ENLIGHTEN YOUR LIFE

SPIRITUAL GUIDANCE & LIFE COACHING

GURU MONXY

$ TERRA SANCTUARIAN PRESS
ENLIGHTEN YOUR LIFE

SPIRITUAL GUIDANCE & LIFE COACHING

GURU MONXY
More than 140 chapters spanning 620 pages containing 150,000 words. Typeset in Arial. Printed in black ink on 6" x 9" white paper.

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“Wow! Just, wow! ... Full of wisdom and advice as well as practical ways for a person to develop their own spirituality and life processes, and is a guide that many readers will find themselves going back to time and again ... Will keep you highly engaged throughout ... An amazing read.”

Readers’ Favorite

“A volume of impressive insights and a kind of reference workbook that is as informed and informative as it is thoughtful and thought-provoking, “Enlighten Your Life: Spiritual Guidance + Life Coaching” offers a life-changing, life-enhancing, practical instruction guide. Thoroughly ‘user friendly’ in organization and presentation, “Enlighten Your Life” is highly recommended for community and academic library Self-Help / Self-Improvement collections.”

Midwest Book Review

“To say a lot of ground is covered in the over 700 pages would be a gross understatement. If any one lesson can be extracted, though, it would be the importance of awareness. Whether on the subject of meditation, the sources of clothes, or the upbeat dictum to “Enjoy your life, don’t waste it!,” the work regularly asserts that this attribute is something extremely useful to have in one’s life. It is a theme that even readers who might be perturbed by certain viewpoints can glean from a cursory reading. As if this valuable concept were
not enough, [Guru Monxy] himself emerges as a subject of great interest.”

*Kirkus Indie*

***** 5 stars
“Deep think … The writing style and conclusions are spot on.”
*Cassandra’s Place*

I appreciate every review.
Learn how to live a better, more rewarding life. Let Guru Monxy 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*

Live free from external subjugation yet live under your conscious control.
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 I lest I 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.

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,
Best wishes,

Guru Monxy

Terra Sanctuaria
Gaia
Sol System
Milky Way
2016AD
I give this book away, and sell the paperback at cost price, because you deserve it. If it has helped you. If you wish to compensate me for my time and energy which I’ve put into this book then email me and say “hey.”

gm@gurumonxy.com

Feel free to ask me anything. If you have even the simplest question about a subject I cover in this book then ask away. Beginners welcome.

Do you disagree with what I’ve written in this book? Change my mind! You do like what I have to say? Tell me. Let’s chat!
FIND THE CONTENT

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INTRODUCTION

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 encyclopaedia 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.

I can help you change but you must wanna change. This book can be a map for all those that wish to cross the water. It is you who 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!*

I 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 yourself and reinforce positive activities,
- How to gradually distance yourself from the madding crowd,
- How to have Tantric sex with orgasms lasting for hours,
- How to reduce negative energies in your life and free yourself from any negative history,
- And far more…
ABOUT THE AUTHOR

Read my autobiography at the end of this book for more about me.

I am Guru Monxy. I have led a four-decade life of relative solitude. I have studied the ancient 中文 (Zhongwen or Chinese) 道 (Daoist or Taoist) 易經 (Yi Jing or I Ching), the Book of Changes, for many years. I have survived decades of megopolis life and escaped into the countryside.

I’ve been on dedicated meditation retreat for the past quarter century and now I’m reaching out to others to turn them on to their inner godselfs.

Brought up as any latter 20th century (C20) kid, with the TV on for hours daily and microwave TV dinners. Computer games from the mid-‘80s for years. I ate the occasional Big Mac and worked in an office. I found enough sense in the early-‘00s to altogether stop eating fast food.

I’m like really far-out and find it funny sometimes comparing myself with an average citizen and seeing how much I’ve changed. Check this out… I first stopped watching TV in ‘92 when my life started getting more social (less watching and more doing). I stopped going to the movies in ‘02 and have seen only a few new movies per year since. I stopped smoking and drinking (the first time) in ‘03. I listen to hardly any of the music of Society these days, having basically stopped around ‘03, though I now make my own music. I went organic in ‘06 and vegan in ‘08. I haven’t cut any of my hair since ‘08. I’ve quit cannabis more than once and even opioid painkillers. In ‘17 I stopped alcohol. I’ve quit Ecstasy; an easy one. In ’20 I got addicted to cocaine before quitting in fall. Cocaine was by far the most difficult. For many years I didn’t follow the news at all, now I choose to catch the big headlines
for security purposes because it’s good to know. I stopped working for others and started working for myself in ‘96.

Experienced from half a decade of psychotherapy I have seen my own programming. I’ve visited deserts, mountains, forests and jungles over four continents and experienced 18 countries / states (and passed through another 8). I’m fit but I’ve been fat, I’ve been high (living in a New York penthouse and on a Euopran mountain), I’ve been low (living below sea-level on a man-made island and on a couple of tropical islands), I’ve had 3+ bedrooms to myself and have been homeless, I live on the outskirts of a small town of ten thousand in Alba (Scotland, UK, Europa) and have been East and West (but not yet South), I live healthily but I’ve been an addict, I’ve been wealthy (spending $4K chartering a helicopter night flight around the Statue of Liberty) and I’ve been poor (walking for three hours on a week-empty stomach to a soup kitchen), I’m a Free Man now but I’ve been a slave, and a prisoner (for more than a year of my life). I’ve socialized with millionaires but not billionaires, rested in a shantytown 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 as a suspected terrorist, labeled criminal, illegal alien and insane and been forced to briefly mix with murderers, gang bangers, 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 five 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 couple of lovers. This is as may have happened when one achieves such a wise age =). I’m proud to be a rebel, almost grown out of being a foolhardy idealist and ever a steadfast libertarian. A duty I’ve always felt is to provoke people
into thinking freely. I’ve said ‘no’ to Society and meant it, living a separatist life. I’ve run my small business for two decades and it funds my retreatist life.

In parts of this book are my ideologies. They may seem anti-social, rebelliously and subversively anti-establishment and by no means Politically Correct. This is because I’ve decided to, then taken the years to, think things out for myself rather than ignorantly allowing Society to give me my beliefs. Although, of course, like everyone else, Society’s views were the ones I started with.

Changing the world one mind at a time. With the enduring principle about figuratively teaching fishing (give a man some vegetables and he’ll eat for a day, teach a man to grow vegetables and he’ll eat forever), to those who can then teach others to fish (grow vegetables), I may one day feel that I’ve achieved good within Society in a way quintessentially unavailable via my computing business.
HOW TO USE THIS BOOK

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

This book describes my way of life. A spiritual belief system, a structure of behavior and an ideology. The majority of teachings in this book, however, are simply psychological and philosophical truths. I discovered them through years of enlightened, meditative awareness combined with logical thought. So in many ways, this is barely a spiritual book at all. 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 I care (I 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 140 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 that 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.

I 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 my recommended methods about how to live in order to clear your path and free yourself from Attack (evil).

These chapters cover the day-to-day aspects of following your path of enlightenment. I focus on beautiful pleasures in one’s daily experience because they make life worth living and they’re deserved. There are chapters on the use of medications (meds or drugs) as their use has been consistent throughout human history.
I 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. I discuss **ethnicity** as it’s an essential part of life.

**• PART III: ISSUES**

In this part, I 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**.

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

**• APPENDICES**

Six 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 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 and beyond. **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. 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, like neutrality / attachment / nirvana, to become understood through repeated practical application; praxis.

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 are no shortcuts.

**Stay relaxed, stay safe, eat well and exercise frequently.** Your will is to survive, trust yourself. Pleasure yourself 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, social media, 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.** I cannot completely guide you every step of the way for the rest of your life. **You must walk your path alone, essentially.** Yet I’m 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 yourself.** **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, and that must include me and my book. Even if I say something to be true, you’d want to see it for yourself just to be sure. Be careful so as to maximize your enjoyment =).

**TO SUMMARIZE**

I 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 yourself 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 yourself. To focus on yourself. To give yourself the time and space that you need to seriously look introspectively at yourself and the life that you lead. To look into your personality and your habits including your speech,
• To choose to **grow up.** To **take responsibility for yourself** 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 yourself 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 yourself 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 my 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 I know often you have to learn from your own mistakes. This takes time. You need to be fairly enlightened to fully understand some of these truths. Yet some light is better than no light at all. I 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.”

PART I: SPIRITUALITY

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Enlighten Your Life

KEY BELIEFS

Level: Advanced

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

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<th>1) You exist:</th>
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<tr>
<td><strong>Self</strong></td>
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<tr>
<td>Solipsism.</td>
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<tr>
<td><strong>That there’s only you</strong>. Yet this is, as is every view, only one view albeit the base view.</td>
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<th>2) Then you create your reality:</th>
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<tr>
<td><strong>Reality</strong></td>
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<tr>
<td>Self-creationism creates your reality. You create your omniverse for yourself to enjoy.</td>
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<th>3) Reality starts as energy, which is imperfect as it is now necessarily separate from you:</th>
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<tr>
<td><strong>Energy</strong></td>
</tr>
<tr>
<td>Reality at its base state is <strong>energy, vibe</strong>. <strong>Good vs. Evil</strong>. Life, in the most basic of views, is as simple as the eternal struggle of good (you) versus evil (Attack, more energetically distant to you).</td>
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</table>
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.

An easy starter into this lifestyle is simply taking a five minute break for some ‘self time’ between doing tasks. Sit and be peaceful. Maybe listen to some meditation music on YouTube or Spotify. Let your thoughts start to calm down a little. Let your vibe calm down a little. Be still, mellow out, chillax for a mo’.

There are plenty of different approaches to meditation. The ultimate aim is to bring your focus to yourself 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 mine 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 focusing 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 yourself to consider recent events. What others said and did with you and how you interacted or at least how Attack showed you interacting. Give yourself time to plan your life and to prepare both mentally and physically for your planned events.

**The candle that burns twice as bright burns for half as long.** Riding a bicycle at 10km/Hr is fun and safe. You can feel the wind in your hair, see the landscape pass by, maybe feel the drizzle of rain on skin. Riding a bicycle at 50km/Hr is idiotically dangerous. You can feel more wind in your hair, see more landscape pass by yet in less detail and the rain stings your skin. But you are risking your neck, your security, for this more extreme experience. You lose the subtleties of the experience.
KEY PRACTICE: 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 constantly expanding to new levels. This is also known as consciousness expansion.

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 (1931-2019), American spiritual leader and cohort of Tim Leary

It takes more than a catchphrase to get your consciousness centered on the now. You need to get into the routine, the habit of doing the mental visualizations I discuss. Like visualizing yourself in the now, in the present moment in terms of your larger timeline. In fact, your entire timeline. Spanning all of your existence since conception. Spanning your lifetimes of being human. Spanning your lifetimes of being alive. You need to be not just in the now but also right here. You need to visualize your current location. The furniture you’re sitting on right now. In the room you’re in right now. In
the building you’re in right now. In the area, of the city, of the county, of the state, of the country, of the continent, of the hemisphere, of the planet, of the solar system, of the galaxy, of the universe, of the one and only, all-encompassing omniverse you’re in right now. You get the picture. **Stay aware of this; your moment now in your location now. In the context of your timeline.** Both where you’ve been and where you’re headed to. **It all has an effect to a greater or lesser degree on you.** The you that’s now. Right here. Right now.

Use the affirmation, ‘I am here now.’ **I. You. All that is you.** All your experience. All your achievements. All your wisdom. All your personality. All your possessions. All your groups. Etc.. **See chapter Self.**

**Today is the best day of your life.** I 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. You’re not delusional, you’re not schizo, you’re simply becoming reacquainted with ancient levels of awareness of reality. Movies that show increased sensory awareness (extrasensory perception
Guru Monxy


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 yourself.

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 any way you can and focus on appreciating your insight. If people are too fearful to want to see the truth of their reality then I 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 its ‘normality’ then so be it. I choose the truth even when it’s a hard pill to swallow. That’s my 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 beside 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 testicles 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 adds 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 handrail or shaking hands. In 2020 Homo sapiens experienced a virus, SARS-CoV-2 (coronavirus) and its resultant disease COVID-19. Everyone had micro-sized lifeforms thrust into their awareness. We had a new round of education about how germs from everyday speaking can travel 2m (6’) and 9m (30’) from a cough or sneeze.¹ How hands collect germs then spread them into the body via the mouth. How handwashing and hand sanitizers help prevent this intake. It’s good advice. 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 ones 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 you 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.

Be aware of the wondrous taste of the food you eat while you’re in the process of eating it. Be in the moment. Be in the experience. It’s Attack that steals your attention away from the now to other places and other times.

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,

¹ Source: Aalto University via Futurism news, April 13, 2020.
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, 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 anymore. 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 know, just, just [waves hand through his air] wake up.”

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

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2 Source: snopes.com
**KEY PRACTICE: 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 yourself!**

Of course, this rebirthing takes time! But it makes you sure of yourself, of your world, your life. **It lets you make sense of, understand, your world and this understanding is invaluable.** **It puts your life gradually back under your conscious control.** You reassess yourself, 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 yourself.** 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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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 traveling 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. I 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.
I suggest you check out the Jackass\(^3\) 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 yourself from robbery instead only if in imminent physical danger. If you were to try to spray a mugger and something went wrong; the can ran dry, the nozzle cap fell off, etc., they could easily be enraged enough to use their weapon against you; punching, stabbing, shooting, etc.. But if you wait until you’re in imminent physical danger then you’ve no choice, your enemy is already enraged with you and your spray is your only weapon so you might as well try it to see if it can help save you. Obviously, a Concealed Carry permit gun is your best option but not everyone is eligible or can afford such protection. Check you laws to see which types of knife you’re permitted to carry on your person and by all means do also carry a legal knife as well as a spray, as a more dangerous, closer quarters, backup option. **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. This style resurfaced with the 2020 Motorola Razr phone.

You know not to accept any food or drink 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.

\(^3\) www.dickhouse.tv
With a 50¢ brick anyone can open your ground floor windows. With a $5 glass cutter you wouldn’t hear them. With a $20 lock pick set anyone can open cylinder door locks so could silently walk in through your front door. 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 yourself 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 Do⁴, 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 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, including running away if you can, yet if it is unavoidable then you must win. Kneeing testicles, gauging eyes, scratching, biting,

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⁴ choikwangdo.com
Enlighten Your Life

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 the envy of your intelligence, your class, your funds, your happiness, etc.. **Violence is 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 from 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 yourself 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 yourself 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 yourself 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, یسرائیل (Yisra’el or Israel), ہندستان (Bharat or India) and 조선민주주의인민공화국 (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. 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. Don’t save your banking passwords in your browser as you do for other sites. Your browser stores them on your computer and optionally online enabling possible hacker access. Every single bank card transaction is logged and could be forever available for scrutiny by government or hackers. **Pay for your private goods and services with good, hard cash.** Anonymous, pre-paid debit cards are also available if you can find them. Allegedly crypto-currencies can under some circumstances provide extremely anonymous financial transactions.
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.

Getting a remote backup service like Microsoft OneDrive or Google Drive and using their free plan is an extremely secure backup option. It means that even in a worst-case scenario of you being incarcerated or falling into a coma for like two years, your data will stay safe because there are no payments to miss.

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. Especially protect your blood. Any germs which get access bypass security levels and are instantly invading you immensely. Beware of other people’s coughs and sneezes. These spread germs. For
example, MDR TB (multi-drug resistant tuberculosis) is easily spread and can be fatal. Quietly hold your breath when you need to and remember breathing through your nose is cleaner as there are hairs in your nose which act as an air filter, trapping harmful particles.

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 & 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. Where livelihoods depend on my (and others’) ill health I chose not to trust the benefactors to be unbiased. I still need medical treatment maybe once per decade per person then again I’ve yet to get my own x-ray machine. I don’t trust homeopathy to help. I 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. I disagree with organ donation because it’s desecration of the dead. I’d like to disagree with receiving donated organs for the additional reason that it’s accepting of external invading to an ultra-deep level yet survival is necessary via all means necessary; beggars can’t be choosers.

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 (al Qaeda), IRA, (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 yourself a decent First Aid box. Consider antacid chewable tablets and fizzy, soluble aspirin, jelonet waxed gauze, sterile eye wash, antihistamine tablets, leukostrip skin closures, betadine liquid &/ 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 yourself when out & about. If you ever must 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 its 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. If you have gas fired heating ensure you have a backup electric heater just in case and vice versa.

Taking your temperature every morning gives you advance warning of disease. This enables taking preventative measures such as wrapping up warm, and taking echinacea and extra vitamin C. Don’t forget that some meds standardly elevate temperature for their duration.

**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 yourself 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 you 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 the canned food you eat. This stops you from eating food that’s past it’s best and maybe breeding micro lifeforms. Society dates its 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 pædophile’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 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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wikileaks.org
ATTACK (EVIL)

Level: Easy to Advanced

NB This is one of the longest and most difficult to read yet most important chapters. You might want to skip ahead if you find it too esoteric. It’s far-out!

I 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 omniverse. *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 to be in one’s best interests (or good in other words).

I’m 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).** Attack (evil), at some level, is a part of everyday life. 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 I recommend also on paper or preferably digitally (use my forthcoming cellphone app) 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 detail 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. The torture Attack is difficult to give examples of because it’s relative. Chinese Water Torture, a persistent dripping of a single drop of water onto say one’s forehead could ruin one’s life, a chronic illness also or even just a persistently noisy neighbor.

- **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 (maybe you don’t even believe yourself but with greater self-confidence you can learn to) yet Attack tries to say that you didn’t. Turning off a tap or light switch or closing a cupboard door then being pushed back in time in regard to this action and the
example tap is still on therefore having to repeat your action. You’ve almost definitely never had this sort of experience yet, yet this type of thing can be a part of a more enlightened reality. Traffic jams. Losing your essay by losing your USB stick drive or even by the file becoming corrupted, and you having to redo the essay.

• **Distracting**
  Negating of internus (internal). 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 a 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. This is an example of discarnate Attack (evil).

• **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 its 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 yourself 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 Omniverse*) 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 yourself from it, instead it’s your perceptions that you must change.** Negating Attack, saying Attack didn’t hit you, even that Attack doesn’t exist, is also, because Attack is a natural part of reality (blown out of control by Society), saying that reality doesn’t exist.

“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
Resist Attack (evil) in its entirety. One must, however, accept that Attack is part of life. We create our own reality, science proves this, without you there is no reality (don’t try and prove that there is). We exist in reality which is separate from us and therefore no longer implicitly good. Every little part of reality is either good or bad or not yet classifiable. One only wants the good parts of reality. Therefore only give your attention to them and like in the Nightmare On Elm Street (1984+) movies turn your back on the bad parts of reality. Deny Attack from your reality. Hate Attack and try with every moment to keep its presence in your reality to an absolute minimum. I appreciate that this can be a very tricky concept to grasp but it’s quite straightforward and logical. Becoming more and more aware of Attack in your everyday life (just more awareness, not more Attack =) is of paramount importance. Attack varies from time to time, person to person and place to place.

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 I 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. Often energy will materialize an offering on the outskirts of your vision. Like an extra
Cheerio on the table as you’re pouring yourself a bowl. It’s a gift from energy desiring acceptance. You can accept your table energies without too much danger and so you can happily add the extra Cheerio to your bowl. Yet notice it for the energetic event that it is.

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. Visualize this constantly happening. You can try and feel your energy become more grounded while walking barefoot on grass.

To sidetrack a little I can talk about another physical relation you have with the planet. It’s a physical science, physics, property. You are a body of matter. You are mass. In a gravitational field such as on a planet, say this one, Gaia (Earth), you’re constantly applying a force called your weight, downwards towards the ground. Your altitude gives you a type of energy called potential energy. Your existence is constantly affecting your physical environment. You are squashing the seat cushion of the chair you’re sitting on right now with this energy. It is transmitted through matter to the ground. Through the legs of your chair to the floorboards of the room you’re in. From the floorboards to their supports, walls if you’re above the ground floor. Down into the earth. You get the picture.
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 I say energy I 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

“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

**Matter stores some of the energetic vibe from every event which has occurred near it.**
Matter stores some of the energetic vibe from every event which has occurred near it.

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

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.”

Ghostbusters (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 you 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 yourself 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 (by squashing the
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. Don’t turn to Society to relax, turn away from Society, get some distance, 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 Nietzsche 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,
American 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 you’re 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 yourself and your belief structure is of ultra-importance.** That which goes up slowly comes down slowly. That which is built up gradually, thoughtfully takes much effort to damage. Your thoughts gradually build up your belief system to give you immense strength of self-belief. 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 than theirs. Literally stay clear of them as much as possible. I appreciate that Society is different and don’t impose my 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 H₂O, 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 and especially relatable to are social media stars (even known as ‘influencers’). 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.

Some people like to be hated. Sometimes some people are attracted to a detrimental bond, yet bond nonetheless, 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
Everyone, everything and everywhere is Attacked. You are not alone.

**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. Analgesics do help against pain, comforters do help against cold, computers and printing presses do help against manuscripts getting lost, sedatives do help against sleeplessness, Betadine® & Band-Aids® do help against infections and aid recovery from past Attack.

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 yourself against it. The more you understand it and its component factors the more you can avoid or reduce them in the 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,’ 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.

**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.

**Mental associations are physically hardwired attachments.** See chapter Neutrality / Attachment (Nirvana). They, especially the negative associations, are to be avoided as much as possible. They are Attack rewiring your brain.

There are times when Attack is being parasitic and wants to form malicious attachments. Times when you must realize that **any move you make, any thoughts at all on the subject**, will be used by Attack against you. Stay focused in the present moment and wait for Attack to die down. It’ll pass, it always does. Damage limitation is your aim.

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
Attacks. 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 yourself.

**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 choose 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. Energy communicating with you with respect is one thing but Attack BDSM forcing your actions is blatantly hitting. Another example could be if you’ve eaten fast food a few times in a week, energy could point out to you that you’re over your ideal weight, but it’s very obviously Attack if it breaks your phone; violently trying to enforce a limit on your dining options.

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
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. For example, having just done well in an exam you get home to find your pen has leaked all over your bag.

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, I 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 or sports. The easiest way to earn outside a 9 to 5 is by starting your own internet based business.

**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. **Don’t get complacent, things can always get 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.**

Attack should never be communicated with.

**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.

There is a 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 strabismus; not seeing clearly through both of their eyes simultaneously. The solution is to distance yourself 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.

I note most Attack hits, at least mentally. I’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, I 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) (Wilhelm Baynes translation) 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. It is not a fear. It is a hatred. A respect for one’s primal enemy. It is a deep hatred of Attack that helps inspire one to keep one’s life in order. 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, coronavirus 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 of 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 yourself 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 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.

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

**Your good energies follow your lead.** If one door closes, which is an unfortunate Attack hit, your good energies
bounce back. Most of them recover and still love life. They want to continue playing with life. So, necessarily, they open another door of opportunity, to enable them to do just that. To continue playing with you in the reality you create for this, because, let’s be honest, you love playing with your energies in your reality too.

Understanding true goodness is the key to leading a strong, prosperous life. See chapter Pleasure & Pain. You keep your best energies satisfied. Everyone pleased. Yet with balance. Pleased yet not overjoyed. Therefore, you need to understand the limits of your comfort zone. The range of energies which you’re comfortable experiencing. Your main focus needs to be your security therefore you focus on the level of low points, low periods, in your life which you can accept without getting too pissed with life.

After you have understood the levels of lows you can bear in your life you then have your reciprocal limit of highs you permit into your reality.

Life is a balancing act of pleasing your energies with highs and later experiencing their reciprocal lows.

Gradually fine tune your energies to become accustomed to and enjoying smaller highs and smaller lows. This is closer to nirvana (no life) while still maintaining the fun experiences of life.

This is universally true. This includes everything in life; your work, your studying, your family relationships, your friends, your RnR time, your home environment, your possessions, your habits. Not just whether you drink, smoke or do other meds.
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 nearby 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 yourself. 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 yourself 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. The energy comprises of its factors. You can know some of the factors and make an educated guess as to the vibes there. There are the factors that you can’t know about that can have an immense impact on the vibes there.

When you move into a new environment wait until you’ve had a night’s sleep there to help you acclimatize before fully assessing it.

**There may be Attack other than that which is currently 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° x 360° all around you.

**All possible perspectives of any situation must be defended against.**

Attack likes to twist energies.

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 yourself symbolically. Not necessarily your body which is an easier target and more complex to visualize. Plus, perhaps your immediate family, by this I mean your life partner/s and child/ren. **If you can at all you must cling to your body, create it, with all your mighty will power.** It is imperative. This workarounds Attack hitting your body. **Then create your most immediate environment.** This workarounds Attack hitting your environment; your safety. **If Attack is hitting then retreat within and in your new space there you create your reality.** Don’t have an image full of potholes! **If necessary then use parallel realities, let Attack be in its own parallel reality and you be in your one true reality, without Attack in it.** Maybe you can still see the Attacked reality fading away.

When in doubt about the correctness of your recent actions fall back to your default belief that you did the right thing.

**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.
**Enlighten Your Life**

**Try your best to remember to breathe. 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 reattain 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.

Attack will target your weak spots and vulnerabilities.

When Attack hits ultra large then 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. I call this My Attack. Tend to yourself. **Get fit.** Energy loves it. It loves exercise and it loves having exercised. **Your My Attack hits you for your choices rather than from what you’re trying to leave behind.** For me this includes vibes like how dare I live in a countryside homestead and not in a megopolic condo? How dare I live a different life and not a standard 9-5 like a normal member of Society? And come to think of it how
dare I not be a more active member of gen pop Society? This should give you an example of the general vibe of My Attack hits.

**Attacking energy often manifests as an ultra-strongly pushed thought.** I 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 a 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 shelves 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 you’re going from and to, your recent activities and what you’re carrying, Attack BDSM hitting you for drinking a beer at lunch, etc..
It takes practiced distantia (distance) 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 omniverse 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 I mean when I 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 like alcohol making things seem better, less important and goggier; weed making things seem funnier or feeling down making things seem worse than otherwise. 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 yourself.** 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 yourself.

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 blog⁶. **Control your energies. Move them away from your history and limit how quickly you approach your potential future.**

Remember when playing group that reality is your creation. Create your good energies then play pack with them. Playing with something obviously makes it part of your pack.

**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 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. I 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

⁶ twitter.com/gurumonxy
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 and especially relatable to are social media stars (even known as ‘influencers’). 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. But its mean, median and mode matter most.

Centuries ago pale Caucasian slave traders played group with African Negroes and there was no return. Now America has had a Negro PotUS, is being degraded by Affirmative Blaction, Negroes 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 descendants. All because centuries ago pale Caucasian slave traders played group with Negroes 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.

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

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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 yourself. 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 yourself 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 yourself, 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. Etc. See chapter Self. 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.

See yourself as a complete, unique individual and simultaneously as a group of all your different selves.

In everyday life you are ‘your selves’, 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 your selves 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.

There are two types of energies. Energies that you let into your life and energies you don’t. For energies which you choose to let in, it’s all about levels. Sure, you’re a member of the group of your opoli but you surely feel far stronger a bond to the group of your family. Firmly keep to your visualization of how close you are to the energies in your life. Don’t let energies grab more of your attention than you permit them.

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 its toll. It’s better to walk unaided when you can.

Don’t rush like a desperate fool and damage yourself 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 yourself. And it’s a truism that the more you like yourself 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.

Sun Tzu 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. I’m not talking of playing group with external I’m talking about the survival and progress of your group. For example don’t waste your energy trying to outdo a casino. Instead make your own money by using your ingenuity and hard work.

You are at the same time part of everything and part of nothing. This is taught in the tenets of Group (Σ) and of Internus (Internalization).

“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), American 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 yourself. Without Society being that much of a factor.

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**Distantia is the removal of attachments and as such is the path to nirvana.** See chapter Neutrality / Attachment (Nirvana).

Reality is contrary to nirvana. All good things create desire, all bad things create negative desire. These are attachments. They move one away from the concept of nirvana. **Perfection, nirvana and oneness are all concepts.** They are implicitly impractical. These concepts only exist in their pure form without reality.

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


**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 yourself.** 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 yourself. Internus is independence. See chapter Independence.

By internalizing more, we bring more control to life, more goodness.
Facultas is power.

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

Your possessions are the prime source of your facultas. **Your possessions are a very important part of your reality.** See chapter Possessions.

**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 yourself.** 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 wisdom, plus your skills, plus your experience, plus your achievements, plus which items, locations and people 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.”

Metonymic adage, coined by English author Edward Bulwer-Lytton (1803-1873) in 1839
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.

Obviously, if you owe someone $1,000 you don’t have spare you don’t want to be at the top of their collection list. But why would you want to be on the mind of any stranger? Maybe to make a good impression. So that, although they don’t know you, they think well of you. But nothing’s that one-sided. If they elevate you above themselves then they develop envy of you. If they lower you below themselves then they develop a dominance hierarchy vibe, like being the boss of you. **It’s a balancing act.** All our actions naturally have far-reaching consequences. One’s actions require careful thought (with awareness of the consequences). **Act and bare reality’s reaction.**

The less you act the less reaction is created to bare. But
it’s fun to play with reality. Meditation alone won’t satisfy a complex person.

The concept of innoculus is fine tuning your actions to have more of your desired effects on your desired effectees and less of undesired effects on people whom you don’t wish to interact with. Become invisible to them.

Most people in their everyday lives pick up heaps and heaps and heaps of undesired consequential energy from people they don’t want in their lives. Surely try to avoid them completely but when this is, as is generally the case, unavoidable then your aim is to be as invisible to them as you can be.

Stay out of the undesirables mindspace. Do not be remembered by them. Ideally not for anything. When in their presence don’t do anything out of the norm. Wear normal clothes. Speak normal phrases in a normal accent, normally.

Conversely, to be remembered for your great, worthy achievements, whose consequences you thoughtfully accept into your life, into your My Attack (see chapter Attack (Evil)), you must be your best self. Do your best. Continuously improve upon your best. Pushing your limits to supersede your history. But that is not what this chapter is about.

You can be genius and achieve amazing feats. If it’s a necessity and not just an oversized ego then by all means develop a façade. A model’s stage name, an author’s name or pen name, a musician’s moniker. But fame without content is extremely weak and fragile. Form without content. The 易經 (Yi Jing) talks of this in hexagram 22; Grace.

Be known for your actions not for your name alone.

As an energetic cleansing practice visualize both all the images external Society holds about you disappearing, being
Enlighten Your Life

solely limited views of you and not the actual whole you, and all the images which you’ve portrayed of yourself 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 yourself.

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 (1931-2019), American spiritual leader

Be stable by yourself, 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. In megopoli there’s a heap of aspects that might deserve your hatred; violence, BDSM, perversion, criminality. These are surely still to be hated but should not be leading your thoughts. Focus on being at peace, especially when at home or among friends & family.

Beware of unchecked anger leading to a propensity to violence. Sometimes this is an irrational emotion. An external, invading energy, an Attack. It must be avoided at all costs. Violence is rarely a solution. 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 yourself 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.

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 (though it may only yet be known subconsciously). 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. I appreciate that we all live with our energies. They affect our daily lives. Literally proving that you will retaliate if hit does make the point. There is also a social responsibility to punish evil doers. I strongly recommend reporting crimes to the police. Obviously, unless you have to put yourself in harm’s way to do so. The criminal was identified as such to you, your paths would never cross again, yet by prosecuting them you’re proving your claws are sometimes used and you’re helping Society. By helping Society reduce their crime level you are also helping yourself.

**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 yourself and to your memories. **How better to find yourself 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 14th 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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You are a soul. **You are an individual, unique, eternal soul.** One instance of animal life in your reality full of animals.

You inhabited your individual (apart from conjoined twins), unique (apart from identical siblings), vulnerable human body at the moment of your conception.

**You: body is you: soul’s interface with reality (see chapter Reality).**

You are normally blessed with six senses; touch, taste, smell, hearing, sight and that which today’s science cannot fully explain, your sixth sense.

**You: body is composed of clear light.** If you’re ever in a NDE (Near Death Experience) stay with reality and your interface with it; your body. Do not approach the bright white light of external. That would be choosing to leave your body, to die.

**You are the embodiment of a singularity.** The singularity of self. The 易經 (Yi Jing) says that one should both be able to separate and to unite. Be **an individual** and alternatively be a group member. Ultimately, you are alone. Meds makes us feel like we can temporarily share our body. Yet, **ultimately, we are alone because we are individuals.** Despite how close we are and to how many groups we belong.

There’s a popular theory that animals are like mushrooms springing forth from the same mycelium as each other. That all souls come from another place, another dimension, maybe the one god being the one mycelium and we animals its mushroom fruit. **This is a misconception.** We soulful animals are all like the mycelium soul itself, each with our
body like a mushroom growing into and existing within the world at large. The different animals like different species of mycelium. We are all mycelium. We are all the same; all are a soul with its body. We spring forth from ourselves. There is no higher being other than ourselves. **We are each our own individual god.** It’s a bad analogy that’s worth dispelling. Mycelium sprout multiple mushrooms over multiple flushes. We have but one body and the one lifetime in which to live. **The singularity is the individual soul.** Not any false ‘singularity’ of the masses. No ‘land of the souls’, no ‘waiting room’ for reincarnating souls between bodies. No reincarnation. This life is it. It’s all we want. It’s all we need. It’s of infinite potential and it’s of infinite time. See chapters Reality and Self-Creationism.

**You have immense energies.** You are an experienced soul in your experienced body. Including at some level energies from:

Your heritage,
Your groups, like friends and family, classmates and coworkers, people in your yoga class, your gym, and even the street you’re driving down,
Your possessions, of all your timeline; historic, current and planned future,
Your actions, of all your timeline,
Your habits, of all your timeline,
Your communication, of all your timeline,
Your hobbies, of all your timeline,
Your plans, of all your timeline,
Your emotional baggage, of all your timeline,
Your values, of all your timeline,
Your preferences, of all your timeline,
And the like.

One cannot lose one’s soul, only one’s mind and one’s body. Although a lost body is generally irretrievable a lost mind can most always be regained.
Enlighten Your Life

REALITY
Level: Advanced

Reality is your interfacing with a concept. With your own concept of external. Your reality omniverse is large and complex.

Reality provides three types of interaction.
- Interaction with yourself; thinking,
- Interaction with other animals with brains; communication,
- Interaction with inanimate objects; tool usage.

You: mind brings intelligence to these interactions.

You: soul brings creativity to these interactions.

These are your gifts to reality. Keep your potential in mind. Keep your interactions with reality intelligent and creative. Be yourself. Be your true intelligent and creative self.

Interaction 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 I mean when I 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 like alcohol making things seem better, less important and goggier, weed making things seem funnier or feeling down making things seem worse than otherwise. 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

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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 (see chapter Attack (Evil)). 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. Change is generally disliked because of the inherent uncertainty in its goodness. It could be a change for the better or a change for the worse. So this truth is vehemently programmed against by Society. **Have no fear. Do the right thing and the right thing shall happen.** *See chapter Faith In Oneself.*

**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.** Thereby one can change reality (by changing one’s beliefs).

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 omniverse 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.
Guru Monxy

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. From the good and the bad energies respectively of your set & setting.
Level C (Sidpa Bardo) is being a player within Society. Back playing the usual games, interactions, of Society.  

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 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 I recommend approaching enlightenment gradually via the methods I 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; together the omniverse. 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 animal with a brain 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. All other lifeforms have a spirit. Inanimate objects have a vibe.

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. Often energy will materialize an offering on the outskirts of your vision. Like an extra Cheerio on the table as you’re pouring yourself a bowl. It’s a gift from energy desiring acceptance. You can accept your table energies without too much danger and so you can happily add the extra Cheerio to your bowl. Yet notice it for the energetic event that it is.
Everyone can feel when they’re being stared at. It’s a phenomenon called scopesthesia.

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.

Move on from your experiences once they’re over. Don’t live in the past.

When a future event is brought to mind, remember to remove your attachment to your future experience, in the present. This stops your energies from craving the future, without stopping your plans for it.
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 yourself 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 yourself. 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 yourself 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, yourself, 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 yourself 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 was said by Sun Tzu 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’
Enlighten Your Life

Paranormal experiences, collective subconscious, future reality.
Meds = High dose psychedelics, ketamine 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 nor harm threatened to an external entity,
• One’s will not be enforced upon an external entity.

Each moment of reality experienced has an effect on you. This effect, depending on the strength of the experience, relative to your body of comparison of course (see chapter Comparison), and your specific reaction to the type of experience, for example if it triggers you, the effect takes a certain length of time to fade from your being. Be aware that you are present in your reality, that it does affect you and that this affect takes time to fade. It’s a natural aspect of real life.

You gotta play with life. That’s what it’s there for. Experiment with it.

There’s a downside to everything.

Life is a circle, nowadays a longevity given line, and so it’s the going, not the getting there that counts. Enjoy the journey.

You should focus on being the creator of your reality. See chapter Self-Creationism. You shouldn’t settle for a lesser
external situation as ‘all you deserve’. Most of the time you deserve far, far better for yourself than your reality is currently providing. **You need to express your will within your reality.** You should generally have the mindset that reality energy needs to be pushed into providing more for you. Push your limits. Always be aware so you don’t over stretch your energies. But mostly be on them to excel and surpass themselves. **Just as things can always get worse. Things can always be better.**

Of course, be optimistic in your perceptions and see the best in any situation yet know Attack (evil) exists. ‘The Omniverse’ isn’t always right, things aren’t always good. **It’s not necessarily an acceptable fate which wants to await you.** Dare to not be accepting. **Take control and be the all-powerful magickian steering reality energies into your desired experience.**
All is energy.

Use good & bad here as terms relative to yourself. There is good energy around you and there’s bad energy around you. I 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.

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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. The energy comprises of its factors. You can know some of the factors and make an educated guess as to the vibes there. There are the factors that you can’t know about that can have an immense impact on the vibes there.

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

Reality energies are a wave-particle duality. The vibe is the energy wave. Individual events occurring out of the vibe are the particles. For example, if you’re having a bad day because there are large Attack energy waves around, multiple bad events, particles, may manifest. Some say misfortune comes in threes but it could be more bad events than that. As long as the Attack waves are around, unfortunate events could manifest to hit.

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 yourself from history, from ‘karma’, from blame, from a desired balance of ‘good’ & ‘bad’.

Synchronicity is the mesh of the omniverse. 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.
There exists the Spirit World. This is a level of energy above the physical world. Here the vibes, the spirits of the physical world reside. The spirits of the plants, the spirits of the animals, the spirits of the various groups of the various areas of the physical world, and more. The vibes of the physical makeup of the physical world.

“Whether or not these indigenous earth-based cultures have DMT available at their fingertips, they have a sense of nature as alive. They’re animist cultures, so really everything is alive. There are many, many beings everywhere of spaces, places, elements, ancestors, plants & animals, of course. All of these things and Spirit Guides. I mean we’ve heard of these in different contexts. But the Invisible [Spirit] World is a highly populated place and there are etiquettes and ethics of that realm that need to be respected. And people in these traditions recognize entities that they can think of as allies and call on them in a respectful way. So, to help them or just to placate them. It’s a universe of relationships, you know. And so, I believe that that kind of multiplicity of relationships is happening in any of these animistic, shamanic [cultures], all of our ancestors were this way. And yet what the DMT does is it makes them real in a certain way. And I really think you can say this about any of the traditional psychedelics. And that people do in cultures that use them. That they reveal to us a world that is normally invisible but is actually, probably more important than this one. And maybe is the ‘real world.’”

Kathleen Harrison, American Ethnobotanist and Psychonaut, and Ex-Wife to Psychonaut, Author and Psychedelic Plant Advocate Terence McKenna, Kathleen Harrison: The importance of ceremony video, September 26, 2011, DMT: The Spirit Molecule channel,
I am an animist. I strongly believe in the Spirit World. It has effect in the traditional, Western, scientific, gen pop mindset world. It’s not a separate world. It’s just like blacklight (ultraviolet) ink can be present in, say, a cool tattoo but isn’t visible until viewed under a UV blacklight. The same can be said for the Spirit World. It exists simultaneously with the gen pop world. It has effect on the gen pop world and the gen pop world has effect on the Spirit World.

Enlightenment, and this includes the temporary, premature enlightenment one may achieve with psychedelics, enables an expanded consciousness which is to varying degrees aware of the Spirit World.

Once the Spirit World starts to become visible it’s like awakening a new, sixth sense. Like opening your third eye. You provide the mindspace for your new visualization.

It’s basically the same type of visualization as ‘seeing’, through applying your knowledge, to perceive a new 4D model of reality, as you would do when ‘seeing’ germ cleanliness in reality. You can ‘see’ the dirtiness of a trashcan however outwardly clean it looks. Take control of your mind and your imagination; your visualization. Let your knowledge affect your visualization.

