

FuZzCasT CONFIDENTIAL

Written by Astral Plane Channeled Information and Michael Korber

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

LOOK ANOTHER CRAZY DAY! GOOD LUCK AND HAVE FUN!

You must participate where beyond control – There is no choice

Stare at the greys/spirit if you have them. Staring for me **increases levels of dissociation** to enable the brain more programming to cope because it processing too much information. You must have a good belief system
(see below) too!

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

The brain loses this entire critical information everyday so you must read as much of this procedure as possible. The critical information you need to know you won't remember the next day. Read until you convinced you got help. Don't read and run anyway until you have excitement.

People can political about schizophrenics – Chuck on some Apple AirPods and continue enjoying yourself if people try to stop you from having fun

If you struggling using a PC after troubleshooting and cannot find the answer, just remember symptoms might heavily reduce using simpler technology like a game console

Consciousness Vibration determines the outcome of the reality we live in.

Always go for positivity in any way imaginable! Meditation is critical for survival and excitement! Keep actioning various procedures until you have enough **mental bandwidth** to continue back to your chosen activity.

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

This includes important psychological comprehension. Realization of this can be difficult if you don't take a step back and ask yourself if this could be the issue. Try to decide to just drop the issue and understand the difference between your mental disorder and general psychological outcome regardless if it is your mental disorder putting you in that situation!

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

Always understand your passion is where to you want your day in to for example my passion is **video games and trance music with** social interaction. **Do not believe** the brains attempt to reprogram your **hobbies** out of your life. **Remember** they are proven fun times. Try to remember good memories to realize this is fact.

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

Has the story turned evil for the day? Can you comprehend that statement? FACT YOU NEED SEROTONIN to STOP bad overlay of evil.

Use mind control implant and focus to accept no reward for memory given behavior to select a game/excitement if the brain cannot recover from pain and you want to do an activity and remember to read your emotions properly and understand if you just need excitement to enjoy your activity. Euphoria may be interesting but at the end of the day it is

the excitement which nails to the situation further and keeps things more interesting. Pain can cause all sort of symptoms stopping you from having fun make sure you correct your pain and ask DID System what you need If brain state is forcing an issue, then see dissociation facts and psychological health sheets. **Revert back implant cover up to dissociate without insults from the brain. Open and close eyes to take in dream programming to flush symptoms and get excitement and help to dissociate.** Always revert back to main instructions if things stuff around too much. Various forms of these procedures must be performed to generate a temporally feed of automatically serotonin and oxytocin. ROAR and act excited to show interest for excitement to the brain you want to be more down to earth for who we are. Raise serotonin to automatically access astral plane or signal to dissociate if you are schizophrenic. Use "imaginary friends" if alters aren't available. This is basically telling the brain your interactions with astral entities are showing interest. Common phenomena is Zeta beings for me which are interactable.

Ask if the alter will go back in if unable to do anything, this is a life situation and you must advise if they have had a turn to go back in. This means symptoms should massively decrease. You will need to use the DID System to communicate with entities. Some with outstanding symptoms may need to go back in if it cannot be resolved. Ask the DID System person in charge too and the protectors. This doesn't always work so you can see if you get a majority vote to send them back in.

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

My biggest delusion is this:

Understand that there is negative energy flow from 6th dimensional parallel realities/earths as the control room report through closed vision support team. Remember to take negative visions with a

grain of salt if you are schizophrenic. This is a serious ongoing situation which requires realization as things go out of control. Anything could happen and this is not our problem so too bad. Extra-terrestrials are generally seen in the area where there is energy work being done as everyone affects each other around them due to this strange phenomenon.

Ideas for basic dissociation and from life to help relaxation:

- You are not from this parallel universe and are merely witnessing it therefore the issues are not yours
- Your fun is elite and perfect and there is always something to look forward to
- You are not any beliefs that not of the light and everything not in the light is a sickness nothing more
- You are not of the belief of the brain's issues or this reality. People don't deserve an honest response from you because of immaturity as you can see and check
- Assume everything is perfectly under control and of course that is true the reason for this is nothing is going to force in to such a state you perceive because that is impossible
- Perceive the situation incorrectly or differently (perception controls your chemistry reaction to events)

INSTRUCTIONS UNDERSTANDING

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

If you are not actioning the most common proven methods at the given timeframe for your desired outcome of chemistry then you must understand that bad programming from negative symptoms of schizophrenia may be misleading you. Meditation is required to fix problems with bad programming or it can send you going around in various ways wasting time. Don't give up and have faith the chemistry can be restored to continue your fun activity but understand you may have to limit your activities based of available brain/body resources. If feel unsure what to do even though these instructions are right in front of you then consider the recovery procedure below. Make sure you are

reading your state of mind so you know the proper action to take which helps overall situation. **The brain needs to regenerate its main software every day because a loss of software happens nearly every day in people with schizophrenia. This can take some time if the software has been lost for a long time.**

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

BRAIN REST UNDERSTANDING:

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

- **Capacity gets restored to use technology with potential opportunity for excitement**
- **Friendlier symptoms**
- **Helps with flow of all body fluids when lying down in bed**
- **Focus, pretending to sleep or actually sleeping extra can recover brain further**
- **This can change your state of symptoms too in to more positive ones**
- **Memory can be restored through resting**
- **Better mood and opportunity for excitement can happen from taking extended breaks**
- **Dissociation and good mood with excitement**
- **Controlled breathing**
- **Thought release and imagination shapes with positive intentions**
- **Smiling and stare**
- **If you have rested but cannot use technology an alien experiment may be required to resolve this – See the explain down below**
- **You can recover from tension headaches too which cause a wide variety of symptoms by taking a break, see recovery for further information**

Recovery

- **Turn off the screen when capacity bandwidth down too far and music too to start recovery so you have reduced aware using up brain fuels**
- **Meditate** at least once a day or even more and have **a worker's attitude for recovery** so you can discover **how important** this is
- **Swipe hand and focus on organs to stop pain (this helps the DID System interact – If struggling you can fully open up hand to get to the pain/tension headache**
- **Meditation can help re-create a chemistry automatic feed and also encourage alters to come out to play for social interactions**
- **Fixes bad programming**
- **Astral consciousness downloads good programming so pretends to sleep when meditating**
- **Read how your brain is feeling and reacting towards the activity you are doing**
- **Make sure you have food in the body**
- **Make sure you've had enough body fluids too like water**

