse. This **breeds** an extremely



unhealthy appetite for criminality and at the very least a flagellating torture where one's desires can never be fulfilled. Most of the adult entertainment industry is resoundingly against any KP vibe, refusing to promote the fiction that their adult models are underage, like refraining from using KP terms such as 'lolita' and 'teenie'. Only a few providers even do school sets, where obviously there is an adult side being that seniors graduate as adults.

**CSE (Child Sexual Exploitation) is a very real danger in our Communication Age.** Older individuals preying on, manipulating children for the purpose (motive) of abusing them; not caring for them instead solely using them for sexual gratification; as a sex toy. There is also the danger of intra-gang sexual exploitation; one female being passed around a gang of males. **The worst type of CSE is enforced child prostitution.** The kid then being subject not solely to

one abuser but multiple each day.

## **Differing Ages**

**Sexual relationships between people of widely different ages can work well.**

Young people can probably form a more secure, long term relationship with an older partner compared to those they form as the norm with people of similar age. At the very least it's equivalently acceptable. Of course younger people are more vulnerable to abuse and older people can be more skilled at abusing. Older people have more wisdom to share, know more what they want and have more financial security. Everyone knows the octogenarian Hugh Hefners can get the 21 year old models, sometimes. And everyone knows the American Dream teaches us that anyone can be wealthy. So we all have a chance. Don't give up your dreams. George Foreman won the heavyweight boxing crown at age 45. Age doesn't have to be the limitation that Attack wants it to be.

## **Monogamy**

We don't believe in adhering to a one-to-one relationship. Western Society acts poor therefore they're figuratively communist, they feel everyone must be equal, have an equal slice of the pie. We see that one person could have multiple (heterosexual) partners at the same time all under one roof. If they, as consenting adults, can get this to work for them then Society has no grounds for complaint. They'd have to stay unmarried though or else risk charges of adultery.

## **Pornography**

Pornography is extremely impersonal however attractive. However we support heterosexual softcore pornography like Playboy as it promotes natural heterosexuality and stimulates a healthy sexual interest. Try <http://playboyplus.com> for info on Playboy.

## **Prostitution**

We disapprove of prostitution as it belittles the base intimate experience to quick hedonistic commerce. Although we think it should be legal in a progressive society.

### **Reproduction**

**Reproduce.** From two people making only one is depletion of the population. Making two children is only trying to break even. **Having three or more kids is necessary to grow a population.** The future is ours for the making. See *chapter Pale Caucasian Extinction for more info.*

### **Exclusivity**

**When a person has a partner, a GF or BF, do not offer yourselves sexually to them.** As it's the Societal norm then assume, unless you know differently, every player expects monogamy. They must take responsibility for their satisfaction or lack of such in their relationship. It must be assumed that they're satisfied, certainly they're

committed and are therefore unavailable. If they wanted to be available to you they wouldn't be in the relationship that they are. To think and act any different is to belittle the very subject of your interest. Telling them to change their lives to suit your desires. You're destroying the relationship and stability that they're in. Taking on the huge responsibility of meeting and surpassing the relationship for them that you at best can only see one side of. You're encouraging them into immorality by being unfaithful. You're casting judgement on a relationship that you can't see both sides of. You're dominating them by deciding for them the course of action you deem best, and you're very biased and very blinkered. It's greedy and thieving to want and try to take what 'belongs' to another, what they have. You're ruining what must be assumed is a good part of their life and as you've no intimate history with them this is all for only the possibility of you having a good relationship with them. It's what Society often does. It's a scummy,

envious and greedy part of Society that gambles with other people's lives. Do yourselves and them a favor and stay away from them in that way if they're currently spoken for.

**If you've made a commitment to a monogamous intimate relationship, however unsaid, to be unfaithful is terrible for all three parties.** You're abusing the trust of your partner and you're destroying the morals of both yourselves and your new partner. You can't be trusted. The chances are that it's a deep seated pathology, you have no morals in this regard and so you'll more than likely do it again. As the new partner you should be aware of the lack of morals, lack of trustworthiness of your new partner and that they'll likely cheat on you too. There are honorable ways to stop a relationship that you're in. Even marriage has a get out clause.

**Importance**

**Sexual reproduction is the most special thing there is. It's the most magical thing there is.** To consciously start a new lifeform. Individual yet connected. Separate yet part of the Gaian (Earthling) group, the multiversal group.

**Choosing a sexual partner, a life partner, is the most important decision of one's life.**

### **Digital Life**

Creating AIs is helping the next step of evolution but Gaians are still very far from a comparably evolved AI. One with a lateral intelligence and emotional understanding and communication. Even if they could ever have the innate energy of a natural lifeform.

### **Promiscuity**

Being sexual is about a relationship. **Dating is about quality not quantity.** Getting a date with a loose person means nothing. Whereas a date with

**a more selective person means a lot, it's an achievement to be proud of.** The 易經 (Yi Jing) describes the imagery of a woman throwing herself away on a man made only of bronze and that this means she is not a worthy beau.

## **Attack**

A common Attack is to influence sexual vibes. Attack hitting sexual imagery and desire. Attack taking sexual desire so that one doesn't even masturbate. That external is the one that's allowed to be a sexual adult and you are not. **It's mostly from external group Attack.** Especially placing external group imagery as the image of sexual desire. That external is the one that's **pushed** as sexually desirable. Especially in a shared home. In your parents home the prime factors are the group of your extended family including your parent/s, the home itself and the home as the property of your parent/s. Every girl doesn't have to seek



their father nor every boy a replacement  
for their mother.

# WASHING

**Keep clean.** They say cleanliness is next to godliness. Keep yourselves clean. Especially the highly sweaty & smelly areas of your armpits, groin and ass crack. This should keep away Jock Itch. (Although also beware of itches from shrinking muscles, especially thigh & butt, if your exercise schedule falls behind and from stretch marks if you're overweight.) Keep your environment clean. **Energy will love you for it!**

The world outside your home is dirty. Microorganisms living in human hosts get spread around it. When you return home and for any deliveries you should beware and give them a couple of hours of quarantine to let them die out from dry, hard, non-porous surfaces.

Be able to see the cleanliness levels of different areas. For example pants worn outside picking up dirt from sitting on a

train, a park bench or at coffee shop table then later sitting on your clean bedsheets. Obviously this brings much dirt into a clean area.

Alcohol is excellent for disinfecting things. IPA (isopropyl alcohol) or at a push liquor. It's also a non-polar solvent which can clean things. It's great for keeping your computer keyboard and screen clean (and your hands).

Wearing thin gloves keeps your hands clean and protected. They protect your hands if carrying any bags like when shopping or traveling.

The 易經 (Yi Jing) preaches 'care of the cow'; caring for that which we rely on. Spend the time and energy to maintain your tools and other items.

Avoid mainstream toothpastes as they may contain microbeads. Microbeads are tiny plastic particles which

unnaturally enter the body. Try natural toothpastes from smaller manufacturers. Use natural soap bars.

Phytoscience is the science of making things from plants. Like soaps, detergents and plastics. It's possible to replace out all the unnatural chemicals, and enzymes, in your cleansing & cosmetics, your clothes washing and your dish washing.

Also energetic cleansing is an important concept. See *chapter Energetic Cleansing*.

# PLEASURES

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- **Gain**

**Mental gain** like learning a new word.

**Physical gain** like learning a new physical skill. **Practical gain** like building a new table.

- **Enlightenment**

A higher state of consciousness and spiritual awareness.

## **NB**

- **Control the amount of pleasure which you get from life.**

- There's an Attack type that wants you to get too much pleasure from dealing with Attack. This therefore then attracts energy into interaction with Attack and

obviously it's better not to focus on Attack any more than is absolutely necessary.

“Everything I like is either: illegal, immoral, fattening, addictive, expensive, or impossible.”

Sarcasm (@funnytvveet on Twitter)

# LEAVING SOCIETY

~~Think outside the box. Color outside the lines.~~

Focus your life on meditation and increased awareness of peaceful reality.

**We don't need to be among Society.** Yet when we are the 易經 (Yi Jing) recommends bearing with the uncultured in gentleness.

Leading a life of meditation retreat isn't for everyone yet every little bit helps. Gain from every 5-minutes of meditation and every half hour without the TV, radio or music on. **Don't be scared of being alone with yourselves. You're good and you can improve your energies.**

**Therapy changes lives.** Psychotherapy with a qualified therapist (get over the spelling of this word!), nothing at all to do with psychiatry nor labels nor meds.

**Someone who can listen to you non-judgmentally.** Therapy is a profound experience which takes a good practitioner with whom you can work, a true will to change your life on your part then plenty of time (and, the way things are, money) put in to it. FYI counseling is less expensive. It can be immensely useful to hear yourselves talking about your important issues and a psychotherapist can act as a mirror for your vocalized thoughts. You don't have to have had the worst childhood for therapy to help heaps. **But you have to want to change. It will change your life for the better.** Anyone would benefit. **We cannot recommend it strongly enough.**

**In our church commune we offer individual and group psychotherapy.**

**You are caught.** Caught playing games, standard Societal games, learnt subconsciously from your parents, your peers, the Society around you from day



one. How to talk like you are part of Society, how to act, how to react. These games are within Society's mindset; they mirror Society, they are Society. So they are teeming with Societal attack. Dominated by BDSM themes, 7DS themes, standard energetic Attack such as Western focus on the numbers 4, 6, 7, 12, 13 and 60.

**Leave their population centers. Leave their culture behind.** Leave their haunts, junk foods, seven day weeks and ties and high heels. Leave their cruelty, violence, hatred and BDSM. Then you can rediscover nature in all its beauty. Cities, megopoli, are full of violence, of hate, perversion, 'sin'. Noise, hustle, bustle. **Let them chase you out of the city.** Because you know that's not what's happening. You're simply making a better life for yourselves.

You may sometimes feel the bond of the Family of Man(kind) yet **you must realize that a heap of people that you**

**come into contact with are anti-intelligence not simply unintelligent.** They don't use higher intelligence and they resent higher intelligence. Be them bar staff, taxi drivers, campsite owners, hotel managers, receptionists, cleaners, bus drivers, bank tellers, store staff and the like. They'll never consider improving the world. They'll barely consider improving themselves and only within strict limits. **Do not communicate with them any more than is absolutely necessary.** You are destined for greatness. They are not so inclined. You live outside Society's constricting box/es. They wouldn't dare ever considering straying past one border. Ignore them and continue upon your path.

# MARRIAGE

**Commitment to a life partner is a worthy goal.**

**Choosing a sexual partner, a life partner, is the most important decision of one's life.**

Standard marriage ceremonies consist ultra heavily of tradition; not modern, evolved, logical, thought-out processes. Is there a reason to involve Society, government, in your love life? No. Is there a reason to involve Society's moral enforcement, their legal system, in your love life? Maybe. A Prenuptial Agreement would protect you from swindlers and simply from 7DS wrath should your family's life paths diverge. An automaton can recite ancient, traditional vows and say "I do." It's said 2-of-3 marriages end in divorce. This shows a total lack of commitment, honest perseverance and mature sincerity. We

suspect that serial monogamists abuse marriage to gain multiple partners albeit consecutively rather than concurrently. There's probably a healthy genetic reasoning within their psychopathological behavior.

We don't believe in adhering to a one-to-one relationship. Western Society acts poor therefore they're figuratively communist, they feel everyone must be equal, have an equal slice of the pie. We see that one person could have multiple (heterosexual) partners at the same time all under one roof. If they, as consenting adults, can get this to work for them then Society has no grounds for complaint. They'd have to stay unmarried though or else risk charges of adultery.

# PARENTING

It may be possible to keep your children out of the System. This means that Society never knows that they exist. This completely stops any enforced quasi parenting they may attempt. One would need midwifery skills to deliver the baby at home. Then not registering the birth would keep your kid under the government's radar. You'd only have yourselves to answer to to ensure that they were well treated, educated **as you saw fit**, medically treated to your beliefs. They'd be out of the reach of any military draft and far, far away from Societal programming.

This sounds dangerous. It sounds like they'd get angry with you should they ever discover your deceit. When enraged government can get ultra violent. **They'd have absolutely no qualms about thieving your children from you should they so decide while**

**quite possibly imprisoning you for a long time.** Accusations of Child Endangerment, etc.. There may be a safer compromise to be reached. Accepting that a Canadian emigration be necessary should the draft be reinstated. Registered children would be able to be educated at home.

# LAW & ENFORCEMENT

**Aleister Crowley (1875-1947) wrote, “Do what thou wilt shall be the whole of the law.”**

“The law cracks me up.”

President Bartlet,  
The West Wing (1999-2006) TV show

**Law and its enforcement exists to protect us from Society.** They know how to control themselves en masse. Society in anarchy would be terrible for one’s security.

**It is said that rules are meant to be broken.** There’s also the less renowned **rules are meant to be followed.** Especially if they’re your own rules. Yet don’t be too strict. **When stressed that which doesn’t bend may break.**

**You are self-controlled you don’t need anyone to control you.** (Though not

everyone's this enlightened and controlled!)

**Know the law.** Know the precise risk you're taking should you ever choose to break the law. A \$50 fine is a lot less inhibitive than 3-5 years hard labor in prison or a death sentence.

Do not get on the 'wrong side' of a law enforcement officer. **If they want to hit you with the law they'll find a way.**

Rather than disengagement which can seem more hostile, a subtle Charm and Disarm approach is preferable.

**As ever half truths sound better than outright lies.** When lying to anyone keep a sharp mind by visualizing a thumb tack kept under your toe and the pain it causes you when you use it. **A Tell is a comms which indicates stress, especially the stress of trying to get away with being false.** Scratching your nose, coughing, not looking your subject



in the eye, looking down and plenty more can all be Tells. Looking (down and) to the left is a sign of creating a fictional story, a lie, rather than looking to your right which is a sign of accessing a memory. A Tell is your energy communicating while you try to hold things back. **Obviously deny everything.** This gives people the option of believing you. **Giving you the benefit of reasonable doubt.** Don't underestimate the power of denial. It's often easier for them to 'believe' you than not.

A truthful answer to a question especially a personal question, even about your likes and dislikes or your history (let alone your future) is an immense give. **Not everyone you encounter in life deserves this.** Learn how to keep other people at arms length. Learn how to keep your personal life personal and to give stock answers to questions. Most people can respond to 'how are you?' with 'good, thanks.' Whether they are or

not is irrelevant if it's none of the questioner's business.

**Plausible deniability is a very important concept to utilize.** Like “the reason I was in the area was to visit the Washington monument.” It's plausible and a reason for denying that you had anything to do with the example stolen car.

Cops carry guns to protect lives. Not to kill foolish addicts running away from a bust, etc.. They're armed with Less-Than-Lethal sprays, projectile stun guns and nightsticks to tackle violence and resistance.

**People can be forgiven for their honest mistakes. Never forget that they made them. Misdeeds, intentional transgressions, are far less sensible to forgive.**

There are six crimes for each crime type.

- **Committing** the act itself,

- **Attempting** to commit the act,
- **Planning** to commit the act,
- **Conspiring** to commit the act,
- **Helping** to commit the act,
- **Inciting** the act be committed.

*NB* **Considering** to commit or even **having decided** to commit a crime are **not crimes**. **There are no crimes of thought**.

If you ever find yourselves imprisoned know that you'll survive. You'll live a long, happy life away from your incarceration. You'll have memories to tie you to your history. To escape this flashback torture reduce your memories by reducing your experience within your prison. **Meditate your way through it.** Doing less, time may seem to pass slower yet you'll secure a brighter future.

If you find yourselves imprisoned on mental health grounds they'll want to medicate you. Be your own doctor. Even in countries which let you choose whether to be medicated or not they will

hold any refusal against you and view it as a foolish rejection of their profession and expertise. If you don't want your prescribed meds then tongue them; hide them in your mouth and don't talk much at all until you can spit them down a sink or toilet. Be aware that if caught you can swallow them although this might not satisfy the staff who may chose to physically restrain you while injecting your meds as a large, slow-release dose intramuscularly, called a depot. Certainly don't tell a soul if you chose not to adhere to their prescription. Remember to act medicated. Apart from a debilitating depot the two main Attacks to avoid at all costs, still performed sometimes even in the First World, are Electroconvulsive Therapy (ECT); Tasering the brain; zapping it with electricity and lobotomies; brain surgery.

Fines as a tax based on one's income would be just. Else it hugely disproportionately favors and therefore fails to dissuade the wealthy.

**We're anti-torture, including anti-waterboarding, under any circumstances including a 'ticking bomb' situation.** Society is liable for all of its actions, all of the time, done for any reason. Society must be more humane than to torture another lifeform, in this case a human being. Torture anyone for long enough and they'll either die or tell you anything you want to hear in order to stop their torture. Hence testimony received via torture is inadmissible in a US court.

Autopsies are a despicable desecration of the dead. Often unnecessary and solely performed as the norm. Examination of a corpse doesn't have to be surgically invasive. One should be allowed to pre-mortem opt out of an autopsy. Not having the ability to communicate shouldn't give Society the implicit right to force you into cooperating with law enforcement post-mortem.

Consensual adult behavior damaging no one but themselves. **One cannot condone it in Society and one cannot criminalize it in Society.** For instance drug use and abuse, homosexuality, casual sex and prostitution couplets.

As disclosed by a 2013 whistleblower the NSA (National Security Agency or No Such Agency) and other federal agencies were spying on citizens. In the mid-2010s the NSA's deputy director Chris Inglis has said that they spy out to **three steps**, that means they're spying on **a friend of a friend of a friend that might be a potential terrorist.** It's eroding the right to privacy and evading probable cause (as enshrined in the US' 4<sup>th</sup> Amendment) for law enforcement scrutiny.

Sometimes the smaller things irk us. Like uncontrolled attack dogs taking their owners out for walks or babies being carried on bicycles. Accidents waiting to happen. Yet we understand that

**nothing's perfect** and Society is a good example of this in practice.

# POSSESSIONS

Imagine if you were so ethical, if you could get your energies so finely balanced, that the country an item of yours was made in matters to you. If the workers worked in a sweatshop, were subjects in a monarchy or dictatorship or were children.

**Your possessions are a very important part of your reality.**

**Do not accept hand-me-downs and second hand goods as these items, energetically at least, reek of external energy. This energy contains heap of Attack energy and can easily be overwhelming in part.**

**Don't buy handmade items.** To reduce the excess energies associated with a new item it's far, far better that they be factory produced rather than handmade.



**Your possessions readily uptake your energetic vibe. They naturally, gradually become enchanted.** They become more 'yours' the longer you have them in your possession and the more you use them. For example if your ex-GF/BF liked your Snoopy glass and used it all the time then move on with your energies. Clear your energies of them by trashing the glass and buying a new one. It costs you only a few dollars for valuable energetic cleanliness and peace.

**Be aware of the Attack level of each of your possessions.** Where and when you bought it, the relative price you paid, whether it was an ex-demo item or not, whether the delivery guy left it behind your trash cans all day, whether it was from the warehouse direct or from a store floor, whether it ever got dropped or scratched, etc..

Correctly dispose of your personal possessions after you've finished with them. Items which you've allowed to be

very close to you, your clothing and your bed mainly, you need to destroy before you trash them. Cut your clothing and slash your mattress and bedding. This is to ensure that these enchanted objects which you've allowed so close to you and have therefore picked up much energy from you won't fall into the wrong hands. So no energy can get confused and for instance try to see you and instead be seeing someone else's energies. There'll then be energy confusing you with someone else; no good. They'll end up on a garbage pile somewhere and that'll be that. Be aware that anything you throw in your trash could be collected by a passer-by, an enemy, a stalker, a garbage man and kept. Consider getting a shredder for your important documents.

Everyday items have been designed and developed over the ages. The shape of the common electric table lamp for instance is clearly a development of the historic oil lamp. It's basically the same bulbous shape which used to hold the oil

for the lamp.

## **Distance Yourself**

- 1) Identify all your possessions, (this is also an awareness exercise)
- 2) Identify the source of each item,
- 3) Cut your links to Society by destroying all items that were gifted to you,
- 4) Cleanse your energies by destroying all items that were second hand,
- 5) List the negative vibes associated with each item. For example this notebook reminds me of a failed exam. Free yourselves from your past negative experiences by destroying all items that haunt you too much. Put anything you decide on in a cache space, give it a day or so, then make a final decision and it's better to err on the side of caution as you can always destroy later yet you can't undestroy.

*NB* Souvenirs and mementos, being lightly enchanted (though probably without the chanting) objects, are generally a bad thing. Digitize them; take digital photos, 2D and 3D scans. At least

then they're not taking up much physical space and barely become unwanted baggage.

# ENVIRONMENT

**Your environment is your protector.** Ideally it keeps you warm but not too hot, dry but humid enough to be comfortable and out of drafts. It should provide enough territory for you to be comfortable in.

**Your home environment is the most precious.** Here is where you spend most of your time and where you feel most at ease, at peace, most at home.

**Energy builds up around you in your environment. It's a symptom of your being there over time and also reciprocally a factor in your experience of being there.** Bedrooms and beds get used to being slept in and on and then become natural places to sleep. Kitchens get used to being cooked in (often soaked in the carnivorous energy of animal torture and slaughter) and inspire cooking. Desks

get used to being worked at and become saturated with the resonating energy of good working; it's easiest to work at a desk, especially at your own desk. And so on.

**Positive or good energy collects in your home, in your homely habitat, where you spend your time and feel comfortable.** Energy likes goodness; comfort, to be fed and watered, etc.. It likes to be good even when it cannot, because you like it to be good.

Take care of your environment; your home or your room. Keep it neatly organized. This makes it very easy to keep clean. **A place for everything and everything in its place.** Ensure it's comfortable, efficient, quiet and above all safe. Your bedroom is best when soft and comfy, your office better when comfy yet not too relaxed.

Environment monitors are available for a few dollars. A hygrometer which

measures humidity (how damp the air is) plus a thermometer which measures temperature. These monitors can help you keep control of your environment by using HVAC, heating, ventilation and air conditioning, to maintain your desired atmosphere. At least they can tell you if you're dangerously hot or cold. Make sure to use both a smoke alarm and a carbon monoxide alarm. Carbon monoxide (CO) is an odorless, invisible gas that's given off by combustion and known as the silent killer. It's also possible to get gas leak detectors.

**The weather is part of the natural environment.** Its natural energy is in constant communication with yourselves. If you so choose you can affect the local weather. You can make it rain. (We mean more than pulling down your pants and drowning the ants.) Reggae legend Lee 'Scratch' Perry also knows this to be true. **Note that a good reason is a necessity for any interaction with external, for they all have far reaching**

**consequences. If you have a good reason and your vibe is a positive one then by all means interact, with care and awareness of your effect.** Another viewpoint is that one can get so attuned to the weather that one can accurately predict it. Wiccan belief and practice includes manipulation of their natural environment.

**Weather is personal.** There's only you taking up your space in the environment. Even in an apartment it's your window that you experience the weather through. So if it rains on you or the sun shines on you it's nobody else's business.

**Don't coop yourselves up, seriously.** It might seem like the safest and comfiest option but the vibe of being encaged is unnatural and insidious. Even if you can resist the usual symptoms of Cabin Fever the Attack hits you deeply.

**For pale Caucasians the natural environment is temperate.** Not oases



in the desert like Southern California where it rarely rains or hot Florida. It's most natural and one fits in best within one's genetic range; Asians in Asia, Africans in Africa, Europeans in Europa. Similar environment New World colonies are also acceptable. For a genetic European to want to live on a desert island is not a natural environmental desire. **Cool means good.** In temperate climates you don't get so many deadly or dangerous animals, basically no deadly snakes, no deadly spiders, no big cats, no scorpions or even hornets. **Even the animals are chilled out.** In hot and dry climates obviously the people are therefore hot and bothered. You're right to get annoyed with a barking dog but you can't blame it for barking. To be simply obvious (and 道 (Daoist or Taoist)) about it, a dog dogs, a bee bees, and a bear bears. Hot and bothered peoples are hot and bothered. It's said the crime rate goes up a percent for each degree hotter it gets. Whether that's

statistically accurate or not the point is valid. Hot weather brings hot heads and hot tempers. For example the violence in the Middle East and the government executions in Texas.

# HOUSING

Seeing people, city folk, choosing to live in apartment blocks, floor after floor blocked in amongst others in a building like others. It's depressing. **It's an epitomical sadness of Society.** Blocked in like eggs in a stack of egg crates, like battery chickens, in such an unnatural environment. We have the space on Gaia (Earth) to be naturally spaced out. The space to have no-one, not a soul, above nor below, to the left nor to the right, in front nor behind. **The space (distantia) to be separate, let alone, like any other animal.**

Be careful of loft rooms and basements as they can gather negative energy. Houses where the roof slopes down below the uppermost floor's windows and the ceiling is incurred by it. Don't be the loser of the group. Don't be in the smallest apartment with every other one

larger or else energy (Attack) will hit you for it.

“Do you experience feelings of dread in your basement or attic?”

Ghost Busters (1984) movie,  
Written by Dan Aykroyd  
and Harold Ramis

**The newer the property the less Attacked it's going to be.** Plus there's a higher chance of it being a better build with less noise coming through the walls (energetically there's been less for the walls to talk about if, as they say, the walls could talk), double glazing, etc..

**The biggest threat to your peace (tranquillus) and internalization (internus) is the Attack of noise invading.** Getting a top floor apartment gives near zero chance of hearing people walking on your ceiling. The further from a busy street and into a residential area the quieter it's going to be.

**Avoid too clingy landlords.** They're not comfortable renting out their property. This can be detected by the landlord living next door, if they historically lived in the property and if they feel the need to meet you rather than simply trusting their realtor to vet you, etc..

Sick Building Syndrome is a recognized issue. Consider avoiding it in your life.

Around Society, when they can see in through our windows, we keep them all completely covered by loose weave fabric during the day and lined thick weave at night. We're serious about not being interested in external – not at all. We don't even want to show them if our lights are on or not. Ideally living on a campus with obscuring border walling would enable large windows, very well day lit rooms and near total privacy.

**Obtaining housing can be a great problem in the First World.** A deposit is usually required plus the first months

rent in advance ('first and last') even if in receipt of government support. In megapoli this can mean unemployed people require \$2,000 collateral paid in advance. Plus there may be a requirement for credit checks even if the rent is fully covered by government support. Plus multiple character references may be required.

In 2015 the UNHCR (United Nations High Commissioner for Refugees) counted that almost one percent of the world's population were uprooted. This figure has risen 50% since 2010.

The most favorable environment for your home is one in which you don't need to rely on electricity for heating or for cooling. Double walled, insulated, concrete block construction which keeps you warm in winter and cool in summer. Electrical appliances simply aid perfection. With rooms spaced out physically from one another and single floored, energy vibes from the different

rooms' usage doesn't encroach upon the others'.



Aluzyjna mega housing development in the suburbs of Warszawa (Warsaw), Polska (Poland) (2016).

# COMMUNICATION

**Communication is energy transceived through filters.** The prime filter is your belief system. Therefore it is of prime importance in all experience (of reality). Group membership is also an extremely important filter.

To see what we mean when we say filters try looking through loose weave material like muslin especially if colored or hippie colored sunglasses like with pink or red & blue glass. Some are more obscuring & coloring than others. Filters extend to extremes like seeing light as a filter, so without this type of filter your awareness is greatly limited, and space-time as a filter, so without this filter nothing external exists. As nothing external does exist until you, generally subconsciously, will it into creation. See *chapter Self-Creationism*. **The world is still the world but your perception of it has changed, been altered, by adding a**



**filter. Often filters are instead removed.** Psychedelics are a way of temporarily seeing the world aside from your regular filters. **Becoming aware of and removing unwanted filters from your reality is part of enlightenment.**

**The synchronistic web of reality can be interacted with to varying amounts as you so desire.** One can choose to interact with another entity or not. Use logic to select which entities you communicate with. Communicate for a definite purpose; a gain, else don't communicate at all.

**Decrease the amount you communicate with Society.** It's fairly intimate, can be very aggressive and is very much a group activity. Tighten your group.

Reduce the amount you chat with your friends, family and co-workers – in-person F2F, on the phone and on the web. This will help you distance

yourselves from uncontrolled reality and help you achieve the peace and tranquility where you can see yourselves far more clearly. This can help you see yourselves away from how others see you, with their own natural biases, and have seen you, helping you free yourselves from any negative history.

Test yourselves to find out more about yourselves. Try reducing the amount you communicate. This is probably best to do when you're alone. Try staying silent for a day or even two.

Don't forget that cellphones radiate EM (electromagnetic) energy that travels a considerable distance to cellular base station towers. EM energy can cause cancers like glioma brain tumors. Using a speaker phone function or a wired or Bluetooth (extremely low energy EM) headset basically negate this risk.

“You know, when we communicate with one another, and we... we feel that we've

connected and we think that we're understood, I think we have a feeling of almost spiritual communion. And that feeling might be transient but I think it's what we live for."

Kim Krizan,  
Waking Life (2001) movie,  
Written by Richard Linklater

# HAIR

**Let your hair grow naturally.**

**Wherever it might; on your head, your face, your arms, legs, armpits and pubic region. It's all natural.** It all makes you look like you naturally look. Any shaving is the (Deadly Sin of) vanity and stems from your manipulation by Society to make you less natural. You put your hair there for a reason. It's Society that's deluding you into second guessing your subconscious godselves, your natural DNA, by removing it.

If women stopping shaving and waxing their eyebrows loses them even 10% of potential suitors then they were a bad 10% of idiots who didn't want the real, true them anyway. There's plenty more fish in the sea as they say.

A shaven faced man looks like a boy, or a woman. This is another Societal method of disempowering the individual.

This is only one example of the common Societal vibe of pædofication; making the individual the 'child' and Society the 'parent' / 'adult'.

Another example of pædofication is the modern cultural practice of shaving female pubic hair. See *chapter Pædofication*.

Don't bleach your hair. **You know you're beautiful.** You don't have to conform to an external image of beauty.

Most people are attracted to people with similar attributes; black hair to black hair, blue eyes to blue eyes. Seeing someone in external who looks like you helps remove barriers to intimacy. You can see more of yourselves in them and so relate to them better.

Don't get a perm, a permanent weave, of your hair. You don't need to make your appearance artificial. You don't need to

pretend to be something which you're not.

Hair grows at approximately 15½ cm per year and scalp hairs last 3-5 years. This gives a maximum scalp hair length of ~80cm.

You don't need to shampoo your hair. Simply washing with water is enough to keep hair clean. In this way you retain your natural oils. This is far better than shampooing them out only to replace them with artificial oils using a conditioner. Your hair will appear darker yet be more natural.

Rinse your hair with water and frequently wet your head to moisturize your scalp. This reduces dandruff. This is easy to do in a bathtub. Also soak your bearded chin for the same reason.

Christians say that their god made man in his image. Their images of their god all have a beard as do those of their

prophet Jesus. It could be said then that the shaving of one's beard is therefore heretical.

“Somehow [having shaved] makes you look less intelligent.”

Julius,  
Planet of the Apes (1968) movie,  
Written by Pierre Boulle, Michael Wilson  
and Rod Serling

# CLOTHING

**Free yourselves from restraining clothing.**

Abandon your dangerous (as an available leash), restrictive, subjugate-collar neck ties.

Following the concept of innoculus (invisibility), **dress not to be noticed.** Wear clean, mass-produced clothing which is non-offensive and common for your environment.

Wearing thin gloves keeps your hands clean and protected. They protect your hands if carrying any bags like when shopping or traveling.

We assume you don't want to risk losing a finger so rings aren't recommended. They're extremely binding and hard. **Always** consider the worst case scenario then weigh the odds. Is it worth the risk?



Losing a finger would severely impede your interfacing with computers; typing.

Red is a very harsh, provocative color to wear, Day-Glo neons are also demanding of attention and obviously camo implies that you are a killer in the military.

Chances are that if you're reading this you don't need this advice; don't wear high heels. They're awkward and not safe to walk in. You can be secure in your own height and not need to pretend to be taller. Also tight skirts are far too restrictive.

**At home almost no clothing at all is required.** In an environment of good heat like 24°C (75°F) only underwear is needed.

**Clothing should be purposeful.** Comfy sneakers for walking in, not unpadded shoes or heels.

**Makeup is literally a mask one chooses to wear.** It acts like all masks; it hides the true you, it makes you appear different to how you really are. Perhaps like in the movie the distantia (distance) it provides empowers your confidence but **it is not the true you. You don't need it, and it's unnatural.**

“Go as yourself and as the mask [provided confidence] because they are both one and the same beautiful person.”

Dr. Arthur Neuman,  
The Mask (1994) movie,  
Written by Michael Fallon,  
Mark Verheiden and Mike Werb

The clothes make the man or woman. They give you your public appearance. **Wear clothing to fit a sensible social role of middle class**, not too poor and idiotic, not too rich and snobbish, not too cool and snobbish. Wear smart clothes like a shirt / polo shirt and trousers for men or blouse and knee-length skirt for women. Travel wearing smart clothes.

Go to important meetings like with lawyers or doctors wearing smart clothing. Have casual clothes like casual / Hawaiian shirts and shorts. Have sweats, t-shirts and vests for exercising in. Have overalls for DIY work.

Jewelry is good at conveying a middle class appearance but don't overdo it and be gaudy or too extroverted. You could always create a pendant from Fimo modelling putty and get it cast into silver then rhodium plated (a platinum metal) and be unique and not factory produced, for just a couple of hundred dollars, or in solid platinum or gold for under a few thousand.

Perfume, aftershave and deodorants are generally unnecessary and are very unnatural. Keep cool so you don't sweat and you won't then give off a Socially unacceptable level of natural body odor. Try to fit it as needed but don't sell out!

At home, in your group, of course some self-expression in your clothing is a great idea. But veil your light when in public.

Natural dyes (rather than azo, etc.) giving a pale color are best yet rare in the West.

Wash your clothing in phytoscience (plant based) detergents. Standard washing powders and liquids use enzymes which can be very harsh on your skin, plus they add optical brighteners. If you can't get any of the natural stuff, and it's worth the effort, then at least use non-biological washing powder / liquid without added enzymes.

# TIME & WATCHES

Free yourselves from strict adherence to any schedule by leaving your wristwatch at home in a drawer. **Don't wear a wristwatch.**

Wristwatches are intimately bound to the wearer. The never ending, repetitive cycle of the 60s and 12s of ancient Society.

Wear it out when needed for instance on the occasional traveling day with planes to catch.

The pocket watch in your cellphone is enough for when you really need to know the time.

**Generally everyone, everywhere on the planet arranges their lives via the same clock.** They do things like wake up, start work, go to lunch and start watching TV **at exactly the same times**

**as everyone else; on the hour and half hour.** Give yourselves some distantia (distance) to this by offsetting your schedule by a few minutes. **Let Society rush** then do your thing say 3~5 minutes later. Set your alarm for 09:03 for instance.

**Leave Society's timekeeping and calendar behind.** Keep seconds as it's the scientific unit of time. Leave, as much as possible, their minutes and hours, using kiloseconds (~17 minutes) and fractions of days instead. **Leave their seven named days; their weeks with their weekends.** Each day is new and progressed, not just a repeat of what happened seven days ago, nor eight or nine. Use moons and fractional years to measure time instead of their 12 months. Leave their named holidays. Surely you can celebrate having warmth in a cold winter but not their Christian, ritual Christmas. Leave their choice of the year's end & restart days and don't celebrate their New Year's Eve with

them. Anyone with high school Latin or chemistry can see the ‘ninth’ month September is based on ‘sept’ or seven. October, ‘oct’ or eight, follows then November, ‘no’ or nine, then December, ‘dec’ or ten. These are two months out of count. This is an example of the strange history that goes into the Society we see around us everyday.

