

Love: Beyond The Game

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Part I

From May 2022 to June 2023

CHAPTER I.

Collapse

2022 had been a year of stepping into new things up to that point, as was 2021.

And, so, I felt quite alive and this showed, whilst perhaps I had not been so open about happiness in 2020, especially the latter part, preferring to focus that happiness on other curiosities, which I am sure most of you would consider yourselves pathetic for having, although they have provided me a rather unique perspective for changing others' lives and doing things based on a kind of playfulness rather than "this is the real world that I am fixing".

I had been told that I took drugs before, and so it continued to surprise me to see how someone that took drugs would be treated by family, and likely friends, such that this time, I didn't deny any accusations clearly, preferring to humorously say "maybe".

Because of various reasons we will get to fully understand later in this book, people aren't very happy when this happens, and people often either desperately want stability and this scares them, which includes wanting others to feel happy so they can feel happy. "Their pain is my pain", that is, or, once in a while, you will find that someone wants to help, but does it in a rather angry fashion, in which case this is actually not an issue, unless you also feel like they are trying to control you in some way and force you to do something.

To begin establishing the context for our discussion as one that is focused on an understanding of the world, which naturally must include how that understanding applies, there are only three real ways to control someone, besides using brute force, that is, putting in enough energy to overwhelm them temporarily, which is a very cost-inefficient strategy, and these are: "Problem, reaction, solution."

Here, problem refers to the perception of a problem, rather than a challenge, or injustice, which is indeed truly unjust, such as cases where someone is manipulated against their will, one example of this which we will discuss more being the trafficking of children. Or, for one final case, there are times you want to experience something negative, either out of a curiosity which is imbued with

a wish to still not harm anyone, or out of a wish to learn in some other way that again, doesn't force anyone in any way. Listening to negative feelings can help you. Oftentimes we think that always being positive, negative, or in some particular way pulls people in, but this isn't always the case.

To explain the example of positivity, which is the least obvious because of how we define it and love very often in a manner that is more about using others, being only willing to accommodate positivity in one's life is not really the most expansive, which is really what positivity is about, rather pulling you apart if someone is feeling more negative.

If you see someone begging by the side of the road, helping them, or God forbid being in a listening and mindful [which ensures you won't get used] mood might make your day worse. So, everything you do, everything you search for, everything you desire becomes just a coping mechanism for life, rather than an attempt to live life and cooperate with others.

Then, if you feel like being saddened or addicted makes you undesirable or unlovable, paradoxally, being open to change your life and hoping to one day meet friends that don't hurt you and which truly, truly work in all ways with you would help you feel happier and live a more wonderful life. It is possible to have friends that truly work with you. I have a friend that organizes parties which I never attend because I dislike parties, and while he aims to attend law school for financial and power purposes ["I'll become the most honest thief ever!"] I am writing a book on my experiences exploring many areas of life and how these experiences offer us great ideas for how to change the world. There is no contradiction in it as a friendship due to the common interest in more happiness in the world.

You don't need friends, but progress and learning goes faster when we are together, and we all know there's something pure in friendship.

You don't need to understand the following, but for those readers that like science, I have an example from probability theory that shows us how exactly "progress and learning faster goes faster when we are together".

In my understanding, probability theory tells us that rather than someone working hard to have "A" and "B" in one circle, one space, you can have two spaces, each with one letter rather than two, space "A" and space "B", which can be connected from both ways, "AB" and "BA", and you still have the individual potential of "A" and "B" to boast, so you now have four probabilities. Four potentials.

You can think of this in more typical probability terms of "AA, AB, BA, and BB" by considering the fact that in geometry "AA" just means point A

and "BB" means point B. This introduces us to something we will use many times, two ways of saying the same thing. It's just saying the same thing in reality, but with different lens, and different notation to represent that looking through different perspectives on this one matter. Connection to oneself, if we are not talking about two different things being called using the same letter, as "AA", and just being oneself as "A". Same thing, two different pieces of notation to represent the same "A", these representations however giving us a better understanding of "A".

If another one of our "A and B"s were to come, perhaps a negative someone that is willing to sacrifice all dignity so as to serve the self only, or almost only, with this knowledge of both "A" and "B" gained through a lot of self-destructive pain and power, when two negative someones, the two "A and B"s, deal with "A" and "B", the same potential exists on both sides.

