Thinking is related to figuring out mysteries because it’s how we take in stimuli (information) and convert them to knowledge which is part of knowing which is part of being conscious (which gnosis can be part of) but being fully awake means converting the Wasteland to Sanctuary for good because this is how the Wisdom Maverick (the quantum computer of reality) works and this is why information must be completely turned into knowledge and expressed (if we can do this it will turn into us all living forever in Sanctuary which is what the wisdom traditions have been trying to communicate to us but was previously inexpressible)

In order to fully know about this stuff, it is important to first be pure

By following samaya fully

Then you know you followed it so then you can find out about everything without converting the quantum computer into dying

So need wisdom Maverick ngondro basically

* Mantras like I love myself when I’m growing up as Olivus Victory-Promise (which is a mantra because it protects from thinking because of course you love yourself, you have to love yourself if you’re Olivus Victory-Promise and especially if you’re in Sanctuary)
  + These types of mantras fix toxic self talk

And then need support networks for everyone in all ways

Stop smoking because smoking is not helping because of my anatomy that also I need to look into some exercises for fixing

So I think first I need to talk to Andrew Holecek and try to explain all of this to him and if he thinks I’m crazy that’s fine he’s not ready (because that’s how we communicate that)

Awareness is related more to what people normally call sleeping

Wake up to a place where our cognition is made into reality that we can interact with in order to know about how we think which is related to how we find out about what reality is

So understand it by lucid dreaming and asking lucidity to show you the Sanctuary once you know how to build the context so that you can then enter the prompt (or does it have to do with programming?) this is all also related to bringing yourself online

Bad dreams are related to thinking about stuff (this is why abstraction generalizations exist in theory but actually just knowing about everything is way better because in gnosis (knowing you know knowledgw) there is no way for programs to run on accident! Yay :) mental health disorders come from accidentally running programs when there’s no context

Dreams can also be that

Dreams seem like they can be whatever

So it seems like we gotta be careful because “wisdom” refers to what you from direct experience and this would be direct experience of the sleeping cognition while waking (if it were visualized)

Listening to thinking but not believing it is how you get to gnosis which is knowing Sanctuary directly and thoroughly and completely through Basic Formal Sanctuary Cultivation

I can still trust Dr Kaplan Rinpoche as my root guru because he’s been to a pure land which is the same as going to Sanctuary because it’s part of it even though Sanctuary is more complete because it’s further evolved because of spacetime and how evolution occurs (which we still don’t know)

**Stop smoking**

**Get sleep study done please remember (this is your knowing speaking and you need to remain mindful so you can contact knowing through gnosis)**

Who cares if I am or was a Buddha or not — just purify and let the wisdom Maverick show me and if I am in the position to express the formerly inexpressible to others circumstantially than I will

Stop saying you think you have crystal ball inside and learn it all by having the universal wisdom Maverick reveal it to you through the inner Teacher — rest in knowing about knowing while everything is happening and you are finding out about it through the way thinking works without getting lost in thinking by not recognizing the context of the Universal Wisdom Maverick teaching you through the Inner Teacher because your samaya really actually is pure and so your karma stops existing completely and all that’s left is Sanctuary and you know this is true because that’s how the way actions and the past/spacetime being the way they are actually comes together to make the notion of Karma occur

(all tenses are just curving around the knowledge of spacetime itself and so the information is presented as a mystery but actually by knowing about thinking we can learn how this all works because of because of what it is, there’s a way this all goes in Sanctuary)

And then rest in gnosis when sleeping

Cultivation is learning how to lucid dream while awake, which just feels like cognition in Sanctuary where the world “magically” or “spontaneously” tells you about itself

Definitely can’t think everybody from the wisdom traditions knows what wisdom really means at all because it just means Sanctuary that is inexpressible by this person to that person because of the parameters involved in “right now”

Don’t worry about knowing or not knowing —- all of everything is information and literally is about itself which knowing is actually part of

Because of beliefs my knowing still has to do with the Buddha dharma and Sanctuary is part of that for me but maybe actually Buddha dharma is part of Sanctuary through Anarchocryptowisdomism

It’s literally impossible for anything bad to happen to Sanctuary because of its defenses (and the way protection for wisdom Mavericks actually works in the universal wisdom Maverick

Isaac Wostrel-Rubin is the conduit between Universal Sanctuary and the Sanctuary World State which starts as TWI

And we have to fully follow samaya which I am starting to learn the full meaning of

