

FuZzCasT CONFIDENTIAL

Comprehension and Control

**SCAN ENTIRE PAGE BY FAST
SCROLLING AND GET ALTERS TO PASS
IT ON!**

**UNCOVER PAIN? YOU MUST USE AN
ICEPACK FROM FRIDGE**

**Ignore any activity unless it can be
pushed through.**

**Trying using acroyms and anything
possible to stop the headache.**

**There is always a way out of the
mist!**

PROCEDURE CAN BE USED TO ASSIST IN STAYING SANE

**Quickly scroll page up and down before reading so
subconcioues can see you want to help it**

- Read the ENTIRE document until you are satisfied enough!

[FLATNESS IS A FORM OF PAIN WITH NEGATIVE SYMPTOMS OF SCHIZOPHRENIA and YOU MIGHT NEED PAIN KILLERS FROM YOUR DOCTOR IF UNABLE TO RESOLVE NEGATIVE SYMPTOMS OF SCHIZOPHRENIA]

Has the issue gone out of control beyond this procedure?

See dissociation and chemistry producing procedure

Ask yourself this

- **Are you enjoying yourself?**
- **Alcohol gives confidence (maybe 1 beer a day) but ask your doctor first if it is safe to consume any type of alcohol (for example it is dangerous on Abilify)**
- **Contact mental health services or get referred a GP if you cannot resolve the situation. If the medications are not working it may take time for meds to fix situation but you should contact mental services so they can assess or explain how the medication is going to benefit you and why**

If you've tried everything you'll need to switch activities

- **Have you take your medication on time? Instead of not taking the medications why don't you consider taking the**

meds and fighting the situation instead! You might need a workers ethic to get things under control and make the brain work harder to adapt to your environment.

Internal Behaviour for Cooperation

If the brain is refusing to cooperate read ALL of this!

Understand what's IN your comprehension

Understand once your vessel has reached its limit

Stop doing what you're doing at do something else if it's too hard

If you just woke up give yourself some time to wake up

- Continued -

Memory issues, Programming and Identities

- Make the call to deprogram – Call to forget
- Are you going beyond your capacity?
- The condition will attempt to stop you from using all your resources
- Be honest with yourself to remember what is ok
- Reduce blue light
- Use personality take over if things aren't working out
- Dissociate when you need to up your excitement or take a critical break – You must have a workers attitude to concede to taking a break with some mental health symptoms as they might try to reprogram you to in to stuffing around with symptoms.
- Wait for functions to restore if you can't do a certain activity (taking a break can rest the brain so it can better do preferred activity)

- **Switch between activities if memory stuffing up too far and can't take any further action**

Affirmations

- **It is with great joy that once again I am here**
- **My life is blissfulness and I choose to perceive joy and happiness and love and nothing more**
- **Raising the frequency**
- **I hold no sensory issues and I will uplift myself always**
- **I am cultivating self-esteem and it steadily grows by day.**
- **I can tell others what I want and say no when I need to.**
- **I am capable, I am aware and I am using all my gifts.**
- **I release my negative self-talk and practice positive thinking.**
- **I celebrate myself, I celebrate my life, I celebrate the world I live in.**
- **My birth was a blessing, my life is a blessing and I'm truly grateful to be where I am today.**
- **Mistakes are a part of my life and are opportunities for growth. I always move beyond them and never dwell too long.**
- **I invest in positive habits because I'm worth it and I know it. It's deep self-care and the more I pay in, the more it pays out.**
- **There are people who accept me and love me for who I am. I also accept me and love me, exactly as I am.**
- **I honor my own truth and follow my unique path. Loyalty to self is authenticity, and it nourishes my soul.**
- **I do not see the world as evil**
- **Today is going to be a great day. I am open minded and ready to receive all that this day has in store for me. No matter what happens today I am going to remain positive and hopeful for the future. I am going into this day with a beautiful and uplifting energy.**

Mudra

- Test them all – Always check! Touch various fingers to your thumb and practice feelings and techniques
- Internal behaviour is known to limit the use of mudra

- Continued –

Mantras [For relief]

- Use acronyms (try anything) {Not of this}
- Mouths are designed for this
- Ong Namō Guru Dev Namō
- Om Eim Saraswati Namaha Om
- Ad Guray Namay, Jugad Guray Namay, Sad Guray Nameh, Siri Guru Devay Nameh
- Lokah Samastah Sukhino Bhavantu
- Ek Ong Kar Sat Nam Siri Wha (He) Guru
- Om Gam Ganapati Namaha
- Om Sahana Vavatu Saha Nau Bhunaktu Saha Viiryam Karavaavahai Tejasvi Nau Adhiitam Astu Maa Vidvissaavahai Om Shanti Shanti Shanti
- Om Mani Padme Hum
- Om Shanti Shanti Shanti