I think that is spectacular, though often "A" and "B" will not realize in our world that if they just worked together, both with curiosity and in cooperation with each other, willing to change, they could have the same power or greater. You can extend this example to more letters, although I have not done this here, and there are, indeed, additional variables with this theory as to what happens when you get to really big numbers.

We know that having a lot of knowledge, obtained from enslaving others, would lead to entropy in practice, for example.

If the previous example made no sense, there's no need to worry as we will be returning to discuss how exactly the sweetest woman in the world confused after-run powder with drugs.

Admittedly, I aim not to use after-run powder these days, since it isn't entirely organic, and you can find foods that just contain the nutrients. I don't think it's very toxic, and it's certainly many, many times less damaging when put side by side with the neurotoxins in all sugary products, all soda drinks, and so on, but something doesn't have to be very toxic, or indeed, as we see in other examples in this book, toxic at all, for you to one day decide you don't really like it so much anymore, in this case because of a wish to always support the nervous system with the best drinks and foods that work with it.

Speaking of other examples, I told my grandmother "maybe" to the question "Did you take drugs?", and seeing a passive aggressive response, I wondered, and really wondered, "Is this how you would treat someone if they were to take drugs?"

"Rather than being kind to them, and hearing them out, you get mad?"

This spring is also the time I stepped up my meditating from a maximum of 20 or 30 minutes, though more often ten minutes, and at that guided meditations [which can be useful, they're like a mix of meditation and studying. Some readers may find the idea of ASMR to be quite similar to it but more about attention to one's life and feelings, as opposed to knowledge.] to meditating at school to pass the time, and then to one hour or more of just sitting at home as well.

I was especially pulled in by the idea that you should "get on the threadmill rather than becoming an expert in talking about how a threadmill works without ever using it". Just succeeding and making projects everyone loved in a rather unique manner was not enough, and so I needed to make more changes. Like not wanting to deal with hair as much and cutting it, or not wearing glasses due to wanting to try an alternative method for taking care of your eyes, such that I still don't need to use glasses these days, and still see certain things I saw well at the beginning just as well, except it's actually better. We'll touch on this method later in our discussion of miscellaneous topics in chapter 7.

I bring all of this up because the fact that I made a lot of changes which I never explained to my family due to not wanting to get caught up in justifying something before actually doing it becomes relevant to understand why we were sometimes friendlier and sometimes less friendly for the following period, even if the tone of misunderstanding does enter a drifting away which is natural in all relationships over time.

You can call this, by the way, "reverse entropy", though it's really entropy that is a reverse of how things work in harmony, if you think about it, and if you return to this statement after more time with this book. This human wish for unity, which is so great, though it's effects are hard to measure at first. We can give examples of this in how anyone can change someone's life just by being open, such as helping someone that finds themselves without a home or money, which can, though it is oh-so-difficult at first and so damaging to the self's financial situation and free time, eventually result in great learning and a change for the other and you in one way or another, though it doesn't always end up being the one you planned.

I continued holding a "maybe" attitude for the next weeks since I remembered something that had really woken me up to the importance of compassion. "Can you just let something happen to someone else and say it's not your problem, expecting it to never come to you as well?"

Purely based on the History, that never works out well, though it does bring certain temporary benefits at the same time, which is also the truth. In excess,

we call this truth materialism, and when used consciously, it's the kind of resourcefulness leaders have in History.

On the evening of June 12th, I quit all technology. This was being built up to since the end of October 2021 when I quit Discord and made a small chatroom-making service for the friends I loved, for which I still used the platform.

On June 13th, I went out through the city, since I had nothing else to do, to clean trash.

On June 14th and 16th, I took exams.

On June 15th I went to the psychologist at the request of my mother (you may have noticed the so far misunderstandings within the circle of family. My parents are incredibly sweet and wonderful, and that means that you have to become even more wonderful, wonder-full, in your life).

The lady there was great, and I found her amazing.

Today, she recommends that I visit a psychiatrist so they can check more, though she says to my mother that I was doing fine. That visit happens on the 17th of June.

Finally, June 19th was my birthday! So, I decided to follow something I'd loved. "The best gift for your birthday is expansion." I'd always wanted to go vegan, so this was the time to seize this opportune day to engrave this experiment in stone.