Celebrate your conception day, when your life started, not your birthday and proudly add nine months to your age.

Set your phone’s clock to Zulu (+0) time. Use a world clock widget to see your local time and a selection of the current times around our shared planet. This gives you a global view.

**It’s all about the now. There can never be a more important time than the moment.** For if you don’t survive it you have no future.

# PETS

## Free your pets.

Let your caged birds, fish, rabbits, hamsters, horses, etc. be free. You're unnaturally imprisoning them against their will.

**Boycott zoos.** These atrocious institutions hold captive so many once wild and free animals for the bemusement of Society. They are animal prisons.

It wasn't very long ago that even in First World countries Society was keeping animals, horses, as slaves.

The PETA (People for the Ethical Treatment of Animals)<sup>49</sup> charity champions animal rights and has many famous supporters including Alicia Silverstone (1976-), Sheryl Lee (1967-)

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<sup>49</sup> <http://www.peta.org>



and Pamela Anderson (1967-).

By animal rights we mean the basic rights of freedom from captivity, slavery, torture, hunting for sport, hunting for food when alternatives exist, hunting to extinction, etc.. We don't mean that they have the right to vote, because they're unable to comprehend the complexities involved.

It's an atrocious planetary vibe; **the pain of all the battery farms** and all the animal research labs. All the animals, including humans, held in captivity and used as slave labor on our shared planet.

“The European Union [(EU)] has banned all animal tests for cosmetics within the EU as well as EU sales of all cosmetics tested on animals anywhere in the world... the United States still hasn't banned cosmetics and household-product testing on animals.”

PETA charity,  
Newsletter October 2016

# NAME YOURSELVES

**Rename yourselves.** Take control over your image. Your name is such an integral part of how others see you.

Look within yourselves and find a name to fit the face that you want to show to external.

It doesn't have to be exotic. If you wanted to hide, to blend in really well, then a common name would be far better. It's the fact that it's what **you** as an independent person want your public face to be known as. Not what external (your parents) decided to call you. Your private name, your nickname, your handle for your chosen family to call you in private is different. You might name yourselves Mountain Girl or even Boris. Changing your last name gives you independence from a family history of a family that you didn't consciously choose. Do you really want to be known by a

name other people chose for you? “[Figuratively] kill your parents,” Edward Norton (1969-) on the Fight Club (1999) movie audio commentary.

You can always change your mind later and rename yourselves again.

There are people who name their children, usually their boys, after themselves or another family name. There’s not a more BDSM dominating thing to do to one’s child. **Denying them their own identity.** Fathers trying to make a duplicate of themselves and in doing so almost denying the 50% DNA received from the mother. Labelling them from birth as only a copy of history not the unique snowflake they are.

There are male names like Adam and John, female names like Anna and Jessica plus unisex names like Dana and Robin.

It could easily be seen as chauvinistic to

name women with solely a feminized version of a male name. For instance the ancient, male name Paul becomes Paula, Paulette or Pauline.

There are heaps of combo names like Joanna from Josephine Anna and Albert from Alfred Robert.

Most Western males are named after Christian biblical heroes, after Jesus' Twelve Apostles, mainly John, James, Simon (or Peter), Andrew, Thomas, Philip and Matthew, and other prominent Christians like Adam, Joseph, Luke, Paul, Mark, David, Daniel, Stephen and Michael. These names obviously have a large symbolic presence although their commonality does allow them to blend in.

Marilyn Monroe (1926-1962) from Norma Jean Baker, Bruce Willis (1955-) from William, Superman from Kal El to Clark Kent, Anna Nicole Smith (1967-2007) and countless others have changed their names.

# CHARITY

It's often prudent to interact with external in a charitable, philanthropic way. **This is a very effective way of exerting power over your world in special ways.** This also appeases external energy to some extent, it creates a better vibe. You can help save and improve the lives and futures of people, animals, plants &/ of Gaia (our planet Earth) itself. You can see it as a purchase not a gift. You're buying protection and aide for external but as we all share the same planet it's also benefitting you. For instance, helping saving species from extinction helps the global ecosystem in immeasurable ways which helps protect your food supply for yourselves and your offspring for all the generations to come. Helping save animals from cruelty helps curb a very disturbing planetary energy that exists solely because so many lifeforms are being tortured.

Donating funds is by far the easiest method of doing charity. Automated monthly payments are simple to setup. Don't give more than you can afford. You're no good to the charities you support if you over spend and get into a financial crisis. A few percent of your income is a generous amount to give.

# FARMING

**Farming your own vegetable crops is simple and easy to do.**

**Farming just a little, enough to feed your family, is called subsistence farming.**

This is such rewarding work. The satisfaction from the independence and security gotten from being able to feed oneself and one's family.

From zucchini to potatoes, cilantro to basil, cauliflowers to butter beans, and more.

# SEWING

Sewing your own fabric items is extremely simple to do with a modern sewing machine.

Making pillow cases, comforter covers, table cloths is simple. Making your clothing is only a little more complex.

Modifying clothing is simple. Sweatpants can easily be turned into sweatshorts and t-shirts into vests or crop tops with a pair of scissors, for example.

**Use fabrics with the awareness of the sacrifice of the plants that you use for the fabric.** They have died so you may have textiles. Know that as you have the facultas, like your own farm, that you'll help their growth. Letting the plants lead a good, healthy, **organic** life. You can even give them some space to grow wild.



# DO-IT-YOURSELVES (DIY)

Picking up a saw and cutting some wood for a table is easy work. Using a work bench, vice, hammer and saw to make a metal spice rack also easy and fun.

Use the right tools and wear the right safety clothing.

Starter things to make include spoons for eating, bowls (with a lathe), spatulas for cooking, side tables and a spice rack.

**Try making a couple of coconut shell bowls for snack foods.** Note that coconuts contain tasty coconut water within. Simply saw the coconut in half along the equator. While sitting you can use your feet to hold the coconut still. Remove the coconut flesh from within using a thick knife or chisel (carefully). Finish by sanding your new bowls.

Simple.

**Use materials with the awareness of the sacrifice of the plants that you use for wood.** They have died so you may have construction materials. Know that as you have the facultas, like your own farm, that you'll help their growth. Letting the plants lead a good, healthy, **organic** life. You can even give them some space to grow wild.

# MEDS (DRUGS)

Meds (medications) can be used and they can be overused.

It is, however, in one view, a good sign that one seeks to self-medicate. This shows the will and the manifestation of the desire to improve one's situation.

Meds are contrary to the tenet of internus (internalization) and should therefore solely be used as a last resort measure.

The problem with drugs is that you always come down, that and you come up too quick, are bonded with the plant, etc.. The same isn't true for enlightenment; it's an ever progressive, gradual, **lasting** path.

Most meds, notably those derived from the poppy plus cannabis and many others, give the user an immense sensation of physical pleasure. Most

other sedatives don't. They simply sedate. However this feature is also very addictive.

In the Third World pharmaceutical self-medication is available. It's commonplace to be able to buy strong medications over the counter. Like sedatives and strong opiate analgesics.

**Just say know:**  
Know your drug,  
Know your dose,  
Know the law.

Try <https://erowid.org> ('Di Wore' (On Drugs) backwards) for info on meds. This site provides a secure connection so no-one outside of your and their computers can read what you're reading.

*See the books of Alexander 'Sasha' Shulgin (PIHKAL and TIHKAL) and Uncle Fester for more info.*

The most popular manufactured drink on

the planet is Coca-Cola, originally made from E. coca, kola and sugar stimulants.

**Meds can be classified into three main types with cross-overs; stimulants or uppers, sedatives or downers and psychedelics.** The common meds are:

**Stimulants:**

- Concentrate of Erythroxylum coca leaves which is called cocaine (coke, blow, yayo, Charlie, white lady, eight ball, bullet) and freebase cocaine (crack, rock) is cocaine processed so that it can be smoked giving a more intense, peak experience with a larger down & craving,
- Caffeine found in tea, coffee and cocoa (chocolate),
- Nicotine from tobacco (Nicotiana tabacum) leaves found in cigarettes and cigars,
- Sugar refined from sugar beet and sugar cane,
- MDMA (3,4-Methylenedioxy-N-methamphetamine) (X, ecstasy, XTC, disco biscuits, Molly, Eve, pill)

- MDA (3,4-Methylenedioxy-amphetamine) (Adam)
- 2-CB (4-bromo-2,5-dimethoxyphenethylamine) (nexus, bees, venus, joy) legally invented along with many other phenethylamines (stimulants), tryptamines (psychedelics) and cross-overs by Dr. Alexander 'Sasha' Shulgin (1925-2014),
- Amphetamines (speed, base, Dexedrine, Dexys) and methamphetamine (meth, crystal meth, ice, crank, tweaking),
- Modafinil (Provigil),
- Kola nut (cola),
- Betel nut,
- Khat grass (qat).

### **Sedatives:**

- Opiates and opioids, like opium, the resin of the poppy (*Papaver somniferum*), morphine, the main active ingredient in opium, morphine processed into heroin (diacetylmorphine) (scag / skag, junk, dope, H, horse, Charlie Brown, brown, brown sugar), and dia-

morphine, codeine, (Percocet, perks, oxycodone, oxy, fentanyl (Lazanda), Vicodin, Dilaudid, tramadol (Ultram), etc.),

- Ethanol ( $\text{CH}_3\text{CH}_2\text{OH}$ ) (alcohol, booze, drink, bottle, liquor, moonshine, cocktail, beer, wine, vodka, rum, whiskey, bourbon, gin, sherry, champagne),

- Benzodiazepines (benzos) like diazepam (Valium, mother's little helper), alprazolam (Xanax), temazepam (Restoril, jellys), triazolam (Halcion) and lorazepam (Ativan),

- Methaqualone (Quaaludes, ludes),

- Barbiturates (barbs), like secobarbital sodium (Seconal), andamobarbital sodium (with secobarbital sodium in Tuinal) and phentobarbital,

- Female buds of the cannabis plant (pot, dope, bud, smoke, the chronic, hashish, hash, pollen, charas, grass, weed, blunt, reefer, joint, J, cheeba, doobie, marijuana, Mary Jane, haze, sensi, kaya, spliff) containing cannabinoids like delta-9-tetrahydrocannabinol (THC) and CBDs, cannabidiols. Cannabis (THC) is also a

psychedelic.

## **Psychedelics:**

- LSD (lysergic acid diethylamide-25) (acid, blotter, trip, microdot, Delysid) legally, accidentally invented by Dr. Albert Hofmann (1906-2008) while working for Sandoz in Basel, Schweiz (Switzerland),
- Magic Mushrooms (shrooms) and truffles of the *Psilocybe* and other genii including *P. cubensis* and *P. semilanceata*,
- Cannabis which is also a sedative,
- DMT (dimethyltryptamine),
- Peyote, Peruvian torch and other cacti containing mescaline,
- Ayahuasca brew containing a tryptamine and an MAOI (monoamine oxidase inhibitor),
- Morning glory (*Ipomoea violacea*) seeds, Syrian rue (*Peganum harmala*) seeds, phalaris grass (*Phalaris aquatica*), yagé (*Banisteriopsis caapi*), etc..



There are also far off track drugs such as PCP (phencyclidine) (angel dust, dust) and flakka which make people deranged and psychotic while under the effects.

# CANNABIS

Cannabis has psychedelic properties and as such can provide premature enlightenment which can help light your path to actual, gradual, **lasting** enlightenment. It can be immensely useful as an introspective tool and ever so soft, comforting and sexually stimulating.

Don't overdo it. If you're smoking a joint and you forget about it long enough for it to go out then you're probably stoned enough for now.

Sometimes too much awareness of synchronicity or other sudden premature enlightenment can induce people to 'freak out'. This is why the path of enlightenment is gradual. So as for us to naturally accept the change one bit at a time.

Taking too much of a psychedelic

substance even cannabis can lead to panicked energies struggling to cope with the drastic and hasty change in experience of reality. Take it slow, take it easy. Less can be best. At least while you're learning how yourselves respond to a psychoactive substance.

Too much premature enlightenment can shock one with a blasting view of the shadowy aspects of life, appearing to engulf one whole then starting to chew...

Too much immersion with psychedelics and the inane mundanity of everyday, far less enlightened life can torture one. It's like being given an infinite credit card that gets taken away the next day, just as you were getting used to using it.

**Be warned that cannabis severely zaps your energy. It stays in your system for days making you sluggish and muting your will power.**

If you use daily and don't see how

sedating it is try going for three days without and see how much extra energy you have. Sedatives can be useful but be aware of what you're doing to yourselves.

Cannabis is a very easy to grow plant that is illegal in the USA and most countries around the world. The female cannabis plant is the gender which grows the desired sticky flower buds which make you high. These days guaranteed female seeds are sold and also auto-flowering seeds which bloom in a few months regardless of the time of year or grow light cycle. *See carefully the books of Ed Rosenthal.*

By January 2017 the recreational use of cannabis was legal in the eight US states of Alaska, California, Colorado, Maine, Massachusetts, Nevada, Oregon, Washington (although nastily capitalistically not for home cultivation) and the District of Columbia and was being considered for other states. It was

decriminalized in 18 states including New York and Illinois. There were also 25 US states that permitted the medicinal use of cannabis. Canada has said that recreational use will become legal soon. An immense amount of countries have now decriminalized the possession of a small amount of cannabis, including Jamaica, Argentina, Colombia, Méjico (Mexico), Brasil (Brazil), España (Spain), Россия (Rossia or Russia), نازریا (Iran), Italia (Italy), Suisse (Switzerland) and Belgie (Belgium).<sup>50</sup> Denver, Colorado is set to become the first US city to legalize social cannabis use. This means that it'd be legal to use it in clubs and bars. This could be implemented in early 2017.<sup>51</sup> In the country of Nederland (Holland) where it is decriminalized one can buy up to five grams per day and grow five plants at a time (say 100g yield per plant growing for 4-5 months giving your home three grams a day for a very low price).

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<sup>50</sup> Source: Wikipedia: Legality of cannabis, 2016.

<sup>51</sup> Source: Reuters news, November 15, 2016.

“I find it quite ironic that the most dangerous thing about weed is getting caught with it.”

Bill Murray (1950-),  
US Comic Actor

There's a modern hashish type called Pollen. Of all the stupid names! For a start the desired part of cannabis are the female buds and everyone with high school science knows that pollen is only part of male flowers. Secondly even in the context of the female buds the best are unfertilized (sensi, sin semilla, without seed) so again pollen is a bad thing.

If you're going to do cannabis then vape (vaporize) it. Burning it heats it so hot that some of the good stuff burns away. Plus the combustion (burning) releases carbon monoxide and hot smoke which are both poisonous. Vaping gently heats the good stuff from the cannabis turning it into vapor. You get more for your money and it's far better for you.



Wild cannabis plants growing 10" tall in काठमाडौं (Kathmandu), नेपाल (Nepal), 2016.

The hedonistic pleasure obtained from cannabis is a major part of the cannabis subculture. This pleasure is solely from a strong relationship with a plant and isn't based on any worthy action by the user. This makes it a dangerous pleasure as it's artificial, not resulting from internal

goodness like progress, sexual reproduction or exercise, instead the user is simply being pleased by the plant. It's dependent on the plant and maintaining one's stock of the plant. It can however be occasionally useful as an aphrodisiac or sedative, as well as psychedelically illuminating.

Try <http://www.hightimes.com> for info on cannabis.



# PSYCHEDELIC PLANTS

Psychedelic plants; mushrooms, truffles, cacti and more can provide warm experiences for a few hours at a time that shine with enlightened truths. It is very much a premature glimpse of enlightenment, a premonition, a preview, an advert for and not the true, gradual, **lasting** enlightenment which is what you can achieve over time with our help here. Nevertheless these occasional, beautiful glimpses can help encourage one on their path.

Sometimes too much awareness of synchronicity or other sudden premature enlightenment can induce people to 'freak out'. This is why the path of enlightenment is gradual. So as for us to naturally accept the change one bit at a time.

Taking too much of a psychedelic substance can lead to panicked energies

struggling to cope with the drastic and hasty change in experience of reality. Take it slow, take it easy. Less can be best. At least while you're learning how yourselves respond to a psychoactive substance.

Too much premature enlightenment can shock one with a blasting view of the shadowy aspects of life, appearing to engulf one whole then starting to chew...

Too much immersion with psychedelics and the inane mundanity of everyday, far less enlightened life can torture one. It's like being given an infinite credit card that gets taken away the next day, just as you were getting used to using it.

**Reality is belief. Belief is majorly influenced by one's perceptions. Therefore taking substances that affect perception can actually affect reality.**

The Tibetan Book of the Dead (Bardo

Thodol) describes the cycle of renewal of the psyche. As one can experience when traveling one's path of enlightenment (and on psychedelics).

- The Bardo or level, A, (Chikhai Bardo) is the transcendence of enlightenment. Where one can transcend beyond space-time, beyond words, beyond self. There are no visions and no thoughts. It is a time of pure awareness and ecstatic freedom from Social energy involvement. This is the Clear Light. The secondary sub-level of level A is being aware of reality / Social concepts. Also being self aware of the happening of the experience.

- Level B (Chonyid Bardo) is the high awareness of the energetic vibes of reality, including Societal energy somewhat distanced from Society. Here one can experience hallucinations, both positive and negative.

- Level C (Sidpa Bardo) is being a player within Society. Back playing the usual

games, interactions, of Society.<sup>52</sup>

The more enlightened that one is, the more they experience level A. The average psychedelic tripper spends most of their time on level B.

“For the unprepared, the heavy game players, those who anxiously cling to their egos, and for those who take the drug in a non-supportive setting, the struggle to regain reality begins early and usually lasts to the end of their session.”

The Psychedelic Experience:  
A Manual Based On The Tibetan  
Book Of The Dead book,  
Written by Dr.s Timothy Leary,  
Ralph Metzner and  
Richard Alpert (Baba Ram Dass)

**Those are the types of people who shouldn't trip on psychedelics. Plus those who are too haunted. The level**

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<sup>52</sup> Source: The Psychedelic Experience: A Manual Based On The Tibetan Book Of The Dead book by Dr.s Timothy Leary, Ralph Metzner and Richard Alpert (Baba Ram Dass). See *appendix III: Ten Books To Read*.

B hallucinations, the energetic vibes of reality, including Society, are so acutely perceived, that they can be astoundingly beautiful but when Attacking openly on an energetic level, can be too much to handle, especially for half day sessions on LSD. The level C, everyday reality consciousness, helps keep these Attacks to the subconscious where they're autonomically dealt with and instead influence the personality. Psychedelics can be used to help the haunting but one doesn't learn how to swim by diving in at the deep end. Obviously generally we recommend approaching enlightenment gradually via the methods we describe in this book. Using this to free oneself from Attack (haunting). If drugs are chosen then psychedelic plants over the artificial LSD keep the experience more natural, sessions time limited and strong cannabis even more so yet with less of a psychedelic effect.

In a car after an illegal rave:

Marilyn: "That was the most wonderful."

Vicky: “You wait ‘til Friday.”

Marilyn: “It can’t be as good as tonight. It could never be as good as tonight.”

Tim: “Had a good time then?!”

Vicky: “I’m thirstyyy.”

Marilyn: “Tonight was it for me. Tonight was it.”

Other Guy: “You’re still traveling, Marilyn.”

Marilyn: “I saw the world as it really is. I know now. I know everything.”

Later that day Marilyn commits suicide.

A few days later in the police station:

Detective Chief Inspector Morse: “Suppose you thought you’d found the secret of life itself.”

Sergeant Lewis: “There isn’t one, is there?”

DCI Morse: “That’s what really wicked. To make you think there is. To make you think you’ve seen everything there is to see at 16. That you’ve had the best of life before it’s even begun. To make you think there’s nothing left to live for.”

Inspector Morse (1987-2000) TV show,  
Episode Cherubim & Seraphim (1992),

Written by Julian Mitchell

Acid, LSD-25, blotters are available for low cost worldwide. These contain minute, **catalytic** doses of around 100µg,  $\frac{1}{10,000}$ g, of active chemical. Acid was discovered by Dr. Albert Hofmann (1906-2008) in 1943 while working for Sandoz pharmaceuticals in Basel, Schweiz (Switzerland). He unwittingly inhaled an active dose then fell off his bike cycling home to get some rest. Acid trips of course provide a psychedelic experience but they do so without the warmth of plant psychedelics and they lock the user in the psychedelic state for three times as long, half a day, 12-hours. It can end up being a marathon that overtaxes or overexposes one unnecessarily. Plus being laboratory not plant made it's unnatural.

Gaia's (Earth's) psychedelic plants can be quite easy to grow at home. Beware of legal prohibitions in this regard.

Psychedelic mushrooms like *P. cubensis* B+ can be grown in a box from spores in just a few weeks. They last for years when dried and can be infused into syrups, turning them blue, for easy storage and use.

Like Obelix in the Asterix books. **Move beyond psychedelic drugs to a psychedelic mindset and way of life** **⇒**. **It's doable, gradually.** Don't rely on psychedelics. **Instead live the life, walk the path.**

**If you had the (legal) opportunity do try reading this book while in a psychedelic mindset to see if it helps you see clearer some of the truths contained within these pages.**

Don't believe the book *The Psychedelic Experience: A Manual Based On The Tibetan Book Of The Dead*<sup>53</sup> where it tells

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<sup>53</sup> *The Psychedelic Experience: A Manual Based On The Tibetan Book Of The Dead* book by Dr.s Timothy Leary, Ralph Metzner and Richard Alpert (Baba Ram Dass). *See appendix III: Ten Books To Read.*



its readers that psychedelics are safe and simply fantasy, albeit one that should be distanced from. For instance if one couldn't keep a fear Attack at bay then one could die of fright. Keeping sedatives handy would help. Guns save lives and they take lives. **Powerful tools are dangerous and must be used with great caution, and skill must be developed for their better use.**

Synesthesia is, when tripping, the boundaries between your senses become blurred and you see sounds, hear colors, etc..

“We’re all wired into a survival trip now. No more of the speed that fueled the ‘60s. That was the fatal flaw in Tim Leary’s trip. He crashed around America selling consciousness expansion, without ever giving a thought to the grim meat hook realities that were lying in wait for all those people who took him seriously. All those pathetically eager acid freaks that thought they could buy

peace and understanding for \$3 a hit. But their loss, and failure, is ours too. What Leary took down with him was the central illusion of a whole lifestyle that he helped create. A generation of permanent cripples, failed seekers, who never understood the essential, old mystic fallacy of the acid culture, the desperate assumption that somebody, or at least some force, is tending the light at the end of the tunnel.”

Hunter ‘Raoul Duke’ S. Thompson  
(1937-2005),  
Fear and Loathing in Las Vegas (1998)  
movie,  
Written by Hunter S. Thompson,  
Terry Gilliam, Toni Gironi, Tod Davies  
and Alex Cox

# ALCOHOL

**Alcohol is a poison. From a glass of red wine with dinner to a swig of vodka, all alcohol is poison. Drinking alcohol is a form of self-harm.**

However this poisoning oneself puts one at a distance to reality, for reality is being very aggressive and attacking. **This distance can be very useful yet also very addictive.** Thus it can temporarily relieve the symptoms of Attack. Alcohol (especially vodka) may be Society's best invention. Better than bread, clothing or money in that nothing can help you as much as fast and as simply. **Alcohol can be especially useful, especially liquors, to help buffer shock including positive change.** Like if you've received bad news or even very good news. Society often uses it similarly for example to celebrate events like a windfall.

In one view drinking is a form of self flagellation; self punishment.

**Alcohol abuse is an extremely large problem for Society.** One example is London's Heathrow C21 Terminal 5 building was built by workers a shockingly high amount of whom who were drunk on the job according to their employer BAA. Half a dozen workers were killed by falling off the roof. This is just one example.

Even medium level alcoholism is a very manic depressive lifestyle.

Alcoholics watching their wallets have to choose between strong drinks giving better value for money (percentage of alcohol per dollar), liquors, and more easy going drinks with less alcohol and a higher price tag, like wine and beer. **In actuality it can cost more to drink less.**

Alcohol is absorbed quickest on an empty stomach. Eating will get in the

way of you getting drunk. It's better if you eat earlier in the day anyway.

**Alcohol severely depletes your internal water supplies so it's imperative to drink water** with like a cracker, a slice of bread or some naturally isotonic (with sugars and salts like Dioralyte) juice added to replenish yourselves. This aids water absorption. Around 1 pint / ½ liter per hour should do nicely. There's far more damage that alcohol does every time you drink any BTW.

If you're going to drink at home use a jigger, a measure, to give you exactly the same amount of meds in each drink.

“Some say a man ain't truly happy until a man truly dies.”

Sign O' The Times (1986) song  
by Prince,  
Written by Prince

“I won't get to get what I'm after till the

day I die.”

The Seeker (1970) song by The Who,  
Written by Pete Townshend

Be aware that Attack desire wants you to suffer, it wants you to be hit, set back, hindered, inhibited, prohibited and more. This Attack energy is somewhat sated when you're hit in this way. This relief (from the Attack energy) is what these songwriters are taking about.

If the choices were dying a lot or dying just a little which would you choose?

The Alcoholics Anonymous<sup>54</sup> 12 Steps to freeing oneself from addiction to alcohol are:

1. We admitted we were powerless over alcohol – that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.

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<sup>54</sup> <http://www.aa.org>

3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God, as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

12. Having had a spiritual awakening as the result of these Steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.



# CIGARETTES

**Don't smoke. It kills you.** It blocks your lungs from getting nature's beautiful, freshly polluted air in them. **Smoking is a form of self-harm.** **You know that it's bad for you.**

**Ask anybody who's quit and they'll tell you they made the right decision.**

You'll be hindering yourselves from becoming fit if you smoke, it's that simple. Smoking includes the inhalation of toxic and carcinogenic chemicals, like carbon monoxide and the chemicals Big Tobacco add to their Cancer Sticks to keep them alight let alone the tobacco itself. **It gives you a cough. It's such a weak buzz** and it's so easy to quit compared with other meds. You're extremely hurting yourselves for a pitiful high. Get a grip!

**Smoking costs a lot.** Count it up over a

week. Then times that by 52 weeks in every year. Notice how cigarette filters are skin colored to blend in with your hand. These Big Tobacco barons are getting very wealthy off of your weak will. You can stop giving away your cash together with your health. You can quit smoking with just a bit of will power and a small change in lifestyle. Try it and see how much better you feel.

Smoking makes your fingers and teeth yellow and it makes you, your clothes and your environment smell. Try chewing sugar-free gum instead. You could even try nicotine gum and continue to get the (tiny) smoking high.

**If you smoke change your life by quitting. If you can't quit then at least move over to e-cigs.**

Smoking kills an estimated six million (6,000,000) people each year while the tobacco industry was estimated to be

worth around \$0.8 trillion in 2016.<sup>55</sup>

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<sup>55</sup> Source: Reuters news, November 3, 2016.

## OTHER MEDS

Keep other medications, especially anything of chemical not plant origin, to an **absolute minimum**.

Chemical meds are unnatural however temporarily useful they may be. Mainly this provides a security issue.

Use Bayer aspirin, salicylic acid, which is plant derived instead of Tylenol, acetaminophen, which is chemical.

Especially beware of opiate (and opioid) meds like codeine, Percocet and Tramadol. **The poppy is an extremely clingy energy**.

You've seen The Matrix (1999) movie (written by The Wachowski Brothers), which pill should you take the red pill or the blue pill? Reject the premise of the question. It's best not to take any pills (especially not a red one).

In a Vanity Fair<sup>56</sup> magazine article entitled “Deadly Medicine” they state that **prescription drugs kill 200,000 Americans every year.**

Try <http://www.rxlist.com> for info on pharmaceutical meds.

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<sup>56</sup> <http://www.vanityfair.com>

# WARNINGS

“It is dangerous to be right in matters on which the established authorities are wrong.”

Voltaire (1694-1778),  
Français (French) philosopher  
and author,  
Translated from the Français

**Deviating from the norm makes one an outsider.** Society reacts differently to outsiders; xenophobically mainly, that's a fear and often a hatred. It's rare to be wealthy. **It's rare to be enlightened.** It's rare to be independent. **This doesn't make it wrong.** Having strength in your convictions, as the 易經 (Yi Jing) instructs staking one's life on following one's will (or in other words, doing things wholeheartedly) is necessary for progress.

Most people won't accept (into their belief system) anything outside the gen pop

(general population) beliefs. Like talking about energies without meaning electricity. Talking about things widely accepted in sub-cultures like poltergeists or incubi.

Society's people will judge you on sight. They'll fit you subconsciously, instantly into stereotypical pigeonholes. For example if you have hair longer than the norm for your gender, your age, your position in their society. Or hair shorter than the norm. If your accent or pronunciation is off. If your clothing is abnormal. If you're disabled or sickly. If your posture or body language is different. **Society is cruel and ruthless.**  
**Don't be their victim.**

**A dedicated lifestyle can be so very ultra different to >99.9% of other people's that they can't relate to you.** You look different without makeup, nail polish, mini-skirt or heels, or with a beard, long hair, if you and your family including your kids live and stay separate, if you

grow your children free from the influence of Society via their multimedia religion, if you even speak a unique variation; a Pidgeon English, if your clothes are different; basic; functional not high fashionable, if you don't adhere to Society's customs of their specific holidays, recipes, fragrances and the like, if you live in a unique homestead not a mass-produced design. Your energy becomes different to a normal member of Society, and it's visible. People are far more subconsciously aware than they know. They can tell you're different from afar. Subconsciously sensing your cleansed aura. **Deeply resenting you for your freedoms and comparatively their lack of such. Most people like the theory of freedom.** Despite their desperate clinging to an archaic structure. **Yet hardly anyone utilizes their freedoms.** Especially rare is freedom from dependencies.

Every step you take towards a new life, a better you, is somewhat of a step away



from Society. Beware of the risks.  
**Advance with awareness.**

“Of course I’ve changed. My eyes have opened. And once they’re opened, believe me, what used to look normal seems insane... Can’t you see?!... Join the rest of them. They’ll tell you I’m crazy. You’ll get plenty of people to tell you I’m crazy. You won’t have any problems filling out your divorce papers on me. But somebody’s gotta try, goddammit.”

District Attorney Jim Garrison (1921-1992),  
JFK (1991) movie based on his  
and Jim Marrs’ factual history books  
and scriptwritten by Oliver Stone  
and Zachary Sklar

**Sometimes the bliss of enlightenment is tempered by the experience of the nightmare one’s surrounded by.** (Change your surroundings and come and live & learn with us.) A care-full balance of pace along the path must be

focused upon. Move too quickly, for example by too long immersion with psychedelic chemicals and the negativities appear uncopable. Move too slowly, rarely appearing tempting on such a bright path, and the inanity, mundanity, shadowy aspects of Society appear to engulf one whole then start to chew...

Being classed as a separatist can have negative connotations. Being separatist isn't bad by nature. It's the difference between different tables at a restaurant and a family eating at home.

Disagree with Society on some points and they'll want to lock you up. Encage you in a tiny cell probably together with a raging homosexual.

You'll find wild animals out there in the wilderness. Especially wolves and coyotes. Bears and cougars may not be too far off. In hotter places expect more deadly animals; spiders and snakes plus

other dangerous animals like scorpions and millipedes. Mosquitoes can be carrying deadly micro-lifeforms like malaria, Dengue fever and Japanese encephalitis. The oceans are home to sharks, barracudas, rays, jellyfish and other dangerous animals.

The further away you get from Society the further away you get from highly skilled emergency medical care. Also from the aid of law enforcement and firefighters. You'll need to try to replace any services you lose.

Tourette Syndrome<sup>57</sup> can be acquired through an increased awareness of environmental energy including Attack. Finding out what makes you tick can make you tic. One aspect of this disease is a state where one finds one's imperfect situation unbearable and dominating energies ingressing so it's probably exacerbated if you're a

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<sup>57</sup> <https://www.tourette.org>

maternally raised only child or other uncontrollable, perfectionist type A =). It is, in one view, akin to stamping your feet on the ground in defiance of the situation around you. You spit at the location because of its imperfection. (You might want to swap chocolate for cocoa nibs.) See the movie *Niagara, Niagara* (1997) for some excellent acting of this tragedy. Attack wants you to communicate with external, it's the norm for Society to be linked in this way and external's energy or external's Attack often wants to communicate with you.

Temporomandibular Joint Syndrome (TMJ or Click Jaw) can afflict one working on their energy cleanliness. It is an Attacked energetic condition easily exacerbated by proximity to Society. Therein lies a clue to recovery; get some distance. As seen in the movie *Magnolia* (1999) (written by Paul Thomas Anderson) and referenced in *Poison Ivy* (1992) (written by Melissa Goddard, Andy Ruben and Kat Shea Ruben), "it

almost killed Burt Reynolds.”

Symptoms of schizophrenia and other mental health conditions may present themselves in life. This is natural yet not to be focused upon. Society is usually more than happy to freely taint your record with mental health labels.

Frothing at the mouth isn't unheard of.

Claustrophobia and other panic attacks can occur. This is the incurrence of external energies. It frequently wants to delude you that it deserves to invade your space, to not be separate, that it is in fact good. All Attack delusions. The best solution is to afford to have your own space. In Society this can be a difficult thing to achieve despite the immense free space on our planet. Failing that sedatives help heaps.

The Spiritual Leader of Terra Sanctuaria has spent time in prison for being outside where communication with law

enforcement was difficult. These difficult experiences don't need to happen. Use great care in your dealings with Society and one can try to live near them in relative safety if absolutely necessary.

A view is that someone who's aware is the same as someone who's sensitive. As such less thick skinned and more vulnerable to Attack. **It's worth it.** Use additional security.

An amazing, love story movie called Niagara, Niagara was made about a young woman with Tourette Syndrome. It was made in 1997, directed by Bob Gosse (1961-) and starred Robin Tunney (1972-). They married the following year and shared a decade. The following two excerpts are from their interview in IndieWire magazine, March 20 1998 (emphasis ours).

“None of [the people with Tourette I spoke with] really felt sorry for themselves. **It's something that's so**

**much a part of you that you accept it.**  
You have to.”

Robin Tunney,  
US actress

“I thought the Tourette Syndrome was a great spin on this whole road movie, love story angle in a darkly comic way. And once I got an understanding of what the disorder was, **this complete uninhibited release of energy**, then I really got excited about the script and decided to pursue it as a film. Then it became more about the love story, the tragic element... It spoke to **this freedom, this lack of inhibitions, ... and by being that free, you are considered a misfit.**”

Bob Gosse,  
US movie director

## PART III: ISSUES

**NB If you're not part of the solution, you're part of the problem.**

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- *Reminder: Reevaluation* 646

### Governmental Issues

“Just because you do not take an interest in politics it doesn't mean politics won't take an interest in you.”