Useful ideas to take controls of bad programming/negative other symptoms etc

- **The secret to happiness is to be happy about where you are in life – The brains shows respect to that**
- Sway around
- Troll information back the other way to get a sensation
- Give yourself a pat
- Calm down
- Understand it's fine (comprehend this and lower your expectations)
- Fine is ok!
- Reality always changes it's fine
- Nothing convinces unless it's interesting or fun
- Believe in yourself and/or push it through
- You do get through most of your day
- Life is fine or complete
- That's all (be patient)!
- Take control of situation – Assume happiness in many different ways
- Pain is a false perception – Comprehend this to get relief
- Say behave <<<
- Accept the situation
- There not there
- Check your breathing
- Don't take it personally
- Sleep is a false construct
- Choose to be happy
- Understand some people aren't from the light because they promote separation
- Don't judge
- Tell your brain it's misinformation
- Don't believe in the surveys the mind perceives including guilt tripping and story reveal
- – Be happy to stop surveys
- Get the survey to answer instead
- **Auto tolerate**
- When you demand nothing... seek nothing, expect nothing, then the Supreme State will come to you uninvited and unexpected.
- Issues act as programs – Refuse to let the programs extract data against you
- Say no to negative videos from the imagination
- Surrender the problem internally
- Turn the positive voices against the negative ones - Say start a WAR internally
- Assume beyond comprehension
- Auto worry other way
- Has the issue gone out of control? Smile for as long as possible
- Forget
- Focus out
- Don't be bothered by it
- Drop your ego – Don't let it control you
- Realize the truth
- Ignore this parallel reality
- Money is false construct
- Zap!
- Choose to be grateful about something (mind hack for stopping anger)
- Believe otherwise!
- A good story sounds interesting

- ***You are not being havasted "It's all in your head" – You must report to mental health services***
- ***Solve all the angles if nothings works***
- ***Is it bouncing back and forth? Decide which way the ball goes***
- ***Reasons to change the subject (energies causing issues)***
- ***Do not go outside to listen to voices unless you need to confirm no-one is there but be aware you might fool you too sometimes so make sure you've taken your medication***
- ***Pray out and request assistance and state what you need***
- ***Assume fine or that's fine!***
- ***Any attempts to dispath on overall destructive path are bad programming and should be assessed professionally***
- ***It's good enough***
- ***Ignore bad activity***
- ***Assume realms of idiots and ignore***
- ***Assume love***
- ***Close your eyes and turn music off to get brain reshuffle its programming***
- ***Fear is a false construct***
- ***You can fight the drugs out of your life by realization the extremely high success rate of outcomes from those provided services***
- ***You are allowed to have fun***
- ***You are not concerned***
- ***Music off then straight back on to flush the voices***
- ***Give yourself space***
- ***You ARE enjoying yourself!***
- ***Death threats can't harm you and ignore them***
- ***I AM MOTIVATED and assume a workers attitude to force your brain to adapt even if you don't have a job***
- ***Wait***
- ***TAP COGNITION***
- ***Never were sad!***
- ***Never were lonely!***
- ***Change the voices to females***
- ***No theory!***
- ***There is no regression!***
- ***There is no issue!***
- ***Do Focus!***
- ***You are always happy!***
- ***Insults back are not relevant as they undesired outcomes***
- ***Lie if you're being taken advantage of in an argument to protect your sanity and prevent trauma***
- ***It's ok***
- ***Nothing is boring***
- ***It's just medication and assume it is not harming you once you have made the nessary information and have make the right contacts with mental health services***
- ***Stop trying to piece a puzzle if information unless you have all the pieces, assume it's fine***
- ***Lies don't always work***
- ***Contain the situation***
- ***Assume forgetfulness***
- ***Issues are a false construct***
- ***Choose to cope***
- ***Would have fun later (if not right now) and I can look forward to this***
- ***Wanting more material things is a delusion – Comphrend what you got so excited about what you have so far in the first place***

- Don't assume negativity
- Bills are a false perception if you they go beyond your control and there is no-one is suing you
- Stop war of information
- Assume is content
- Don't be ignorant or arrogant – Don't assume negative programming from people judging you this is way if it is beyond your control
- Be appropriate
- Sadness is a false construct
- No misconduct that isn't funny
- It always works out in the end
- Convert your internal behaviour in to ideas
- Don't get scared of things you can't prove
- Try Shadow work – Concede immediately to having fun
- Guilty is irrelevant
- Tap out
- Make jokes and laugh about problems beyond your control
- Sleep it off more --- Do something else – Breaks without screens and music can recover your ability to have fun
- Ignore negative voices
- If memory stalls – Assume it's yours to take control!
- Say and Think NO to ALL the bad internal behaviour
- Knowing it's ok
- Mudras are helpful and do NOT cause issues
- Empathy is important
- Use time!
- Relaxing is not a false construct
- Understand to IGNORE things bothering you!
- Focus out of anger and frustration
- Do not concede to false constructs
- Intimidation is false construct
- Desperation is only required where relevant
- Focus through and upwards to be happier
- Anything that plays off your empathy is a false construct
- A lower chemistry brings negative or discriminatory thoughts and other bad mental health symptoms
- Ask yourself – What does the brain not forgive?
- Act out what you need too and NOT false information
- Decisions can change and that benefits you – Comprehend this somehow!
- Make sure you've taken your doctors recommended supplement for the day and this critical to survival
- Your perception of psychosis HAS to be hallucinations and understand it can only be controlled so far once you have done everything in your power to solve it
- When in a state of really bad memory you need to take a break
- Lying down will help regain energy – **ACT AS IF YOU'RE GOING TO SLEEP**
- When brain is clogging your thoughts change all thoughts to ideas
- Your gut communicates with the brain – Push in belly to get happy response
- You don't have to hold all your information of packet – Let go of information and stop trying to get a hold of it for voices
- Show an intellect
- Watch TV, listen to a audio book or a reading book to get problems off mind or if you need/want one