I picked more things the following month since I had time. On the 18th, I believe, I first visited a library by myself for the first time in my life, since I'd typically read ebooks, or ordered a book called *Etymologiae* because I wanted to read it physically from online. At the library, I started reading a book by Robert Kiyosaki;

I picked up practicing more of the simple Wim Hoff breathhold technique, which I knew how to do since I'd tried it before, but which I'd never picked up on more;

Starting Kirya Yoga. I considered this to be incredibly important, and still consider the matter this is about to be one of the most important pieces of information for anyone to understand. Kiriya Yoga is about slowly raising the energy known as the kundalini yourself, which puts more energy in the nervous system, triggering certain negative patterns within the nervous system which

block the natural flow of life, your true self.

This is going a bit far for the beginning of our discussion of things, but the record needs to be straight on this one matter, since it relates to everything else and is very relevant today in our world.

The kundalini is an energy that lies at the base of the spine, and which is related to sexual energy. When a certain degree of unconditional love is active in someone, that is, once you would feel, think and act in the name of interconnectedness, making change playful, and inclusivity 51 times out of 100, the heart sends a signal down to the base of the spine at the kundalini gland.

The heart deals with the aforementioned loving, giving [the caveat being that this includes self-care] qualities as a center of energy in what is sometimes called the subtle nervous system, which is a name some give for the things in our nervous system which you can't see and which don't pertain to the physical body's natural biases, which themselves offer certain unique opportunities to the human living through the body. E.g. if your body can deal with sweets very poorly, this will make it necessary for you to not touch these greatly. A common example is how an initial sickly disposition can, despite the pains, create an opportunity for later disinterest in medicine as it is often done, and lead one to wonder about alternatives, or can paradoxically also make one love medicine and doctors. Sometimes some mix of both, potentially mixed with other variables.

Thus, the kundalini makes it's way up the spine, and reaches into the brain. The 51 out of 100, 51%, acts as the beginning mark, from which point one can experience things such as goosebumps more easily, goosebumps being relatively unexplained in the current scientific paradigm.

When a great deal of energy is available, the kundalini can make it's way up the spine as mentioned previously, and we typically call this an inner conjunction. An experience of pure bliss, in intensity, though not necessarily always a state of quality, as it is still a *state of consciousness*, so you can activate your ego even then, though you wouldn't feel the want to, naturally.

This is because the kundalini's purpose is to free the one that has truly chosen happiness to clear all blockages and experience reality as it is.

The current nervous system of humans cannot sustain experiences such as love, or peace permanently. Oftentimes such an awakening, if it happens, leaves the one having experienced this having a lot of negative energy being brought up.

This is because the negative is the path of mentally blocking the nervous

system, which culminates in the ability to block reality to the extent of saying "only I deserve happiness", and finally, "only I exist", eventually bordering on absolute power, which is, however, a temporary kind of power that cannot last. The one seeking this power, as much as they may make it their pleasure, will eventually have to hit a wall. It is said that at some point, the entropy of such an approach becomes too great.

Love - interconnectedness, expansion as opposed to stagnation, the existence of others, and recognizing purity in that existence as something desirable, wonderful, and purely sublime and freeing to oneself is something that is very natural to life, as proven by the inability of the path that sees itself as the only son of God to progress beyond a certain point.

Kundalini appears to be an old name we have for the upgrade of the nervous system from one stage of evolution to another. Eventually, all civilisations that fight wars and hurt each other want to stop living as victims and want to take responsibility in one way for their happiness.

Admittedly, I have some qualms with the amount of suffering this theory entails, and we know very little, and are simply making hypotheses, in truth.

The perspective of an upgrade of the nervous system and of a clearing of blockages so as to allow more of reality to flow helps us understand what kundalini does. It can be explained as giving more energy to someone for healing, changing their life to be free of sorrows and lies. This often begins with concentrated looking at one's feelings, something one should have some experience with without kundalini, if they are a clever student, since the rise of the kundalini cannot be stopped, only delayed, once begun - indeed, once you have gained knowledge of something, you can never truly lose it. If both sides of an equation have to be equal, where would that knowledge go?