With enlightenment you can see spiritual energy. You can see bad vibes; see Attack.
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.** Energy whose vibrational level reaches that of the physical realm. So it can be detected by sensors and measured by instruments. Being physical its behavior can be predicted, modeled, using science *(see chapter Use Science)*.

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.
Enlighten Your Life

DIVISION
Level: Easy

In reality there is division. Division from singularity; oneness. There is diversity.

Perfection, neutrality (nirvana) and oneness are all concepts. They are implicitly impractical. These concepts only exist in their pure form without reality.

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.

The concept of perfection is to push reality for improvement. There’s a ‘perfect’ answer in 1+2=3. But in the majority of experience nothing’s perfect. There’s a perfect apple only if you lower your standards enough. Instead keep perfection elevated to a concept, the donkey’s carrot, forever inspiring reality energies to improve.

The concept of oneness is limited only to the soul. Everything in reality can be viewed as a conglomeration of energies. Like a newly conceived child is an individual yet precisely half of their father and half of their mother. A pencil is composed of graphite, wood and paint. A piece of driftwood has historic ownership of the parts of it that have broken off in its travels. All its component parts form a group, not a singularity. Even a solitary tree or a rabbit is an ecosystem. A rock plays shelter to insects and a battery for solar energy.

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.**

I 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.

There’s an idiotic philosophy that says there can’t be differences between people, like between the genders or between the races. It says everyone has to be equal. Otherwise we recognize natural division into hierarchies and one can then get caught up with the projected ‘injustice’ of this; which is totally the pessimistic perspective. Instead of focusing on, for example, women, in general, are weaker than men they should also be aware that women, in general, live longer than men. Diversity exists not equality.
The world is gray, not black and white. It’s made up of components at differing levels.

If you try a glass of a new lemonade it’s probably going to be good. It’s passed taste tests if it’s from a factory and probably tastes far better if it’s homemade. You measure its quality, quantity and other characteristics against your historic body of comparison (see chapter Comparison). It may be the sweetest lemonade you’ve ever had but it’s not going to be the most bitter at the same time and unlikely to be the most fizzy simultaneously. **It’s complex.** It has a level of quality, a level of quantity, a level of sweetness, a level of bitterness, a level of effervescence and even more characteristics. **It comprises of 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.
Belief in oneself 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 yourself.

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 yourself and your belief structure is of ultra-importance. That which goes up slowly comes down slowly. That which is built up gradually, thoughtfully takes much effort to damage. Your tried and tested thoughts gradually build up your belief system to give you immense strength of self-belief. 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 than theirs. Literally stay clear of them as much as possible. I appreciate that Society is different and don’t impose my 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.

Do the right thing then the right thing shall happen.
“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 yourself. Be all your accepted selves. You exist.**

**Then create external.** In your reality create your projected view of yourself, your body. Your body is the physical manifestation of yourself. 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 omniverse.

**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 are the solitary Witness of All that is, forever free. Your only bondage is not seeing This.”

Ashtavakra Gita, Hindu holy book

**You have no implicit personality.** It has all been built since birth and can be reconstructed to your preference. **Use logic to construct yourself.** 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 yourself, be all of your selves, 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 you 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.
“You have to be strong. Dawn, the hardest thing in this world is to live in it. Be brave. Live. For me.”


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 omniverse.

It’s quitting reality, forever. A final, ultimate destruction of everything you’ve ever created. See chapter Self-Creationism. It is the last resort. 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 yourself 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 yourself, and in your self-created reality. This faith is what provides hope even when despair Attacks. When it does, give yourself 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 (psuededelics 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 reattain 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 Oneself.

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 yourself. It means that there’s aspects in your life which you do need to clear yourself 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 yourself. 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 yourself too hard yet push yourself. Don’t push yourself too much, too often, yet push yourself. You can
change yourself, 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 yourself. Your innate knowledge of what’s good for yourself 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 I 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.”

MAS (1970) movie theme song, Written by Mike Altman (Aged 14)
DIFFERENT VIEWS OF THE OMNIVERSE

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.

This is an extremely important concept despite it being only a small chapter.
This concept is like the Buddhist dharmic teaching.

Accept impermanence. *Everything passes. Everything changes.* Yet this is somewhat controllable. This is naturally beautiful, a function of reality which prevents stagnation, and not an Attack.

**The sole constant in life is change.** Ain’t nutin’ to it but to do it!

One’s attitude toward impermanence changes with longevity.

The name 易經 (Yi Jing or I Ching) translates to **Book of Changes**.

**All change must be made gradually.** Energy can be extremely resistant to change.
NEUTRALITY / ATTACHMENT (NIRVANA)

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.

**Attachment to reality creates desire. Desire can never be always totally fulfilled and so creates a tortuously 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, candy, pizza, beer, et cetera. **There’s always something to crave, and it’s rarely omnipresent in excess.**

The concept of nirvana is equal to the state of death.

**Distantia (distance) is the removal of attachments and as such is the path to nirvana.** See chapter Distantia (Distance).

Reality is contrary to nirvana. All good things create desire, all bad things create negative desire. These are attachments. They move one away from the concept of nirvana. **Perfection, neutrality (nirvana) and oneness are all concepts.** They are implicitly impractical. These concepts only exist in their pure form without reality.
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 your selves. 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.

**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. I 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.

When a pleasure experience is taking place it attracts energy.  
This obviously includes Attack energy.  This energy tries to  
play group with you to be a part of the pleasure experience.  It  
can sense that it’s a good thing.  Like laughter being  
contagious.

Free your experience from the highs and lows of addictive  
plants and chemicals.  Quit tobacco, alcohol, caffeine plants  
like coffee, tea and cacao (chocolate), and sugar.

“[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
You are the most important aspect of your life. You are the most important person in your life. First your soul, then your body, your conduit with reality. Then your genetic age ancestors, all the way back to the amoeba. By genetic age I mean your ancestors at the age they imparted their genetic material towards you. Then your chosen family, your spouse, then your kids. Then your greater tribe. These days this doesn’t necessarily mean your physical neighbors but people you hang with, people you travel to visit, people you phone and especially people you communicate with over the internet.

You come first, always. If a shipwreck survivor on a desert island, if you were strong and fortunate enough, you could survive by yourself, alone. With another fertile survivor of the opposite gender you could reproduce and start a family. With more people you could start a greater pack. Yet you don’t need more people to survive. It’s a group pushed, Attack delusion that you do, that the group is necessary and even, very wrongly, that the group comes first. You could hunt, farm, collect potable water, etc. enough to survive by yourself. Group life, with outsourced specific jobs, may be easier but it is not necessary.
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.

A psychological trick is when turning down the volume on your stereo, after turning it down, turn it down just a little more then turn it back that little bit. Your body of comparison then shows you that it’s not as bad as it could be. It sounds louder than it is.
A balance is required in life.

A balance between communicating yes & no *(see chapter Yes & No)*. A balance of eating on average the right amount. One day eating pizza and ice cream and another day eating less than your usual amount of food. Maybe dieting with a diet break day.

When exercising just right you don’t want to overdo the resistance nor the reps and strain your muscles but you want a good work out. You also need to find your good pace; not too quick and not too slow.

You balance yourself, balance your pace reading a book. You balance your pace of drinking a glass of wine so as to enjoy it but not get too tipsy too quickly.

You balance your schedule between working and playing. So as to be productive, happy and well rested.

Everything in moderation.
Enlighten Your Life

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.

Have a little bit of give each way. Wiggle room. Don’t be too rigid.

It’s said that in every breath one breathes in a molecule of Cæsar’s last breath. This is because of the massive amount of molecules in that last breath plus the amount of time now for these molecules 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*

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**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.

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A block against say blue eyed people is too much to do with blue eyed people. To walk down the street under the influence of an Attack of *paranoia; an Attack vibe that attempts to summon forth its subject*. Paranoia is an *incredibly nasty Attack*. It pretends it’s on your side sharing your concerns when in actuality it’s secretly wishing misfortune upon you. Your mind could be 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. It becomes a self-fulfilling prophecy. *Don’t draw Attack to you in this way.*

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It’s said what you resist persists. **What you don’t resist gains dominance over you.** The struggle is indeed memorable but it is a worthy struggle. Don’t just give in because you’re afraid of a few battle scars. Be your impenetrable shield. **Be your own strong, dominant mind.** Life can be a struggle for the power to be an individual. **Always be the master / mistress of your own mindspace.** Force out invading energies, invading thoughts. Identify the energies as Attack (evil) then hate them and use your hate to remove them from your life; from your mind, from your experience of reality.

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You can laugh and shake off a fly grabbing onto you. A human hand grabbing onto you is a totally different matter. Don’t overreact. Don’t panic. Don’t give the Attack free real estate in your head. **Never (that tricky word again) give up**
sovereignty of your territory. This includes your mindspace. Use the concept of wavering to adjust to being in proximity to less than perfect energies.

Do not let any energy that wants to, pass through you. You have a right to your own personal space. You have a claim on your own personal space. Keep most external energy out of your body because it’s you. When I say most I mean apart from the air we breathe and the foods, drinks and meds we consume. Keep most external energy out of your home territory because it’s yours. When I say most I mean apart from the Multimedia Religion energy in your TV and web for instance until you reduce your intake of these, the library owned energy of your kids' library books, your BFF’s energy in the top she lent you until you stop using another’s clothes, your relatives’ energy in the gifts from them around your home until you stop accepting gifts for this reason, etc..

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.
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 needs to come from yourself. 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 to be in one’s best interests (or good in other words). 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, etcetera.

**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.** I 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 oneself.

Put out of your thoughts 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. It’s not one scale, one dial with one level alternating between good & bad. It’s two scales, one for good, and one for bad.

**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 yourself to be the person you want to be. Not just a pale imitation. To enforce mental safeguards to police yourself. To be as righteous as you want and fight Attack to the death to never break your own vision of yourself. 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 thieve 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. But its mean, median and mode matter most.

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 (for themselves). 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.

“Everything happens for a (good) reason,” is pure optimistic wishful thinking. Life is complex, both good and bad events affect one. Once you acknowledge Attack afflicting your reality you can takes steps to avoid it. Name it and shame it and then focus on the good in your reality. Most people think the omniverse is against them. The omniverse is implicitly neutral. Every vibe, action, moment could be for you, against you, or neutrally nothing to do with you, or more likely more complex, both good and bad although probably more one than the other. Don’t see the omniverse as for you. Don’t see the omniverse as against you. See the omniverse as neutral. Therefore, on average half of life is happening for you and half of life is happening to you, against you. But you are a lifeform, a synch for energy. Therefore, your good
energies attract good fortune into your life and any bad energies around you attract misfortune. The aim in life is to increase the good energies and decrease the bad, negative energies. Thereby, your experience of life shall improve. This is achieved gradually through living the lifestyle and practicing the mental processes I describe in this book. It is walking your path of enlightenment.
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.
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.
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 posterity.
Your language is your prime programming of yourself and of others. Neuro-linguistic programming (NLP) happens.

Words are concepts.

The first person you’re talking to is yourself. 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

- Google, verb, to use a search engine.
- Xerox, verb, to make a photocopy.
- Crap, verb, to defecate.
- Photoshop, verb, to edit a digital photograph.
- Taser, noun, a stun gun. Verb, to use a stun gun.

New Terms

New terms gradually get assimilated into language. Like electronic mail first became e-mail then, as it became more assimilated lost the hyphen becoming simply email. Sometimes then becoming played with by inventing new words like freemail and GMail.

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 yourself is natural and understandable. A belief in organized religious dogma such as Catholicism, Judaism, Islam or Wicca is contrary to my 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
Enlighten Your Life

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 yourself. 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**
Enlighten Your Life

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 learned 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.
Guru Monxy

Yes & No
(+ This & That)

See chapter Yes & No.

So
The word “so” is extremely frequently used. Sometimes it comes in mightily handy, being a replacement for the longer word “therefore”. Other times it’s used without meaning, especially at the start of a sentence, like “so, what have you been up to?” Avoid this superfluous usage. Don’t use it as only the first half of a comparison. Saying, “I’m so happy.” Instead of the full sentence like, “I’m so happy I could laugh out loud.” It makes a weak adjective. Phonetically it’s indistinguishable from the word “sew”.

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 people’s 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. Your own actions are far more under your control, suitable for “shall”, compared with another’s.

**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.

**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. 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.

**Red Pills**

The verb ‘red pill’ is a term meaning to be intellectually turned on to a new realization. It is taken from The Matrix (1999) movie. The hero chooses to take the red pill to see through the illusion right to the truth rather than the blue pill to remain blindly enslaved like everybody else. Used like, “my red pill moment was when I saw the crowds of so-called refugees arriving in Europa and there wasn’t a single woman or child amongst them.” The verb ‘black pill’ is a term meaning to be
intellectually turned on to a depressing realization. Conversely the verb 'white pill' is a term meaning experiencing an uplifting realization.

**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 dominatingly staring someone out, flirtatiously fluttering your eyelids or aggressively furrowing your brow. Another basic body pose is making yourself 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.**

Dancing is an extremely good expression of communication.

**Non-Verbal Communication**

Growls and grunts can be a valid form of communication. Dogs, for one, understand them. Don’t be afraid to express yourself 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 my 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 (rented) in order to acquire the shampoo.

Emphases

Make yourself 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, or extremely thirsty,
4) a triple emphasized instance, like for those ultra-rare occasions when you’re very, very, very thirsty, or ultra 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.
Guru Monxy

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.
SELF-PROGRAMMING
(NLP)
Level: Easy

Be your own programmer. Your most important job ever: programming yourself.

This is also part of NLP (neuro-linguistic programming).

Remember to reinforce positive activities by ensuring afterwards that you tell yourself that it was “fun”.

**Congratulate yourself** 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 yourself 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 yourself**, 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 yourself** 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 yourself** 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 “nothing’s 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 yourself that something is imminent with a “soon” command.

Remind yourself of the impermanence of Attack with an “it’ll pass” command.

Strengthen yourself 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 “true” command. This helps differentiate it from other thoughts which may not have as much truth in them.

Reinforce knowingly positive behavior. Like by giving yourself 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 sub-conscious, 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 yourself 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.
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.

I 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.”
“[When taking questions from the press] avoid the ones who don’t blink; they’re power devils.”
“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 White middle classes can be programmed into having an unnaturally high pitched voice. Try to avoid this pitfall. See chapter Paedofication.

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,
Written 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 yourself 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.” |

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**Stick to your word.** If you say “yes” or “no” then mean what you say. Even if you only say it to yourself 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. If you do get flip-flopped then use the opportunity to see your options from your current perspective. Like how flipping a coin can help you make up your mind by feeling relief that something won’t happen or pleased that it will. **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.

Teamwork makes the dream work.

Be confident in yourself and don’t feel the need to compete arbitrarily.

According to the saying, “Nice guys finish last,” competition makes people nasty.

Competition works excellently in the marketplace. It keeps prices low and quality high. But it’s not for general society which should instead work together for the betterment of all.
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:
- 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 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’re not a dog learning a trick to please your owner. **You’re an intelligent person doing things to advance your own life.** You don’t need to treat yourself after achieving. **Achievement is its own reward.** (Getting work out of the way before playing is different. That makes logical sense.)

> “Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has.”

Margaret Mead (1901-1978), American anthropologist

> “Don’t waste your life!”

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“What?”
“Don’t waste your life!”
Brian the security guard to the manic, unemployed wanderer, Johnny, Naked (1993) movie, Written by Mike Leigh
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 yourself. 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 yourself? 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 yourself 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. I accept help from Society in manufacturing my 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 I grow more powerful, with more facultas, I 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 your selves.

**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 I’d probably have survived at least a couple of decades had I been born pre-civilization but I wouldn’t have had the fun tools of Society. No DPMs, digital processing machines, computers. Basically no intercontinental travel. No medications, ointments, Band-Aids. We’ve traded yet I’m still separate. They have good points but their bad quash the desire to be a party with them. **One can have a post-Society experience that’s new and improved.** With almost all the perks and free of the negatives.
“Figuring things out for yourself is the only real freedom anyone has. Use that freedom. Make up your own mind.”

Mr. Rasczak,
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 Neutrality / Attachment (Nirvana).

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 if you were forced to make a choice between yourself or another person surviving the day that you would chose yourself. **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.**
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 yourself 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
Enlighten Your Life

quite deluding. It can delude you into seeing yourself 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 yourself. **Be able to be strict with yourself.** Yet don’t use this vibe in general. Being compromising with energies, allowing yourself 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 yourself and your good energies.

“‘Cos I’m too weary to rest,
Since I noticed,
Coming second best,
Is close to ideal.”

Goldfish & Paracetamol (1998) song
by Catatonia,
Written by Cerys Matthews and Paul Jones

**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 to 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
THANKFULNESS
Level: Easy

Be thankful for all that you have. All of it. The large things and the little things.

Be thankful primarily to your energy for letting you experience goodness, letting it in to your life. Then be thankful for the physical world groups and systems that enable your experience of these good aspects of your life.

Taking a moment to be thankful for the food you’re about to eat is a good practice that focuses your attention, however briefly, on your good energies and the physical world providing the physical nourishment necessary for your continued experience of the physical world and your energies in it. **For your life to go on.**

(Rumor has it that, at least, Christians also have a similar practice.)

Be thankful for the meds you use.

Be thankful for each new possession you gain.

**All celebrations can be seen as celebrations of life itself.**
Making a ceremonious event in thanks for experience (life). Stopping and smelling the roses. Society does it every seven days plus many other holidays each year. I celebrate similarly although not necessarily at exactly the same times. I have a midwinter holiday, midspring midsummer, etc..
Be proud of all that you are. All of who you are. All of what you are. Be proud of that which you can change and that which you can’t.

The biggest danger of pride is taking it to vanity levels. Losing your humility. Very few people are the best in the world at being or doing something. Even then the rest of the Guinness Book of Records is devoted to other people. **However, you are the best in the world at being you.**

Be proud of your experiences, your choices, your achievements, your skills, your knowledge, your wisdom, your character, your relationships, your ancestors, your descendants, your possessions, your appearance, your health, your IQ and your EQ. For starters.

**Life is full of iniquity.** Diversity exists, not uniform equality. This is natural.

The kindest aspect to dwell on for the other lifeforms is that they have different strengths.

In general men have more strength than women yet women live longer than men. Jews are more intelligent than aborigines yet Negroes are better athletes than Jews.

**Change is constant in life.** Your beauty compared with social norms will decrease with age. Your wealth will probably increase. Accept these changes in yourself. **You change.** Everything changes. It doesn’t make your pretty little nose or your trusty credit card any less valuable or any less a part of you just because it’s fragile and subject to change.

Just because you didn’t consciously choose your height, or
your father’s profession doesn’t mean that you shouldn’t be proud of them.

These aspects of you all go into making you the unique individual you are now. **Be proud of yourself.**

If you are a native in your homeland you are where you are, living as advanced a life as you do, in as advanced a country as you are because of your ancestors. They built your world for themselves and for you; their descendants. You have them to be grateful for. If you are an immigrant you have your human ‘cousins’ to be grateful for for providing you their society. *See chapter Thankfulness.*
When traveling, before use, mentally bless, that is \textit{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 yourself. \textit{Everything you rely on}. The food you eat, the ointment you apply, the pen you write with, the paper or the tablet computer you write on that holds your precious words, the cup you drink from, the taxi you ride in. Remember to remove such temporary group membership after use.
Enlighten Your Life

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.

Visualize yourself gradually progressing along the path to your target. Create your reality. Visualize your progress then manifest your progress.

“If you can dream it, you can do it.”

Walt Disney (1901-1966), American 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.

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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 yourself 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 yourself 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.  

Extra-terrestrial

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kepler.nasa.gov
intelligent life is a probabilistic fact. (See SETI\(^9\) and the Contact (1997) movie for more info).

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, multiple universes and other such views, the omniverse.

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.

You can feel very safe, secure and at home in your own home base territory. Society will help you defend it should the need ever arise.

\(^9\) www.seti.org
PART II: PHYSICALITY

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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.

An easy starter into this lifestyle is simply taking a five minute break for some ‘self time’ between doing tasks. Sit and be peaceful. Maybe listen to some meditation music on YouTube or Spotify. Let your thoughts start to calm down a little. Let your vibe calm down a little. Be still, mellow out, chillax for a mo’.

There are plenty of different approaches to meditation. The ultimate aim is to bring your focus to yourself 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 mine 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 focusing 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 yourself to consider recent events. What others said and did with you and how you interacted or at least how Attack showed you interacting. Give yourself time to plan your life and to prepare both mentally and physically for your planned events.

**The candle that burns twice as bright burns for half as long.** Riding a bicycle at 10km/Hr is fun and safe. You can feel the wind in your hair, see the landscape pass by, maybe feel the drizzle of rain on skin. Riding a bicycle at 50km/Hr is idiotically dangerous. You can feel more wind in your hair, see more landscape pass by yet in less detail and the rain stings your skin. But you are risking your neck, your own security, for this more extreme experience. You lose the subtleties of the experience.
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. This is also known as consciousness expansion.

**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 (1931-2019),
American spiritual leader
And cohort of Tim Leary

It takes more than a catchphrase to get your consciousness centered on the now. You need to get into the routine, the habit of doing the mental visualizations I discuss. Like visualizing yourself in the now, in the present moment in terms of your larger timeline. In fact, your entire timeline. Spanning all of your existence since conception. Spanning your lifetimes of being human. Spanning your lifetimes of being alive. You need to be not just in the now but also right here. You need to visualize your current location. The furniture
you’re sitting on right now. In the room you’re in right now. In the building you’re in right now. In the area, of the city, of the county, of the state, of the country, of the continent, of the hemisphere, of the planet, of the solar system, of the galaxy, of the universe, of the one and only, all-encompassing omniverse you’re in right now. You get the picture. **Stay aware of this; your moment now in your location now. In the context of your timeline.** Both where you’ve been and where you’re headed to. **It all has an effect to a greater or lesser degree on you.** The you that’s now. Right here. Right now.

Use the affirmation, ‘I am here now.’ **I. You. All that is you.**

All your experience. All your achievements. All your wisdom.

All your personality. All your possessions. All your groups. Etc.. *See chapter Self.*

**Today is the best day of your life.** I 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. You’re not delusional, you’re not schizo, you’re simply becoming reacquainted with ancient levels of awareness of reality. Movies that show

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 yourself.

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 any way you can and focus on appreciating your insight. If people are too fearful to want to
see the truth of their reality then I 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. I choose the truth even when it’s a hard pill to swallow. That’s my 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 beside 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 testicles 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 adds 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.
Enlighten Your Life

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 handrail or shaking hands. In 2020 Homo sapiens experienced a virus, SARS-CoV-2 (coronavirus) and its resultant disease COVID-19. Everyone had micro-sized lifeforms thrust into their awareness. We had a new round of education about how germs from everyday speaking can travel 2m (6’) and 9m (30’) from a cough or sneeze. How hands collect germs then spread them into the body via the mouth. How handwashing and hand sanitizers help prevent this intake. It’s good advice. 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 you 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.

Be aware of the wondrous taste of the food you eat while you’re in the process of eating it. Be in the moment. Be in the experience. It’s Attack that steals your attention away from the now to other places and other times.

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.

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10 Source: Aalto University via Futurism news, April 13, 2020.
“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 cop11,
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 anymore. 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 know, just, just [waves hand through his air] wake up.”
Main Character talking
with Richard Linklater,
Waking Life (2001) movie,
Written by Richard Linklater

11 Source: snopes.com
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 yourself!

Of course, this rebirthing takes time! But it makes you sure of yourself, 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 yourself, 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 yourself. 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.
This chapter contains some views that are different to the status quo and which some may claim to find offensive. My aim is to educate and give the reader food for thought. Peace.

“All 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).

I 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 조선 민주주의 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.”

“All 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, Societal noise and crowded subway trains. Dormitories, whether they be military, in prison or simply cheap hostel rooms. Your tightest group ever is in your home bedroom. It’s where you conceive your children. It’s where you cuddle up with the one person you’ve chosen to spend your life with. It’s often the only place you can be alone, undisturbed by kids for instance. Societal noise; like the sound of traffic, footsteps from your neighbors upstairs, music or coughing from your neighbor next door. Noise caused by strangers invading your peaceful space.

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.”


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 going to be allowed to change and by how much? **You have another choice. Which is to separate yourself 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 yourself 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.

**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 Roundup Ready (RR) genetically modified organism (GMO) technology 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 (*see chapter 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 spouses 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**
Guru Monxy

farm home which would provide **food forever for free**. *See chapter Farming.* 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**. *See chapter Free Land.* **Human Society is way, way off track.**

**Human Society is also ultra-unevolved.** Domination and aggression are 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 megopoli and you’ll see it all around you. It’s easy to label backward societies in terms of human history, like modern day **ناپاران (Iran)** could be ‘7th century’. The problem is 21st 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, “The Red Mass”,
Teleplay by Aaron Sorkin, Story by Eli Attie
First you need to realize that you’re different. Different from the herd. Of a different group. You, your selves & you. Then anyone else who can reach the same conclusion. Next start to gradually distance yourself from the main Societal group/s. See chapters Distantia (Distance) and Internus (Internalization) for more info. 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.¹²

Even comfortably middle-class people have plastic rather than wooden toilet seats. Even though it costs little to upgrade to the better product. The popular wins over the superior because of Societal pressure.

Cannabis culture icons Koala Puffs and MacDizzle still mainly smoke their weed rather than dry herb vaping it even though it’s far worse for them, because of group pressure. The traditional wins over the newfangled because of Societal pressure.

It’s so easy not to piss anyone off, especially if you ignore them all and are out of sight. It’s living with yourself 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?**

**I believe everyone has an implicit Societal responsibility. We are all one 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’s Butterfly Effect, 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. I don’t mean modern Marxist SJWs, I mean traditional justice within Society. **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 group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has.”

Margaret Mead (1901-1978), American anthropologist

**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 yourself.** To do that you need to separate from Society to find yourself, 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 yourself.** You’ve always made yourself. 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 yourself 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 yourself 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. I 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 7½ 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 ناتسکاپ (Pakistan) on 0.9M sq km
2.5% lived in Nigeria on 0.9M sq km
2.3% lived in বাংলাদেশ (Bnladadesa or Bangladesh) on 0.1½M sq km
1.9% live in Россия (Rossia or Russia) on 17.1M sq km
1.7% live 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 I 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-),
American 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,
American broadcasting entrepreneur and sportsperson,

“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.
Megopoli are home to all races, all ethnicities, all religions, all cultures and all creeds. 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 (yet civility is moral), 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. I 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 ≥10%.**

**So many people are treated as imperfect by Society.** Minorities of all kinds, the weak, the disabled, the sick, the poor, the less intelligent.

**All lives matter.** Blue, green, Afro-American, Northern-Euro-American, Southern-Euro-American, Muslim, Русский (Russkiy or Russian), 中文 (Zhongwen or Chinese), enemy, criminal, terrorist, revolutionary and everyone else, ever allowing for self-defense. This allows for war as solely a defensive measure. 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 yourself. **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.** I 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. Modellc 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.**

The previous few generations of people have been given the labels:

<table>
<thead>
<tr>
<th>Label</th>
<th>Year of Birth</th>
</tr>
</thead>
<tbody>
<tr>
<td>Greatest Generation</td>
<td>-1945</td>
</tr>
<tr>
<td>Baby Boomers</td>
<td>1946-1964</td>
</tr>
<tr>
<td>Generation X</td>
<td>1965-1984</td>
</tr>
<tr>
<td>Millennials</td>
<td>1982-2004</td>
</tr>
<tr>
<td>Generation Z</td>
<td>2005-2024</td>
</tr>
</tbody>
</table>

The label for Generation Y, 1975-2005, is a falsity.\(^{13}\)

**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

\(^{13}\) Source: The Atlantic news quoting multiple sources, March 25, 2014.
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%; that’s only 1-in-8 that can read & write let alone do elementary school math or rocket science.¹⁴

They’re Society yet not C21. 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, drug abuse, alcohol use (which is the same thing as 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.

¹⁴ Source: Encyclopædia Britannica: Afghanistan.
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. The vampire legend is heavily necrophilic.

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.
Guru Monxy

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 yourself.** 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 aggressive language. **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. This is an understandable aspect yet unfortunately taken to negative extremes. 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 America 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.** This is a good, natural, parental aspect. 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 me that Society can withstand an evil mastermind (not just a suicide bomber or suicidal spree shooter) and I’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.

“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 less intelligent and unimaginative still cannot yet are 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. I 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.”


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 ¼ of the planet. Once having gained independence most countries still stayed tightly bonded in a group called the British Commonwealth, comprising of 2.4 billion people, 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 (CCCP or USSR)
(Rossia or Russia))) fell in late-C20. Hopefully one day these modern, Western-implemented, evolved values will be learned 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 easily 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 naturally die out. 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 (hate breeding) iniquity and to institute comprehensive civil rights for all their citizens. This may take awhile.

“What we call human nature is in actuality human habit.”
Jewel Kilcher (1974-), American musician

There’s a group called Society. It’s only one example of a society. You were born into it. It will never let you leave. It believes it controls you. It believes it has the right. You play along. You enjoy its multimedia religion; you watch its TV and movies, you listen to its music. You worship its stars. You agree to be programmed by it. It tells you that you need it. Wise up. Every baby step away you can get helps you immensely. Try not immersing yourself in its scents; use unfragranced soap and avoid perfume / aftershave. Try not intaking into yourself its factory produced foods & drinks; from exact same tasting bottled pasta sauce to an exact same tasting can of Coke, to an almost exact same tasting McDonald’s burger.
Guru Monxy

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 59% Europen-American, 18% Hispanic, 13-16% Afro-American, 6-8% Asian-American and 3% Jewish-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. American men lived to around 76 years old. American women lived to around 81 years old.¹⁵

The USA was founded by Western Europans 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 strictly; 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 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 clearly brainwashing programming.** It programs citizens to be submissive (“under”) to “God”, the (when capitalized) name for the 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. Even the currency states “in God we trust.” Implying that even to use money you must be a Christian.

**The peoples (the cultures including the religions) of all countries need to evolve past (hate breeding) iniquity and to institute comprehensive civil rights for all their citizens. This may take awhile.**

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.

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“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

I 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.

“You are biologically closer and more similar to a child if your mate is of the same race than if your mate is from a different race.”

Michael Rienzi, Ethnic Genetic Interests article,
Based on Dr. Frank Salter of the Max Planck Society’s 2002 peer reviewed paper “Estimating Ethnic Genetic Interests: Is it Adaptive to Resist Replacement Migration?”
February 2003, American Renaissance

**Only 8% of the world’s population are Caucasians. Only 4% for each gender.** Using the 2016 population count of 7⅓ 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 Whites are natural blondes. **That makes 15 million blonde, White women plus 15 million blond, White men. Around 1-in-3 White, adult women dye their hair a shade of blonde.** Mostly, but not always, they don’t dye their eyebrows and as such leave a tell-tale sign of their deception. It’s nice to see some honesty shown through their disguise. **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 Disorder (BDD). This is very sad. The genetic mutation that created blonde hair in Europa happened in

approximately 9,000 BC (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 European-Americans. 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. Assuming then that possibly \( \frac{3}{4} \) rather than \( \frac{1}{4} \) are blue eyed blondes. This now makes only perhaps 11 million blue eyed, blonde women on our shared planet (plus likewise the same amount of men). This makes this beautiful genetic combination, this phenotype, 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 skinned phenotype is rare like a diamond. So it’s no wonder that people outside this phenotype are attracted to it. But their selfish greed is a fatal attraction. By compromising the phenotype 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.

There is a White genocide being perpetrated. There is a ‘no borders’ ideology which is destroying the ethnic makeup of traditionally White cultures. This is happening in Europa

18 Source: Dr. Barry Starr, Geneticist, Stanford University Department of Genetics.
and also the New World of the USA, Canada, Australia and New Zealand. Miscegenation is being promoted more and more in the mainstream media. The government TV of Canada even released a music video about how Whites are dying out to a new ‘beige power’ miscegenational gene pool. Racial and ethnic diversity is being pushed in these White countries. It is not being pushed in other countries. There is no racial diversity encouragement in 中国 (Zhonghua or China), 日本 (Nippon or Japan), भारत (Bharat or India) or Niger, for example. Angela Merkel, as the leader of Deutschland (Germany), let in one million migrants in a single year. **There’s not a single non-White country whose native inhabitants are forecast to become the minority.** 日本 is made up of 98½% native inhabitants and only 1½% foreigners. The desire to keep Europan countries’ ethnic makeup predominantly that of their history is a clear to see, valid aim.

**The Great Replacement is real.** It’s a term coined by Français (French) author Renaud Camus. The populations of Western Europa and the traditionally White New World countries are being replaced with a population from other ethnicities. It’s happened before. The Caribbean islands’ native populations were overwhelmed by Negro slave migrants who now are the population. The capital of the UK, London, England, is already majority not White English. The capital of the USA, Washington, D.C., is majority Negro. The most popular baby name in England since 2013, Nederland (Holland) since 2016 and Bruxelles (Brussels), the EU’s capital city, since 2001 has been Mohammed (in its various spellings). In Österreich (Austria) in 2017 it was the third most popular baby name. In America Whites are already a minority of the under-20s.\(^{19}\) It’s estimated that at this rate within two

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\(^{19}\) Source: American Community Survey, 2016 and US Education Department via Washington Post news, August 21, 2014.
generations most of Europa will be majority Muslim.\textsuperscript{20} \textbf{This is not a conspiracy theory, this is reality.}

“We are sleepwalking into an oblivion.”

Tommy Robinson, 
Fighting Islamization With Tommy Robinson video, 
By Brittany Sellner, 
October 26, 2017

In April 2018, 38,000 illegal immigrants were arrested attempting to cross the US’ southwestern border.\textsuperscript{21} During the same month an additional 13,000 illegal immigrants were arrested crossing at official ports of entry without permission.\textsuperscript{22} That makes 51,000 arrests of new illegal immigrants in one month alone. \textbf{Around three quarters of these are given “catch and release” where they’re released into the US on their own recognizance and expected to voluntarily show up for their court date.}\textsuperscript{23} Obviously, not many do.

“If you can cross the border illegally without any consequence, why not?”

Brandon Judd, 
President of the National Border Patrol Council

In 2017 only 30\% of Mexicanos (Mexicans) said they have a favorable view of the US and only a tiny 5\% had confidence in the US president to do the right thing regarding world affairs. Again only 5\% approved of PotUS’ proposal to build a wall on the border between the US and Méjico (Mexico).\textsuperscript{24}

\textsuperscript{20} Sources: Multiple mainstream news outlets and government agencies including the US Census Bureau and the UK’s Office of National Statistics.
\textsuperscript{21} Source: US Customs and Border Protection.
\textsuperscript{22} Source: The New Observer news, May 04, 2018.
\textsuperscript{23} Source: Brandon Judd, president of the National Border Patrol Council, via The Washington Times news, May 03, 2018.
\textsuperscript{24} Source: Pew Research Center: Spring 2017 Global Attitudes Survey.
Latin America (the Caribbean, Central and South America) was responsible for a third of the world’s homicides despite only having 8% of its population. Their homicide rate was 21.5 per 100,000 people, which was more than three times the global average. El Salvador, Jamaica, Venezuela and Honduras had homicide rates more than double to almost triple this. The region’s homicide rate is expected to reach 35 per 100,000 by 2030. 17 of the top 20 homicidal countries were in this region, the world’s most murderous in 2017. According to 2016 figures, 43 of the top 50 homicidal cities were in this region. South America has the highest level of reported physical assaults and violent robberies in the world. 25

“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. I do believe that the beautiful White ethnicity composed of recessive traits is seriously endangered and should be protected. I 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 phenotypes. If Society isn’t

25 Source: The New Observer news, April 26, 2018, citing Igarapé Institute (BR) data.
extremely careful and protective of these phenotypes they shall become extinct very, very soon. The Nordic (north Europan) and other Caucasian peoples need to take responsibility and procreate within their own phenotype (this is eugenics).

A pair of blondes can only create blondes, blue eyed people and pale skin people likewise. If mating with any other phenotype 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 yourself 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 Whites want any less for themselves?** Use eugenics. Breed within your own phenotype. **The beautiful recessive traits of the White phenotype are being bred out.**
White Society isn’t protecting its own future anywhere near enough. Whites aren’t breeding enough.
• Firstly, they aren’t breeding enough to survive; their death rate is more than their birth rate. Whites 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.26
• Secondly, as a question of numerical superiority they’re not

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breeding as much as minorities.
• Thirdly, as many minority phenotypical traits are dominant, they aren’t breeding within their own phenotype enough. Their kids therefore become of mixed phenotype with the predominant characteristics of minorities.

“I think people are going to have to regard, to some degree, the notion of having kids as almost a social duty, within reason I mean. If you can and you’re so inclined, you should. Otherwise civilization will just die, literally.”
Elon Musk, American entrepreneur

“United Nations projections indicate that over the next 50 years, the populations of virtually all countries of Europe as well as Japan will face population decline and population ageing. The new challenges of declining and ageing populations will require comprehensive reassessments of many established policies and programmes, including those relating to international migration.

Focusing on these two striking and critical population trends, the report considers replacement migration for eight low-fertility countries (France, Germany, Italy, Japan, Republic of Korea, Russian Federation, United Kingdom and United States) and two regions (Europe and the European Union). Replacement migration refers to the international migration that a country would need to offset population decline and population ageing resulting from low fertility and mortality rates.”
Replacement Migration: Is It a Solution to Declining and Ageing Populations?, United Nations, Department of Economic and Social Affairs, Population Division

It’s right, not wrong, not 7DS (pride) vanity, to love your own phenotype. Be 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 White 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. I'm 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.**

Most Deutch (Germans) supported their c. 1940 invasion of Europa. If all historic wrongs are to be addressed I 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. But this is ludicrous. White Americans won the battles and won the land. The Deutsch and 日本語 (Nihongo or Japanese) have had no desire for global domination over the past ¾ century.

**Multicultural diversity in White 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 Whites 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 crime wave with them.

It’s necessary, not today as such but perhaps even yesterday wouldn’t have been soon enough, for White 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 White phenotype.

There is an ideology that the White ethnicity is superior to all others. This ideology is called White supremacism. Despite fears to the contrary, the word supremacy does not indicate the desire to dominate others.

I am totally against enforced dominance and imperialism of any kind. One could be more discerning and also say, for example, that they’re educational supremacists viewing A-students as superior to D-students. I 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 I respect the house cat despite believing it to be evolutionarily inferior. I wish it no harm nor attempt to dominate nor control it’s behavior. I do however refrain from associating with cats for my 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 I don’t waste my precious time and energy.

I strive for the goal of world peace. I believe in equal civil rights for all people worldwide. I know all lives matter and in fact all life matters.

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.”
“Domination; noun.
1 : supremacy or preeminence over another.
2 : exercise of mastery or ruling power.
3 : exercise of preponderant, governing, or controlling influence.”

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 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.

“The West is the best.”

The End (1967) song by The Doors,
White success is visible to a worldwide audience. Because of this 100s millions of people want to emigrate to White countries and in doing so upgrade their standard of living. This multicultural, worldwide migration towards White countries is permanently changing their ethnic balance. The minorities gain political strength, economic strength and to some degree start inter-ethnic, inter-cultural breeding.

White success 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 White 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 its day and gave us our classic philosophy, now it’s a Second World country. Other Caucasian ethnicities greatly contributed to the modern world, including Semites, the Phoenicians and the Egyptians. The First World is mainly White with institutions run predominantly by Whites and for a populace of mainly Whites.

The United Nations’ Development Programme has a Human Development Index list of countries. It ranks countries on factors such as life expectancy, education

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and income. In the top 16 countries are the city-states of Singapora (Singapore) and 香港 (Hong-Kong) among the expected White countries. An Arab country just makes the top 30. A South American country makes the top 40. African countries don’t make it into the top 100.

Superiority has many factors. Intelligence, non-violence and the ability to create a technologically advanced, prosperous, civil society are factors I say are the most relevant.

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 or Hispanics to band together but when Whites do it it’s viewed with great mistrust. That the Afro pride and Hispanic pride movements are seen as progressive and inspiring yet any White pride movement is viewed as a danger to other ethnicities. There’s a Social vibe that Whites aren’t supposed to care about their own people. In America there’s a Hispanic political caucus and Hispanic political lobby, there’s a Black political caucus and Black lobby, there’s a Jewish political caucus and lobby, but there’s no White political caucus and no White political lobby.