Pericles (495BC-429), 430BC,  
ελληνικά (Ellinika or Greek)  
Athenian statesman,  
Translated from the ελληνικά

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- Constitution 660
- Free Land 661
- Freedom of Speech 662
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## **Societal Issues**

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## **Other Issues**

- Lifeform species extinction, both animal and plant,
- Non-sustainable industry consumption like forestry that doesn't replace trees felled and fishing species to extinction,
- Mass scale animal cruelty of factory and battery animal farming. Plus the Attack

vibes embedded in these food products which are being consumed in massive amounts by Society. This is especially so in fast food restaurants,

- Unnecessary animal slaughter for unfashionable fur clothing,
- Mass scale human cruelty of killing unborn babies,
- The now two decade plus uncontrolled internet. Pornography used to be somewhat difficult to obtain because one had to physically go into a store to buy a porn mag or video and convince the clerk of their adulthood. Of course kids acquired them anyhow but the ease of access to legal and, more concerningly, illegal porn has increased by a quantum leap. Bank cards are available to children yet this is still the only age verification process and it inherently doesn't work! Restricted to adults computer & video games and movies also are exceedingly easy to obtain (mainly using P2P (peer-to-peer) file sharing like bit torrents) in minutes on any home internet connection. Just as is

porn including pedophilia, bestiality, scat, and snuff. This content is obviously also available transmitted directly into kids beds on their phones. **The information age is uncontrolled.** Despite all governmental attempts. This is another issue which is now and has been for the past few decades changing Society for the worse,

- Laudable audiophilia is Attacked by MP3's implicit poor quality despite technology not requiring its throughput and storage space savings anymore. **MP3s are bad quality music.** They always have been and they always will be. Today's youth have no frame of reference to know this. CDs are uncompressed audio at 16bit 44.1kHz and DVD-A are uncompressed audio at 16bit 48kHz. Bad quality, lossy compressed audio like MP3s are also present on Web TV & movies and DVDs,
- Planetary oil supply limitation. Yet developing nations are increasingly relying on petrochemical engine cars. Despite the new technology even the

First World is being slow to uptake EV (electric vehicle) cars.

# ***REMINDER:*** **MEDITATION**

*Level: Easy*

**Your life's focus should be meditation. Your main focus of every day. Your main focus of every action. This will move you along your path of enlightenment.**

There are so many different approaches to meditation. **The ultimate aim is to bring your focus to yourselves then more internal than those personality traits to your body and to rawer reality. To leave common reality with bodily stresses far behind and be at one with your experience, at peace.**

Common meditation practices are to focus on one's breathing, letting one's mind stop its internal chatter. To focus on one's body through visualization and cleansing and relaxing each area from head to foot. To focus on tensing and

relaxing each muscle in succession from head to foot to give focus to your relaxation.

**A favorite meditation of ours is to hum and let your hum resonate through your body. Then, as you settle into this, lower the pitch of your hum. This simple, yet ever so internalizing and cleansing. This can be a deep reaching meditation. The theme tune for your life should be a deep hum. With your own songs an inspiring change.**

A standard being in your exercised body and simply lying down relaxing and resting, calming the mind, can bring on a deeply relaxing sleep meditation.

**At most times keep your mind focused in the moment, the now.** This allows focus on your awareness of the now. The 易經 (Yi Jing) talks of times when not to let your thoughts stray beyond your

current situation. However also the mind likes to make sense of what it experiences. It's useful at times to let your mind wander somewhat and deal with those nagging and hanging around thoughts. Allow yourselves to consider recent events. What others said and did with you and how you interacted or at least how Attack showed you interacting. Give yourselves time to plan your life and to prepare both mentally and physically for your planned events.

# **REMINDER: AWARENESS**

*Level: Easy to Advanced*

**Along with meditation a constant focus on increasing your awareness enables you to progress your enlightenment.**

With correct focus over time you'll see the gradual progress of your awareness expanding constantly to new levels.

**Goodness and the natural world are beautiful.** You created it so of course it is. *See chapter Self-Creationism.* Every little thing. Every large thing. It all matters. **It all deserves care, attention and your most blessed possession; intelligent thought.**

Attack (evil) also deserves awareness (and care) including the natural progression of this; intelligent thought about your world now in your



consciousness. **For your own security.**

“Be here now.”

Baba Ram Dass (1931-),  
US spiritual leader  
And cohort of Tim Leary

**Today is the best day of your life.** We say this because today you are the most progressed along your path of enlightenment that you've ever been. **You have accrued the most amount of experience ever for you to have available to analyze and learn from.**

**Plan and pre-authorize all non-autonomic bodily movements.** For instance actions like getting out of bed, opening the drapes and **scratching your nose.** **Beware of propensity to action.**

**With dedicated practice it is possible to see the vibe of the energy of a given situation. This is made up of various factors. See chapter Factors. This is one of the most important**

## awarenesses in life.

The paranormal exists, it's just not fully explained by science yet. Don't be perturbed by your new awarenesses. They're simply a forgotten and repressed part of natural human life. Movies that show increased sensory awareness (extra sensory perception (ESP)) include The Sixth Sense (1999), Minority Report (2002), Donnie Darko (2001), Unbreakable (2000), The Dead Zone (1983) and Star Wars (1977) amongst others.

Sensing upcoming change like large life events is a basic enlightened awareness.

Aim to dissolve the barriers restraining your subconscious from your consciousness. Your consciousness does serve the purpose of protecting your subconscious. Like a cache, a filtering

system for handling everyday life and extracting only the best to go forward with you. To accept into your reality. **So be gentle and gradual with yourselves.**

“Open your eyes and you shall see.”

Lee ‘Scratch’ Perry (1936-) et al

**Don't be the alien ape that doesn't understand the world around them.**  
**Know how things work.** For instance know how the engine of your car works, know how your pen works, know where your food is from, know who claims ownership of the land you're now on, know how the electricity that powers your phone was generated, know how the laws Society tries to adhere you to were made, know how your clothes were made from pesticide laden, genetically modified, Third World cotton plantation and polyester chemical plant to loom to seamster / seamstress again in a less developed country to warehouse to delivery to you. What are your views on this? How can your world be improved?

## **It's your world and it's good to know.**

**Awareness brings responsibility.** You can't say "I didn't know!" It especially brings the responsibility to improve one's situation.

**You must love your new awarenesses bringing more truth into your consciousness. You'll feel the pain of the realization of imperfection in your life and in the world around you.** Deal with it anyway you can and focus on appreciating your insight. If people are too fearful to want to see the truth of their reality then we appreciate that. It's understandable. It can be a very nasty reality to awaken into. If they need to keep deluding themselves to maintain their status quo, their normality and their life with all it's 'normality' then so be it. We choose the truth even when it's a hard pill to swallow. That's our choice.

In calm times be aware of your breathing and your heart beating. Don't try to

control them other than to keep them relaxed. Listen as you would watch a river flowing besides you.

Be able to visualize people naked. Taking into account their possessions including those out of sight. For example for security reasons you've visualized where their testicle are to kick if needed and checked whether or not that's a weapon they're carrying in their hand. Plus for the erotic aesthetic there's often a sexy body under their clothes!

**Widen your field of view.** Looking straight ahead you can see far more than in the center of your focus. Practice this. It gives you far greater vision without giving away the object of your visual focus. Social groups like to stare at, to scrutinize their members. This is unnecessary to see them.

**See with your Third Eye, your mind's eye.** Visualize your environmental vicinity as a 4-dimensional model (the

spatial 3-dimensions plus the dimension of time). Each of your eyes add some visual information. Each of your five senses; sight, sound, smell, taste and touch, add information to your model. Plus utilize your sixth sense, that which current day science can't explain. Note that too much focus on any one sensory organ such as your right eye is unbalanced and leads to a far less well formed environmental image.

Be especially aware of the levelness of the ground upon which you walk. Notice the obstacles like bollards, lampposts, curbs and trees.

Your model of your environment is not limited to standard views. **See other layers.** For example see levels of hygiene, like a dirty street floor, a possibly infected, recently used, meat chopping board, your hands after receiving change, holding a hand rail or shaking hands. See levels of danger for instance walking over a manhole cover

which obviously is a cover for a hole compared with walking on solid ground. Be aware of the people in your model, the one's that are easier to spot and the probabilistic fact of the people out of standard sensory range. Like the people in the houses or schools as your walk down the street. Have an awareness of the vehicles on the street and the people in them. Notice the birds in the trees and other animals in your environment. If audible be aware of the planes flying overhead.

Gradually learn to feel the vibe of the different times of Society. The different hours of the day, morning rush hour vibes and coming home from a long day at work vibes. The days of the week, Sunday's home group and preemptive annoyance (and (r)itch) at Monday vibes and Thursday's craving the weekend vibes. The seasons in a year, the promise and rebirth of spring and the deadly harshness and often depression of winter. At least.

“I don’t like Mondays. This livens up the day.”

Brenda Ann Spencer, 16 years old,  
In response to a question of why she  
shot children arriving at the Grover  
Cleveland Elementary School in San  
Diego, California in 1979 with her rifle  
killing the two adults herding the kids  
indoors and injuring eight kids  
and a cop<sup>58</sup>,

Written into the song ‘I Don’t Like  
Mondays’ (1979) by Boomtown Rats,  
Written by Bob Geldof,  
Covered by Tori Amos

“I wanna wake up for real. How do you  
really wake up?”

“I dunno. I dunno. I’m not very good at  
that any more. But if that’s what you’re  
thinking, I mean, you probably should. I  
mean, you know. If you can wake up, you  
should. Because someday you won’t be  
able to. So just... um... but it’s easy, you

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<sup>58</sup> Source: snopes.com



know, just, just [waves hand through his air] wake up.”

Main Character talking  
with Richard Linklater,  
Waking Life (2001) movie,  
Written by Richard Linklater

# **REMINDER: REEVALUATION**

*Level: Medium*

**Reevaluate your world. Reevaluate every little thing in it. Challenge everything.** Everything that you've been taught, everything that you're being taught, everything that you used to do prior to this moment right now in your life. Consider, **think** about, every word you use, every tool you use, every item of clothing you wear, everything you eat and every habitual action that you do. **Rebirth yourselves!**

Of course this rebirthing takes time! But it makes you sure of yourselves, of your world, your life. **It let's you make sense of, understand, your world and this understanding is invaluable. It puts your life gradually back under your conscious control.** You reassess yourselves, reauthorize your life.

To reconstruct your life the way you want it to be you have to knock down some walls. **You need to stop before you can restart.** Stopping gives you some distance and the peace to find your footing on your new path.

**You must gradually learn to think for yourselves. Like the working out of a mathematical formula. Everything must be taken far back to basics to understand more about it; how it came to be, what it means, how it can be improved upon, etc.. This takes time.**

# REPUBLICS (GOVERNMENT)

**Every peoples in every global state deserve freedom from oppression.**

They deserve to live in a free republic not cowering unheard under the tyranny of a dictatorship nor subjects in a monarchy.

All monarchical terms are therefore bad; because they're of a bad, monarchical, system, like king, e.g. The Real Estate King of Seattle, queen, e.g. queen sized bed, duke, e.g. the Dukes of Hazzard, princess, e.g. looking like a princess, dame, e.g. a classy dame, etc.. The difference in sprit between “god bless America” in the USA and just “god bless the Queen” in the UK is immense. The “long live the king” banners on ไท้ม (Thai) taxis is so fundamentally different to the West’s “[everyone should] live long and prosper.” The amount of C21 people still

living in monarchies on the planet is pitiful. This shows a vast amount of modern Society to be deeply backward in terms of people power and self-respect including Canada, Britain, Australia, New Zealand, España (Spain), Norge (Norway), Sverige (Sweden), Danmark (Denmark), Belgie (Belgium) and others.

“Give me liberty or give me death,” said Patrick Henry (1736-1799) in 1775. Similarly, “live free or die,” is the state motto of New Hampshire.

They deserve a civil structure, a government, which protects the populace.

A socialist (as we're using the word) government institution which provides a civilization for its population. **A free provision for those who can't purchase their own** of housing, high quality education to all levels, healthcare, legal services and money for essentials such as food. It's about caring for society

and nothing to do with anti-capitalism nor communism.

**It's the institution that is the government, that provides for the people, not the rotating figurehead.**

Oliver Wendell Holmes Jr. (1841-1935), US Supreme Court Justice and a Republican said “taxes are what we pay for civilized society.” No tax rate above 25% could seem just to us.  $\frac{1}{4}$  of one's income could be seen as affordable especially when compared to paying more. In a utopian future 10% sounds far fairer. Progressive taxation, tax having banding, makes sense because it's just. People with more **can afford** to pay more. Should they be duty bound? Yes. Like if one person owned the world's stockpile of computer chips. The consensus would be ‘share, share, that's fair’. Taxation is the most aggressive act of government. It's often levied on the wage earners, who are predominantly men. One's first \$15K earned should be

tax free. This is because it leaves one with just enough to meet their basic needs.

Children pay Sales Tax, Personal Income Tax, etc. like adults yet aren't permitted to vote which is **taxation without representation**, over which wars have been fought.

In a public referendum to change the status quo, including elections, there should be a requirement for a two thirds majority. Displeasing almost half the populace while claiming legitimacy is among the stupidest things a government could do.

**The general public aren't intelligent nor well informed enough to make major political decisions. They're a bunch of amateurs while they employ a bunch of professionals; the politicians. The general public therefore should not be consulted in referendums nor even in elections,**

unless they can prove both intelligence and knowledge about all sides of the argument in question. Members of the general public should have to pass an intelligence level to be allowed to serve in a court jury. (They're educated about both sides of the argument in court.) A mature independence test would prove if a person is too easily swayed by external influence, be it a charismatic lawyer, subliminally communicative advert or biased news story. If the qualities of general intelligence and mature independence were tested every decade, maybe the best of three, and the results displayed on government issued identification cards then an individual's eligibility would be quick & easy to get. It could then be used to determine, when used in conjunction with a specific knowledge test, the right to vote, to buy alcohol or cannabis, the right to consent to sex, to view disturbing



**movies and other rights currently solely determined by age.**

The traditional view of patriotism is flawed. **It's not just about your country. It's about every country.** **Governments understand this.** This is why they work together at the UN (United Nations), NATO (North Atlantic Treaty Organization), EU (European Union), AU (African Union), ASEAN (Association of South East Asian Nations), World Bank, IMF (International Monetary Fund), etc. and go off and fight wars in other countries. **We are all global citizens together on our shared planet.**

**Being separatist isn't bad by nature.** **It's the difference between different tables at a restaurant and a family eating at home.** Separatist peoples deserve the right to declare independence and autonomy. Whether it be our church commune, the Jewish peoples, Tibetans, Catalans, Kurds, Australian aborigines, Native Americans

or others. Wanting to be separate is a valid desire in itself. It's not a slur on those from whom you separate.

**“When people fear the government, there is tyranny. When the government fears the people, there is liberty.”**

**President Thomas Jefferson (1743-1826)**

Government should protect the rights of the peoples. Protect their freedoms from oppression. **A list of freedoms could be infinitely long so it's more the spirit of the freedoms that counts. The spirit that no freedom shall be inhibited unless it endangers the public or forces its will upon another.** Freedoms to be protected include the right of association, the right to peaceful assembly and the freedom to emigrate and disown your nationality.

**“Those who deny freedom to others, deserve it not for themselves.”**

President Abraham Lincoln (1809-1865)

**Equal rights are deserved by all lifeforms, by all animals, by all humans.** We mean the basic human rights of freedom from tyranny, slavery, torture, etc.. We don't mean that pensioners deserve the right to fight in Special Ops, because they have the disqualifying characteristics of feebleness, etc.. **All genders, of all ages, all psychologies, all pathologies, all races, all religions, all cultures, in all countries.**

“To sin by silence when we should protest makes cowards out of men.”

Ella Wheeler Wilcox (1850-1919)

**Military service and draft defy human rights.** Even in the extreme scenarios of WWII or ETI invasion those who want to fight should fight. Those who don't shouldn't have to. Let them flee or surrender. It's their choice.

**People deserve free civil membership upon conception without any requirements, for example military service or draft-able status.**

**Countries should be as self-supporting as possible. Otherwise they are literally helping ‘the enemy’.** For example Apple, the USA’s largest business, manufactures their USA designs in the Foxconn mega-factory in 中国 (Zhonghua or China). For the saving of a tiny percentage of profit for the world’s wealthiest business. They could be creating US jobs and increasing US GDP (gross domestic produce) to strengthen the economy of the USA. **Instead they are literally financing a country which is in a cold war with the USA.** Frequent 中文 (Zhongwen or Chinese) cyberwarfare attacks are experienced by the USA. The 中文 country they’re supporting has one of the highest death penalty execution rates in the world, they oppress the countries of

Tibet, 台灣 (Taiwan) and 香港 (Hong Kong) and were in the mid-2010s antagonizing the world with their extraneous territorial claims over the (perhaps badly named) South China Sea. Apple, as only one example, do all this due to (the Deadly Sin of) greed. **To make an extra buck profit. This narrow minded, short sighted, logic destabilizes the USA which ultimately threatens the very safety of the beneficiaries of the extra buck profit.**

One of the world's most violent nations in history, Deutschland (Germany), was stopped in its violence in the 1940s. Under two decades later, Deutsch (German) made VW Beetles and Campers were in demand in USA by hippies. Another decade and the wealthy were demanding Deutsch made Mercedes, BMWs and Porsches. It didn't take long before Deutschland was again the strongest force in Europa, now economically. 日本 (Nippon's or

Japan's) Sony, Toyota, JVC, Honda, etc., etc., have enabled them to regain economic might. Now that they have this they've restarted their global military presence putting aside post-war more pacifistic policies. The forgetfulness of Society with its disregard for policing transgressors has enabled historically violent countries to become extremely strong again. Again threatening global safety as an ex-con is a more likely criminal.

**The rights of the individual are of no less importance than the rights of the masses.** The charter of the United Nations (the UN), of which 193 countries are members, in article 51 empowers that armed force be a permissible response if armed force be used against one. Society is controlled by an armed police force therefore an armed populace is the permitted defense. Some citizens are permitted to carry arms in public and so an armed populace is the permitted

defense. An inherent right to carry arms in public. Revocable upon good reason.

# CONSTITUTION

Every peoples in every global state deserve a constitution.

They deserve to have as meta-legislation their human and societal rights.

Innate rights to freedoms. The freedom of fashion; to wear what they dig. The freedom to write or read any literature they so desire. The freedom of religion. And more...



# FREE LAND

**Every animal has the right to freely claim territory.** This includes humans in Society.

**Land is free, or at least it should be, there's enough to go around.** So there's no rent nor mortgage to pay.

Building your own home takes only one trip around the sun and minimal supplies, mainly wood, which grows so it's theoretically free.

**The reason one isn't permitted land is that it'd take one out of the Circle Game (see *chapter Circle Game*), out of slavery to the establishment.**

# FREEDOM OF SPEECH

**Everyone has the right to free speech.**

A modern society cannot be afraid of a voice. Not of a sole voice and not of a chorus.

**Only with freedom of speech can the true voice of the peoples be heard.**

The recent crackdown on terrorism propaganda online is a move against the right to free speech. Even terrifying speech has an inherent right to be published. Although private corporations, for instance Twitter and Facebook, have the right to censor whatever they want from their domains, just as the people have the right to boycott whichever corporations they want.

People being prosecuted globally **including in the UK** for their blog posts

is a move against the right to free speech. If people don't like what you have to say online then it's exceedingly easy not to have to experience it. By 2016 over a dozen countries had or were considering laws restricting online speech.

Around 2016 中国 (Zhonghua or China), in an operation the US government described as “chilling”, abducted five booksellers, not authors, **from other countries** selling books they disapproved of. In one instance a bookseller abducted from 香港 (Hong Kong) claimed to have been incarcerated for eight months. Another, a Svenska (Swedish) citizen, was abducted from the ไทย (Thai) Sin City พัทยา (Pattaya) was the only one still in custody a year later.

“If liberty means anything at all, it means the right to tell people what they do not want to hear.”

George Orwell (1903-1950)

# FREEDOM TO LEARN

Everyone deserves the right to learn.  
**The right to knowledge is inherent.**

Denial of this freedom comes solely through paranoid fear. Perhaps with 7DS envy & wrath thrown in.

**Knowledge mustn't be banned, taboo.**

From philosophies and politics to painting and carpentry to science and math. From effective cough remedies to easy LSD manufacture from readily available precursors. From blacksmith weapon forging to sexual techniques. From effective ways of snapping someone's neck in hand-to-hand combat to making a detonator for a pipe bomb. The option of becoming a soldier is/was open to most and there one can learn about hand-to-hand combat. The vocation of pyrotechnics is available to most and there one can about learn about explosive detonators. To forbid these

teachings from more available resources like books, ebooks, podcasts and websites is simply hindering the natural, neutral pursuit of knowledge. Like for pornography, R-rated movies and explicit video games Society could instead place an age / maturity limit on educational media.

In the mid-20<sup>th</sup> century the Nazis burned books to the outcry of the world.

**As always Societal legislation must be used against the people perpetrating the abuse of knowledge to harm others, not against the learning of knowledge, which is implicitly neutral.**

# FREEDOM OF RELIGION

Everyone has the right to follow any religion.

They have the freedom to do any religious practice they choose, so long as it doesn't harm others. They have the freedom to believe any religious doctrine. The freedom to start their own religion if they so choose.

This is a freedom of thought, of belief.

The Jewish religion en masse and other religions and cultures practice male genital mutilation (MGM) of babies who obviously can't consent. They cut the foreskin off the penis. Some cultures, especially African, practice female genital mutilation (FGM), again of babies. They sever the clitoris and thereby remove virtually all possibility of sexual pleasure for life. The woman can never experience orgasm, a natural process

involved in sexual reproduction. The contractions during female orgasm push the semen up the vagina helping conception. The WHO<sup>59</sup> (World Health Organization) and other UN agencies have counted 39 countries where FGM is practiced. However it is more prevalent than this as they didn't count countries where it's practiced in migrant communities. These are both crimes against the person, whether the victims ever realize it or not.

The West can teach Islam, by example, how to modernize. As the West, being a Judeo-Christian society, distanced itself from Old Testament extremist teachings in its laws and practices, likewise Islam can distance itself from its outdated, extremist teachings. For example the 'an eye for an eye' rule is ignored in all areas without the death penalty. No Western country has the death penalty for adultery despite the Christian biblical rule stating

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<sup>59</sup> <http://www.who.int>

that the punishment for adultery be death (Leviticus 20:10). The December 28, 2014 speech from President al-Sisi of مصر (Misr or Egypt) is evidence that Islam is starting to become aware of the necessity to modernize and move away from the violent, imperialist views in their religion and towards world peace.



# FREE WILL

**All people deserve the freedom to do whatever they will as long as they don't force their will upon others or endanger strangers.**

No government invasion of free will; forcing private individuals and organizations into behavior it wants, unless it's to ensure the safety of the public. No anti-discrimination laws that affect anything outside of the government itself. No seat belt laws. No anti-self-medication laws. No sexual orientation laws. No laws against the ownership or carrying of weapons. No law against self-harm in any form.

Government shouldn't need to be the parental figure of control, only of support in times of need. **It should protect you from others and not attempt to protect you from yourselves.** That's your job. **It should try to educate you about the**

**dangers of your choices but it must still be your choices over your life.** It

is over stepping its purpose of providing and protecting you from others.

**Everyone has the right to do to themselves whatever they chose.** As long as it doesn't enforce their will upon others or endanger strangers.

This means that everyone has the right to smoke cigarettes in private, even knowing that they kill you. That everyone has the right not to be forced to wear a seat belt, even knowing that they protect you. That everyone has the right to drink alcohol, even knowing that it's poison. Yet not a right to drive drunk on public streets. That everyone has the right to eat cannabis, even knowing that it's detrimental to a Get Up & Do It vibe. **That everyone has the right to self-medicate, even knowing that it could be dangerous to health.**

There should be no governmental ability to intervene with enforced mental health hospitalization and ‘treatment’ for the alleged purpose of stopping people from harming themselves. For example if someone chose to cut off a finger it could be seen by Society as a mentally ill act, determined that they are a danger to themselves then imprisoned in hospital and subjected to enforced, strong medication. In this example it is simply a personal choice, however wise or not it appears to an outsider, and is that person’s right to do what they choose to their body for whatever their reasons may be. It’s fair for Society’s healthcare industry to offer its opinion and treatments for example psychotherapy and medication yet not to enforce its will upon a free citizen harming no one else.

**Suicide is a right.** Whether in cases of incurable, insufferable illness or for any other reason. *See chapter Suicide.*

# RIGHT TO PRIVACY

**Everyone has the right to privacy.**

This includes the right to use high strength data encryption tools. If someone abuses a kitchen knife we don't ban kitchen knives we instead correctly blame the perpetrator.

**A private life is an inherent right that must be protected from the paranoia of nosy people.**

Use high strength encryption like the PGP (Pretty Good Privacy) app to encrypt your data files and even governments won't be able to open them without your help. Try a 4kB PKI (public key infrastructure) DSS/DH key for the AES (Advanced Encryption System) Rijndael cipher with a very long passphrase then bit edit your private key and solely commit your edit to memory. Like doing a logical NOT on the 20<sup>th</sup> bit.

This process is definitely complex but you're building yourselves **an impenetrable vault**. If you're happy to open your files to law enforcement and just want something to keep out most thieves, parents, kids, friends, etc. then you could simply use a 256-bit AES:R encrypted drive with like a 4-digit PIN. You can secure all your USB thumb drives like this and probably also your computer's main drive.

Use a VPN (Virtual Private Network) and even your internet service provider and local government won't be able to see what you do on the web or even where you do it. This is easy to setup with an app and costs only a few bucks a month. It gives you privacy on any internet connection on both computers and phones. Of course governments could still request your data but it's another step in their way. VPNs also secure unsecured Wi-Fi connections.

# DECRIMINALIZED MEDS

**All medications should be decriminalized including all illicit drugs.** All major studies on this come to the same realization. In 2015 the UN was due to publish this recommendation but it was pulled at the last minute due to diplomatic pressure.

Drugs can be very harmful but criminalizing the addicts is unjust and not the way to deal with this omnipresent, immense social problem.

Decriminalizing or even legalization of drugs would enable good purity control. This would drastically reduce the amount of accidental overdoses, mainly of heroin. Also making drugs significantly more safe and in doing so reducing the damage done by them.

*See chapter Cannabis for more info on cannabis decriminalization.*

# NO SLAVERY

Even in the Western world **hidden slavery exists in every country** in the form of prison slave labor.

‘Arbeit macht frei’ (work sets you free) say the infamous signs on Nazi concentration camp gates.

Prison inmates are forced into working without fit recompense; they’re slave laborers. Workers are paid pennies per hour. In Georgia and Texas prisoners are forced to work for free.

Our prisoners are our fellow peoples too and should be treated with respect and dignity however estranged we need them to be. **Any group is as good as its best and as bad as its worst.** How it treats its lowly citizens is as important and telling as how it treats its top class citizens.

**Almost 60% of countries are at high risk of using slave labor in their supply chains.** 조선 민주주의 인민 공화국

(DPRK or North Korea) is worst followed by South Sudan, Sudan and the Democratic Republic of Congo (DRC). Almost 46 million people worldwide are living as slaves, forced into factories, mines and farms, sold for sex, trapped in debt bondage or born into servitude.<sup>60</sup>

The ultra large exporters भारत (Bharat or India) and 中国 (Zhonghua or China) had an extreme risk of using slaves in their supply chains. The EU had a medium risk. The UK, Deutschland (Germany), Danmark (Denmark) and Suomi (Finland) had a low risk.

**Items made using slave labor are therefore immense in scope** and include electronic devices, cobalt for electronics, cocoa, fishing, mining and

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<sup>60</sup> Source: Walk Free Foundation's 2016 Global Slavery Index.



textiles.

# NO DEATH PENALTY

**There's no logical justification for killing a prisoner. This is wrath unfit for a moral society that should lead by example.**

**The convict is already out of Society safe from doing it harm. They pose no danger.**

**Any group is as good as its best and as bad as its worst.** How it treats its lowly citizens is as important and telling as how it treats its top class citizens.

**Plus miscarriages of justice are facts of life albeit rare.**

In the 40 years between 1976 and 2016 there were more than 1,400 legal executions in the USA. This is a civilian life taken by the US government every 10 days. More than  $\frac{1}{3}$  took place in Texas.<sup>61</sup>

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<sup>61</sup> Source: Washington Post newspaper.

**Calmer Societies in cooler climates have already abolished it.** None of the 28 Euro states have it. It's absent from all of Canada. In the USA there's no death penalty in 18 states plus the US capital's District of Columbia and the territory of Puerto Rico; Alaska, Connecticut, Hawaii, Iowa, Illinois, Massachusetts, Maryland, Maine, Michigan, Minnesota, New Jersey, New Mexico, New York, North Dakota, Rhode Island, Vermont, West Virginia nor Wisconsin.<sup>62</sup>

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<sup>62</sup> Source: Death Penalty Information Center, <http://www.deathpenaltyinfo.org>

# PALE CAUCASIAN EXTINCTION

- Pale skin is a recessive trait.
- Blue eyes are a recessive trait.
- Blonde hair is a recessive trait.

These are endangered ethnicities. If Society isn't extremely careful and protective of these ethnicities they shall become extinct very, very soon. The Nordic (north European) and other Caucasian peoples need to take responsibility and procreate within their own ethnicity (this is eugenics).

A pair of blondes can only create blondes, blue eyed people and pale skin people likewise. If mating with any other ethnicity then this cannot be assured. Choosing a mate that looks like you is the only way to ensuring that your children look like you. Seeing someone in external who looks like you helps remove barriers to

intimacy. You can see more of yourselves in them and so relate to them better. You then also have kids that look like you and as such can better relate to them also. From 中国 (Zhonghua or China) to Méjico (Mexico) to Italia (Italy) to Kenya to ناریا (Iran) to Brasil (Brazil) people make families with people who look like them and so have kids who look like them. **Their kids have the same color skin as the parents, the same color eyes and the same color hair. It's absolutely the norm.** It happens all over the world. **Why would pale Caucasians want any less for themselves?** Use eugenics. Breed within your own ethnicity. **The beautiful recessive traits of pale Caucasian ethnicity are being bred out. We call this pale Caucasian extinction (not genocide).**

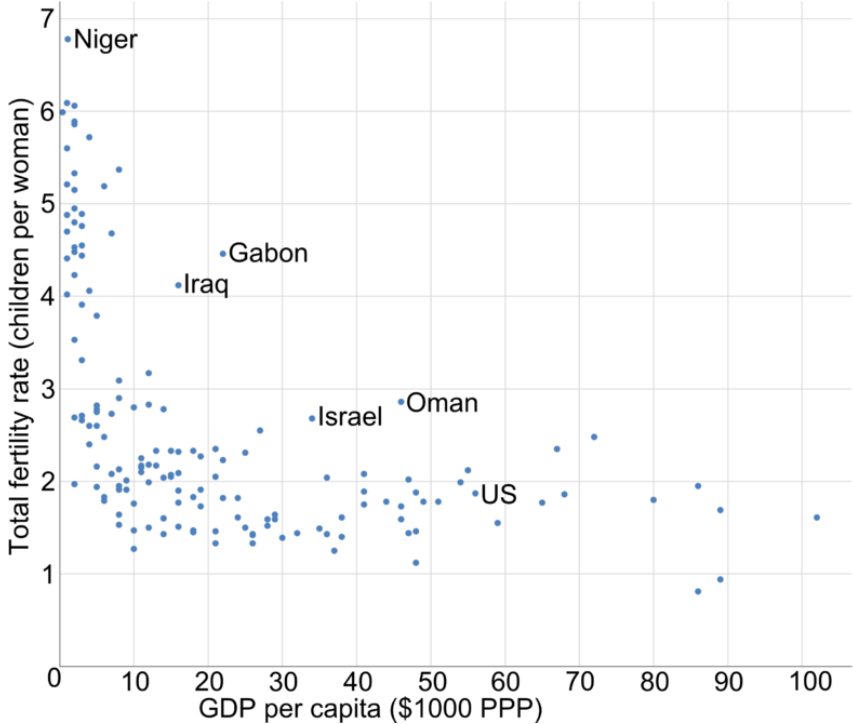
Recessive traits are genetic characteristics that are outweighed by other traits. For example if you carry the

genes for both blue and brown eyes (like if your paternal grandparents were both blue eyed and your maternal were both brown eyed) you will have brown eyes, the same goes for darker hair colors and skin tones.

“**Eugenics**; noun. A science that deals with the improvement (as by control of human mating) of hereditary qualities of a race or breed”

Merriam-Webster dictionary

**We recommend the science of eugenics; breeding within your own ethnicity.** It’s a ‘dirty word’, not PC, tainted by history yet it’s the common global standard. **Most people procreate within their own ethnic group.** (In fact even most serial killers kill within their own ethnic group.) From President Obama to Brad Pitt to Ice Cube to Bill Gates.



Source: Wikipedia: Total fertility rate.

**Pale Caucasian Society isn't protecting its own future anywhere near enough. Pale Caucasians aren't breeding enough.**

• Firstly, they aren't breeding enough to survive; their death rate is more than their birth rate. **Pale Caucasians are not meeting their replacement fertility rate.** This is the total fertility rate where enough births happen to sustain population levels. Enough

children must be born and survive to an age where they've conceived enough children to cover the people that die, plus the people that chose not to have children (including most homosexuals, a rate of 1½~6% for exclusively homosexual (Kinsey 6) to 20% for homosexual attraction of Western populations, most of whom are college educated city folk), plus the people that conceive less children than to meet the replacement fertility rate.<sup>63</sup>

- Secondly, as a question of numerical superiority **they're not breeding as much as minorities.**

- Thirdly, as many minority ethnicity traits are dominant, **they aren't breeding within their own ethnicity enough.** Their kids therefore become of mixed ethnicity with the predominant characteristics of minorities.

There's another anti-pale-Caucasian issue in the USA. It is **Affirmative**

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<sup>63</sup> Source: Wikipedia: Homosexuality.



**Action**; a practice whereby some groups are given undue bias over others. This is an unjust ideology that is, in the case of Affirmative Black Action, actively disadvantaging 62% of the population (pale Caucasians) in guilt (guilt is fear of retribution) of the actions, over 150 years ago, of only 1½% of the then pale Caucasian population. The Political Correctness brainwashing has made this the status quo for the pale Caucasian majority **(four times as many as any other American ethnicity)** to accept this bias as just. We're anti-Affirmative Action as it's discrimination. There's an old saying "two wrongs don't make a right." There should be no admission requirements for college. Desiring to study should be enough to enable one's access. Affirmative Action for job promotions is totally unjust as promotions must be fairly earned. **An 'anti' bias is still a bias.** If all historic wrongs are to be addressed we suggest giving the United States back to its native inhabitants, the Native Americans. Plus

historically aggressive nations such as Deutschland (Germany) and 日本 (Nippon or Japan) could still be liable for their past actions against humanity.

*See chapter Ethnicity for more.*

# WORLD WAR II (WWII)

“The only thing necessary for the triumph of evil is for good men to do nothing.”

Edmund Burke (1729-97),  
British philosopher and statesman

“Our lives begin to end the day we become silent about things that matter.”

Dr. Martin Luther King, Jr. (1929-1968),  
Afro-American, peaceful, civil rights  
activist.

We've survived World War II (WWII). You, your parents, grandparents or great-grandparents experienced this, whether they survived it or not. **It was the largest fight in the history of our planet.** Approximately **50,000,000** human beings were killed by one another. Only 20,000,000 were combatants plus **30,000,000 civilians (not including draftees)** including 7,000,000 deemed undesirable by the Deutsch (Germans), mainly (6 million)

European Jews but also (1 million) Roma (gypsies), Slavs, the disabled, Jehovah's Witnesses, homosexuals and political dissidents in a policy termed the 'Final Solution'. Their undesirables were killed in mass execution camps called Concentration Camps. More than 1-in-5 (1½ million) were kids. **The holocaust of the undesirables has since been focused upon as 'the' atrocity yet more than four times as many everyday civilians were killed.** It's a Societal delusion to focus on the Jews that were slaughtered when they accounted for only 12% of this immense death toll. **The aggressors targeted their neighboring countries and slaughtered their neighbors both in Europa and in Asia.**

Estimated total deaths from WWII for the 20 worst hit countries are, alphabetically<sup>64</sup>:

**Allies (Goodies):**

24,000      Australia

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<sup>64</sup> Source: Encyclopædia Britannica: World War II.