If you have, by some chance, started wondering about universes with different laws, where "maybe you can have different sums on each side of an equation", as would be my instinct to do at this point, looking for big edge cases, this works for all universes if we take it for granted that change, expansion, is a constant to any universe. Yes, you can take it for granted for now.

Often we call change towards more suffering change, which is true, though it is also notable that then change is often done for the purpose of stagnation, presumably because someone like this does not want to give any trust to anything, and this someone, even when they do question, question so without curiosity, only to keep feeling good and knowing the same old distrust.

This is a form of control that is not necessary for anyone, no matter how far they have gone down such paths.

Finally, as to looking at feelings, that then may lead you back to a belief, and an action that reinforces this belief which could be changed. In this action, often one feels scared, as if they are giving up control, that which feels familiar, such as the old shame which helped one before. In general, increased energy can be seen, from another perspective on the matter of kundalini, as inner genius, which one has worked for.

Awakening this energy when one is depressed, anxious, or dealing with narcissism is bound to create living hell, and this is why I mention this here, as you are bound to discover kundalini if you ever do become interested in living a life of harmony and happiness, enjoying nature and discovering what you can be and do that you didn't know, often, that you could be and do. "I can be someone that goes on walks that I truly love?" "I can..." - though an essence to you, whose uniqueness fits in with everything else, does remain.

You may notice that I still love the Internet though I quit all technology then, and still love History, and so many things. We will talk more about resistance to change as a subject later.

Psych yards today are often filled with people that have had some kind of inner conjunction, and had a kundalini awakening begin, while having no clue how to deal with it, or what is happening, since the proper study of this ancient phenomena is very, very new, and is not yet organized. It is not the same as simple psychic abilities, which have been researched since the early 1930s.

Spontaneous inner conjunctions without enough physical and mental health, and most importantly of all, without knowledge of what is happening, can leave one spiraling into more and more instability, as they do not understand how to handle this increase in energy, and bringing up of blockages in the nervous system, as such, to be seen.

The idea of an inner conjunction actually becomes relevant for our next phenomena. Skimming over more of the things I tried: Exercise; Jogging; Fasting, including a two day fast which may have, I don't remember for sure, ended two hours before the actual time if I convinced myself that 46 hours is kind of 48 hours, "and besides, it was getting late, the point wasn't that I eat very late but do the fast" - an admittedly fine point for one to consider, if I am not making this up;

Talking to people that seemed down, and attending Pride Parade. You'd be surprised how much nicer people are than some stereotypes would go. We all really just want happiness, and I also got to meet several awesome people, and

said "Have a nice day!" hundreds of times, if not in fact reaching over a thousand.

On one particular day, I'd used technology again and learnt about something called Karma Yoga, looking at life and how something that happens now is connected to something that happened, and seeing interconnectedness in this way. On a side note, something I found very nice later on is just being curious about relationships, if you want to see connection, such as between the chair and the floor, or other relationships, such as between the sun and ocean, whose water turns into vapor and then, when enough water is in a cloud's droplets, they fall and rain happens, going into the soil the clouds are over, if they are over soil, and feeding it with nutrients which it stores for plants, which strengthen the soil.

The day we will discuss next was the first day of practicing a yoga that calls for devotion as seeing God in all things. If you do eat a donut, or anything, can you see God in it?

So, I wondered, though: "I want to also experience the darker things, not just happiness, Lord."

That was a rather poor prayer, since it leaves room for harming others to experience said dark things, but whatever.

Next, we have some conflict on that day since I for some reason accidentally touch a woman in public, and to deal with said conflict with mother, I decide to meditate under a bridge, since I don't want to go home as-is then.

Eventually, my mother comes to watch over me - and so does the police.

At what I think was 4.5 hours of being there, the police came and so I went with mom, feeling quite happy, still, trusting and being very kind after four hours and a half of meditation, which is difficult when you go through it, but leaving you with quite the rest, if you wish for this rest, which is kind of like a reward that you deserve for your work, especially in the beginning serving to reassure you, before the state of meditation becomes more default in your life, which only happens after a certain depth, at a later point in someone's journey with meditation and giving.

At the psych ward, I was eventually offered medications by the well-meaning ladies there. I really didn't want to take them, though, since I'd known they seemed to have rather changing and limiting effects on someone, so I decided to let myself faint.