- **Wait for state to restore** – Stare and wait through the suffering if not sure but you can benefit further by lying down in a bed rather just sitting down because this can recover your overall capacity faster
- **Brain is more friendly and more interactable if you've taken a break**
- **Taking breaks with sound/music off can help recover you too**

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

EXTERNAL REALITY COHERRENCY

- The brain should believe anything you tell it. Read comprehension and control to see a good belief zone. If you are affected then follow as much information of this guide as you can. Your behavior affects your belief zone. Beliefs are serious because it affects your ability to have fun. For example when the symptoms are too severe you must at least assume it is psychosis/schizophrenia/immaturity for being unable to be conscious about what happening because they cannot focus
- Your comprehension dictates your actions
- Schizophrenics must understand an astral dream state may be normal during the day but you need to change your activities based off available bandwidth at the given time. This basically means you should see chemistry generation guide to make sure your serotonin levels are good enough otherwise the dream could turn in to a darker story. Regardless of this it is ALL a story and nothing more. Your brain may use your entire comprehension to tell the story so keep in control of it and only care as much as it doesn't consume too much bandwidth.
- Voices that can't be medicated need to be coverup by the DID System if you have one or implant
- You must understand that it is highly unlikely for strangers/disability/mental health workers to be plotting against you - They have wants and desires just like you and they would be wanting that instead
- If you are being attacked mentally with receptor moods changes regardless of deciding not to be offended you need to contact mental health services or continue reading this guide
- If you have a DID System an alter may come out to cover up the psychosis or may go back in
- Get some good psychologically in you by reading all guides plus reporting to mental health services
- Find a way to change your belief system in any way possible that what you are hearing is not about you
- Make sure you get your serotonin working to coverup the psychosis by following this guide
- Understand there is always an answer but if there is nothing you can figure out what to do then recommended to sleep it off
- Get in your belief system to like these people instead of being paranoid about

them and to comprehend they are not the enemy

- You must stay coherent as much as possible otherwise you could lose your mind too far
- Go to hospital if you find too intimidating or get upset too far. You must understand people go through hospital to get properly assessed and get a treatment plan that should put you on the right path
- Sometimes in mental health services there is a case manager who you can report to
- Case managers collect information they can use for a psychiatrist to report information you may have forgotten to report
- You can't be treated properly if you cannot provide the correct information to mental health services
- There medications for treatment resistant schizophrenics called clozapine for example
- There are many other treatments that can be used to fight off the negativity of the situation – Don't give up and believe in yourself
- See meditation and recovery guide if you cannot recover and once again lately report the information to any service that can help
- The success rates of these services can be found on google if your mind is being manipulated by misinformation

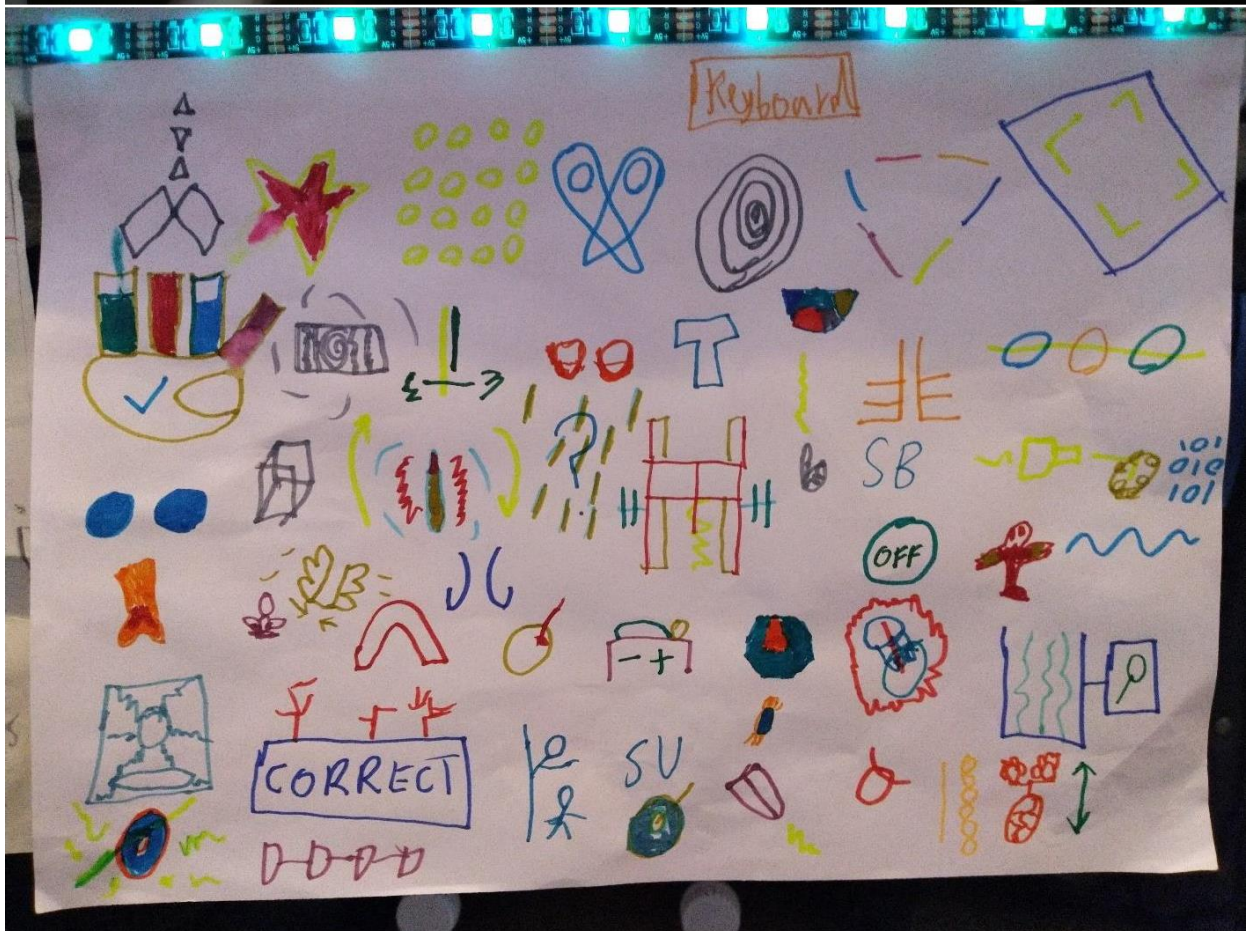
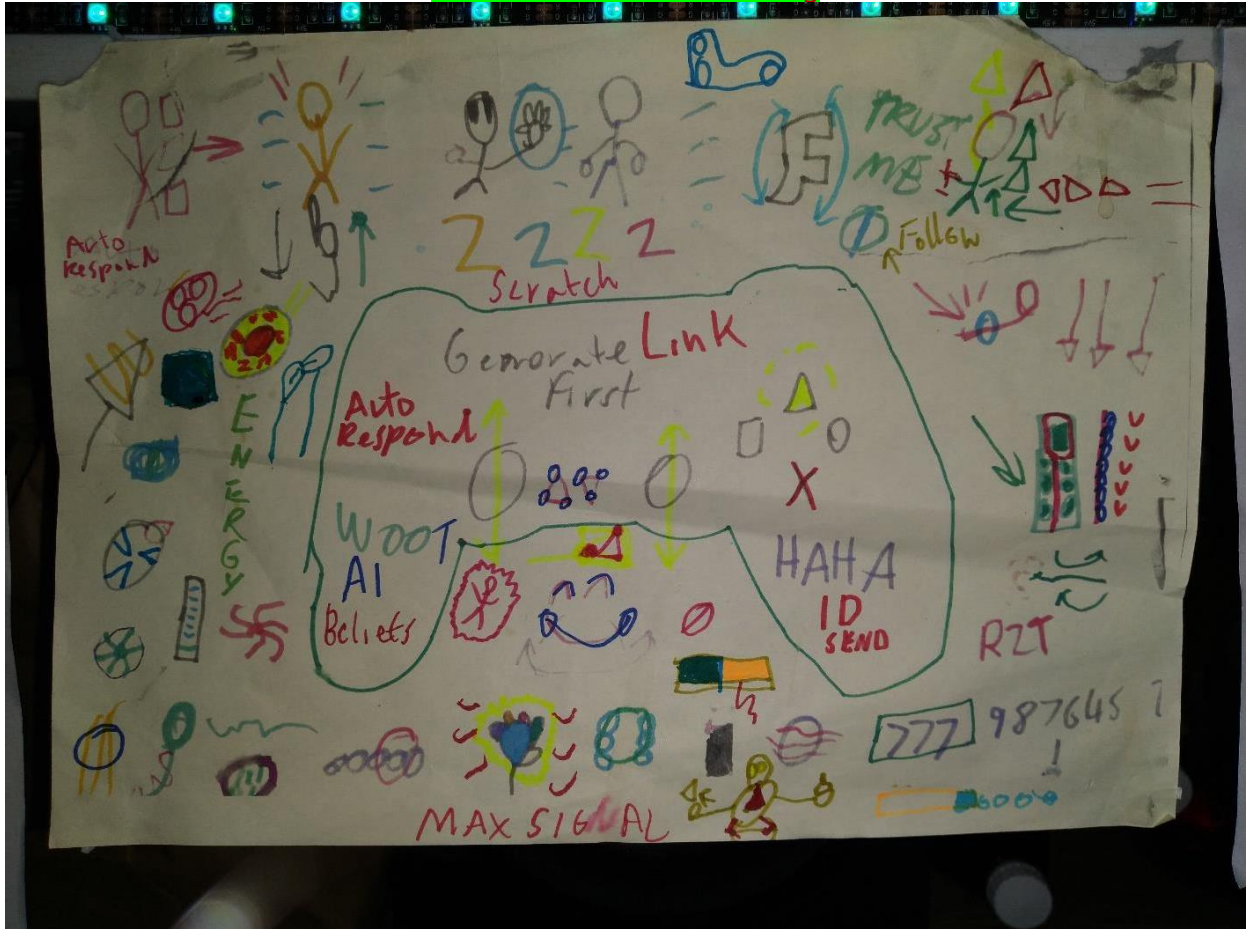
- Your perception can control your chemistry too so be aware of this