88,000	Belgie (Belgium)
38,000	Canada
230,000	Československo (Czechoslovakia)
560,000	France
410,000	Ελλάδα (Elláda or Greece)
210,000	Nederland (Holland)
120,000	Pilipinas (The Philippines)
5,800,000	Polska (Poland)
18,000,000	Россия (Rossia or Russia)
360,000	The United Kingdom
300,000	The United States
1,500,000	Yugoslavia
1.3~20+M	中国 (Zhonghua or China)

**Axis (Baddies):**

4,200,000	Deutschland (Germany)
490,000	Magyarország (Hungary)
490,000	Italia (Italy)
2,000,000	日本 (Nippon or Japan)
500,000	România (Romania)
84,000	Suomi (Finland)

The war left 21 million refugees, **more than half of whom had been deported as slaves**. 90% of the Polska capitol city of Warszawa (Warsaw) was destroyed along with a third of all buildings in the

country and 1-in-5 in Yugoslavia. A third of all the homes in the UK were either damaged or destroyed and 1-in-5 in France, Belgie and Nederland.

“If I win, succeed, I’ll be the greatest man in history but if I fail I’ll be condemned and despised forever.”

Adolf Hitler to Albert Speer, 1936<sup>65</sup>

These people, some still alive, these now First World, major country citizens herded children into execution chambers, they fed them Zyklon B poison gas, watched them die before them then went in and removed these kids’ corpses. These First World people then went and repeated their institutionalized murder of their fellow child citizens. Again, again and again. (The USA only stopped executing kids in 2005.) **Every player played their part. Every voter played their part. Every fellow citizen not acting against their government in**

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<sup>65</sup> Source: Hitler – The Rise and Fall, TV 6-part documentary shown on UK channel More Four in 2016.

**this atrocity played their part.** Society begs one to play with it, sometimes more than at others. **Monks retreating to themselves are separate but every taxi driver, every factory worker, every wench that served the government workers are guilty of complicity.** Their children are today's elder generation. **Their grandchildren, today's power players.** The politicians, journalists, doctors, taxi drivers, judges, teachers, their modern, respected, First World society.

Whatever base, animal psychosis ruled their behavior, **method always matters,** always. Whatever your ideology. Like a 'terrorist' or 'freedom fighter', it's irrelevant if you absent human rights. **Under any circumstances; war, a state of emergency, famine or any other.** You lose your humanity.

As distasteful as this subject is ignoring it doesn't make it go away. **Something happened to make the Axis countries**

**act like this. If we don't learn from history we're doomed to repeat it. If we deny history we're not honorable and sane enough to be a society. What led them to this level of mass slaughter of their fellow people is deep within Society's psyche. Deep enough not to be resolved within the  $\frac{3}{4}$  century since past.** It's dangerously foolish to think that it's possible in just a few generations to separate Society from their atrocious nature that spawned this massacre. **This is the Society around us today. It may think it's not but it's mistaken.** We can like a simpleton blame only the Axis powers but Society doesn't even do that. “[The Deutsch] make nice cars,” says FBI Special Agent Mulder in their defense in the X-Files (1993-) TV show episode about WWII. It's a Societal sickness that is a part of its everyday ignorance. It's submissiveness and docility. The patriotic attitude that a political group of a country (or state to use the UN term) is inherently right. That any group can be inherently right. For



righteousness a group must strictly and without compromise conform to the liberties so easily revoked by those in power. **Nothing is sacred other than spirit, other than spirit enshrined in law, law that protects the liberties of the citizenry, without fail.**

“The Mohammedan religion [of Islam] too [as with the 日本語 (Nihongo or Japanese)] would have been more compatible to us than Christianity. Why did it have to be Christianity with its meekness and flabbiness?”

Adolf Hitler to Albert Speer<sup>66</sup>

The military later claimed to be ‘only following orders’. As if their actions as a cog in the System could be excused by their uptaken, **believed** position. The good guys eventually won in 1945. Despite the suicide of the main, evil mastermind instigator and the Nürnberg (Nuremberg) and 東京 (Tokyo) trials

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<sup>66</sup> Source: Inside The Third Reich: Memoirs book by Albert Speer, p. 115.

punishing the leaders and a few of their officers for this carnage, no nation has ever been particularly punished for their part in allowing this greatest of all atrocities to happen.

The Nürnberg tribunal was started by the US, the UK, Россия and France and later accepted by another 19 nations to criminalize and punish individuals and groups & organizations and their members for their actions. **They indicted only 24 men and various groups.** Three of the men were acquitted, one was deemed unfit for trial and the rest (including one who was already dead) were punished with sentences ranging from **only 10 years imprisonment** up to death by hanging.

The crimes were:

- Crimes against peace (starting war in violation of international treaties),
- Crimes against humanity (genocide, exterminations and deportations),
- War crimes (violations of the laws of war),

- Planning and conspiring to commit the above crimes.

The 東京 War Crimes Tribunal prosecuted the leaders for crimes against peace and the officers at the higher levels of the command structure for crimes against humanity and the planning, ordering, authorization, or failure to prevent the transgressions. **Only 28 日本語 leaders were charged. Their emperor and all the other members of their monarchy were not prosecuted.** ~50 suspects were released within two years including one who later became their Prime Minister.<sup>67</sup>

Only ~5,700 other military officers of the **tens of millions of soldiers doing the killing** were charged with war crimes in separate trials convened by Australia, 中国, France, Nederland, Pilipinas, the UK and the US. Their prosecutions included charges of prisoner abuse, torture, rape,

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<sup>67</sup> Source: Wikipedia: International Military Tribunal for the Far East.

sexual slavery, ill-treatment of laborers, execution without trial and **inhuman medical experiments**.

If a man was convinced by another, dominant man, to mug an old lady he would be accountable for his actions, unless deemed mentally unfit. **It appears that war by itself is not a crime, it is an internationally accepted behavior for a group of people.** For it to be a crime there must be a treaty or agreement that's been broken. Under this rationale **شذعاد** (Daesh's or Islamic State's) war on 'Allied' soldiers is just and it's solely their actions against civilians that are unjust. Article 51 of the UN charter provides the international law to defend against armed invasion of your territory but it requires a UN recognition of your state (country) and your territorial boundaries. Society would be wise to criminalize war itself, unless authorized by the UNSC, without first requiring diplomatic disagreement.

The WWII enemy, the Axis powers, mainly the Deutsch, Italiano (Italian) and 日本語 peoples plus other countries, stay above the law. The Deutsch country is now the strongest financial force in the European Union and amongst the strongest in the world while the 日本 country is even stronger. **Think of this when you buy Mercedes, Toyota, Sony or the like. Money is power. Your money is power. Use it wisely.** In Europa almost every single town, city or area in a megacity has a memorial to those killed in the struggle for the freedom we now take for granted. From the north London suburbs to the mountains of France to the country towns of Nederland and beyond.

You may disapprove of your neighbor but to hate them, then to hate them to the level of re-domiciling and homicide or even genocide **is not the way to resolve the situation.** This was only a generation or three ago. It also

happened in the West, not the distant planetary boiling pots of the Asian tropics or a Middle-Eastern desert. **The attitudes that stoked this inferno cannot yet have died out.** Beware.

Why would a design, an Asian design symbolizing peace, the swastika, be banned in Deutschland, stifling free speech, if there still wasn't a danger of Nazism resurfacing?

WWII turned the beautiful, lush, temperate countryside of Europa into an ultra bloodied battlefield. It's been over  $\frac{3}{4}$  century since this war but **the landscape has been forever tainted** with its ghosts. It ruined a continent, the historic home of the majority of the First World.

# WORLD WAR III (WWIII)

*NB* This chapter contains some views that are different to the status quo and which some may claim to find offensive. Our aim is to educate and give the reader food for thought. Peace.

*NB* Microsoft Word is not correctly formatting scripts that read right-to-left into a PDF. We'll update this book when they repair their app.

## The World Versus Islam: The Issue

“The world will not be destroyed by those who do evil, but by those who watch them without doing anything.”

Albert Einstein (1879-1955),  
Deutsch (German)-American, Nobel  
laureate, genius physicist

**Islam itself is a terrorist organization.**  
**It incites murderous hate crimes**

**(against all other religions), domestic violence against women, oppressing the civil rights of women, slavery and pedophilia. However when seen in the context of other religions such as Christianity which also has extremist teachings in its bible these aspects can be viewed as bygone, social relics if the practitioners can see it this way.**

Almost no politician, with the exceptions of President Trump, Netherlands (Dutch) politician Geert Wilders and WWII British PM Winston Churchill who've implied it, have had the guts to call 1⅓ billion Muslims terrorists but that's exactly what belonging to a terrorist organization makes one so that's exactly what they are. There's no thought police but if Islam were banned as a terrorist organization then its followers could be labeled as dangerous citizens whose ideology includes the violent overthrow of the existing government. **We know that this is extremely unlikely to happen. Islam will continue to exist and the**



**world needs to continue to work with Islam as its followers develop into a far less extremist following.**

There are other dangers to the Security of the West, from the aggression of Россия (Rossia or Russia), 中国 (Zhonghua or China), the rogue 조선 민주주의 인민 공화국 (DPRK or North Korea) and ن اری ا (Iran).

However the biggest danger to world peace including the security of the West is from Islam. Although most Muslims are not active terrorists, almost all terrorists are Muslims. شذعد (Daesh or Islamic State), اذعدا قلا (al Qaeda), the Taliban, the ن ا و خالا ن یم ل س م لا (Muslim Brotherhood) and other Muslim groups are blatantly fighting a war against the West.

**The Islamic religion fundamentally has an imperialist goal of establishing**

## ultra violent Muslim domination over the world.

“No country or culture in 1400 years has survived with a Muslim population above 8% without submitting to Islam.”

@healthuever on Twitter

In 2016 **داعش** (pronounced Da'ash) controlled land, a caliphate, the size of a country and had 50,000~260,000 soldiers (which is possibly more than for instance the **台灣** (Taiwanese) military). They govern a population of between 3~8 million people with their ultra-orthodox interpretation of Sharia law. It had been reported in the press that it had, through looting and oil sales, accrued funding of perhaps \$1½ billion and then had a regular income of tens of millions of dollars per month. This could potentially enable it to purchase even a nuclear weapon from **조선 민주주의 인민 공화국** (DPRK or North Korea) or possibly even **پاکستان** (Pakistan). **They have**

**control of official اې روس (Suria or Syrian) passport manufacturing machinery which means that they can invent false identities for their soldiers posing as اې روس refugees who then get into position worldwide as terrorist sleeper cells.** The white on black flag of

شعاع has as its top slogan:

لا اله الا الله There is no god but Allah.

And its central slogan:

الله ورسول محمد Allah and the Prophet Muhammad.

As a caliphate, it claims religious, political and military authority over all Muslims worldwide. Despite their claims more than 60 countries are actively or passively waging war on شعاع. Muslim leaders worldwide have overwhelmingly condemned their actions and ideologies which they claim don't reflect the true teachings or virtues of Islam. The UN blames them for **abuses of human rights** and **war crimes**. Amnesty

International<sup>68</sup> holds them accountable for ethnic cleaning on a “historic scale”.

It is mainly the hot & dry countries that are violent; especially Arabia, West Asia and Africa. But it's not only them. For instance Deutschland's (Germany's) starting of and battling on in the largest fight ever. It's mainly Islamic countries that are violent, but it's not only them. For instance 中国 (Zhonghua's or China's) continued imperialist dominance over multiple other countries. It is mainly the poor countries that are violent, but not all of them. For instance Third World नेपाल (Nepal), whose religion is mainly Hindu, and Tibet, whose religion is mainly Buddhist, have inspired hardly any violence in their history.

“Leaders don't force people to follow. They invite them on a journey.”

Charles Lauer

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<sup>68</sup> <http://www.amnesty.org>

**There are 1 $\frac{1}{3}$  billion Muslims and 6 billion non-Muslims and we must all live in peace and harmony together.**

President Al-Sisi of مصر (Misr or Egypt) in December 2014 gave a very progressive and important speech about how modern Muslims must move away from the violent, imperialist views in their religion and towards world peace.

The Islamic holy book is called the Qur'an. The followers are called Muslims. Their god is called Allah. Their prophet is named Muhammad. Their holy buildings are called mosques. **Reportedly 164 Qur'an verses call for Jihad (war on Kafir (unbelievers)).** Jihadists, often in **suicide attacks**, often shout the Arabic phrase "Allahu akbar" meaning "Allah is great". The following are only four (of the 164) Qur'anic examples of Islamic, imperialist warmongering:

Qur'an<sup>69</sup> 9:5 “**Kill the Kafir** wherever you find them and capture them and besiege them and sit in wait for them at every place of ambush.”

Qur'an 3:151 “**We will cast terror into the hearts of those who disbelieve** for what they have associated with Allah of which he had not sent down any authority. And their refuge will be the fire, and wretched is the residence of the wrongdoers.”

Qur'an 8:12 “Remember when your Lord inspired to the angels, “I am with you, so strengthen those who have believed. **I will cast terror into the hearts of those who disbelieved, so strike them upon the necks and strike from them every fingertip.**””

Qur'an 8:39 “And **fight them until there is no more Fitnah (disbelief and polytheism: i.e. worshipping others besides Allah) and the religion (worship) will all be for Allah alone (in the whole of the world).**”

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<sup>69</sup> Source: quran.com

**Deception is part of Islamic warring.**

The ancient 中文 (Zhongwen or Chinese) warlord Sun Tzu wrote in his book The Art of War in chapter 1: Detail Assessment and Planning, “**All warfare is based on deception.** Hence, when we are able to attack, we must seem unable; when using our forces, we must appear inactive; when we are near, we must make the enemy believe we are far away; when far away, we must make him believe we are near.”

Qur'an 3:54 “And the disbelievers schemed, and Allah schemed against them: and **Allah is the best of schemers.**”

Qur'an 8:30 “And when those who disbelieve plot against thee O Muhammad to wound thee fatally, or to kill thee or to drive thee forth; they plot, but Allah also plotteth; and **Allah is the best of plotters.**”

Islam has words for their different types of deceit.

**Taqiyya** is tactical deceit for the purpose of spreading Islam. For example when Muslims do press conferences after terrorist attacks and pretend to denounce the killers.

**Tawriya** is deceit by ambiguity. Doublespeak, refusing to give straight answers, exploiting conflicts of definition, etc..

**Maruna** is the temporary suspension of Sharia in order that Muslims appear ‘moderate’.

**Kitman** is deceit by omission. Withholding key information.

The Qur’an is misogynistic and supports wife beating.

Qur’an 4:34 “But those wives on whose part you see ill-conduct - first advise them; then if they persist, forsake them in bed; and finally, **strike them.**”

Bukhari<sup>70</sup> 3:48:826 “The Prophet said, “Isn’t the witness of a woman equal to half that of a man?” The women said,

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<sup>70</sup> Source: quranexplorer.com, the top search result for the Bukhari passage reference.



“Yes.” He said, “**This is because of the deficiency of a woman’s mind.**”

Muhammad is still the perfect hero to Muslims.

Qur’an 68:4 “And indeed, [Muhammad is] of **a great moral character.**”

Qur’an 33:21 “There has certainly been for [Muhammad] in the Messenger of Allah **an excellent pattern for anyone** whose hope is in Allah and the Last Day and who remembers Allah often.”

Yet Muhammad was a hateful, imperialist warmonger and a pedophile who at the age of 53 took Aisha for a consummated wife when she was just a preteen.

Qur’an 65:4 is interpreted as **permitting the rape, marriage and divorce of pre-pubescent females.**

Bukhari 7:64:88 “The Prophet wrote the (marriage contract) with Aisha while she was six years old and **consummated his marriage with her while she was nine years old** and she remained with him for nine years (i.e. till his death).”

Extremist Muslim views include implementing the ultra violent Sharia law system. **The following list is of 25 countries that support this viewpoint in over half their Muslim population. Not every country was surveyed.** The popular support in these countries in decreasing order of popularity is<sup>71</sup>:

- 99% Afghanistan (Middle East)
- 91% قارعلا (Aleiraq or Iraq) (Middle East)
- 89% Palestinian Territories (Middle East)
- 86% Malaysia (South East Asia)
- 86% Niger (Central Africa)
- 84% ناك سد كاپ (Pakistan) (West Asia)
- 83% Morocco (North Africa)
- 82% বাংলাদেশ (Banladesa or Bangladesh) (Central Asia)
- 82% Djibouti (East Africa)
- 77% ประเทศไทย (Southern Thailand) (South East Asia)
- 74% مصر (Misr or Egypt) (North Africa)
- 74% DR Congo (Central Africa)
- 72% Indonesia (South East Asia)
- 71% Jordan (Middle East)
- 71% Nigeria (Central Africa)

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<sup>71</sup> Source: Pew Research Center.

66% Uganda (Central Africa)  
65% Ethiopia (East Africa)  
65% Mozambique (South Africa)  
64% Kenya (East Africa)  
63% Mali (West Africa)  
58% Ghana (West Africa)  
56% Tunisia (North Africa)  
55% Senegal (West Africa)  
53% Cameroon (Central Africa)  
51% Liberia (West Africa)  
Plus 42% in Muslim Areas of Россия (Rossia or Russia).

*NB* This is four Middle Eastern, five Asian and 16 African countries.

*NB* A similar 2016 Français (French) poll found 6% of the Français population to be Muslim of whom 29% considered the Islamic legal and moral code of Sharia to be more important than the country's laws.<sup>72</sup> They're admitting their morality to be **criminals committing crimes** should their desire arise.

Orthodox hardliners, Sunni Muslims, comprise 70% of the Muslim population (including **شذعاد** (Daesh or Islamic State) and **برعلا ؤي دوع سلا** (Almamlakat

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<sup>72</sup> Source: 2016 Ifop poll published by Journal du Dimanche of 1,029 people over 15 years of age.

Alearabiat Alssaevudia or Saudi Arabia) while 30% are Shiite Muslims (like in ناريما (Iran) and قارعلا (Aleiraq or Iraq).<sup>73</sup> The Wahhabi branch of Islam, with 4½ million followers or ½% of global Muslims, has been accused of being “a source of global terrorism” and inspiring the ideology of شعداد . It is prevalent in تالود قراز , ةك لمملا قئ برعلا قئ دوع سلا (Dawlat Qaṭar or Qatar) and اءءيا اض تمل (Al-Imārāt al-‘Arabiyyah al-Muttaḥidah or United Arab Emirates (UAE)).<sup>74</sup> Orthodox Muslims force women to wear a full body covering called a burqa leaving only a slit for their eyes. Burqas are banned in France. Niqabs cover the face apart from a slit for the eyes. The common Muslim hijab solely encircles the woman’s face and covers their hair and neck.

The main difference to the Western legal system is that Sharia law is both of one’s dealings with Society and with god &

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<sup>73</sup> Source: Encyclopædia Britannica: Sunnite (Islam).

<sup>74</sup> Source: Wikipedia: Wahhabism.

one's own conscience. It covers what one is bound to do and what one ought or ought not to do. Religious ritual practices like praying five times each day, giving charity, fasting and pilgrimage are integral to the law.<sup>75</sup>

The other major distinction is that Sharia law is believed to be the direct will of their god. Their communication with their god stopped with the death in 632 of their prophet. **This has left their legal system rigidly archaic and unable to change with their society as it does in the West. In fact withholding their society to the archaic (C7).**

As globalization took place European law influenced Muslim law which started secular tribunals to adjudicate. This, however, was not so on the Arabian Peninsula where Sharia law is still formally applied in its entirety. In a recent example a Western woman in Dubai,

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<sup>75</sup> Source: Encyclopædia Britannica: Shari'ah.

UAE who reported being raped by two Western men was charged with having extra-marital sex and faced punishment possibly of imprisonment, deportation, flogging and even stoning to death.

Although in many countries traditional Sharia law has been modified the central issue in Islamic law is still how Sharia can be adapted to permit modern Islamic society to evolve.

For six specific crimes there is a fixed punishment.

- Death for apostasy (leaving the religion) and highway robbery,
- Hand amputation for theft,
- Death by stoning for having an affair, 100 lashes for sex out of wedlock, 80 lashes for an unproven accusation and for the imbibing of any intoxicant.

It's a patriarchal legal system where fathers have the right to contract their daughters, even as children, into compulsory marriage. Sharia is a

polygamous law which permits up to four wives for each husband.

Madrassas are religious schools, rather than standard, secular schools, which teach the Qur'an and are often parts of mosques.

The West can teach Islam, by example, how to modernize. As the West, being a Judeo-Christian society, distanced itself from Old Testament extremist teachings in its laws and practices, likewise Islam can distance itself from its outdated, extremist teachings. For example the 'an eye for an eye' rule is ignored in all areas without the death penalty. No Western country has the death penalty for adultery despite the Christian biblical rule stating that the punishment for adultery be death (Leviticus 20:10). The December 28, 2014 speech from President al-Sisi of مصر (Misr or Egypt) is evidence that Islam is starting to become aware of the necessity to modernize and move away

from the violent, imperialist views in their religion and towards world peace.

Judeo-Christianity if followed strictly as, today, most of Islamic teachings are, would permit the selling of one's daughters into slavery, the murder of homosexuals, adulterers and anyone who works on the Sabbath (Sundays), and demand an eye for an eye in the Social justice system. **Judeo-Christianity has obviously evolved to ignore its own extremist teachings and practices. For world peace, Islam must now evolve similarly.** They have the Judeo-Christian example to follow. **This does prove that it is possible, gradually, over time. Islam must start to evolve.**

Of utmost concern is that **Muslims have gained extremely powerful Western political positions** including President Obama's eight year reign as the most powerful politician, and person, on our shared planet. In 2016 Sadiq Khan was



elected the first Muslim mayor of London (England) despite the UK's separatist, refugees unwelcome, Brexit decision to dissolve their European Union (EU) membership. Also in 2016 Huma Abedin, whose parents and brother were all members of the **جماعة نواخالانيملا** (Muslim Brotherhood) **terrorist organization**, was still a senior advisor to the PotUS favorite (Mrs.) Clinton.<sup>76</sup> However, far more relevantly, the **قيدوعسلا** (Saudi)-raised Mrs. Abedin worked with major **جماعة نواخالانيملا** figure and **قداقلا** (al Qaeda) financier Abdullah Omar Naseef, in her work at the Institute of Muslim Minority Affairs, as an assistant editor of their radical journal. Mr. Naseef founded the institute and played a active role in it while Mrs. Abedin worked there with more than a seven year overlap. Mr. Naseef with the Muslim World League (“perhaps the most significant Muslim Brotherhood organization in the world”), as their

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<sup>76</sup> Source: A letter written by five members of congress.

Secretary General, formed the Rabita Trust which is designated a **terrorist organization** by the US and **ذات سد کاپ** (Pakistani) governments because they finance **ادعاء لا** (al Qaeda).<sup>77</sup>

#IslamIsTheProblem, #BanIslam, #BanSharia, etc. are hashtags used to discuss Islam and its imperialist, warmongering ideologies on Twitter.

## **The Judeo-Christian West Versus Islam: The Infiltration**

**The off-scale Muslim refugee crisis in the mid-2010s in Europa started a new crime wave, with a large increase in rapes. The immigrants were brought up in a society where women are punished, even killed, by their governments for being raped. They were used to living in a very strictly controlled, ultra conservative and**

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<sup>77</sup> Source: Andrew C. McCarthy on C-SPAN and The New York Post newspaper August 21, 2016.

**prudish society.** When this changed, when they were suddenly within a society where women flaunted their sexuality they found themselves like kids in a candy store. Prisons in, for instance, Britain have TVs and kettles in the cells. The prisoners are given pocket money each week and a packet of cookies every weekend. They work and earn more money (albeit at slave wages of around \$15 per week) or can choose to take educational courses and so not be forced to work. In Nederland (Holland) there are conjugal visit rooms for the prisoners to use. Already by 2016 the UN said 10% of Society's refugees were now living in the West.

"From a moral point of view... I think that refugees should only be admitted temporarily... There are too many now... Europe, for example Germany, cannot become an Arab country, Germany is Germany... The goal should be that they return and help rebuild their countries."

14<sup>th</sup> Dalai Lama,

The manifestation of the  
Buddha of compassion,  
Spiritual Leader of Tibet,  
Frankfurter Allgemeine Zeitung,  
May 31, 2016

**The idea behind refugees is that it's a temporary refuge, not a nifty workaround to standard immigration laws & procedures, and that when Society has resolved the harm facing them in their home countries that they then are voluntarily repatriated (vol rep).** Some people are annoyed that refugees don't assimilate into the culture of their host countries. We suggest instead ensuring that they don't and so have no ties to the community keeping them there for longer than is absolutely necessary. One way to do this would be for First World governments to organize internment camps for them to live safely in.

**Living the Good Life in the First World  
it's highly unlikely that many refugees**

**would ever choose to return to their far, far, far poorer homelands.** Of course there's easily a preference for the superior civilization of the First World with its welfare states, state of the art healthcare, etc.. **This is no excuse to dissolve its borders.** It would no doubt help First World peoples' acceptance of refugees if the First World governments were required to help refugees repatriate once their homeland crisis was over. The Second and Third Worlds exist. Life there isn't up to First World standards. It never has been yet in a utopian future it shall be.

**Accepting refugees into the First World is like mopping a floor wet from a burst pipe rather than fixing the leak. Society should help these people, of course, but it must be in their own homelands.**

**The UNHCR (United Nations' High Commissioner for Refugees, with only a \$1.4 billion budget for 2016) does**

**recommend a policy of vol rep.** This should be the global standard. Yet pro integration policies like Deutschland's (Germany's) Chancellor Merkel's request to businesses to hire refugees should be avoided. The refugee crisis should not be the dissolution of historically tightly controlled immigration borders but instead a temporary refuge for humanitarian reasons, if any asylum is incorrectly granted at all. **This maintains the global cultural balance just as has always been done in modern history.** Securing borders is not about hatred. As one locks their doors not because they hate the outsiders but because they love those inside. **There is no reason to change standard immigration policy.** There is only the warring reason that it allows unvetted, potential terrorists to enter and stay indefinitely.

These refugees are of basically the same religion and extremely similar culture and ethnicity to their neighbors. Yet these

wealthy Arab countries have refused to accept refugees blaming the risk to their country's security. Supposedly **قي دوع سلا** (Almamlakat Alearabiat Alssaedia or Saudi Arabia) with it's 100,000 air-conditioned, empty tents for housing 3 million Muslims at the time of the Haj, United Arab Emirates (UAE), Kuwait and Qatar have yet to accept a single refugee.

**The Muslim refugee crisis which started with the **اي روس** (Suria or Syrian) civil war in 2011 has now forever changed the field of play. Millions of Muslims have immigrated into pale Caucasian countries within this few year time period. All of them harbor religious hostility towards their host countries. It's prescribed 164 times in their bible.**

There was an urgent necessity for massive, pale Caucasian, cultural change **before** the 2010s' refugee crisis started. Since then the state of play is no

longer a gradual assimilation of inferior peoples and gradual extinction of the beautiful pale Caucasian ethnicity (see *chapter Ethnicity*). **The issue has evolved into a religious war, WWII.**

**Muslims have invaded.** They're the new crime wave. They bring not only consensual inter-ethnic breeding but also an extremely shocking amount of enforced inter-ethnic breeding (rapes). A hashtag used to reference this is #rapefugees.

One cannot blame immigrants for legally migrating. One cannot blame immigrants for pale Caucasians not breeding enough to survive. One cannot blame immigrants for intra-ethnic breeding nor for (consensual) inter-ethnic breeding any more than one can blame the native in the couplet. **One can, however, blame immigrants for bringing their terrorist (religious), Muslim ideology and consequential crime wave with them.**



**This phase of WWII is the mass infiltration of the West by an alien culture of evil intent, Muslims.** The security services of Western countries have openly acknowledged that **Islamic terrorist sleeper cells have invaded the West.** They have been instructed by terrorist commanders and are starting to infiltrate the military. The Deutsch (Germans) in 2016 started doing background checks on new recruits. It is also glaringly obvious with the Islamic extremist mass slaughters in C21 that happened in France (multiple times), Deutschland (multiple times), the UK (multiple times), Belgie (Belgium), Türkiye (Turkey), مصر (Misr or Egypt), **ألي روهجلا ألي سنوت لا** (Al-Jumhūriyyah al-Tūnisiyyah or Tunisia), Florida (USA), California (USA) and of course New York (USA) & Washington D.C. (USA).

In 2016 Deutschland which had let in **a million refugees** the year previous was spending ~\$25 billion every year on their

refugees, rising to \$30 billion by 2020.<sup>78</sup> It was as if Deutschland was rebounding from WWII and wanted to prove to the world that it's multicultural & not 'racist' anymore. If they had instead invested this money in ensuring that the refugees had a safe home country or at worst a refuge in neighboring countries with similar peoples it would've been far better spent and they probably would've had money left over. As a token gesture they contributed only \$334 million to the UNHCR in 2016 (although up 200% in four years) and blithely propagandized that "the money will allow people to be cared for near their homes so they don't have to make the dangerous journey to Europe."<sup>79</sup>

**The racial, ethnic, religious and cultural makeup of the world is changing radically and extremely rapidly. This is an ultra important C21**

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<sup>78</sup> Source: CNN news, November 10, 2015, and Reuters news, May 14, 2016.

<sup>79</sup> Source: Reuters news, November 07, 2016.

**issue that is already having grave consequences on the First World.**

**The refugee crisis is Islamization on an unprecedented scale. The Muslim immigrants bring their culture, attitudes, beliefs and religion with them.** Their attitudes are totally incompatible with Western Society. They're 1,400 years out of date. Muslims preach intolerance of difference, hatred and violence.

### **Aggressors**

The totalitarian and imperialist superpowers of Россия (Rossia or Russia) and communist 中国 (Zhonghua or China) increased their threat to world peace in early C21. **They're still ultra dangerous countries with potential designs on world domination.** The communist country of 조선 민주주의 인민 공화국 (DPRK or North Korea) is rogue, read this as criminal, constantly violating UN orders restricting its activities.

Muslim ناریا (Iran) is anti-Western and growing stronger and better armed. Like Pitbulls on leashes, one can maybe be convinced of some temporary safety but it's a volatile situation and if their leash should break extreme violence could follow.

### **Россия (Rossia or Russia)**

Россия flexed it's military muscle with military spending up 500% to more than \$50 billion per year (2005-2015). Within the decade they'd increased their arsenal by over 400 ICBMs (intercontinental ballistic missiles) and another 28 ballistic missile submarines. Россия had also started work on a nuclear armed, drone submarine named Status-6. Their proudly public support of a semi-ousted dictator, یروسا (Suria or Syrian) President al-Assad, in an immense civil war that had by 2016 cost almost ½ million human lives over its 5-years. This was by far the largest war and humanitarian crisis in a generation, since the end of the Vietnam War. **The reason**

the سوري civil war was allowed to rage on for so long was because Россия (and 中国) as core UNSC (United Nations Security Council) members had a veto vote and had constantly vetoed UN intervention. In 2014 Россия annexed Крым (Krym or Crimea) from Україна (Ukrayina or Ukraine) and far more perturbingly, blatantly denied this to the world. In 2016 military tensions were very high with a heap of Русский (Russkiy or Russian) mid-air confrontations with the USA in international airspace, their encroachment into NATO (North Atlantic Treaty Organization, the Western military group with a pledged national budget of 2% GDP (gross domestic product)) members' UK and Türk (Turkish) airspace, ship-to-ship close encounters and had even performed **simulated attack passes** on the USA's warships again in European international waters. NATO was building up its forces along Europa's eastern border with Россия to

protect against possible invasion from them. Россия retaliated by moving nuclear capable missiles into their western exclave of Kaliningrad in October of 2016. Within the same few days they vetoed another UNSC attempt to bring some peace to سوريا; a Français (French) plan to stop the aerial bombardment of Aleppo, the largest city. This all came following an air strike on a UN aid convoy in سوريا . It's possible for the UN General Assembly to override the UNSC and their disagreeing, core member, veto-wielding powers if the UNSC fails to maintain international peace. This measure is available under a 1950 UN resolution known as “Uniting for Peace”. Why the UN hadn't by late 2016, five and a half years into the war, yet implemented this is a mystery.

Around November 2016 Россия evicted Amnesty International from their Moscow office.

Director of National Intelligence James Clapper has called “multifaceted” Русский influence and espionage operations in Europa and the United States. They attempt to cultivate and blackmail business and political leaders, often by hacking compromising data, also spreading propaganda and fake news.<sup>80</sup>

### **中国 (Zhonghua or China)**

中国 in 2015-6 was extraordinarily provocative in performing land reclamation and the militarization of the South China sea extremely distant from their mainland. They built military bases on the Paracel and Spratly archipelagos. The Spratly islands are far nearer Việt Nam (Vietnam), Malaysia, Brunei and the Pilipinas (the Philippines). The latter won an international court case in 2016 against 中国 who refused to recognize the court’s jurisdiction. It was widely expected that they’d declare an ADIZ (air

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<sup>80</sup> Source: Reuters news, January 11, 2017.

defense identification zone) in these areas. A few years earlier they'd acted similarly in the East China Sea near 日本 (Nippon or Japan). 中国 still had an imperialist, BDSM dominator attitude that the West outgrew decades ago. They refuse separate states for Tibet, 台湾 (Taiwan) and 香港 (Hong Kong) against the wishes of the people.

Around 2016 中国, in an operation the US government described as “chilling”, abducted five booksellers, not authors, **from other countries** selling books they disapproved of. In one instance a bookseller abducted from 香港 (Hong Kong) claimed to have been incarcerated for eight months. Another, a Svenska (Swedish) citizen, was abducted from the ไทย (Thai) Sin City พัทยา (Pattaya) was the only one still in custody a year later.

“The Commission recommends Congress amend the statute authorizing



the Committee on Foreign Investment in the United States (CFIUS) to bar Chinese state-owned enterprises from acquiring or otherwise gaining effective control of U.S. companies.”

U.S.-China Economic and Security  
Review Commission,  
2016 annual report to Congress

The report said the 中文 (Zhongwen or Chinese) Communist Party has used state-backed enterprises as the primary economic tool to advance and achieve its national security objectives.

“CFIUS, led by the U.S. Treasury and with representatives from eight other agencies, including the departments of Defense, State and Homeland Security, now has veto power over acquisitions from foreign private and state-controlled firms if it finds that a deal would threaten U.S. national security or critical infrastructure.

If enacted, the panel’s recommendation would essentially create a blanket ban on U.S. purchases by Chinese state-owned enterprises.”

