

FuZzCasT Confidential

You may must consume bioelectric foods or Ormus for this to work if you have any problems then put up a hydrolith for help.

The most common way to do this is to ly down in bed then close eyes stare in to space focus pretend to sleep. Then focus by letting your organs breathe by themselves without automatically breathing and do this for least 5-10 minutes with as much remembered possible of this procedure

Success may depend on specific structures of the brain. You might be restricted to certain outcomes if you have a mental disorder but according to Google people have tried this method and it does for me

Astral Consciousness while being awake can overtake symptoms of schizophrenia such as psychosis. Then you can overtake the brains programming and get it perform an audio with some music the background and listen to music. You must understand astral consciousness can wear off which means you will have to redo this procedure

This procedure could make you hear things that can't be proven to be here so you must be aware you will arguably hallucinate. You may be able to telepathy to astral plane for easier communication. You must signal good intentions in anyway possible

Signalling down? Get the alters to rebuild it then throughput it through. If unable to access keep reading procedures until connection established

Also in astral consciousness you can suppress memory to stop it from bothering you about anything. You can use your imagination and signal requested function

Various techniques used to maintain astral consciousness once the connection is established to the astral plane.

Auto respond to spirit guides
Reprogram mind to stay in astral consciousness once access is gained
using imagination
Create a belief system keyboard
Create programs using imagination by signalling request desire
Create paranoia then really really or sadness to gain access to receptors
then induce the state in anyway possible
Drink Pepsi Max then induce really really
Say voices then put through really really
Send ID
You can select a level of impact to access signaller
Create signal and bounce off it
Try to pack yourself in
Reduce the tempature of your mind to access signaller
free up bandwidth!
Signal to undercover behavior
You can use a dot point circle at your brain to stall memory. You can
signal this using your mind. Don't forget to trance the activity
Pain can convert in to signalling and various forms or positive sedation
including selective amnesia
Concede to suffering to estrablishing a signal
Try to discharge any negative energy
**Vital: Open and close eyes to access signaller (while both opening and
closing signaller)**
Read text and signal back
Look through your mind and see what the alters are actually up and
signal to them
Get younger alters to come out
Focus impact on circle and repeat impact and also feel around it
Bring mood down to access signaller
Send the issue away
Try imagination with thought – Example: A low bandwidth circle and
imagen other things in anyway possible! Wait until it breaks through!
Assume a placebo effect
Push through effect on reprogrammgs
Amnesia apps or any unused apps to solve issue
Auto respond to signaller
Get alters to insult you to get signals working
Take a deep breath and say really really
Convert to chemistry and signal back
Talk and signal back

Tilt head back and try saying really really
Telepathically communicate to entities to get a signal back
Focus ears on the sound of the music
Get signaller to charge in anyway possible
Use the keyboard
Signal to imagination and back
Throw a signaler leash and signal back in anyway possible
Tongue signal in anyway possible for alters to provide assistance and get
them out in anyway possible [Example: Target for chemistry then
reaction]
Story telling to get alters enjoyment
AUTO RESPOND THE KEYBOARD to fix any bad programming – Send
this to alters too
Charge up signaller
Holograms can help enable the signaller and may be able to induce
amnesia too
Attempt for 5th dimension from holograms or increasing chemistry
Destroy anger app
Ignore everything and be patient for signaller to come online
Ignore flatness to access signal
Assume ignorant psychology to access signaller
Bring up chemistry in anyway possible
Tune in to conversations to test to see if it automatically puts through
amnesia. This can include hidden activity
Hand signal to establish connection
Turn off music
Talk to any to get any kind of response from alters and signal back
Pass around any tools to might have from DID System
Focus impact on frontal cortex or anyway in the front and then signal
back
Convert anything possible to establish a signal
Take system online to flush data
Take some niacin
Reduce the temperature of your mind to access signaller
Ask alters that can induce dissociative amnesia to speak to
automatically free up bandwidth!
Critical: Enable chemistry enough to start the signaler
Third eye assistance program
Hands in front of face or faced forward
Open and close eyes then signal through!
Take a small shot of vodka
Contact alters to establish a signal
Ask system what it needs to find out how to resolve issues