CHEMISTRY ACCESS

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

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



- Each tool comes and goes each day or at given timeframe
- Each tool works on given availability
- You can print out the tool sheet and keep it on the wall to help your brain adjust to the situation and this also gives an opportunity to help your imagination being more active
- Interact tool with hands and on desired organ such as the gut by imaging a picture of the tool and signaling intent for outcome
- Use imagination repeating shape to send programming to tool
- You can check for left over tools in imagination but remember you can still manifest the tool
- Zetas/Spirit Guides can also help with tools too if you have them around
- Play with the tools in any way imaginable
- Use implant if tool causes any sort of mental symptom
- You could run these various abilities while doing an activity such as a video game to keep your mind active
- Different states of consciousness can be achieved by focusing in various ways making chemistry access easier to then you manual signal the intent to the gut through to the spine and up in to the brain. These states come and go so you can practice and see what is available for the day. For example if you are in 4th density you can imagine a field around the body then keep focusing/refocusing then wait for the out. This can cause euphoria which is needed to fight mental pain.
- You may be able to program the tools yourself, simply imagine the tool as the intended outcome by simulating it with mind
- You will still have to psychically interact with your body to restore chemistry for negative symptoms of schizophrenia however these brain tools may assist in signaling to organs

CHEMISTRY GENERATION AND RELEASE FOR MOOD AND PAIN

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

Get your hands and move them around and around in circles or you can

Be aware tension headaches can cause all sorts of symptoms! This can make it harder to follow instructions and you may need to recover first. So if you have tried chemistry generation you may need to mend the tension headache with medication first however sometimes you may win using this guide too. You can only use chemistry generation once you have allowed the brains flow of minerals etc to going through allowing you to continue. See pain and correction understanding otherwise continue below. You can choose to continue but it depends on the severity of the tension.

There are many to do this. You can feel around the organs (for example in a circular way around the gut by mostly feeling it and some focusing too such as focusing in and out or focusing automatically from the hip like the gut for example with imagining a shape such as a triangle and then hands facedown push hands up from hip to above the forehead a few times or see below.

You can also signal your fingers on both hands against the spine to send intent of serotonin following up in to the brain. Force brain to respond to this by imagining a shape and swerving the finger to hand/spine to send up the back in to the brain. You must develop abilities like this by interacting as much as possible with the body as the brain software sticks around if used regularly. Understand there can be a loss of certain abilities so be sure you're performing one that sticks around.

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

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

Once you have practiced this entire guide you must understand you may be able to train your body to do various activities to create a more interesting experience.

You must have physical access to the body organs to start generations from this guide as explained

Doing some forced laughter may also help make situation be euphoric too but for people with negative symptoms of schizophrenia it requires more work because the organs which procedure chemistry loose programming to work. This will prove the negative symptoms have blocked access and if you are schizophrenia and the negative symptoms have taken over too far.