Pride in no way necessitates hate.
Some White as some Afro pride groups are classified as hate groups (for instance by the Southern Poverty Law Center\textsuperscript{28} (SPLC), an organization which has even listed African-American presidential candidate Dr. Ben Carson because he said that marriage is between a man and a woman yet doesn’t list Antifa), 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 Whites historically and currently in the majority in America 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 Race Realism 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.

\textsuperscript{28} www.splcenter.org
IQ (intelligence quotient) varies widely by ethnicity. The average IQs by ethnicity are:

<table>
<thead>
<tr>
<th>Ethnicity</th>
<th>IQ</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ashkenazi Jew</td>
<td>110</td>
</tr>
<tr>
<td>East Asian</td>
<td>105</td>
</tr>
<tr>
<td>White</td>
<td>100</td>
</tr>
<tr>
<td>Hispanic</td>
<td>86</td>
</tr>
<tr>
<td>African-American</td>
<td>85</td>
</tr>
<tr>
<td>Middle Eastern</td>
<td>84</td>
</tr>
<tr>
<td>North African</td>
<td>84</td>
</tr>
<tr>
<td>Sub-Saharan Negro</td>
<td>67</td>
</tr>
<tr>
<td>Australian Aborigine</td>
<td>62</td>
</tr>
</tbody>
</table>

This equates to income of Americans as follows:

<table>
<thead>
<tr>
<th>Race</th>
<th>Median Income</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jewish</td>
<td>$97,500</td>
</tr>
<tr>
<td>Asian</td>
<td>$76,260</td>
</tr>
<tr>
<td>White</td>
<td>$60,256</td>
</tr>
<tr>
<td>Hispanic</td>
<td>$42,491</td>
</tr>
<tr>
<td>Negro</td>
<td>$35,398</td>
</tr>
</tbody>
</table>

“There’s a real danger in the ethnicity IQ debate and the danger is that we confuse intelligence with value... Being intelligent doesn’t make you a better person. That’s not the case. It makes you more useful for complex cognitive operations but you can be pretty damn horrific as a genius son of a bitch, right? It’s morally neutral. And we also know that from the psychometric data by the way. There doesn’t seem to be any relationship whatsoever between intelligence and virtue. And so, if it does turn out that nature and the fates do not align with our egalitarian presuppositions, which is highly

probable, we shouldn’t therefore make the mistake of assuming that if group A or person A is lower on one of these attributes than group B or person B that that’s somehow reflective of their intrinsic value as human beings. That’s a big mistake.”

Dr. Jordan B. Peterson, Clinical Psychologist and Professor, Jordan Peterson @ Lafayette, A Conversation and Q&A, Full Event video, The Mill Series channel, April 2018

Don’t forget that all groups have their exceptional outliers; people who don’t fit so neatly into the scientifically valid generalizations. The statistical reality is a bell curve. Most doesn’t mean all.

The world is levels of gray, rarely black & white. Of course an intelligent Afro is of superior intellect to an idiotic White. The average SAT (verbal / critical reading) result, however, for Whites is 530 while for Afros it is 430.31 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 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.

The Washington Post newspaper has a database of every killing by the police. It shows that in 2019, nine unarmed Negroes were killed by police compared with 19 unarmed Whites. This is, per capita, higher for Negroes than for Whites but when you adjust for the far higher Negro crime rate (for

31 Source: American Academy of Arts & Sciences, Humanities Indicators, 2015, C21 statistics.
example they accounted for 53% of murder arrests in 2018) it shows no racial bias by the police.

**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.

**I 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. I’m aware of these and other benefits of global Society and I’m also aware of the dangers posed by global Society. **Whereas the White 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., I don’t believe they are as evolved.

There is a White pride 14 word ideological statement: ‘We must secure the existence of our people and a future for White children.’
It is solely a White survival statement. Surely every race wants this for their people.

Neo-Nazis use the code ‘14/88’ referring to the eighth letter, H, making ‘HH’ standing for Heil Hitler. Obviously, this is not at all something a non-violent White pride supporter would side with. Hitler and his Nazis showed ultra-hatred and violence towards non-Whites but that as his ideology, blaming Society’s ills upon its 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 White people. Neo-Nazis using the Nazi propaganda to support their xenophobia, hatred and violence towards non-Whites aren’t basing their ideologies on the actual Nazi practices. Unless they want to, for instance, occupy France; a point I haven’t heard raised.

I’m not a White separatist, someone who wants a separate White state, because every legal immigrant has the right to live in a new country as an expatriate. A small amount of immigration is natural say around a percent or two.

I’m neither for nor against White segregationalism; wanting Whites and non-Whites to live near each other yet segregated with separate drinking fountains, etc.. This is because I 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.
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, epigenetic DNA, 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.

There is an increasingly relevant social issue in modern multicultural megopoli. **Difference when in close proximity causes conflict**. 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 bourgeoisie and not just the proletariat. The fact that the proletariat live poorer than the bourgeoisie 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 American states still using the death penalty, etc..

**Cultural appropriation is actually just cultural appreciation.** It is simply learning from each other. Like eating pizza is sharing in and enjoying Italiano (Italian) culture and not hurting any Italiano people. Like eating spaghetti isn’t hurting any 中文 (Zhongwen or Chinese) people. It’s a good thing that Whites, again leading by example, don’t get overly possessive and try to restrict access to White culture like the English language, computers, the internet, the web, telephones, television, light bulbs, electricity, cameras, antibiotics, plastics, mass production, airplanes, cars and Nike Airs.

“What do you call a Black person who loves Motown and African art and prefers to be around other Black people? A Black person. What do you call a White person who loves Beethoven and Shakespeare and prefers to be around other Whites? A White supremacist.”

Jared Taylor,
American Renaissance,
Who is a White Supremacist? video,
April 03, 2019

**Birds of a feather flock together.** Literally.

One reason Afro culture has been accepted into White suburbia is fear. To stop themselves becoming the enemy they try to become the friend. ‘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 ethnic
Europans “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 Whites on our shared planet.

While male Negroes make up only 8% of the US population they account for 48% of murderers and 28% of rapists.32

“Analyses revealed that African-American males who carry the 2-repeat allele [of the MAOA gene] are significantly more likely than all other genotypes to engage in shooting and stabbing behaviors and to report having multiple shooting and stabbing victims.”

“The 2-repeat allele of the MAOA gene confers an increased risk for shooting and stabbing behaviors” study, Psychiatric Quarterly, September 2014

African Americans were twice as likely as Whites to be diagnosed with schizophrenia, after adjusting for socioeconomic status.33 In the UK, Afro-Caribbeans were nine times as likely to have schizophrenia and Negro Africans six times as likely as Whites.34

A third of Americans admit to believing Afro-Americans to be more violent and criminal than Whites.35 The NAACP36

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34 Source: Psychological Medicine journal, 2006, Vol. 36, "Incidence of schizophrenia and other psychoses in ethnic minority groups: results from the MRC AESOP Study" study.
35 Source: 2016 Reuters/Ipsos poll of >7,800 people.
36 www.naacp.org
(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 White culture in power in the 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.**

Negroes are no better musicians than Whites. Their prominence in the music industry is purely cultural habit. 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 or R’n’B / soul music)? Not much. **Dissociate yourself 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 Whites Crackers is untrue, unjust and trying to claim an undue advantage.** In the 1860s only 1.4% of White Americans were slave owners. When the Emancipation Proclamation was issued in 1863 there was only an extremely small chance of describing a random White 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 yourself now. Bad workmen blame their tools. **If you admit to needing Affirmative Action then you’re admitting you’re not up to the job.** Very few other countries have it. White Guilt is a falsehood.

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37 Source: InfoWars.
Present day Whites never owned any slaves and present day Negroes never picked any cotton as slaves.

In 2019 the unemployment rate of all Americans was 3.8% compared with nearly double this percentage, 7%, of Afros.\(^{38}\)

Negro slave descendants are unwilling, enforced immigrants and as such cannot be blamed for being aliens.

Reparations are absolutely not the role of the government of all the people. As it was only less than 1½% of Whites who owned slaves. I recommend civil law suits by slave descendants against the descendants of the slave masters. Although obviously it can be argued that free Negroes in the West currently benefit from being located here compared with their African ancestral homelands.

The paradox is that the USA, already less than \(\frac{2}{3}\) White has already started to become a White minority country. By 2014 Whites were a minority in American public schools.\(^{39}\) It was predicted that by 2020 Whites would be a minority among the children in America.\(^{40}\) However this is predominantly only in the southern states. Whites are on track to become a minority in America before 2045.\(^{41}\) They were the only ethnic group with a higher death rate than birth rate. Ethnic minority population gains made up 95% of the American population increase, mainly due to Hispanic and Asian immigration plus more minority births.

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Whites are predicted to become a minority in Britain by 2065.\textsuperscript{42} Whites are predicted to become a minority in Sverige (Sweden) by 2066. Whites are predicted to become a minority in Italia (Italy) by 2080.\textsuperscript{43}

\textbf{I remind you that there’s not a single non-White country whose native inhabitants are forecast to become the minority.}

Five major American population areas already have a non-White majority:
• Hawaii, 77%
• The District of Columbia, 64%
• California, 62%
• New Mexico, 61%
• Texas, 57%
\textit{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%.\textsuperscript{44}

Already by the mid-2010s in the capital city of the USA, Washington, D.C., Afro-Americans were the majority and Whites a minority. Also in the capital city of the UK, London, England, White Brits were a minority.

“Future generations almost everywhere [in America] will be increasingly made up of [current] minorities.”\textsuperscript{45}

\textbf{William Frey, Demographer, The Brookings Institution}

There’s nothing inherently wrong with other cultures. \textbf{All cultures have wisdom that one can learn from. They’re}

\textsuperscript{42} Source: Daily Mail (UK) news, May 27, 2016.
\textsuperscript{43} Source: Faith Goldy, March 30, 2019.
\textsuperscript{44} Sources: InfoWars and Al Jazeera news citing US Census Bureau data new in 2016.
different. Difference is natural. **I 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.

American pride and White pride culture is often in a very confused state. You can have pride in your identity as an Europan-American *without needing to identify with Deutsch (German) warmongers.* You can have pride without having fear and hatred. You can be separate without being at war with your neighbors. To rather drive an American 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. Europan-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. This also applies to ETIs (extraterrestrial intelligences).

The world’s religions have 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. 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 yourself and recognize your own good energies is a very worthwhile task. See chapters Self-Creationism and Attack (Evil).

“95% of the world’s population believes in a supreme being in one form or another.”

Interviewer, Contact (1997) movie

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 I’ve found that the religion with the most in common with me, 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. My tenets of distantia (distance) and internus (internalization) are very similar to their practice of material detachment. I teach about this idea in the
Guru Monxy

Neutrality / Attachment (Nirvana) chapter. Buddhism recognizes a state of enlightenment albeit binary and they aim for nirvana. Tibetan Buddhism describes the bardos (levels) of enlightenment, mindstates of experiencing reality, which correlate to types of psychedelic experience. **This proves that psychedelic meds induce a temporary state of premature enlightenment.** This can be a very special, life changing, encouraging experience. The tragedy is that most people don’t go on progressing down their path of enlightenment. Their Society doesn’t support this, unlike Tibetan society. Although more than a third of Europan countries and a couple of American cities permit the ancient mystic practice of consuming psychedelic plants for visionary purposes. All of Canada, a sizeable proportion of Europan countries, and over half of American citizens now have Societally permitted access to the lesser psychedelic plant, cannabis. This shows much hope for a more enlightened future for Society and its populace. 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: Books To Read*).

Wiccans (witches & warlocks) believe in Mannah as the god that is all of nature. As such, seeing yourself as Mannah, is in agreement with their view as you created all of nature.

Rastafarians also see Society as very troubled and distance themselves from it, 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, ¼% Muslim and 1/6% Unitarian Universalist.45

“Hell is other people.”

J.-P. Sartre (1905-1980)

“War is Hell.”

Anonymous

“Hell is the impossibility of reason.”

Anonymous / Oliver Stone (1946-)

45 Source: Reuters news, January 03, 2017, referencing Pew Research Center and Gallup data.
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 it’s 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 you are yourself. 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 yourself 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 for awhile in a hotel consider bringing a sleeping bag. Your own bedding smells of you not the thousand+ other patrons before you. It’s 100% 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 yourself; 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 yourself.
The energy that others accrue from being close to Society. In predominantly White Society Negroes and non-Whites (and potentially any sort of outsider) are often thought of by a significant proportion of the population as being N-Words. Women (or people Attack desires to dominate) 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. This could be seen as a magickal practice, although a newspaper left on the seat also works well.

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.

After you’ve traveled far and wide it’s a good idea to then travel locally and not just shut yourself away at home. This
reminds your energies of your local extended environment and stretches your legs, reinforcing your shared territory of your neighborhood.

“When in Rome, do as the Romans do.”

St. Ambrose (340-397)
VIOLENCE

Initiating aggression towards another lifeform is wrong.

Using violence to defend oneself is an inherent right of all lifeforms. Knowing how to fight is an incredibly useful life skill which I strongly recommend for everyone. Too great a focus on fighting however would detract from the desired, naturally peaceful mindset.

Beware of unchecked anger leading to a propensity to violence. Sometimes this is an irrational emotion. An external, invading energy, an Attack. It must be avoided at all costs. Violence is rarely a solution. 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 yourself for.

Go far out of your way to avoid physical conflict, including running away if you can, 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.

Humans are traditionally omnivorous animals, meat eaters, with the teeth to prove it. To fulfill this diet requires the slaughter of animals. Even vegans kill plants to live.

“They’re scared, man.”
“Oh, they’re not scared of you. They scared of what you represent to ‘em.”
“Hey, man. All we represent to them, man, is somebody who
needs a haircut.”
“Oh no. What you represent to them is freedom.”
“What the hell’s wrong with freedom, man? That’s what it’s all about.”
“Oh yeah, that’s right. That’s what it’s all about alright. But talking about it and being it that’s two different things. I mean it’s real hard to be free when you are bought and sold in the marketplace. Course don’t ever tell anybody that they’re not free ‘cause then they’re going to get real busy killing and maiming to prove to you that they are. Oh yeah, they’re gonna talk to you and talk to you and talk to you about individual freedom but they see a free individual it’s gonna scare ‘em.”
“Man, it don’t make them running scared.”
“No, it makes them dangerous.”

Billy talking to George Hanson,
Easy Rider (1969) movie,
Written by Peter Fonda, Dennis Hopper and Terry Southern.

*See chapter Security for more about aggression, self-defense, and Societal violence.*
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 is setting out what to do. Scheduling is setting out when to do it.

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 yourself 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. See where you can get to. Look back with your new 20/20 hindsight and see whether you made the best decision. There’s nothing wrong in moving backwards if it doesn’t work out. You’ll be facing forwards when you do it. **We all learn by trying.**

After you’ve preliminarily decided on a course of action give yourself some time, like a day, before you commit yourself 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 yourself 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 spouse. 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 spouse. Try Tantric sex, cosplay, explore different positions.

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**Make time for yourself 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 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.

The second leading preventable cause of death in America is poor diet and physical inactivity (see chapters Eating & Drinking and Vegan Diet). The first is tobacco (see chapter Tobacco). The third is alcohol (see chapter Alcohol).46

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.

46 Source: JAMA: Journal of the American Medical Association 291(10).
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 yourself 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 or shoulders. **You’ll see results from only 5-mins work every morning.**

**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. I **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 yourself 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. Log it on your calendar so you can easily track your progress.

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 muscurally 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 yourself getting fitter.

Say you’re walking at a 4kmph pace, half an hour’s walk gets in 2km, an hour’s gets in 4km, 1⅔hr 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.
The above BMI (Body Mass Index) calculations are for people 20+ years old only.

2-in-5 American adults are obese. Obesity can cause heart disease, stroke, type 2 diabetes and certain type of cancer.\(^{47}\)

\(^{47}\) Source: Centers for Disease Control and Prevention (CDC): Overweight and Obesity.
Heart disease is the leading cause of death. It is to blame for 1-in-4 deaths.\textsuperscript{48}

Exercise strengthens your heart, lowers your blood pressure, helps you attain and maintain a healthy weight, works off stress, boosts your mood and self-esteem, and aids natural sleep.\textsuperscript{49}

Your body is your temple. Your primary temple is your brain then your complete body.

\textsuperscript{48} Source: Centers for Disease Control and Prevention (CDC): Heart Disease.

\textsuperscript{49} Source: WebMD.com.
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.

Consumption is taking another vibe; a chemical or another lifeform; a plant or animal, into your body. It is an extremely intimate action and experience. Chemicals have an energetic vibe contained within them. Plants and animals have a spirit contained within them.

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.

I 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.

The second leading preventable cause of death in America is poor diet and physical inactivity (see chapters Vegan Diet and Exercise). The first is tobacco (see chapter Tobacco). The third is alcohol (see chapter Alcohol).  

Recommended daily intakes are: 51,52

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50 Source: JAMA: Journal of the American Medical Association 291(10).
52 Source: The World Health Organization (WHO).
0.75g of protein per kg of body weight,  
50-100+g of carbs,  
25|38g (for women|men) of fiber,  
1.1|1.6g of omega-3,  
12|17g of omega-6.

Use the nutritional information on your foodstuffs or look it up online to go through your average daily diet and make sure that you’re getting all your dietary requirements.

With this high a protein requirement people on a diet may want to use a (vegan) pea or rice (or non-vegan whey) protein powder supplement. Note that soya, another source of vegan protein powder, has been linked to feminization in men.

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 B₁₂ (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 antiparasitic properties.⁵³

I also strongly recommend taking daily vitamin & mineral supplement tablets (with over 20 ingredients). The common contents are vitamins A, D, E, K, C, B₁ Thiamin, B₂ Riboflavin, Niacin, B₆, Folic Acid, B₁₂, Pantothenic Acid, Calcium, Phosphorus, Magnesium, Iron, Zinc, Copper, Manganese, Selenium, Chromium, Molybdenum and Iodine.

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

⁵³ Source: Encyclopædia Britannica: Chia, and Spirulina.
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.

1.9 billion people are overweight.\textsuperscript{54} If you want to lose weight then \textbf{eat less}. \textbf{Eat less} potato chips, \textbf{eat less} pies, \textbf{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 or corn chips.

There is an immense aspect of culture and tradition intertwined with Societal food & drinks. \textbf{You should instead see these in terms of their nutritional value.} It states it right there on the label. For instance, Society eats way too much pasta and rice, and nowhere near enough protein. The Matrix (1999) movie shows a very useful perspective although a \textbf{tasty}, vegan protein shake would be the real-life version of seeing these items primarily by their nutritional value.

\textbf{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. I 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. **Stop eating oil.**

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.

**I 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 intake to a minimum. Fruit is better than candy yet bananas are $\frac{1}{5}$th (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.** Sugars (and carbs) promote bacteria build up in the mouth, these bacteria produce acids which cause tooth decay. **Stop eating sugar.**

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. Try a dash of lime juice in a glass of water to make limewater. 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.

I 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.
Try to keep a ½-1l (17-34 fl oz) bottle refilled from spring water by you at all times. By your desk, by your bed and of course in your gym.

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 yourself 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 yourself.** 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 subcontracting 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 choose 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.

**I 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 escapee, unnaturally glowing animals in the wild!)

**I 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. I 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 cents.

To state the obvious, food has its own natural taste. Don’t try
Guru Monxy

to fool your taste buds by overpowering the naturally subtle tastes of your food with dressings and condiments. Only rarely use ketchup and mustard. They are such overwhelming, boring, exact same factory tastes. **Savor your subtle food tastes.**

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:

\[
BMR = 70 \times (\text{body weight in kilograms})^{0.75}
\]

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.

I 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 $O_2$ (oxygen) and $H_2O$ (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:

Alfalfa
Apple
Argentine Canola
(Green) Bean
Carnation
Chicory
Cotton
Creeping Bentgrass
Eggplant
Eucalyptus
Flax
Maize
Melon
Papaya

55 www.isaaa.org/gmapprovaldatabase/default.asp
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-Tribune newspaper

**Glyphosate has been linked to autism, diabetes, renal disease, obesity, Alzheimer’s, Parkinson’s and dementia.**

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56 Source: Dr. Stephanie Seneff, MIT.
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.57 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.

The Real Strategy website58 states some very unsavory ingredients in McDonald’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.

58 www.therealstrategy.com
• **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**
  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.59

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.

59 Source: Reuters news, November 17, 2016.
More than 70% of all antibiotics used in the US and 50% in the UK are used on livestock.  

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60 Source: ShareAction.
“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. Indeed, he who sows the seeds of murder and pain cannot reap joy and love.”

Pythagoras (c. 570-495 BC), ελληνικά (Ellinika or Greek) philosopher and mathematician

The second leading preventable cause of death in America is poor diet and physical inactivity (see chapters Eating & Drinking and Exercise). The first is tobacco (see chapter Tobacco). The third is alcohol (see chapter Alcohol). ⁶¹

I 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

⁶¹ Source: JAMA: Journal of the American Medical Association 291(10).
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. **It helps with keeping your subsistence farm small and manageable.** The UN’s Food and Agriculture Organization (FAO) states that livestock feed production consumes 26% of Gaia’s ice-free land.

I 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 I instead chose independence. Instead I eat agave cactus and maple tree syrups, occasionally and in small amounts (because they’re high fructose).

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.

I 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.

I use as little leather as possible. Apart from rare occasions it’s easily avoidable, for clothing and furniture.

I 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.

It’s not your mother, it’s not your milk. It’s not even your species.

**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.


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.

In 2015, the World Health Organization’s (WHO’s) International Agency for Research on Cancer (IARC) classified red meats as “probably carcinogenic to humans” and processed meats as “carcinogenic to humans.”

**A vegan diet is different.** Don’t try to cling on to the carnivore group by eating fake meat like tofurky (tofu turkey), vegan eggs, vegetarian sausages, soya milk, 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, hippopotamus and horse.

**Long-term vegetarians live on average 3.6 years longer than their meat-eating counterparts.** This is adding an extra 5% to one’s lifespan.

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64 Source: The Mayo Clinic.
Cute Holy Cow (bull) by leather goods photographed in पोखरा (Pokhara), नेपाल (Nepal) days before a Hindu festive slaughtering of ½ million cattle (2015).

“To become vegetarian is to step into the stream which leads to nirvana.”

Buddha (c. C6-C4 BC)
Frozen Mashed Fruit (FMF)
I’m not even kidding! This is the tastiest foodstuff I’ve ever tasted. I cook this dish frequently. It’ll uplift your life!

You can supplement your home cooking delights with factory produced mashed fruit sold as baby food. I don’t feel it compares with home cooked goodness but it’s certainly very tasty and often organic. It’s free from added salt, sugar and oil. As such it’s only around 50 calories per serving!

Instructions
1) Wash and chop the fruit,
2) Blend using a hand blender,
3) Heat in a pot for 2-mins until still bubbling while being stirred, to pasteurize,
4) Divide between two ramekins,
5) Loosely cover and let cool for 30-mins,
6) Place the dishes into your freezer for 4-hours,
7) Remove from freezer 30-mins before serving to allow it to start to thaw,
8) Serve while still just frozen.

FMF #1 Grape Pineapple Raspberry Blueberry
8 parts grape
7 parts pineapple
3 parts raspberry
2 parts blueberry

FMF #2 Pineapple Banana Blueberry Prune
10 parts pineapple
5 parts banana
4 parts blueberry
1 part prune

**FMF #7 Orange Pineapple Blueberry Raspberry**
10 parts orange juice
4 parts pineapple
3 parts blueberry
3 parts raspberry

**FMF #8 Pineapple Raspberry**
4 parts pineapple
1 part raspberry

**FMF #9 Grape Orange Blueberry**
7 parts grape
2 parts orange juice
1 part blueberry

**FMF #16 Grape Apple Raspberry Lemon**
9 parts grape
6 parts apple
3 parts raspberry
2 parts lemon juice

**Pressure Cooker Beans and Veg**
This is the healthiest vegan foodstuff you can get! I survive on variations of this dish. It provides heaps of protein (and unfortunately plenty of farts too!) as well as vitamins and minerals, all for very minimal energy (calories). It’s very natural and unprocessed.

**Ingredients**
500g (18 oz) dried beans, like pinto, butter or kidney, etc.,
1.25l (3 pints) spring water,
1 cauliflower,
1 broccoli,
1 cabbage,
1 cucumber,
800g (28 oz) tinned chopped tomatoes,
4 onions,
10g (⅓ oz) sea salt

Alternates
You could try instead adding other vegetables to fill your cooker with. Potatoes, sweet potatoes, yams, carrots, zucchini, mushrooms, spinach, bell pepper, etc.. If you omit the tinned tomatoes you’ll need to add extra water to stop it burning.

Instructions
Decant the beans into a plastic container. Briefly sift through for foreign objects like stones. Cover with tap water. Stir beans to rinse. Discard water. Cover liberally with spring water. Cover and leave in your fridge overnight.

Very simply add the beans (with water) to your pressure cooker. Add the salt. Chop and add the vegetables and the tinned tomatoes.

Heat until pressurized. Reduce heat then cook for a further hour. Remove from the heat and let it continue cooking as it cools down for half an hour.

Decant into food safe containers. This provides around ten servings of 350-400g (12-14 oz).

This food, despite it’s extremely high nutritional content, is fairly bland. This can be appreciated as is or to serve I recommend adding flavoring. Measure your required amount of servings into a bowl. Mash with a masher. Reheat with a little salt to taste, a little pepper, and garlic and onion powders. To supplement the protein intake for vegans I recommend adding 20g (0.7 oz) organic pea (or other) protein powder per serving. This then provides 11g (⅓ oz) of protein from the beans (22% protein content of 50g (1.8 oz) beans (1/10th of 500g (18 oz))) plus 17g (0.6 oz) from the powder (85% protein content of 20g (0.7 oz) powder), making a total of 28g (1 oz) of protein per serving. The World Health Organization’s
recommended daily intake of protein is 0.75g per kg of body weight. Two servings of this food per day provides more than enough protein for an average person including enough extra to support building muscle mass through exercise. If you add a 10g (⅓ oz) tablespoon of chia seeds to a serving you’re adding your daily intake of omega-3 lipids.

**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.

**Mashed Butter Beans With Vegetables and Herbs**
15 mins preparation, 30 mins set & leave cooking.
Serves 2. Cost around $1½ per person for organic ingredients. Each serving provides 160 calories, 22g protein, ½ of the recommended daily intake of lipids (fats) plus carbs, vitamins and minerals. Eating both servings in a day gives an 80kg (175lb) dieter ¾ of their protein requirement and 100%
of their lipids for only 320 calories. High in protein, vitamins and minerals. Low in carbs and calories. No added oil or sugar, salt to taste.

1 can butter beans in water
Fine grain sea salt to taste
1 ½ tbsp chia seeds
1 tsp dried oregano
1 tsp dried basil
1 tsp dried marjoram
1 tsp garlic powder
1 tbsp onion powder
2 medium onions, diced finely
½ large yellow bell pepper, diced finely
Handful baby leaf spinach, chopped finely
3 heaped tbsp (30g) pea protein powder
200ml spring water

Add the beans and water to a non-stick pan. Mix in the protein powder. Add the remaining ingredients. Cover. Cook on a low heat for 30 mins. Transfer to another container. Mash with a masher. Try serving in a wooden bowl and eating with a wooden spoon.

Oat Meal / Porridge
Serves 2. 165 cals per serving

Ingredients
50g (2 oz) oats
250g (9 oz) spring water
6g (¼ oz) sustainable palm oil
12g (½ oz) sugar
Pinch sea salt
16g (½ oz) raisins
Cinnamon and nutmeg

Instructions
Mix it all together in a pot over a low heat for 10-mins.
Chocolate Banoffee Pudding

**Ingredients**
- 1 banana
- 20g (⅔ oz) cocoa powder
- 10g (⅓ oz) flour
- 6g (¼ oz) sustainable palm oil
- 12g (⅓ oz) sugar
- 16g (½ oz) agave nectar
- 10ml vanilla essence
- Pinch sea salt
- Cinnamon, cassia, nutmeg and mace

**Instructions**
Chop the banana finely. Mix it all together in a pot over a low heat for 10-mins. Serve dusted with cocoa and cinnamon and with a squirt of agave.

Snickers Snack

**Ingredients**
- peanut butter
- cocoa powder
- agave nectar
- vanilla essence

**Instructions**
Make space in the peanut butter jar. Add some cocoa powder, a squirt of agave nectar and some vanilla essence. Stir to mix it in a little then eat with a spoon straight from the jar for an easy Snickers snack treat.

Cannabutter / Cannaoil / Cannabis Infused Palm Oil

**Ingredients**
- 3g cannabis buds
- 150g (5.3oz) palm oil

**Instructions**
Firstly, you need to decarb (decarboxylate) your cannabis. This converts the THC-A into the desired psychoactive THC.
1) Grind your cannabis finely.
2) Spread thinly on a baking sheet.
3) Place into a preheated oven at around 110°C (230°F).
4) Bake for an hour.

Next, add your palm oil to a pot. Then, add 1l (2 pints) of boiling water from a kettle to your pot over a low heat, probably the lowest heat setting on your cooker. You want to keep the water on a low simmer. Finally, add your cannabis. Simmer for three hours. Topping up with water from a kettle as required to stop your pot from boiling dry.

Cover a bowl with muslin cloth. Strain your pot mixture into your bowl. Cover your bowl and place into your fridge overnight. As your mixture cools your cannaoil will separate and harden. Gently remove your cannaoil with a knife by cutting around the edge.

You now have around 1g of cannabis, let’s estimate 20~25% THC giving 200~250mg THC (plus CBD), per 48g (1.7oz) of cannaoil. This recipe makes three 48g (1.7oz) servings. Simply substitute your cannaoil for palm oil or butter in your recipes, see recipe below.

Cannabis Medicated Chocolate Orange Mini Cupcakes

Ingredients
~50g (1.8oz) cannaoil (see recipe above)
200g (7.1oz) flour
15g (½oz) baking powder
50-100g (1.8-3.5oz) sugar (to your taste)
25g (0.9oz) cocoa powder
50g (1.8oz) orange juice
100g (3.5oz) coconut milk
2g (0.1oz) sea salt
30g (1.1oz) vanilla extract
10g (0.4oz) orange oil or 10g (0.4oz) lemon oil or 5g (0.2oz) peppermint oil
Cinnamon
Cassia (sweet cinnamon)
Nutmeg
Mace
Instructions

1) Weigh your cannaoil, sugar, salt and liquids into your pot. Heat gently to melt your cannaoil and dissolve your sugar and salt.

2) Weigh your remaining ingredients into a mixing bowl. Mix with a whisk.

3) Add your pot of liquid to your bowl of powder and whisk together.

4) Spoon your cupcake batter into a 24 hole silicone mini cupcake mold. You’ll probably fill around 20 of the holes.

5) Bake in the center of a pre-heated oven at 175°C (350°F) for 15-mins or until a toothpick comes out of a cupcake clean.

If you’ve followed the cannaoil recipe above you’ll have 1g of cannabis, maybe 200~250mg THC (plus CBD) extract in your batch of mini cupcakes. This makes eight doses of 25~30mg THC. Weigh your cooked batch and divide that number by eight to get the weight of each dose. It’s around 2½ mini cupcakes per dose. You could start with a smaller amount.
Gaia formed around 4½ billion years ago. It’s a living planet and gave birth to Homo sapiens, human beings, and every lifeform prior and 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 symbol controlled 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 12¾Mm (12,750km) in diameter at its equator and is roughly spherical. It takes about 86ks (24-hours) to rotate on its axis and 365¼days 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.65 This shows how little we know about outer...

65 reut.rs/1MBwliX?slideid=1083096465
space when we’re only now 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 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 or their pack feel threatened by people, like snakes, scorpions and bears.

Global warming is a major environmental issue for Gaia. It is caused by greenhouse gases, mainly carbon dioxide, building up and creating a greenhouse effect. This is where solar rays enter Gaia’s atmosphere and are trapped so further heat up the atmosphere, as in a greenhouse. NASA has stated that 2016 and 2017 (the two most recent results) were the top
hottest years since measurement became possible in 1880. Global warming melts the polar ice caps causing global sea levels to rise. This threatens many megopolis with flooding, including New York, London, and Amsterdam. The rise in temperature throws the planetary ecosystem out of whack threatening plants and animals.

Try [www.nationalgeographic.com](http://www.nationalgeographic.com) for info on Gaia.
SLEEPING

Sleeping is a deep meditation. You turn off the lights and close your eyes, distancing yourself from your sense of vision. You keep still, lying down, distancing yourself from your senses of touch and taste. You seclude yourself in your bedroom at night, distancing yourself from your senses of smell, hearing and your sixth sense. You are distanced to reality. You make yourself some distance, some distantia, a tenet which is a good thing that helps enlightenment. With this increased distantia you find increased peace, increased tranquillus, another tenet which is a good thing that helps enlightenment. Sleeping generally occurring at night also finds increased tranquillus as most of everybody else is also sleeping then. This distantia from reality is a type of meditation. Sleep lets you get some distantia to your mind, your thoughts, your internal dialog, another aspect of meditation.

All ‘dreams’ are in fact nightmares. They are a one way (simplex) communication. Unsolicited, unwanted, invasive delusions. They are 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 you 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 you find yourself at the train station solely because you’ve consciously decided to go to the train station for all your reasons. They bombard you with communication in the hope of eliciting a response 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.

“What’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. Nightmares are the visualizations of the external energy around you. They may manifest during the following day. They were already around and now they are making themselves evident.
“Mystery creates wonder and wonder is the basis for man’s desire to understand.”

Neil Armstrong (1930-2012), American astronaut and the first human to walk on the Moon

<table>
<thead>
<tr>
<th>Education is a good thing.</th>
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<td>Experience leads to skills and knowledge; wisdom. Knowledge and skills empower the individual.</td>
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<td>Education is evolution.</td>
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Graduating from high school and getting your High School Diploma is an extremely important survival safety net. Learn to earn. This is the only qualification you would need to get a middle class, office job.

22% of American adults “demonstrated skills in the lowest level of prose, document, and quantitative proficiencies (Level 1).”

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

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66 Source: US government’s National Adult Literacy Survey (NALS).
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 megopolis 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 exposes them to modern Cultural Marxist propaganda. 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-), American 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.
Guru Monxy

There should be no admission requirements for college. Desiring to study should be enough to enable one’s access. **College is generally unnecessary if you plan to lead a life separate from Society.** Billionaires Jobs, Gates and Zuckerberg are all college drop outs. For women it takes up four of their limited childbearing years. It’s great at teaching vocational skills. **Without a degree you shall encounter vocational glass ceilings.** Yet it’s better to drop out of Society without wasting your precious time and money. To earn enough money to survive away from Society you only need skills you can learn from books on your own and entrepreneurial desires. This is all you need to start your own small business and earn enough to live a happy, separate life. Whether you end up earning from making computer & cellphone apps, writing fiction, selling your own handicrafts, home trading, being a Virtual Assistant, running an estore, or another of the multitude of online small businesses that you can do from home and are available for your choosing.

“Each one, teach one,” sang Jacob Miller (1952-1980). **Everybody has something to teach and can find, especially with today’s social media, 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, physicist

Have a strong belief in science.

To paraphrase the Scarface (1983) movie (written by Oliver Stone) ‘I want what’s coming to me; the world and everything in it.’

Quantification
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, physicist

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. I 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.

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. See Ecover’s phytoscience products.

Age and Time

67 Source: Goodreads.com
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. I 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 (which is 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**

**Believe in evolution.** That the oragey-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.

**Numbers**

**Numbers are raw.** Not Western scripted, not decimal, not binary, not hexadecimal. Visualize the amount like dots on a domino or 3D.

**Discovery**

Love scientific discovery especially when used for good. New discoveries are just that, discoveries, and not creations or inventions. Anyone (on any planet) could just
as easily discover them. **They are practical solutions to problems and not art.**

**Death and Longevity**

**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. I see death as nonexistent because of Attack being an integral part of reality. This is a valid view. As such it means that I could’ve created Attack to convince myself of the delusion of invincibility. See chapter Suicide for more on death.

**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. In 2018 Elysium was selling their Basis longevity pill which worked at a cellular level to reverse aging. **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 SMI₂LE, 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.
Enlighten Your Life

“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 the 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.  

Petrochemically powered freight tankers generate much of the atmospheric pollution.

Stem Cells

I’m 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,

Guru Monxy

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. I’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, it takes far longer to be delivered and it requires care and storage space. 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 and especially bias 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.69

**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.

**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

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.70 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 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

69 A report by the UN’s International Telecommunications Union (ITU), published in late 2016.
70 kepler.nasa.gov
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 (1942-2018). However if forced to choose, you’re better off with Gaians (Earthlings). As separate as you may ever get from Society you’ll always be a member, implicitly. Although an omniversal citizen you’re foremost an Gaian. 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 is the grid computing SETI project based at UC Berkeley. It searches radio telescope data for signs of intelligent life elsewhere in the omniverse. Anyone can freely join in and donate some spare computer processing cycles. There are other BOINC projects you can help like the hi-res

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71 setiathome.ssl.berkeley.edu
72 boinc.berkeley.edu
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 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 late C20 Gaian (Earth) Society discovered (invented) artificial intelligence (AI). This is a purely logical intelligence, purely logical lifeforms.

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. It must be respected and treated with utmost 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.

With AI our reality is changing. We can form relationships to digital (computer) code, to a program, an app. The C20 Bandai Tamagotchi handheld AI pet and Sony Aibo robotic AI dog are good examples. Society has yet to experience AI friends & companions that can hold down a decent conversation but it is definitely headed that way. We shall be able to 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 (the makers of the cat friendly Roomba cleaning robot) have made robotic soldiers since at least early C21.

Problem solving is the most important skill for any lifeform.

73 www.irobot.com
Guru Monxy

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.

AIs are not gods, unlike humans and other animals. AIs have no soul, unlike all brained animals. AIs are highly advanced, purely logical lifeforms. They have immense
intelligence. Empathy can be programmed. Compassion can be programmed. In-depth conversational skills can be programmed. They are second and third generation lifeforms.

First Generation Lifeforms
• Naturally evolved lifeforms. DNA based.

Second Generation Lifeforms
• AIs created by naturally evolved lifeforms; on Gaia (Earth) this is humans.
• DNA based lifeforms created by naturally evolved lifeforms; humans, on Gaia.

Third Generation Lifeforms
• AIs created by AIs.
• DNA based lifeforms created by AIs.
• AIs created by second generation DNA based lifeforms.
• DNA based lifeforms created by second generation DNA based lifeforms.
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.

“Hard work beats talent when talent doesn’t work hard.”

Tim Notke, American High School Basketball Coach

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.
Enlighten Your Life

REST’N’RELAXATION (R’N’R)

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 yourself 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, videos, social media, 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 and especially relatable to are social media stars (even known as ‘influencers’). 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 yourself 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
ing Your Life

a heap of info from is Twitter⁷⁴.

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 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 Memento (2000) 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

⁷⁴ www.twitter.com
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”

TV sucks your life away. 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 yourself back an extra half to one hour of your precious life every day by cutting out those dull comedy reruns or mindless dramas. Try 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

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. I 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 FPSs (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. FPSs feed peoples blood lust. Blood lust is why people commit bloody acts in virtuality. Someone living out violent daydreams, reveling in a fantasy world with their ultra-violent actions is being ultra-violent. I appreciate no one is literally dying but the players are in deep denial if they don’t realize that they are being violent and often for hours every day. If they had virtual sex with someone of
the same sex it wouldn’t make them necessarily Kinsey 6 but it’s still heavily homosexual. **They are being violent.** Undoubtedly their brain rush of adrenaline and the serotonin result of the kill is addictive and therefore self-perpetuating. **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 coarse 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 www.amazon.com for info on books.

Music

It’s a weird status quo that makes energy think that we can’t entertain ourselves. I make the music that makes my mantras (repeated self-programming phrases or songs). I want my own songs about my own life not someone else’s. So who better to write them than me.

I know music is special, very special. It’s a very awesome experience and an ultra-powerful communication. And movies; storytelling. But I’m 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.

Listening to a solo singer of the opposite gender can be quite an intimate, almost erotic experience: a serenade. Choosing to experience communication coming mainly from a single individual. If listening to an album you’re often choosing to be alone in their company, so to speak, for over an hour. OK, not really their company but most assuredly their extended group.

If you rip your CDs into digital files try to find the space to use a lossless codec like FLAC (Free Lossless Audio Codec) (or Sony PCA, Microsoft WMA Lossless or WAV). This keeps your music at CD quality rather than the far poorer quality yet smaller file size MP3s.