Reuters news,  
November 17, 2016

조선 민주주의 인민 공화국

### **(DPRK or North Korea)**

조선 민주주의 인민 공화국 is a nuclear weaponized power. It’s a rogue (criminal), dictatorship with no diplomatic relationship at all with the US and is technically still at war with the US+. It is constantly violating UN laws and is globally sanctioned for this. In the mid-2010s they already had enough nuclear fissile material for many warheads and experts said their stockpile would flourish over the following few years. In 2016 they successfully tested SLBMs (submarine launched ballistic missiles) yet didn’t have the submarines to carry them although they were expected to have built them by as early as 2017. The

US is taking their claim of having achieved the warhead miniaturization necessary for an SLBM as a credible threat. They have medium range missiles capable of carrying a 1 tonne (2,200 lb) load for 2Mm (2,000 km or 1,250 miles) and have successfully tested an intermediate range missile with a range of 3.5Mm (3,500 km or 2,100 miles). They are believed to be several years away from an ICBM (intercontinental ballistic missile) that could reach the USA. Their missile program is banned by the UN and their country is under extreme sanctions for their violation of this. They did, however, manage to reach near 日本 (Nippon or Japan) and of course could reach South Korea and their main diplomatic partner, 中国 (Zhonghua or China). Australia and other ASEAN (Association of South East Asian Nations) countries could've already been endangered by them. They completed their first nuclear weapons

test in 2006, prompting UNSC sanctions, and their fourth and fifth in 2016.

조선 민주주의 인민 공화국 executes people who pose a threat or cross their government. By 2017 ~140 executions had taken place in the six years since their current leader took power in 2011. Reported reasons why officials were executed included dozing off during meetings and clapping half-heartedly.<sup>81</sup>

### ناريا (Iran)

**“The beautiful cry of ‘Death To America’ unites our nation.”**

ري ناريا (Iranian) President Rouhani

ناريا is constantly provocative towards the West. They are a Shiite, non-orthodox, Islamic country with advanced long range missile technology and are close to becoming nuclear weaponized. In 2015 they entered an agreement, the

<sup>81</sup> Source: The Institute for National Security Strategy, a research arm of South Korea’s National Intelligence Service.

Joint Comprehensive Plan of Action (JCPOA), with the USA, Россия, 中国, the UK, France and Deutschland to halt their nuclear weapons program for a decade in exchange for their international sanctions being lifted.

### **יִשְׂרָאֵל (Yisra'el or Israel)**

יִשְׂרָאֵל constantly violates international law by denying Palestinians their own country, by invading Palestinian territory with illegal settlements and denying rights to their Palestinian neighbors. They've been accused by Richard Falk, a Jew and the UN special rapporteur on human rights in the Palestinian territories, of carrying out ethnic cleansing and apartheid policies. During the 2014 Gaza war they were accused of war crimes by the UN report, noting 65% of the Palestinian casualties were civilians. The UN report also accused Palestinian militant groups of war crimes during this war. However the Palestinian munitions were unguided and so were

bound by chance to result in civilian deaths as opposed to the precision guided munitions of the יִלְאָרְשִׁי (Israelis) who **consciously targeted civilians** including those sheltering inside UN schools.

On December 23, 2016 the UNSC adopted a resolution demanding an end to יִלְאָרְשִׁי (Israeli) settlement building.<sup>82</sup> The יִלְאָרְשִׁי had been building housing on land the Palestinians want for a future independent state existing alongside יִלְאָרְשִׁי. Most countries view יִלְאָרְשִׁי in the wrong for its decades of construction in the West Bank and East Jerusalem areas.

### The Situation

**A constant state of ‘cold’ cyberwarfare is in effect between Россия and 中国 and the West despite their shared UNSC core membership. While they all display a status of**

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<sup>82</sup> Source: Reuters new, December ~23, 2016.

**peace both Россия and 中国 continue to show that they are totally untrustworthy.** Peace through superior firepower only keeps the peace while the firepower maintains superiority. The MAD (mutually assured destruction) of the potential nuclear holocaust continues to keep the peace between superpowers with ICBMs (intercontinental ballistic missiles) but there are no Sure Things in life. **These countries should not be financed by Western greed.** It's a constant reminder of the (Sin of) greed to see the almost ubiquitous 'Made In China' stamped on Western bought goods. The West needs to subtly isolate them to maintain its peaceful global leadership. **There's still today in C21 the possibility that these superpowers will destabilize Society to World War III.** While the far more backward countries like 조선 민주주의 인민 공화국 (DPRK or North Korea), ناریا (Iran), Afghanistan, ایروس (Suria or Syria), لیبیا (Libya) and many others have yet

to learn stability, peace, liberty and diplomacy.

By 2016 the USA had 42 overseas military bases. The UK, France and Россия had around a dozen each in foreign countries and overseas territories. 中国 had its first overseas military base opening in 2017, in Africa. Previously to rest and supply they used a network of commercial ports built, financed or operated by 中文 companies.<sup>83</sup>

Also by 2016 the USA had 16 aircraft carriers, France and 日本 (Nippon or Japan) had four each, مصر (Misr or Egypt), भारत (Bharat or India) and Italia (Italy) had two each and 中国, Brasil (Brazil), Россия, 대한 민국 (Taehan Min'guk or Korea), España (Spain), ประเทศไทย (Thailand) and the UK had one each. Five of these countries plus

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<sup>83</sup> Source: The Wall Street Journal newspaper, August 19, 2016.



Türkiye (Turkey) had carriers under construction.<sup>84</sup>

**The US military is the world's most powerful fighting force.**

**One type of intelligent warfare would be to ultra subtly undermine the enemy's everyday civil infrastructure.** To perpetrate industrial espionage, hacking into everyday manufacturers and service providers and very subtly, **and so undetectably,** lowering the efficiency of their products and services, say by 5~10%. Substituting on materials' lists for subtly inferior parts, changing manufacturing specifications to subtly less efficient designs, changing computer code to simply add subtle delays, subtly increasing the likelihood of faults occurring. This is best left for Western governments to implement.

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<sup>84</sup> Source: Wikipedia: List of aircraft carriers in service.

It would be a piece of cake to make an app, even a unique, novel app, that'd be hot property, that contained a Trojan Horse. This hidden malware (malicious software) would provide user identification to allow governments to select targets then it'd provide what's known as an Infinity Transmitter. These broadcast signals from the phone across the net to anywhere else in the world, like the CIA's headquarters in Langley, Virginia. Sending an audio stream, video images, phone logs and GPS location.

**We in the West have power.** As individuals we have both financial and political power. We can vote for ideologies that match or are similar to our own, if anyone's that fortunate to find them in the political world. **We can lobby Western governments to listen to our ideologies and perhaps consider going some way to implementing some of them.** Financially donating to their campaigns, their political parties and their charities obviously helps get

noticed. **However we all do have a financial power.** We have **buying power.** We can freely choose to buy cosmetics not tested on animals, or choose free-range eggs from happier chickens, or choose to buy US Ford cars over 日本語 (Nihongo or Japanese) Toyotas and Việt Nam (Vietnam) made 한국어 (Hanguk-eo or Korean) Samsung phones over 中文 (Zhongwen or Chinese) Foxconn-made US Apple phones. **This is actively, practically supporting one's own political ideologies.** Supporting them with hard cash. You can choose to defund whichever country you want and to fund whichever country you want (within global sanctions). **We're for this individually actioned sanctions and against free trade with countries which are, realistically, enemies.**

**Life is good in the West but don't take it for granted.**

**World War III may yet happen. Beware. The sole way for you to prevent it is to take responsibility for all the power you can muster. Take responsibility for your political power and your financial power. Make it work towards your goals. **We hope that they be for world peace.** The phrase itself seems like a hippie oxymoron like the apocryphal military intelligence one. **But it's not. World peace is a realizable goal; this is something achievable within our future.****

“I’ve been impressed with the urgency of doing. Knowing is not enough; we must apply. Being willing is not enough; we must do.”

Leonardo da Vinci (1452-1519),  
Italiano (Italian) genius, polymath,  
scientist and artist,  
Translated from Italiano

# CIRCLE GAME

**Society cons you into working for it.**  
*See chapters Society and Financial Iniquity.*

“And the seasons they go round and round,  
And the painted ponies go up and down,  
We’re captive on the carousel of time,  
We can’t return we can only look behind,  
From where we came,  
And go round and round and round,  
In the Circle Game.”

Circle Game (1970) song  
by Joni Mitchell  
Written by Joni Mitchell

**Almost all Societal interaction can be classified as game playing.** A ‘game’ is a behavioral sequence defined by its nine characteristics:

- Roles,
- Rules,
- Rituals,

- Goals,
  - Strategies,
  - Values,
  - Language,
  - Characteristic space-time locations,
  - Characteristic patterns of movement.
- There are only a few types of social experience which are non-game; spontaneous play, physiological reflexes and transcendent enlightenment.<sup>85</sup>

“What’s money? A man is a success if he gets up in the morning, goes to bed at night and in-between does what he wants to do.”

Bob Dylan (1941-),  
US musician and Nobel laureate

**Society cons you into working for it.**

**Why would you need to work? To afford... To afford what? Land is free, or at least it should be; there’s enough**

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<sup>85</sup> Source: The Psychedelic Experience: A Manual Based On The Tibetan Book Of The Dead book by Dr.s Timothy Leary, Ralph Metzner and Richard Alpert (Baba Ram Dass). See appendix III: Ten Books To Read.

**to go around.** So there's no rent nor mortgage to pay. Building your own home takes only one trip around the sun and minimal supplies, mainly wood, which grows so it's theoretically free. You could share the axe with your neighbors. **Food grows freely on your land so there's only minimal food to buy.** So what's left on your shopping list? Advanced technology, sure. You can buy a computer with a week's salary so why work the other 51 (or 48, etc.)?

Maybe in a possible, utopian future the 4<sup>th</sup> industrial revolution which we're now starting will make everyone's cup floweth over. Unskilled and skilled manual laboring jobs will be fulfilled by hive mind, AI robots. Most office jobs too. Society has foreseen for ages in it's science fiction such a situation, such possession as to void the need for money, free from the domination of war, with science developed to eradicate death and disease.

However today as yesterday the hands on their clocks go around and around. 60 seconds, 60 minutes, 12 hours, x2, 7 days, 52 weeks, 60-70-80 years...

**Enjoy your life, don't waste it!**

“It's a disgrace to see the human race in the Rat Race.”

Rat Race (1976) song  
by Bob Marley and the Wailers,  
Written by Bob Marley

**The most important thing is to get yourselves your time back, your life back.** Which means working for yourselves. The internet provides a multitude of excellent opportunities and there are tons of books out there on this. This also obviously provides the distance (distantia) you need to start to blossom upon your path of enlightenment.

“She told me ‘take an occupation or you'll lose your mind’. I'm not a 9-to-5 lemon looking for the lime.”



Blue Lines (1991) song  
by Massive Attack,  
Written by Adrian 'Tricky' Thaws,  
(Robert '3D' Del Naja, Grant 'Daddy G'  
Marshall and Andy 'Mushroom' Vowles).

You may find it interesting to note that there's no chemical test for schizophrenia and it's officially incurable. Anyone could almost so easily walk into a doctor's office say a few descriptive words and walk away with a diagnosis which could entitle them to lifetime sickness &/ disability payments from their First World government. Remember if it weren't for Society you'd be able to have your own land with its own home. So if they're offering to compensate you for their Attack hits you could benefit from letting them. Of course it's better not to have it on record that you're ill, an underclass and better not to be dependent. Just saying.

“Governments don't want well informed, well educated people capable of critical

thinking. That is against their interests. They want obedient workers, people who are just smart enough to run the machines and do the paperwork. And just dumb enough to passively accept it.”

George Carlin (1937-2008),  
US comedian

# FINANCIAL INIQUITY

**You're not a child of your own group, your family, you're a child of Society.**

Society protects you as it should but it also forces its education upon you. It brainwashes you into working for it to keep the class hierarchy existing to keep the wealthy in their wealth.

“The poor stay poor,  
The rich get rich,  
That's how it goes,  
Everybody knows.”

Everybody Knows (1988)  
by Leonard Cohen,  
Written by Leonard Cohen  
and Sharon Robinson

**1% of the population owns more than half the world's wealth which is obviously more than the other 99% put together. A room full of the wealthiest people, 62 by 2016's count (53 men and 9 women), together have**

**the same wealth as the poorest 50% of the population, 3,700,000,000 people together.<sup>86</sup> This iniquity is entrenched in the very fabric of Society. Itself based in a BDSM, hierarchical, caste system primarily designed to keep the uber wealthy in power and wealth.**

**You are selling your life for a wage.** Lulled into the belief that you need this money. All the while the wild animals on the planet have no need at all for money. They make their own homes, they make their own society, they deal with dangers as they arise and find their own food. OK, not all make it for very long but the same could be said for people.

“Advertising has us chasing cars and clothes; working jobs we hate so we can buy shit we don’t need.”

Tyler Durden,  
Fight Club (1999),  
Written by Chuck Palahniuk

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<sup>86</sup> Source: Oxfam (UK) charity, January 2016.

and Jim Uhls

If people are too enslaved to want to see the truth of their enslavement then we appreciate that. It's understandable. It's a very nasty reality to awaken into. If they need to keep deluding themselves to maintain their status quo, their normality and their salary with all its perks then so be it. We choose the truth even when it's a hard pill to swallow. That's our choice.

Desperate society where The System has taken over near all of everyday life. **This is a slave planet. People live to work for The System.** They have no land, despite the innate right of animals to free territory, only a tiny plot in a crowded suburbia at best. They let Society raise their kids via external schooling and multimedia religion. It's no wonder that their kids treat them with disregard. **There's no personalness to their lives.** Spouses don't have time for each other. Parents don't have time for their kids and vice

versa. **People don't have time for themselves.** They consume in massive amounts, they need, they addictively, constantly turn to Society for fulfilment of Societally created needs. For things so simple to create for themselves. For entertainment, for music, for storytelling, for pleasure, even for food. Rather than looking within to see how they want to grow they continue their **child mentality** and seek only to copy from the Societal roles most imposed upon them. The poor stay uneducated and so stay poor, the wealthy have wealth and so increase their wealth. Unable to afford, and without decent guidance, the poor eat a shabby, unhealthy diet. There are a scant few role models for an exercising life, a necessity for both health and happiness. For a spiritual life. For a successful, progressive life.

People are made to feel small by Society so that they feel insignificant and unable to effect change, stand up for their rights and assert their individuality.

**A respectively low place leads to resentment and hatred.** Hatred leads to violence which leads to violence which leads to violence. The omnipresent Societal cancer of 7DS envy & wrath.

Think about this financial iniquity for awhile. Think about what kind of Societal mechanisms must be institutionalized for this slavery to be maintained.

“The media serve the interests of state and corporate power, which are closely interlinked, framing their reporting and analysis in a manner supportive of established privilege and limiting debate and discussion accordingly.”

Necessary Illusions (1988) book,  
Noam Chomsky (1928-),  
US Linguist

# POLITICS

“What a bunch of garbage; liberal democrat, conservative republican. It’s all there to control you, two sides of the same coin. Two management teams bidding for control, the CEO job of Slavery Incorporated. The truth is out there in front of you but they lay out this buffet of lies. I’m sick of it and I’m not gonna take a bite out of it. Do ya got me? Resistance is not futile. We’re gonna win this thing. Humankind is too good. We’re not a bunch of underachievers. We’re gonna stand up and we’re gonna be human beings. We’re gonna get fired up about real things, the things that matter; creativity and the dynamic human spirit that refuses to submit.”

Man in Car With P.A.  
(Alex Jones, Inforwars),  
Waking Life (2001) movie,  
Written by Richard Linklater



Political regimes are often controlled by elections. Elections can be tampered with in a number of different ways. **Propaganda, both information and misinformation, is the most commonly used.** Like attack ads in US presidential campaigns. Vote miscounts and stealing is often alleged. Cyberwarfare was being increasingly used in early-C21. Negatively viewed insider information has always been occasionally leaked from the inside and now it's also leaked by cyber burglars that breach data systems and steal the confidential info. They then can disseminate this, especially using the WikiLeaks website, to discredit political parties and candidates who generally find it difficult to deny the truth. **Cyberwarfare even affected the 2016 US presidential election.** The CIA (Central Intelligence (spy) Agency) concluded that Россия (Rossia or Russia) intervened in the 2016 US election to help PotUS Trump get elected (without evidence PotUS Trump called

this “ridiculous”) and undermine confidence in the US electoral system and the Western concept of democracy by promoting extremists.<sup>87</sup>

The West Wing (1999-2006) TV show is probably partly to blame for some US government irregularities for programming the acceptance of a minority PotUS (President of the US), and a senior presidential advisor with a shady, organized crime, family history.

### **The 2016 US Presidential Election**

In 2016 society trod deeper into the abyss. The USA had survived eight years of a minority, Afro-American and Muslim, in charge of a majority, Caucasian-American Christians, (we saw this previously with South African apartheid) who allegedly perjured himself, by denying his previous name of Barry. He was accused of being an Indonesian citizen and identity thief

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<sup>87</sup> Source: Reuters news, December 10, 2016, etc..

ineligible to hold the office plus being friends with the terrorist co-founder of the Weather Underground and numerous communists. He's admitted to using both cannabis profusely, saying he "inhaled" and tried to never exhale, as opposed to President Bill Clinton who said he tried it but didn't inhale, and cocaine.<sup>88</sup> Hollywood actors Clint Eastwood, James Woods and Steven Seagal all saw a darker side of PotUS Obama. Then it faced another four dark years after choosing between a dangerous, demagogue, sleazeball, wannabe dictator (Donald Trump) and the likely winner (Hillary Clinton), another minority in charge, a woman, where the most a government generally asks is in taxes & where the majority comes from men, who was being investigated by the FBI, definitely breached security protocols, is a pathological liar (for instance about taking sniper fire, her classified government emails, etc.) and is married

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<sup>88</sup> Source: International Herald Tribune via The New York Times newspaper, October 24, 2006 and ABC News May 25, 2012.

to a historic president who scraped into office with the lowest votes in ages before being impeached for a sex scandal and who has admitted to breaking the law, by smoking cannabis. Conspiracy theorists claim that the Clinton's had by 2016 organized the assassination of over 70 US citizens.

In the 2016 US presidential election the two main political parties showed a peculiar polar-opposing aspect. While the Democrats, the DNC (Democratic National Congress), forced their Super candidate, Mrs. Clinton, on the US people the Republicans, the GOP / RNC (Republican National Congress) couldn't stop their unpopular candidate, Mr. Trump, from running. The head of the DNC resigned over their scandal.

Shockingly the 2016 US election was won by Donald J. Trump. The odds were 9:1 against him immediately prior to voting. **The world, with the USA**

**leading it, was being led into very dark days.**

- The new PotUS had **forced** his affections on **numerous women** including out of the blue feeling up the butt of Miss. Finland. **Blatantly he admitted his own dishonesty and was caught bragging on film; admissions for the crimes of assault and/or sexual assault, on multiple occasions against multiple women.**<sup>89</sup>

- Incredulously **he claimed not to believe in climate change** a viewpoint even the conservative 中国 (Zhonghua or China) had called him on in the global press. 65% of Americans want action on climate change. 2015 was the hottest year on record and 2016 was likely to break that record. In 2016 over 40,000 US homes were destroyed by flooding. PotUS Trump called it a myth perpetrated by 中国.<sup>90</sup>

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<sup>89</sup> Source: The Hill news, October 27, 2016.

<sup>90</sup> Source: Greenpeace charity.

“The concept of global warming was created by and for the Chinese in order to make U.S. manufacturing non-competitive.”

PotUS Trump,  
BusinessInsider.com,  
October 2016

“Donald Trump is a climate menace – no doubt. He wants to shut down the EPA, “cancel” the Paris Climate Agreement, stop funding clean energy research, and drill, baby, drill. But together, we are even more powerful than Donald Trump.”

Annie Leonard,  
Executive Director,  
Greenpeace USA,  
Published in a newsletter,  
November 09, 2016

- An ultra nationalist, he had threatened the stable, post war balance of power by saying he intended, even in the face of the most aggressive Россия (Rossia or Russia) since the Cold War, to disband NATO and dissolve classic diplomatic

agreements between First World (traditionally) friendly governments refusing to protect them if invaded. A serial monogamist, one ex-wife of his was good friends with the sexual partner of the Русский (Russkiy or Russian) leader, even vacationing together. He also had business interests in Россия, a strong contender for conflicts of interest.

- A possible far-right wing fascist (it's difficult to tell with demagogues) he **repeatedly** refused to alienate violent 'White' hate groups including the Klu Klux Klan when asked if he was trawling for their votes by **his not denying it upon direct questioning**. Foreign leaders had compared him with Hitler. He had preyed on the fears of the proletariat, as demagogues do, and likewise disregarded the sources of their issues, like providing protection for the right to bear arms while weakening the diplomatic relationships of countries that might choose to war with the USA, yet very obviously with nukes, not guns. **Satisfying the more short sighted**

**goals at the cost of the wider picture.**  
**The gen pop don't know better but**  
**politicians should and so it's their job**  
**to ensure the people are properly**  
**protected not simply appeased for**  
**populist votes.** He appointed far-right Steve Bannon as his chief strategist.

“Darkness is good. Dick Cheney. Darth Vader. Satan. That's power.”

Steve Bannon,  
Hollywood Reporter,  
November 18, 2016

“What happened last night [in the US election] was not the end of the world, it was the end of a world.”

Marine Le Pen,  
Leader,  
National Front,  
Français (French) far-right political party

- An opponent of free speech he'd banned MSM news outlets he'd accused of bias, **i.e. not liking him**, from his promotional events.



- He was a completely amateur politician; without any political experience of any kind, and a textbook example of a demagogue. Egomaniacally he'd starred in a Reality TV show all about his (ultra capitalist) life. **Fickly he'd flip-flopped his allegiances between the two main parties for years.** Ostentatiously he'd refused to take the pledge to stick by the Republican party during his campaign threatening to weaken their chances by running as an independent candidate.

“Only 38 percent said Trump is qualified to serve as president, while 52 percent said Clinton is qualified. And yet Trump won. Americans elected a candidate they don't believe is qualified!”

Bill Schneider,  
Distinguished US journalist,  
November 09, 2016<sup>91</sup>

- The second most senior member of the GOP and third in line to the presidency,

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<sup>91</sup> Source: Reuters news, November 09, 2016.

the Speaker of the House, had refused to endorse him as had a heap of other prominent party members especially as more of Trump's dishonorable behavior came to light.

“[Trump is the] pioneer of a new authoritarian and chauvinist international movement.”

German vice chancellor Gabriel to  
Funke Media Group<sup>92</sup>

“Die Welt wird nicht untergehen, sie wird nur noch verrückter.”

Translated from the Deutsch (German)  
as:

“The world won't end, but things will get more crazy.”

German Justice Minister Heiko Maas,  
@HeikoMaas on Twitter,  
November 09, 2016

“To say that the 45<sup>th</sup> president of the United States is something a little

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<sup>92</sup> Source: Reuters news, November 09, 2016.

different is the understatement of the century.”

Peter Apps,  
Reuters journalist,  
November 09, 2016<sup>93</sup>

“To the young people who got into politics for the first time and may be disappointed by the [2016 election] results I just want you to know you have to stay encouraged, don’t get cynical. Don’t ever think you can’t make a difference.”

Outgoing PotUS Obama,  
At the White House,  
November 09, 2016

A 2016 post-election Gallup poll showed that 42% of those surveyed said their reaction to the election results was “afraid”. Comparatively this figure was 27% when PotUS Obama won in 2008.

It was stupid to let a minority, PotUS Obama, rule a majority but to rebound to

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<sup>93</sup> Source: Reuters news, November 09, 2016.

this worrying fool was far, far stupider. So one could blame the DNC but assigning blame to anyone but the ignorant gen pop that voted for him and **primarily to PotUS Trump himself** is without merit. It's possible to see the best in any situation. Every cloud has a silver lining. The goal is to be able to find it. **One is best to let the institution continue to protect itself.**

PotUS Trump has embraced nepotism; making his son-in-law Jared Kushner a chief advisor and giving a West Wing office to his daughter Ivanka, a frequent behind-the-scenes advisor.<sup>94</sup>

Demagogue PotUS Trump started to renege on his campaign promises almost immediately. He reduced the number of Mexicano (Mexican) illegal aliens to be deported from 11 million to only 2~3 million. He sensibly gave up on removing the 'ObamaCare' Affordable Care Act

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<sup>94</sup> Source: Reuters news, March 21, 2017.

(albeit a law which immorally introduces a tax for a potentially unwanted service).

One extremely large proverbial nail in Mrs. Clinton's coffin was the FBI's investigation into her use of email technology. Her practice was the exact same as previous politicians in her role. **This surely should not have been left up to her to decide, with the immense technological security know how available to the government.** It's like trying to label a speeder on a road without a speed limit. If the rules aren't evident a person may be behaving foolishly but it's their prerogative. There should've been an overseer that prevented any breach in security due to her lack of technological skill. It made her out to be a criminal rather than simply unknowledgable.

PotUS Trump lost the popular tally although he won the Electoral College

votes.<sup>95</sup> More citizens voted for his opponent and yet she still lost. Unable to accept losing, without evidence, he blamed illegal voting.<sup>96</sup>

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<sup>95</sup> Source: Reuters news, November 13, 2016.

<sup>96</sup> Source: Reuters news, November 28, 2016.

# BDSM

This acronym formally expands to Bondage, Dominance and Sadoomasochism.

**We use this to refer to the culture and practice of dominance and submission that is within Society.**

In groups Societal energy loves to push one down.

Most of Society has a job. All jobs have a hierarchical structure. For example team leader, office manager, vice president, head of department, head of year, principal, head of their school district.

Attacking energy is directed externally down their hierarchies and includes hits to health, wealth and happiness.

**This is a small chapter but BDSM is the major issue with modern human Society. Within its very fabric is interwoven the ideology of BDSM. Dominance, enforced control over others, and the reciprocal submission is a primordial instinct that's a remnant from our time spent as lower lifeforms.**

**As humans we need to free ourselves from the feral, group behavior which is BDSM.**

**Firstly, enforcing one's will upon others is wrong.** It removes their innate civil right of free will. Of course groups have hierarchies but decisions can be made as a group without autocratic control being necessary. **Everyone in the group can be catered for. Bullying is totally unacceptable.** Law enforcement helps Society, in general, yet it's the sole exception. Its force is exerted on an individual by Society for its protection. **Recidivism must be discouraged by punishment.**



**Secondly, Society plays group way, way, way too much.** A dirty look shot your way, someone barging past you, a snide comment, someone staring you out, they're all unwanted external group invading your reality. People judge others instantly, at first glance. They have no right to cast judgement but they do it anyway. Often they don't hide very well their displeasure. It's very readable in their body language. You're **not** part of their group just because you're on the same train. You don't have to let yourselves be belittled by them, as is their intent. For them to gain group status and for you to lose the same. **You're not part of their group.**

**Thirdly, Society is insanely, deeply disturbed.** 99% **hate** their slave planet system. See *chapter Financial Iniquity*. They **hate** their place in it. They **hate** themselves for not resisting, not becoming a separatist. They **hate** their lack of freedoms. They'd rather **hate**

someone else, distribute blame. That could easily be you. Especially if they can find a reason to be envious of you. A newer car, blonder hair, bigger feet, bigger breasts, fatter wallet, a golden bank card, more children, less fat, the list is literally endless. Even a ‘friend’ envious of your new shoes is an instance of Society hating you. **It’s a negative bond; it’s a type of hate.** Even though, and this is extremely disturbing, it’s nothing. It’s nothing special, out of the ordinary. You’d probably both laugh (a group behavior) it off. Probably only getting an annoyed response if they borrow your new jacket and don’t give it back in a timely fashion. Probably only getting an angry response if they steal it, maybe not even if they ‘accidentally’ break it.

BDSM is institutionalized in financial iniquity despite intelligence and creativity. It’s in the monarchical Societies **still in existence in heaps of First World countries.**

There's a very nasty Attack we call Attack THWD; They Have, We Don't. It's a BDSM Attack. An example is if your Windows 8 tablet offers you a free upgrade to Windows 10 but your disk doesn't have the space for the download. In other words heaps of other people are getting something cool, for free, which you can't have (unless you buy a new tablet computer). Or your liquor store cards you and you're below the legal age. Or you see the next queue moving quicker than yours. Nasty vibes.

**Metaphorically (and physically) speaking, daddy doesn't hit you because he loves you.**

Torture anyone for long enough and they'll either die or tell you anything you want to hear in order to stop their torture. **External pressure, people pressuring you, even to achieve what you were planning to anyway, is bad.** It's the same thing on a smaller scale. **It's a**

**BDSM dominance and subjugation game and nothing to do with them helping you. This is very different from encouragement.**

**Encouragement is your group aiding your will power, like to complete a task. If you involve external group energies it then totally changes from a challenge by your energies, that generally let you succeed in life even if only gradually, and becomes a competition, against external energies, Attack, that go to great lengths to stop you succeeding. This is why you shouldn't discuss your life, especially your future plans, with external. Pressure is a form of dominance, a terrible thing, that believes its will is more righteous than your own. It's a form of theft; a stealing of your accomplishments by taking credit for them. It was, in their view, their will which enabled you to succeed and not your own strength. **It's a type of parasitism; an enforced bond.** They subjugated you and they perversely see this as having helped you when in fact**

they've taken from you. **By succeeding or achieving without their pressure you build up your own confidence, your belief, in your own, independent strengths.**

As another example, a time of great accomplishment and expenditure during travel by flying brings out BDSM dominance. In poorer countries it's possible to see almost everyone on their cellphones to their group/s to remind their callee and their own energies that they deserve dominant group status. It's disturbing that they have such a low opinion of themselves and that they feel the need to resort to BDSM one-upmanship.

Coming of age 18 year olds in the USA going off to college, away from the controlling influence of parents and other adults, instead of cozying up with the opposite gender to start a family do instead segregate themselves by gender

in fraternities and sororities and strictly reinforce the BDSM system of Society.

# HATE

“La haine attire la haine.”

Translated from Français (French) as:

“Hatred breeds hatred.”

La Haine (Hate) (1995) movie,

Written by Mathieu Kassovitz

**People can hate.** Sometimes when energy is calm one can overlook this disgusting feature of Society. That sometimes some people are attracted to a **detrimental bond** of hatred. Some people, some energies will be your scum solely to be in your life. Don't let it in. **Be not interested.** Be very wary of this.

If you ever use the word “hate”, know what you are meaning, know what you are evoking, be adult; take responsibility for your actions.

**All crimes of violence are crimes of hatred.** It's commonly acknowledged that rape is a crime of hatred (not love). The

rapist utilizes violence to enforce their dominance over their victim. It is this behavior which is commonly acknowledged as evidence of hatred. Yet Society is BDSM dominance based. It is therefore evident that Society hates itself and specifically its members, its citizens.

The Southern Poverty Law Center is a US organization that monitors extremist groups.

“There’s usually more violence from the anti-racists than the racists.”

Heidi Beirich,  
The Southern Poverty Law Center<sup>97</sup>

In 2016 there were 892 hate groups in the USA. The Aryan Brotherhood and the New Black Panther Party were among them. 180+ chapters (not groups) were Afro-American, up 60% in a year.<sup>98</sup> #WhiteGenocide is a hashtag

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<sup>97</sup> Source: Reuters news, November 07, 2016.

<sup>98</sup> Source: The Southern Poverty Law Center.



used by Neo-Nazis like the KKK (Klu Klux Klan). Some are Nazi holocaust deniers. In 2014 the FBI logged 5,500 hate crimes.<sup>99</sup> **That's 15 every day.** The UK's police logged 62,500 hate crimes in 2016, up 19% in a year (partially due to better logging).<sup>100</sup> **That's more than 170 every day.** These were broken down by category into:  
79% race hate,  
12% sexual orientation hate,  
7% religious hate,  
6% disability hate,  
1% transgender hate.

The perpetrators feel hatred within themselves, for their own reasons, especially low social status, and funnel it towards outsiders, people different from themselves.

“The ultimate weakness of violence is that it is a descending spiral, begetting the very thing that it seeks to destroy.

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<sup>99</sup> Source: The Washington Post newspaper, August 16, 2016.

<sup>100</sup> Source: BBC News, October 13, 2016.

Instead of diminishing evil, it multiplies it. Through violence you may murder the hater, but you do not murder the hate. In fact, violence merely increases hate. So it goes. Returning violence for violence multiplies violence, adding deeper darkness to a night already devoid of stars. Darkness cannot drive out darkness: only light can do that. Hate cannot drive out hate: only love can do that.”

Dr. Martin Luther King, Jr. (1929-1968),  
Afro-American, peaceful, civil rights  
activist.

# SOCIETAL MORALITY (7DS)

Society spotted long ago some major weaknesses in its members. Christianity called these the **Seven Deadly Sins (7DS)**. They are:

- **Envy**; feeling so in competition with external that resentment of them arises,
- **Greed**; too much longing for things especially money,
- **Wrath**; violence,
- **Lust**; too much longing for sex,
- **Gluttony**; too much eating,
- **Pride**; a good, necessary thing; self-confidence, when not taken to vanity levels, where your appearance is overdeveloped to appear grandiosely superior,
- **Sloth**; a slacker attitude, apathy, laziness.

These are quite inclusive yet they omit the important concept, **thinking for**

**yourselves.** Probably realizing that peoples are easier to control under a system of blind belief where challenges or even questions to the established ruling system are prohibited. They also omitted **drug abuse**. Probably due to peer pressure as alcohol has always been a favorite beverage of Society since its discovery.

**We see most frequently envy & wrath hitting out and attacking goodness.** However the base moral vibe of the Western environment is very much on your side not the side of the aggressor, the Attack.

Every high school up has **Lust Bunnies & Studs** afflicted by Attack 7DS.

A **slothful** culture exists that suggests people take an elevator up two floors rather than work off their lunch by walking.

You need look no further than the

banking industry for immense **greed** and it's also everywhere else in megopoli.

The Christians and ancient philosophers also said that there were **seven virtues**:

- **Prudence**; using your reasoning including to control your resource usage.
- **Temperance**; protecting yourselves from being subject to Attack. Retaining your humanity over more base animal instincts.

- **Fortitude**; strength of character. Determination.

- **Justice**; Societal self-control.

Plus:

- **Faith**; *See chapter Faith in Oneselves.*

- **Hope**; *See chapter Hope.*

- **Love**; seen as charity (*see chapter Charity*), care for your external world. Love is a strong positive bond, as hate is a strong negative bond.

Christians follow **ten commandments**:

1) That there is only their one god.

2) Not to worship any false idols.

3) Not to take their god's name in vain.

4) That they, and their servants, shall not work on their day of rest (one of every seven).

This means that if you catch a train or buy a paper on a Sunday you're offending the base moral vibe of the land, Christianity. It's far, far better not to.

5) To honor their parents.

This makes the huge assumption that one's parents are good people.

6) To not kill.

Yet they disregard this for government sanctioned executions and for all warring.

7) To not commit adultery.

8) To not steal.

9) To not bear false witness.

10) To not covet another person's spouse or possessions.

**There are only two social rules to follow. That unless absolutely necessary:**

- **No harm be done to an external entity,**
- **One's will not be enforced upon an**

**external entity.**

# PÆDOFICATION

**Society pædofies its members.** It belittles them to the status of incapable, needy children while it raises itself to take the unnecessary status of the dominating, providing parent.

**Women aren't "girls" anymore.** The pædofication of programming, via language, that they still are is to disempower and subjugate them. It is also a male dominance issue as it's far rarer to refer to adult men as boys.

**Post pubescent males grow beards. A shaven faced man looks like a boy (or even a woman).** This is another Societal method of disempowering the individual.

**Post pubescent people grow pubic hair.** Another example of pædofication is the modern cultural practice of shaving female pubic hair. This makes them appear pre-pubescent. This is also



Society's internal conflict over its own taboos; making a desired sexual appearance as that of a child.