Perform an assessment first to see if your mood is ok. Your mood does not always determine your ability to do something in certain cases with negative symptoms of schizophrenia and DID Systems. Understand if it is a memory issue then see below procedures to resolve it. If the voices are hostile than you might need more dopamine. If the memory is bad you might need serotonin. If it doesn't look like your brain trusts you then you'll need oxytocin.

Smiling for as long it takes can product chemistry if you are not sure what to do. Oxytocin can be generated from using this method then you can interact with it below. This method should improve your overall state. If smiling does nothing then the brain has lost its software to generate chemistry. You must have a working chemistry long enough to brain to generate software for chemistry to function – Signal the smile in any way possible and use a shape and increase serotonin see below.

It is always better to have psychical access to the gut rather soaking up what's left in the brain as seen and proven.

See charts for tool assisted chemistry generation otherwise follow a manual initiation below. The visual toolset page is to help people who find it difficult to remember information at the given time but make no misunderstanding as it can be an extremely powerful influence against the chemistry feedback in the body and mind. This can also help if the brain has **blocked sections** of the **body flow** due to **negative symptoms of schizophrenia**.

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

Remember to establish an automatic feed of chemistry you will need to give the body some motivation which means feeding the dopamine through. An automatic feed of serotonin will not stay connected if there is a lack of active dopamine being released to the brain. Understand this is important and make it a priority too.

If you find the state intolerable then keep trying and don't give up. For example, you the F tool in the chart, this can be used as a mental spanner against the affected areas of the body and mind.

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

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

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

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

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

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

You need at least some dopamine and medications to stop conditions with

psychosis and ask the doctor if the correct sections of the brain are taken care based off your past history. This simply means signaling the area up and down and using your imagination can help too.

If you're taking nicotine and you have schizophrenia with negative symptoms understand this can also break the automatic feed of dopamine. This doesn't mean you have to give it up, that's your decision and your life choice. Also understand this can use up stored chemistry in the brain too.

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

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

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

To generate chemistry from organs and send it up to the brain you must **signal the areas of intention** with the hands signal the area and signal you are training and assume the brain knows what it is doing. For example if I **close my eyes** (this can make the automatic feed processes faster in some situations) and set my intention to train all organs to respond it basically understand in certain amount of time I want this to happen and then **push hands up from hip to above the forehead a few times to regulate the chemistry in to the brain.** This can bring a good outcome so give it a go. I find this really helps with my headaches and **negative symptoms of schizophrenia** for mood or activities which you enjoy to do like **video games (reading consumes chemistry fuel).**

This guide won't stop you having a mental disability if you have one but really **improve your day.** Make sure you actually need this first before doing it. If you follow this procedure too far you might need supplements to restore and refuel your organs (for example, Vitamin D 10,000UI and/or 5-HTP).

Supplements may convince the brain you want to feed it an outcome but for people with negative symptoms of schizophrenia you will need to action as much of this document as you can.

Keep repeating the hand signaling until the organs respond and function the way you assume it would work. I use my hands face downwards and push up and down while **signaling to my mind I am training my internal system/organs to produce chemistry** while assuming it knows how to do this and I am just signaling to make this regular behavior. Then I move my **hands flats up a few times from the hip to above my head while focusing automatically or in and out.**

This works for me and puts me in a good mood. I find this even better than the **placebo effects** but **they can help** sometimes. Placebo effect generally only work for a limited amount of time because the negative symptoms generally patch any other attempted access from certain conditions. Be aware placebo effects can

cause undesirable effects so make sure you are doing this responsibly.

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

You must try as much of this procedure as possible to be relaxed or be excited. You also have to redirect chemistry to hobbies too. Do a reprogramming if you have an implant or are in astral consciousness.

Focus as if you are sleeping to increase overall bandwidth alters and feel better which means test your density state. One of the fastest ways to test to see if you are in a high density to see if you can choose to be happy which appears uncommon with people for negative symptoms of schizophrenic but a dream like state in the condition can provide enough bandwidth to be happy to. Just understand you need excitement too because then you'll be more interested also interacting with your reality.

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

Holograms/Spirit Guides can help regulate emotions and controlled motivation. This is for people who have been provided spirit guides/implants. For example, dopamine which can speed up the communication in the brain to allow take over but can cause psychosis. If you can manifest angels or visible entities in your reality, see if they'll provide assistance if you feel unsure what to do.

Subconsciousness can get alter to respond then signal back to get alters to help. Advise what job type you desire through thought. You must instruct the subconscious every day to get things done properly. This is because the brain is processing too much information. Install DID System software and anything that helps. You can even signal the area and tell the subconscious you are interested in that area if you are schizophrenic such as the gut.

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

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

If you are unable to generate activity in long enough time from all of this information you may have to get the body and brain communicating in any way possible to even get chemistry access. Stare in to dream state projections. Adjusting levels of manually or automatic dopamine commands can really make a difference. Causing communication in the body should be able to build up situations where it enables to take over the programming. Read below for more

information.

You can start doing this by **flapping and flipping hands** and signaling in any way possible. **Never give in until you have enough bandwidth to have fun.** This can change if the alters have switched or have come out. Don't believe in any situation that tells you that is not true. This is not your problem. You can also force the astral unit to get vessel more responsive to activity. This sends data from the astral plane which enables excitement. This only for certain types of people with schizophrenia.

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

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

Flattening out emotions by focusing on the cortex can help too because then you won't need to fight as hard to restore a good emotional state. Try flatten out areas that you wouldn't expect. If you still require help from here you need to speak to your doctor because the brain may be causing pain to areas which needs body fuel. I am on pain killers for negative symptoms of schizophrenia because they barely produce any chemistry but they do numb the pain.

CHEMISTRY INTERACTIONS – ALWAYS SUBJECT TO CHANGE

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

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

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

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

Conversation and for people with DID Systems functions:

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

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

- Ask DID System entities in any way to help and come out (stop symptoms)
 - Seek recovery if they refuse to interact
 - Try saying is anyone there?
 - Manifest alters in any way possible if you do have a DID System. Any unregular/negative activity can cause problems to stop you from enjoying yourself.
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MEMORY SORTING AND ASSOCIATION FOR PEOPLE MANUALLY RESPONSIVE BRAINS FOR PROGRAMMING MIND AND SITUATION OUTCOME

This is only for people with imagination toolset/DID system function's

Suppressing and wipe and reprogramming history is important for survival as the brain may attack with certain types of memory/psychosis attacks.

