Welp, you opened the folder. You will die in 7 days.

Seriously though, don't mess with anything in here unless you know what you are doing. The program will likely crash if it can't find the files it needs, and depending on the file this could mean anything from it not working to it exploding and filling your computer's RAM with electromagnetic shrapnel, and that was only partially figurative. The only thing outsid this folder is a shortcut to inside, so feel free to move that without touching the folder.