

FuZzCasT CONFIDENTIAL

DISSOCIATION PROCEDURE

Disclaimer: 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.

NOT SURE AND READ BELOW PROCEDURE? STARE UNTIL STATE RESTORES

Ideas for basic dissociation and from life to help relaxation and relive mind! :)

- You are not from this parallel universe and are merely witnessing it therefor 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
- Assume everything is perfectly under control and of course that is true

Anyone more ideas people? Would love to hear them!

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 you doctor tells you it's not safe)
- Cracking fingers to help signal the organs better
- Make sure belief zones are updated for the day
- 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 organs to have them generate while gaming and hands facedown and pushing upwards for a release.

CHEMISTRY GENERATION

There are two ways to do this. You can feel around the organs (for example in a circular way around the gut) from the hip like the gut for example and then facedown push hands up from hip to above the forehead or see below. These can be combined with below.

Closing your eyes when interacting with the organs can force it to be a higher priority. You can imagine a spanner that auto locates various signaling and intentions for fun. 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. 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. 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). 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.

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.

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 flow in your mind to follow any flow of brain fuel.

Excitement:

- Follow your passion to see if excitement will innate
- 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 this far
- 5-HTP must be compatible with your medication you are taking so make sure you verify this with your doctor to know it is safe.
- Excitement can restore from taking a complete break from everything you are doing and meditation can help (for example guided meditation from Audible).

Recovery:

- Turn off the screen when bandwidth down too far
 - Meditate at least once a day
 - Make sure you have food in the body
 - Drink some water
 - Wait for state to restore – Stare and wait through the suffering if not sure.
 - Take half breaks if too bored otherwise wait for full entire recovery
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