

FuZzCasT CONFIDENTIAL

DISSOCIATION/CHEMISTRY GENERATION AND EUPHORIA PROCEDURE

LOOK ANOTHER CRAZY DAY! GOOD LUCK AND HAVE FUN!

You must participate where beyond control – There is no choice

FIRST DISCLAIMER: IF YOU HAVE SPENT 30 MINUTES 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 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.

Ideas for basic dissociation and from life to help relaxation

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
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BRAIN REST UNDERSTANDING:

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

- Capacity gets restored to use technology
- Friendlier symptoms
- 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
- Controlled breathing
- Thought release and imagination shapes with positive intentions
- Smiling

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
 - 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.
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CHEMISTRY GENERATION

If you can manually flatten out emotions if your brain is unable to produce chemistry take can help extended other activity situations but make sure you've given the brain a rest

Releasing endorphins can be a good pain killer – 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.

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.

There are two ways to do this. You can feel around the organs (for example in a circular way around the gut by mostly feeling it and some focus too) 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. Imagination and symbols can help but if you can't generate enough chemistry then continue.

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. 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).

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 from certain conditions. Be aware placebo effects can cause undesirable effects so make sure you are doing this responsibly.

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/other way possible. 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.

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. Try flapping or move hands around to bring up state.

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 be 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 medical and you must contact medicals professionals/doctors if the condition is going beyond a friendly environment.

- Ask DID System entities in anyway to help and come out (stop symptoms)
- Seek recovery if they refuse to interact
- Try saying is anyone there?
- Manifest alters in anyway possible if you do have a DID System. Any unregular/negative activity can cause problems to stop you from enjoying yourself.

MEMORY ASSOCIATION FOR PEOPLE MANUALLY RESPONSIVE BRAINS FOR PROGRAMMING

Suppressing and wipe and reprogramming history is important for survival as the brain may attack with certain types of memory 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 from meditation and taking breaks.

- Putting in gaps in memory can help to attain correct information and relax further if you've lost your mind too far.

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
 - 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.
 - If you have excitement, you may be able to add euphoria too depending on available resources depend on how many day 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.
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Recovery:

- Turn off the screen when capacity bandwidth down too far and music too
 - Meditate at least once a day or even more and have a workers attitude for recovery so you can discover how important this is
 - 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 have 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 rathering 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
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Coping Techniques for Psychosis:

- You can the turn voices friendly if you push though enough serotonin but you should go to hospital if you are at risk to yourself or other people
- 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
- You must 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)

- 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.
 - You must remind the psychosis you are favorites fictional character to try and under control but just be aware your brain activity but make sure you've used all your resources.
 - 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
 - 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.
 - Block it in imagination for focusing a block
 - Get alters to cover up psychosis and come out if you have a DID System have taken medication.
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Useful tools

Sometimes the brain might create a useful tool from various activity in consciousness. You should only write it down if it doesn't go away. Use careful judgement comprehend this is a good idea.

Critical Alter Activity

- **Try to create an alter and get it to come out**
- If you have DID System programs for example a keyboard for people with DID Systems the first point of conversation and information so make sure you choose the right working keyboard to update belief systems otherwise beliefs update won't work. Programs can become protective, used up too far and also corrupted if you are drinking and taking substances with no proven all overall good outcome.
- 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
- Do your best to get alters to come out because they hibernate and unaware of been responded too but if they are not responding take break
- 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.
- Say things to get alters to come and be creative until they come out as different alters have different sets of emotions/various states and some may respond if you say hi because they

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.

- **Be aware of left over cover up programming which needs to be cleared by reading all and both produces if need be. Do not be manipulated by out the ordinary situations where in the last people have trusted you. A lack of oxytonin can cause DID System to turn against you if there is a capacity issue.**
- Instruct the DID system to help and what to help with
- Programs like belief keyboard/belief apps will retaliate with a silly situation if alters have not come out and you are violating the brain.
- Get DID System to wipe memory
- 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. 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