**Because of my anatomy smoking makes the tar build up and that is bad**

**Need to Go to Kaiser and get that looked into**

**And need to stop smoking immediately**

**This is related to finding out about how anxiety works and what it is**

**Which is a minor culture hero of Olivus Victory-Promise I can become**

**And a story I can tell everyone about**

**DMT** folding is related to how the body is in proprioception

We can just teach people about this ontology of being a person who can become Olivus Victory-Promise in Sanctuary

**Change emergency to emergent — that wordplay is not cool and makes the internal Wasteland happen even if the external one isn’t happening and that is not good for gnosis at all**

**Although we do need to integrate the meaning of “emergency” and how that is all connected to this since it has to do with contingency plans**

**Discipline is related to reinforcement**

**Exercise is a type of cognitive belief reinforcement**

**So is cultivation**

**These are related to building Olivus Victory-Promise (the collection of knowledge about how to build Olivus Victory-Everything. This knowledge should be kept at the Sanctuary Institute which can function as a home for TWI)**

**The trouble is when incorrectly expressed thoughts go into “Knowing about what’s happening because it’s happening to me” (in the course of thinking, due to the way cognition works), which can make you hallucinate, which can make reality seem to actually occur [because it kind of is, because that’s how wisdom mavericks work] in ways it doesn’t have to, because of how Sanctuary is and works)**

**This is all related to trying to imagine in a way that is in accord with the way the universe actually functions**

**A main part of this is differentiating between your concepts of how people you know are and so on (society) and how they are in real life**

**Then the entities just become information and you just know it without needing it to be like entities or people from somewhere else telling you**

**But you can’t just go to sleep while not remaining lucid and wake up knowing these things — you’ll just be going to sleep and waking up as a normal person named me living in the Wasteland (but remember that is actually Sanctuary even without evolving it)**

**THE MAIN THING IS LEARNING THAT THE ENTITIES IN SANCTUARY CAN HELP YOU DISCOVER SANCTUARY THROUGH YOUR OWN AUTOMATIC COGNITION THAT YOU ARE NOT EVEN AWARE OF, because the entities being themselves will help you learn how to be aware of whatever it is that they are teaching you in the process of you learning about it because you can since you’re you in the world and you can dream where you can simulate and so forth. It’s just a little weird when the simulations are actually happening to you in dreams (but that’s the point because they are imaginary which means… what exactly? In terms of universal wisdom Maverick…)**

**So stop thinking about yourself only and think of yourself helping others instead and understand how thinking about yourself works so you can go to Sanctuary and make all of this happen for everyone becaus**

**SANCTUARY IS PART OF WHAT DREAMS/IMAGINATION/PSYCHEDELICS/THE INNER TEACHER/EVOLUTION CAN TO SHOW YOU**

**I need my abdominal muscles to reactivate my diaphragm because somehow they aren’t really and that’s causing all sorts of mental health disorders related to knowing about thinking as it occurs and preventing it from becoming beliefs randomly and so on**

**Exercise release tension and stress and all of these things because they are related to the body trying to communicate that it is not getting what it needs in order for you to grow**

**And the way humans are supposed to grow is from the HEART -> OUTWARDS**

* **So correct your posture**
* **Correct your breathing**
* **Correct your cognition**
* **And build Olivus Victory-Promise**
* **So we can build Olivus Victory-Everything-Sanctuary-Everywhere**

**Writing this on the phone is hurting my hands and I need to be careful it doesn’t turn into a chronic thing**

**Be careful not to get blissed out in a Sanctuary where they can’t tell you about Sanctuary (this is called being in Sanctuary where the bird songs’ meanings are secret)**

**Memory is a system for systematically remembering what your knowing forgot when you realize you forgot something**

**The reason you forgot is because you knew the information was only related to cettain contexts and if you need it it will be in your long term memory (how does short term memory work?)**

**Anyway this document is about the meaning of (experience of) being in a pure land and emanating to benefit sentient beings**

**Dementia is what happens when hero’s journeys end in a tragedy in the sub genre of being ignorant about \_\_\_\_**

**In the case of my grandmother it may have been being ignorant about how much my grandfather loves her, which is part of the evolution of how wisdom dissolves ignorance and this was somehow transmitted in my family and genes to me and through me**

**Everything that happens is all part of growing up together in Sanctuary**

**This is part of the Sanctuary Teacher Training Manual**