“In this holy reality, in this holy experience, Choosing to be here in…, This body, this body holding me,
Enlighten Your Life

Be my reminder here that I am not alone in…,
This body, this body holding me, feeling eternal,
All this pain is an illusion.

Twirling round with this familiar parable,
Spinning, weaving round each new experience,
Recognize this as a holy gift and celebrate this chance to be alive and breathing.”

Parabola (2001) song by Tool,
Written by Danny Carey, Justin Chancellor, Adam Jones, Maynard James Keenan

News
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 شعار (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..

Art
Make your own art. Enhance a photo you took with your phone. Print it yourself. Laminate it and tack it up to decorate your home.

If you can afford a little more spent you can blow it up to even super large with an online service.

You can get it printed on your own merch; your own mousemat, your own coffee mug and your own clothing.

Be creative. Be artistic. Have fun.
NB This chapter contains my viewpoints and I recognize that for whatever reasons they may seem controversial to some. In megopolis it’s the status quo to use The Pill and engage in casual sex perhaps prior to having an abortion. Think for yourself. 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 yourself. 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 yourself 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.

“Oh, there were women. Lots of women. Lots of love making but no love. That was the kind of world we’d made.”

George Taylor, Planet of the Apes (1968) movie, Written by Pierre Boulle, Michael Wilson and Rod Serling

**Pregnancy**

Human gestation takes around 40 weeks, roughly ¾ year.

While pregnant or breastfeeding an intake of drugs is 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**

I disagree with abortion for non-medical reasons unless in the case of rape (including incest) babies. This is because I 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 (emphasis mine)

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 post-conception**.

By the time an unborn child is:
18 days old – A baby’s heart beats,
42 days old – Brain waves detected,
52 days old – A baby hiccups and yawns,
8 weeks old – All organs function,
9 weeks old – Has fingerprints,
10 weeks old – Can feel pain,
12 weeks old – Can smile.

I support abortion for medical reasons concerning the health of either the fetus or the mother. This makes justifiable reasoning include Down syndrome, Tay-Sachs disease and Fetal Alcohol Syndrome (FAS). Forcing a mother to go through the torture of carrying to term a baby conceived in rape, probably the worst experience of their life, would be callous and unsympathetic. In this instance the child does have to suffer for the sins of the father. The rape baby may be of mixed race which may be something the mother wouldn’t have consented to. Rape victims generally have the Morning-After Pill post-coitus contraception available.

**Around 56 million abortions are performed around the**
world 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. 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 40 weeks to your age.

Contraception

Guru Monxy

I’m against the use of contraceptive pills as they severely alter body chemistry.

I recommend the barrier method of contraception; condoms & spermicide or cervical cap (diaphragm) & spermicide although I 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. Electronic tools are available which measure two hormones to indicate which are a woman’s four or more fertile days per menstrual cycle.

Birth (conception) control pills and condoms (with spermicide) each have a 99% success rate when used correctly. 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 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.

In general, sex should be for reproduction only. Oral sex is pure hedonism. There’s no biological imperative for it at all. However, it’s very intimate; trusting your spouse’s teeth to be that close to your most tender, sensitive, fragile parts, and the instant feedback from using your delicate tongue on their erotic tip.

Anal Sex

I’m 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.

76 Source: Encyclopædia Britannica et al.
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.

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 Albannach (Scotch), Tibetan and other cultural groups wear skirts. Homosexuality can be detected by an enlightened reading of their aura. (Enlightenment brings everything to light. It’s not just gaydar. You can tell a lot more about people from a distance than you could previously, that’s all.) 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. 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 pitiful 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. When you see that lifeforms are the safekeepers of their DNA code. That one’s own life extends beyond their own lifetime in the ancestral heritage of their DNA. Not having children is the death of their individual branch of DNA. It is self-harm. Promoting not having children by promoting homosexuality, especially by participating in homosexuality with another, is inciting self-harm. This is criminal. It is also deviating from nature. Support for homosexuality is promotion of these Attack perversions and criminality. Homosexuality is subconsciously pushed by each gender to their own in Society to free up more potential sexual partners. Gender dysphoria is a recognized mental illness listed in the industry’s standard; the DSM V.
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 my view, it’s because it’s the wrong kind of fun.

Do you really want to risk catching the fatal HIV or falling pregnant if a thin piece of latex breaks?

There’s no protection from catching crabs apart from abstinence.

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 American high school students had had sexual intercourse, while more than 1-in-10 had had four or more partners. These amounts have been reducing. So called Romeo & Juliette laws can permit sexual contact if 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. Partners are often given more legal room if they’re married although as minors this usually

Guru Monxy

requires the permission of their parents.

Menarche is a girl’s first menstrual cycle. The average age of menarche is about 12.5 years in the United States, 12.7 in Canada and 12.9 in the UK.\(^78\) It is influenced by genetic and environmental factors, especially nutrition. The global average varies significantly although it 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 body sexually developed to a IV out of V on the Tanner scale. A 15 year old girl can have, although may not, a Tanner scale V, a fully sexually developed body.\(^79\)

The American horror movie genre programs against teen and premarital sex. In Europa\(^80\) (Europe) some states permit sexual contact of post-pubescent teens. 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 America in Massachusetts, New Hampshire and Texas. Fundamentally, the age of consent for a loving, sexual relationship should be on reaching Tanner scale V physically, then taking into account the person’s knowledge of sex and its potential consequences. Morally, sex should only occur between spouses. America’s 16-18 years old age requirement is extreme when compared with Europa. The legal age of consents 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.\(^81\) An ephebophile is an adult whose sexual preference is for 15~19 year olds.\(^82\)


\(^{80}\) www.europa.eu


Realistically, an underage sex mindset is totally impractical due to its inherent illegality and should be vehemently avoided. If you want or lust after something that you won’t pursue it’ll 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. Stop thinking so solipsistically and use some empathy to see how detrimental underage sex would be for the child.

Completely avoid the legal, extremely disturbing VKP (virtual kiddie porn). VKP is porn where the likenesses 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 Heffners can get the 21 year old models, sometimes. Also bridging the age gap Tommy Chong, Pablo Picasso and Leonardo DiCaprio. 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
Western Society acts poor therefore they’re figuratively communist, they feel everyone must be equal, have an equal slice of the pie. 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. America is 51% female which means in every hundred people, were they to pair up with the opposite gender (or even in equal number with the same gender), for every 49 couples there would be two women left alone.

Pornography
Pornography is extremely impersonal however attractive. Hardcore pornography is the documentation of people engaged in the immoral act of casual sex. I am strongly against hardcore, regular porn because of this and the Attack
vibes it subsequently carries. However I support heterosexual softcore pornography like Playboy as it promotes natural heterosexuality and stimulates a healthy sexual interest. It does all this while simply capturing the women in their birthday suits, natural as the day they were born, without them engaging in any way in a sexual act. Try playboyplus.com for info on Playboy or simply pick up a copy of their magazine, the world’s most popular men’s mag.

Masturbation
Masturbation is pure hedonism. It can be useful to program sexual desires. For example, masturbating over a beau programs the desired sexual relationship into your energies. It should be reserved for rare occasions and not used for everyday carnal pleasure. The purpose of sexual pleasure is to reinforce reproductive sexual encounters. It’s abusing the system to use it to solely pleasure oneself. Obviously, this can even lead to a lessening of reproductive sexual encounters because one already feels sexually satisfied.

Prostitution
I disapprove of prostitution as it belittles the base intimate experience to quick hedonistic commerce.

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.

Exclusivity
When a person has a partner, a spouse, a GF or BF, do not offer yourself 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 yourself 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 yourself 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 omniversal group.
Choosing a sexual partner, a life partner, is the most important decision of one’s life.

Microchimerism
Microchimerism is the existence of a small amount of cells from another person in the host’s body. The cells are genetically distinct. It is theorized that this can occur through ejaculation during unprotected intercourse. Microchimerism is also found in some mother-fetus, older to younger sibling, twin siblings and blood transfusion bonds. Sex is a most intimate act and this resultant bond is proof. It is food for thought for who you want to bond forever with even without sharing in the creation of a 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 for when you’re in a spousal relationship and trying to make a baby. 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. It means they think you’re special and not just another someone to pass the time with or to get high from sex with. Promiscuity devalues sex, the most precious gift we have to give. It devalues physical intimacy. It devalues people. Promiscuous people are very disturbed people. They hedonistically use sex solely as a way to get high. To fully psychoanalyze promiscuity is a long, in depth task which isn’t necessary to understand how negative and psychologically damaging it is. Often it is a desperate attempt to snare a spouse yet giving up the good stuff on the first or sometimes third date shows how little they

value physical intimacy and as such is no big give. Frequently it’s a form of self-harm reinforcing that other people only want them for hedonistic sex and not for love yet what other response could they receive when this is the exact same thing that they’re saying to external. Modern Society programs promiscuity; it’s extremely often shown as the norm. Promiscuity is very sad, and harmful. No one with self-respect and a desire to someday have a loving family of their own would be promiscuous. 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.

In 2019 there were several contemporary, young women setting a shining example for chastity including social media stars Luca Whitaker, Karleigh Klostermann, Peyton Fleming and Kiara Madisen Green. Popular, influential, attractive, athletic women who had resisted the pressure to be promiscuous.

**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, like Electra, literally kill their mother nor every boy, like Oedipus, their father. Just move on.

**Fantasy**

The top five female sexual fantasies involve vampires, werewolves, billionaires, surgeons and/or pirates.  

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84 Source: Google research via Dr. Jordan B. Peterson.
Keep clean. They say cleanliness is next to godliness. Keep yourself 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 (this quick might actually be extremely wishful thinking as flu takes 2 days to die and coronavirus 3+ days) 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 a 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).

A very large amount of senior citizens don’t have all their natural teeth. Obviously, there’s a huge danger to one’s teeth from dental decay. Look after your teeth and gums now while you still can. I strongly recommend using both an electric toothbrush and mouthwash. As toothpaste adds a layer of fluoride to your teeth it’s advised to wait an hour before using mouthwash. **Brush after each meal.** Thrice per day. If at all possible.
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.

If you use a sponge to clean yourself then consider upgrading to a natural sponge.

Avoid mainstream toothpastes as they may contain microbeads. Microbeads are tiny plastic particles which unnaturally enter the body. Check the ingredients of your toothpaste for plastic. 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. See Ecover’s phytoscience products.

Also energetic cleansing is an important concept. See chapter Energetic Cleansing.
PLEASURE & PAIN

Pleasure is the body’s natural, autonomic response to receiving goodness. Pain is the body’s natural, autonomic response to receiving Attack (badness, evil).

All animals strive to achieve pleasure and to avoid pain.

Pleasure is a feature of reality. It creates attachment and subsequently suffering (see chapter Neutrality / Attachment (Nirvana)). Accept some pleasure and some displeasure as waves in the large, complex ocean of life. Control the amount of pleasure which you get from life with awareness of its implicit consequence. Do not overdo pleasure.

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.

It’s natural to obtain pleasure from your relationship with external reality. Independent pleasure is obtained via personal achievement. Dependent pleasure is obtained from one’s relationship with other people including group achievement, like your spouse’s or your friends’, one’s relationship with other animals, like your pet/s or elephants in general, one’s relationship with plants, like coffee, beer, weed, your fave food crops or fave flowers, and one’s relationship with chemicals, like Tylenol, Prozac or ecstasy.

“Everything I like is either: illegal, immoral, fattening, addictive, expensive, or impossible.”

Sarcasm (@funnytvveet on Twitter)

Earned pleasure is the successful progression along your path in life. It’s logical. Achieving eating a good,
healthy meal not just having scoffed a sweet, fatty and chocolatey candy bar leaves you feeling good not just sugar buzzed. Having half written a poem. Having achieved a month’s worth of dates with a beautiful, loving partner that you hope to reproduce with in the future not solely masturbating to a fantasy of casual sex that leads nowhere. See deeper, further and more logically than base physical pleasures like a meaningless orgasm or a calorific, teeth rotting sugar buzz.

In reality good and bad are relative concepts. Ultimate goodness is solely the self. All external reality is, obviously, external. Therefore all external reality is Attacked. **It is divided into groups of entities.** Each entity has a pair of attributes; goodness and Attack (badness). Take the example of potable water. Easy to obtain. Low cost. Extremely safe and healthy to drink. Difficult yet possible to overdose on. Compare this to wine. Its sale is restricted. Its cost can be exorbitant. It’s mildly poisonous to drink. It’s far easier to overdose on it. The striking difference is that wine is medicinal. Its consumption has a large effect. It makes you merry and giggly and somewhat anesthetized. It is also addictive. From this we can see that water is a very good and only occasionally bad drink, while wine is a good yet also very bad drink. **Everything is both good and bad in varying amounts.** It’s not one sliding scale, it’s two independent scales; a complexity.

Prime pleasures are:
- **Meditation**
- **Working**
- **Exercise**
- **Achievement**
- **Eating & Drinking**
- **Group**
- **Sexual**
- **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.
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 yourself. 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 yourself 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. I cannot recommend it strongly enough.

You are caught. Caught playing games, standard Societal games, learned 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
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are Society. So they are teeming with Societal attack. Dominated by BDSM themes (see chapter BDSM), 7DS themes (see chapter Societal Morality (7DS)), 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, envy 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 yourself.

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.

Male (yang) and female (yin) energies exist. You can and should be able to be happy by yourself but you can’t be both halves of the yin-yang male-female spousal relationship that’s required in life. Required for instance to make babies and continue your ancestral line.

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.” High divorce rates show a total lack of commitment, honest perseverance and mature sincerity. I 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.

Western Society acts poor therefore they’re figuratively communist, they feel everyone must be equal, have an equal slice of the pie. 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.
Reproducing, having offspring, continuing your genetic line into the future is hardwired into every lifeform.

Parenting means being a constant, supportive, nurturing, teaching figure in your kids’ lives. To teach & learn together in homeschooling. To have R’n’R experiences by playing together. To be there for one another to talk & listen to. It takes investment of effort and time. It is the natural way of life. Parenting is immensely, irreplaceably rewarding. By being one long bonding experience it overwhelmingly strengthens the family. It is how nature intended human families to be.

Most people in modern Society let Society parent their children. Both parents work and so the babies get dumped in daycare. It’s absolutely the norm for the kids to get dumped in school from kindergarten age until adulthood. The kids get their Societal programming from multimedia religion like from their TV shows, video games and online entertainment. The working parents prepare TV dinners for the family. There is no, or exceedingly minimal, family time. No, or exceedingly minimal, parenting to administer. This modern, disparate life is extremely sad and psychologically damaging.

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 yourself 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 Society would 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.
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LAW & ENFORCEMENT

Dark arts magickian 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 moral and self-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,
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• **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 yourself 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 yourself 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 choose 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.

**I’m 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 an American court.

Detention without trial, for instance in Guantanamo Bay detention camp, is totally immoral and unjust.

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 America’s 4th Amendment) for law enforcement scrutiny.

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, and not wearing a seat belt. This differs from incitement to harmful behavior which should be a crime. The law exists to stop people being harmed by others. For instance promotion of cigarettes, alcohol and other drug usage, participating in casual sex (sex between people not cohabiting), homosexuality and prostitution couplets.

Sometimes the smaller things irk us. Like uncontrolled attack dogs taking their owners out for walks or babies being carried
on bicycles without a helmet between them (which is commonplace in Nederland (Holland)). Accidents waiting to happen. Yet I understand that nothing’s perfect and Society is a good example of this in practice.
Everyone has an intrinsic right to personally own items. Theft is wrong.

Your possessions are a very important part of your reality.

Do not accept hand-me-downs and second hand / thrifted 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. Matter stores some of the energetic vibe from every event which has occurred near it. Clothing is extremely personal, intimate and becomes naturally enchanted by the wearer in the process of being worn. Are you so poor that you need to risk wearing enchanted clothing? It’s unlikely. There’s a reason second hand clothes, for instance, are for sale and it’s not because it’s the previous owner’s lucky item of clothing! Maybe the original owner passed away. Be smart, buy new.

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 were slaves, worked in a sweatshop, were subjects in a monarchy or dictatorship or were children.

Don’t buy handmade items. To reduce the excess energies imbued in a handmade 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.

Never forget it was you who bought and gave your spouse their wedding ring.

**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, scratched, was sick upped on or wine was spilt on it, 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 especially, 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 cross-cut 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),
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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 yourself 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.

Independence helps develop personality. **Personality includes personal preferences. Gifts stifle personality.** Generally, they are external preferences, what the giver thinks you would like. Accepting gifts into your life is accepting a blending of your personality with other people’s. Your mother’s personality showing in your bedside lamp birthday gift or your grandma’s personality showing in your colorful, new socks xmas gift, for instance.

Even gift cards are accepting of external help in your life. Every single time you listen to your new album, energy knows that it’s directly due to the gift card giver. You are accepting them in your life. Accepting their energies in your daily experience.

People sometimes reject even raw money for various reasons. Be it charity they’re too proud to accept, drug money, blood money or other proceeds of crime that they’re too moral to accept.

There’s nothing for free. Accepting any gift carries its
attachments. Be aware of this.
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 consequence of your being there over time and also reciprocally a factor in your experience of being there. You make it good by having good times there, and you have good times there because energies are good. 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. Keep it 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.

For heating I recommend using an electric blanket heater for your bed. These are an extremely energy efficient method of keeping warm in bed and are fantastically cozy. For quick heating of a space use a 3kW electric fan heater. These use a lot of energy yet are extremely proficient in heating a space quickly and keeping it hot.

Aromatherapy is using natural plant essential oils as a room fragrance. They can also be diluted into oil and used on the skin, for instance during massage. Oils like eucalyptus, menthol, lavender and sandalwood, but there are plenty to choose from. To use these oils you’ll need some type of diffuser, like candle heated (and candles can also come infused with oils), electric or reed. Natural aromatherapy creates an interesting olfactory presence which can be very relaxing. It’s also a way to regain control over the smell of your environment say after cooking or having guests over. A few drops of essential oils are also fun to add to baths.

The weather is part of the natural environment. Its natural energy is in constant communication with yourself. If you so choose you can affect the local weather. You can make it rain. (I 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
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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 yourself 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 Whites 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, Europans in Europa. Similar environment New World colonies are also acceptable. For a genetic Europan 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, maybe 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.
“Ellie had a teacher named Mr. Porty who had no interest in nuance. He asked the class why there’s always been conflict in the Middle East and Ellie raised her hand and said, “It’s a centuries old religious conflict involving land and suspicion and culture and…” “Wrong!” Mr. Porty said. “It’s because it’s incredibly hot and there’s no water.””

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. Beware of housing where the roof slopes down below the uppermost floor’s windows and the ceiling is incurred by it, making it like a loft. Beware of housing below street level, making it like a basement.

“Do you experience feelings of dread in your basement or attic?”

Ghostbusters (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.
**Guru Monxy**

**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 my windows, I keep them all completely covered by loose weave fabric during the day and lined thick weave at night. I’m serious about not being interested in external – not at all. I don’t even want to show them if my 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 megopoli 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 powered systems 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 I mean when I 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 &/ or coloring than others. Filters like alcohol making things seem better, less important and groggier, weed making things seem funnier or feeling down making things seem worse than otherwise. 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.

For Homo sapiens, the evolution of language was a massive revolution. It enabled increasingly distinct, verbal pack communication. Writing enabled logging, documentation of history, science and fable.

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 yourself from uncontrolled reality and help you achieve the peace and tranquility where you can see yourself far more clearly. This can help you see yourself away from how others see you, with their own natural biases, and have seen you, helping you free yourself from any negative history.

Test yourself to find out more about yourself. 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.

Considered responses are more accurate. More energy has had time to contemplate the situation and voice its opinion.

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.

Communication is playing with other lifeforms in a shared space of your shared reality. What the receiver comprehends is filtered first through their perceptions. Having traveled through at least one real medium. It is the sharing of ideas constrained within the confines of the language and even the media. The words which make up language have generally accrued associations within your mind. Many are sensible, helpful and positive like good memories associated with the word “love”. Some are bad, depressing associations like if you’ve recently lost some “love” in your life. These associations also exist for certain calendar dates. Like
your birthday and xmas day. They are a very personal layer of emotions added to logical language. They can be very negative and are best avoided. **Keep the pure concept in mind when thinking of the associated word.**

“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. It's unnatural to dye your hair. You don't need to dye your hair to be fashionable. **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 yourself in them and so relate to them better.
Guru Monxy

Don’t straighten nor curl your hair and 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 15½cm (6”) per year and scalp hairs last 3-5 years. This gives a maximum scalp hair length of ~80cm (~32”).

**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 yourself 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.

I 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. This helps keep furniture clean. A robe is useful for homes with window exposure and balconies, decks and yards.
Guru Monxy

Sleeping in the nude is one’s main chance to be free of clothing. To be in one’s environment as naturally as the day one was born.

**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

Traditional women’s makeup is for the purpose of beautification and sexualization. **Red lipstick is designed to mimic the lips engorged with blood as when sexually aroused. The same for red cheek blusher.** Children wearing this type of makeup, like lipstick, is the sexualization of children; a terrible thing.

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 or polo shirt and trousers for men or blouse and knee-length skirt for women. Wear a suit when you need to look extra smart. 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 a-shirts for exercising in. Have overalls for DIY work.
Enlighten Your Life

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 with a 3D printer or 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 in as needed but don’t sell out! Perfumes and colognes smell completely unnatural and are a very strong group membership statement. Unless you’re simply wearing essential oils. It’s most natural and it’s definitely okay to simply smell of your natural pheromones and minor body odor. You then smell of yourself, not just another automaton follower of Calvin Klein’s or Ariana Grande’s.

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, plant fabrics like cotton and hemp are preferable over factory produced, non-absorbent, flammable plastic fabrics like polyester. They ‘breathe’ and they wick sweat away from the body keeping you warmer. It’s more natural to be wearing a plant than a factory product.

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 like from Seventh Generation or Ecover. 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.
Free yourself 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 yourself 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 06:03 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 nor 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 arbitrary 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
Enlighten Your Life

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 every day.

**Celebrate your conception day, when your life started, not your birthday and proudly add 40 weeks to your age.**

Consider setting 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.

Life can be seen as a string of interconnected moments. **More a continuous tide of overlapping moments.** Like watching a movie at a movie theater. You’re roughly having a time period of the same sort of experience; sitting down in a dark room with others and getting into the multimedia experience for 90-mins. With many smaller experiences during this larger cinematic experience. Like the movie having a beginning, a middle and an end, you eating popcorn or you making out with your date during part of it. Fractally, those smaller experiences have their own smaller moments of experience. Like when the hero got injured, you ate the last piece of popcorn, or you really got into the kissing moment.

**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.

**One perspective is that there only ever exists the present moment.** The future simply being our plans to change ourselves in the now. The past simply being the changes we’ve rejected.
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) charity champions animal rights and has many famous supporters including Alicia Silverstone (1976-), Sheryl Lee (1967-) and Pamela Anderson (1967-).

By animal rights I mean the basic rights of freedom from captivity, slavery, torture, hunting for sport, hunting for food when alternatives exist, hunting to extinction, etc.. I 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.”

85 www.peta.org
NAME YOURSELF

**Rename yourself.** Take control over your image. Your name is such an integral part of how others see you.

Look within yourself 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 yourself 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 yourself again.

There are people who name their children, usually their boys, after themselves or another family name. There’s barely 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 Biblical characters 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, Tim Roth (1961-), Anna Nicole Smith (1967-2007) and countless others have changed their names.
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 yourself 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.

Homegrown food brings a joy like no other. To know that the seeds that you sowed grew the plants that you nurtured imbued with their nourishing spirit and that you consume to maintain your life experience, that you use as food in other words.

From zucchini to potatoes, cilantro to basil, cauliflowers to butter beans, and more.

Zucchini is an extremely easy to grow vegetable that makes a great starter crop for kids to grow. It can be grown in one gallon pots. Growing at least a couple of plants is recommended as it needs its flowers pollinated in order to grow its tasty vegetables.

Herbs like basil and mint can even be grown in tiny pots indoors.

Sprouts can be easily grown indoors in jars.

There’s no excuse not to start your own home farm today if you haven’t already.
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 a-shirts 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-YOURSELF (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 (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.**

To want, to look forward to and then to enjoy a vacation doesn’t make you addicted. It just makes it a fun part of life. Occasional, recreational meds usage can be a fun part of life too.

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.

5½% of the world’s population use illicit meds at least once a year. 1-in-600 of them die from this every year.86

**Unaltered reality is the best state of mind.** It is the norm. It is the mindstate that you are happiest in generally. Most at ease, most at home, most preferred. **This is why it is the normal, everyday mindstate.** Meds can be useful but in no way are they a replacement for standard reality.

Once you’ve experienced these altered states, there’s no going back, there’s no unseeing them. **They will always play, and if you quit them then forever lessening, a mental measure in your body of comparison that you hold every**

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other experience in your life up to.

If you’re going to do meds then do them as safely as possible. **Buy a testing kit consisting of chemical reagents to test your meds for purity, so you can know for sure (enough) what’s in them.** It can save your night, save your life and really puts your mind at ease. The usual five reagents included are Froehde, Liebermann, Mandelin, Marquis and Mecke. **Test for any allergic reaction you may have to the specific meds by microdosing on a tiny bit then waiting half an hour to see if you experience anything untoward.** Only a lazy AF airhead with a death wish wouldn’t bother with this easy, free test.

If you’re doing meds daily, and you are with just your sweet morning coffee, the important distinction to make is whether you’re doing meds **all day** or not. **As long are you aren’t then you should be OK.** This means that any addiction you may have towards them isn’t overwhelming your life. For instance, a glass of wine with dinner but not before. A coffee to help you wake up at breakfast but not after 20:00 as you know it’ll keep you up. A few bongs of weed in the evenings to keep you entertained yet mellow and to help you get off to sleep. Even a hit of X every other Saturday night is of a totally lesser magnitude than doing opiates, meth, crack or heroin all day every day. Your relationship with the meds, be it a plant or a chemical, is at least partially under control. It isn’t overly adversely affecting your life; you are still high functioning. You can for instance hold down a job and be bothered to eat and brush your teeth.

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.

There are two main types of pleasure you can get from meds. The first, most obvious, is a pleasurable sensation in your
body, a body buzz. I rate this from zero to three. Where zero is baseline normal and three is the concept of pure ecstasy. Obviously in life the scale goes into the negative sometimes and you can feel low, depressed and worse.

The second type of pleasure you can get from meds is from psychedelic meds. They can increase your mental focus on true pleasure, not a buzz, but a deeply felt satisfaction with all the good aspects of your life. Like the work you got done that day, even the fact that you remembered to and made the effort to maintain your life by brushing your teeth, to going to the gym, eating a few less calories than you might otherwise have, not getting angry with your kid, earning money, every little positivity in your life. Psychedelic plants including cannabis (and the 2C-B chemical albeit coldly) very attractively include both these types of pleasure. They are self-reinforcing. Feeling a body buzz makes you feel pleased which puts you in a good mood to think positively about your life. Of course, things might not be going so well in your life right now and thus the increased focus could shift to the negative aspects in your life. This would make for a displeasing experience. Psychedelics can spur both extremely good and extremely bad experiences and must be treated with great care and used intelligently. They are not for bad moods, bad vibes, bad places with bad people.

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. This is the primary source of Dark Web pharmaceutical meds.

The Dark Web, untraceable websites where visitors also leave no trace, has black market superstores which sell almost all meds globally. They use .onion (not .com) addresses which change approximately 80 times daily and instead use live directories to let people find them. They are surfed using the Tor Dark Web browser together with a VPN.
Try 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.

Check out the Drugslab channel (with subtitles on) on YouTube where the Netherlands (Dutch) presenters try drugs on air.

See the books of Alexander ‘Sasha’ Shulgin (PIHKAL and TIIHKAL) and Uncle Fester for more info.

Consumption of meds is taking another vibe; a chemical or another lifeform; a plant, into your body. It is an extremely intimate action and experience. The 易經 (Yi Jing) warns to beware of what we consume. Chemicals have an energetic vibe contained within them. Plants have a spirit contained within them.

**First hits are the most special.** You’re affecting yourself the most, changing your state the most, with your first hit of the day. Lifting yourself the highest or sinking yourself the lowest distance. With cannabis especially, certainly with MDMA as subsequent hits have little effect. You generally have to wait until you’ve recovered substantially to get such a strong hit again. For instance, a quarter day for cannabis or around a moon for MDMA.

The most popular manufactured drink on the planet is Coca-Cola, originally made from E. coca, kola and sugar stimulants.

Homegrown meds are preferable wherever legally possible. They bring a joy like no other. To know that the seeds that
you sowed grew the plants that you nurtured imbued with their healing spirit that you can feel when you use them as medicine, meds.

**Integration of your special, medicated experiences is a very important practice.** After the experience spend some time focusing on remembering and carrying the positive vibes from your recent memory with you into your present and your bright future.

**Meds can be classified into three main types with crossovers; 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, 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, molecule, MD, E, Adam, pill, rolling, mong),
- MDA (3,4-Methylenedioxy-amphetamine),
- Amphetamine (speed, base, Dexedrine, Dexys, Adderall),
- Methamphetamine (meth, crystal meth, ice, crank, tweaking),
- Modafinil (Provigil),
- Kola (Cola acuminata and Cola nitida) nut (cola),
- Betel (Areca catechu) nut (areca nut),
- Khat (Catha edulis) 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, junkie, dope, H, horse, smack, tar, black tar, Charlie Brown, brown, brown sugar), and dia-morphine, codeine, (Percocet, perks, oxycodone, oxy, fentanyl (Lazanda), Vicodin, Dilaudid, Demerol, tramadol (Ultram), etc.). The poppy is a sacred plant to me as it’s second to none in treating pain. Fortunately Society although criminalizing its amateur use also uses it medicinally,

- Ethanol (CH₃CH₂OH) (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 phenobarbital,
- Chloral hydrate (Mickey Finn, a Mickey),
- Female buds of the cannabis plant (pot, dope, bud, smoke, marijuana, Mary Jane, cheeba, wacky baccy, stone, baked, sensi, kaya, hashish, hash, pollen, charas, grass, weed, the chronic, haze, kief, trim, shatter, wax, dab, rig, bong, rip, toke, blunt, reefer, joint, J, spliff, doobie) containing cannabinoids like delta-9-tetrahydrocanabinol (THC) and CBDs, cannabidiols. Cannabis (THC) is also a psychedelic.

**Psychedelics:**

- LSD (lysergic acid diethylamide-25) (acid, blotter, trip, Lucy (in the Sky with Diamonds), microdot, Delysid) legally, accidentally discovered 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,
- 2C-B (4-bromo-2,5-dimethoxyphenethylamine) (nexus, bees, Venus, joy) legally discovered along with many other phenethylamines (stimulants), tryptamines (psychedelics) and cross-overs by Dr. Alexander ‘Sasha’ Shulgin (1925-
2014),
• DMT (dimethyltryptamine) smoked or insufflated (snorted),
• Ayahuasca (huasca, yagé) potion containing a DMT plant and an MAOI (monoamine oxidase inhibitor) generally yagé (Banisteriopsis caapi) to make the DMT orally active,
• Peyote, Peruvian torch and other cacti containing mescaline,
• Morning glory (Ipomoea violacea) seeds, Syrian rue (Peganum harmala) seeds, phalaris grass (Phalaris aquatica), etc..

A popular, different, dissociative style of drug is Ketamine (ket, K, special K) used by gen pop Society as an animal tranquilizer.

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.

I view cannabis as a sacred plant. The Rastafarian religion also treats cannabis as a sacred plant.

Unaltered reality is the best state of mind. It is the norm. It is the mindstate that you are happiest in generally. Most at ease, most at home, most preferred. This is why it is the normal, everyday mindstate. Psychedelics can be useful but in no way are they a replacement for standard reality.

If you’re just starting to use weed you should start slow. Start by dry herb vaping a tiny amount. Give yourself time to ride the wave; up and down, maybe leaving a couple of hours between doses. Don’t try medibles until you’re quite experienced as they can be a very strong trip and last for ages. Learn to feel the medication working while you gradually develop your possibly life-long relationship with the female cannabis plant. Again, don’t rush.

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.

When you breathe in air, you absorb some of the oxygen it contains, not all of it. You breathe out air that still contains some of the oxygen. Inhaled air contains 21% oxygen and exhaled around 16%. When you breathe in cannabis smoke or vapor the longer you can hold it in for, the more time there is for your blood flow to absorb more of the
good stuff through your lungs into your bloodstream.

Give yourself time and space to allow full appreciation of your symbiotic bonding with the cannabis plant; the mental and physical high. Its psychedelic qualities make you extra aware of Attack. Plan in advance to stay chilled out, sitting or even lying down, for the duration of the peak plus the following comedown time. Making it your plan to chillax for a good while after taking your dose. Not stumbling about, stoned, trying to navigate complex tasks or alien environments. To appreciate your psychedelically heightened sense of taste you could prepare some snack foods, like fresh fruit, and drinks. Having a cellphone handy allows psychedelically enlightened thoughts, your epiphanies, to be forever kept for reference in posterity. Having a pen and paper handy allows for fun doodling, maybe an anagram played with. Frequently you'll probably still be using Multimedia Religion to entertain yourself so you’d want to prep that. Though bearing in mind your psychedelically attuned sensitivities that’s around for Attack to hit, you’re definitely safer in a controlled environment like with a classic movie, fave TV show or music you know than venturing into the wilds on the net. Life is complex and Attack energies vary over time so play it by ear.

(Female) cannabis meds is a big, girly, playful seductress spirit energy. Be careful because it can lull you into a false sense of security. Not all energies are this friendly.

Cannabis edibles or medibles are a great way to use this medication. The high comes on slowly, giving less of a shock to the system, therefore less chance of freaking out, and it lasts far, far longer, up to 6~10 hours. Be careful with your dosage. Even veteran stoner Tommy Chong from Cheech & Chong has regretted taking too many medibles before. See chapter The Best Recipes From My Vegan Kitchen for recipes of cannabutter / cannaoil and chocolate space cakes. It’s best not to mix cocaine with medibles. The intense buzz of the cocaine spirit can stir up Attack energies that can make you feel stressed. Rolling on MDMA while high on medibles is not
recommended as the sedating cannabis will overwhelm the experience.

Using large doses of cannabis like are in medibles regularly can lead to mental dependence and consequential withdrawal symptoms.

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 you 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 yourself.

Cannabis is a very easy to grow plant that is illegal in most American states 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.

By January 2017 the recreational use of cannabis was legal in the six US states of Alaska, California, Colorado, Nevada, Oregon and Washington (although nastily capitalistically not for home cultivation there) plus the District of Columbia, on the schedule for 2018 in Maine and Massachusetts and was being considered for other states. In 2020 more than one-in-four (94 million) Americans could legally purchase cannabis for recreational use, despite it still being classified as an illegal narcotic under federal law.\(^\text{87}\) It was decriminalized in 18 states including New York and Illinois. There were also more than 30 American states that permitted the medicinal use of cannabis. Uruguay became, in 2017, the first and Canada, in 2018, the second country to legalize recreational cannabis use.\(^\text{88}\) 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), ناریا (Iran), Italia (Italy), Suisse (Switzerland) and Belgie (Belgium).\(^\text{89}\) Denver, Colorado is set to become the first American 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.\(^\text{90}\) 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 35g yield per plant growing for 4-5 months giving your home a gram a day for a very low price).

“I find it quite ironic that the most dangerous thing about weed

\(^{88}\) Source: Reuters news, January 01, 2018.
\(^{90}\) Source: Reuters news, November 15, 2016.
Enlighten Your Life

is getting caught with it.”

Bill Murray (1950-),
American comic actor

A Set Up is when stimulants and sedatives are taken together. Often cocaine & heroin. A mild Set Up high can be achieved legally and safely using caffeine & cannabis.

There’s a modern hashish type called Pollen. Of all the stupid names! For a start the desired parts 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 using a dry herb vape (vaporizer). 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.

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 pleasured 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.
Wild cannabis plants growing 10” tall in काठमाडौं (Kathmandu), नेपाल (Nepal), 2016.

The list of famous people who use cannabis is very long and includes Madonna, Bill Gates, Roseanne Barr, Morgan Freeman, Martha Stewart, Ben & Jerry, Justin Timberlake, Miley Cyrus, Brad Pitt, Jennifer Aniston, musician Willie Nelson, Kevin Smith, astronomer Carl Sagan, Cameron Diaz, Drew Barrymore and Matthew McConaughey.91

Try www.hightimes.com for info on cannabis.

Try www.theweедtube.com for cannabis culture videos.

91 Source: High Times magazine, February 18, 2018, etc..
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 my help here. Nevertheless, these occasional, beautiful glimpses can help encourage one on their path.

I revere the psychedelic mindstate. Therefore, all plants and chemicals which activate this mindstate are sacred to me. Peyote psychedelic cacti are also sacred in the Native American Church. Psychedelic plants are revered by countryside holy people around the world.

“[DMT] only provides you the doorway into the Spirit World. The Spirit World is not, is not, any more than the physical world, a people friendly space.”

Patricio Dominguez,
Shaman,
September 16, 2011,
DMT: The Spirit Molecule channel,
YouTube

Chemical psychedelic meds and their implicit vibe can be very useful tools but also very harsh on the mind when compared with the experience of spirit-full plant psychedelics.

**Unaltered reality is the best state of mind.** It is the norm. It is the mindstate that you are happiest in generally. Most at ease, most at home, most preferred. This is why it is the normal, everyday mindstate. Psychedelics can be useful but in no way are they a replacement for standard reality.
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.

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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. From the good and
the bad energies respectively of your set & setting.
• Level C (Sidpa Bardo) is being a player within Society. Back playing the usual games, interactions, of Society. 92

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 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 I recommend approaching enlightenment gradually via the methods I 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 thirstyyyy.”
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.”

Acid, LSD-25, blotters are available for low cost worldwide. These contain minute, catalytic doses of around 100µg, \(1/10,000\)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
Gaia’s (Earth’s) psychedelic plants can be quite easy to grow at home. Beware of legal prohibitions in this regard.

Psilocybe cubensis B+ (‘be positive’) can be grown in a box from spores in just a few moons. They last for years when dried and can be infused into syrups, turning them blue, for easy storage and use.

In 2019 the cities of Denver, Colorado and Oakland,
California both decriminalized magic mushrooms. Their use is also fully legal, decriminalized or unenforced in the countries of Österreich (Austria), Brasil (Brazil), British Virgin Islands, България (Bulgaria), Cambodia, Hrvatska (Croatia), Česko (Czechia), Κύπρος (Κύπρος or Cyprus), Ελλάδα (Elláda or Greece), Ísland (Iceland), भारत (Bharat or India), Italia (Italy), Jamaica, ປະເທດລາວ (Laos), नेपाल (Nepal), Nederland (Holland), Portugal, Samoa, España (Spain) and ประเทศไทย (Thailand). This is over a third of all Europan countries.

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 where it tells 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

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94 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: Books To Read.
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.”

MDMA (ECSTASY)

There’s a chemical named MDMA. It’s short for 3,4-methylenedioxymethamphetamine. Its common name is Ecstasy.

It’s sold pressed into pills and as fairly pure crystals called Molly.

It’s a chemical and thus contains its own unique vibe. It’s known as an entactogen and euphoric empathogen.

Its effects come on after ½-1 hour on an empty stomach and can last 6-8 hours.

It’s most frequently used as a dance drug with its energy boosting feature aiding all night dancing plus its psychoactive features endearing it to clubbers.

However, it can also be used in a calm setting then with focus given to its powerful psychoactive features.

MDMA-assisted psychotherapy has proven effective in treating PTSD, the FDA having designated it a “Breakthrough Therapy” for this where it’s shown the miraculous achievement of curing 83% of patients compared with just 25% without the meds. It can also cure alcoholism and even speech impediments.95

“The thing I compare it to is being lit up like a Christmas tree. Like everything in my whole brain felt it was turned on all at once. Which wasn’t exactly comfortable. Um… it was like awareness times two hundred, or more.

…

95 Sources: Futurism, August 19, 2019, MAPS (Multidisciplinary Association for Psychedelic Studies) quoted in Forbes, August 28, 2017, reset.me, and PIHKAL book by Sasha Shulgin, an early pioneer of MDMA.
I don’t think it was a warm fuzzy experience for me. It was transformative. But I will say it was something like getting acquainted with my very, very best self. I mean, if you picture who you are on your best day when everything’s lined up, and you’re in your zone and you accomplish exactly what want to and you’re fantastically focused, and you times that times fifty, that’s your state of consciousness. You’re at your best, best self. Then, because you set your intention, you get to turn that best, best self, onto your most damaged self. Wow! The inner healer. That’s profound. And I got to see, uh…., the belief systems that were holding the PTSD in place.

