

# FuZzCasT Confidential

**You may must consume bioelectric foods or Ormus for this to work if you have any problems then put up a hieroglyph 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 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 5<sup>th</sup> 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