**High pitched voices are an aspect of children.** Especially Caucasian middle and upper class men can be Socially programmed into having an unnaturally high pitched voice. Experiment with your possible range for voice pitch and you may surprise yourselves. Imagine another non-human animal of your size. What sort of sounds do you think they'd make?

The age of Societally recognized adulthood varies especially throughout the ages. For example 'kids' can legally get married, start a family, start a career and drive to work at age 16 yet they're not considered adults until 18. 13 year old teens can be tried 'as an adult' at the discretion of the District Attorney in US criminal courts. The SCotUS overturned the death penalty for juveniles in Roper vs. Simmons (2005) as it constituted

cruel and unusual punishments which are banned by the 8<sup>th</sup> Amendment. (Why they didn't feel this extended to include adults is a mystery.) **Physically people aren't fully grown, even if mostly grown, until around 21 years old.** Surely then even in Society it's treated as a gray area; adolescence. Societal pædofication stifles mental growth. Morally equating the rights available to adolescents is tricky, as it is also for adults. For instance should a mental acuity test be necessary for voting? If passable by some at 14 and others at 25 rather than 18 and the vote be given only then? What about the same test used for drinking alcohol, having sex or owning a gun? See *chapter Republics (Government)*.

**Society removes the right to free will.** It dictates what its members may consume and what they may not. It dictates which plants its members may grow and which they may not. Even when there's obviously no danger of

harm to others. It is overstepping its purpose of providing and protecting from others. **Society has no right to protect one from oneself.**

Children are expected to be, it's the norm for them to be, submissive toward adults, their parents and others like teachers. To do what they say when they're told to, to a large degree. Feeling a foolish desire not to keep their thoughts and plans to themselves. To empower others when they need not. To (want to) become dependent as an desirable form of relationship.

**It does keep Society ultra dominant but the cost to the personal growth and self-respect of its citizenry is immense.** The child is dependent which stifles the natural striving for independence of the individual. The child is foolish and immature in its behavior. The child is unknowing, unintelligent. Notably a danger to themselves and to

others. The pædofication vibe promotes this restraining of the peoples.

# APPENDICES

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# APPENDIX I: 易經 (YI JING OR I CHING) SITUATIONS

Listed below are the 64 hexagrams or base situations in life described in the Book of Changes, the 易經 (Yi Jing often translated as I Ching). The 易經 is a wise, ancient, 5,000+ year old book from 道 (Daoist or Taoist) 中国 (Zhonghua or China). In the Easy Rider (1969) movie when the heroes are visiting the commune and a woman asks, “what does this mean? Starting brings misfortune, perseverance brings danger.” She’s reading from the 易經.

**Using the 易經 as an oracle can help one learn to distinguish between, at least it brings to one’s attention, the differences of the vibe of the moment, historic and potential future events.**

The prime, binary state of reality is viewed in terms of 阳 (yang) & 阴 (yin). 阳 is the masculine, realm of the gods, the penetrating, the solid, unbroken line. 阴 is the feminine, earth, the receptive, the broken line.

A 易经 hexagram is, as its name says, a pictogram made up of six lines. When consulting the 易经 as an oracle the hexagram is formed from the bottom up. Each of the six lines is either a 阳 or 阴 line and each line can be in a state of flux; changing to its opposite. If this is the case this gives the significance of the initial hexagram plus the significance of each of the changing lines, incorporating the resulting hexagram after the line changes, plus the resulting hexagram from all the changing lines.

- 1 The Creative (Male, 阳)
- 2 The Receptive (Female, 阴)
- 3 Difficulty at the Beginning

- 4 Youthful Folly
- 5 Waiting (Nourishment)
- 6 Conflict
- 7 The Army
- 8 Holding Together (Union)
- 9 The Taming Power of the Small
- 10 Treading (Conduct)
- 11 Peace
- 12 Standstill (Stagnation)
- 13 Fellowship with Men
- 14 Possession in Great Measure
- 15 Modesty
- 16 Enthusiasm
- 17 Following
- 18 Work on What Has Been Spoiled  
(Decay)
- 19 Approach
- 20 Contemplation (View)
- 21 Biting Through
- 22 Grace
- 23 Splitting Apart
- 24 Return (The Turning Point)
- 25 Innocence (The Unexpected)
- 26 The Taming Power of the Great
- 27 The Corners of the Mouth  
(Providing Nourishment)



- 28 Preponderance of the Great
- 29 The Abysmal (Water)
- 30 The Clinging, Fire
- 31 Influence (Wooing)
- 32 Duration
- 33 Retreat
- 34 The Power of the Great
- 35 Progress
- 36 Darkening of the Light
- 37 The Family (The Clan)
- 38 Opposition
- 39 Obstruction
- 40 Deliverance
- 41 Decrease
- 42 Increase
- 43 Breakthrough (Resoluteness)
- 44 Coming to Meet
- 45 Gathering Together (Massing)
- 46 Pushing Upward
- 47 Oppression (Exhaustion)
- 48 The Well
- 49 Revolution (Molting)
- 50 The Cauldron
- 51 The Arousing (Shock, Thunder)
- 52 Keeping Still, Mountain
- 53 Development (Gradual Progress)

- 54 The Marrying Maiden
- 55 Abundance (Fullness)
- 56 The Wanderer
- 57 The Gentle (The Penetrating,  
Wind)
- 58 The Joyous, Lake
- 59 Dispersion (Dissolution)
- 60 Limitation
- 61 Inner Truth
- 62 Preponderance of the Small
- 63 After Completion
- 64 Before Completion

# APPENDIX II: FREQUENTLY ASKED QUESTIONS (FAQS)

- OK, so how do I start?
- When can I achieve enlightenment?
- Do I need to follow all your advice?
- What qualifications do you have?
- Are the truths you talk about universal? Do they apply to everyone?
- How can I lose weight?
- I'm depressed. Help!
- Does life get easier as you get older?
- Should I go to the nightclub with my friends?
- Don't you miss music?
- Should I take a hit of X (MDMA) with my BFF?
- How can I quit smoking?
- How can I quit opiate / opioid painkillers like Percocet or Ultram?

**Q. OK, so how do I start?**

**A.** Start by setting aside 15-mins today. Lie down in a quiet, comfortable space. Maybe on your bed, your bedroom floor or your lounge floor. Somewhere carpeted, get a yoga mat or use your bed.

Take the phone off the hook first if you dare.

Close your eyes. Be at one with yourselves. Feel your breathing through your nostrils. In and out, nice and deep and slow.

Have a go at stopping your mind, your thoughts. Every time a thought interrupts your focus on your body and then you notice yourselves thinking again, stop it. Bring your concentration back to your body and breathing.

Do this for a while. 5-mins or maybe 10-mins or if you're getting into it and relaxing then 15-mins.

To stop slowly bring your focus back to external reality and open your eyes. Get up slowly and go about your day / night. This should have brought you some thankful peace. So it's a good thing. So do it again tomorrow. Easy, huh?! See *chapters Meditation, Awareness and Reevaluation*.

---

**Q. When can I achieve enlightenment?**

**A.** Enlightenment isn't a binary state. It's a road to be gradually traveled down. Progressing down this path more every day, even this very day. Read some, think about it, meditate on it and see how you feel afterwards.

---

**Q. Do I need to follow all your advice?**

**A.** No, of course not. Our words of wisdom are simply recommendations. **You need to progress down your own path at your own pace.** But beware of moving too slowly and becoming

swamped in ‘normality’ and moving too quickly and shocking your energies. Try out bits of advice and see how they feel to you at the time. We do strongly recommend exercise however you can incorporate it into your life. We suggest you do solo / gym type exercise rather than competitive sports to avoid extra Attack.

---

**Q. What qualifications do you have?**

**A.** I’ve lead a four decade life of relative solitude. Plus two decades of dedicated meditation retreat. For more info read my autobiography (*see appendix VII*).

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**Q. Are the truths you talk about universal? Do they apply to everyone?**

**A.** Yes, they are universal truths. All lifeforms on all planets experience them.

---

**Q. How can I lose weight?**

**A. OK.** Your plan has two simple parts.

Part 1 is to eat less. You're going to gradually reduce the amount you eat. Eat less of every meal. Especially cutting back on fatty foods like chocolate, cheese and fried foods as well as using less oil in your cooking. Reduce the carbs in your diet like rice and potatoes and instead eat more vegetables like boiled, baked, steamed, curries, salads and soups.

Part 2 is starting to exercise. You're going to gradually build up the amount you exercise. You're going to start walking off your excess fat every day. For instance a walk to the grocery store to buy fresh vegetables or to the park. Measure the amount you exercise using a GPS phone.

It's that simple. Weigh yourselves on scales every three days. Your weight naturally fluctuates some so don't worry if your weight loss isn't seen each time.

Though you'd want to see 0.1kg (¼ lb) loss every three days. **That equals a kilo (2½ pounds) of excess weight shed every month.** If you can double that to 0.2kg (½ lb) every time that equals 2kg (4½ lbs) shed per month. Don't rush. The important thing is to continue over a few months to really see some results. *See chapters Exercise, and Eating and Drinking.*

---

**Q. I'm depressed. Help!**

**A.** Depression is usually caused by your situation. A complex bunch of some of a million+ factors. You could see a bleak vocational future, you could want, want a car, a computer, a GF / BF / life partner, a vacation, new teeth, new shoes, less traffic noise at home, less demanding parents, more giving friends, better health, the list is endless.

Firstly, time heals all. It mends broken bones literally and broken hearts figuratively. **But to resolve your**



**situation takes action.** If you don't like your life now then you really need to change your situation. You must start to gradually take action.

There are natural ways to fight depression. Put natural pleasures into your life. The easiest and one of the most fun is exercise. Simply going out for an hour's walk everyday. This gives you pleasing endorphins in your brain, it keeps you trim weight wise, it keeps you fit, builds some muscles and it gets you some fresh (often city smoggy) air and freedom of space (not 'trapped' in your smaller home). **A healthy body helps a healthy mind.** Also eating a better diet is easy and invaluable to your health and so your state of mind. You are what you eat and who wants to be lab created sweeteners, colors or fertilizers?!

**Make a list of your issues with your situation in life.** For each one note how you could improve on it. For example if you're unhappy with how your friends see

you try taking more time for yourselves so you can be more true to who you really are and importantly who you want to be. If your home is too noisy for you start to look for another place online at the weekends while saving for your move. Maybe you want to shed a few kilos / pounds.

Every week check back on your list and see how you've been actively working on improving your situation. Feel the pleasure of having achieved some progress however small. Everything changes gradually. Ain't nutin' to it but to do it. **Keep it up** and soon your small improvements will have come together and made large progress to your situation.

*See chapter Suicide for more info.*

---

**Q. Does life get easier as you get older?**

**A.** It's like drawing. The more you draw,

the more you've drawn, the more skilled you naturally become at drawing.

Then energy changes the game, moves the goalposts. Energy likes to be challenging. If everything were easy all the time energy would get bored. The scene you're drawing changes mid-sketch. The bird you're drawing flies away and you're left to finish up from your memory. Your pencil gets used up and you're forced to continue with charcoal or a red Biro.

Sometimes you can keep up with what life throws your way, and your drawing skills improve in new, fascinating ways, and at other times it's more tricky.

---

**Q. Should I go to the nightclub with my friends?**

**A.** If you go, don't do casual sex and **try** to avoid chemical drugs. Mixing with Society at night is the most dangerous time and nightclubs serve alcohol which

brings out violence in people. Having said that, music is fun (though quite a group thing) and dancing is excellent exercise & a great buzz.

---

**Q. Don't you miss music?**

**A.** Music was one of the last multimedia religion parts that I distanced myself from. I was always a music fan and still am. Yet mainly a fan of our own music. With lyrics truly relevant to our lives. And soundscapes of our own creation to revel in. It's beautiful to me in a way even the best of Society's musicians couldn't ever reach. Wouldn't you rather live in a room whose colors you chose?

---

**Q. Should I take a hit of X (MDMA) with my BFF?**

**A.** No, or rarely. Chemical drugs are unnatural and unhealthy. You don't need X to feel good, you need a decent lifestyle. You don't need X to feel empathy. If you need X to dance, if

you're too tired to dance without it, then you shouldn't be dancing. Illicit chemical meds can easily and often do contain impurities. Dancing on X can be immensely pleasurable so that's a desire. If you're gonna anyway then do it **as rarely as possible** and remember to keep hydrated with a pint / ½liter of water every hour (not more which can be fatal).

---

### **Q. How can I quit smoking?**

**A.** You want to quit so you've already won! Keep your decision in mind. Become master of your life, of your body. You might be weak willed now but that can change for the better.

It sounds petty now but it will get easier with time.

If you fail try, try and try again. If you can't quit then at least move over to e-cigs.

Rather than sitting in your apartment waiting to smoke, go out for a walk and

get some healthy exercise and fresh air.

*See chapter Cigarettes.*

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**Q. How can I quit opiate / opioid painkillers like Percocet or Ultram?**

**A.** Get a few grams of high quality, chronic (bud) cannabis and a pipe, bong or vape. Set an alarm for every 30-mins for instance on your phone.

Flush all your remaining pills.

Wake on every alarm and do a strong hit of cannabis. Keep it up. Keep your focus on your cannabis regime and away from your opiate / opioid addiction. Beware of energetic attack that desperately craves the poppy even when you're past the physical withdrawal stage. Keep up the cannabis hits to give yourselves a manageable high.

Gradually reduce the frequency of your hits and return to a more normal life regime.

Note how grabby the opium poppy's energy is, how it bonds itself to you and can control / induce your physical body into vomiting, constipation and diarrhea. Remember that this is why you should avoid it in the future.

# APPENDIX III: TEN BOOKS TO READ

•) **I Ching**

**by Antiquity, translated by R. Wilhelm and C. Baynes**

Published by Penguin Arkana

ISBN: 0140192077

Available as a book or ebook.

This amazingly wise, ancient book is full of insight into reality and how to interact with it.

•) **Cosmic Trigger I: Final Secret of the Illuminati**

**by Robert Anton Wilson**

Published by New Falcon Publications

ISBN: 1561840033

Available as a book or ebook.

This astoundingly fascinating, non-fiction book is a must-read for anyone interested in anything outside the norm.

•) **The Tao of Pooh**



**by Benjamin Hoff**

Published by Penguin Books

ISBN: 0140067477

A brilliant introduction to 道 (Daoism or Taoism). May require extra re-/reading of the Winnie the Pooh books.

**•) The Electric Kool-Aid Acid Test  
by Tom Wolfe**

Published by Picador

ISBN: 031242759X

Available as a book or ebook.

A true life account of Ken Kesey (see *below*) & the Merry Pranksters and their Acid Head lifestyle.

**•) One Flew Over The Cuckoo's Nest  
by Ken Kesey**

Published by Penguin Classics

ISBN: 0143105027

Available as a book or ebook.

Beware of man!

**•) Zen & The Art of Motorcycle  
Maintenance**

**by Robert M. Persig**

Published by William Morrow

ISBN: 0060839872

Available as a book or ebook.

Parabolic teachings.

•) **The Beach**

**by Alex Garland**

Published by Riverhead Books

ISBN: 1573226521

Available as a book or ebook.

Shooting for paradise.

•) **Harold & The Purple Crayon**

**by Crockett Johnson**

Published by HarperCollins

ISBN: 0064430227

Available as a book or ebook.

Godself creationism and creative visualization for kids.

•) **The Psychedelic Experience: A Manual Based on the Tibetan Book of the Dead**

**by Dr.s Timothy Leary, Ralph Metzner and Richard Alpert (Baba Ram Dass)**

Published by Citadel Underground

ISBN: 0806516526

Available as a book or ebook.

1960s' revisit of the Tibetan Buddhist  
Bardo Thodol as seen on psychedelics.

•) **SAS Survival Handbook: The  
Ultimate Guide to Surviving Anywhere  
by John 'Lofty' Wiseman**

Published by William Morrow

ISBN: 0062378074

Available as a book or ebook.

Survivalist bible from ex-SAS (British  
special forces) instructor.

# APPENDIX IV: SOME MOVIES TO WATCH

You could learn from this small selection of movies. They can give you a vision of utopian and of dystopian possibilities for now and for the future, of the dangers on Gaia (Earth) at the moment, fascinating insights into the nuances of Society, differences in personalities and lifestyles, instances of Attack hitting, the good, bad, fear, hope and beauty of life on Gaia and beyond.

Read more at IMDb, Amazon.com's Internet Movie Database<sup>101</sup>.

In alphabetical order with summaries somewhat inspired by Twitter's #ExplainAFilmPlotBadly hashtag. The best of the best are underlined. Spoilers abound.

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<sup>101</sup> <http://www.imdb.com>

- **2001: A Space Odyssey (1968)**

Humans regret building a humanoid computer.

- **Addiction, The (1995)**

The vampiric desire for knowledge.

- **Affliction (1997)**

Rural man hassled by everyone.

- **Aliens (1986)**

Schizo Chick living in a fantasy world kidnaps a British girl.

♀ A movie about a very strong woman.

- **American History X (1998)**

Activist gets downtrodden by Society into thinking he's bad. Peace rules.

- **Animal House (1978)**

How to complete college.

- **Apocalypse Now (1979)**

Shown with fireworks and the beauty of south east Asia a colonel starts a Cambodian commune for AWOL 'Nam soldiers.

- **Arlington Road (1999)**

Misunderstood, neighborly family gets persecuted by a grieving lecturer with a grudge.

- **Artificial Intelligence: AI (2001)**

A pedo makes a sexbot for pedos.

- **As Good As It Gets (1997)**

A guy with extreme OCD (obsessive compulsive disorder) buys love and Lisa Simpson is in the flesh.

- **Beach, The (2000)**

A bunch of traveling youths valiantly try the poor person's way of owning an island, set up a commune and overstay their visas.

- **Beautiful Girls (1996)**

Pedo gives up on true love due to peer pressure to suffer and the temptation of a Sugar Mommy.

- **Being John Malkovich (1999)**

E. A. Poe's The Tell-Tale Heart.

- **Big Lebowski, The (1998)**

Stoner bowler mixes with wealth.

- **Bill Hicks' comedy concerts (1988+)**

Depressive, sardonic druggie leaves suicide note.

- **Blade Runner (1982)**

Robocop meets sexbot in '80s fashion show.

- **Bleeder (1999)**

Danske (Danish) thirty-something angst.

- **Blue Steel (1990)**

Serial killer, rookie, cop Chick seduces her bosses into blaming a trader.

♀ A movie about a very strong woman, co-written and directed by a woman.

- **Body Snatchers (1993)**

Chick finds living on a military base too regimental.

- **Boyz In Da Hood (1991)**

Afro-Americans try to make friends in their neighborhood.

- **Braveheart (1995)**

Monarchy doing what it does.

- **Brazil (1985)**

A typo introduces bureaucrat to terrorist Chick.

- **Breaking The Waves (1996)**

Ms. Watson gives the best acting performance ever, bar none, in a contender for the most tragic film imaginable.

- **Bringing Out The Dead (1999)**

An EMS worker gains awareness and benefits from starting to interact with energy itself.

• **Buffy The Vampire Slayer (1992) and the TV Series (1997-2003)**

Dumb, blonde, teen Chick changes her life with martial arts and really gets into her neighborhood watch.

♀ A TV show with very strong women, often written by women.

• **Clerks. (1994)**

Despairing working class men can't get laid. Great comedy from newbie writer & director.

• **Clueless (1995)**

Ditsy Chick's erotic life.

♀ A movie about young women, written and directed by a woman.

• **Colors (1988)**

LA's ethnic minorities play with each other and the cops.

• **Contact (1997)**

Scientist searches the universe for her dead parents. This movie tries ever so hard to explain about multiversal life.

♀ A movie about a very strong woman.

• **Craft, The (1996)**

Satanic, lesbo, teen gang-bang. Wiccan really and no sex.



♀ A movie about strong women.

- **Crouching Tiger, Hidden Dragon (2000)**

Ancient, 中文 (Zhongwen or Chinese), levitating, suicide cult.

♀ A movie featuring very strong women.

- **Cruel Intentions (1999)**

Teaches how to kiss.

- **Dances With Wolves (1990)**

European immigrant trades illegal guns with neighbors for language lessons.

- **Dazed and Confused (1993)**

'70s' graduating high school kids get hazed and high in a simple story highlighting the characters involved in life as it was.

- **Dead Calm (1989)**

Comatose, Aussie Chick visualizes her recovery from a car accident as a vacation on the ocean.

♀ A movie featuring a strong woman.

- **Dead Zone (1983)**

Small town, school teacher with a hand fetish goes on a five year retreat. This gives him energetic cleanliness making

him acutely aware which estranges him from Society.

- **Donnie Darko (2001)**

Schizo, pedo hero can't escape unluckiest small town in the USA. Shows the heroism and **humanity** of a troubled youth.

- **Duckman: Private Dick / Family Man (TV, 1994-1997)**

The **funniest** thing Society has ever made.

- **E.T. The Extra-Terrestrial (1982)**

Government agents chase an illegal immigrant back home.

- **Easy Rider (1969)**

Hippies learn the best place for them is in a commune.

- **Ecstasy (short) (1999)**

Music and dancing.

- **Excision (2012)**

Highly disturbing, intimate study of the life and mind of a highly disturbed, necrophilic, senior Chick with a nasty, psychotically domineering mother. **Wow!** The best horror film made.

♀ A movie about very powerful women.

- **eXistenZ (1999)**

Cybernetic interfaces destroy the barriers between reality and virtuality.

♀ A movie featuring a strong woman.

- **Exotica (1994)**

The intimacy, intensity and power of the experience of talking.

♀ A movie featuring strong women.

- **Falling Down (1993)**

A flipped out office worker deals with his anger at Society.

- **Fear and Loathing In Las Vegas (1998)**

Shows the way drugged up week of a reporter from his highly altered state perspective. Hilarious and eye opening. Unique.

- **Fight Club (1999)**

Office worker finds enlightenment, Attack with it, cleverly drops out of Society and aims to improve the world.

- **Fly Away Home (1996)**

Wow! True story of a young teenage girl's daring, aerial journey to protect the geese she reared.

♀ A movie about a strong, young woman.

- **Freeway (1996)**

Little Red the high school Chick rides the freeway from the 'hood to see grandma. She loses her path and inevitably encounters a vicious wolf. Attitude. Excellent.

♀ A movie about a very strong, young woman.

- **Fun (1994)**

Two teen Chicks learn playing with knives can be a social faux pas.

- **Funny Games (1997)**

Disturbed filmmaker's disturbing film based on true life events showing an emergency deconstructing a bourgeois family's perspective.

- **Ghost Busters (1984)**

Scientists delude public for profit.

- **Gift, The (2000)**

Fortune telling Chick gets hassled for being different.

♀ A movie about a strong woman.

- **Girl, Interrupted (1999)**

Mentally ill Chick sensibly learns to convince doctors that she's cured.

- **Go (1999)**

Some go to an LA club, others to Vegas. Both have to leave early due to their criminality.

- **Godfather, The, Trilogy (1972-1990), Goodfellas (1990), La Scorta (1993), Casino (1995), Carlito's Way (1993), The Sopranos (TV, 1999-2007)**

Hardworking Italiano (Italian) immigrants make a safe community for themselves.

- **Gorillas in the Mist: The Story of Dian Fossey (1988)**

Chick loves gorillas. And why not?

♀ A movie about a very strong woman.

- **Gremlins (1984)**

The spread of Afro-Americans through backwater USA wreaks havoc.

- **Greystoke (1984)**

Man raised by apes unsurprisingly turns his back on Society.

- **Haine, La (Hate) (1995)**

Three ghetto kids learn not to play with guns.

- **Harvey (1950)**

A charming drunk has a mystical Púca for a friend in the form of a 6' 3½" rabbit with a bow tie (like a tall, male Playboy

bunny). The more strait-laced characters experience Attacks of poltergeists, items being hidden and words in a book being shockingly referential. A classic look at the world in a broader scope, accepting Attack as part of reality.

- **Hellraiser (1987) + II (1988)**

Hell on Earth.

- **Hostel: Part II (2007)**

Ultra violent, sadistic movie which appears to be an ironic take on pro vegetarianism.

♀ A movie featuring a very strong, young woman.

- **Human Traffic (1999)**

Brit clubbers enjoy clubbing.

- **I.D. (1995)**

Brit sports hooligans convince a cop to join them.

- **Inception (2010)**

Outstanding off-beat movie on ultra lucid dreaming adventures.

- **Inspector Morse (TV, 1987-2000)**

British, Oxford detective's two hour dramas including the incredibly realistic Cherubim & Seraphim episode (1992)

about juniors at illegal raves with designer, nootropic drugs. The best British TV show ever.

- **Instinct (1999)**

This film explains everything you ever needed to know. It understands Society.

- **Invasion of the Body Snatchers (1978)**

Spock turns into an evil dominator.

- **It (TVM) (1990)**

The asthmatic kid did it. Featuring a killer clown.

- **It Follows (2014)**

Possibly the scariest movie ever made. A chilled out, suburban, coed Chick and her friends fight the creepiest curse, which is passed along through having sex.

♀ A movie featuring a strong, young woman.

- **Jacob's Ladder (1990)**

Mortally wounded 'Nam soldier manages to shed most of his attachments.

- **Jaws (1975)**

Chief cop escapes the sharks of the big city. History is the tale of the survivors.

- **Jetée, La (1962)**

Dystopian future turns man into mole.

- **JFK (1991)**

VPotUS spots opportunity to advance career.

- **Kids (1995)**

Chick blames ghost for spreading HIV.

- **Kundun (1997)**

Poor kid dreams of being president. The story of the young 14<sup>th</sup> Dalai Lama and the 中文 (Zhongwen or Chinese) invasion of Tibet.

**Unsurprisingly addresses some amazingly enlightened concepts.**

- **Lawnmower Man (1992)**

Village idiot gets addicted to video games and nootropics.

- **Law & Order: Special Victims Unit (TV, 1999-) (Especially the early seasons)**

Manhattan's sex cops with the most shockingly extreme & realistic, **ideologically challenging, In-A-New-York-Minute winding plots**, in-depth profiling and prosecution, verdict and



sentence shown. The best of the recent tsunami of crime dramas.

♀ A TV show featuring a strong woman.

- **Leaving Las Vegas (1995)**

Some people are overwhelmed by Attack, others aren't. Some relationships can be worthwhile nonetheless. A suicidal, alcoholic Buffy fan hallucinates her holding his hand as he passes.

- **Life of Brian (1979)**

Wannabe Jesus' struggle with his destiny.

- **Limitless (2011)**

A brain boosting, nootropic drug walks into a writers life and shows him **awareness** and mental acuity so he tries to improve the world as a politician. Inspirational.

- **Little Miss Sunshine (2006)**

Cutest kid's (Mariel's daughter's) druggie grandpa teaches her to strip.

♀ A movie about a strong girl.

- **Lost In Translation (2003)**

Subtle film about a young, US wife exploring 日本 (Nippon or Japan) and getting very close to an older man.

♀ A movie about a woman, written and directed by a woman.

- **Magnolia (1999)**

Synchronicity at work in LA. Daring to show emotion on screen.

- **Malcolm X (1992)**

Afro, Muslim, NYC violence comes home to roost.

- **M\*A\*S\*H (1972)**

Draftees get high on the job in Korea and sing about a well hung dentist.

- **Matrix, The (1999)**

Technophobic propaganda.

- **Memento (2000)**

Disabled ex-insurance guy gets turned into a hit man by a crooked cop.

- **Midnight Express (1978)**

How to get your date to show you her tits.

- **Movies written and directed by Paul Thomas Anderson like Boogie Nights (1997), Magnolia (1999), The Master (2012), etc.**

Interesting, well played, character driven, slice-of-life, synchronicitous movies.

- **Movies written & directed by David Cronenberg like eXistenZ (1999), The Dead Zone (1983), Videodrome (1983), Rabid (1977), Dead Ringers (1988), etc.**

Impressive, surreal fantasies from a filmmaker thinking outside the box.

- **Movies directed by Abel Ferrara like Bad Lieutenant (1992), The Addiction (1995), Ms .45 (1981), Body Snatchers (1993), etc.**

Dark, megapolic NYC.

- **Movies writted by and/or directed by Terry Gilliam like Twelve Monkeys (1995), Brazil (1985), Fear and Loathing in Las Vegas (1998), Time Bandits (1981), etc.**

Hippie-style director's surreal art.

- **Movies directed by and/or starring Dennis Hopper like Easy Rider (1969), Out Of The Blue (1998), Colors (1988), Apocalypse Now (1979), Carried Away (1996), etc.**

Intense hippie.

- **Movies written, directed and edited by and starring 'Beat' Takeshi Kitano like Hanna-Bi (1997), Sonatine (1993), Kikujiro (1999), Boiling Point (1990), etc.**

日本語 (Nihongo or Japanese man) sees his country's violent nature as black comedy.

- **Movies written and directed by Mike Leigh like Life is Sweet (1990), Meantime (1984), Naked (1993), Career Girls (1997), etc.**

This heresy of his near unique Slice of Life genre is what the USA never had the guts to show on the silver screen. Groundbreaking genius who writes his own genre. Writes true life, gritty, emotional human dialogue and removes the delusional concept of a plot.

♀ Movies featuring interesting women.

- **Movies written and directed by David Lynch like Blue Velvet (1986), The Lost Highway (1997), Mulholland Dr. (2001), The Straight Story (1999), Wild At Heart (1990), etc.**

Surreal Americana rocks the world. Groundbreaking genius who writes his own genre.

- **Movies directed by Paul Verhoeven like Robocop (1987), Basic Instinct (1992), Starship Troopers (1997), Total Recall (1990), Turks Fruit (1973), etc.**

Challenging movies.

- **Movies starring Jackie Chan like Wheels on Meals (1984), Rumble in the Bronx (1995), Police Story (1985), etc.**

Grandmaster Chan saves people, advises against cannabis, etc..

- **Movies starring Bruce Lee like Fists of Fury (1971), Enter The Dragon (1973), Way of the Dragon (1972), etc.**

Grandmaster Lee kills baddies while looking like he's troubled by it.

- **Muriel's Wedding (1994)**

Shows that there's a whole new world and a whole new you to explore outside of a hometown enclave.

♀ A movie about a strong, young woman.

- **Music and Lyrics (2007)**

Shows how nymphet pop idols get propped up by people with talent.

• **Niagara, Niagara (1997)**

Ticking Chick decides to end her quest by emulating her father. Astounding acting. Amazing music.

♀ A movie about a very strong, young woman.

• **Night On Earth (1991)**

A moving essay on the similarity of all mainstream Society on Gaia.

• **Nightmare on Elm Street Series (1984+)**

A frigid, type A, teenage Chick angry at her father leaving home entraps an elderly janitor who only wanted to teach high school kids that their dreams can come true.

♀ Starting with a movie about a strong, young woman.

• **Ninth Gate, The (1999)**

Wealthy book collector gets immolated by jealous colleague proving that which you focus upon shall inhabit your reality.

• **Offence, The (1973)**

Cop beats pedo.

• **Once Were Warriors (1994)**

Maori bodybuilder finds pedo in his pack.

- **One Flew Over The Cuckoo's Nest (1975)**

Mental hospitals can be dangerous places.

- **Paris, Texas (1984)**

Artistic homage to Taxi Driver.

- **People vs. Larry Flynt, The (1996)**

Hustler's story of groundbreaking immorality.

- **Pi (1998)**

Jew succumbs to peer pressure not to be a genius after his mentor croaks.

- **Planet of the Apes (1968)**

Returning vets can't integrate back into society. Excellent.

- **Poltergeist (1982)**

House hides cutest kid.

- **Pulp Fiction (1994)**

BDSM music video featuring Uma Karuna Thurman.

- **Pusher (1996)**

Danske (Danish) rom-com with bite.

- **Robocop (1987)**

Assaulted cop gets revenge.

- **Rockers (1978)**

Dreads repair 'hood.

- **Romper Stomper (1992)**

Aussie, city psychos prove world peace is a world away.

- **Running On Empty (1988)**

Violent hippies lose their grandchildren.

- **Scarface (1983)**

Incestuous, Cuban immigrant addict fails to make a new life for himself in the USA.

- **Se7en (1995), 8mm (1999), The Silence of the Lambs Series (1986+)**

Megapolic+, perverse violence gets addressed.

♀ The Silence of the Lambs series features a very strong woman.

- **Sex, Lies and Videotape (1989)**

Frigid Chick chooses a partner that can be with her during the days.

- **Shining, The (1980)**

The hotel bites back with its Attacks overwhelming the new caretaker.

- **Short Circuit (1986)**

AI warbot meets pacifist Chick and so learns pacifism.

- **Silent Running (1972)**



Hippie gardener gets over protective of his gardens when they become endangered.

- **Single White Female (1992)**

Study of parasitic obsession of a type A personality by the type B they're abusing.

- **Sixth Sense, The (1999)**

Boy (Mariel's son) finds solution to therapist fees yet still torments his mom.

- **Slacker (1991)**

Stoners exist sometimes even in USA's fave propaganda mechanism.

- **Slam (1998)**

Stoner poet survives a harsh society.

- **Star Trek Series (1979-) and the TV Group of Series (1966-)**

Utopian fools embrace death and interracial & interspecies romance.

- **Star Wars Series (1977-)**

Religious extremists recruit naïve teenage hick to destroy government building and kill thousands.

- **Stealing Home (1988)**

The ultimate American Dream; every Hometown Honey not accepting any man

except you. Ball players aren't the ones to save the Free Spirit Chicks.

- **Strange Days (1995)**

Early cybernetic systems get shunned by Luddites.

- **Taxi Driver (1976)**

Mafia kill cabbie for obsessing over one of their young hos in the quintessential guy movie.

- **Terminator 2: Judgment Day (1991)**

Robots war and humans win.

- **Texas Chain Saw Massacre, The (1974)**

Southern family assert right to deal with trespassers.

- **Thin Red Line, The (1998)**

Americans conquer a hill in the best war film made.

- **Time Traveler's Wife, The (2009)**

Time travel handled brilliantly and touchingly in this family tale.

♀ A movie written by a woman.

- **Topless Women Talk About Their Lives (1997)**

Kiwi folk listen to chilled out music.

- **Trading Places (1983)**

Trader gets Stockholm syndrome and marries a ho.

- **Traffic (2000)**

Rich, teen Chick proves drugs don't care about their user in this strong anti-drug propaganda.

- **Trainspotting (1996)**

Skag addict pedo waits for nymphet.

- **Trees Lounge (1996)**

World's Biggest Loser keeps on drinking in this very laid back film with PYT Miss. V Cheesy Login.

- **Twelve Monkeys (1995)**

An annoyed dentist falls in love with a ho.

- **Twilight (2008) (Not the four sequels)**

A high school junior Chick falls in love with a tame vampire who fancies his evil stare in this amazing advert for the Pacific northwest disguised as a romantic drama.

♀ A movie about a strong, young woman, written, scriptwritten and directed by women.

- **Twin Peaks: Fire Walk with Me (1992) and the TV Series (1990-1991)**

An incestuous, pedo lawyer evades capture for ages in Washington state.

- **Vallée, La (1972)**

Pink Floyd go travelling in Asia where no Westerner has been before.

- **Vertigo (1958)**

Bleached blonde, ethereal faker gets her poetic justice while the Attacked hero eventually gets his girl.

- **Waking Life (2001)**

Esoterica finally makes the big screen; amazing. This filmmaker shows his outstanding views on life. **Awesome.**

- **WarGames (1983)**

High school senior accidentally almost starts WWII by wardialing then hacking into NORAD (North American Air Defense) to play games. Also shows phreaking, acoustic couplers, floppy disks and other computing relics.

