

FuZzCasT Confidential

This research in still in progress. The updates will be applie if available.
You must consume bioelectric foods or Ormus for this to work.

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 temperature 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 establishing 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

Tild head back and try saying really really
Telepathicly 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 imagenation and back
Throw a signaler leash and signal back in anyway possible
Tonge 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