If I was going to have things end, at least I would let them end in a bang. I also surrendered what would happen from there to God and felt like it would

be a great idea to play dead.

It worked. My body also started shaking. This can, of course, be explained by adrenaline, and all the energy that one may have after meditating for such a long time, for the first time setting such a record, together with all the things I was doing and all the chaotic energy from these matters - which is actually the main theory as to how kundalini builds up enough for a conjunction - from one's spiritual desire and effort, seeking to be seen and allow you to gently, and with care, change anything.

It is notable, of course, again, as to family conflict that I never considered facts like my going to the toilet at late hours once in a while annoying, and I have worked to change all manners in which I may force someone to do something that I thought normal in any way that does not directly stop my wish for creating.

So, back to the psych ward, I heard a statement saying that "the air pressure is dropping", as I tried really hard to not get in the way of whatever was happening.

All ends well when it ends well, except, not wanting to deal with things, with a bit of vanity also, in both the negative and positive sense of pride, I didn't want to say anything even if my mother was crying by the side of my bed.

That may have been the best opportunity I had to repair my relationship with my family from that point already by telling her I loved her, as I felt called to, but I only said a light, not very audible, as I found out once I heard it myself, "I love you", when someone was called to bring certain hammers for reflexes testing.

From there, I would have to work a lot to understand my family and work with them. This is certainly a great mistake. Being attached to emptiness, peace, lettings things unfold, and the like, without actively wishing to love others is not the nicest you can get.

It is, indeed, a blessing that the next time I had an opportunity to push my cat out of my room while feeling like everything in my life wasn't working and meditating would be my only happiness - yes, when I had that opportunity, she didn't want to move, showing more integrity than most humans and seeking to preserve her place as a focus of my love since May, before which time I ignored her.

I don't regret that, by the way, and I would advise it to anyone that feels overwhelmed with others that is, perhaps, young, and feels like they have to take care of others. Indeed, I hadn't initially been the one to buy or get in any

way our family's cat, so I decided it was someone else's responsibility, rather than my always taking care of things for others, which is something I, in a manner that may seem amusing, also had as a character trait, but at another time, when I was younger.

So, back to the psych ward, our rather unnecessary in the broader picture event continues, being certainly helpful, however, for us to illustrate much more horrible things that some folks see happen in their lives.

I met a lot of great folks with a similar age there, at the under-18 yard, after spending 24 hours in almost complete isolation, not allowed to write, threatened to be tranquilized if I didn't take the hospital's pajamas before spending a few hours waiting for morning.

I was denied a phone call to my grandmother on my mother's side, who we will find to be a very loving and wonderful supporter through all this, and someone I visited during the writing of this book.

I was considered various things because I felt my suspicions about the systems were being proven true and I didn't hide my grievances. They allowed me to not break my vegan eating initially! Oh, yeah, things I was considered: Paranoid, schizophrenic (and let us not forget that at the psychiatrist in the previously mentioned visit I received another diagnosis that is typically different, Aspergers...)

I don't want to berate the staff too much, even if my wishes were disrespected and on that night, despite my wishing for it with everything I had I didn't get to go outside.

I wanted to go and see a tree, or see nature, as I lay in a bed and felt my whole life collapsing around me at another hospital I was taken to for analysis, including a kind of extracting of pee which felt much more like sexual abuse and dehumanization. Any practice that requires pain from the sexual organs should be banned, because these functions are very important for man's sanity. I would also advise always taking care to always leave this very important and misunderstood part of the human body with some energy. Finally, from this, I will make one statement on sexual trauma, though I certainly experienced none of it since I was very conscious and let myself experience the disgust and sorrow I felt. The statement I wish to make is it too is, ultimately, passing, and that even this can be gone past.

The antidote is a hug and some love and curiosity to listen, as always, and as in my discussions with other young people at the psych yard, where we touched on spirituality and religion.

Ultimately, by day 7, I felt sort of like someone that had given up, while also having some Stockholm Syndrome for a long time about this "indeed being restful", since I did not fully consider the pain I felt and the violation of my wishes to be bad.

The next month was not very nice - the medication they offered made my leg *twitch* after being fine at first, and people did not exactly wish to support my wishes for free time, or the like.