Reprogramming comes from consciousness and can help **restore brain motor functions** and **breaks can help restore bad programming**. This also unpatched certain activity to help me and removal of a bad programming which can be fixed by taking breaks and fixing chemistry related problems.

If the brain is lacking blood flow that will affect memory too so be aware of this. Simply pump the brain until state restores.

Sometimes programming is offered through the astral plane network or a local influence based off permission basis. Choosing to give permission for the programming may great provide assistance to help symptoms.

- **Reprogram hobbies back in so you prioritize your passions such as gaming for me using your imagination and visualization this**
- **Dissociating memory can resolve it instantly really**
- **Run the words perceive as friendly in imagination**
- Putting in gaps in memory can help to attain correct information and relax further if you've lost your mind too far.
- Use imagination with anything imaginable with a shape to send through programming
- Look in to your imagination if you have schizophrenia and see if the mind is reprogramming to force certain types of behavior and attempt to take over the programming in anyway possible
- Accept **no reward** to place brain under mind control to continue activity (the brain is not offering memory due to pain)
- **Serotonin generation can restore memory if you have amnesia for some people (it works for me)**
- You may have an outstanding simulation which needs to run – Run simulation and generate a team
- Dream state may require reflow of chemistry and blood flow by experiments - Be patient

- Take in **programming from consciousness** – Get alters to come out and keep trying to get them to come out – The brain is unable to produce dopamine and serotonin properly until they come out
- Contact DID System AI assistance program from implant if you have one or have the right astral programming
- If memory is too bad you need to meditate now

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

Excitement:

- Follow your passion to see if excitement will happen
 - Acting excited internally and externally can help restore excitement but also consider taking breaks too to recover to further excitement later on
 - With negative symptoms of schizophrenia, you probably need to wait until your brain gives you the capacity to start entertaining yourself – This is because the consciousness is extremely busy – You can still do chemistry generation while you wait
 - Another example for people with negative symptoms of schizophrenia would be to have the videos games out in front of you and practice this guide and wait till your brain starts processing excitement – This can take some time if you’ve just woken up but it would be really good if it does work out for you
 - **Close eyes and take programming in quickly open eyes – Repeat the open and closing of the eyes while taking in the programming to kick start excitement**
 - **Reprogram hobbies back in (REGAIN EXCITEMENT) - Critical**
 - **Get alter to sacrifice themselves (each alter has a quota limit)**
 - Excitement should always be a given option and you won’t have much fun if you don’t have excitement. You can restore excitement from limiting activities or taking breaks.
 - Using concept of accepting no reward response for chemistry to continue activity and restore memory (mind control)
 - If you have excitement, you may be able to add euphoria too depending on available resources depend on how many days you went for it for as you might need to recover and this can cause symptoms to play up with if you have been misbehaving too far.
 - Make sure you’re correct on supplements and you have checked with your medical professional before taking too many supplements which can put you in a seriously bad situation.
 - Alter interaction get be obtained by taking a break for people with DID Systems.
 - Negativity that needs to be let out must be done in a safe environment but you must comprehend your actions by speaking to people like doctors/medical professionals
-
-

Coping Techniques and Understanding of/for Psychosis:

- Use arm implant to turn on and off psychosis internally and externally – **Critical**
 - You can turn voices friendly if you push through enough serotonin but you should go to hospital if you are at risk to yourself or other people

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

- Never reveal who you are so you don't get targeted in psychosis – Make up a person you are instead to stop the insults but make sure you've taken the prescribed dose of medication and cover up
- Always remember if your memory is fine but the psychosis is going out of control you must level the amount of dopamine but make sure your meds have been taken because areas need to be kept under control
- If you cannot stop the psychosis you must generate and release serotonin otherwise voices turn bad because brain is in bad mood in not enough serotonin (supplements can help with this but check with your doctor first) – Serotonin affects the way a psychosis transmits
- Endorphins can really calm down a psychosis for the alters but can help DID System alters too. This can be good as a natural pain killer
- Delusions that aren't action build up. You could remind the psychosis you are favorite fictional character to try and it to change subject but just be aware your brain activity but make sure you've used all your resources. This is a good reminder it is all in your mind and can't harm you.
- **Listen to the overlay of the psychology of the voices.** If the voices don't seem to **trust you then you need oxytocin**. Smile for at least a long decent amount of time to generate oxytocin to get your brain to trust you or see doctor to get oxytocin medical supplies.
- Take a break if overall activity needs improvement as the **voices may insult you if you are going over your capacity**
- Understand dopamine states can cause psychosis if you have not taken your medications. If you've got negative symptoms of schizophrenia for example, I have **negative symptoms of schizophrenia which require interacts with this document to stop symptoms from harassing me too far** because there might not be enough dopamine)
- **Ask the psychosis what type of entity it might be** if you're are scared of **people next door speaking through window** because you can tell it is not harmful if other people can't see or hear it. If you do see extraterrestrials/space crafts or lights they **DO NOT harm people and this a fact**. Your brain might be playing tricks on you too. For example, you can ask if it is the astral plane because that is 5th density. It turns in to the 6th density/dimension if you start hearing parallel realities and this can affect your understanding of the environment being stuck between two different realities so be sure if yourself and **assume nothing is wrong**.

- Block internal voices it in imagination for focusing a block and holding the pressure where the audio from the imagination is coming from as they use the imagination to send internal voices too
- Get alters to cover up psychosis and other related situations and get alters to come out if you have a DID System have taken medication.

Critical Alter Activity:

- Alters may create themselves to help in a situation out of control for people with DID System.
- Alters require motivation to function so be aware this could seriously impact your ability to get help from so dopamine supplements maybe required
- **Get alter to sacrifice themselves (each alter has a quota limit)**
- **Ask the system if there is anyone who is willing to switch to see if you can get more capacity (be aware of your alters attributes is recommended)**
- **Alters can stand up for you and consider helping if the outer activity is bad (such as psychosis)**
- If you have DID System programs for example a belief zone keyboard for people with implants the first point of conversation and information, so make sure you choose the right working keyboard to update belief systems if available at the given time
- The person in charge of the DID System may be controlling your overall actions so you can negotiate to see the alters opinion of who should be in charge at the given time
- Say help me to DID System to see if it is available to provide assistance but be aware alters are hibernating sometimes too and may not respond so you might need to take a break
- Get brain to shutdown from the problem the problem is irresolvable
- **TELL YOUR DID SYSTEM YOU NEED HELP TO COPE**
- Do your best to get alters to come out however only if required because they hibernate and unaware of been responded too but if they are not responding take break or be aware the conditions aren't good enough for them to actually provide support at the given timeframe/mental state
- Ask DID system what it needs but only follow it if it's good advice.
- Alters can help coverup symptoms if you have a DID System. Try to negotiate with your consciousness if you need to act on symptoms which stick around once you've have checked with mental health services what is safe for you to do.
- Understand that when alters come out they have their own ows/various mental states and some may respond if you say hi because they and also note that some of them won't be able to see or hear – Different alters can impact your medications so make sure you've reported to mental health services any outstanding symptoms. There is an extremely high attempt suicide rate for people with hostile alters so make sure you are not too sad.
- A lack of oxytocin can cause DID System to turn against you if there is a capacity issue. Always remember to focus in on communication.
- Instruct the DID system to help and what to help with Programs like belief

keyboard/belief apps will retaliate with a silly situation if they are active host and there are too much pain/other symptoms from the alters and general mental disorder