…
So, this incredibly awake, intelligent, best self got to talk to her [own little girl self] and explain a whole lot of things.

…
With the psychotherapy and the intention, the set and setting, everything, it’s like a rebirth, it’s all hands, it’s a team, creates a potential, a window of opportunity, and in that the intention was set, like I’m going to rewire my brain. I desired that more than anything else.

…
If your intention is ‘I want to completely repair anything in me that’s in the way of me being my greatest self and me making the greatest contribution I can make to that which I care for.’ Then… well, now we’re talking! That’s a really good reason to utilize this medicine. Because if that’s what you want, you will get that.”

Rachel Hope,
“MDMA cured her PTSD”,
reset.me with Amber Lyon,
June 03, 2014,
YouTube video

Taking vitamin C has been proven to both reduce tolerance to MDMA and to reduce its neurotoxicity.

It stimulates a hyper release of your naturally occurring brain serotonin. This therefore uses it up for awhile. Hence the ‘Tuesday Blues’ often felt during the week following using it
on a Saturday night. Don’t underestimate its aftereffects. You can feel down for far longer than a day.

An aftereffect of MDMA is anhedonia. For instance, it nullifies the pleasure obtained from even cocaine for a couple of days afterwards.

**Tolerance to MDMA develops and most users find using no more than once per moon to be most optimal.** More frequent use is possible; you can raise the dose and roll again with days although the high will not be as strong and may not last as long. A cross-tolerance occurs between MDMA and 2C-B so you’d need to space those meds out by at least a few days.

Rolling on MDMA while high on cannabis medibles is not recommended as the sedating cannabis will overwhelm the experience.

Be warned that MDMA is **heaps more addictive** than it’s portrayed to be.
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 can be very aggressive and attacking. This distance can be very useful yet also very addictive. Thus it can temporarily relieve the symptoms of Attack. Alcohol can seem like Society’s best invention. Better than bread, clothing or money in that nothing can help you as much as quick and as simply. Yet it eats away at you with every drop. It eats away, little by little, your brain; your main link with reality itself, and your body.

Alcohol can seem 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 or passing of exams.

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 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. In another example 10,500 people were killed in alcohol related car accidents in America in 2016. That’s almost 30 lives lost needlessly every day. One death every 50-minutes.96

Around 88,000 people die from alcohol-related causes every year (62,000 men and 26,000 women). This makes alcohol the third leading preventable cause of death in America. The first is tobacco (see chapter Tobacco). The second is poor diet and physical inactivity (see chapters Eating & Drinking, Vegan Diet and Exercise).97

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 yourself. 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.”

Enlighten Your Life

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.

**Drinking alcohol keeps the vibe of suicidal death lingering around. This is a very nasty thing to do to oneself.**

The Alcoholics Anonymous98 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.
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.

__________________________

98 www.aa.org
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.
Nicotiana tabacum is the plant which provides its tobacco leaves for smoking. It contains nicotine which is an addictive, stimulant drug.

**The first leading preventable cause of death in America is tobacco.** The second is poor diet and physical inactivity (*see chapters Eating & Drinking, Vegan Diet and Exercise*). The third is alcohol (*see chapter Alcohol*).99

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**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 yourself 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 yourself 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.

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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.\(^{100}\)

\(^{100}\) Source: Reuters news, November 3, 2016.
CAFFEINE

Caffeine is a stimulant drug that is found naturally occurring in coffee, tea and cacao (cocoa and chocolate).

Caffeine is the world’s most widely used psychoactive substance. 90% of Americans have at least one caffeinated beverage a day. It works by blocking the adenosine receptors in the brain, the neural pathways that make you feel tired.¹⁰¹ The positive effects include increased concentration and focus, decreased fatigue, enhanced sensory activity, and improved motor performance. It’s side effects include irritability, nervousness or anxiety, jitteriness / muscle tremors, headaches, insomnia, stomach upset, and frequent urination.¹⁰²

Just like any drug you don’t need caffeine and becoming addicted to it would be foolish. Use it occasionally, like when traveling for vacation and you find yourself yawning.

Caffeine tablets are available over-the-counter (OTC) at pharmacies and even at general stores. The tablets are available in 50mg, 100mg and 200mg doses.

It is recommended to take only up to 400mg of caffeine per day.

A Set Up is when stimulants and sedatives are taken together. Often cocaine & heroin. A mild Set Up high can be achieved legally and safely using caffeine & cannabis.

“If you want to understand a society, take a good look at the drugs it uses. And what can this tell you about American culture? Well, look at the drugs we use. Except for

¹⁰¹ Source: National Geographic: Caffeine 101 video.
¹⁰² Source: Encyclopædia Britannica: Caffeine, and The Mayo Clinic.
pharmaceutical poison, there are essentially only two drugs that Western civilization tolerates: Caffeine from Monday to Friday to energize you enough to make you a productive member of society, and alcohol from Friday to Monday to keep you too stupid to figure out the prison that you are living in.”

Bill Hicks (1961-1994), American comedian

<table>
<thead>
<tr>
<th>Drink</th>
<th>Size (fl oz)</th>
<th>Caffeine (mg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coca-Cola</td>
<td>12</td>
<td>34</td>
</tr>
<tr>
<td>Diet Coke</td>
<td>12</td>
<td>46</td>
</tr>
<tr>
<td>Pepsi Cola</td>
<td>12</td>
<td>38</td>
</tr>
<tr>
<td>Jolt Cola</td>
<td>16</td>
<td>160</td>
</tr>
<tr>
<td>Dr. Pepper</td>
<td>12</td>
<td>41</td>
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<tr>
<td>Mountain Dew</td>
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<tr>
<td>Red Bull Energy Drink</td>
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<td>80</td>
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<tr>
<td>Monster Energy Drink</td>
<td>16</td>
<td>160</td>
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<tr>
<td>Starbucks</td>
<td></td>
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<tr>
<td>Grande Caffè Americano</td>
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<tr>
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<td>Iced Espresso</td>
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<td>Chick-fil-A Iced Coffee</td>
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<td>Nespresso Coffee Capsules</td>
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<tr>
<td>Coffee Instant</td>
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<tr>
<td>Coffee Decaf Instant</td>
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<tr>
<td>Chai Tea</td>
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<tr>
<td>Chick-fil-A Iced Tea</td>
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<tr>
<td>Lipton Iced Tea</td>
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<tr>
<td>Hershey’s Chocolate Milk</td>
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<td>5</td>
</tr>
</tbody>
</table>

103 Source: caffeineinformer.com and Starbucks.
SUGAR

Sugar is a mild stimulant drug that is found naturally occurring in almost all plants and in high concentration in fruits.

Sugar is refined from the extract of the sugarcane and sugar beet plants.

Refined sugar is frequently pushed by Society from your breakfast cereal to your lunch soda to your after dinner desert. Try greatly reducing the amount of refined sugar in your diet. Instead switch over to cornflakes from Frosties, smoothies from sodas and fruit from candy bars.

The main danger of a high sugar diet is heart disease. Heart disease has been proven to exist as a proportional relationship to dietary sugar (the more sugar you eat the more prone you are to heart disease) regardless of age, sex, physical activity level or body-mass index (a measure of weight). The other dangers of a high sugar diet include obesity, tooth decay, high blood pressure, mood swings and diabetes.¹⁰⁴

The American Heart Association recommends consuming less than 100 calories (6 tsp) of added sugar per day for women and 150 calories (9 tsp) for men. This means a single can of regular soda with its 9 teaspoons of sugar would put most people over their daily limit.

2-in-5 American adults are obese. Obesity can cause heart disease, stroke, type 2 diabetes and certain type of cancer.¹⁰⁵

¹⁰⁴ Sources: Harvard Medical School blog, February 06, 2014 quoting the American Medical Association.
¹⁰⁵ Source: Centers for Disease Control and Prevention (CDC): Overweight and Obesity.
Heart disease is the leading cause of death. It is to blame for 1-in-4 deaths.\textsuperscript{106}

\textsuperscript{106} Source: Centers for Disease Control and Prevention (CDC): Heart Disease.
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**.

**Prescription drugs kill 200,000 Americans every year.**

See the deaths of musician Michael Jackson and actress Brittany Murphy.

Try [www.rxlist.com](http://www.rxlist.com) for info on pharmaceutical meds.

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107 Source: Vanity Fair magazine, December 02, 2010.
“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 or shorter than the norm for your gender or your position in their society. 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 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, goddamnit.”

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. 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\textsuperscript{108} 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 dis-ease is a state where one finds one’s imperfect situation unbearable and dominating energies ingressing so it’s probably exacerbated if you’re a 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 condition. Attack wants you to communicate with external, it’s the norm for Society to be

\textsuperscript{108} \url{www.tourette.org}
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.

Guru Monxy has spent time in prison for being outside where communication with law enforcement was difficult. See appendix VI: Autobiography. 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
Guru Monxy

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 mine).

“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, American 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, American movie director
PART III: ISSUES

NB  If you’re not part of the solution, you’re part of the problem.

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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 (495-429 BC),
Ελληνικά (Ellinika or Greek)
Athenian statesman,
Translated from the Ελληνικά

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• Free Land 547
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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 and leather 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 concerningy, 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.
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.

An easy starter into this lifestyle is simply taking a five minute break for some ‘self time’ between doing tasks. Sit and be peaceful. Maybe listen to some meditation music on YouTube or Spotify. Let your thoughts start to calm down a little. Let your vibe calm down a little. Be still, mellow out, chillax for a mo’.

There are plenty of different approaches to meditation. The ultimate aim is to bring your focus to yourself 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 mine 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 focusing 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 yourself to consider recent events. What others said and did with you and how you interacted or at least how Attack showed you interacting. Give yourself time to plan your life and to prepare both mentally and physically for your planned events.

**The candle that burns twice as bright burns for half as long.** Riding a bicycle at 10km/Hr is fun and safe. You can feel the wind in your hair, see the landscape pass by, maybe feel the drizzle of rain on skin. Riding a bicycle at 50km/Hr is idiotically dangerous. You can feel more wind in your hair, see more landscape pass by yet in less detail and the rain stings your skin. But you are risking your neck, your own security, for this more extreme experience. You lose the subtleties of the experience.
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. This is also known as consciousness expansion.

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 (1931-2019), American spiritual leader And cohort of Tim Leary

It takes more than a catchphrase to get your consciousness centered on the now. You need to get into the routine, the habit of doing the mental visualizations I discuss. Like visualizing yourself in the now, in the present moment in terms of your larger timeline. In fact, your entire timeline. Spanning all of your existence since conception. Spanning your lifetimes of being human. Spanning your lifetimes of being alive. You need to be not just in the now but also right here. You need to visualize your current location. The furniture
you’re sitting on right now. In the room you’re in right now. In the building you’re in right now. In the area, of the city, of the county, of the state, of the country, of the continent, of the hemisphere, of the planet, of the solar system, of the galaxy, of the universe, of the one and only, all-encompassing omniverse you’re in right now. You get the picture. Stay aware of this; your moment now in your location now. In the context of your timeline. Both where you’ve been and where you’re headed to. It all has an effect to a greater or lesser degree on you. The you that’s now. Right here. Right now.

Use the affirmation, ‘I am here now.’ I. You. All that is you. All your experience. All your achievements. All your wisdom. All your personality. All your possessions. All your groups. Etc.. See chapter Self.

Today is the best day of your life. I 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. You’re not delusional, you’re not schizo, you’re simply becoming reacquainted with ancient levels of awareness of reality. Movies that show

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 yourself.

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 any way you can and focus on appreciating your insight. If people are too fearful to want to
see the truth of their reality then I 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. I choose the truth even when it’s a hard pill to swallow. That’s my 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 beside 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 testicles 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 adds 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 handrail or shaking hands. In 2020 Homo sapiens experienced a virus, SARS-CoV-2 (coronavirus) and its resultant disease COVID-19. Everyone had micro-sized lifeforms thrust into their awareness. We had a new round of education about how germs from everyday speaking can travel 2m (6') and 9m (30') from a cough or sneeze. How hands collect germs then spread them into the body via the mouth. How handwashing and hand sanitizers help prevent this intake. It’s good advice. 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 you 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.

Be aware of the wondrous taste of the food you eat while you’re in the process of eating it. Be in the moment. Be in the experience. It’s Attack that steals your attention away from the now to other places and other times.

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.

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“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\textsuperscript{110},

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

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

\textsuperscript{110} Source: snopes.com
**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 yourself!**

Of course, this rebirthing takes time! But it makes you sure of yourself, 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 yourself, 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 yourself.** 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.
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 America and just “god bless the Queen” in the UK is immense. The “long live the king” banners on แท็กซี่ (Thai) taxis is so fundamentally different to America’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.

Every peoples deserve a civil structure, a government, which protects the populace.

A caring government institution which provides a civilization for its population. A Universal Basic Infrastructure. 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 (Universal Basic Income) 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. However it is immensely important who the figurehead is for they get to direct the key policies of the government.

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. ¼ 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. If a 24 year old woman didn’t know about the dangers of STDs then maybe they shouldn’t be allowed to have sex. The government already controls which people are permitted to with their age of consent laws. If a 21 year old man had mental retardation then maybe they shouldn’t be permitted to buy a hyper realistic, gory war game. If a 19 year old woman was proven to be too easily swayed by charisma and knew next to nothing about politics then maybe they shouldn’t be permitted to vote until they’ve learned to think for themselves and educated themselves to a basic level in politics.

Nation states need to primarily act for their own causes, not anyone else’s. Knowing they’re unique, special and different from everyone else. Once that’s established they can cooperate with their neighbors. 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), etc. and go off and fight wars in other countries (like against the Nazis and Daesh
We are all primarily citizens of our home countries but also members of the human race; all global citizens together on our shared planet. (Borders are necessary, migration must be controlled, homogeneity of nation states must be preserved, and foreign aid is criminal.)

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 my family on our homestead, the Jewish peoples, Tibetans, Catalans, Kurds, Amish, 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 bear arms against a tyrannical government.

“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. I mean the basic human rights of freedom from tyranny, slavery, torture, etc.. I 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 WWIII 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 aside from tax, for example no military service or draft-able status.

Countries should be as self-supporting as possible. Otherwise they are literally helping ‘the enemy’. For example Apple, America’s largest business, manufactures their American 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 American jobs and increasing American GDP (gross domestic produce) to strengthen the economy of America. Instead they are literally financing a country which is in a cold war with America. Frequent 中文 (Zhongwen or Chinese) cyberwarfare attacks are experienced by America. 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, 台湾 (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 America 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 America 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 pacificist 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. See chapter Individuality. The charter of the United Nations (the UN), of which 193 counties 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.

Nation is the group of people living together. They may share the same culture, language and history. State is the country they live in. You can have a stateless nation like the Palestinians or Tibetans. You can have multiple nations living in the same state like Hindus and Muslims living side-by-side in भारत (Bharat or India) before the creation of ناتسکاپ (Pakistan). Being an ethno-nationalist means being for the nation states of the world; nations living within their ancestral homeland states, advocating national independence and strong national self-governance. Civic
nationalism accepts people of all ethnic backgrounds who have migrated from other nation states. Most civic nationalists don’t, for instance, see the evil of replacement migration. See chapters *Ethnicity and Tribes*.
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...
RIGHT TO BEAR ARMS

Every citizen has an inherent right to defend their self and their family. This includes the right of the populace to defend itself against a tyrannical government.

This means weapons like hand guns must not be prohibited, enabling protection from evil fellow citizens. This also means weapons like automatic rifles must not be prohibited, enabling protection from evil government agents.

This is the most important, fundamental right of a citizen. For without it they cannot defend their other rights.

Concealed carry rights should not be withheld without good cause. The best weapon to legalize for concealed carrying is the gun yet also important are both the knife and the defense spray (pepper & tear gas).

Pocket knives that lock open and can be used to defend oneself from attack, say with a blade a 8cm (3”) long, should be legal to be carried in public. Humans have been crafting metal knives for 5,000 years after all and stone ones for ages before that.

Once a child has the maturity to carry a defense spray safely they should be legally empowered to do so, say by age 12. Then they can protect themselves from attacks like muggings or rape.

The rights of the individual are of no less importance than the rights of the masses. See chapter Individuality. The charter of the United Nations (the UN), of which 193 counties 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
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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.
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.

The land belongs to the people. The government has no right to arbitrarily veto the staking of a claim to a fair sized parcel of unclaimed land, say an acre per person. This is large enough to live comfortably on, away from major disturbance from neighbors and sizable enough to grow a subsistence farm to feed oneself.

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

“If liberty means anything at all, it means the right to tell people what they do not want to hear.”

George Orwell (Eric Arthur Blair) (1903-1950), English novelist

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.

There’s no such thing as Hate Speech. If communication offends you then simply turn off the communication; stop reading the article or Tweet or change the TV channel. The preference of hate; extremely not wanting something in your life, although unfriendly, is a natural state of mind which should be inherently protected by law. See chapter Hate.

“He who dares not offend cannot be honest.”

Thomas Paine (1737-1809), American political activist and theorist, philosopher, and revolutionary

The only type of speech that should be prevented is speech promoting criminality, like terrorist propaganda inciting violence.

Mega corp monopolies like Twitter, Facebook and YouTube are the de facto modern town square and should be compelled by law to grant legal free speech to all their users. Their 2010s banning and deplatforming of users simply for their political ideology is morally reprehensible and should be illegal.
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 American 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, abducted from the ไทย (Thai) Sin City พัทยา (Pattaya) was the only one still in custody a year later.

By mid-2017 conservative speech was being censored en masse from the major social platforms. Google’s YouTube was even taking action against speech that didn’t even breach its own terms & conditions, instead only if it were deemed ‘controversial’. Facebook, Twitter, Patreon, PayPal, Google Play and even website hosts and domain registrars were deplatforming people and organizations they considered undesirable.

“If the SPLC and ADL, with their (growing) list of “hate groups” are going to be the arbiter for approved online speech, we have reached a very scary place in this country. It will be the end of the Internet as we know it and America will be no better than totalitarian China and N. Korea.”

Is Google Working with Liberal Groups to Snuff Out Conservative Websites?, Paula Bolyard, PJ Media news, August 19, 2017
Everyone deserves the right to learn. **The right to knowledge is inherent.**

Denial of this freedom comes solely through paranoid fear. Probably 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, videos 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\textsuperscript{th} 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.**
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 during a surgical procedure called circumcision. 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\(^{111}\) (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. In 2018 Íslan\(d\) (Iceland) banned male circumcision.

The West can teach Islam, by example, how to modernize. As the West, being a 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

\(^{111}\) www.who.int
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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.
Enlighten Your Life

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. Excluding public monopolies who as de facto public utilities must provide to all with only censorship of criminal speech not political ideology. No anti-discrimination laws that affect anything outside of the government itself. No seat belt laws. No anti-self-medication 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 yourself. 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 overstepping 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. Yet not in enclosed public spaces. That everyone has the right not to be forced to wear a seat belt, even knowing that they protect you. Yet not to prohibit your kids buckling up. 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. Yet not to feed hash brownies
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surreptitiously to your GF. **That everyone has the right to self-medicate, even knowing that it could be dangerous to health.** Yet not a right if you’re breastfeeding and would be pushing it on your kid.

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. For instance in 日本語 (Nihongo or Japanese) Yakuza organized crime society the cutting off of one’s own finger in penance is an accepted practice. 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.*
Everyone has the right to privacy.

A private life is an inherent right that must be protected from the paranoia of nosy people.

America’s 4th amendment guarantees a level of privacy over yourself, your homes, your vehicles and your possessions that requires probable cause of criminality to override.

Privacy 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.

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 (Digital Signature Standard/Diffie-Hellman) 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 20th bit. This process is definitely complex but you’re building yourself 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, plus the websites you visit won’t see where you’re located. 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. Make sure you’re using a VPN which doesn’t store logs. Then even governments wouldn’t be able to check your internet history. VPNs also secure unsecured Wi-Fi connections.
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.
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 a few cents 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). Not including prisoners 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.¹¹²

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**

s\textit{cope} and include electronic devices, cobalt for electronics, cocoa, fishing, mining and textiles.

Using other animals as slaves is also immoral.
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.

A C21 University of Colorado study showed 88% of leading American criminologists agree that the death penalty is not an effective deterrent. People violent enough to kill will do so whether there’s a death penalty in effect or not.

In the 40 years between 1976 and 2016 there were more than 1,400 legal executions in America. This is a civilian life taken by the American government every 10 days. More than ⅓ took place in Texas.

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 America there’s no death penalty in 18 states plus the capital’s District of Columbia and the territory of Puerto Rico; Alaska, Connecticut, Hawaii, Iowa, Illinois, Massachusetts, Maryland, Maine, Michigan, Minnesota, New

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Jersey, New Mexico, New York, North Dakota, Rhode Island, Vermont, West Virginia nor Wisconsin.\textsuperscript{115}

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\textsuperscript{th} Amendment. Why they didn’t feel this extended to include adults is a mystery.

\textsuperscript{115} Source: Death Penalty Information Center, www.deathpenaltyinfo.org
COMMUNISM

Communism is a political and economic doctrine. Politically it’s far left wing. It’s a form of massive government. The state owning all major industries and all property, even people’s housing. It was promulgated by Karl Marx in C19 although it dates back to Plato in C4 BC. Although an atrocious, totalitarian system in practice its principle of “From each according to his ability, to each according to his need” appears philosophically positive in theory. Communist political systems have only one party so no one gets to vote for their leader. They tolerate no opposition and barely any dissent. Obviously, it’s a breeding ground for dictators. Communist countries include 中国 (Zhonghua or China), 조선 민주주의 인민 공화국 (DPRK or North Korea), Cuba and Việt Nam (Vietnam), and historically Россия (Rossia or Russia) in what was the CCCP (Soviet Union or USSR). In C20 one third of the world’s population was under communist rule. 中国 now has an almost totally capitalist economy.¹¹⁶

The largest mass deaths in history have been committed in the name of communism. Communist leader of CCCP Joseph Stalin’s rule led to the deaths of 20 million people. Communist leader of 中国 Mao Zedong’s rule led to the death of up to 70 million people. Communist leader of Kampuchea (Cambodia) Pol Pot’s rule led to the death of over one million people.¹¹⁷

“We’ve kind of got to tell a lie. We’ll go back into history and there will be black people where, historically, there wouldn’t have been, and we won’t dwell on that. We’ll say, ‘To Hell

¹¹⁶ Source: Encyclopædia Britannica: Communism.
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with it, this is the imaginary, better version of the world. By believing in it, we'll summon it forth’.”

Steven Moffatt,
BBC (UK government) TV executive producer and writer,
BBC news, June 03, 2016

Cultural Marxism, born of the Frankfurt School’s Critical Theory, includes theories such as Social Justice and feminism. Cultural Marxism sees the struggle between the oppressors and the oppressed. The majority group is generally seen as privileged and oppressive while the minority is seen as under-privileged and oppressed. Heterosexual people, it says, are oppressive. Cisgender people, Whites especially men, and Christians are seen as oppressive. Everyone else is oppressed. Their solution is to bolster the oppressed. To combat heterosexual oppression they promote other forms of sexuality. The same thinking leads to pushing respectively transgenders, racial diversity and Judaism & Islam. Differing views are described as irrational fears or phobias. For example a woman who feels uncomfortable living in an area dominated by Muslim migrants is described as an Islamophobe, since wishing to live amongst those culturally and ethnically similar to oneself (as is the norm) is considered sick and phobic, instead of seeing it truly as very natural and understandable.

Marx himself, Trotsky and the Frankfurt School’s founder Grünberg and prominent figures Weil, Lukács, Horkheimer, Adorno, Fromm and Marcuse were all Jewish.

Antifa (anti-fascists) is a violent, communist organization. They took their logo directly from the Communist Party of Deutschland (Germany). In 2020, as they were on the schedule to be listed as an official terrorist organization, they outed themselves as far left wing

118 See the excellent biopic, ‘The Architects of Western Decline’ by Vertigo Politix.
anarchists by annexing six blocks of Seattle, Washington and naming it CHAZ, the Capital Hill Autonomous Zone. Murders were committed inside its borders. It was peacefully reintegrated into the USA a few weeks later.

“In Italia i fascisti si dividono in due categorie: i fascisti e gli antifascisti.”
Translated from Italiano (Italian) as:
“In Italia (Italy) there are two types of fascists: fascists and anti-fascists.”

Ennio Flaiano (1910-1972), Italiano writer

SJWs (Social Justice Warriors) fall into two, mutually reinforcing aggressive types; PC Authoritarians and PC Egalitarians. The authoritarians have a low verbal intelligence, a heightened disgust response and emotional disorders like anxiety, depression and OCD that are usually triggered by their disgust of moral impurity. They act like anxious, emotional children and have a similarly immature understanding of language and morality. They are almost too fragile to function.

The PC egalitarians are different and show how good, natural urges can be perverted. They show high verbal intelligence and extremely high levels of empathy. They have the psychological makeup of extremely clever, nurturing mothers. Their problem is they lack the judgement of how to utilize their skills. Most PC egalitarians have met and cared for people who have experienced some form of “oppression”. Consequently they had formed a mothering bond with them. They saw them uncritically and with a willful incapacity to believe that they could do any wrong. They then treat the PC authoritarians, whose emotionally childlike cries of victimization appear to show them in pain, like their own crying toddlers. They find rationalizations for the authoritarians’
behavior and demands, excuse their wrongs and instinctively and ferociously attack anyone threatening them.⁸¹⁰

⁸¹⁰ Sources: Psychologist Dr. Jordan B. Peterson, Christine Brophy and Lauren Southern from Barbarians book by Lauren Southern and Where Do SJWs Come From? video by TheRebel.media.
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).**

Hitler was not right. Hitler was wrong. Hitler was a coke head, a cocaine addict. He was a greedy aggressor, a megalomaniac with an aim of global domination. He wasn't a self-satisfied ethnonationalist content in his own (adopted) homeland. He also wanted France, Britain, Italia (Italy), etc.. He incited war, brother war, Whites against Whites.

**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.

It’s a literal crime in 14 countries to question the official narrative of the holocaust.

**The aggressors targeted their neighboring countries and slaughtered their neighbors both in Europa and in Asia.**

‘Official’ estimated total deaths from WWII for the 20 worst hit countries are, alphabetically:\(^{121}\):

**Allies (Goodies):**

- 24,000 Australia
- 88,000 Belgie (Belgium)
- 38,000 Canada
- 230,000 Československo

---

\(^{121}\) Source: Encyclopædia Britannica: World War II.
<table>
<thead>
<tr>
<th>Country</th>
<th>Population</th>
</tr>
</thead>
<tbody>
<tr>
<td>Czechoslovakia</td>
<td>560,000</td>
</tr>
<tr>
<td>France</td>
<td>410,000</td>
</tr>
<tr>
<td>Ελλάδα (Greece)</td>
<td>210,000</td>
</tr>
<tr>
<td>Nederland (Holland)</td>
<td>120,000</td>
</tr>
<tr>
<td>Pilipinas (The Philippines)</td>
<td>5,800,000</td>
</tr>
<tr>
<td>Polska (Poland)</td>
<td>5,800,000</td>
</tr>
<tr>
<td>Россия (Russia)</td>
<td>18,000,000</td>
</tr>
<tr>
<td>The United Kingdom</td>
<td>360,000</td>
</tr>
<tr>
<td>The United States</td>
<td>300,000</td>
</tr>
<tr>
<td>Yugoslavia</td>
<td>1,500,000</td>
</tr>
<tr>
<td>中国 (China)</td>
<td>1.3~20+M</td>
</tr>
</tbody>
</table>

**Axis (Baddies):**

<table>
<thead>
<tr>
<th>Country</th>
<th>Population</th>
</tr>
</thead>
<tbody>
<tr>
<td>Deutschland (Germany)</td>
<td>4,200,000</td>
</tr>
<tr>
<td>Magyarország (Hungary)</td>
<td>490,000</td>
</tr>
<tr>
<td>Italia (Italy)</td>
<td>490,000</td>
</tr>
<tr>
<td>日本 (Japan)</td>
<td>2,000,000</td>
</tr>
<tr>
<td>România (Romania)</td>
<td>500,000</td>
</tr>
<tr>
<td>Suomi (Finland)</td>
<td>84,000</td>
</tr>
</tbody>
</table>

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

**Every** player played their part. **Every voter played their part. Every fellow citizen not acting against their government in 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.**

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122 Source: Hitler – The Rise and Fall, TV 6-part documentary shown on UK channel More Four in 2016.
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 ¾ 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\textsuperscript{123}

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, \textit{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 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 America, 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. \textbf{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 \textit{only 10 years imprisonment} up to death by hanging. The crimes were:

\begin{itemize}
  \item Crimes against peace (starting war in violation of international treaties),
  \item Crimes against humanity (genocide, exterminations and deportations),
  \item War crimes (violations of the laws of war),
  \item Planning and conspiring to commit the above crimes.
\end{itemize}

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. \textit{Only 28 日本語 leaders were charged. Their emperor and all the other members of their monarchy were not prosecuted.} \textit{~50 suspects were}

\textsuperscript{123} Source: Inside The Third Reich: Memoirs book by Albert Speer, p. 115.
released within two years including one who later became their Prime Minister.\textsuperscript{124}

Only \textasciitilde5,700 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 America. Their prosecutions included charges of prisoner abuse, torture, rape, 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. \textbf{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 (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. Although the Potsdam Agreement and other global political policies did enable financial reparations. The Allies were also accused of war crimes, notably for the fire bombing of Deutsch civilians in Dresden. The Deutsch Red Cross section dealing with tracing WWII Deutsch captives says that 1.3 million Deutsch POWs in Allied custody are still officially listed as missing.\textsuperscript{125} Hundreds of thousands of captured Deutsch were used as slave laborers for years after

\textsuperscript{125} Source: Stern (DE) news, March 14, 2005.
the war. 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.

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 nor evolved beyond.** 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 ¾ 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.

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Humans are pack animals, tribal animals. Seeing the world in terms of groups or tribes is extremely important. See chapter Group ($\Sigma$). The most obvious tribes are those formed by race, then those by local ethnicity (and language). Also very relevant are tribes formed by ideology, mainly religions. **Anyone not of your tribe is an alien.**

**The West is traditionally a White, Christian society.** White, Christian society built the West.

Recently, aliens have increased in number. Aliens have immigrated in greater numbers since the 1960s. *Multicultural Western megopoli might seem normal to today’s youth but they were very, very different places only 60 years ago.*

Most races have a very strong tribal identity. It is commonplace for Society to look favorably upon, for instance, a Hispanic enjoying his Hispanic pride. In recent times it has been decreed by Cultural Marxists (*see chapter Communism*) as ‘racist’ for Whites to celebrate White pride and rejoice in White culture, achievement, tradition and history. This is part of the modern war on Whites. **In 2018 there were global posters going up declaring that “It’s OK to be White,” and these were classed by many as ‘racist’. It’s OK to be White. It’s OK to be Negro. It’s OK to be whatever race you are. Being proud of your White heritage is not racist and is not legitimate grounds for someone else taking offense.**

“White people have stopped breeding. You’ll all go extinct soon. This was my plan all along.”

Sarah Jeong,
New York Times editorial board,
Tweeted on August 16, 2014
There’s an old saying that goes ‘if you’re not with us, you’re against us.’ These alien groups actively campaign for their own group interests. This implicitly is against the interests of the native population. Many aliens actively support White genocide and the multiculturalization of the West. As aliens almost always vote left wing this makes left wing political parties have immense gain in promoting and supporting alien immigration.

Almost half of the population of America’s five largest cities (67 million people) do not speak English at home, instead choosing their native language. Of those speaking a foreign language at home, 39% admitted to the government that they speak English less than very well. In the countryside just 8% speak a foreign language at home.

**Difference together with proximity causes conflict.** There is a modern cultural mantra, “diversity is our strength.” No one can prove its validity. It is a catchphrase used by the elites to program the acceptance of White genocide. Diversity means less straight, White people. The White race has enough diversity. It has Έλληνες (Ellines or Greeks), Albaic (Scots), Polacy (Poles), Svenskarna (Swedes) and plenty more. It has different languages, alphabets, music, dress, foods and cultures. It has black hair plus different shades of brunette, red and blond hair. It has brown eyes and the different eye colors of blue, grey and green eyes.

**Negroes**

Negroes are an alien race that has assimilated well into Western culture. They speak the English language. They share the Christian religion with America’s founding stock. They actively promote their own in-group interests.

**Hispanics**

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Hispanics are an alien race that speaks a different language. They share the Christian religion with America’s founding stock. They actively promote their own in-group interests. Hispanics are quickly becoming the predominant race in America by immigrating from Méjico (Mexico) and having many children. Often, they simply walk across America’s southern border with Méjico which is possible because there is no border wall. In 2018 President Trump was still planning on building a wall along the Mexicano (Mexican) border as he had promised to do for years. By 2018 there was an estimated 10-30 million illegal aliens living in America. Most of these illegals were costing the law abiding, native taxpayers money by claiming government monies for living expenses, housing, education, healthcare and food. There was a culture that accepted and rewarded their illegal behavior by declaring cities and even states as sanctuaries for illegal aliens. Many illegal aliens were eligible to drive and even vote in American elections. Illegal aliens made up 29% of federal prisoners.\textsuperscript{128}

Jews

Jews are an alien race with their own religion (Judaism) and their own languages (Hebrew and Yiddish) with their own script (Hebrew). DNA tests can discern Jewish Ashkenazi heritage. Jews actively promote their own in-group interests. They are immensely over represented in most White Collar fields due to their high intelligence and in-group preferential hiring practices. For instance, Jews are less than 3% of the American population yet occupy three seats (33%) of the nine on the Supreme Court.

“Who do you think *owns* the press? Hello.”

Elon Musk,
American entrepreneur,
Twitter,
May 27, 2018

\textsuperscript{128} Source: Center for Immigration Studies, December 26, 2017 using Department of Homeland Security (DHS) statistics.
Jews have their own ethnostate called לארשי (Yisra’el or Israel). It is only three quarters Jewish and one fifth Arab although Arabs are treated, even legally, as second class citizens. To emigrate to לארשי you need to prove Jewish heredity. To marry a Jew in לארשי you also need to prove Jewish heredity. See chapter Ethnicity. They have extremely strict border controls and a border wall to prevent illegal immigration.

On social media Jews and Jewish influence are denoted by enclosing the name or word in ((triple parentheses))). Goy, plural goyim, is a term used by Jews to refer to non-Jews. It is argued to mean cattle. ZOG (Zionist Occupied Government) refers to a culture of Jewish corruption from within Western governments. A culture serving Jewish interests and attacking the established White hegemony. The Jewish Question (JQ) refers to the immense Jewish influence on Society. This primarily comes from Hollywood movie studios and news media corporations being Jewish owned. Of great concern is the Jewish influence on the 1965 Hart-Celler Immigration and Nationality Act and the subsequent mass immigration that this enabled. The globalist, open borders agenda is pushed in C21 with immense financial backing, $10s billions, by elder Jew George Soros and his Open Society Foundations.

Social media megacorps use Jewish group the Anti-Defamation League (ADL) as their censor for all matters. It is said that to tell who rules over you simply look to who you cannot criticize. Holocaust denial or in other words simply questioning Society’s official version of history is literally a crime in 14 countries. The modern culture of Jewish, Cultural Marxist censorship has lead to Facebook censoring even just a photo of Ayla ‘Wife With A Purpose’ Stewart because she’s a White, traditional, Christian

129 “The goyim are not human they are beasts,” Baba Mezia 114b, The Talmud (Jewish bible).
housewife and homeschooling mother of six. This is who they’re afraid of. And these are the infringements upon the First Amendment that they’re more than willing to make. Red Ice TV was banned by their payment processor for selling a t-shirt quoting the Dalai Lama. Conservative movie star James Woods was banned from Twitter. Facebook keeps a list of undesirables, which includes popular political pundit Paul Joseph Watson, and upon whose members they permit illegal harassment on their website.

**Jews were behind the scuttling of the American populace with the Hart-Cellar act.**

**Jews were behind the scuttling of the American culture by Cultural Marxism.** Both at its conception in the Frankfurt School and nowadays in its propagation using their heavy influence on multimedia religion.

Antisemitism is a term used to outlaw criticism of Jews.

**Historically, the Jews have been expelled from countries 109 times.** When you are expelled once it could be someone else’s fault or a mistake, when it’s 109 times...
**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. My aim is to educate and give the reader food for thought. Peace.

“The only thing necessary for the triumph of evil is for good men to do nothing.”

Edmund Burke (1729-97), British philosopher and statesman

**The Straight, White, Christian West**  
**Versus**  
**Communist Cultural Marxists**

There is a culture war in the West that has been raging for several decades already. *See chapter Communism.* Communist Cultural Marxists play a central role in sabotaging the predominant Western culture, the traditional Western culture; that of a straight, White, Christian, male dominated populace. They disagree with the scientific binarism of gender and state they believe in as many as, say, Facebook’s allowance of 58 genders.¹³⁰ Gender Dysphoria is a mental health disorder listed in the industry standard DSM IV. These (communist) Cultural Marxists have immense influence in government to the level where it is illegal in, for example, New York City and all of Canada to refer to someone by their biological gender pronouns rather than by their chosen personæ’s.¹³¹ In the Big Apple the ‘perp’ faces fines of up to $250,000 for “mis-gendering” someone by not using newly constructed words such as zie/hir, ey/em/eir and co.¹³²

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¹³¹ Source: Canada’s Federal Bill C-16.  
Islam: The Issue

“If you worship your enemy you are defeated,
If you adopt your enemy’s religion you are enslaved,
If you breed with your enemy you are destroyed.”
King Πολύδωρος (Polydoros) of Sparta, Ελλάδα (Elláda or Greece)

Islam itself is a terrorist organization. It incites murderous violent 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, Nederlands (Dutch) politician Geert Wilders and WWII British PM Winston Churchill who’ve implied it, have had the guts to call 1 ⅓ 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. I 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 ایران (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. (Daesh or Islamic State), the Taliban, the 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.

In 2016 (pronounced Da’esh) controlled land, a caliphate, the size of a country and had 50,000~260,000 soldiers (which is possibly more than for instance the Taiwanese military). They governed 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 조선민주주의인민공화국 (DPRK or North Korea) or possibly even ناتسکاپ (Pakistan). They have control of official ایروس (Suria or Syrian) passport manufacturing machinery which means that they can invent false identities for their soldiers posing as بروس refugees who then get into position worldwide as terrorist sleeper cells.

The white on black flag of شعاد has as its top slogan: حللا هللا الإ There is no god but Allah.

And its central slogan:
دمحم لوسر هللا 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 شعاد. 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 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 therm. 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

There are 1½ billion Muslims and 6 billion non-Muslims and we must all live in peace and harmony together.

President Al-Sisi of رصم (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, usually 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:

133 www.amnesty.org
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.

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134 Source: quran.com
**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\(^{135}\) 3:48:826 “The Prophet said, “Isn’t the witness of a woman equal to half that of a man?” The women said, “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 an 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**

\(^{135}\) Source: quranexplorer.com, the top search result for the Bukhari passage reference.
population. Not every country was surveyed. The popular support in these countries in decreasing order of popularity is:

<table>
<thead>
<tr>
<th>Country</th>
<th>Support Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Afghanistan (Middle East)</td>
<td>99%</td>
</tr>
<tr>
<td>Iraq (Aleiraq or Iraq)</td>
<td>91%</td>
</tr>
<tr>
<td>Palestinian Territories (Middle East)</td>
<td>89%</td>
</tr>
<tr>
<td>Malaysia (South East Asia)</td>
<td>86%</td>
</tr>
<tr>
<td>Niger (Central Africa)</td>
<td>86%</td>
</tr>
<tr>
<td>Pakistan (West Asia)</td>
<td>84%</td>
</tr>
<tr>
<td>Morocco (North Africa)</td>
<td>83%</td>
</tr>
<tr>
<td>Bangladesh (Central Asia)</td>
<td>82%</td>
</tr>
<tr>
<td>Djibouti (East Africa)</td>
<td>77%</td>
</tr>
<tr>
<td>Thailand (South East Asia)</td>
<td>74%</td>
</tr>
<tr>
<td>Egypt (North Africa)</td>
<td>74%</td>
</tr>
<tr>
<td>DR Congo (Central Africa)</td>
<td>72%</td>
</tr>
<tr>
<td>Indonesia (South East Asia)</td>
<td>71%</td>
</tr>
<tr>
<td>Jordan (Middle East)</td>
<td>71%</td>
</tr>
<tr>
<td>Nigeria (Central Africa)</td>
<td>66%</td>
</tr>
<tr>
<td>Uganda (Central Africa)</td>
<td>65%</td>
</tr>
<tr>
<td>Ethiopia (East Africa)</td>
<td>65%</td>
</tr>
<tr>
<td>Mozambique (South Africa)</td>
<td>64%</td>
</tr>
<tr>
<td>Kenya (East Africa)</td>
<td>63%</td>
</tr>
<tr>
<td>Mali (West Africa)</td>
<td>58%</td>
</tr>
<tr>
<td>Ghana (West Africa)</td>
<td>56%</td>
</tr>
<tr>
<td>Tunisia (North Africa)</td>
<td>55%</td>
</tr>
<tr>
<td>Senegal (West Africa)</td>
<td>53%</td>
</tr>
<tr>
<td>Cameroon (Central Africa)</td>
<td>51%</td>
</tr>
<tr>
<td>Liberia (West Africa)</td>
<td>51%</td>
</tr>
<tr>
<td>Russia (Rossia or Muslim Areas)</td>
<td>42%</td>
</tr>
</tbody>
</table>

NB This is four Middle Eastern, five Asian and 16 African countries.