I made it a policy, previously, to preserve my sexual energy even from dreams, so I sort of trained to wake up and, if I had such a dream, meditate until the turning on passed away.

A lot of the things I did collapsed.

At this point, the ego had not fully managed to work out the trick of making others see me as not a human, though. There just wasn't enough time, and after I restarted changing things full time in mid-October 2022, and so later during early spring 2023 felt like giving in to a kind of using of my masculine appearance to appear as a typical "ignorant man", I wasn't interested in that route. I did become somewhat obsessive, though, about not being treated by looks, and believed I had to pour kindness so that others didn't see me as a "man" and it didn't become a self-fulfilling prophecy if others believed in it and no one saw the truth of who I am.

It is, indeed, amazing how easy the false can be perceived as real, but one thing I also find equally interesting is that no matter how much falsehood you make core reality itself never changes. Beyond universes, laws, and anything, it's essence dictating the fundamental forces of reality, whose relationships create all the laws of Physics, Chemistry, Biology, and our human spins based on these.

The truth remains unchanged, and the truth always wins against all empires. Ultimately, keeping yourself forever in stagnation is impossible. You need to act or entropy will slowly bring you down, and make you vulnerable. Then, acting, there always remains a chance you will meet someone that changes your life for the better, and "forces you, in a strange way you have not seen before", to happily fall in love with them. The question isn't "if", it's "how to lower the suffering in the first place", and see to it a world beautiful and infinitely free.

If the last paragraphs sound a bit unrelated, basically, I spent a week inside a psych yard, the entire month being quite challenging.

I went to my grandfather's on my father's side, and there things got better sometimes, with us studying also, since I'd been accepted to a school studying the Russian language. [I had applied to that school, for the record, to a very small extent influenced by the virtual singer KyOresu, to which this book is dedicated and to which I used to listen in December 2020, and influenced also by someone else I talked to from a bit before that to early 2021, who was also from Russia.]

Then, I stopped taking medication at my grandmother's on my mother's side, and when she heard she was actually happy. You see, her father had died during the pandemic in a hospital after a week, and more people she'd heard of had died because of poor medical treatment.

She disliked the idea of masks since it came out, having experience with the corruption of our governments from when she tried to save one of the former communist agricultural cooperatives here in formerly communist Romania, but found high levels of corruption and little to no wish for happiness and change. "They're just workers. They just need some experienced guidance." - that did not always apply.

She is sweeter than raspberries, although it is mostly what we might call "sycophancy" to use comparisons such as these.

September 1st finds me trying a breathing techniques session on something called the Absolutely Everything Pass, which is made by Kyle Cease, the former stand-up comic with his own show on Comedy Central who left his career feeling a calling to do something else, and became a best-selling author on matters like the beauty of failing, and an advocate for discovering yourself.

This community which I'd actually joined some days before the event in July turned out to be the most supportive pillar of my not giving up in the following months.

CHAPTER II.

Into The Dark and Out

After arriving home, things continue being chaotic, however, at this point, hopelessness hasn't quite materialized.

At my grandmother's on my mother's side I continued jogging and even dreamt of how I could find communities on the Internet where I could speak about spiritual matters, that would be open to change.

I saw a lot of the number "22", "8", and "11", but especially "22" around this time.

I learned NodeJS, just as I would have learnt new things before, and hoped to make a new chatroom, since I had deleted the old one, as I promised I would do if I did return in less than a year, and cut communication with one of the two old friends I talked to, with my sending him a comment once next year on his YouTube channel, another being a friend to which I sent a few emails about the recent situation before deciding I didn't want to bother them with my chaos. This, together with a time I told the story on AEP, once to someone in real life, and perhaps once to a therapist I visited a bit out of pressure and mainly out of curiosity at first, are the only times I told the story.

I actually don't make stories for personal valuableness these days. This is a wish I hold to dearly, to see the past clearly, and speak of it like you would a cute and fun science. It is not exactly an easy aim, though. I advice taking it slow and beginning, "rather than with trying to become like the Buddha", by seeing at what is most relevant as the best use of your time. For example, if you scroll on social media for many hours a day, that might be your first step. Dealing with a problem like that is not a judgement of your value, but of a more pragmatic "What should I do next?"