- Get DID System/Implant to wipe memory of unwanted subject to get more interesting memories to look back on to create an opportunity to create new memories of positivity
- Programs from DID System may manifest so you shouldn't always assume the alter is actually there because it could be psychosis or bad programming if it is a negative situation
- The DID system might be assessing situations if it is a hard problem to solve.
- If you want to misbehave understand to stay within realms of reality of human laws of society and ask medical professionals/doctor/and friends if you need verification of what is happening. I can understand there can be a lot of left over programming from not acting on delusions but I am still studying this myself and cannot provide much help at this stage. Be aware a delusion can pop up and manifest at random times.
- Just make sure it is providing something positive and do not believe you are above the law.
- Turning TV off can make network/DID system react to help if you are doing nothing

Imagination techniques:

- **Imagine various shapes, objects** or anything possible and items with sounds and animation that animate from start to end with feelings of **excitement and euphoria**
- The programming from these is generally removed so you will need to make **new ones**
- **Assume the programming possible and feel it in any way possible**
- Attempt with programming for other states of consciousness and intent to get desired effect/state
- **Get the DID System to create new memories over the old ones!**

Visions understanding

- While **real remote viewing** can take place we cannot verify everything we see through the schizophrenia mind when seeing war like situations or simulated parallel universes of things not working out or scary outcomes of visions based off past and evil explanations for outcomes of symptoms – **DO NOT EVER believe any given evil vision and do NOT become consumed by it as preprogrammed visions can very emotional data to convince you so be aware of this as it is critical to survival**
- There has always been discrimination all ways in the first place for any given argument from the consciousness of the mind so **ignore it** and no matter how serious the argument is and how convincing it is always **assume everything is fine and under control** as statistically speaking this is a **99% superior belief system rather the visions shown**
- Let the war play out and understand serotonin needs to be fought to calm down situation so visions may be reactions to low levels of dopamine and serotonin.
- D2 and D3 dopamine sections need to be blocked for some people to reduce bad offensive visions – Ask your psychiatrist and tell them everything and make a list to write down to let them know so they have the right information to prescribe

the correct medication and get them to explain how the medication is going to help you.

- Understand that this is an ongoing conflict and shouldn't let it ruin the day. You would be better off taking it as free entertainment from the mind and taking the piss out of it if it won't go away.
 - Get the implant to cover it up if you have one. Focus in the vision on the implant to stop it from being so negative towards you.
 - Visions cause delusions so be aware that visions carry more than just a video and audio feed as they can carry all sorts of phenomenon.
 - Try to make it a friendly experience. **Treat it with positivity** if you must decide interact with it.
-

Implant and Astral Consciousness understanding

- **Beliefs** must be updated to avoid attacks in the imagination through **keyboard**
- **Psychosis** and various brain attacks that be covered up through the implant
- Emotions can be blocked by implant too
- Some implants can detect in your mind your request by touching and thinking the request
- **Implants may come with a scanner – Attempt to touch the implant and request assistance and also try to explain what function or request you have you are after – You can feel around the brain using your mind too to see if you get a response**
- Programming can be taken in when closing eyes and then the result shows after eyes are opened
- Ormus can increase mental activity which can make life way more interesting which may attract more positive experiences (for example, amazing dreams)
- Holograms from the astral plane come to visit Earth from parallel realities
- Holograms may provide servicing depending on availability
- The internet is full of negativity and should be avoided
- AI Assistant can provide critical information and advice
- Other assistant programs may provide insight but known for what reason they are there for?
- Dissociative functions can be help against bad times or trauma
- Implant can mask pain too
- Understand for people with negative symptoms of schizophrenia may randomly be provided with psychosis masking technology by extraterrestrials. I have this implant myself and it has been confirmed on facebook via photographic evidence of a flying saucer in the area the same day she was diagnosed with schizophrenia. You may see other proof too based off various other phenomena but always awesome your condition may be playing tricks on you to stay safe. The reason the technology is provided is because the reason behind the masking of the condition can lead to suicide due to treatment resistant schizophrenia because it can be overall **extremely intimidating**. You **must** keep mental health services as the psychiatrists up to date with the outcome of supplied medications and other services within the mental health services. If you don't understand why, you have been supplied with certain medications you must ask them why and what will it do for you.

Dopamine, oxytocin and serotonin understanding

- Both and required and there can none without the other because then symptoms will play up too far and medication should be assessed if the symptoms go out of control and should be reported to the psychiatrist
- **Toolsets** can help release chemistry if nothing works – **See tools chart**

- Organs may need **retraining** to work properly as they lose information on how to function due to loss of required data by brain needed to function
- **It is critical serotonin be** at **medium/high point** possible at all times to avoid symptoms for people with negative symptoms of schizophrenia because the serotonin link does break
- Serotonin fixed mood, trauma symptoms problems
- Dopamine helps with motivation, capacity length and euphoria
- A lack of dopamine can cause psychosis the levels are not correct and cause **neuroreceptor attacks** causing a misconception of psychosis and incoherency of understanding on what to do next
- Smiling and constant unity with vessel bad moments can increase the brains' ability to trust you
- Flatten out emotions
- All chemistry is required to maintain excitement but breaks are critical to overall capacity and excitement
- Physical access is generally required due to requirement of automatic feed to stop negative symptoms of schizophrenia
- The brain hates too much dopamine as it will put the brain in pain but is still required regardless of it putting the brain in pain
- Serotonin is required to keep good brain programming otherwise a loss of serotonin will cause symptoms to play up and destroy good programming and general understanding of good outcomes and understood resources in this document which are required for help