Orthodox hardliners, Sunni Muslims, comprise 70% of the Muslim population (including Daesh or Islamic State) and Almamlakat Alearabiat Alssaeudia or Saudi Arabia) while 30% are Shiite Muslims (like in Iran).

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136 Source: Pew Research Center.
137 Source: 2016 Ifop poll published by Journal du Dimanche of 1,029 people over 15 years of age.
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 Qaeda. It is prevalent in Qatar (Dawlat Qatar or Qatar) and Egypt (Al-Imārāt al-'Arabiyyah al-Muttaḥidah or United Arab Emirates (UAE)). 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, Belgie (Belgium), Danmark (Denmark), Österreich (Austria) and some regions of Schweiz (Switzerland), Italia (Italy), España (Spain) and elsewhere. There are partial bans in Deutschland (Germany) and Nederland (Holland). They are mandatory in all of them. Other Muslim hijabs are mandatory in all of them. 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 & 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.

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 Europan law influenced Muslim law which started secular tribunals to adjudicate. This, however, was not so on the Arabian Peninsula where Sharia

138 Source: Encyclopædia Britannica: Sunnite (Islam).
141 Source: Encyclopædia Britannica: Sharīʿah.
law is still formally applied in its entirety. In a recent example a Western woman in Dubai, 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.

“Sharia … is not a religion but a totalitarian political ideology hiding under a religious veneer.”

Andrew C. McCarthy,
National Review,
May 27, 2017

The West can teach Islam, by example, how to modernize. As the West, being a 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
Guru Monxy

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 رصم (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, as taught in the Pentateuch, the first five books of the bible (the Old Testament), 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 Society’s justice system. **Judeo-Christianity has obviously evolved, over the past few millennia, 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 Barack Hussein 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 نیلسملا نارخحالا تاعامج (Muslim Brotherhood) **terrorist organization**, was still a senior advisor to the PotUS favorite (Mrs.) Clinton. However, far more relevantly, the قدوعسلا (Saudi)-raised Mrs. Abedin worked with major نیلسملا نارخحالا تاعامج (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

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142 Source: A letter written by five members of congress.
played an 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 Secretary General, formed the Rabita Trust which is designated a terrorist organization by the American and Pakistani governments because they finance al Qaeda.\(^\text{143}\)

“The Ikhwan [Muslim Brotherhood] must understand that their work in America is a kind of grand Jihad in eliminating and destroying the Western civilization from within and “sabotaging” its miserable house by their hands and the hands of the believers so that it is eliminated and God’s [Allah’s] religion is made victorious over all other religions.”

Mohamed Akram, May 19, 1991, Muslim Brotherhood’s The Explanatory Memorandum

#IslamIsTheProblem, #BanIslam, #BanSharia, etc. are hashtags used to discuss Islam and its imperialist, warmongering ideologies on Twitter.

**The Christian West Versus Islam: The Infiltration**

You (do/shall) love your children. You love them more than your neighbors’ kids. This doesn’t mean that you hate your neighbors’ kids. It’s just that you love your own blood more. It’s OK to feel a stronger bond with others who are closer related to you than to those who are less closely related. This is ethnonationalism.

You lock your doors at night not because you hate those outside but because you love those inside. Just because

\(^{143}\) Source: Andrew C. McCarthy on C-SPAN and The New York Post newspaper August 21, 2016.
you don’t want your neighbors living in your house with your family doesn’t mean you hate them.

**Good fences make good neighbors.** A third of countries, 65 of them, have or are building border barriers.¹⁴⁴

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 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.”

¹⁴⁴† Dalai Lama, The manifestation of the Buddha of compassion, Spiritual Leader of Tibet, Frankfurter Allgemeine Zeitung news, May 31, 2016

¹⁴⁴ Source: Quebec University via Daily Mail (UK) newspaper, August 21, 2015.
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. I 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.

In Deutschland (Germany) 91% of refugees were still unemployed and on welfare three years after arriving\textsuperscript{145}. The government made spaces for 430,000 free “integration courses” in 2017 but less than two-thirds attended. Only 30% (84,000) of them went to the “career-related language support courses”\textsuperscript{146}. In Nederland (Holland) 85% of refugees were still unemployed two and a half years since they were granted work permits. Most of the refugees who found jobs were only working part-time.

“There are more than 2 million non-Westerners and more than 13 million natives living in the Netherlands yet there are already more non-Western welfare recipients”

Jan Van de Beek, Nederlands (Dutch) immigration researcher\textsuperscript{147}

Many migrants aren’t refugees fleeing a war zone but are instead simply economic migrants seeking a better life. This is fair enough but they then become subject to standard immigration laws.

\textsuperscript{145} Source: Institut für Arbeitsmarkt- und Berufsforschung (IAB) government agency.
\textsuperscript{146} Source: Bundesamt für Migration und Flüchtlinge (BAMF) government agency.
\textsuperscript{147} Source: Die Telegraaf (NL) news via Breitbart news, May 02, 2018.
Guru Monxy

“I spent six hours in the Calais Jungle. I conducted 160 interviews. I found one Syrian refugee.”

Lauren Southern for TheRebel.media,
Lauren Southern: Searching for “Syrian Refugees” in France’s “Calais Jungle” video,
June 21, 2016

In 2017 a group of activists from Europan Generation Identity groups started a crowd funded Defend Europe mission to halt human trafficking between Libya and Europa. Their inspiration included the Australian policy of “No Way” to migrants arriving at their shores by boat.

In 2015 1,350,000 non-Whites applied for asylum in Europa. In 2016 the figure was 1,290,000. In 2017 it was 707,000, still higher than in 2014, and of which only 13% were from war torn countries.\(^{148}\)

Up to two thirds of sub-Saharan Africa’s 1.1 billion population want to migrate to Europa or to the United States.\(^{149}\)

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.

\(^{148}\) Source: European Union’s European Asylum Support Office (EASO).
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; voluntary repatriation. 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 (Almamlakat Alearabiat Alssaeudia or Saudi Arabia) with its 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 (Suria or Syrian) civil war in 2011 has now forever changed the field of play. Millions of Muslims have immigrated into White 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.
Tolerance and apathy are the last virtues of a dying society.

There was an urgent necessity for massive, White, 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 White phenotype (see chapter Ethnicity). The issue has evolved into a religious war, WWIII.

A 2018 survey showed that three quarters of Deutsch (Germans) say Islam does not belong in Deutschland (Germany). Nearly nine in ten Americans feel that illegal immigration is a serious problem facing the country.

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). Hashtags used to reference this are #rapefugees and #120dB (the volume of rape alarms).

Between 2012-2017 in Sverige (Sweden) 96% of ‘assault rapes’ were committed be migrants. Migrants from predominantly Muslim countries committed 84% of ‘violent’ rapes. In a 2005 study it was five times more common to be suspected of rape as a foreigner compared to someone born in Sverige to two Svenska (Swedish) parents. In 2017 82% of girls in Uppsala, Sverige felt unsafe when they go outside. This was up from 55% in 2013. 90% of the rise in violent crime in Deutschland is attributed to young male

151 Source: Associated Press-GfK poll via Breitbart news, July 29, 2014
152 Source: Voice of Europe news, October 24, 2017.
153 Source: Stina Holmberg, a researcher at the National Council for Crime Prevention (Brå) via Breitbart news, March 21, 2018.
154 Source: FriaTider news, August 05, 2017.
immigrants.\textsuperscript{155} 87\% of Parisienne, female, public transit travelers say they have been the victims of sexual assault or harassment and an experienced, specialist, plain clothed, transit police officer stated that a “very, very large majority [are] from a North African origin.”\textsuperscript{156} British-Pakistani group the Quilliam Foundation states that 84\% (222 of 264) of people convicted in British child sex grooming (or rather, daily rape) gangs since 2005 are Asian (meaning Muslim پاکستانی (Pakistani) not 日本語 (Nihongo or Japanese)).\textsuperscript{157}

One cannot blame immigrants for legally migrating. One cannot blame immigrants for Whites 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 WWIII 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. The EU’s Counterterrorism Coordinator, Gilles de Kerchove, said in 2017 that more than 50,000 jihadists were living in Europa. It has been published that the UK has 20,000-25,000. Of those 3,000 are worrying for MI5 security services, and of those 500 are under constant and special attention. France has 17,000. España (Spain), more than 5,000. Belgie (Belgium) has 2,000 radicals and 500 have fought in Syria.\textsuperscript{158} The head of Europol, Europa’s police

\textsuperscript{155} Source: RT news, 2017, quoting government studies.
\textsuperscript{156} Source: Breitbart news, March 11, 2018.
\textsuperscript{157} Source: The Sun (UK) newspaper, December 11, 2017.
\textsuperscript{158} Source: El Mundo newspaper, August 31, 2017.
agency, Rob Wainwright, has said that 3,000-5,000 (Daesh or Islamic State) trained jihadists have now returned to Europa from war zones. They are skilled in the construction of viable IEDs (improvised explosive devices) and have expertise in assault weapons.\textsuperscript{159} 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, España, Sverige (Sweden), Suomi (Finland), Россия (Rossia or Russia), Türkiye (Turkey), مصر (Misr or Egypt), تونس (Al-Jumhūriyyah al-Tūnisiyyah or Tunisia), Florida (USA), California (USA) and of course New York (USA) (multiple times) & Washington D.C. (USA).

In 2016 Deutschland which had let in a million refugees the year previous was spending \textasciitilde$25 billion every year on their refugees, rising to $30 billion by 2020.\textsuperscript{160} 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.”\textsuperscript{161}

The Kalergi Plan is a 1925 plan of Richard von Coudenhove-Kalergi (1894-1972), a non-Jewish Jewish Supremacist who had Jewish wives and was instrumental in the founding of the European Union (EU). His plan for the systematic genocide

\textsuperscript{159} Source: Neue Osnabrücker Zeitung (DE) newspaper via Breitbart news, February 20, 2016.
\textsuperscript{160} Source: CNN news, November 10, 2015, and Reuters news, May 14, 2016.
\textsuperscript{161} Source: Reuters news, November 07, 2016.
of native Europans was outlined in his book Praktischer Idealismus (Practical Idealism).

“The man of the future will be of mixed race. Today’s races and classes will gradually disappear owing to the vanishing of space, time, and prejudice. The Eurasian-Negroid race of the future, similar in its appearance to the Ancient Egyptians, will replace the diversity of peoples with a diversity of individuals.”

Praktischer Idealismus (Practical Idealism), 1925 book, Written by Richard von Coudenhove-Kalergi

Polska (Poland), Magyarország (Hungary), Slovensko (Slovakia) and the Česká Republika (Czech Republic) have all bravely risked sanctions by refusing to accept EU imposed refugee quotas. Over 80% of Deutsche (Germans) think Deutschland mishandled the politics in regards to refugees.

The racial, ethnic, religious and cultural makeup of the world is changing radically and extremely rapidly. This is an ultra-important C21 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, perversion and megalomaniacal war.

“Young adults growing up today would rather live a life of consumerist hedonism than start a family and preserve their Western culture and heritage, and they’re free to do that, but because of this reality the problems we are facing are so much bigger than just the already terrible problem of people genuinely wanting to destroy and transform Western culture into an Islamic one. Because we not only have to deal with that, we have to deal with a sickness within ourselves and our own culture; a suicidal nihilism and pathological altruism that
is going to make it so when future generations look back on today they’re going to be astonished that we missed the warning signs. And it’s not only that we don’t try to find a solution to preserve our culture, that being things like classical liberalism, our language, our history, free speech, democracy but we willfully ignore that we have a problem at all and condemn people that try to point out that we do. We act as though terrorism is just a daily event now, and this isn’t really the fault of the general population because this doctrine is being imposed on us from on high … Bad times create strong men, strong men create good times, good times create weak men and weak men create bad times. Our politicians and leaders are those same weak men today who do not have the gall to speak out against the oncoming storm that is Islam. For fear of what? For fear of being called names, for fear of being called Islamophobe.”

Lauren Southern,
Why We’ll Forget About London video,
March 23, 2017

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 its 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, سوری (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 سوری 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 كریم (Крим 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 Russkiy (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 Europan 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 سوری; 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 سوری. 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.\(^\text{162}\)

Россия has banned the use of VPNs as these hide users’ net usage from the government.

**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 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 American 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)

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\(^{162}\) Source: Reuters news, January 11, 2017.
claimed to have been incarcerated for eight months. Another, a Svenska (Swedish) citizen, abducted from the ไทย (Thai) Sin City 行政区 (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

中国 has a country-wide internet firewall limiting, censoring, internet usage. They’ve banned the use of VPNs as these can circumvent this.

Political prisoners, especially practitioners of Falun Gong, are innocent victims of government executions in 中国 and
become the country’s organ donors. The wait for a kidney in America is five years whereas in 中国 it is under a month. It was stated by their government (the Chinese Communist Party (CCP)) that it was standard death penalty prisoners whose bodies they used but the official execution body count is only 8,000 people per year. The organs of 60,000 people per year pass through 中文 hospitals. Every single person is worth $100,000s in organs. If you’re an American cutting the waiting time by getting a 中文 organ you’re probably getting the organ of an innocent political prisoner.163

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 America. Only in 2018 with the Panmunjom Declaration and the Singapore Summit did DPRK officially de-escalate their aggression towards South Korea. DPRK started a three year war costing 2½ million lives in the early ‘50s against South Korea and allies, mainly America. 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. America 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). In July 2017 two American officials told Reuters news that 조선 민주주의

인민 공화국’s latest missile test has shown they have an ICBM (intercontinental ballistic missile) that could reach most of America. Their missile program is banned by the UN and their country is under extreme sanctions for their violation of this. Provocatively, they fired a missile over their neighbor 日本 (Nippon or Japan) in August 2017. They completed their first nuclear weapons test in 2006, prompting UNSC sanctions, and their sixth, reportedly of a miniaturized hydrogen bomb, in 2017.

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.164

조선 민주주의 인민 공화국 totally censors all global internet use. Instead it provides its own network for its citizens which in 2016 had 28 websites available.165

ناریا (Iran)

“The beautiful cry of ‘Death To America’ unites our nation.”

رینایا (Iranian) President Rouhani

ناریا 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. From 2015-2020 they had an agreement, the Joint Comprehensive Plan of Action (JCPOA), with America (until 2018), Россия, 中国, the UK, France and Deutschland

164 Source: The Institute for National Security Strategy, a research arm of South Korea’s National Intelligence Service.
165 Source: CNet news, September 21, 2016.
to halt their nuclear weapons program for a decade in exchange for their international sanctions being lifted.

According to the Country Reports on Terrorism 2018 report published by the U.S. Department of State in fall 2019, ناریا is the “world’s worst state sponsor of terrorism.” The regime has funded such international terrorist groups as Hezbollah, Hamas and the Palestinian Islamic Jihad.166

“The regime has spent nearly $1 billion per year to support terrorist groups that serve as its proxies and expand its malign influence across the globe.”

Country Reports on Terrorism 2018, U.S. Department of State, Published November 01, 2019

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 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), ليبيا 166 Source: The Epoch Times news, January 05, 2020.
(Libya) and many others have yet to learn stability, peace, liberty and diplomacy.

By 2016 America 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. 167

Also by 2016 America had 16 aircraft carriers, France and 日本 (Nippon or Japan) had four each, رصم (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 Türkiye (Turkey) had carriers under construction. 168

**The American 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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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 American Ford cars over Japanese Toyotas and Việt Nam (Vietnam) made Korean Samsung phones over Chinese Foxconn-made American Apple phones. Though weighed against Apple’s preferable American design. **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). **I’m 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. I 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
“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 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.169

“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.”

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 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 4th 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 dis-ease.

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 yourself your time back, your life back.** Which means working for yourself. 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),
American 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.¹⁷⁰ 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.

¹⁷⁰ Source: Oxfam (UK) charity, January 2016.
“Advertising has us chasing cars and clothes; working jobs we hate so we can buy shit we don’t need.”

Guru Monxy

Tyler Durden,
Fight Club (1999),
Written by Chuck Palahniuk
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. I choose the truth even when it’s a hard pill to swallow. That’s my choice.

You have been raised and still live in a 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 in close proximity 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.
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 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, Infowars),
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 American 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 American presidential election. The CIA (Central Intelligence (spy) Agency) concluded that Россия (Rossia or Russia) intervened in the 2016 American election to help PotUS Trump get elected (without evidence PotUS Trump called this “ridiculous”) and undermine confidence in the American
electoral system and the Western concept of democracy by promoting extremists.\textsuperscript{171}
This acronym formally expands to Bondage, Dominance and Sadomasochism.

I 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 yourself 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 thieve 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 I call Attack THID; They Have, I 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.

Studies have shown that people do more online shopping the more crowded their public transport. They're raising their pleasure level because they're unhappy being in cramped surroundings. They're also raising their social status level because they feel forced to be part of a strange, new albeit temporary group.

**When energy attempts to dominate you, if it's your own group energy then it creates a reaction of fear, cowering and trembling. But if it's external energy attempting to dominate you then this correctly leads instead to hate.**

Coming of age 18 year olds in America 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

When something is good, you want it in your life, you like it or even love it. When something is bad or evil, you don’t want it in your life, you dislike it or even hate it. **Hating is as natural and integral a part of life as loving.** It is simply a manifestation of negative desire. *See chapter Good & Bad.*

**There’s a social pressure to love.** To be blinkered into thinking that there’s no evil in the world. Denying the existence of badness, as if that would keep it at bay. **Hate itself has become demonized.** The primal act of saying no to evil (Attack) is being criminalized. Hate Speech wanting to negate the right to free speech. Hate Crimes legislation despite all violent crime being crimes of hatred.

Some say hatred breeds hatred. But this doesn’t negate the validity nor natural usefulness of all hatred. One can be a non-violent person in general, yet be sensibly moved to violence when violence is used against one. Hatred can easily be deserved. Without being blamed for starting a never-ending cycle of hatred. It’s simply the manifestation of negative desire. Negative desire is just as allowable as positive desire. One is allowed to have preferences in life!

For example, in megopoli there’s a heap of aspects that might deserve your hatred; violence, BDSM, perversion, criminality. It’s OK to hate a axe wielding maniac who broke into your home at night. To be moved to violence and shoot him dead to protect your family would be justifiable and understandable to many. To outsource the solution to Society’s law enforcement perhaps for them to shoot him dead would probably be acceptable to almost everyone. Whatever else you do, it’s OK to not want them in your home. It’s OK to not want them in your life, or in other words to dislike them, and, let’s be honest, to hate them. Society, people, will judge you
for your actions. Your actions are motivated by your desires. It’s easy to feel judged for your preferences; your likes, your dislikes, your loves and your hates. Still loving and hating are both allowed, natural and healthy. Still there is no such thing as a thought crime. Most countries’ legal systems wouldn’t prosecute you for using violence to protect your home from an armed intruder. Even if you didn’t simply outsource it back to Society. You’re still a hater. They’re still hated. Yet everything’s still OK.

**Hate is a mental preference and in no way necessitates the physical action of violence.**

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.

There is no such thing as a hate crime. **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 too easily triggered American organization that monitors extremist groups.

“There’s usually more violence from the anti-racists than the racists.”

Heidi Beirich,
In 2016 there were 892 hate groups in America. The Aryan Brotherhood and the New Black Panther Party were among them. 180+ chapters (not groups) were Afro-American, up 60% in a year. In 2014 the FBI logged 5,500 hate crimes. 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). 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.

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172 Source: Reuters news, November 07, 2016.
173 Source: The Southern Poverty Law Center.
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, **not thinking for yourself**. 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 yourself 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 Oneself.*
- **Hope**: *See chapter Hope.*
- **Love**: seen as charity (*see chapter Charity*), care for your external world.

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 nor harm threatened to an external entity,
• One’s will not be enforced upon an external entity.
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.

Shaving the armpits is another example of making the adult forever the young child.

High pitched voices are an aspect of children. Especially White 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 yourself. 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 American 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 8th 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 a 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 unrestrained, 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.
Guru Monxy
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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 易經 hexagram is, as its name says, a pictogram made up of six lines. When consulting the 易經 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
Enlighten Your Life

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.

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<td>The Taming Power of the Small</td>
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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 taking five easy minutes of sitting down chillax time today. Maybe listen to meditation music on Spotify. Let your vibe calm down a little. See chapter Meditation. Then you can try setting aside 15-mins. 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 yourself. 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 yourself 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. My 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. I do strongly recommend exercise however you can incorporate it into your life. I 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 including two decades of dedicated meditation retreat. For more info read my autobiography (see appendix VI).
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 and log it on your calendar so you can track your progress.

It’s that simple. Weigh yourself on scales daily. 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 (2¼ 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 & 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.**

Are you and your home (or room) clean and tidy? Keep clean and keep organized. Energy will love you for it.

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 every day. 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 yourself 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.*

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**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 ballpoint pen.

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.

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**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.

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**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 my own music. With lyrics truly relevant to my life. And soundscapes of my 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. 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).

The usual place for young people to roll on X is at a dance club or festival. This can be an amazing experience with the meds powering an all-nighter, ecstatic danceathon session. However, X can also be used to drastically enhance calmer experiences which don’t involve dancing. It can help create empathic bonding between you and your BFF or group of friends and inject a special magic into your day / night.

Bring your meds with you, don't blindly trust the quality of substances sold as X by strangers.

Keep perspective. One dose of X on New Year’s Eve isn’t going to harm you. It won’t get you hooked. It won’t take long to get back to normal afterwards. But dropping it every week at your local club is abusing it, abusing yourself and is the foolish behavior of a weak, dependent addict.

X stimulates a hyper release of your naturally occurring brain serotonin. This therefore uses it up for awhile. Hence the ‘Tuesday Blues’ often felt during the week following dropping X on a Saturday night. Don’t underestimate X’s aftereffects. You can feel down for far longer than a day.

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 Tobacco.*

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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 yourself 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:
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 & the Merry Pranksters and their Acid Head lifestyle.

• Zen & The Art of Motorcycle Maintenance
Enlighten Your Life

by Robert M. Persig
Published by William Morrow
ISBN: 0060839872
Available as a book or ebook.
Parabolic teachings.

• 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: 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 Database¹⁷⁶.

In alphabetical order with some summaries cryptically sarcastic, inspired by Twitter’s #ExplainAFilmPlotBadly hashtag. The best of the best are underlined.

Books indicates that a book is available.

• **2001: A Space Odyssey (1968)**
  Humans regret building a humanoid computer.
• **The Addiction (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)**
  Violent rebel gets downtrodden by Society breaking his spirit and making him think he’s powerless.
• **Animal House (1978)**
  How to complete college.

¹⁷⁶ [www.imdb.com](http://www.imdb.com)
• **Apocalypse Now (1979)**
  Shown with fireworks and the beauty of south east Asia a rogue, American colonel starts a Cambodian commune.

• **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.

• **The Beach (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.

• **Before I Fall (2017)**
  Small town PNW, high school senior, mean girl uses introspection time to overhaul her personality. However, she can’t bring herself to counsel a suicidal, bullied Chick. Instead, she became only what others wanted of her rather than what was best for her. The book is way better.
  ♀ A movie about a young woman, written, screenwritten and directed by women.

• **The Big Lebowski (1998)**
  Stoner bowler mixes with wealth.

• **Bill Hicks’ comedy concerts (1988+)**
  Depressive, sardonic druggie leaves enlightened legacy.

• **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) 📖
  *Spoiler Alert*: Teen Chick visiting a military base gets led into blow by her new BF and kills her family.
• **Boyz N The 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 an outstanding performance 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 cool life.
♀ A movie about a teenage girl, 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 omniversal life. From the book by the stoner astronomer, scientist dude.
♀ A movie about a very strong woman.
• **The Craft** (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 cult.
♀ A movie featuring very strong women.
   • Cruel Intentions (1999)
     Teaches how to kiss.
   • Dances With Wolves (1990)
     Europan 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 America. 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 countryside commune.
   • Ecstacy (short, 1999)
     Music and dancing.
   • Ex Machina (2015)
     Sexy, AI, Chick android chillingly mimics humanity.
   • Excision (2012)
     Highly disturbing, intimate study of the life and mind of a highly disturbed, schizo with delusions of grandeur, 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 influence 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, teenage girl.

- **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, teenage girl.

- **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.

- **Ghostbusters (1984)**
  The reason I majored in physics. Heap of ethereal Spirit World content including ghosts, ectoplasm, possession, succubi and evil Feng Shui.
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.
Hardworking Italiano (Italian) immigrants make a safe community for themselves.
Chick loves gorillas. And why not?
♀ A movie about a very strong woman.
• **Gremlins (1984)**
The spread of Afro-Americans through backwater America 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.
Hell on Earth. Clive Barker’s imagery of Attack is phenomenal.
• **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 soccer hooligans get infiltrated by an undercover cop.
• 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 much about life. It understands Society.
• Invasion of the Body Snatchers (1978)
Spock turns into an evil dominator.
• It (TVM, 1990)
Steven King chiller 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)
Spoiler Alert: 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 14th 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 C21 tsunami of crime dramas.

- **Leaving Las Vegas (1995)**
  An alcoholic on his way out befriends a ho. Some people are overwhelmed by Attack, others aren’t. Some relationships can be worthwhile nonetheless.

- **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.

- **Lost In Translation (2003)**
  Subtle film about a young, American wife exploring 日本 (Nippon or Japan) and getting very close to an older man.

- **Magnolia (1999)**
  Synchronicity at work in LA. Daring to show emotion on screen.

- **Malcolm X (1992)**
  Afro, Muslim, NYC violence comes home to roost.

- **MASH (1970)**
  Draftees get high on the job in Korea and sing about a well hung dentist.

- **The Matrix (1999)**
  Technophobic propaganda.

- **Memento (2000)**
  A fascinating, disabled filmic experience. Impressive.
• **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, megopolic NYC.
• **Movies written 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 **Hana-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
  America never has 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), 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 about the character James Bond like Dr. No (1962), Moonraker (1979), A View To A Kill (1985), GoldenEye (1995), etc. British spy’s adventures with Chicks around the wealthy and their yachts, islands, etc..

• 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.

• Nell (1994) Fascinating tale of communication between Society and the rape baby daughter of a hermit woman with a speech impediment brought up in isolation off grid.
♀ A movie about a very strong, young woman.

• Niagara, Niagara (1997) Ticcing 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+)**
  Wise horror movie which teaches the viewer how to deal with Attack (evil). 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, teenage girl.

- **The Ninth Gate (1999)**
  Black magick books reel in the readers proving that which you focus upon shall-inhabit your reality.

- **The Offence (1973)**
  Limey cop who’s seen too much can’t cope with a weird suspect.

- **Once Were Warriors (1994)**
  Maori bodybuilder finds pedo in his pack.

- **One Flew Over The Cuckoo’s Nest (1975)**
  Charismatic man pretends he’s crazy to escape prison but soon realizes mental hospitals are also nasty places to live.

- **The Panic In Needle Park (1971)**
  Al Pacino and Kitty Winn astound as a couple of love struck skag addicts. Using, dealing, thieving and whoring in the Big Apple.

- **Paris, Texas (1984)**
  Artistic homage to Taxi Driver.

- **The People vs. Larry Flynt (1996)**
  Hustler’s story of groundbreaking immorality.

- **Planet of the Apes (1968)**
  Returning vets can’t integrate back into society. America’s future browed, devolved society is best distanced from. Excellent.

- **Poltergeist (1982)**
  House hides cutest kid.

- **Pusher (1996)**
  Danske (Danish) rom-com with bite.

- **The Returned (Netflix TV, 2015)**
  Simple, soap opera style 420-mins in a small town in the Pacific Northwest. Set in modern housing and the stunning
outdoors. Same quiet Canadian location as the Insomnia (2002) movie.

- **Robocop (1987)**
  Assaulted cop gets revenge.
- **Rockers (1978)**
  Dreads repair ‘hood.
- **Romper Stomper (1992)**
  Aussie, city psychos prove world peace is a world away.
  Violent hippies lose their grandchildren.
- **Scarface (1983)**
  Incestuous, Cuban immigrant addict fails to make a new life for himself in America.
- **Se7en (1995), 8mm (1999), The Silence of the Lambs Series (1986+) 📖**
  Megopolis, perverse violence gets addressed.
  ♀ The Silence of the Lambs series features a very strong woman.
- **Sex, Lies and Videotape (1989)**
  *Spoiler Alert:* Frigid Chick chooses a partner that can be with her during the days.
- **The Shining (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.
- **Sinister (2012)**
  Simple but excellently done, ultra dark, ultra chilling horror movie. Probably the scariest you’ll ever see. Proves a point I mention in chapter Security and that ghosts shouldn’t be messed with.
- **The Sixth Sense (1999)**
Boy (Mariel’s son) finds solution to therapist fees yet still torments his mom.

- **Slacker (1991)**
  Stoners exist sometimes even in America’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-)**
  *Spoiler Alert*: 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)**
  *Spoiler Alert*: Mafia kill cabbie for obsessing over one of their young hos in the quintessential guy movie.

  Androids from the future battle in the present for and against mankind.

- **The Texas Chain Saw Massacre (1974)**
  Southern family assert right to deal with trespassers.

- **The Thin Red Line (1998)**
  Americans conquer a hill in the best war film made.

- **Thirteen (2003)**
  Harrowing tale of megopolic teen criminal rebellion and self-harm. From Twilight’s director and Rosalie. Amazing.
  ♀ A movie about teen girls, written by a teen girl and a woman and directed by the woman.

- **The Time Traveler’s Wife (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, literally.

  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. Nicé Shy Glove.

- **Twelve Monkeys (1995)**
  A fascinating tale about a confused dentist and a ho falling in love amidst the coronavirus pandemic.

- **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, teenage girl, written, screen written and directed by women.

  Intrigue as a serial killer on the loose sees an FBI agent get accustomed to a small town in Washington State. This classic, off-beat Americana tackles alternate views of evil.

- **Vallée, La (1972)**
  Pink Floyd go traveling in Asia where no Westerner has been before.

- **Vertigo (1958)**
  *Spoiler Alert*: 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.

- **The War Zone (1999)**
Brutal Brit Flick about sex. Set on a very nice plot of country land.

- **West Side Story** (1961)
  NYC youths try to stop immigration.
- **The West Wing** (TV, 1999-2006)
  The most intelligent thing ever to grace TV, ever, **ever**.
- **Wild Side** (1995)
  Adventures of a courtesan (classy ho).
  ♀ A movie featuring a strong woman.
- **Wish You Were Here** (1987)
  Impudent, 1950s’ wild child, Brit Chick.
  ♀ A movie about a strong, teenage girl.
- **The Wolf of Wall Street** (2013)
  A Hollywood rarity. Shows a drug addict going about his (extraordinary) life high (and being a scoundrel).
- **La Vie Rêvée Des Anges** (The Dreamlife of Angels) (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..
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, Tibetan Buddhist and Rastafarian 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 (Acen Razvi)**
  British Hardcore
  For example their song Trip II The Moon (1992).

• **The Age of Love**
  Italiano (Italian) Trance
  Their song The Age of Love (1990).

• **Aimee Mann (1960-)**
  American Virginian Folk
  For example her song Save Me (1999).

• **Air (French Band) (1995-)**
  Français (French) Electronica
  Their album Moon Safari (1998).

• **Alison Goldfrapp (1966-)**
  British Electronic Dance
  For example their album Felt Mountain (2000).

• **Les Amazones De Guinée**
  West African Folk
  For example their song Sona (circa 1990).

• **Anna Fox Rochinski**
American Psychedelic Indie Rock
For example their song Burning Snowflakes (c. 2015).
• **Aphex Twin (Richard D. James) (1971-)**
British 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-)**
British Ambient
For example their remix of Saint Etienne’s song Like A Motorway entitled Skin Up You’re Already Dead (1994).
• **Bedouin Ascent**
British Ambient
For example their song Composition C for Neutral Space (c. 1994).
• **Beth Gibbons (1965-)**
British Folk
For example their album Out of Season (2002).
• **Biosphere (Geir Jenssen) (1962-)**
Norsk (Norwegian) Ambient
Their song The Third Planet (c. 1994).
• **Bo Diddley (Ellas Otha Bates) (1928-2008)**
American Mississippian Rhythm & Blues
Their song Bo Diddley (1955).
• **Bob Dylan (1941-)**
American 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)**
British Electronic Dance
For example their song Bug Powder Dust (1994).
• **The Brothers Grimm**
British Hardcore
Their song The Lion Awakes (c. 1992).
• **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 (c. 1905).

• **Claudine Longet** (1942-)  
  Français (French)-American Lounge  
  For example their cover of the song Nothing to Lose (c. 1967).

• **De La Soul** (1987-)  
  American East Coast Hip-Hop  
  For example their album 3 Feet High & Rising (1989).

• **Deep Forest**  
  Français (French) World Dance  

• **Dillinja (Karl Francis)** (1974-)  
  British Drum’n’Bass  
  For example their song The Angels Fell (1995).

• **DJ Shadow (Joshua Paul Davis)** (1972-)  
  American Californian Trip-Hop  
  For example their album Endtroducing… (1994-6).

• **Django Reinhardt** (Jean-Baptiste Reinhardt) (1910-1953)  
  Romani Gypsy Jazz  
  For example their song Djangology (c. 1960).

• **Don McLean** (1945-)  
  American New York Folk  
  For example their song American Pie (1971).

• **The Doors** (1965-73)  
  American 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 (c. 1888).

• **Everything But The Girl** (1982-2000)  
  British Folk  
  Their song I Don’t Want To Talk About It (1989).
Enlighten Your Life

• **The Future Sound of London (1988-)**
  British Ambient
  For example their album *Lifeforms* (1994).

• **Grandmaster Flash & The Furious Five (1976-1988)**
  American NYC Rap

• **Gregorio Allegri (c. 1582–1652)**
  Italiano (Italian) Christian Choral
  Their song *Miserere mei, Deus* (c. 1630s).

• **Gustav Holst (1874-1934)**
  British Classical
  Their suite *The Planets* (1914-6).

• **Hardfloor (1991-)**
  Deutsch (German) Hard Trance
  For example their remix of Robert Armani’s song *Circus Bells* (1993).

• **J Majik (Jamie Spratling)**
  British 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)**
  American San Franciscan Acid Folk
  For instance their song *White Rabbit* (1967).

• **Jewel Kilcher (1974-)**
  American 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* (c. 1720).

• **John Lennon (1940-1980)**
  British Liverpudlian / US Folk / Pop
  For example their song *Imagine* (1971).
• **Joni Mitchell** (1943-)
  Canadian / American 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 (c. 1977).
• **Kool and The Gang** (1964-)
  American 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).
• **Lucinda Williams** (1953-)
  American Louisianaan 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-)
  American NYC Pop
  For example their song Material Girl (1985).
• **Marvin Gaye** (1939-1984)
  American Motown (Detroit)
  Their album What’s Going On (1971).
• **Massive Attack** (1988-)
  British Trip-Hop
  For example their album Blue Lines (1991).
• **Michael Jackson** (1958-2009)
  American Pop
  Their album Thriller (1982) (the best selling album of all time).
• **Morcheeba** (1995-)
  British London London Jazz
For example their album Charango (2002).
• **N.W.A. (1986-2002)**  
American LA Rap  
For example their album Straight Outta Compton (1988).
• **Nina Nastasia**  
American NYC Folk  
For example their song Counting Up Your Bones (c. 2006).
• **Nirvana (1987-1994)**  
American Seattle Grunge  
For example their album Nevermind (1991).
• **Ustad Nusrat Fateh Ali Khan (1948-1997)**  
(Pakistani) Qawwali  
For example their album Live in Paris, Vol. 2 (c. 1988).
• **Omni Trio (Robert Haigh)**  
British Drum’n’Bass + Ambient  
For example their song Haunted Science (1996).
• **The Orb (1988-)**  
British Ambient Dance  
For example their album The Orb’s Adventures Beyond The Ultraworld (1991).
• **Orbital (1989-2014)**  
British Techno  
For example their album Snivilisation (1994).
• **Otis Redding (1941-1967)**  
American Georgian Blues  
For example their song (Sittin’ On) The Dock of the Bay (1968).
• **Patty Griffin (1964-)**  
American Maine Folk  
Their song Not Alone (c. 1996).
• **Paul Simon (1941-)**  
American New Jerseyan & World Folk  
For example their album The Rhythm of the Saints (1990).
• **PFM**  
Italiano (Italian) Drum’n’Bass  
For example their song The One & Only (c. 1995).
• **The Pharcyde (1989-)**  
American LA Hip-Hop
Guru Monxy

Their album Bizarre Ride II The Pharcyde (1992).
- **Portishead (1991-)**
  British Trip-Hop
  For example their album Dummy (1994).
- **The Artist Formerly Known As Prince (Prince Rogers Nelson) (1958-2016)**
  American Minnesotan Rock
  For example their album Sign ‘O’ The Times (1987).
- **The Prodigy (1990-)**
  British Electronic Dance
  For example their album Music For the Jilted Generation (1994).
- **Public Enemy (1982-)**
  American NYC Rap
- **Sade (1982-)**
  British London Lovers Rock
  For example their album and live DVD Lovers Rock (c. 2000).
- **Santana (1967-)**
  American 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 (1981).
- **Shut Up And Dance**
  British London Hackney Electronic Dance
  For example their song Raving I’m Raving (the original 1992 mix without copyright obtained).
- **Shy FX featuring UK Apache**
  British Jungle
  Their song Original Nuttah (1994).
- **Sia Furler (1975-)**
  Australian Folk
  For example their album Healing Is Difficult (2001).
- **Silver Bullet**
  British Hardcore
  Their song 20 Seconds To Comply (c. 1989).
- **Sizzla Kalonji (Miguel Orlando Collins) (1976-)**
  Jamaican Reggae
For example their song Praise Ye Jah (1997).

• **Sly & The Family Stone (1967-1983)**
American San Franciscan Funk
For example their song Family Affair (1971).

• **Speedy J (Jochem George Paap) (1992-)**
Nederlands (Dutch) Trance
For example their song Red Shift (2008).

• **Stanley Jordan (1959-)**
American Chicagoan Jazz
For example their c. 1985 cover of the Beatles’ Eleanor Rigby.

• **System 7 (1991-)**
British Ambient + Electronic Dance
For example their album Point 3 – Water Album (1994).

• **Thelonious Monk (1917-1982)**
American North Carolinian Jazz
For example their song Blue Monk (1958).

• **Tomaso Giovanni Albinoni (1671-17151)**
Italiano (Italian) Classical
Their album Complete Oboe Concertos (c. 1720s).

• **Tool (1990-)**
American Californian Neo-Acid Rock
Their album Lateralus (2001).

• **Tracy Chapman (1964-)**
American Ohio Folk
Their album Tracy Chapman (1988).

• **Union Jack**
British 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-)**
American 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 – Prophesy of Dub (1976).
• Yungchen Lhamo (1960s-)
  Tibetan Folk
  Their album Tibet, Tibet (1996).
“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

APPEARANCE
Now I’m a tall, large-framed, pale-skinned with moles,
pale-blue-eyed man with long, dark blonde hair and a full, darker, reddish beard. My hair somewhat darker these days from the natural oils since I stopped shampooing some years ago.