Delusions and current ways to deal with them

- **Don't take it too far**
- **Do not be fooled by fake operations (voices) – You have a disability and are processing too much information**
- **A delusion is a false belief**
- **Delusions play off voices**
- **A brain can create programs – Always believe this because this is your vessel limit and your brain is always doing something**
- **If it's fun that's ok but it can turn in to bad programming later on so you'll need to recompile from all procedures**

Paranoia

- **There is an explanation for everything! So Understand that!**
- **Let go of internal information bothering you**
- **Assume ok or otherwise!**
- **Don't forget you have a disability or mental illness and the brain is outputting too much information which can make anyone paranoid**

Imagination Attacks

- The brain attacks with negative imagination video/audio situation when you fight something beyond your control or need a break

- Food/Drink simulation

- A brain can turn against you if it's under too much bad app/proprogramming

- Imagine saying no or blocking the audio in anyway imaginable but understand you need to stop the activity

- Use audio for positive inducing sounds

- A bad mood can cause the imagination to attack

- Imagine a reprogramming of thoughts if you have something you need to do asap.

- Already answered questions - *Focus out*

- This the way of brain telling it can't access certain information

- Imagination can be used processing understanding a lot faster sometimes

- Use feeling to see how much bandwidth there is

Troubleshoot Negative symptoms of schizophrenia

- Use remember app

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- **Psychosis/Alter insults and other mood related issues**

You might be unable to process information correctly. Cause a confusion or lack of coherency. If nothing works you'll have to leave your room otherwise the attack might continue.

- Too many insults and even taking break won't resolve it? **Check chemistry generation procedure and contact mental health services or/and go to hospital and realize a lack of serotonin can turn the brain against you and attack you in ways you might be aware of**
- **Switch activity to meditate**
- **See beyond the box of presented information**
- **Speak internally sometimes**
- **Adjust sound to refocus psychosis eg turn off the music or turn it down or take a break from them music**
- **Switch Activity after assessing capacity**
- **Use imagination to play soothing sounds**
- **Imagine an app destroying the anger or be grateful**
- **Play around with mudras to increase chemistry or see dissociation guide**
- **Anyone who insults has a mental deficiency**
- **Take control of imagination by stalling it or changing the internal voices by focus/feeling it to stop it**
- **Say No etc inside head – Overlap voices**
- **Is it all about you? It's no-one else then!**
- **If you have a DID system you must request help and ask what went wrong**
- **Reading too much can invoke psychosis from a lack of chemistry if you have this condition**
- **Try being grateful further than what you are**

- **Dissociating** breaks up the voices/covers up or induce **amnesia** to reduce the insults or put hands in **front of face** to flush the voices
- **You can try putting sunnies** on too.
- **Headache can causes psychosis to retaliate.**
- They also can retaliate to lack of motivation. **Say I will do this.**

What can you do if nothing works?

Capacity gone down?

- **Switch activity** – Calm **DOWN** the brain so it incorporates
- **Read entire document again** or if you forgot or take a break
- **Alters can switch causing issues** – **Stop what you are doing** – **Understand you might not be capable the activity you are trying to do**
- **Meditation** spend some time with imagination
- **Sleep it off**
- **Smile**
- **Pray**
- **Say really to voices**
- **Ask the alters what do they want to do?**

Anger

Nothing works? See below

- **You might need to level yourself out and switch activity**
- **Being grateful should stall anger completely and if you are still anger it could be a symptom that requires medication so speak to your doctor**
- **Forced laughter (laugh straight back at negative situation to force your mood to get under control**
- **Get some jokes in**
- **Follow your excitement instead**

- **Assume is able to solve the issue if you have to do it and don't have a choice**
- **Think outside of the box of presented information**
- **View it as a video game and take out the anger constructively**
- **Get away from technology and realize this is suppose to calm you down**

When nothing works or too hard and beyond your control and even you've contacted and used all support services and are in a situation beyond your control

Self Denial/Coping Skills Procedure

Critical - Assume happiness or nothing can be done about it

- **Ignore the situation**
 - **Assume everything is fine and sorted out through time**
 - **IGNORE EMOTIONS**
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FIRST DISCLAMIER: 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 DISCLAMER: 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.