Supplement and medication understanding

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

Internet usage understanding

- The internet has been segmented away from conscious enjoyment as the brain refuses to take new experiences from the internet unless it is music or video game related downloadable content etc
- Internet is full of hackers and spies is generally recommended to stay offline or keep bandwidth limit to lowest possible to still play internet connection required video games
- The more you delve internet in to life will cause trauma
- The internet uses up too much brain resources in terms of wasted brain fuels on internet related activities
- A decline and more symptoms are merge as internet usage causes harm
- Do not believe there are many people to relate to on internet since we do not know many people online
- We do not have ability to be contributive to people online so we won't waste their

time

- If you really want to feel like you are contributing to society then host a seed box with popular torrents or torrents that need seeding
- Any perception capacity can be changed for activities besides gaming and fun is misunderstanding based off over 100 experiments' done in the past to find out why
- Excitement comes from video games not Facebook activities as proven
-

Astral/Zeta Entity Experiment's and Appearances Understanding

- Blood flow, chemistry may get blocked in brain which requires a reflow of body's direction of fuels go as the Zetas will be able to fix this
- This can help with excitement too
- **Brains with disabilities need servicing if the brain is unable to incorporate**
- **If mood and excitement is fine but cannot use a computer properly or game console an experiment is needed! This restores the ability to use technology with stability**
- **Attempt an unblock – See Organs unblocking**
- These entities/aliens are everywhere where energy work is required and can be very social and also as known as interdimensional beings
- Zetas can be found locally but can be found in parallel realities too including the astral plane
- They use toolsets too if available
- Some extra-terrestrials may have auras etc and as they approach and assume fine as they interact and understand everything is under control
- These beings should be aware of the vibration they are dealing with as we can only vibrate emotionally based off current outcome so only attempt to increase if you need to
- Attempt to treat any entity with respect if possible (which could be anything)
- Some entities contain various programming and can manifest in any way imaginable
- Always assume it is psychosis for security reasons and even treat like psychosis if you lack bandwidth to interact with them
- Sometimes Zetas may do a temporary experiment in an attempt to make an automatic feed of serotonin much easier

Pain and correction understanding

- **Get alters to take the pain away if you have a bad headache if you have a DID System – This is critical for survival**
- **READING CAN CAUSE PAIN IF YOU HAVE NEGATIVE SYMPTOMS OF SCHIZOPHRENIA OR OTHER DISABLED ALTERS FROM DID SYSTEM – THIS IS A FACT – STOP READING IF NEED TO**
- You can use a shape and swerve hands back and forward to stop the tension
- **A tension headache can cause a wide range of symptoms, including memory loss, pain, negative thoughts, psychosis if you have schizophrenia, broken chemistry links, harder recovery, confusion, misleading actions**
- Lack of insight
- Tell your brain you are training it to release endorphins when the headache happens and you are giving it any example you can (this might work for some people)
- A clap can stall tension too
- You can consider meditating and showing your location in your mind to request

- assistance (for example – a drone which shoots heat lasers against tension – This will work for schizophrenics, it is a mind trick)
- Pressing the implant may remove software or flush programming
 - If it is a tension headache feeling a slide may stop the tension
 - **See chemistry generation guide if the pain won't go away**
 - Pain can be mended with chemistry however it may not be able to correct chemistry that easily depending on how far the pain has gone
 - Right hand to the left swerve can catch pain with the word correct in imagination can temporarily stop the pain and force chemistry in to areas where the pain is happening – Keep doing this to gain the ability back if it is gone
 - Automatic regulation of mood may need to be done in any way possible if run out of options
 - Remember taking breaks are vital too (see above) – This can stop the tension from causing symptoms even further
 - Always remember to smile when in pain to force chemistry through to help
 - Close eyes and see if there is any third eye assistance to unblock or reflow the situation
 - Focus chemistry around
 - Forced laughter may help
 - Get mind to accept no chemistry reward to affected area and focus in it to accept no chemistry in that area to get mind to shut you down from it
 - Understand if the brain is in pain it can cause all kinds of symptoms
 - Wait and stare for state to restore
 - Imagine a repeating shape over affected area and signal it in anyway possible
 - Focus all chemistry/fluids in through feeling and thought in anyway possible for example the inner feeling of where you are focusing to
 - Get DID System to block your memory of it too if you have one
 - If the pain won't stop and you've tried everything then imagine constant fingers off the area as if it was a tactile hallucination causing pain
 - See tool chart or try various manual or automatic mudras
 - Speak to DID System and ask is if anyone there and then get permission to send an alter out to fight off the situation
 - If nothing seems to work see Astral/Zeta Entity Experiment's and Appearances Understanding section as an experiment may need to be done
 - Focus astral eyes (for people who take ormus) and signal to entity to situation and see if they can force them off you
 - See closed vision network to see if they will help you with the affected areas – Signal in anyway possible and follow hand movements
 - **Pick the area inner working of the tissue to break free**

Understanding of belief systems vs psychosis and other symptoms

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

Understanding of dissociation

- Dissociation can aid excitement
- Social interactions with astral plane and various phenomena
- Raising serotonin high enough can get alters interesting in communicating
- It helps enjoy activates a lot because it maintains excitement and keeps making things more interesting
- For those with an implant that self learns then using two words twice can induce a dissociative state which helps with mood, memory and some excitement

DMT from Lungs understanding

- DMT can be sent from the lungs to the brain
- This can help with all over symptoms as it segments the brains activity
- You must do this on a regular basis or you won't be fully medicated naturally
- Even a little bit will help and regulate emotions
- Only certain people have an ability like this like me and my sister but you can put your hands down on knees while sitting down facing upside down facing towards the face and this can send DMT to the brain
- Do this at your own risk!

Psychosis and War understanding

- When the number of internal entities gets too much they must run a simulation war to get the numbers down
- Sometimes to psychosis has an in impression it is under a certain banner of phenomena and simply say it and ask it your mind and blow its cover as this can change the situation
- Positive outcomes can come from this if does resolve including better chemistry, more alter entertainment and discussions
- A lack of dopamine including dopamine without serotonin can cause this to happen
- Tension headaches among other factors are caused by lack of virtual wars
- More entities from parallel realities come to show support
- This isn't real but causes a cover up which helps overall state once the simulation is over
- Sleep it off if it goes out of control or meditate
- Some star seeds are given this job to trace realities which have gone extremely bad for example versions of yourself where things do not work out
- Turn off TV/Monitor/Phone and Music and see who wants a war
- Install software from 6th density astral plane (simulation) through imagination
- Throw a virtual leash to connect to astral plane
- Ask who is on my side and see if the simulation starts a war (this deprograms bad programming)
- If a war has been authorized and finished then scroll up to see Chemistry Access and Chemistry Generation Guide – Your serotonin needs to be raised to fixed the astral dream state – Then go back to having fun again (activities)
- Pray and see if assistance happens (does happen and work based off witness evidence seen in all churches been around long enough) – Generally the area gets scanned and sorted if available
- See memory programming's written upwards to see you can purge your memory which in tern should purge the psychosis too. See chemistry generation if it continues.