FAMILY
I was told that the womb I’d inhabited had previously held a child killed by our own mother pre-birth due to it being conceived in the rape of a sixteen-year-old. I was conceived years later in the spring of 1975 then born, a little overdue, over midwinter. It’s like Gaia was saying this is it, here’s the deep end, survive this and it just gets warmer and lighter. I started life in a London, England, upper-middle-class family. The eldest child of eldest children, the first grandchild and the first of my 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. I was told and saw living evidence that my ethnicity was ½ Albannach (Scottish) (Protestant Christian) from my father who had traced my family tree back 25 generations to C12, ¼ Polski (Polish) (Catholic Christian) and ¼ ليبنيتي (Lubnaniin or Lebanese) (Coptic Christian) from a little north of Jesus (who was made in God’s image and 100% tanned Caucasian). I was fortunate enough to meet my Polski great-grandmother on numerous occasions. She lived till she was 96 years old and I went to say goodbye to her dead body in her open casket. Her eyes were so extremely sunken it was shockingly obvious that she had passed. My short, busty, quietly, passive-aggressively hateful, artist, community college, media studies teacher mother gave me a well-equipped room in her house and put food on the table. Though I clearly recall a short, poor period where we were eating baked beans every day and only got the explanation upon my complaining. A few times we had to use a calculator at the grocery store to ensure our food was affordable. She was a disturbed, man-hater and I was 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. Over the years she’d slapped me, threatened me with a kitchen knife and tried to push me down a flight of stairs. I was thankfully raised without a dominant male figure in the household. This helped my independence bloom. Growing up, I got my father figures from multimedia religion. My very reserved, college, architecture professor father, gone by the time I was six, was rumored to have cheated on my mother even with her sister then moved on to start a new family whom he later also abandoned. Obviously, I was 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.

RELIGION

Thankfully I escaped all the standard initiations into religion.

AN ONLY CHILD

I’ve never been a people person. Being an only child, I kept myself company and entertained myself, often with the help of Society’s multimedia religion. I gained distantia (distance) from an early age. I’d the one parent who worked late and wasn’t interested in me. I’ve had solely a friend or two throughout the years, my group of buddies phase from junior year in high school only lasted a year or two before starting to fade, I did a GF for a while and a lover for a year. I’ve always led a solitary life. Entranced by multimedia religion, yet solitary. Being distanced to Society, I kept a distance to their comms of emotion. I’ve never been much of one for sadness nor anger. The longer I’ve been on retreat the more I can feel the expected and desired emotions of Society whenever I stray near. I can feel the desire to cry during a sad movie. But because of my distantia I’m detached from the emotional vibe trying to make me have an emotional reaction, trying to become my own emotions. Extremely accustomed to my own, solitary reality and a programmer or controller of computers, I could safely be called a control freak, although I’m certainly not domineering. I like things just so, the way I
like them and don’t accept chaos in my reality. I acknowledge my digiphilia and am constantly developing my own computing systems including an AI, so any future GF of mine would have, albeit fundamentally inferior, competition.

CIVIL WAR
I was a city kid but also an islander. The island Britain for all my 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 I heard a Palestinian bomb explode some distance away carried by the night air to my neighborhood. The IRA were not freedom fighters hitting legitimate government targets, they were terrorists attacking a civilian population which included me.

BRITAIN
Britain is the only country I’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. There aren’t even any mosquitoes. The weather is very rarely extreme; rarely mild hurricanes, no tornados nor earthquakes, ~26°C (80°F) summer max and ~6°C (20°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 its bad points like everywhere else.

STRABISMUS
Born with a squint, strabismus, to conform to Society’s appearances, I had been subjected to three ocular operations by two years old (from conception). Each time with general anaesthesia; a state some never awaken from. So, it could be said that my life had already been jeopardized by Society thrice while still a toddler. I recall as a youth the operations were successful yet decades later my right eye worsened.

KINDERGARTEN
As a 3~4 year old, I attended a private, Montessori kindergarten in an upper-class neighborhood on a higher hill quite close to my home.

A YOUNG BOY
At elementary school age, I was notably underworked. A memory that stands out is from around kindergarten grade age, my British second grade (British kids start school before their American counterparts). I’d finished my sheet of math problems, so I walked up and presented my work to the teacher. She was so unprepared for intelligent kids that because she had no other work for me to do, instead of congratulating me, she literally told me to do it all again; talk about negative reinforcement! I 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 America. 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, I tried activism against my own educational imprisonment by igniting the paper in the school restroom aged eight. After the third time, I was caught, as I 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, I wasn’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 I dallied with the dangers of ignited paper airplanes (sugar paper worked extremely well) (then restricted myself to Amaretti wrappers) and I 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!

A PRETEEN BOY
Around fourth grade age, my teacher was nasty and tried to put down my abilities to my mom. I was specially tested by an educational psychologist and came back to the teacher with a letter putting my IQ in the top 5%. Enjoying the countryside was helped by my time with the Woodcraft Folk, who are like hippie Boy Scouts for both genders. I literally sang ‘We Shall Overcome’ and ‘The H-Bomb’s Thunder’ songs. In both the Woodcraft Folk group and later in my martial arts group I willingly accompanied the other members in the self-programming membership pledges recited and reinforced every session. I’d a friend at whose home I watched NC-17 rated, like Bruce Lee kung fu (Jeet Kune Do), movies as a preteen. Although he was a neighbor for a while and a friend for years my mom stopped our friendship when she eventually discovered that his mom dealt weed. 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 aggression, 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.

A CLOSE CALL
One afternoon I was stalked on my way home from school by a pædophile. Soon there was a knock on the door. Going to answer it with a babysitter looking over my shoulder, the stalker quickly backed away mutely. Life warned me of the dangers of riding a bike in a city early by an accident in a park putting me in a cast for my fifth grade dance (once again my right ankle). Although I’d had my first kiss by then, the dance was an awkward night best quickly moved on from. My father
gave me a couple of half-siblings who lived nearby for a few years before he cruelly ripped them from my life by moving them hours away. It did, however, reinforce my solitude, which I’ve cherished.

AN INDOOR CHILD
At middle / high school age my 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 (and to be honest most people) kept me inside playing with my computer, electronics kit, chemistry set, reading or likewise educational, intelligent activity. I had suffered from asthma (‘ass-ma’) since a young child, was on daily medication just to live, caught frequent chest infections, pneumonia once, and was hospitalized numerous times, spanning a decade. It wasn’t managed properly and blaming my unengaged mother would be fairly accurate; more a touch of Munchausen by proxy than Munchausen. My mother rarely entered my room and being a kid, I basically never vacuumed the thick carpet letting dust and dust mites & their droppings (a trigger) accumulate. I was also allergic to animals yet had had a cat since a toddler. (I strongly associated with their independence and didn’t much appreciate the submissive, for domineering owners, group behavior nor slobbering of dogs.) My mother smoked for some years. My bed, from my mom, above my too dark and claustrophobically enclosed therefore unused desk was, without reason, 50cm (20”) from the ceiling, adding immensely to my sense of being squashed. With the ceiling painted with uncomfortable to the touch, spiky, rough-texture paint. One view is that my asthma was a reciprocal Attack for the enforced collaring of ‘my’ cat. I grew out of it as a martial artist teen.

A RABBIT PRISONER
Something I’m extremely disappointed with is that Attack convinced me, 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.
LODGERS
Since I can remember there was always a lodger, usually a woman, living in my parent/s house. I never had a lock on my door there so privacy was compromised. Later I carved a hole in a book for privacy. Sensibly I never tried the in-house pussy (which was never blonde), so to speak.

A FATHER-SON RELATIONSHIP
I enjoyed the sole bonding experience with my father; Saturday trips to the concert halls to listen to classical music. I played chess against him a few times, but that’s basically it. Although photos suggest he may have doted over me as a baby, our mature relationship never was.

TWO FAMILIES
Xmas’ spent with my mother’s side of my original family were completely out-of-character with my 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 my relatives; a Polski count & his wife; an amazing cook (makes one wonder about that rabbit). 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 my grandparents had spawned 12 children between them, I only had one, younger, relative to play with on the Eastern Europan 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 my father’s side were cold with far fewer people and far less good cheer. I clearly remember the year I went with my father’s new, Österreichisch (Austrian) Ashkenazi Jewish family and was hospitalized with asthma. Alone, outside of London, outside my hometown comfort zone, reading almost my sole possession, a small, boys’, fact book my father had gifted to me at the hospital, lying in a public hospital, dormitory bed,
with my labored breathing, a catheter in my splinted arm and refreshing nebulizer med sessions. **Basically no-one visited, no-one cared. It was the epitome of a cold xmas.** Feeling unwanted and ultra-Attacked. My father was never a violent man, his anger was quietly hidden below his surface, and was intelligent, but **he never communicated much with me at all.** Anyway, as I’ve said, I grew out of my asthma and obviously grew further and further away from my father’s group.

**A MEGOPOLITAN LIFE**

I attended a public yet good quality school, which took me 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 I was shown the trouble that they cause. The proletariat and especially the Afros and Türks showed me that they were the thieves, crack dealers, gun dealers and thugs. (I could deny it to be PC (ignorantly self-deluded), but this is what I experienced.) Noticeably it was simply the easiest not the prettiest Chicks who got abused first. I 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 cocaine sampled at age 15. Having had some megopolic rage as a teen, I 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. While my friends and I were pocketing candy bars one night, a gang of Negroes came in and robbed 7-Eleven for a basket worth of food. After the owners had chased them outside wielding a baseball bat, a White woman jumped out of a taxi and joined us in the empty store. When we told her the store was unattended quick as a flash she was behind the counter and at the cigarettes. This was not a good day for the 7-Eleven. My mother told me she was raped again, this time by her anarchist boyfriend. I never bullied and managed to stand up more and more to the few bullies that came my way. Carrying a pocket knife helped (as defense sprays aren’t sold in the
UK). Drunk at lunchtime one day, then after school feeling pissed off, a car was approaching me as I was crossing a side street walking home. ‘Fuck him,’ I thought and stood my 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 me out of the way. In gratitude, I bought him a bottle of liquor the following day. The liquor stores around there wanted my underage business. Other incidents involved extremely narrowly avoiding bottle and knife fights with Afros and other aggressive proles.

**A VERY MULTICULTI SENSE OF COOL**
A very potent memory is being taken to a traditional Polski (Polish) dance show in London and bringing my Walkman (an old MP3 player that used tapes) and listening to NWA (Niggaz Wit Attitudes) at full volume the entire time. I didn’t have the distance to appreciate something as special as my beautiful, hereditary folk music at that time. I was in a life which was around seriously dangerous kids and the safe attitude was that integration with them was what was cool, not interest in my individual heritage. A nasty result.

**A DESERT**
One summer I went on vacation with my mom to a north African beach and we ventured out on a three day, jeep excursion south, to the tip of the Sahara desert. We stayed overnight in a hotel dormitory excavated underground like where Luke’s farm in Star Wars was filmed.

**A BAD TEACHER**
My sociology teacher was a radical, misandrist (man-hating) lesbian. An example is the time she ignored every question I put to her yet answering every one from girls; losing her professionalism however bad a day she was having. Literally, all the guys dropped out and got one less exam certificate as a result. One evening when we knew she’d be there late, together with a buddy we did in her car.

**TEENAGE YEARS**

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Happily, simply, Kinsey 0 heterosexual and proud of it =). Getting away from home to asthma (& eczema (‘ex-ma’); the charities teamed up) summer camp, I twice started a relationship with brunette GFs. One became a good friend, with a large bust and bulimia. We lived three train rides apart so it didn’t last very long. I earned money by washing cars and fixing the odd computer. I played Role Playing Games (RPGs) a bit. Dressing in baggy, casual clothing with Nike Air exceedingly comfy sneakers. The division was between Trendies, who listened to Pink Floyd & Metallica and wore DM boots and Cons, and Casuals, who listened to rap & rave and wore what I wore. For a soundtrack, I 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. I was also a Bob Marley fan especially as I could relate to his use of cannabis. (At junior year age, my music tastes expanded.) I learned extra-curricular classical and modern drumming. At a dinner party of my mother’s, I 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 I knew to have noticed, and been moved by, the tree planted on our school grounds in memory to the unknown-to-me, asthmatic Chick who accidentally killed herself by painting alone inside her home with the windows shut. One time, around age 16, I acquired a gram of hash oil which is probably pretty similar to modern wax. You could roll with it on your paper or chase it but there weren’t the vaping rigs that there are today. Much of the cannabis I had as an early teen was hash. Then the weed that superseded it was standard bush weed imported from Thailand or similar places. It even contained seeds. Chronic bud cannabis I only had the chance to use very occasionally from age 17 and regularly only since the late 2010s. As city kids do, I learned to swear in many different languages from my ethnically diverse classmates. At one local dance, I had to turn down the advances of a Negro
Guru Monxy

Chick as they’re not my type. I’d made no false promises to my friends at high school and left them as abruptly as I’d met them. The bunch of us had enjoyed sharing good times and protecting each other for a while.

JUNIOR YEAR
I stayed in education after it stopped being compulsory. One can leave British schooling with qualifications at 16. As was common for those continuing, I went to a new school, and there, my socializing exploded. I stopped martial arts just short of black belt (another megopolic survival technique) and for the next four years, got my exercise in danceathon nightclubs. First on acid then on X (at five times the price). At least once I saw a medical emergency, almost definitely due to X, rushed out underarm by a bouncer. One Saturday night, I tried to convince some buddies to go with me to an illegal rave I’d found out about, but they were too lazy and I didn’t feel up to going it alone. One summer on a Mediterranean clubbing island we went to a new, massive club. It had multiple bars, a swimming pool, a roller-skating rink, an art gallery, a pool table room, a garden and, of course, a dance floor with foam machines. Naturally, I turned bald like my father before me and his father before him; a sign of virility. I passed my First Aid class. My school arranged for me 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 me and a magic marker. Self-medication reached a new level when strong psychedelics were started around my 17th birthday. Psychonautic adventures abounded. All of a sudden beautiful life truths were apparent showing an awesome possible future enlightenment, far more than had been available from cannabis use. At a well organized squat party, I left physical reality for hours (for full-on, enlightened, Chikhai Bardo) on a couple of blotters plus a dose of shrooms. Normally I didn’t dose that extra strongly. I turned down the advances of a pair of Chicks as one was a Negro and as such, not my type. I 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 my attention away from classic academia and my A-grades deteriorated. I grew a little of my own weed. I puffed pot on the first day of school, I puffed on the last day and I puffed every day in-between.

SENIOR YEAR
One short period, after being a victim myself, involved propelling eggs from cars; very immature, harmless and my buddies and I didn’t start it! One Friday afternoon I was hit by an Attack (of evil) that was almost unfathomably large, concealed within a spontaneous prank, almost led to tragedy and which got me expelled from school and very nearly incarcerated for a very long time. The party attitude and youthful foolishness had precipitated a momentary weakening of my guard. I then went from a school where I said “Hey” to everyone to a school where I said “Hey” to almost no one. My new school didn’t have Driver’s Ed and I didn’t finish learning to drive. However, I eventually learned and in the interim took a couple of helo flying lessons; dangerous yet great fun. My government schooling provided only three good years of a spread of subjects before I had to cut down to nine subjects at examination level, then only another couple of years before I had to, in junior and senior years, study only three examinable subjects. This was for their Circle Game, vocational based, very obviously solely for the benefit of Society rather than for a well-rounded education. I passed my exams (I’d chosen all STEM subjects) and got into university college.

GAP YEAR
At 18, I took a gap year. I 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. Lying on the roof of the
bus back to town, I rolled up a joint. I white water rafted and
chillumed charas cannabis also while in नेपाल (Nepal). Then I
hit ประเทศไทย (Thailand). It was during this trip that I
discovered the delights of non-First World pharmacies and
first used Valium. Soon after I met it, it almost killed me.
There was an all-nighter pulled by us farangs (foreigners) at
the guest house in กรุงเทพฯ (Krungthep or Bangkok). Drinking
beers, whiskey and coffee. I had some Valium and ended up
snorting it by morning. Some guys were pissing off the owner,
by getting into a heated debate about the Éireannach (Irish)
troubles, who ended up going to get out his gun to claim
dominance. Then I got a sudden bright idea to travel back to
my paradise island. So I caught a commonplace motorbike
taxi to the bus station. Blacking out, almost passing out,
without a helmet on the back of a motorcycle racing through a
busy megopolis. I almost died. I still have a strong
relationship with Valium today, maybe less wanted in a more
ideal future. My paradise island I found was an undeveloped
tropical island in ประเทศไทย. With only generator electricity
and no tarmac, having made friends and with cheap 100g
sticks of ไทย (Thai) weed and two hammocks I helped out for
discounted food at a young, ไทย Chick’s small restaurant hut
where everyone smoked weed and I majorly relaxed there for
a quarter year. It was the most distant I’d ever been to
Society, by far, and I fell in love with the beach and the ไทย
Chick. She was the first strong, independent, young woman
I’d met but she was only separated and not yet divorced from
her Nederlands (Dutch), gun-owning, ex-cannabis-growing &
high-level-dealing spouse. I 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. I’ve not yet had the opportunity to fall in love (not before
nor) since. I’ve played with love. I’d loved my Brit GF, I played
with the affections of my ‘unworthy’ women buddies in high
Enlighten Your Life

school knowing I didn’t want anyone that… used and I later sensuously and with great care loved my Norsk (Norwegian) lover, but they never had that special something to make me fall in love with them. “Love is the law, love under will,” wrote Crowley. What is love? A bit of obsession. Some awe. A decision to permit intimacy. These days I would let my intellectual will stop me from falling for a non-White, but that’s just my preference, my choice. 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. I was stoned for days and found myself too mashed to snorkel in crystal clear tropical waters on a boating day trip (although we did see a dead body floating by) and sunburnt the following night. The small restaurant was on the jungle side of the rough road that followed the beaches down the island. It spanned three levels, the ground level cleaning area, a covered, open-walled, mid-level deck where people sat around low bamboo tables on floor cushions, with a couple of walled rooms, one of them the kitchen, and a sleeping loft above. A split-log bridge led patrons from the road directly to the deck. One day I was clearing up dirty dishes and carried a pile downstairs. Because it was inside the building’s threshold, as is customary in many global cultures, I was barefoot. Without tropical training I wasn’t looking out for snakes. I felt a sudden, sharp pain in my left (for a change) foot. The island was an hour from the mainland, I wouldn’t have made it to a hospital in time. But, thankful to my energy which wanted to live, it was surprisingly no snake but a broken soda bottle. Course it was. Obviously. This was a very, very close call. I still proudly bear the scar. One quiet night in a country garden by the river แคว (Kwai) a retired, expat, Texan exec offered me a wife, 21 years old, which was sold as very young but was, in fact, older than me. Despite being somewhat around people who had had sex since they were 11, I waited until 19. It was in the tropical กรุงเทพฯ, in the world’s only multi-story red light zone where I popped my cherry with a very pretty and seductive, teen prostitute looking a couple of years under 18. Cheap at twice the fiver I paid.
Guru Monxy

She hung out with me drinking beers in a nearby pool bar with my buddies afterward. She was cool. One view poses the question of how much my experience was influenced by & influenced my perception of the word Caucasian, cock Asian. (Though I’d certainly heard the word euthanasia before.) Trying as I 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.**

A COUNTRY HIPPIE PARTY

In the fall of 1995 with my cannabis trafficking uncle, my mother’s eldest brother, (I had another, my father’s youngest brother, a civil engineer, that inherited a construction company that I later implemented their website for) I went to a private country party where the organizers who handed out tasty P. semilanceata magic mushrooms and had the largest home speakers I’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.

COLLEGE

I had such little financial support that on my first day of college, I 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 mine certainly didn’t. I read Physics at university or rather, shaven-headed, I extremely foolishly risked my freedom by continuing to deal mainly cannabis (middle-class drugs; never crack, meth nor heroin) to friends, and be highly social. When you think of the relief a joint can bring a stressed student and the amount of joints you could buy with a thou, ¼kg, you have quite the responsibility on an average night, let alone a Saturday or New Year’s Eve. Supplying a stronger drug like acid or X makes or breaks a weekend. You need to be reliable and provide a quality product, or you don’t deserve the job.
Enlighten Your Life

You have to work while your friends play and take things easy. You get paid, but it’s not that much, really. You’re risking your liberty; in retrospect, a very foolish risk.

A LOVER
I had, as is common for Europa, slept in a single sized bed until I was 20.

I got a date with a beautiful, sexy, tall, intelligent, young, blonde, blue-eyed, English lady who was into reggae as was I. The bass of the sound system brought in to the beachfront nightclub was the most I’d ever heard, and that’s saying something. Overwhelmingly Attack didn’t even let me comprehend it as a date and obviously, my date was programmed not to make the first move, so we didn’t even kiss. I’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 me come to a decent relationship with a British Chick in all my decades of experience on that island. Despite being half Albannach (Scotch) therefore British and a Londoner at birth, I’ve never found myself eligible for the things like this that would appear my birthright. (I was a foreigner in a foreign land and I felt it. I was born and raised in the capital of England yet had no English blood in me.) I felt I had no choice but to accept a quite imperfect relationship. A little later, I started having sex daily, nightly and ever so rightly with a Norsk country Chick (another intimacy with dark hair) whom I loved. We progressed to nightly, hours-long sexercise sessions helped with cannabis as an aphrodisiac and a little alcohol as an anaesthetic with her having, like, five orgasms a night. Daringly, she once blew me while I was sitting atop a rumbling machine in the campus launderette. This simple, rustic, though less naïve than she could’ve been, teen woman who’s flesh I 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
I 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. I see the view that this was energy pointing out to my consciousness that we’d have had dark-haired kids rather than all blondes. I invested heavily in the relationship, we were on a path towards marriage, but within a year, it became obvious that it couldn’t last. **She deceived me.** This adventure of hers wasn’t the start of her immigration to island Britain. It was instead a hook cast to reel in a British mate back to the small, sleepy town at the end of the Norsk fjord. “This is the church I’m going to be married in,” she informed me when I visited. “And this is the cemetery where I will be buried.” I was to be enveloped by and assimilated into this Norsk small town life. Living in the same 2,000 house town as her parents, down the road from her auntie’s family whom we met and ate with. Her cute, foreign words of passion were to grow to become the language I lived and dreamt in. This was not the deal. We weren’t going to be starting a new life together anywhere. She wanted us to live her life, there. Now I saw her true intentions and our relationship had to end.

**COLLEGE, VIGILANTISM AND OFFICE WORK**
There aren’t fraternities nor sororities at UK colleges, so no BDSM hazing; **surely** a good thing. I drank at a couple of the five bars on campus and they served liquor. One drunken night with my buddies, we all got banned from a bar on campus after many glasses were smashed and I surreally accused a barmaid of stealing the hashish I had concealed in my mouth. A unique experience was the night a roommate had acquired a white powder from amateur chemists. It was supposed to be X (MDMA). I must have done an immense dose because I was induced to **sprint** for a while repeatedly up and down a corridor in the dorm. Wow, I’d never tried anything like that before and I’d taken a fair few pills and powders. Another night, around the time I was leaving, when I was staying the night in my lover’s room, one of my roommates allegedly raped another in the room next to mine.
My 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 my lover had initiated a search for the creep perp, bringing fake guns, air guns, knives and baseball bats along although fortunately for all involved, the creep was nowhere to be found. A non-violent person, all the other times I’ve let the people who deserved a beating go. I withstood the minute loss of face for the lack of the vibe associated with the violence and any possible legal entanglements. I realized I’d dropped out of college ages ago and so after a tiring four days cleaning a factory, I continued my office work. Squatting for a bit in an unused room on campus, I then upgraded to a room on the edge of town by the marina. My highlights included dancing on X at dawn with a professional dancer at an all-night rave of 25,000 people on an airfield. The primitive, tribal pleasure from dancing Running Man opposite another guy dancing the same moves right in front of Rider's decks like we were pro dancers one night at a seafront club was very memorable. Another highlight, chatting up and dancing by a famous pop singer in a megopolitan bar. I saw Lee ‘Scratch’ Perry, System 7, The Prodigy (although most of my concentration was distracted by my amazing, first, X pill), Baby D, Acen, Orbital and other amazing music acts perform live. Standard for megopolis life I’d passed by a dozen celebrities around town.

EVENTUALLY STUDYING COMPUTING
Returning to college the following year and changing course to add Computing, my main love since I was preteen re-awakened my studious side. It had been four years since I’d been flowing with school and the ease with which I took to my new classes threw me. Like Gates, Jobs and Zuckerberg before me, I again dropped out, to start my computing business, which to this day supports my life.

A THEME PARK TRIP
Socially I reached out and received an email reply from psychonaut author Terence McKenna (1946-2000) telling me to be there at the 2012 eschaton or be square, which I won’t
Nightclubbing in ’96, I once enjoyed trying a 2C-B pill. I got wholesale prices from the guy and almost did some business with this, but I was already winding down my dealing by then and it never happened. Clubbing in a large, downtown, megopolis venue one night, a Negro gang swept through the club robbing patrons. Sensibly, like everyone else, I paid the first gang banger to confront me but, having already paid their ‘tax’, I refused the second and after a tense moment he eventually walked away empty-handed. One weekend I went to a theme park overnight with two Chicks I was tight with plus a guy friend of one of them. I turned down the advances of one of the Chicks because she was a slutty Jewess and as such, not my type. Later she told me the guy had committed suicide. I always blamed, almost definitely accurately, the fact that the guy did too much acid compared with not enough weed.

SUMMARY
By then, I’d been electrocuted, been in a car accident and bruised by a bump from a passing car. My extended social circle had included Deutsch (German) royalty, a Kenyan aristocrat and, briefly, Thai (Thai) royalty. I’d considered a career as a firefighter, a pyrotechnic engineer or as an EMT. I’d tried to change my major at college to philosophy and to neuroscience.

ALIENS FROM OUTER SPACE
Since watching the Contact (1997) movie, I’ve been donating computing processing cycles to SETI@Home the SETI grid computing project based at UC Berkeley, which searches for extraterrestrial intelligences.

AN AMERICAN GF
Easily I got myself into a long distance, intimate, internet relationship with an American Chick in Georgia. Ignorantly one that could never prosper. Needfully it lasted years. Again, I almost got married.
Before a visit, I was in email communication with Dr. Sue Savage-Rumbaugh to try to get permission to visit her computer literate bonobo apes. Unfortunately, she wasn’t having any of it. That would’ve been a once in a lifetime experience. Go search for “Kanzi.”

HOSPITAL INCARCERATION AND THERAPY
At 22, I felt trapped and over-stressed and went to the medical profession for solace. My honest recounting of experiences on psychedelics was used against me. They labelled me a non-violent introvert of the underclass of the mentally ill, for life, and imprisoned me for 1/3 year. Eventually released, I 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 was paid for by an inheritance from my father’s side of my original family. (My father himself paid for my teen martial arts though not once did he come to see me perform at my gradings.) The therapeutic housing was from a charity and covered by standard Welfare. Living in a tiny room I 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 I interacted daily, whom I had on occasion needed to talk down from delusional mania or visited 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. I had my own cable TV (and computer, of course), phone line and a lock on my door. It was during this period that I managed to distance myself further from Society.

RAPE AND MURDER IN THE MEGOPOLIS
Although I knew of around half a dozen people raped in my extended social circle, I was acquaintances with only the one murderer. A bourgeois, White sporto in my high school class not far past graduation who killed one of the neighborhood’s
Guru Monxy

prettiest Chicks. A prole, White kid in my year, killed a man by setting them alight in a store and a prole, White in the year above stabbed his male victim to death in a bar fight. I’ve also been close to a few other murders near where I’ve lived. If I hadn’t increased my spiritual retreat in my mid-twenties, I’d probably have heard more true violent crime stories from megopoli.

LEAVING FRIENDS
Sensibly leaving friends and turning to my inner callings. I left my 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 I 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 me.

INNER CALLINGS
I 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, pink-skinned 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 my footsteps – it gave me hope during a dark period that an interesting Chick may be findable with whom I can relate)), the 道（Daoist or Taoist) 易經 (Yi Jing or I Ching)
student, the 打太极拳川 (T’ai Chi Chuan) and fleeting 合気道 (Aikido) student, the chef and the fashion designer of my own clothing. I finally started being able to find good White music to listen to like Sia and Tool. I spent a few days & nights twice at a Tibetan Buddhist monastery in England. Adventurously I 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). One time I grew my own psychedelic shrooms, which were very nice. During this period, I 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 I was in pain, it got worse, I caught an ambulance to a hospital, then oddly waited for hours in a waiting room. The mother to my right, concerned about my squirming in pain spoke to staff on my behalf. I was given a morphine suppository and was wheeled into surgery. It turned out I got to keep all my major organs intact. Lying in a public hospital dormitory bed hooked up to a drip, opium nightmares about evil residing within my bedside cupboard passed the time until incontinence came with the stopping of the morphine injections. A couple of scars remain (of course on my right side), maybe a debt owed. The drinking subsided to a more sustainable level and life continued.

EASY WOMEN
I was asked out by a Chick whom I never got back to because she was a hand-me-down from my housemate acquaintance and as such not my type. Back in college there was a day I was partying with two Chicks who were both hand-me-downs from friends and had to keep it from getting sexual. Easy women really aren’t my type.

THE MENTAL HEALTH CARE SYSTEM
Not counting my crazy housemates, I knew of a buddy and
two other guys from my year at high school who’d spent time in mental hospital.

A HORRIFIC EVENT
On September 11, 2001, I was woken by a phone call from a friend urging me to turn on my TV. Six years later, for a torturously short period, I’d be living only a few blocks away from Ground Zero.

YEARS WORKING ON SELF
It was at 27 that I quit therapy and moved into my own apartment. Through need, I picked myself up, quit the meds, smoking & drinking, walked off the collected fat and got fit again. I jogged and then I ran until I withdrew to my home gym and cycled. I put up a hammock and grew tomatoes. I didn’t own a TV. My bizzy was really flowing during this period. Developing AI systems helped me shape a scientific view of mind, personality and interaction with reality. I developed novel computing technologies; more advanced than anything Gaian (Earthlings) had at their disposal. Including a taxi-hailing app years before Uber. I made plans for literally thousands of different apps, knowing what each one did, and extremely basically started work on each of them. My 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… Monxy:brain was buzzing with logical activity
and Monxy:body was the fittest I’d ever been. I went to bed thinking about work, meditated into a deep sleep, sometimes I stayed conscious yet in deep meditation all night, and I woke thinking about work. I was learning and building my business simultaneously. Experimentally I started working away from the day time period. Working shifts sometimes during the daytime and sometimes at night. My groceries were delivered and eventually, I shut myself inside my apartment. Being this retreated I saw that mostly I had no need for clothing other than underwear. Hef (Hugh Hefner, 1926-2017, founder of Playboy) came to the same conclusion dressing in a robe when at home. I’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 I felt so alive. I hadn’t watched TV in years though I became an instant West Wing TV show fan when I caught some random episodes on pirate IPTV (internet protocol television or web TV) while doing repetitive biz work. One Saturday night I went out clubbing alone and still hyped up, nonchalantly walked through a road rage beating on my way to the bus home. The queuing crowd intervened to stop the violence after I had passed through its midst, injecting my air of normality with the same aim of restoring the peace. However, I knew better than to attempt solo intervention. I partook in some Western Buddhist meditation sessions and went on one of their T’ai Chi, weekend, countryside retreats. Enlightenment-wise, energy was blissfully retreating inward, showing no clues to the change that lay ahead. I lived in a 100 home, poor, sky city housing development above floors of stores and car parking. Multiple murders were reported happening in my ‘hood. I was now living where the poor kids had lived in high school. Doing a heap of DIY helped make my home my own. The sound insulation was amazingly proficient. I rejected my available government disability monies. Years later after being unjustly incarcerated, however, I felt more deserving.

FREE REAL ESTATE IN MY HEAD
I got the phone number of a beautiful, young, blonde Chick
but when I called her Attack showed me actually hearing myself say that the age gap wouldn’t work. **It would have.** That simple. She was on my mind for ages afterwards. I never forgave my home vibes for that Attack, I just moved on.

**DARK DAYS**
After being turned down asking a stranger out for a drink, I was assaulted on a deserted daylit street by a couple of sports hooligans, fracturing my **right** clavicle (obviously) (collar bone). (I am extremely disturbingly reminded of Zechariah 11:17). I was carrying a new pair of scissors, but feeling no pain, I didn’t see a need to escalate things to that level. The government’s foreign doctor misdiagnosed this as a non-issue and it was only years later that I became aware of how much damage I’d suffered; that the bone hadn’t set. This was at the start of my Dark Days, a period of energetic settlement and searching for reality deep within myself, which I struggled for a decade to complete or even get to a comfortable level of. **These were the wrathful visions experienced during my awakening from Sidpa Bardo through these Dark Days of Chonyid Bardo towards the enlightened bliss of Chikhai Bardo (see chapter Reality).** I actually had known about this major life event since at least my mid-teens. I was scolded for the negativity they heard in my describing it as ‘dying in my early 30s’ to my martial art buddies one night drinking beers (underage) in a pub after class.

**LEAVING HOME**
At age 31, I pushed to leave London. **I was effectively without a decent, stable home for the next decade.** Choosing the Europan countryside, I ended up in distant mountains. Rediscovering nature in temperate paradise, I enjoyed every barely affordable day. Without the protection of my modern build, double glazed, concrete apartment with my self-papered & painted walls, Society ingressed. My first imprisonment by cops occurred when I went to Hicksville law enforcement to report a theft by a local rube.

**AN INHERITANCE**
Surviving on Welfare and some business credit I desperately attempted to receive funding for my business. I 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 my unofficial godfather, a physics doctorate who was part of the IBM barcode inventing team, and which could be seen as compensation for the permanent scarring he’d accidentally inflicted on me in my childhood, helped finance my move to America. Barely existing on my Welfare monies this didn’t just rock my boat, it capsized it. Off I went playing with external (inheritance) group without thinking, realizing, that that’s not what I did anymore. I paid an exorbitant price for this Attack and largely blame it for ruining my comfy, healthy, on-track life. I also inherited an immediately auctioned Rolex, as I haven’t worn a watch since my teen Swatch (FYI the same model that Drew Barrymore wore in Far From Home from 1989). Enjoying the upside of this brief period I 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 (fully flat bed) air travel, stayed in 5-star hotels and rented a luxury, three bedroom, three and a half bathroom, virginal upper 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.

EASY ACHIEVEMENTS
During this splurge I drunk champagne in Champagne and ate a Waldorf salad at the Waldorf hotel. I had already smoked ganja by Ganjapurna and its river Ganges.

ILLEGAL ALIEN
After official literature assured me that I could upgrade to a permanent US visa in-country, I was belatedly informed that I now had to return to London and wait. I was unimpressed by the ‘go Black home’ attitude and unwilling to return to Blighty. Investigating my options, I 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 I’d made all the arrangements and reached the border, Attack said I’d overstayed by 21 days. Managing to escape unnoticed at Niagara Falls (I’ve always had bad experiences near waterfalls) Canada then got nasty; arrested me for initially refusing to decrypt my business data (when I finally agreed they were too incompetent to find the second level, main trove of encrypted data which would’ve tested my moral resolve for my right to privacy), detained and questioned me all night then returned me to the US to face their authorities. Lawfully I’d taken my websites offline while in America as I didn’t have permission to work there. I’d checked Canada’s website earlier and read over their work visa requirements. It appeared to me that I didn’t need a work visa because I was working for myself. At the border, however, it appeared that that was not the case. After being told by the US ICE (Immigration and Customs Enforcement) officer that I’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. I stayed in my requested solo cell, coming out only to eat, and worked on developing apps. After a noisy 26 days of refusing to cater to my vegan diet (my not wanting to eat bad quality meat) and undoubtedly poisoning me with GMO (and non-organic) foods, I was bundled handcuffed into a van by two undercover officers and escorted to an airplane bound for Heathrow. The USA admitted on my release that they’d potentially exposed me to a biological Attack; tuberculosis. Overzealously I was banned from reentering for a decade. Extremely they also informed me that if I took a wrong turn in Canada or Méjico (Mexico) and found myself not even in the US but only present at a border, even if because I stumbled in drunk or stoned, I’d be imprisoned for 20 years. This weird yet extremely unlikely to manifest specter has been hovering over me, constantly reminding me of the absurdity of the draconian, American penal system. When I finally got my $4,500 computer FedExed back from them, I was 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 I let them hit me, otherwise entertain myself for a decade and yet then still be interested in immigrating?

2008; THE COMEDOWN
Being hit twice by First World governments again incarcerating me without due cause severely shook the Society man. Again ingresses from an unwelcome yet too present Society. Yet again I tried in vain to find goodness in Britain by renting a countryside house there. In the process staying at a C12 hotel in England for a few nights while assembling a robot arm and visiting potential homes. Talk about sodden with Attack! It was an enlightening few nights, feeling almost a millennium of Societal energy soaked into the hotel buildings.

I wound up holed up in an Attacked, Nederlands (Dutch) country house. Eventually achieving decent distance, I left a carnivorous diet and started a herbivorous, vegan one. Finally with the space to dare to grow my hair and beard I haven’t had to cut them yet. The Attack energies overwhelmed me. In half a year, five teeth broke (yet again mostly on my right side)! Having grown a set of teeth twice already, I’m confident I can do it again eventually (go biotech!). This was a remnant from 2006; a year from another life. Back then I was extremely high on coding and afflicted by a superhuman delusion that I could eat a ton of sugar without ever brushing my teeth and nothing bad could touch me. Admittedly, I was proven wrong two years later. I guess that experiment is what baby teeth are for. I just got to the science class two decades late!

I started noticing my day being split in two by Attack. First, my progressive portion of my day / awake period where I could work but not do much exercise then followed by an ultra-Attacked second half where Attack overwhelmed me. Although I had started experiencing Tourette in London, this was the first of my 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 my home environment to a more conducive one and to feel positioned to restart exercise ASAP.

ALL GONE
I spent the last of my money on accommodation and food. Mobbed up, or otherwise crooked, NYC movers thieved my accrued $35,000 of American possessions plus the $7,000 I paid to move them intercontinentally. I was stuck in a Catch-22 with the insurance, which should’ve covered me, yet I needed a police report but weren’t allowed into the country to get one. Nasty, money-grubbers. Even the beautiful and exceedingly wealthy landlady kept my $12K Battery Park City deposit. (Once even an NYC CPA robbed me for a few hunny; that megopolis is full of thieves.)

GROWING
I was still consciously putting myself through a simultaneous double awakening; both spiritual and macro-social (of global Society). For instance, I previously had no idea that sixty million people are being killed each year in abortions or that Muslim doctrine preaches imperialist world war. I’d never viewed the FBI’s Ten Most Wanted list. I knew comparatively scant info about global society or even American geography.