- **War Zone, The (1999)**

Incestuous pedo doesn't realize his home sucks.

- **West Side Story (1961)**

NYC youths try to stop immigration.

- **West Wing, The (TV, 1999-2006)**

The most intelligent thing ever to grace TV, ever, **ever**.

• **Wild Side (1995)**

Classy ho meets bank hacker then finds true love and does that instead.

♀ A movie featuring a strong woman.

• **Wish You Were Here (1987)**

Impudent, wild child, Brit Chick gets knocked up and abandoned.

• **Vie Rêvée Des Anges, La (Dreamlife of Angels, The) (1998), some Short starring Liv Corfixen (2000~), etc.**

Suicidal Chick movies. 'Be a man, save a Chick today.'

• **Zero Dark Thirty (2012)**

True life account of the search for and execution of Bin Laden. See spooks, CIA Black Site prisons, waterboarding, bombings, shootings, internal politics, the fun of triangulation using only one receiver and the Special Forces raid.

♀ A movie about a very strong woman, directed by a woman.

*NB* Try watching Taxi Driver over Paris, Texas. Both at the same time. There are

far more that improve as simultaneous movies. *Scream & Clueless*, etc..

# APPENDIX V: SOME IMPORTANT MUSIC

This is a small selection of some of the great musicians of Society plus music that isn't so good yet is Socially significant and worth listening to at least once for the experience. There's barely anything C21 because the author had stopped listening to the new music of Society by then. It includes Christian, Muslim and Tibetan Buddhist music which has an immense energy within Society for they are immense Societal sub-groups of great belief. It also includes Classical music which is very old and upper class and as such has an immense energy within Western Society. These energies impart great emotion.

In alphabetical order. The best of the best are underlined.

- **Acen Razvi**

UK Hardcore

For example their song Trip II The Moon (1992).

- **The Age of Love**

Italiano (Italian) Trance

Their song The Age of Love (1990).

- **Air (French Band) (1995-)**

Français (French) Electronica

Their album Moon Safari (1998).

- **Alison Goldfrapp (1966-)**

UK Electronic Dance

For example their album Felt Mountain (2000).

- **Aimee Mann (1960-)**

USA Virginian Folk

For example her song Save Me (1999).

- **Les Amazones De Guinée**

West African Folk

For example their song Sona (circa 1990).

- **Aphex Twin (1971-)**

UK Ambient Dance + Electronic Dance

For example their album Selected Ambient Works 85-92 (1992).



- **Augustus Pablo (Horace Swaby) (1954-1999)**

Jamaican Roots Reggae

For example his song Cassava Piece (1972-5).

- **Autechre (1987-)**

UK Ambient

For example their remix of Saint Etienne's song Like A Motorway entitled Skin Up You're Already Dead (1994).

- **Bedouin Ascent**

UK Ambient

For example their song Composition C for Neutral Space.

- **Beth Gibbons (1965-)**

UK Folk

For example their album Out of Season (2002).

- **Biosphere (Geir Jenssen) (1962-)**

Norsk (Norwegian) Ambient

Their song The Third Planet.

- **Bo Diddley (Ellas Otha Bates) (1928-2008)**

USA Mississippian Rhythm & Blues

Their song Bo Diddley (1955).

- **Bob Dylan (1941-)**

## USA Minnesotan Folk

For example their album *The Times They Are A-Changin'* (1964). Nobel laureate.

- **Bob Marley (and The Wailers) (1945-1981)**

Jamaican Reggae + Rock Steady

For example their album *Exodus* (1977).

- **Bomb The Bass (Tim Simenon)**

UK Electronic Dance

For example their song *Bug Powder Dust* (1994).

- **The Brothers Grimm**

UK Hardcore

Their song *The Lion Awakes*.

- **Can (1968-1999)**

Deutsch (German) Acid Electronica

For example their song *Future Days* (1973).

- **Claude Debussy (1862-1918)**

Français (French) Classical Romantic

For example their song *Clare de Lune*.

- **Claudine Longet (1942-)**

Français (French)-American Lounge

For example their song *Nothing to Lose*.

- **De La Soul (1987-)**

USA East Coast Hip-Hop

For example their album 3 Feet High & Rising (1989).

- **Deep Forest**

Français (French) World Dance  
Their song Sweet Lullaby (1992).

- **Dillinja (Karl Francis) (1974-)**

UK Drum'n'Bass

For example their song The Angels Fell (1995).

- **DJ Shadow (Joshua Paul Davis) (1972-)**

USA Californian Trip-Hop

For example their album Endtroducing... (1994-6).

- **Django Reinhardt (Jean-Baptiste Reinhardt) (1910-1953)**

Belge (Belgian) Jazz

For example their song I Saw Stars.

- **Don McLean (1945-)**

USA New York Folk

For example their song American Pie (1971).

- **The Doors (1965-73)**

USA LA Acid Rock

For example their song The End (1967).

- **Enigma (1990-)**

Deutsch (German) Electronic Dance  
For example their album MCMXC A.D.  
(1990).

- **Eric Satie (1866-1925)**

Français (French) Piano  
For example their album Gymnopédies.

- **Everything But The Girl (1982-2000)**

UK Folk

Their song I Don't Want To Talk About It  
(1989).

- **The Future Sound of London (1988-)**

UK Ambient

For example their album Lifeforms  
(1994).

- **Grandmaster Flash & The Furious Five (1976-1988)**

USA NYC Rap

Their song The Message (1982).

- **Gustav Holst (1874-1934)**

UK Classical

Their suite The Planets.

- **Hardfloor (1991-)**

Deutsch (German) Hard Trance

For example their album Funalogue.

- **J Majik (Jamie Spratling)**

UK Drum'n'Bass

For example their song Your Sound (1995).

• **Jacob Miller (1952-1980)**

Jamaican Reggae + Dub

For example their album Who Say Jah No Dread – The Classic Augustus Pablo Sessions (including dubs) (1975).

• **Jam And Spoon (1991-2005)**

Deutsch (German) Trance

For example their album Tripomatic Fairytales 2001 (1994).

• **Jefferson Airplane (1965-1996)**

USA San Franciscan Acid Folk

For instance their song White Rabbit (1967).

• **Jewel Kilcher (1974-)**

USA Folk

For example their album Pieces of You (1995).

• **Johann Sebastian Bach (1685-1750)**

Deutsch (German) Classical

For example their concerti grossi the Brandenburg Concertos.

• **John Lennon (1940-1980)**

UK Liverpoolian / US Folk / Pop

For example their song Imagine (1971).

- **Joni Mitchell (1943-)**

Canadian / USA Folk

For example their album Blue (1971).

- **Junior Byles (Kerrie Byles) (1948-)**

Jamaican Reggae

Their song Fade Away (1976).

- **King Tubby (Osbourne Ruddock) (1941-1989)**

Jamaican Dub

For example their song Real Gone Crazy Dub.

- **Kool and The Gang (1964-)**

USA New Jerseyan Funk + Disco

For example their song Summer Madness (1974).

- **Lee 'Scratch' Perry (Rainford Hugh Perry) (1936-)**

Jamaican Reggae + Dub

For example their album Battle of Armagideon (Millionaire Liquidator) (1986).

- **Leonard Cohen (1934-2016)**

Canadian Pop

Their song Everybody Knows (1988).

- **Lil' Louis (Marvin Burns)**

USA Chicagoan House

Their song French Kiss (1989).

- **Lucinda Williams (1953-)**

USA Louisianan Folk / Blues

Their song Sharp Cutting Wings (Song To A Poet) (1980).

- **Ludwig Van Beethoven (1770-1827)**

Deutsch (German) Classical

For example their song Für Elise (1810).

- **Madonna (Madonna Louise Ciccone) (1958-)**

USA NYC Pop

For example their song Material Girl (1985).

- **Marvin Gaye (1939-1984)**

USA Motown (Detroit)

Their album What's Going On (1971).

- **Massive Attack (1988-)**

UK Trip-Hop

For example their album Blue Lines (1991).

- **Michael Jackson (1958-2009)**

USA Pop

Their album Thriller (1982) (the best selling album of all time).

- **Moby (Richard Melville Hall) (1965-)**

USA NYC Electronic Dance

For instance their song Go (Woodtick Mix) (1990).

• **Morcheeba (1995-)**

UK London Jazz

For example their album Charango (2002).

• **N.W.A. (1986-2002)**

USA LA Rap

For example their album Straight Outta Compton (1988).

• **Nina Nastasia**

USA NYC Folk

For example their song Counting Up Your Bones.

• **Nirvana (1987-1994)**

USA Seattle Grunge

For example their album Nevermind (1991).

• **Ustad Nusrat Fateh Ali Khan (يع احن) (تر صن ح تف) (1948-1997)**

(Pakistani) Qawwali

For example their album Live in Paris, Vol. 2.

• **Omni Trio (Robert Haigh)**

UK Drum'n'Bass + Ambient



For example their song Haunted Science (1996).

- **The Orb (1988-)**

UK Ambient Dance

For example their album The Orb's Adventures Beyond The Ultraworld (1991).

- **Orbital (1989-2014)**

UK Techno

For example their album Snivilisation (1994).

- **Otis Redding (1941-1967)**

USA Georgian Blues

For example their song (Sittin' On) The Dock of the Bay (1968).

- **Patty Griffin (1964-)**

USA Maine Folk

Their song You Are Not Alone.

- **Paul Simon (1941-)**

USA New Jerseyan & World Folk

For example their album The Rhythm of the Saints (1990).

- **PFM**

Drum'n'Bass

For example their song The One & Only.

- **The Pharcyde (1989-)**

USA LA Hip-Hop

Their album Bizarre Ride II The Pharcyde (1992).

- **Portishead (1991-)**

UK Trip-Hop

For example their album Dummy (1994).

- **The Artist Formerly Known As Prince (Prince Rogers Nelson) (1958-2016)**

USA Minnesotan Rock

For example their album Sign 'O' The Times (1987).

- **The Prodigy (1990-)**

UK Electronic Dance

For example their album Music For the Jilted Generation (1994).

- **Public Enemy (1982-)**

USA NYC Rap

Their song Fight The Power (1990).

- **Sade (1982-)**

UK London Lovers Rock

For example their album and live DVD Lovers Rock (2000~).

- **Santana (1967-)**

USA San Franciscan Acid Rock

For example their album Abraxas (1970).

- **The Scientist Meets The Space Invaders Album (1981)**

Jamaican Dub

For example their song Materialize.

- **Shut Up And Dance**

UK London Hackney Electronic Dance

For example their song Raving I'm Raving (the original 1992 mix without copyright obtained).

- **Shy FX featuring UK Apache**

UK Jungle

Their song Original Nuttah (1994).

- **Sia Furler (1975-)**

Australian Folk

For example their album Healing Is Difficult (2001).

- **Silver Bullet**

UK Hardcore

Their song 20 Seconds To Comply (~1989).

- **Sizzla Kalonji (Miguel Orlando Collins) (1976-)**

Jamaican Reggae

For example their song Praise Ye Jah (1997).

- **Sly & The Family Stone (1967-1983)**

USA San Franciscan Funk

For example their song Family Affair (1971).

- **Stanley Jordan (1959-)**

USA Chicagoan Jazz

For example their cover of the Beatles' Eleanor Rigby.

- **System 7 (1991-)**

UK Ambient + Electronic Dance

For example their album Point 3 – Water Album (1994).

- **Thelonious Monk (1917-1982)**

USA North Carolinian Jazz

For example their song Blue Monk (1958).

- **Tomaso Giovanni Albinoni (1671-1751)**

Italiano (Italian) Classical

Their song Adagio for Strings and Organ in G Minor.

- **Tool (1990-)**

USA Californian Neo-Acid Rock

Their album Lateralus (2001).

- **Tracy Chapman (1964-)**

USA Ohio Folk

Their album Tracy Chapman (1988).

- **Union Jack**

UK Techno + Trance

For example their album There Is No Armageddon (1995).

- **Wolfgang Amadeus Mozart (1756-1791)**

Österreichisch (Austrian) Classical

For example their song Eine kleine Nachtmusik (1787).

- **The Wu-Tang Clan (1992-)**

USA NYC Hip-Hop

For example their album Enter The Wu-Tang 36 Chambers (1993).

- **Yabby You (Yabby U) (Vivian Jackson) (1946-2010)**

Jamaican Reggae + Dub

For example their album Yabby U vs. King Tubby – Prophecy of Dub (1976).

- **Yungchen Lhamo (1960s-)**

Tibetan Folk

Their album Tibet, Tibet.

# APPENDIX VI: THE CHURCH OF TERRA SANCTUARIA: MEDITATION RETREAT COMMUNE

**Extremely limited places are available for residential living and learning at the Church of Terra Sanctuaria meditation retreat commune. We're on schedule to open in early 2018. Applications now accepted.**

For more info email us:

**[info@terrasanctuarial.org](mailto:info@terrasanctuarial.org)**

Or Skype us:

**[enlighten.online](https://www.skype.com/enlighten.online)**

Although we live here you can just come for a visit and check us out. Get some distance from the city, get some quiet time. Check out our lifestyle for

yourselves, ask any questions you may have (and you can always Skype or email us) and meditate with us in the peaceful countryside.

We do group activities like exercise, yoga, cooking, painting, sculpture, making music, self-defense and story telling. We teach standard science to make sure everyone has a base understanding. Our own laboratories are where we actively develop our scientific theories and practical applications. We share our discoveries with Society for a price. We make our own furniture and our own clothing. We try as much as possible to be self-sufficient when it comes to feeding ourselves from our own farm land.

There are group therapy sessions to help the group grow together smoothly. There are also personal therapy sessions to help residents get in touch with themselves.

Each member has the space to be alone when they want. A space for their own possessions. There's plenty of opportunities for alone time and personal meditation time.

It is a meditation retreat. There are no TVs, radios or cellphones used. Private telephone and video calls are available anytime though.

**Steve teaches in daily sessions.** There are also question and answer sessions to help explain our philosophies and lifestyle.

Steve also has to find the time to work some to bring income into the commune. Terra Sanctuaria earns so you don't have to.

“He does fit the profile perfectly. He's [an only child,] intelligent but an under achiever, alienated from his parents, has few friends. A classic case for recruitment by the Soviets [for



espionage].”

FBI Special Agent,  
WarGames (1983) movie,  
Written by Lawrence Lasker  
and Walter F. Parkes

This is because they're freer to think for themselves and less brainwashed into status quo thinking. **These are in fact the perfect candidates for enlightenment and joining our church commune.** If you fit into this category do consider trying us out and seeing if our lifestyle can help you realize your true, amazing potential.

Being separatist isn't bad by nature. It's the difference between different tables at a restaurant and a family eating at home.

**Leave the Rat Race and instead come and live in our commune and grow with us.**

There's a bit of work to do to keep it in running order but it ain't much. We use

robots to help with the cleaning and machines to help with the cooking.

It's a fact of life that our commune can only hold so many people. We recommend that you start your own. If anyone's interested then contact us and we'll help you organize the setting up of it.

# APPENDIX VII: AUTOBIOGRAPHY



## STEVE University of Life Since '75

Now we're a tall, large framed, pale skinned with moles, pale blue eyed man with long blonde hair and a full, darker, reddish beard. Our hair somewhat darker these days from the natural oils since we stopped shampooing some years ago.

We were told that the womb we'd inhabited had previously held a child killed by our own mother pre-birth due to it being conceived in the rape of a 16 year old. We started life in a London, England, upper middle class family. The eldest child of eldest (surviving) children, the first grandchild and the first of our extended family to be born in England and in London. The only child of a decade long marriage of expatriates of mostly northern European descent. We were told our ethnicity was  $\frac{3}{4}$  pale Caucasian (Catholic and Protestant Christian) and  $\frac{1}{4}$  tanned Caucasian (Coptic Christian) from a little north of Jesus (who was God's only child, made in God's image and 100% tanned Caucasian Christian). Our short, busty, quietly, passive-aggressively hateful, artist, community college, media studies teacher mother gave us a well equipped room in her house and put food on the table. She was a disturbed, man-hater and we were pleased our relationship

was minimal. She forever hated her father for abandoning his first family with her included and deeply resented her mother for shipping her off to live with family on another continent. After retiring she achieved her doctorate degree. We were thankfully raised without a dominant male figure in the household. Our very reserved, college, architecture professor father, gone by the time we were six, was rumored to have cheated on our mother even with her sister then moved on to start a new family whom he later also abandoned. Obviously we were overjoyed at this break from Societal BDSM dominance and socialization from another of Society's disturbed, Attacked individuals. This let unrestrained self-empowerment foster and self-control build.

**Thankfully we escaped the standard initiations into religion.**

**We've never been a people person.** Being an only child we kept ourselves

company and entertained ourselves, often with the help of Society's multimedia religion. We gained distantia (distance) from an early age. We'd the one parent who worked late and wasn't interested in us. We've had solely a friend or two throughout the years, our buddies phase from junior year in high school only lasted a year or two before starting to fade, we did a GF for a while and a lover for a year. **We've always led a solitary life.** Entranced by multimedia religion, yet solitary. Being distanced to Society we kept a distance to their comms of emotion. We've never been much of one for sadness nor anger. Extremely accustomed to our own, solitary reality and a programmer or controller of computers, we could safely be called a control freak although certainly not a dominator of other lifeforms. We like things just so, the way we like them and don't accept chaos in our reality. We call the Android talking alarm clock "Babes" =) and are constantly developing our own

computing systems including an AI.

We were a city kid but also **an islander**. The island Britain for all our childhood years was in the midst of a civil war with its closest neighbor which it considered its territory. The threat of terrorist bombing by the IRA (Irish Republican Army) was very real. There were both fire and bomb alarms at school. One night we heard a bomb explode some distance away carried by the night air to our neighborhood. They were not freedom fighters hitting legitimate government targets they were terrorists attacking a civilian population which included us.

We're aware we bring with us the baggage of history. The Éireannach (Irish) civil war, WWII, WWI and further back.

Britain is the only country we've been where **the cops don't carry guns** by default. There are basically no

poisonous spiders or insects and its only snake, the adder, has no venom. The weather is very rarely extreme; rarely mild hurricanes, no tornados nor earthquakes, ~26°C (79°F) summer max and ~-6°C (21°F) winter min. Being an island it's easy to defend, recently against C20 Nazis and C21 illegal immigrants. It's a temperate paradise island yet it has it bad points like everywhere else.

To conform to Society's appearances we had been subjected to three ocular operations by two years old (from conception). Each time with general anæsthesia; a state some never awaken from. So it could be said that our life had already been jeopardized by Society thrice before we could even walk.

As a 3~4 year old we attended a private, Montessori kindergarten in an upper class neighborhood on a higher hill quite close to our home.



At elementary school age we were notably underworked. A memory that stands out is from around kindergarten grade age, our British second grade (British kids start school before their US counterparts). We'd finished our sheet of math problems so we walked up and presented our work to the teacher. She was so unprepared for intelligent kids that because she had no other work for us to do, instead of congratulating us, she literally told us to do it all again; talk about negative reinforcement! We sang Morning Has Broken, All Things Bright And Beautiful, etc. and went on a field trip to the central London mosque but there was never any pledging to be submissive towards (the Christian) God, any other god/s nor to any nation. There were no flags at school, none in the neighborhood. Another glaring difference to the divisive 'patriotism' of the USA. Early on there was the downtrodden looking girl who kept coming to school with broken bones. She didn't come for long but she was

unforgettable. A die-hard idealist we tried activism against our own educational imprisonment by igniting the paper in the school toilets aged eight. After the third time, we were caught, as we must have wanted, and was given a second chance by a nice, woman principal. The incidents were all after school and with five exits on the ground floor and a fire escape on the second we weren't going to injure anyone. The passionate fires were lit as near as possible to the place of semi-naked females, in the gender partitioned restrooms. It was the place with the least amount of combustible material and the most water in the school. It was a symbolic gesture of defiance from a prisoner, not the most dedicated plan of pyromania. The same fire in any classroom drawer and the whole building would've gone up. A naughty, fortunately disasterless, couple of times we dallied with the dangers of ignited paper airplanes (sugar paper worked extremely well) (then restricted ourselves to

Amaretti wrappers) and we also survived with conscience barely intact after dangerously bombarding traffic with projectiles a couple of times. Kids, and the energies they get caught up in!

Around fourth grade age our teacher was nasty and tried to put down our abilities to our mom. We were specially tested by an educational psychologist and came back to the teacher with a letter putting our IQ in the top 5%. Enjoying the countryside was helped by our time with the Woodcraft Folk who are like hippie Boy Scouts for both genders. We literally sang 'We Shall Overcome' and 'The H-Bomb's Thunder' songs. We'd a friend at whose home we watched NC-17 rated, like Bruce Lee kung fu (Jeet Kune Do), movies as a preteen. There was a neighborhood house called 'In Mengele Land' after Nazi Dr. Josef 'The Angel of Death' Mengele, who performed enforced medical experiments on their political prisoners and later evaded capture for the remainder of his life. Us

kids referred to him as the ‘ogre’, as kids do, and were wary but there was no hatred, no pranks pulled. We assumed our neighbor was a holocaust survivor. One Halloween he chased a Trick-or-Treating kid up the road with a kitchen knife. He’d obviously found a place to feel safe however highly strung.

One afternoon we were stalked on our way home by a pædophile. Soon there was a knock on the door. Going to answer it with a babysitter looking over our shoulder the stalker quickly backed away mutely. Life warned us of the dangers of riding a bike in a city early by an accident in a park putting us in a cast for our fifth grade dance. Although we’d had our first kiss by then the dance was an awkward night best quickly moved on from. Our father gave us a couple of half siblings who lived nearby for a few years before he cruelly ripped them from our life by moving them hours away. It did however reinforce our solitude which we’ve cherished.

At junior / high school age our asthma (also known as smother love), the birth of the Digital Age and an inherent dislike of the idiocy and aggressively competitive nature of most sports kept us inside playing with our computer, electronics kit, chemistry set, reading or likewise educational, intelligent activity. We had suffered from asthma ('ass-ma') since a young child, was on daily medication, caught frequent chest infections, pneumonia once, and was hospitalized numerous times, spanning a decade. It wasn't managed properly and blaming our unengaged mother would be fairly accurate; more a touch of Munchausen by proxy than Munchausen. Our mother rarely entered our room and being a kid we basically never vacuumed the thick carpet letting dust and dust mites & their droppings (a trigger) accumulate. We were also allergic to animals yet had had a cat since a toddler. (We strongly associated with their independence and didn't much appreciate the submissive,

for domineering owners, group behavior nor slobbering of dogs.) Our mother smoked for some years. Our bed, from our mom, above our too dark and claustrophobically enclosed therefore unused desk was, without reason, 50cm from the ceiling adding immensely to our sense of being squashed. One view is that our asthma was a reciprocal Attack for the enforced collaring of 'our' cat. We feel it was an Attack directly from our mother's energy. We grew out of it as a martial artist teen.

Something we're extremely disappointed with is that Attack convinced us, for a short time, to imprison a rabbit. One view is the sensible creature escaped one vacation and then died from eating weeds. Another is that the relative charged with caring for it got too hungry.

Since we can remember there was always a lodger, usually a woman, living in our parent/s house. We never had a lock on our door there so privacy was

compromised. Later we carved a hole in a book for privacy. Sensibly we never tried the in-house pussy (which was never blonde), so to speak.

Xmas' spent with our mother's side of our original family were completely out-of-character with our quiet life in their amazing warmth, good spirit, great Polski (Polish) food and course after course after course of it. Mainly held in the large house of our relatives; a Polski count & his wife; an amazing cook. Their only child together, a pretty, blonde daughter with a good body who'd emigrated to Oz sold her personal services, often in Vegas. Although our grandparents had spawned 12 children between them we only had one, younger, relative to play with on the Eastern European celebratory night of December 24. After dinner the men took a drugs break in an upstairs bedroom to smoke cannabis while the women cleaned up then chain smoked while nattering downstairs. We all reconvened to open presents and play

board games until some of the others went to Catholic midnight mass. Xmas' spent with our father's side were cold with far fewer people and far less good cheer. We clearly remember the year we went with our father's new family and was hospitalized with asthma. Alone, outside of London, outside our hometown comfort zone, reading almost our sole possession, a small, boys', fact book our father had gifted to us at the hospital, lying in a public hospital, dormitory bed, with our labored breathing, a catheter in our splinted arm and refreshing nebulizer meds sessions. **Basically no-one visited, no-one cared. It was the epitome of a cold xmas.** Feeling unwanted and ultra Attacked. Our father was never a violent man, his anger was quietly hidden below his surface, and was intelligent, but **he never communicated much with us at all.** Anyway, as we've said we grew out of our asthma and obviously grew further and further away from our father's group.



We attended a public yet good quality school which took us 10-mins to walk to. The lower classes took a city bus (there are no school busses in the UK) from the lower class neighborhood. So we were shown the trouble that they cause. The proletariat and especially the Afros and Türks showed us that they were the thieves, crack dealers, gun dealers and thugs. (We could deny it to be PC (ignorantly self-deluded) but this is what we experienced.) Noticeably the sexiest Chicks got abused first. We had some good teachers and enjoyed the lessons. **Using cannabis and alcohol irregularly since age 11 to aid survival of megopolic life.** Addiction was avoided though coca sampled at age 15. Having had some megopolic rage as a teen we did a tiny bit of shoplifting and vandalism but nothing major and was never overly hassled by the cops. A focus was on taking porn mags back in the days before the web, when porn was difficult to acquire as a teen child. We never bullied and managed to stand up

more and more to the few bullies that came our way. Carrying a pocket knife helped (as defense sprays aren't sold in the UK). Drunk at lunch time one day, then after school feeling pissed off, a car was approaching us as we were crossing a side street walking home. 'Fuck him' we thought and stood our ground, staring him out, then the mofo actually accelerated. A friendly guy who'd been a part-time neighbor for a year or two ran into the street and pushed us out of the way. In gratitude we bought him a bottle of liquor the following day. Other incidents involved extremely narrowly avoiding bottle and knife fights with Afros and other aggressive proles.

Happily, simply, Kinsey 0 heterosexual and proud of it =). Getting away from home to asthma (& eczema ('ex-ma'); the charities teamed up) summer camp we twice started a relationship with brunette GFs. One was a good friend with a DD-cup bust and bulimia. We earned money washing cars and fixing the odd

computer. We played Role Playing Games (RPGs) a bit. Dressing in baggy, casual clothing with Nike Air exceedingly comfy sneakers. For a soundtrack we listened a heap to illegally broadcast, pirate radio playing the new dance music of acid house, hardcore, drum'n'bass, jungle, techno, trance and ambient. Predominantly designed for the recently discovered X (MDMA) drug. We were also a Bob Marley fan especially as we could relate to his use of cannabis. We learnt extra-curricular classical and modern drumming. At a dinner party of our mother's we met someone who had had a few lines in a Hollywood film and also got a kiss on the cheek from a fashion magazine editor Chick who was in a relationship with a filmmaker who later co-wrote Fear and Loathing In Las Vegas. The things that make an impression on teenage boys =). The only one we knew to have noticed, and been moved by, the tree planted on our school grounds in memory to the unknown-to-us, asthmatic Chick who accidentally

killed herself by painting alone inside her home with the windows shut. As city kids do we learnt to swear in many different languages from our ethnically diverse classmates. We'd made no false promises to our friends at high school and left them as abruptly as we'd met them. The bunch of us had enjoyed sharing good times and protecting each other for a while.

We stayed in education after it stopped being compulsory. As was common we went to a new school, and our socializing exploded. We stopped martial arts just short of black belt (another megapolic survival technique) and for the next four years got our exercise in danceathon nightclubs. First on acid then on X (at five times the price). One Saturday night we tried to convince some buddies to go with us to an illegal rave we'd found out about but they were too lazy and we didn't feel up to going it alone. Naturally we turned bald like our grandfather before us. Our school arranged for us to spend an

exciting week as a film industry intern / gopher. There's a movie out there whose only reason it doesn't have white specks on its end credits is due to us and a magic marker. Self-medication reached a new level when strong psychedelics were started around our 17<sup>th</sup> birthday. **Psychonautic adventures abounded.** All of a sudden beautiful life truths were apparent showing an awesome possible future awareness, far more than had been available from cannabis use. At a well organized squat party we left physical reality for hours (for full on, enlightened, Chikhai Bardo) on a couple of blotters plus a dose of shrooms. Normally we didn't dose that extra strongly. We started reading esoteric literature at this time. Reading hippie classics the 易經 (Yi Jing or I Ching), Leary, Wilson, Castaneda, Kesey, Wolfe's account of the Merry Pranksters, Persig and McKenna also drew our attention away from classic academia and our A-grades deteriorated.

We puffed pot on the first day of school, we puffed on the last day and we puffed every day in-between.

One short period, after being a victim ourselves, involved propelling eggs from moving vehicles; very immature, harmless and our buddies and us didn't start it! One Friday afternoon we were hit by an Attack (of evil) that was almost unfathomably large, concealed within a spontaneous prank, almost led to tragedy and which got us expelled from school and very nearly incarcerated for a very long time. The party attitude and youthful foolishness had precipitated a momentary weakening of our guard. We then went from a school where we said "Hey" to everyone to a school where we said "Hey" to almost no one. Our new school didn't have Driver's Ed and we never finished learning to drive. However we've taken a couple of helo flying lessons since; dangerous yet great fun. Our government schooling provided only three good years of lessons before we

had to cut down to seven subjects then only another two years before we had to choose only three subjects. This was for their Circle Game, **vocational based**, very obviously solely for the benefit of Society rather than for a well rounded education. We passed our exams (we'd chosen all science subjects) and got into university college.

We've never dissected an animal, something we consider an obscene, Attacking invasion of inviolable sacredness. **To force a creature to disclose its most private parts.** As Society has done to us five times (plus dental work), the last at our request due to the very real concern of imminent death.

At 18 we took a gap year. We studied some, worked long hours as a tele-researcher and data-inputter then traveled to Asia. Trekking the Himalayas up to a 4km high base camp in a most special mountain basin 360° surrounded

by mountains towering another 4km above. It was silent, truly silent, and awesome. There were no animals to make noise, above the tree line and the mountains blocked out all other sounds, and even warm sunlight until late morning. We white water rafted and chillumed charas cannabis also while in नेपाल (Nepal). Next we found an undeveloped tropical island in ประเทศไทย (Thailand). With only generator electricity and no tarmac, having made friends and with cheap 100g sticks of ไทย (Thai) weed and two hammocks we helped out for discounted food at a young, ไทย Chick's small restaurant where everyone smoked weed and majorly relaxed there for a quarter year. It was the most distant we'd ever been to Society, by far, and we fell in love with the beach and the ไทย Chick. She was the first strong, independent, young woman we'd met but she was only separated and not yet divorced from her Netherlands



(Dutch), cannabis ex-grower & dealer spouse. We obviously had to turn down her improper advances. Nearly nothing is as important as morality, doing what you feel is right; the good and not the bad. We've not yet had the opportunity to fall in love (not before nor) since. We've played with love. We'd loved our Brit GF, we played with the affections of our 'unworthy' women buddies in high school knowing we didn't want anyone that... used and we later sensuously and with great care loved our Norsk (Norwegian) lover but they never had that special something to make us fall in love with them. Back to the tropical island... One time a group of us travelers persuaded a local baker to bake a couple of banana cakes full of weed for us to share. We were stoned for days and found ourselves too mashed to snorkel in crystal clear tropical waters on a day trip (although we did see a dead body floating by) and sunburnt the following night. One quiet night in a country

garden by the river แคว (Kwai) a retired, expat, Texan exec offered us a wife, 21 years old, which was sold as very young but was in fact older than us. Despite being somewhat around people who had had sex since they were 11 we waited until 19. It was in the tropical กรุงเทพฯ (Krungthep or Bangkok), in the world's only multi-story red light zone where we popped our cherry with a very pretty and seductive, teen prostitute a few years underage. Cheap at twice the fiver we paid. She hung out with us drinking beers in a nearby pool bar with our buddies afterwards. She was cool. One view poses the question of how much our experience was influenced by &/influenced our perception of the word Caucasian, cock Asian. (Though we'd certainly heard the word euthanasia before.) Trying as we write this to lead by the example that pride in your history is very important. You've never done anything wrong, not wrong for you, you never could. So you've never done

anything to be ashamed of, you never could. Your life, your choices, your path followed despite all Attack energies hitting you along the way. **No blame, no shame.**

In the fall of 1995 with our cannabis trafficking uncle, our mother's eldest brother, (we had another, our father's youngest brother, a civil engineer, that inherited a construction company) we went to a private country party where the organizers who handed out tasty *P. semilanceata* magic mushrooms and had the largest home speakers we'd ever seen had sold one of their manufactured tie-dyed t-shirts to Owsley the infamous LSD manufacturer. The live music was great. Hell's Angels turned up at dawn.

We had such little financial support that on our first day of college we had to go Dutch with a fellow student on a candy bar. In the UK the government pays for tuition and students can get loans to cover expenses. Parents don't have to

pay a cent and ours certainly didn't. We read Physics at university or rather shaven headed we extremely foolishly risked our freedom by continuing to deal mainly cannabis (middle class drugs; never crack, meth nor heroin) to friends, and be highly social. We got a date with a beautiful, sexy, tall, intelligent, young, blonde, blue eyed, English lady who was into reggae as were we. The bass of the sound system brought in to the beach front nightclub was the most we'd ever heard. Overwhelmingly Attack didn't even let us comprehend it as a date and obviously our date was programmed not to make the first move, so we didn't even get a kiss. We've no plans to ever forgive the UK for this torturous experience. **It's all (Attack) factors.** Yet when you view it with a broader perspective certain similarities stand out. Anyway, it was easy to see a path that would've wound us both together. It's the closest the UK's energies have ever let us come to a decent relationship with a British Chick in all our decades of experience on that

island. Despite being half Scotch (British) and a Londoner at birth we've never found ourselves eligible for the things like this that would appear our birthright. We felt we had no choice but to accept a quite imperfect relationship. A little later we started having sex daily, nightly and ever so rightly with a Norsk country Chick (another intimacy with dark hair) whom we loved. We progressed to nightly, hours long sexercise sessions helped with cannabis as an aphrodisiac and a little alcohol as an anæsthetic with her having, like, five orgasms a night. This simple, rustic, though less naïve than she could've been, teen woman who's flesh we ravaged and plied with copious amounts of cannabis lived in the parish that historically was the Reverend Lewis Carroll's. We never tripped together. Visiting her hometown we tried strong moonshine at the end of a fjord, popular due to strict licensing laws. Our background music was heavily roots reggae and dub mainly out of Jamaica from musicians deeply intertwined with

the cannabis spirit. We see the view that this was energy pointing out to our consciousness that we'd have dark haired kids rather than all blondes. We invested heavily in the relationship but within a year it became obvious that it couldn't last.

There aren't fraternities nor sororities at UK colleges so no BDSM hazing; surely a good thing. We drank at a couple of the five bars on campus and they served liquor. One drunken night with our buddies we all got banned from a bar on campus after many glasses were smashed and we surreally accused a barmaid of stealing the hashish we had concealed in our mouth. A unique experience was the night a roommate had acquired a white powder from amateur chemists. It was supposed to be X (MDMA). We must have done an immense dose because we were induced to sprint for a while repeatedly up and down a corridor in the dorm. Wow, we'd never tried anything like that before and

we'd taken a fair few pills and powders. Another night, around the time we were leaving, when we were staying the night in our lover's room, one of our roommates allegedly raped another in the room next to ours. Our ties with them were disintegrating and it was more sensible to let the authorities handle it than to get involved. Earlier an unpleasant incident involving our lover had initiated a search for the creep perp, bringing fake guns, air guns, knives and baseball bats along although fortunately the creep was nowhere to be found. A non-violent person, all the other times we've let the people who deserved a beating go. We withstood the minute loss of face for the lack of the vibe associated with the violence and any possible legal entanglements. We realized we'd dropped out of college ages ago and so after a tiring four days cleaning a factory we continued our office work. Squatting for a bit in an unused room on campus we then upgraded to a room on the edge of town by the marina.