This chapter is titled as it is to describe the time in general. Events and going out, jogging more than ever before, and also feeling angry and tired while watching someone cry on an AEP call and feeling that anger break down.

The saying "Into The Dark and Out" refers to a time of very fast learning due to the risks and weight attributed to choices, which ultimately does end, however, well. We will see later the experience (not the concept) of truly not wanting to come out of darkness and believing it is just how things might be best [which is only possible with self-mastery, and which can't be felt very sincerely unless the weight of matters is a certain very high intensity].

The saying in the title of this chapter is sometimes also wrongly used to attribute inverted, satanic characteristics to God. "God needs, to experience contrast, to come torture itself." "God got bored."

To me it kind of sounds as Hagrid felt hearing Harry [in Harry Potter] be taught his parents, great wizards, died in a car crash. "LILY AND JAMES POTTER DIED IN A CAR CRASH?"

And, at the time, one big thing I tried is make sure I don't make some excuse for "Why the event in mid-July and aftermath, which is certainly not very respecting of freedom, happiness, or peace, had to happen."

In reality, it is true that when there is a lot of risk, you learn a lot faster. I don't agree, though, that this is the only way to learn efficiently... it is what an acquaintance would probably call living as "cannon fodder".

Indeed, humans have often lived as cannon fodder for ""heaven"", for dictators, etc.

Around mid-October, I re-started one hour daily meditations after starting to do them bit by bit more, first in secret, in September, and I took a one week break from technology.

By the end of that week, I now loved writing. I wrote a long story. It was supposed to focus at first about a journey to another world, but soon I found myself giving more relevance to a side character called Tacita. Not meant to be one of the twelve characters from another world that [...] she was just a very, very studious and capable of talking someone, who came to be someone for whose experiences I was actually listening to me in a kind of magical way.

I once heard the sound of a demonstration, a parade outside, and I went with the parade as I had been writing the scene where Tacita feels like her faith in everyone is vindicated as everyone works together to overthrow the corrupt administration of Carthaginis Spartaria.

Going with the march, which was a nationalistic government march, I thought "It's all fine. See, everyone is just having fun!"

Then, an old woman spoke from the window of an apartment building to decry war and fighting.

At first, I thought "Oh, I used to think the same, bu-"

Wait...

Why am I...

It was a very poetic business, as I soon found myself walking home and reflecting rather deeply, proceeding to write the next part. As the invaders from outside, the Vandals with which the Armenian rebels from the mountains had

been collaborating, were continuing their attack...

Before getting to that there was another amazing happening around that time. I found a page from an old book on the ground, and reading what was readable, I found myself immersed in the thoughts of an Armenian rebel from the early 20th century, and writing a modified version of his love discourse to my unique liking into the book, and naming the character by the same name as the one in the story on that page.

The first book's culmination [and the only one that was ever written fully] ends with the invaders going into the city, and the people beginning to, instead of trying to leave, try to fight the Vandals out of a desire to win and have more power.

So, Tacita cries, and, like everyone, she has to leave. Ultimately, the discourse of her friend is the reason that many people gave their lives out of pride.

They were foolish.

If you are wondering, the first time I wrote literature was in November of 2021. You too can improve! I only wrote a few tens of pages in late June 2022 in-between.

Also in November I started a one-week biking challenge inspired by a certain vlogging channel which did a tour around Japan on a bike, and I biked about 150km, if I remember well, in three days, before feeling sick enough and doing it less. At many points the saddle actually broke and I rode in weird positions, but it actually worked out, I know now how to ride a bike with a weirdly flexible saddle now.

I will skip over a lot of November, December, and January. I quit technology near the end of November, thought of an opening I'd heard before, the opening of Sword Art Online, playing it for my little brother on the TV and falling in love with Sword Art Online beginning some days after quitting technology.

I went on adventures, especially jogging adventures, eventually hurting my leg, which taught me about the importance of calcium, and eating what is right for the body, which is quite complex and interesting.

I continued to run and had only one minor drama since I didn't like the idea of going to grandmother's on my father's side, a very sweet woman which did take care of me for most of the first three years of my life, by the way, starting to read more using an old ebook reader I found out I had since December 2021. I read Carl Sagan's "Contact" and, when I did go to grandmother's on Decem-

ber 31st, I read not only the Sword Art Online books, using the .txt version on IA through the web browser on my ebook reader, but especially Harry Potter.

