

Chemistry access instructions for provided chart- Draft

# FuZzCasT CONFIDENTIAL

- Run the chart in anyway possible using your imagination
- For example, once this running in your imagination then imagine it is running in your gut and other organs too
- Assume various interactions
- Imagine your desired effect (for example, euphoria an organ building and releasing programming)
- Keep running the chart and get your hands face down and move them from hip to above your forehead
- Once the chemistry is running you can flip your hands facing upside down then move them up and down to force more chemistry through

I recommend you do not abuse this procedure because this can use up a lot of body fuel so just be careful. Read FuZzCasT - Dissociation and Critical Chemistry Procedure if any problems. Contact mental health services if can't get yourself to be content so they can explain the required steps from there and explain why you need to do them.

Have fun and be safe!

Here is an example of what supplements I use

800MG 5-HTP

10,000UI Vitamin D

300mg Magnesium