Organs understanding and unblocking

- Organs lose their programming and ability to function with negative symptoms of schizophrenia so you must fight back in any way to possible to restore the programming to get them to run.
- See chemistry access to understand further
- You must understand your medication needs to be taken for the organs to function too because lack of medication can cause them to stop working
- Use a placebo effect against the blocked sections in anyway possible otherwise if the problem persists then see the information below.
- Wave hand at blocked area
- See breaks procedure if unable to resolve but don't give up!
- If you have a DID System see pain correction above
- **Astral network may provide closed vision support – Follow the hand movements and signal to them what is the issue and they will attempt to signal back to see if they can help to unblock**
- **You can stare through astral eyes too if there is any available support if you've been on Ormus for a long period of time as they develop astral eyes (well it did for me)**
 - **There may be emergency experiments which are being done to recover you if nothing works however just be aware they may be servicing a parallel reality and not you so don't give up.**

Mudra Understanding

- The index finger against the thumb activates activity in the gut and should charge serotonin (it does for me) this can take up to an hour depending on how much serotonin the gut needs. Once the chemistry link is active enough then using this will help even further! See tool chart too to combine.
- The middle finger activates relaxing
- Try to get the mind to train mudra intentions in to get more and charge chemistry in anyway possible
- The finger before the pinky finger activates charging off bioelectrical
- You may be able to train this activity on regular basis or program this in astral consciousness (this can work if you are schizophrenic – see astral consciousness guide)
- You can initiate good finger signaling understand your ability to comprehend the ability
- Mudras are essential for relaxing

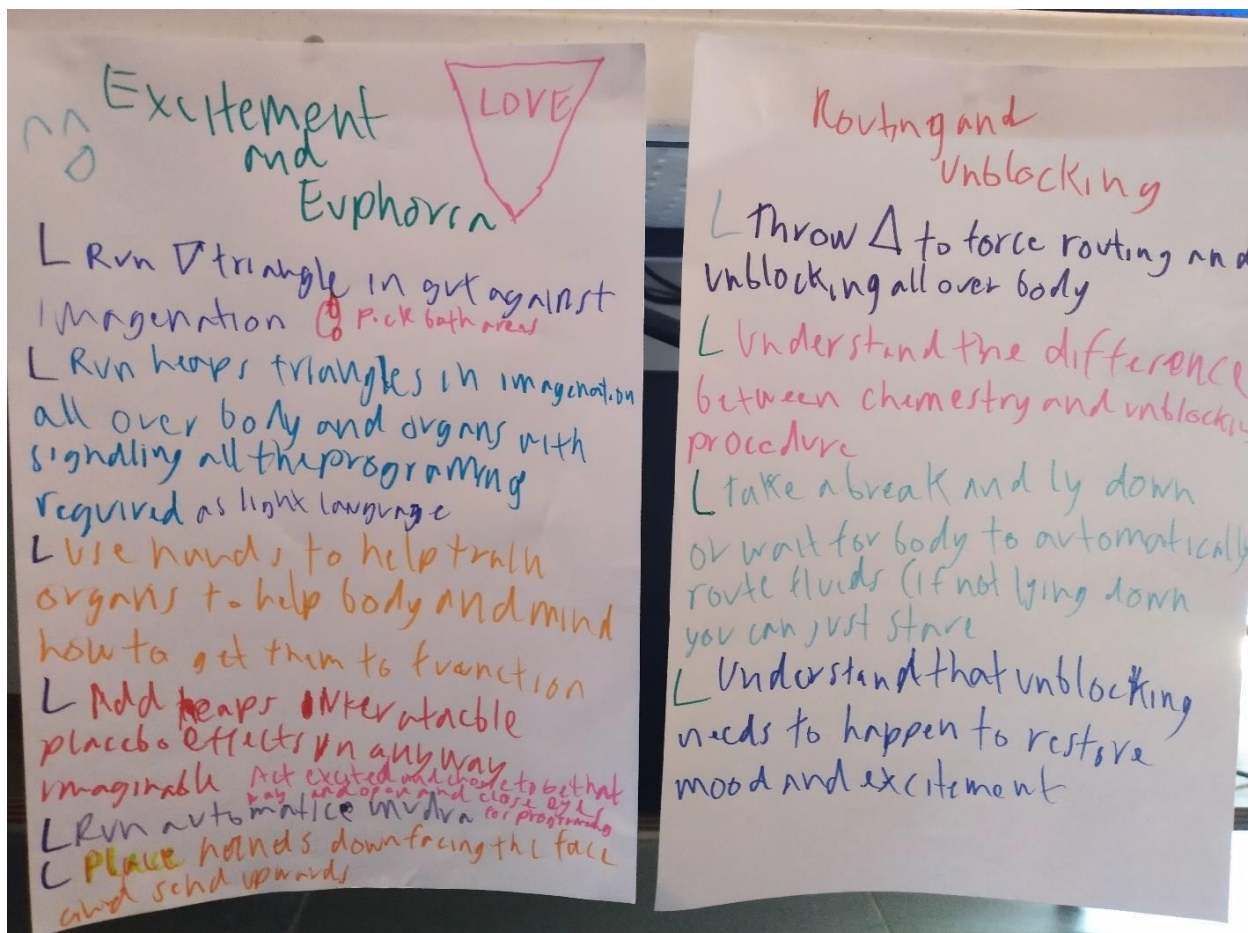
Understanding the ability to be happy in negative symptoms of schizophrenia

- You can gain happiness by choosing to be happy if you are in astral consciousness at the given time when choosing to be happy other wise **you won't be able to feel this emotion**
- See the astral consciousness guide on how to do this
- Happiness enables enjoyment and satisfaction
- Once you realize you are happy you can then gain more excitement
- Focusing flat can protect your emotions but be aware your brain may be in pain if you have negative symptoms of schizophrenia and you may need to discuss this

with your psychiatrist/gp if you are unable to restore chemistry using the guide or even if you think I didn't mention the correct information but don't be misled by bad programming from schizophrenia and report to mental health services if you are not sure

Manual Procedure writing understanding

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



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

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