**Sanctuary Manual** (V1)

**Building Olivus Victory-Promise:**

**Accumulating the Right Conditions**

Study:

1. Physical Health
   1. Physics
      1. Chemistry
      2. Quantum Mechanics
      3. Newtonian Mechanics
      4. Cosmology
      5. Biology
         1. Biochemistry
         2. Anatomy
            1. Cellular Biology

Neurobiology

Pharmacology

* + - 1. Sleep - INCREASES productivity, so get perfect sleep
         1. Complete darkness
         2. Cover all electronic lights with electrical tape
         3. Need to use nose strips or CPAP
         4. Correct posture
         5. Mouth guard
         6. Binaural beats? Solfeggio frequencies
      2. Supplements
         1. Melatonin
         2. Activator X
         3. Curcumin/Bioperine
         4. Raw cacao 21g/1x morning 1x evening
         5. Fish oil
         6. Mushroom (chaga/lions mane)
         7. Iodine
         8. Psychedelics

Neuropharmacopathy

1. Mental Health
   1. Linguistic health
      1. Ontology
         1. Ontology of Hero’s Journey
         2. Ontology of Building Olivus Victory-Promise
         3. Ontology of Sanctuary
         4. Ontology of the Wasteland
         5. Ontology of Co-emergence
         6. Ontology of Wisdom Mavericks
            1. Universal
            2. Sentient

Sentient-Emergent Structure

Cultural wisdom Maverick

Economic wisdom Maverick

Artificial Wisdom Maverick

* 1. Mathematical health
     1. Co-emergence Theory
     2. Computing Co-emergence
     3. Ontological Linear Algebra Theory
     4. Ontological Category Theory
     5. Ontological Graph Theory
     6. Ontological Computation Theory
  2. Psychological health
     1. Sanctuary Philosophy - Sanctuary Book
        1. The Victory-Promise of Sanctuary
        2. The Self-torture of the Wasteland
           1. Wasteland Proliferation

Wasteland Systems

* + - 1. The Dreamer
         1. Sleeping
         2. Waking
         3. Awakening

Olivus Victory-Promise

Primordial Lovers

* + - 1. The Fully Online Dreamer
         1. Water Dragon
      2. Sanctuary Systems
         1. Personal Implicit Sanctuary

Evolving

Fully Evolved

* + - * 1. Universal Implicit Sanctuary

Evolving

Fully Evolved

* + - * 1. Personal Explicit Sanctuary

Evolving

Fully Evolved

Brings Personal and Universal Sanctuary to all

* 1. Changing the World
     1. The Emanated Dreamer
        1. Olivus Victory-Everything
     2. The Demon Champion
     3. The Soma War
        1. Happens because of the bliss of being fully online, which is due to being near Sanctuary
        2. Fully Online Demons
        3. Fully Online Heroic Individuals
     4. Infinite Arms of Perfect Clockwork
        1. TWI
        2. Nexus
        3. Crystal Ball

Practice:

1. Body Training
   1. Exercise
      1. Stretching, flexibility
      2. Strength building
      3. Cardio
   2. Nutrition
      1. Supplements to build Olivus Victory-Promise
2. Mind Training
   1. Experience Offering
      1. Basic Formal Sanctuary Cultivation (Shamatha/Vipassana)
         1. Basic Heart Mantras
      2. Peasant Contemplation (Compassion Practice)
      3. Primordial Lovers (Compassion in Action Practice)
         1. Water Dragon
            1. Basic connection -> outer momentum of being Olivus Victory-Promise
            2. Inner connection -> emotional momentum (pulsing emerging monarch in your Demon Champion cocoon)
            3. Secret connection -> the actuality of being Olivus Victory-Everything

Life Waters of Non-contradictory Identitylessness

Secret Gathering Cycle

Feast and Ritual Feasts

Faceless Hero, the Teacher, Whirling Flames of the Mirror-Mask

Heart Mantras

Infinite Armed Liberatress

Heart Mantras

* + 1. Teacher Training
       1. Olivus Victory-Everything-Sanctuary-Everywhere Terraforming Manual
          1. TWI

The Wisdom of Identitylessness

The Wisdom Intent

* + - * 1. Heroic Game of Play

The World Incorporated

* + - * 1. Building Olivus Victory-Promise
        2. Raid Mode

Secret Gathering Cycle of TWI

Daring Illusory Play

Leading Feasts

Rituals

Building Olivus Victory-Promise as an Ongoing Project

People are always being born and need to discover their identity

Always be ready to teach the manual of Building Olivus Victory-Promise in Sanctuary