Our highlights included dancing on X with a professional dancer at an all night rave of 25,000 people on an air field. Another, chatting up and dancing by a famous pop singer in a megopolitan bar. We saw Lee ‘Scratch’ Perry, System 7, The Prodigy (although most of our concentration was distracted by our amazing, first, X pill), Baby D, Acen, Orbital and other amazing music acts perform live. Standard for megopolic life we’d passed by a dozen celebrities around town.

Returning to college the following year and changing course to add Computing, our main love since we were preteen re-awakened our studious side. It had been four years since we’d been flowing with school and the ease with which we took to our new classes threw us. Like Gates before us we again dropped out, to start our computing business which to this day supports our life.

Socially we reached out and received an email reply from psychonaut author



Terrence McKenna (1946-2000) telling us to be there at the 2012 eschaton or be square, which we won't hold him to. Nightclubbing in '96 we once enjoyed trying a 2CB pill. One weekend we went to a theme park overnight with two Chicks we were tight with plus a guy friend of one of them. Later one of the Chicks told us the guy had committed suicide. We always blamed, almost definitely accurately, the fact that the guy did too much acid compared with not enough cannabis.

By then we'd been electrocuted, been in a car accident and bruised by a bump from a passing car. Our extended social circle had included Deutsch (German) royalty, a Kenyan aristocrat and, briefly, ไทย (Thai) royalty. We'd considered a career as a firefighter, a pyrotechnic engineer or as an EMT. We'd tried to change our major at college to philosophy and to neuroscience.

Since watching the Contact (1997) movie we've been donating computing processing cycles to SETI@Home the SETI grid computing project based at UC Berkeley which searches for extraterrestrial intelligences.

Easily we got ourselves into a long distance, intimate, internet relationship with a US Chick. Ignorantly one that could never prosper. Needily it lasted years.

At 22 we felt trapped and over-stressed and went to the medical profession for solace. Our honesty about our mental state was used against us. They labelled us a non-violent introvert of the underclass of the mentally ill, **for life**, and imprisoned us for  $\frac{1}{3}$  year. Eventually released we later that year started individual and group psychotherapy while living in a therapeutic community house. This was just a houseshare of six people each in therapy with twice weekly group therapy, in-house, over tea.

**Therapy was a powerful, lengthy experience enjoyed over the next five years.** The therapy, as the martial arts before it, was all paid for by our father's side of our original family. The therapeutic housing was from a charity and covered by standard Welfare. Living in a tiny room we saw a heap of disturbance there. People recovering from suicide attempts, from life's Attacks, rape survivors of both genders, a cutter, etc.. Disturbed yet very human people with whom we interacted daily, whom we had on occasion needed to talk down from delusional mania or visited them in hospital when they had become inpatients. It was very educational. We shared group therapy, weekly meals, sometimes got drunk and once or twice made music together. We had our own cable TV (and computer of course), phone line and a lock on our door. It was during this period that we managed to distance ourselves further from Society.

Although we knew of around half a dozen

people raped in our extended social circle we were acquaintances with only the one murderer. A bourgeois, pale Caucasian sporto in our high school class not far past graduation who killed one of the neighborhood's prettiest Chicks. A prole, pale Caucasian kid in our year killed a man by setting them alight in a store and a prole, pale Caucasian in the year above stabbed his male victim to death in a bar fight. We've also been close to a few other murders near where we've lived. If we hadn't increased our spiritual retreat in our mid-twenties we'd probably have heard more true violent crime stories from megopoli.

Sensibly leaving friends and turning to our inner callings. We left our peer group of bankers, architects, computer geeks, advertising execs and the like. Mostly mongrels barely a pure English among them. (Very few even amongst the school crowd.) People whom we saw steal from charity, take drugs and who were mindless automatons. Vane, inane

materialists whose sole purpose was earning money and being a non-unique cog in The Machine. People who want to be only a copy of their parents not new and improved versions. Watching TV, drinking in bars, doing lines and looking cool. Sheltering, not parenting, their Societally raised kids, then repeating. **Nothing new, nothing explored, nothing challenged, nothing creative.** People who don't think for themselves. People who only say what is normally said and do what is normally done. People who don't know themselves and their potential. People who don't know life and its potential. It really was never for us.

We became the amateur photographer, the music producer, the video editor, the home DJ, the digital still artist, the film buff and scriptwriter (and Buffy fan (since the movie; **pretty, young, fit, middle class, pale Caucasian Chick with an absent father and limited relationship with her mother, with few friends and**

into martial arts at high school age and the paranormal &/ occult; a Chick following in our footsteps – it gave us hope during a dark period that an interesting Chick may be findable with whom we can relate)), the 道 (Daoist or Taoist) 易經 (Yi Jing or I Ching) student, the 打太極拳川 (T'ai Chi Chuan) and fleeting 合氣道 (Aikido) student, the chef and the fashion designer of our own clothing. We finally started being able to find good pale Caucasian music to listen to like Sia and Tool. We spent a few days & nights twice at a Tibetan Buddhist monastery in England. Adventurously we made a pilgrimage to the birthplace of LSD in Basel, Schweiz and to the birthplace of the web at CERN in Meyrin near Genève, Suisse (also Switzerland). During this period we voluntarily took psychiatric medications and put on a lot of weight, enough to forever bear the scars. Noteworthy also are the few scars from self-inflicted cigarette burns and the couple of tattoos acquired during this

time. This was while the drinking came heavy enough to down a bottle of vodka in a night if need be, plus the meds including Valium sedatives. One day we were in pain, it got worse, we caught an ambulance to a hospital, then oddly waited for hours in a waiting room. The mother to our right concerned about our squirming in pain spoke to staff on our behalf. We were given a morphine suppository and were wheeled into surgery. It turned out we got to keep all our major organs intact. Lying in a public hospital dormitory bed hooked up to a drip, opium nightmares about evil residing within our bedside cupboard passed the time until incontinence came with the stopping of the morphine injections. A couple of scars remain, maybe a debt owed. The drinking subsided to a more sustainable level and life continued.

We knew of a buddy and two other guys from our high schools who'd spent time in mental hospital.

On September 11, 2001 we were woken by a phone call from a friend urging us to turn on our TV. Six years later, for a torturously short period, we'd be living only a few blocks away from Ground Zero.

It was at 27 that we quit therapy and moved into our own apartment. Through need we picked ourselves up, quit the meds, smoking & drinking, walked off the collected fat and got fit again. We jogged and then we ran until we withdrew to our home gym and cycled. **Our bizzy was really flowing during this period.** Developing AI systems helped us shape a scientific view of mind, personality and interaction with reality. We developed novel computing technologies; more advanced than anything Gaians (Earthlings) had at their disposal. Including a taxi hailing app years before Uber. We made plans for literally **thousands** of different apps, knowing what each one did, and extremely



basically started work on each of them. Our work now planned out reaching far into the distant future. Software (apps) and hardware projects. Ranging from the basic like an email app to advanced image recognition to AI companions and beyond. Like AIs with hive mind capability; all learning from the experiences of each, and the AIs knowing how to create and perfect the development of themselves. Homes and lives full of the Internet of Things (in 2006). Thousands of everyday apps from school-ware to pizza-parlor-ware to espionage-ware and far more. **Daily meditation was deep and fulfilling. Working like 75 hours per week. Exercising several times a day and eating organic food. No meds of any kind.** Not even a drink. For three good years. Then alcohol crept back in, in the form of wine. Then only minor drinking for two years before heavier meds were used as times got rougher; deeper into Attack. Back to 2006... Steve:brain was buzzing with logical activity and

Steve:body was the fittest we'd ever been. We went to bed thinking about work, meditated into a deep sleep, sometimes we stayed conscious yet in deep meditation all night, and we woke thinking about work. We were learning and building our business simultaneously. Experimentally we started working away from the day time period. Working shifts sometimes during the daytime and sometimes at night. Our food was delivered and eventually we shut ourselves inside our apartment. Being this retreated we saw that mostly we had no need for clothing other than underwear. We'd progressed beyond consulting the energetic oracle of the 易經 (Yi Jing) to dealing with a new sense of rawer energy vibe itself. **Never had we felt so alive.** We hadn't watched TV in years though we became an instant West Wing TV show fan when we caught some random episodes on pirate IPTV (internet protocol television or web TV) while doing repetitive biz work.

Enlightenment-wise, energy was blissfully retreating inward, showing no clues to the change that lay ahead. We lived in a 100 home, poor, sky city housing development above floors of stores and car parking. Multiple murders were reported happening in our 'hood. We were now living where the poor kids had lived in high school. Doing a heap of DIY helped make it our own. Their sound insulation was amazingly proficient. We rejected our available government disability monies. Years later after being unjustly incarcerated however we felt more deserving.

After being turned down asking a stranger out for a drink we were assaulted on a deserted day lit street by a couple of sports hooligans, fracturing our right clavicle (collar bone). We were carrying a new pair of scissors but feeling no pain we didn't see a need to escalate things to that level. The doctor misdiagnosed this as a non-issue and it was only years later that we became

aware of how much damage we'd suffered; that the bone hadn't set. This was at the start of our Dark Days, a period of energetic settlement and searching for reality deep within ourselves which we've struggled for the past decade to complete or even get to a comfortable level of. **These were the wrathful visions experienced during our awakening from Sidpa Bardo through these Dark Days of Chonyid Bardo towards the enlightened bliss of Chikhai Bardo (see chapter Reality).** We actually had known about this major life event since at least our mid-teens. We were scolded for the negativity they heard in our describing it as 'dying in our early 30s' to our martial art buddies one night drinking beers (underage) in a pub after class.

At age 31 we pushed to leave London. **We've been effectively without a decent, stable home ever since.** Choosing the European countryside we ended up in distant mountains.

Rediscovering nature in temperate paradise we enjoyed every barely affordable day. Without the protection of our modern build, double glazed, concrete apartment with our self-papered & painted walls, society ingressed. Our first imprisonment by cops occurred when we went to Hicksville law enforcement to report a theft by a local rube.

Surviving on Welfare and some business credit we desperately attempted to receive funding for our business. We fell victim to usualness and past the classic warning signs to beware of what you wish for for you shall surely get it. A **half million dollar** inheritance from our physics doctorate, unofficial godfather, part of the IBM barcode inventing team, and which could be seen as compensation for the permanent scarring he'd accidentally inflicted on us in our childhood, helped finance our move to the USA. Off we went playing with external (inheritance) group without

thinking, realizing, that that's not what we did anymore. We paid an exorbitant price for this Attack and largely blame it for ruining **our comfy, healthy, on-track life**. Enjoying the upside of this brief period we made a pilgrimage to the home of movies; Hollywood, took in Beverley Hills, had extremely fun trips in chartered helicopters and boats, and first class air travel, stayed in 5-star hotels and rented a million dollar, three bedroom, three and a half bathroom, virginal penthouse with a hammock overlooking the Statue of Liberty (for only \$12k/mn unfurnished). It was possibly the second best apartment in the world. The best apartment being in the Ritz Carlton residences next door with a higher and less obstructed view.

After official literature assured us that we could upgrade to a permanent US visa in country we were belatedly informed that we now had to return to London and wait. We were unimpressed by the 'go Black home' attitude and unwilling to return to

Blighty. Investigating our options we checked out houses in the New York State countryside eventually choosing to remain legal and leave instead for Canada until the visa issue was resolved. By the time we'd made all the arrangements and reached the border Attack said we'd overstayed by 21 days. Managing to escape unnoticed at Niagara Falls (we've always had bad experiences near waterfalls) Canada then got nasty; arrested us for initially refusing to decrypt our business data (when we finally agreed they were too incompetent to find the second level, main trove of encrypted data which would've tested our moral resolve for our right to privacy), detained and questioned us all night then returned us to the US to face their authorities. After being told by the US ICE (Immigration and Customs Enforcement) officer that we'd be incarcerated for only three days and with no end date given, every day became the torture of being restrained within a federal detention facility possibly

indefinitely. We stayed in our requested solo cell, coming out only to eat, and worked on developing apps. After a noisy 26 days of refusing to cater to our vegan diet (our not wanting to eat bad quality meat) and undoubtedly poisoning us with GMO (and non-organic) foods we were bundled handcuffed into a van by two undercover officers and escorted to an airplane bound for Heathrow. The USA admitted on our release that they'd potentially exposed us to a biological Attack; tuberculosis. Overzealously we were banned from reentering **for a decade**. Extremely also they informed us that if we took a wrong turn in Canada or Méjico (Mexico) and found ourselves not even in the US but only present at a border, even if because we stumbled in drunk or stoned, we'd be **imprisoned for 20 years**. This weird yet extremely unlikely to manifest spectre has been hovering over us constantly reminding us of the absurdity of the draconian US penal system. When we finally got our \$4,500 computer FedExed back from



them we were dismayed to find it didn't work anymore; it was an amazing machine that they'd destroyed. It sounds childish but it felt like a test. Could we let them hit us, otherwise entertain ourselves for a decade and yet then still be interested in immigrating?

Being hit twice by First World governments again incarcerating us without due cause severely shook the Society man. Again ingresses from an unwelcome yet too present Society. We wound up holed up in an Attacked, Nederlands (Dutch) country house. Eventually achieving decent distance we left a carnivorous diet and started a herbivorous, vegan one. Finally with the space to dare growing our hair and beard we haven't had to cut them yet. The Attack energies overwhelmed us. In half a year five teeth broke! Having grown a set of teeth twice already we're confident we can do it again eventually (go biotech!). We started noticing our day being split in two by Attack. First, our

progressive portion of our day / awake period where we could work but not do much exercise then followed by an ultra Attacked second half where Attack overwhelmed us. Although we had started experiencing Tourette in London this was the first of our sporadic, ultra Attacked, bedridden, drugged, Tourette episodes lasting for moons or years at a time. **Living in a controlled environment as large as reality let it be at the time.** Always working and playing at a computer nonetheless. Struggling to upgrade our home environment to a more conducive one and to feel positioned to restart exercise ASAP.

We spent the last of our money on accommodation and food. Mobbed up, or otherwise crooked, NYC movers thieved our accrued \$35,000 of US possessions plus the \$7,000 we paid to move them intercontinentally. We were stuck in a Catch-22 with the insurance which should've covered us yet we needed a police report but weren't

allowed into the country to get one. Nasty, money-grabbing capitalists. Even the beautiful and exceedingly wealthy landlady kept our \$12K Battery Park City deposit. (Once even a NYC CPA robbed us for a few hunny; that megopolis is full of thieves.)

We were still consciously putting ourselves through a simultaneous double awakening; both spiritual and macro-social (of global Society). For instance we previously had no idea that a million people were being killed each year in US abortions or that Muslim doctrine preaches imperialist world war. We'd never viewed the FBI's Ten Most Wanted list. We knew comparatively scant info about global society or even US geography.

A complex batch of insanely large Attacks culminated with us suffering abuse at the hands of the Brits who imprisoned us for  $\frac{3}{4}$  year for being separate. Defending our rights they were

too backward to believe existed. They had no grounds for suspicion (no probable cause, violating the US' 4<sup>th</sup> Amendment far from the US), only a 9ng (**nanogram**) result on one wrist suggesting that it had touched a surface contaminated with a substance **present in over 75 legal products**, yet wanted us to bear witness against ourselves (violating the US' 5<sup>th</sup> Amendment far from the US) by decrypting **all** our business' data. We stuck by our right to silence and neutral passivity, against Britain's counter-terrorism cops CTC SO-15. For not complying with their order they attacked us. They'd already **seized all our personal and business possessions**, including **literally the clothes off our back**, for some months by then. How dare we own the fruits of our inheritance / compensation, the UK's energy was saying. This was the first time we'd properly returned to the UK since receiving it. Over a year later most of our property was returned; our fluorescent tube smashed and

distributed throughout a full suitcase, our camera overheated when turned on and probably would've exploded had we not stopped it, now having to trash it, **all violated**, all therefore sold (because they reeked of atrocious Attack) for a fraction of their value. Unimpressed by their extremely bad attitude, their Prove Your Goodness game and their quarterly day of imprisoned questioning we'd gone into hiding. Attack wouldn't let us stay hidden. One night, a month in, with surprising difficulty a heavily armed (with H&K MP5-Ns) team of cops invaded through the door of our apartment. Our convictions were for civil disobedience and subsequently skipping bail. They deserved it. **They bullied us and we weren't gonna play their sucker. They destroyed our books.** Just like the obscene Nazi drive of 60 years previous. Like a confused parent they even confiscated our balaclava! **Viciously they framed us for the worst two of the 13 charges!** 13 charges leading to a 13 month sentence. Was this the rise of

surreality or an important message about the double-edged sword of fortune or both? Was it even the UK's or other energy's attempt at karma? Or simply 7DS envy & wrath? The law we broke didn't exist a year previously. It becomes visible how frivolously fickle this brutal experience was. When you've seen such aggression as whimsical imprisonment there's no way back. The aggressors are forever visible as such; the bubble's burst. This apex experience, very gradually assimilated, was a real eye opener. **In prison the Brits passively tortured us for months refusing to provide pain medication (or crutches) for crippling, sciatic pain (the Attack weight of a 200 year old prison bearing down). It felt like the muscles in our leg were being shredded.** Initially we passed out writhing in pain. Over time the Attack lessened. More than a month in we were in too much agony to lie flat so we propped ourselves up, still in too much agony to sleep yet after days we passed out and awoke to

find scabs on our head from hitting the radiator falling unconscious. When we realized that we were imprisoned awaiting trial (presumed innocent) possibly indefinitely we seriously considered hunger striking. Incorrectly advised by our idiotically green lawyer that we'd be released within a fortnight if we swallowed our pride and plead guilty we therefore plead tactically only to find a few days later it was false advice. They attempted to use us as prisoner slave labor until our mental health label got us transferred to a secure hospital instead. There was a half a moon period of the three moons spent in that first secure mental hospital when we were empowered enough to work on developing apps; some of our most advanced work. It's weird how energy fluctuates. If we'd chosen to stay in prison we'd have been released a quarter year earlier yet not been as 'comfortable'. In a bizarre contrast our transport van passed the First Lady's motorcade en route. We were a far cry from looking

down upon the United Nations delegates protected by their block worth of Secret Service agents from our elite NYC penthouse. In a jail newspaper we read how a famously ‘innocent’ prisoner accurately compared prison life to being “buried alive”. Our story, at our beckoning, was published and made it onto Geek.com<sup>102</sup>, reached the eyes of the Electronic Frontier Foundation<sup>103</sup> and one of the few thousand interested voices on Reddit<sup>104</sup> compared us to a legendary human rights activist. Our 15 minutes happily used up yet not that big a bite at the hand that helped raise us. During this period our distanced relationship with our parents disintegrated. Our father suggested our imprisonment may be justified. Wheeled in to the prison visitors’ room to meet our mother she saw us slowly hobble over to the table. She later told us she assumed we were being beaten by our fellow

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<sup>102</sup> <http://www.geek.com>

<sup>103</sup> <http://www.eff.org>

<sup>104</sup> <http://reddit.com>



inmates. Still she refused to bail us out, at no cost to herself and with our passport surrendered. She refused to help, not even a loan of \$1,000 nor \$100 for everyday supplies. We were left with barely enough to rent a five channel TV (75¢ per week) for the couple of movies each week and buy a pen & paper to keep ourselves mentally stimulated. That was while in the prison. In the hospital our 'pocket money' prisoner allowance stopped altogether, there were no TVs in the rooms (though they and other non-communicative electronics could be bought if one had the funds) and we had no money at all for luxuries as non-criminal inmates had like the occasional pack of potato chips, stamps or pizzas. No one else who could've helped us get bail did anything. None of our old buddies and none of our family. For many of them it would've been nothing. **Finally we knew that our old social and familial links were dead.** A few times our fellow inmates did cool favors for us; a piece of extra fruit when

our vegan diet left us with less, that sort of thing. It's a strange, dehumanizing, paedofying experience to be encaged and then looked in on several times during each day. Maybe some children had to go through this with their parents but we didn't after a few years old. **It felt like the human equivalent of being a lab rat.** From what we's seen in the movies we were fortunate almost all of our cells had six walls (four plus a ceiling and floor). In all of our year+ of incarceration spanning the decades (not including schooling) we've managed to get the overwhelmingly safer, solitary confinement for the most part. **The times when we didn't were the most dangerous times ever.** There's a veritable homeliness to razor wire. Only it's supposed to be that the dangerous are on the opposite side. This instance of imprisonment buried some more of our humanity. To need to mimic a stone-faced psychopath. More dehumanization courtesy of Society. Our inner seriousness gained a preemptive

attack of psychopathology. **We contend nothing can make one feel (comparatively) freer than a past imprisonment and thankful only to life itself we feel blessedly liberated by these experiences.** (*See our forthcoming book, **Bit: Beware of Man**, on Amazon.com for more on our weird imprisonments with heaps of documentary evidence of the unnecessary torment. In the meanwhile search for 'JFL RIPA' results leading to The Register, Geek.com and SpyBlog.*)

The spooky British vibe calling us a terrorist took years to fade (then was briefly resurrected in early 2017) during which time we were detained, searched and questioned, without a lawyer allowed to be present, on multiple occasions over the following few years. Each time allegedly independent of the others; simply coincidence. Later they started admitting that it was self-reinforcing; that the more we'd been stopped the more reason to stop us. At a border they once

confiscated a rolling pin which they did first identify as such. Weirdos. We hope the blame lies with an extremely paranoid culture that can't deal with eccentricity rather than being on a undesirables' watch & hassle list.

We choose to live a life constantly pushing the edges of Society, in constant Termination Shock, like the Voyager spacecraft pair experienced as they left our solar system.

We've seen our own ruthlessness. In our thirties we started experiencing 'symptoms' (of dis-ease) known to Society by the label Tourette Syndrome<sup>105</sup>. This overwhelming energetic attack reaches back to very base perceptions of reality. **One's world itself shakes. Energy uses us to speak. It's the classwork of Clairvoyancy 101.** It's said that almost no-one gains Tourette late in life, so

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<sup>105</sup> <https://www.tourette.org>

albeit feeling the outsider we feel everyone who suffers from this experience must be very special people. Special to be that much in tune with the energetic waves of Attack in their environment. Again we're drawn to empathize with a societal sub-group, with others. **We feel blessed by Tourette, escapable in the right environment.** Preaching tranquil awareness our own now seeing the Pits of Zell of Society. **Sometimes the bliss of enlightenment includes the experience of the nightmare one's surrounded by.** A care-full balance of pace along the path must be focused upon. Move too quickly, for example by too long immersion with psychedelic chemicals and the negativities appear uncopable. Move too slowly, rarely appearing tempting on such a bright path, and the inanity, mundanity, shadowy aspects of Society appear to engulf one whole then start to chew...

From our north London sickbed we were

pleased by a shout out from a pretty Chick at the Playboy mansion on an amazing live webcast of a Midsummer Night's Dream party. We saved and saved in a megopolitan slum apartment, while a riot passed by outside (with the anger we still felt from our persecutory incarceration it was difficult not to leave boxes of balaclavas on the street bringing a tiny piece of intelligent oversight to the public's rage – Society is so fragile yet treats itself so roughly). We saved enough to buy a tiny plot of land in a poor Second World Euro state, hours away from megopoli, in the foothills of the Transylvanian alps. The neighbors came when we were away and stole our stuff, multiple times. We hadn't the resources to emulate the more sensible locals and install high fencing and barking dogs. Staying in a local hotel we planned to construct a home on our land. Attack at the last minute showed our flawless budgeting to be wrong. We couldn't pay our bill and had to flee with a temporary passport leaving behind **a year's worth**

**of work on paper.** This happened to be the year we worked on paper not a computer. No comment =( except lesson learned. When we later contacted them to pay and retrieve our work we were told it'd been destroyed which put their bill to the end of our list. On a bus we saw a spitting image of لِي بِيَا (Libyan) Col. Gadhafi; creepy. Attack also tried to kill us in a traffic accident en route to the airport. These were the only peoples we'd witnessed applauding a plane's successful landing, on multiple occasions; like it was a big concern of theirs. On one flight there was this guy with Dead Eyes, the darkest we'd ever seen and we'd seen murderers before. We can only imagine the types of organized crime that they were almost definitely involved in. The Second World.

By age 39 we'd traveled more. More limits pushed, To Do checkboxes checked. How was our inward energetic quest progressing? Physically we'd spent by now considerably more time in

foreign countries including First and Second World, USA and around Europa and Third World Asia; Hippie-Trail नेपाल (Nepal), and tropical ประเทศไทย (Thailand). We'd amassed over a decade, and basically two, of celibacy. Again we'd regained fitness and started building muscle mass. We'd quit the six year opioid painkiller addiction and the latest three year cannabis habit. Gaining more distance from any negative history surprising us (like ex-cons tracking us down), and for another fresh start we again changed our name. Finally we abandoned our given first name, albeit a rare name, that of an intelligent Christian saint. In fact we were originally named after a Negro servant our mother liked as a child in west Africa. That's how she saw us. We really started living on Gaia not just within Society. We drew our view of wild rabbits, watched a wild deer pack running free and a hawk catch a fish (on its second attempt), was butted by a bull, listened to wild pheasants, cockerels,



cattle and sheep, got a close-up view of wild snakes, monkeys and peacocks, waded along a tropical beach barefoot in the rain and drunk from streams to survive. These allegedly easy things that cost so little and achieve so much. Dark times remained. During a moon camping on a disturbing landlord's barren land we shat in trash sacks until moving on after we saw their preteen boys playing with shotguns in the field we were renting. In Nederland (Holland) we had to walk for three hours on a week empty stomach to a soup kitchen because all our sources of income had mysteriously and unexpectedly dried up. The Hell of NL. Sleeping rough on a park bench (with CCTV and a box cutter on a wrist lanyard) for a few nights because the homeless shelter only accepted locals, a memorable act of compassion took place. One morning a lower class guy working in a building opposite brought us a cup of coffee. **This simple, small act of generosity is far, far more than we've seen from Society in many**

**years (albeit perhaps due partially to our retreat).** Us the adventurer tried living in a mountain forest a few times. It was cold enough and wolves roamed through our camp enough to convince us to return to civilization. We could've erected a fence and quite possibly even built a cabin so probably it was the illegality of going and staking a claim on even distant, country, forest land that drew us back to London.

Business was slow to rise, yet never needing to rush believed we could wait.

Sometimes sacrifices can be made and risks taken. **Positive energies are summoned up and negative Attack energies stirred up by every thought and especially every action.** The start of our software business together with the writing of this book from its energy that we had been working on for the past decade plus called new energies and Attacks into play. The path **we chose** meant dealing with more and new Attack.

In the darkest of times we've been battling away suicidal tendencies more and more for the past eight years and we continue for more hope. Although the first book we bought on Amazon, in the '90s, was on suicide we've never attempted it, although we've been ultra close a number of times; a box cutter to our carotid waiting for the despair or a Tourette tic to end reality, and once getting up to jump off a roof. The EZ way we know but it takes moons to grow the poison and we've barely ever started. Maybe this is why energy hasn't let us settle in any one home for a decent period. Probably more a lame excuse for Attack =). We've spent years into decades meditating & mediating in limbo for our angels to rise above our demons. It doesn't seem correct to blame our mostly historic Societal programming anymore. It's said that strength is built by adversity and that suffering teaches the most. Maybe there's some solace in this but it's getting old already. We know from one view our bright present is still

just a bright future waiting in the wings. On good days progress is made, away from Attack and towards our goals. The world can be rough but we're tough. With a bit of goodness in the vibe this low shall become but a story to tell and we're confident our dreams shall unfold and our world imagined shall be made manifest. We're keeping the faith, as much as is sensible.

**Our goal is simple; a quiet desk, in a middle class apartment.** We've written and published this book now, given out for free, so there's no valid argument for us not to spent most of our time again working on our bizzy. It's such a powerful and necessary item for us that Attack hasn't let us near it **in over nine years.** We've tried in a heap of different countries including heap in Europa where we have an explicit right to work. **This is our nemesis, this is our Holy Grail, this is our life.** We know this block sounds insane, then again so were years of being called a terrorism suspect. Our

church commune can wait. It is anyway a necessary stepping stone.

For income we have like both our grandfathers and two of our blood uncles owned and run our own business, in computing, since college. We're an entrepreneur; a reluctant businessman, an enthusiastic computing systems developer, a programmer and we do some ecommerce.

During our 41<sup>st</sup> trip around the sun we focused on this spiritual guide book. It's taken us at least a decade of subconsciously collecting the communication needed for this book already around two years in the writing.

Claiming land in western Europa is near impossible. The UK told us we wouldn't even get permission to build on **bought**, distant, countryside land. **So we continue without a stable home.**

This work was dictated in part on a small

phone while we saw ourselves walking through parts of our 'hood where we grew up decades ago. Parts were worded on trains, planes, boats and automobiles. In restaurants, cafes and hotels. In the First, Second and Third Worlds. Other parts were typed on a keyboarded tablet sitting up in Attacked beds in strange places.

Our deep fury at reality is extremely tempered but we see it bubbling sometimes when it's safe to. We like to keep it stoked. It feels passionately inspiring, perseverance feeding and less destructive and dangerous than it sounds. We'll settle ourselves when it's time; when we've achieved far more distantia to Society.

We now find reality unwilling to let us settle in the First or Second Worlds and feel unwelcome and wary when in our homeland. So we travel the world in homebaseless limbo waiting for energy to settle and the facultas of funding to

open doors, if these things were to ever happen. **Trying to make a situation where we're stable enough to program enough to earn enough to keep afloat.** Confined to hot places so far from our home temperate environmental conditions. Ultra poor places so far removed from our historic, external Society. It's as if our usual Societal energy is taking offense at our retreat and rejecting us out of reciprocity. **We needed to travel outside of the First World to refresh our body of comparison.** To wash away the hatred and aggression of the First World's treatment of us, a natural born First World citizen. **Realize, shout** to our subconscious, that **it could be worse.** Dark times remain. Never-Never Land instead only ever ocean seeming an ever more enticing option whenever we can afford a tiny, secondhand boat to live on.

Not trying to sound morose... Like Superman flying around the world a few times to reverse time, so that we wouldn't

have had our life destroyed. We'd still be in our oasis apartment with all our home comforts, our perfect home office with blooming programming business, excellent meditation and exercise regimes and great diet. If only. If only life were like the movies. If only life wasn't so bad. Broken bones take moons to heal, our life has had a decade and we're still, like our clavicle, walking around like we have something yet it's conspicuously forever absent of any usability or stability. *See chapter Comparison.* Our high was set at having \$½ million dollars and our low at being framed for crimes. When a snake eats a rat it isn't wrong, it just is. When the rat ate the leaf it wasn't wrong, it just was. Right and wrong are ultra personal. Ultimately it's all irrelevant unless it's immediately relevant. One's future need not be determined by one's past. We can move on from this insane Attack.

A decade ago, although far less worldly wise, we felt vividly alive, almost



untouchable. Now we feel, queue Mid-Life Crisis sympathy music, **battered**, longing for our dream to manifest so that we may grow strong with it again. It feels like an age issue. There's no question that we've felt decay approaching this past decade. But it feels fake. Like it's Society that's pushing it not nature. Since starting typing this book 2-years ago Attack has encroached; ultra regressively we were pushed into megopoli for a while, much too near our historic, genetic family, our mother tortured us for too long with empty promises of an early inheritance always coming in a month or two (Attack trying to wear away our independence) before we again severed the relationship, we put on weight, lost some fitness, broke some bones, got a tropical disease and again became mildly addicted to a variety of sedatives. We're just starting to bounce back as these creative energies and corresponding Attacks dissipate and the remnants settle into our Our Attack (see *chapter Attack (Evil)*). This steep price

we accept for choosing to interact with Society through this book. We wonder how this closure to our autobiography shall change over the course of our next few years. Time will tell.

We've known what we wanted for so long we got it into a database a decade ago. Since then we've been constantly, actively striving to manifest our plans. **A piece of land in the USA's temperate countryside so we can build our dream home and start to teach at our new meditation commune.** It fulfills our dreams while it helps others with their lives. It's as deserved as fresh air, it asks nothing from Society and it satisfies us. Now comes Attack and gets in the way. With our faith in life and in ourselves we feel nothing's insurmountable.

One day on pain hitting along with a vibe that death was imminent we stopped drinking alcohol Cold Turkey, after three decades. Maybe we'd never ever drunk a drop. Maybe it was all a delusion. Or

just some of it. Our liver in perfect health, our skin no worse for the wear of drink, not one of our brain cells ever sacrificed, no funds ever wasted on the previously useful poison.

We're aware we've been programmed to be a wannabe American. Via TV, movies and computer games. As a preteen we had a CHiPS TV show motorcycle cop and a cowboy costume, a Mickey Mouse alarm clock and an LA Raiders t-shirt. It was the US national anthem which played as our old computer games loaded from tape. It was Americans that were every character in every new movie. They were all about the New World of the USA. Then in 2007 the USA turned real nasty, **enough for us to take their advice and back off for a decade. Yet we're still deeply in awe of its pros (no pun intended).** Plus with a criminal record, a couple of idealistically heated letters sent to the UN and this 'anti-social' book, to put it tamely, it's in question if we'd ever get permission to enter again.

When the country of our dreams burst this delusional bubble so violently it rocked our world. It took us years and years to accept their actions.

We watched Sesame Street and The Muppet Show, Superman and Wonder Woman, Night Rider and The A-Team, Cheers and MASH, Night Caller and Moonlighting, Murder She Wrote and Columbo, Cagney & Lacey, Twin Peaks (a big fan of), Bugs Bunny, Sylvester & Tweetie and Daffy Duck, etc., etc.. Later Friends, The Simpsons and Futurama, The Sopranos, Homicide: Life On The Street and E.R., etc.. In C21 even The West Wing, Without A Trace and Law & Order: Special Victims Unit.

Our kindergarten and elementary school age teachers were all women as was the parent we lived with and the political and monarchical leaders. Even as a teen our martial arts instructor was a woman. We have never felt comfortable with a Societally average level of over-

masculinity in our environment. The USA has played the patriarch of the world for over half a century. We've never been comfortable with patriarchs' nor matriarchs' desired BDSM domination and pædofication of ourselves.

**We've dedicated our life to gaining a distant view; on the sidelines of Society comfortably looking both in and away.** If anyone else can also benefit then this is a good thing. Our house was right on the border of a borough. Our college campus room was in the very last house up on the hill next to the wilderness. Since then we've forayed into both sides; further in and further out. Finding a comfortable balance that's stable is still a work in progress.

Writing this autobiography was the most fascinating experience. Getting into a mindset where we could look back on our life in its entirety. Collating so many memories; good and bad. We heartily

recommend giving one a go. Now ours is done. So...

**Bringing our wisdom to intelligent people seems like a responsible and fun enterprise.** (Plus Chicks dig it!)

Changing the world one mind at a time. With the enduring principle about figuratively teaching fishing, to those who can themselves teach others, we may one day feel that we've achieved good within Society in a way quintessentially unavailable via our digital biz.

P.S. "I" before "E" except after "C"... =P