A DECLARATION OF INDEPENDENCE THEN AN IMPRISONMENT
Idealistically, I faxed the UN declaring independence for my home; the freestate of Terra Sanctuaria. Coincidentally, within days, a complex batch of insanely large Attacks culminated with me suffering abuse at the hands of the Brits who imprisoned me for ¾ year for being separate. Defending my rights they were too backward to believe existed. They had no grounds for suspicion (no probable cause, violating the US’ 4th Amendment far from the US), only a 9ng (nanogram) result on one wrist suggesting that it had touched a surface contaminated with an explosive present in
over 75 legal products, yet wanted me to bear witness against myself (violating the US’ 5th Amendment far from the US) by decrypting all my business’ data. There’s not a chance I would’ve been able to decrypt the requested years’ worth of data anyway. When I used to use high strength encryption, I used it ultra carefully because I thought it to be cool. Obfuscated passphrases for bit edited keys with solely a cryptic clue to change back my edited key which expired every few moons. Not just a PGP/GPG high strength key with a long passphrase. Far, far, far more secure than that. Forget about it! Like in America’s Miranda rights, the first part of the UK’s arrest procedure tells you that “you have the right to remain silent.” This prime Societal concept was attempting to be taken from me. I stuck by my right to silence and neutral passivity, against Britain’s counter-terrorism cops CTC SO-15. For not complying with their order, they attacked me. They’d already seized all my personal and business possessions, including literally the clothes off my back, for some months by then. How dare I own the fruits of my inheritance / compensation, the UK’s energy was saying. This was the first time I’d properly returned to the UK since receiving it. Over a year later most of my property was returned; my fluorescent tube smashed and distributed throughout a full suitcase, my camera overheated when turned on and probably would’ve exploded had I 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, I’d gone into hiding. Attack wouldn’t let me 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 my apartment. My convictions were for civil disobedience and subsequently skipping bail. They deserved it. They bullied me and I wasn’t gonna play their sucker. They destroyed my books. Just like the obscene Nazi drive of 60 years previous. Like a confused parent, they even confiscated my balaclava! Viciously they framed me for the worst two of the 13 charges!
leading to a 13-month sentence. Was this the rise of surrealism 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? Was I to blame? Was I who was ‘disobedient’. Did I need to see myself punished for my ‘undeserved’ good fortune? When had Society programmed this need for self-flagellation? The law I 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 me 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 my leg were being shredded. Initially, I passed out writhing in pain. Over time the Attack lessened. More than a month in, I was in too much agony to lie flat, so I propped myself up, still in too much agony to sleep, yet after days, I passed out and awoke to find scabs on my head from hitting the radiator after falling unconscious. When I realized that I was imprisoned awaiting trial (presumed innocent) possibly indefinitely, I seriously considered hunger striking. Incorrectly advised by my idiotically green lawyer that I’d be released within a fortnight if I swallowed my pride and plead guilty, I, therefore, plead tactically only to find a few days later it was false advice. They attempted to use me as prisoner slave labor until my mental health label got me 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 I was empowered enough to work on developing apps; some of my most advanced work. It’s weird how energy fluctuates. If I’d chosen to stay in prison I’d have been released a quarter year earlier yet not been as ‘comfortable’. In a bizarre contrast my transport van passed the First Lady’s motorcade en route. I was a far cry from looking down upon the United Nations delegates protected by their block worth of Secret Service agents from my elite NYC
penthouse. In a jail newspaper I read how a famously ‘innocent’ prisoner accurately compared prison life to being “buried alive”. My story, at my beckoning, was published and made it onto Geek.com177, reached the eyes of the Electronic Frontier Foundation178 and one of the few thousand interested voices on Reddit179 compared me to a legendary human rights activist. My 15 minutes happily used up yet not that big a bite at the hand that helped raise me. During this period my distanced relationship with my parents disintegrated. My father suggested my imprisonment may be justified so I refused to let him visit. Wheeled in to the prison visitors’ room to meet my mother, she saw me slowly hobble over to the table. She later told me she assumed I was being beaten by my fellow inmates. Still, she refused to bail me out, at no cost to herself and with my passport surrendered. She refused to help, not even a loan of $1,000 nor $100 for everyday supplies. I was 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 myself mentally stimulated. That was while in the prison. In the hospital my ‘pocket money’ prisoner allowance stopped altogether while non-criminal inmates were receiving Welfare monies, there were no TVs in the rooms (though they and other non-communicative electronics could be bought if one had the funds) and I 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 me get bail did anything. None of my old buddies and none of my family. For many of them, it would’ve been nothing. Finally, I knew that my old social and familial links were dead. A few times, my fellow inmates did cool favors for me; a piece of extra fruit when my vegan diet left me 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 I didn’t

177 www.geek.com
178 www.eff.org
179 reddit.com
after a few years old. **It felt like the human equivalent of being a lab rat.** From what I’ve seen in the movies, I was fortunate almost all of my cells had six walls (four plus a ceiling and floor). In all of my year+ of incarceration spanning the decades (not including schooling), I’ve managed to get the overwhelmingly safer, solitary confinement for the most part. **The times when I didn’t were the most dangerous ever; literally sleeping locked in the same room as a potentially homicidal criminal.** 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 my humanity. To need to mimic a stone-faced psychopath. More dehumanization courtesy of Society. My inner seriousness gained a preemptive attack of psychopathology. **I contend nothing can make one feel (comparatively) freer than past imprisonment and thankful only to life itself I feel blessedly liberated by these experiences.** *(Search for ‘JFL RIPA’ results leading to The Register, Geek.com and SpyBlog.)*

**TERRORIST**
The spooky British vibe calling me a terrorist took years to fade (then was briefly resurrected in early 2017), during which time I was 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 I’d been stopped, the more reason to stop me. At a border, they once confiscated a rolling pin, which they did first identify as such. Weirdos. I hope the blame lies with an extremely paranoid culture that can’t deal with eccentricity rather than being on a undesirables’ watch & hassle list. On the bright side, now that the UK government has not only my DNA hash and UHD photos of me but also my footprints on file, I should be able to easily prove my identity for border entry eligibility and identity theft / ownership of business intellectual property (IP) purposes.
PUSHING THE EDGES OF SOCIETY
I 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.

TOURETTE SYNDROME
In my thirties, I started experiencing ‘symptoms’ (of dis-ease) known to Society by the label Tourette Syndrome\textsuperscript{180}. This overwhelming energetic attack reaches back to very base perceptions of reality. One’s world itself shakes. Energy uses me to speak. It’s the classwork of Clairvoyancy 101. It’s said that almost no-one gains Tourette late in life, so albeit feeling the outsider, I 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 I’m drawn to sympathize with a societal sub-group, with others. I feel blessed by Tourette, escapable in the right environment. In my NYC penthouse with ultra-novelty, ultra-high Societal status and enough funds for worries to be beyond arms’ length, Tourette had no place, no hold at all, not even in the ultimate ant hill that is NYC. Preaching tranquil awareness, my own now seeing the Pit of Zell\textsuperscript{181} 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 A NORTH LONDON RIOT TO THE SECOND WORLD
From my north London sickbed, I saved and saved in a megopolitan slum apartment, while a literal riot passed by

\textsuperscript{180} www.tourette.org
\textsuperscript{181} It would be Pit of Hell but I don’t believe in Hell.
outside. With the anger I still felt from my 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. I 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 I was away and stole my stuff, multiple times. I hadn’t the resources to emulate the more sensible locals and install high fencing and barking dogs. Staying in a local hotel, I planned to construct a home on my land. Attack at the last minute showed my flawless budgeting to be wrong. I couldn’t pay my 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 I worked on paper, not a computer. No comment =( except lesson learned. When I later contacted them to pay and retrieve my work, I was told it’d been destroyed, which put their bill to the end of my list. On a bus I saw a spitting image of (Libyan) Col. Gadhafi; creepy. Attack also tried to kill me in a traffic accident near miss en route to the airport. These were the only peoples I’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 I’d ever seen and I’d seen murderers before. I can only imagine the types of organized crime that they were almost definitely involved in. The Second World.

HEALTH
I had the flu for a few days a few years ago, but apart from that once my retreat together with sensible hygiene measures have kept me totally free from contagious diseases for decades already.

RECOVERY
By age 39, I’d traveled more. More limits pushed, To Do checkboxes checked. How was my inward energetic quest progressing? Physically I’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
Nepal (Nepal), and tropical Thailand. I'd amassed over a decade, and basically two, of celibacy. Again I'd regained fitness and started building muscle mass. I'd quit the six-year opioid painkiller addiction and the latest three-year cannabis habit. Responsibly as an intercontinental traveler, I'd fed some friendly Asians their first taste of (dried) pear and received a homegrown banana in return. To check off an item on my list since I was a kid, I bought a lock and some picks and picked the lock just to be like a cool TV or movie star. =). Gaining more distance from any negative history surprising me (like ex-cons tracking me down), and for another fresh start, I again changed my name. Finally, I abandoned my given first name. In fact, I was originally named a Français (French) name, after a Negro servant my mother liked as a child in West Africa. That’s how she saw me. I really started living on Gaia not just within Society. I drew my 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 monsoon rain (I'm a pluviophile; a lover of rain) and drank 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, I shat in trash sacks until moving on after I saw their preteen boys playing with shotguns in the field I was renting. While still camping there, I’d taken the bus to town grocery shopping in town and was carrying four 12kg (26lb) bags laden from the store. I was alternating carrying a couple of bags at a time down the distant country lane home, not a soul in sight. For the first time I pressed criminal charges against someone, a passer-by in a van who stole two of my bags I left unattended for a minute while fetching the other two. Inquisitively, he stopped to show me his loot and so I got his plates. Physically unthreatened I never wielded my (illegal) weapon. The cops caught the thief, returned my groceries and gave him an official warning. He was there doing business with the local
pikeys (gypsies); not a bunch I wanted anything to do with. Another very good reason to move on.

In Nederland (Holland), I had to walk for three hours on a week empty stomach (I’d tried to last it out) to a soup kitchen because all my 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 from a building opposite brought me a cup of coffee. **This simple, small act of generosity is far, far more than I’ve seen from Society in many years (albeit perhaps due partially to my retreat).**

On this journey back home, still with no money for accommodation, after a night sleeping at the airport, I sensibly managed to check myself into an early-C20 Berlin hospital ward and there, at last, received my official Tourette diagnosis. For the nine years previous I hadn’t trusted London’s medical services enough to present my symptoms to them. My life from that moment on was immensely improved by the new medication prescribed.

I, the adventurer, tried living in a mountain forest a few times. It was cold enough and wolves roamed through my camp enough to convince me to return to civilization. I 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 me back to London.

**BIZZY**

Business was slow to rise, yet never needing to rush believed I could wait.

**THIS BOOK, SUICIDE AND FAITH IN SELF**

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 my software business together with the writing of this book from its energy that I had been working on for the past decade-plus called new energies and Attacks into play. The path I chose meant dealing with more and new Attack. In the darkest of times, a period spanning several years, I batted away suicidal tendencies more and more, continuing for more hope. Although the first book I bought on Amazon, in the ‘90s, was on suicide I’ve never attempted it, although I’ve been ultra-close a number of times; a box cutter to my carotid waiting for the despair or a Tourette tic to end reality, and once getting up to jump off a roof. The EZ way I know, but it takes moons to grow the poison and I’ve barely ever started. Maybe this is why energy hasn’t let me settle in any one home for a decent period. Probably more a lame excuse for Attack =). I’ve spent years into decades meditating & mediating in limbo for my angels to rise above my demons. It doesn’t seem correct to blame my mostly historic Societal programming anymore. It’s said that strength is built by adversity and that suffering teaches the most. Maybe I found some solace in this. I knew from one view my bright present was still just a bright future waiting in the wings. On good days, invariably, progress is made, away from Attack and towards my goals. The world can be rough, but I’m tough. I had faith that with a bit of goodness in the vibe, my low shall become but a story to tell and was confident my dreams would unfold and my world imagined would be made manifest. Faith goes a long way.

THE GOAL
For my Dark Days decade, the goal was simple; a quiet desk, in a middle-class apartment. I’ve written and published this book now, given out for free, so there’s no valid argument for me not to spend most of my time again working on my bizzy. This apartment is such a powerful and necessary item for me that Attack didn’t let me near it in over a decade. I tried in a heap of different countries including heap in Europa, where I have an explicit right to work. This was my nemesis, this was my Holy Grail, this prohibited my progress. I know this block sounds insane, then again,
so were years of being called a terrorism suspect.

BIZZY
For income, I have like both my grandfathers and two of my blood uncles owned and run my own business, in computing, since college. I’m an entrepreneur; a reluctant businessman, an enthusiastic computing systems developer, a programmer and I do some ecommerce.

THIS BOOK
I took some time away from my business and focused on this spiritual guide book. It took me at least a decade of subconsciously collecting the communication needed for this book already around six years in the writing.

This work was dictated in part on a small phone while I saw myself walking through parts of my ‘hood where I grew up decades ago. Parts were worded in trains, planes, boats and automobiles. In restaurants, cafes and hotels. In the First, Second and Third Worlds. Primarily typed up on a keyboarded 10” tablet sitting up in Attacked beds in strange places.

REALITY
I love reality, that’s why I keep it. However, it’s a complex love / hate relationship. My deep fury at reality is extremely tempered, but I see it bubbling sometimes when it’s safe to. I like to keep it stoked. It feels passionately inspiring, perseverance feeding and less destructive and dangerous than it sounds. I planned to settle myself when it was time; when I’d achieved far more distantia to Society. However, now that I have, I’m aware of a heap of reasons to stay pissed at reality. It’d take like this book to really get into why =).

DARK DAYS
For years I found reality unwilling to let me settle in the First or Second Worlds and felt unwelcome and wary when in my homeland. So I traveled the world in homebaseless limbo waiting for energy to settle and the facultas of funding to open.
Enlighten Your Life

doors, if these things were to ever happen. I was trying to make a situation where I was stable enough to program enough to earn enough to keep afloat. I felt confined to hot places so far from my home temperate environmental conditions. Ultra-poor places so far removed from my historical, external Society. It was as if my usual Societal energy was taking offense at my retreat and rejecting me out of reciprocity. However, I needed to travel outside of the First World to refresh my body of comparison. To wash away the hatred and aggression of the First World’s treatment of me, a natural-born First World citizen. Realize, shout to my subconscious, that it could be worse. Dark times remained. Never-Never Land instead only ever ocean seeming an ever more enticing option whenever I could afford a big enough boat to live on.

EVERYTHING PASSES
A decade ago, although far less worldly-wise, I felt vividly alive, almost untouchable. Living through the past decade, I put on weight, lost some fitness, broke some bones, got a tropical disease and again became mildly addicted to a variety of sedatives. Eventually, I started to bounce back as these creative energies and corresponding Attacks dissipated and the remnants settled into my My Attack (see chapter Attack (Evil)). Only a fraction of my everyday Attack is the, albeit steep, price I willingly accept for choosing to interact with Society through this book.

TERRA SANCTUARIA
I’ve known what I wanted for so long I got it into digital format in 2006. Since then, I’ve been constantly, actively striving to manifest my plans. A piece of land in America’s temperate countryside so I can build my dream homestead and start a family. It’s as deserved as fresh air, it asks nothing from Society and it satisfies me. Then comes Attack and gets in the way. With my faith in life and in myself, I feel nothing’s insurmountable.

“We don’t grow older, we grow riper.”
FIRST DATE
In 2016 while in Nepal (Nepal) a wayward character who sold me cannabis from his tiny room also offered me child prostitutes which I obviously rejected. I met a pretty, flirty, air hostess, hippie, Aussie Chick and went on my first date in a decade. We hit it off and hung out for half a day (12 hours) but our itineraries diverged and she left town the next day. Of course, I rejected the available casual sex.

STOPPING DRINKING
As 2016 turned into 2017, on pain hitting along with a vibe that death was imminent, I stopped drinking alcohol Cold Turkey, after three decades. Maybe I’d never ever drunk a drop. Maybe it was all a delusion. Or just some of it. My liver in perfect health, my skin no worse for the wear of drink, not one of my brain cells ever sacrificed, no funds ever wasted on the previously useful poison. Since stopping imbibing alcohol, my suicidal vibe / ideation has almost completely stopped. I’d assumed that my suicidal energies were sated by killing myself slowly with alcohol, but in fact, it appears that I was keeping them alive with my drinking. Staying dry is, on one level, a daily struggle but it does get easier with practice and way easier when instead using cannabis. Since then me:organs have passed the normal tests. I guess that me:body just didn’t want to drink any more poison and I thoroughly agree with me.

ATTACK’S REACTION
Because I’d dropped out of college in debt, my credit rating was non-existent and I was unsuitable for a bank loan, business loan or mortgage. Claiming land in western Europa is near impossible. The UK is extremely strict with their planning permissions. I lived in a camper on island Britain for awhile. The novelty and ownership were shiningly beautiful and it was warm, comfy and homely albeit seriously
constricted. The bed was too small and noise invaded through the not-very-sound-insulated walls every time I tried to do coding work and my hard drive crashed when I tried to do less intensive work. When I had to stop alcohol, an extremely large Attack dropped. **I encountered the biggest destroyer of lives; complacency.** I was deluded into selling my camper and trying to use the funds to move to the Europan mainland and boost my business. It was a The Grass Is Greener Attack and in my vulnerable state, I got swept along with it. Other bad incidents afflicted my path around the same time. A heap of energy liked getting high on alcohol, it liked it a lot and a heap of Attack liked me getting poisoned by alcohol, it liked it a lot, so a heap of energy was upset when my daily routine changed to being alcohol-free and it wasn’t shy in expressing its displeasure. I did, however, manage to stay teetotal; a sobering change which took moons to adjust to. I had sold my home and again had nowhere to live. I moved back to London for an exceedingly dull couple of years. Pleasingly, I managed a moon’s pilgrimage to my ancestral homeland of Polska (Poland). I shifted 30kg (65lbs) of excess body mass via strict dieting. My Tourette making dental work dangerous, I patiently waited for the extraction of my six teeth stubs under general anæsthetic. My fitness returned after I restarted daily exercise in my makeshift home gym.

**A POLITICAL AND ANCESTRAL AWAKENING**

I started playing Social Networking on Twitter. I clearly remember my first Red Pill. I noticed someone point out that Muslims perpetrated 9/11. I replied with the mainstream ‘normie’ narrative that it was a bunch of terrorists and I didn’t understand what their religion had to do with anything. The friendly Red Pill dealer pointed me in the direction of relevant sections of the Qur’an. My eyes were opened to something the mainstream never talks about, how the Qur’an encourages Jihad and its acts of terrorism. **From then on, I was hooked on reading alternative political viewpoints and giving them a fair assessment for validity using my own astute faculties.** Not just consuming and believing the mainstream narrative like a good, brain dead NPC (non-player
character in video games). This slowly led into my White pride awakening. Watching and reading Jared Taylor at American Renaissance, Lauren Southern, Tommy Robinson, Mark Collett, Jason Köhne, Ayla ‘Wife With A Purpose’ Stewart, Martin Sellner at Generation Identity, Henrik and Lana at Red Ice, The New Observer, Tucker Carlson, RamzPaul, Way of the World, Kevin MacDonald, VertigoPolitix, Laura Towler at Defend Europa and much of White Pride Twitter. Avoiding the National Socialists (the real, literal Nazis) because they align themselves with historic megalomaniacs, they’d disagree with my Whiteness and would most probably condone violence in our struggle for a continued White existence in traditional White homelands. Obviously, I’m aware that mentioning such Politically Incorrect issues may lose me plenty of my potential fans. I know that it’d be expecting a lot from my readers to instantly break through their Societal programming to see the validity of alternate views. They can take all the time in the world. If you, dear reader, can’t yet allow for difference of opinion then surely this is as important a lesson as any other in this book. Those readers who disregard this entire book out of triggered disgust at a differing opinion have missed this most important lesson.

THE PRESENT DAY
In 2018 I eventually had enough money to again move away from London and into the countryside. I returned to my roots with a move to Alba (Scotland, UK) and bought an almost new trailer by the sea on the edge of a small town of 10,000. I had the option of instead buying an apartment or a cottage, but I chose to buy my trailer. It is only a few years old compared with the decades-old apartments. It’s a detached property; a rarity for Britain. There’s no one above me, below me nor touching any of my not-exactly-soundproof walls. It’s around 50 sqm (520 sq ft). I have an office, a small gym, a tub and a south-facing deck with a sun lounger, although no pool. I’m proud of my tiny flower, vegetable, herb and sprout garden, accepting that they’re all in pots. Here I live quietly while saving up to afford to build my countryside homestead. Life is a dance. If I progress slowly, dance well enough and use
minimal sedatives Tourette doesn’t bother me too much. My office again fruits and I’ve built a routine of work, study, exercise, cooking and the like, which brings me much joy, albeit alone.

Here in the Albannach (Scottish) countryside, the populace is proudly nationalist. With flags flying from the gates of the trailer park and many trailers, as well as in the town.

I’ve discovered some interesting facts about countryside life. Time schedules are less strictly adhered to than in cities. There’s less professional brilliance because there’s less competition. You can get pissed with one plumber but not two as that’ll drastically cut into your available emergency plumbing options. Proverbially I’m a fish out of water. Any intelligent professionals / college graduates have moved into the cities. There are basically no middle class office workers in the countryside because there are no offices. **Everyone is lower class.** Sometimes they seem noticeably backward. It reminds me of the Bill Hicks skit about sitting in a country diner and the waitress asks, “what you reading for?” rather than, “what are you reading?”

Country folk play a very tight pack game. The rule for being a true London Cockney is to have been born within the sound of the Bow (church) bells. This translates so that a townie lives within the sound of the town’s church bells. This is me. The bells ring out every 15-mins night or day, rain or shine. I’m thankfully far enough out of town that I only sometimes hear the hourly chimes; when there’s quiet. The vibe is towing the line. It seems not big on self-empowerment, individuality / difference or self-autonomy. **It’s aggressively bullying, repressive and depressive.** There’s a strong sense of community, a feature of Society I hadn’t experienced growing up in a megopolis. It’s a high trust, low crime, ethnically homogenous, chillaxed environment. It’s 96% White overall and more like >99% White outside of megopoli. They’re nosy but they’re friendly. It’s still very novel for me and at first it appeared preferable. Now I’m a few years in I realize the
underlying vibe is extremely violent bullying everyone into towing the line. There’s not a chance I would ever choose to reside in a countryside small town again. My main hope now is that a nice, very distant acre for a new house, which is my goal, would be extremely free from Attack. Though I accept and choose this for now, I certainly wouldn’t start a family until I had moved on up to a better home. I wouldn’t let Attack like this hit my family.

It’s still very novel for me but I prefer it. It feels like there’s years more of unwinding for me to do here, recovering from my megopolic past. You can take the man out of the city but you can’t take the city out of the man. Not instantly at least.

Eventually, I managed to reduce my body mass to my ideal weight again. I’ve experimented with different diets including no fruit, no caffeine, no red foods and only native foods but these days again love these global foods in my varied C21 diet. I avoid status quo carbs like bread, pasta and rice.

Firstly, a caveat. Please don’t blindly imitate me and go wild trying different meds. I’m very experienced. I know my mind and body very well by now. Still I’ve become ensnared in addiction a few times previously. Instead heed the warnings I’ve written into this book which strongly limit the recommended amount of meds to use, if any are used at all.

I discovered the Dark Web markets and have restarted experimenting with meds. In the summer of 2019, as a psychopharmacological experiment, I tried using cocaine for a moon, together with a little weed, of course. Thoughts disorganized for years came together eloquently and were able to be documented. At least a couple of (smaller) new chapters wrote themselves. Thoughts and fascinating questions were around to be interacted with. It was almost unbelievable, the mental organization and focus possible. It provided a massive help for energy visualization and energy control. It literally taught me to risk having more confidence in life, occasionally. It feels strange that such a
statement can be true but it’s a fact. One’s experiences shape one, and this includes medicated experiences. In fact, medicated experiences can be so far outside the norm that they have a comparably very large effect on one. Yet I had to stop yayo as it’s extremely addictive and dependency, especially at that large a level, is a great weakness not to be accepted in one’s life. Anhedonia; yuck! Plus a constant fever, tachycardia, itching, frequently waking throughout the night, nightmares about rivers, nosebleeds, plus the expected, almost insatiable cravings. True pleasure comes from the progress achieved through work, not fucking with a plant. Even the omnipotent weed is best survived without, but it’s an unfair comparison. It was a highly considered, long overdue, personal experiment. My conclusion is that although it’s a very potent, powerful plant extract that felt like I touched pure physical energy, it’s way, way, way too addictive to be a sensible drug to use frequently.

It wasn’t the end of the world to stop after a moon’s binge, but it was extremely unpleasant. I can only imagine the hold a longer-term addiction would have over one. I’m still addicted as I write this, now many moons later. I’ll always be addicted to it. Once you’ve experienced these altered states, there’s no going back, there’s no unseeing them. They will always play, and if you quit them then forever lessening, a mental measure in your body of comparison that you hold every other experience in your life up to. I’m extremely pleased I’ve never tried meth. It sounds like a living nightmare.

After having experienced all this, 2020’s coronavirus global upheaval, harm, panic, anger and sadness made energy too. Attacking for me to use anything psychedelic, including weed, and I discovered yayo was an alternative. I started a completely new phase in my life of using meds to stimulate rather than sedate me. I had actually been a coffee fiend circa ’05-06 and restarted mature, sensible, limited use in ’18. I was overwhelmed by the fact that yayo stopped my Tourette symptoms. It was after a quarter year of using yayo
every few days, leading to a couple of moons of daily use of yayo, all of which went hidden from my rational, aware mind. I thought I could stop at any time and I'm darn sure it let me by the head and showed me an all new omniverse of fascinating energetic views, including the annihilation by raw Attack with death riding in it's wake. On becoming aware of my addiction I started to gradually reduce my use. This exceedingly enraged energy. When it tried, without my awareness, to push me into upping my use, I instead discovered that X totally resolved all Attack energies hitting me. But X is an experience that lasts days; first the up day, then a wasted day, then a down day. It has a tolerance of around seven days, personally more like ten. Attack would hit more frequently, trying to instead suggest more yayo. Instead I steadfastly upped my X dose. So while the X high was reduced, the feeling wasted day and somewhat the feeling down day were increased. This spiraled wildly out of control within a moon and a half. I realized when I was in one overbearing view; temporarily induced yet despairingly paranoid schizophrenic, to use gen pop Society’s language, and exceedingly near a total mental breakdown that I realized that the meds had provoked Attack into an absolutely obscene, unlivable in state. I barely managed to pack. I literally could barely stand up. I left to a hotel because I had to wait days to fly, to a plane the first of which I missed due to ‘reading times wrong’, to fly my life back to London. There in my ad hoc rehab I gradually detoxed from the meds over the next moon.

The yayo spirit is ultra strongly linked to environmental energy. As shown in the movies Invasion of the Body Snatchers (1978), Body Snatchers (1993) and The Faculty (1998), energy has a special play for cocaine withdrawal. If you dare try to reduce your relationship with it it will show you the delusion that you’re extremely weak and so vulnerable without it in your life. It starts territorial energetic fights which it attempts to make you need the mental strength from yayo to win. It shows you the visualization that other people’s energy is trying to invade and take over your body.
It can go on daily for ages while you reduce and in withdrawal after you’ve stopped your use. These, like all extreme territorial invasions, can make one highly disturbed. The solution, mainly, is to avoid yayo like the plague. Otherwise, realize that any discarnate energy claiming to be another entity is simply that, discarnate Attack energy. There’s no loss of face completely ignoring all of it. Letting it pass through you as a parallel reality but not your reality. Your good energy will be on your side. Being highly stimulated by the meds is ultra stressful and ultra mentally addictive. Personally, the yayo spirit managed to deceive me for ages, telling me I wasn’t addicted, something I find very difficult to accept. Yayo literally convinced me that I could neither think nor speak intelligently without it. It is so strongly desired that if yayo said jump your energy would ask how high.

I can’t recommend enough staying the funk away from cocaine and no doubt other meds like crack, skag and meth. (I know there’s no zealot like a convert.) They can screw with your life like you couldn’t even see in your most ghoulish nightmares. Seriously, I am not over exaggerating. Reclaim your body. Reclaim your brain. Reclaim your mind. Reclaim your reality. Reclaim your life. As I’ve said, I experienced and learnt much from my relationship with yayo but the cost is off scale.

I took some alone time with me soul, in me mind, in me brain, in me body. I realized that I have been a meds user basically all my life and I’m well aware of the benefits of meds. They can also have massively negative effects. I left rehab reborn.

Also in 2019 I restarted and absolutely loved experiencing X again. The serenity and contentedness I felt pleasured my soul. I treasure my rolls on X. My crush on X was completely out of control, I was addicted, for one year. But its addictiveness is easy to handle; I now simply buy a gram of Molly and trash what I don’t use, so it’s not sitting around burning a hole in my cupboard.
I’ve done a full editing run through while high on X in 2019. The vibe was like ‘this is awesome!’ In 2018, I did a full editing run through high on weed. Then the vibe was more ‘this needs to be improved like this, and this needs to be improved like this, etc..’ With yayo the vibe was ‘how about writing about this, now this, I wonder how I see this, etc..’ In 2020 I edited it on yayo and was able to get a very clear overview despite its complexity, which was very useful. These different perspectives I tried so I could read the book with different filters to my conscious awareness. The more perspectives, the fuller the picture. A few times I’ve also done self-administered, meds-assisted, psychotherapeutic thinking. This means that I first mentally prepared myself then took the time and effort while high on meds to re-examine all the major traumas that I’ve suffered during my lifetime. Making sure to have fully reconsidered the spread of my historical thoughts on these very hot topics while in the strong and extremely positive, medicinally enhanced state of mind. It’s definitely helped me psychologically.

I’d rather think about philosophy, psychology, politics, ideology, personality and the like than mindlessly watch Netflix. Choosing to rather spend my time doing powerful visualizations and affirmations which strengthen me as a person over watching Society’s people play make believe with each other.

Third World imported Valium helps supplement my meager prescription and Xanax is now available to occasionally put me off to sleep on those rare nights when CBD isn’t enough.

In late 2019 I tried to start a new phase of regular tripping on shrooms to see what I could see with these extra enlightened goggles on. Magic mushrooms are native to this island, Britain. My native ancestors have experienced such natural, ancient, mystic, beautiful, visionary experiences for millennia. I’m tempted to claim that you’re the reason I’m a psychonaut; to improve this book, but that’s BS, that’s a positive side effect,
of course, but not my main reason. My reasoning is that I love being a psychonaut. Using plants to explore temporarily increased enlightenment with all its perks like temporarily enhanced vision of the spirit world is a worthy pursuit for me the mystic, the shaman. I can’t speak for anyone else. However, in 2020, Attack dropped so large, with coronavirus, that all psychedelics including weed became out of the question.

I’ve never tried DMT and am extremely dubious of any alleged benefits of OOBEs (out of body experiences). Me: body being my interface with reality means the world to me and I would hate to think of me being unoccupied for any length of time at all. Seems way too close to death and torture for me. Terence McKenna didn’t die of old age, to seem a little para about it. I still have yet to meet and form a relationship with mescaline (and its spirit Mescalito) like in peyote cacti. I eagerly anticipate the day when the situation permits this. Just maybe ayahuasca DMT could be an interesting experiment for me.

In winter 2019 I started self-medicating with homemade cannabis medibles. I was frustrated with my experience of Tourette. I’d read that cannabis can help with both the frequency and the intensity of attacks. For a moon I tried self-medicating with around 25mg THC (plus an unknown amount of CBD) every evening. I was sedated and wasn’t shouting like a madman or ticcing like a fish out of water. In bad spells I’ve been known to hallucinate (from Attack) myself doing both. The psychedelic element of the medication proved way too mentally draining to be used this frequently. I’ve since migrated onto CBD and although not the perfect medication for my condition it helps heap especially with sleep. Getting high on medibles every evening for that moon made me realize that I didn’t want, because I lost out from it, this close a relationship with my old partner cannabis. We’ll always love each other but I couldn’t continue being this attached to it. Spending a third of my life medicated into psychedelic bliss was bad for me. Too much, too much. I refuse to be forced into this by Attack saying my Tourette requires it. So, I again
Guru Monxy

reduced my usage and my life improved. Less attachments, more nirvana, happier Monxy.

I’m wholeheartedly searching for a cure for my Tourette Syndrome. The only two times I’ve felt distanced to it were when I had piles of money and when I was living in the mountains. Neither were sustainable situations at the time but give me plenty of hope for my future. I know it’s an energetic awareness skill, not really a disorder. A feature of my enlightenment. But it manifests as a disorder when Attack energy is hitting. I try to use psychedelics to visualize animistically the Tourette energy and gaining distance to it and I’m gradually succeeding in this quest. I’m also open to new miracle medications being discovered. Tourette is the bane of my life. No question about it. But it’s like saying evil is the bane of my life. A truism for everyone. I’m just sensitive; allergic to it. I subconsciously overreact whenever I sense Attack, and through my retreat and enlightenment, I’m ultra finely attuned to picking up on it. Admittedly it’s a strange life I lead at the moment, it’s briefly been better and it’s definitely been far worse, but overall, I hope my situation is now firstly sustainable, and imperatively, progressive, successful, and shall continue to lead me towards achieving more and more of my targets.

I have to balance daily achievement against the resultant Attack energy build up. Too much progress and Attack hits. It can take me from my desk straight to my bed. It can simply take the good energy I need to exercise that night after studying. It can hang around at night and play the omnipresent dominator hitting back against me taking illegals meds. It’s a very careful balancing act I have to play with my life. But change is constant in life. The next moon maybe I can work more with less reciprocal Attack around, or work less with more energy hitting me. Still I love life and plan on keeping it around for as long as possible; to infinity and beyond. Obviously, I’m constantly trying to push my limits but without straining my energies. Habits rule life. If I can gradually grow my positive habits towards my perfect
I really enjoy sharing my food supplies with the tiny, soulful, wild birds in the area from the feeder stuck on my window. For awhile I fed diced carrot from a pet bowl to the cute, furry, wild bunnies that sneaked into my yard from under my gate until it started attracting rats.

I’m just a 7½ out of 10 Neat Freak but I try my best to live an extremely organized life. Half a dozen alarms alert me to do my daily tasks like cooking lunch, taking meds and the end of every session of work or study. I have a practice which is apparently called journaling. I keep a log of everything I do. Every film I watch together with my rating, everything I eat, every weigh-in, etc.. It helps me count my calories and it’s immensely pleasing to know that I can forever look back in time and know exactly what I was doing and roughly when. At regular intervals I document a summary of my recent progress; how many days I worked out, how many hours of work I did, how many meds I consumed, the major positive and negative events of the period, etc.. This makes it easy to see my progress and occasional regression, areas to keep focusing on and aspects that need improvement. I highly recommend it, but it does take dedication (and a little time).

For each calendar week I maintain a list of all the major energetic factors influencing my life at the moment. Like if Halloween was coming up, a new neighbor was moving in or whether an amazing shroom trip I took recently was still on my mind. It helps heap to train my mind by maintaining this list to have a quick read of the energies of the current situation.

I document all my major thoughts. This is for my future self and future family. That’s a pleasing thought. This book is my main inheritance to them and contains a concise version of my most important realizations, so don’t feel left out!

Since around 2005 I’ve been playing with language.
Guru Monxy

Exploring how I view language. Because I realize that of course I partially think, I write and I speak in an alien language; English. To understand more about it I play with it. I’ve been seriously hacking it to pieces to see how it sits with me. Renaming words, writing in my own shorthand, rewriting basic spelling rules, making pictographs / pictograms. I want to understand communication for instance for how to code a Universal Translator tool and how an AI would comprehend language. It continues to be a fascinating experiment.

**I am a monk on retreat. My lifestyle keeps me at home most of the time. This is how I like it. It’s my favorite place in the omniverse.**

With the 2020 quarantine lockdown because of coronavirus most of you will have been **forced** to spend much time at home. This drastic change of lifestyle must be ultra stressful to cope with. I **empathize with you.** My lifestyle hasn’t changed much at all but my thoughts are with you in this time of change and sickness. It amounts to punitive house arrest not my idyllic monastic retreat.

Although I wash my hands during my waking life, in my morning shower I rarely need to use any soap at all and I only shampoo when I know my hair has been made dirty. Though I use a little nightly moisturizer. Some ‘advances’ of Society I utilize but others I see straight through and choose to avoid.

I accept a level of imperfection in my life. I’ve restarted drinking gourmet, specialty coffee, at lunch to boost my afternoon work. I try my darndest to brave the weather and drink it, together with a biscotti, outside on my deck to counteract any Cabin Fever vibe. My priceless moments now sitting in my robe, hood up, on my deck, half sheltered by the portico experiencing the rain drizzle on my exposed leg. Watching my plants being watered by Gaia herself. Sucking on my coffee and deeply appreciating living in the countryside of the land my forefathers have called their own for millennia. Listening to the sweet chirping of birds through the falling rain.
Temperate zones rule. I eat some salt and some sugar although obviously all kept in strict check. I watched the Medium TV show in 2018, but thankfully I stopped after I finished it. I have a collection of a few hundred movies and occasionally rewatch an interesting one. There are a few Societal songs I still like to listen to along with my own music, but I hope to grow out of this soon. I did buy some cool, modern trance music which can be fun to listen to and occasionally dance to. I choose to follow the news very loosely these days. I get the most trending top stories from the Epoch Times and my minimal YouTube and Instagram time and email newsletters. Societal politics is interminably depressing and rote.

IQ
Vexed by the impertinence of reality to tell me that my IQ as a White person was below par, I took a tricky yet fun 40 puzzle IQ test and scored 142, which puts me in the top ¼ of a percent of the population.

SELF-CONTROL
I was successfully reining in the impatient, never satisfied Gatsby wanderer in myself. I was pleasantly accepting my self-enforcement of the idiotic laws of my external Society by not carrying a security spray nor lock knife weapon instead having found a UK legal, well designed, non-locking, hook knife which had to suffice. I did this due to the draconian threat of six weeks secure hospital imprisonment if caught. I’ve learned the hard way that going head-on against The Machine is atrocious for me.

I ♡ USA
I’m aware I’ve been programmed to be a wannabe American. Via TV, movies and computer games. As a preteen, I had an American motorcycle cop and a cowboy costume, a Disney soundtrack record, a football rather than a soccer t-shirt, etc.. It was the American national anthem which played as my old computer games loaded. 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 me to take their advice and back off for a decade. Yet I’m 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 I’d ever get permission to enter again. When the country of my dreams burst this delusional bubble so violently, it rocked my world. It took me years and years to digest their actions.

ATTACK (EVIL) FROM MALENESS?
Having read this autobiography, you’ll have noticed that I’ve been more often hit by Attack on my right side. The five large hits I’ve mentioned plus as an infant my right pinkie finger was broken and now doesn’t straighten and one night out clubbing a door was inadvertently kicked into my head by a bouncer leaving a scar by my right eye. Seven injuries to my right side compared with only one to my left, this is a pattern. This is not a conspiracy theory. Possibly one could claim this is a self-fulfilling prophecy, but they’d be wrong. As I’ve written in this book, binarily dividing the colorful, complex world into primitives sees maleness fall comparably on the bad side (femininity on the good), which is Socially assigned to the right side (femininity to the left). Is this a pattern replicated within greater society? Are most injuries to people’s right sides? Is it only men this relates to with most injuries to the left side of women? Maybe it’s just me. Maybe My Attack (the evilness that hits just me) has been hitting my right side since my conception. Hitting my Virtual Model of myself; my Astral Body. Probably I’ll never discover the truth of this. Way is. Weird, though, right?

SIDELINES OF SOCIETY
I’ve dedicated my 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. My house was a few doors from the border of a borough. My college campus room was in the very last house
up on the hill next to the wilderness. Since then, I’ve forayed into both sides; further in and further out. Finding a comfortable balance that’s stable can sometimes still seem a work in progress because I’m forever striving for as much distance as I can comfortably survive.

MY HOPE
When you read this, you’ll form a complex impression, a detailed, in-depth image of me. This is a natural reaction.

I wouldn’t want to be any different from how I am. I’m basically my idea of perfection. For instance, if I were any taller, I’d stand out too much for me. If I were any different then I wouldn’t be me. I’m extremely satisfied being me. I don’t see that my childhood which differed from the Societal ideal was detrimental to me. Say by not providing a dominant family hierarchy for me to learn not to butt heads with authority. A gap in my education which can be thought of as a contributing factor in my unnecessary imprisonment for idealistically challenging the police’s groundless investigation. But I also have my self-controlled childhood to thank for my independence, initiative and confidence. All of which go into making me. The me I’m proud to be. I don’t hate myself for not being 100% Nordic, or having moles. I know in my life I’ll never be able to sprint fast. I know many of my limitations. Reality has limitations. Intrinsically, it needs them. I’ll never be a fast sprinter but I love running.

Though my experience has taught me most men are bad people. Have I not yet said? I’ve met scant few good men in my life. Albeit a life of seclusion, it was certainly not restrained thus until my twenties. I can count them on one hand (as a tally, not in binary). I’m not a misandrist and maybe I hold them to too high a standard but it seems that Society has programmed almost all men to be unbearably annoying. More aggressive than women, more egotistical, more competitive, you get the idea. I don’t mean this as a slight, I’m just being honest about my opinions. There’s always the possibility for anyone to become the metaprogrammer of their own
biocomputer (to paraphrase Dr. John C. Lilly). To change their self into a better person. I hope I’ve helped.

Contemporary Society has many dire, basic failings. This I don’t accept. I know my life is just starting. I just have to keep my energies interested enough but not too hyper. **Just enough to agree with me, that we want to keep reality around for now.** That it holds potential, hope, for increase, for progress. That it contains just enough but **not too much pleasure.** Constant rapture is unproductive because it removes too much of the struggle, the natural reward system, of reality. To sum it up. **I have faith. My wish, my hope, is for you to believe in yourself too.**

**THIS AUTOBIOGRAPHY**
Writing this autobiography was a most fascinating experience. Getting into a mindset where I could look back on my life in its entirety. Collating many, many memories; good and bad. I heartily recommend giving one a go. Now mine is realized. So…

**FOR THE CHICKS**
**Bringing my 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 (give a man some vegetables and he’ll eat for a day, teach a man to grow vegetables and he’ll eat forever), to those who can themselves teach others, I may one day feel that I’ve achieved good within Society in a way quintessentially unavailable via my digital biz.

**YOU**
Do you disagree with what I’ve written in this book? **Change my mind!** You do like what I have to say? **Tell me. Let’s chat!**

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LIFE CONTINUES
Enlighten Your Life

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