I studied the History of Witchcraft starting on January 9th, together with some other topics such as Algebra, Geometry, and the subject I actually called "History of Witchcraft", where I studied old Egyptian mythology. Studying at "Hogwarts". If Hogwarts doesn't exist, you make it.

My studies continued throughout January together with meditation, where I had, in December, gotten again to 4.5 hours, since I didn't want my best to be below a bridge in mid-July. I finally, around this point, to score exercise, this, and the occasional breathing technique exercise, used a point system.

This is an example of how there is no one practice for all levels you might be working at. If you have a lot of experience with motivation, a point system will not detract too much, but will add to things and get you doing math.

If you don't, you will probably have a lot of fun just stepping into new stuff without needing a point system to drive you, unless you really want one.

There's no interruptions, for now. The transformation will be mainly, except for one incident where the police pick me up cleaning in the park and find it suspicious, a choice I keep making to move forwards, and forwards, and forwards in each moment, and a choice that was already made through September and October, through the "choice".

Hence, this chapter ends, and the next begins.

CHAPTER III. **Magical Pain**

So, I decided to, at the beginning of February, watching a video from Aaron Abke, focus on seeing how all things are in some relationship, and later in the month I decided to pray for everyone I saw on the street. I didn't call it that, though, of course - the word prayer would probably have put me off back then to use since it "sounds too complex" - I called it "love beams".

Perhaps it was my fault, then, that March marked a bunch of feelings coming to the surface. It is my fault for deciding that meditation was becoming stagnant and trying to meditate only once or twice a week while moving through life

and focusing on feelings and my magic school, which did end in early February. I don't quite remember when it ended, though, which is a mystery.

I know I got sick around the time, in late February, after going to Therme, Bucharest, "the largest entertainment and relaxation center in Europe", if europespa.eu is to be trusted. There, I spent a lot of the time praying for others around and focusing on love and making things awesome, and once home, I was quite tired.

Perhaps I blew off my circuits, perhaps this love, I believe, may have caused my body to feel much more willing, able, to purge any toxins it had within through mucus.

I don't know. It is said that the body cleans of toxins in 40 days, but I don't know if this is the case if toxins become a part of skin, or certain parts of the body that are more long-term need more time to fully return to the usual. One approach might have us combining the two theories. The body does clear out toxins in 40 days, but if you keep adding more, and more, and more, it becomes quite..

The body needs to get sick to release these toxins. That we then shut them up for releasing these toxins, as the intelligent organisms they are, by putting in medications that treat the symptoms only, is our problem.

You may not be in a position to feel sick, in which case this isn't for you, but I was in a position to let myself just feel sick without any medication.

24 hours in bed, and some more hours over the following days, and it was fine. I also discovered, with this, the second season of *Sword Art Online*, the part of it that is about *Gun Gale Online*, for the moment.

That sickness was amazing, in the end. The feeling of being wrong for staying at home and not going to school for one week is one interesting matter, or another interesting matter is that I came to believe, somewhere after the 24 hours, but before I watched or read more, that I had to find someone to talk to that would listen to me.

Fortunately, I was in good hands. My mother had been told since either September or October by the old therapist that she should start to try and get me to go to another therapist - the old therapist being the therapist I'd visited from mid-June until one last time in late July, yes, after the event, when I insisted I don't want to go to more sessions.

I think I was under a very temporary influence, to be honest. In December

I ran a Christmas party at school in English class, giving out foods crafted by combining things in a style similar to *Sword Art Online*, inspired by Asuna's cooking, you know, Asuna liked to cook for Kirito and others and combine things to get what wasn't usually available in the virtual reality game they were trapped in. For example, she made mayo, although mayo should not have been available.

I did not have any perspective at the time of points in your spiritual journey where you have to close down for a little while and open up naturally to others and start talking to others more with less control. Such a time was sort of happening in April to July, when I closed off a lot and focused a lot on my qualities and how I showed up out there. That bubble did not burst naturally, though.

Yet again, knowledge and a few hugs are the solution, though I certainly don't hate the attempts by this new therapist to ask questions and speak to me.

It's just, maybe with her field of experience, though it was tangential to spirituality, it wasn't really what was most relevant to me at the time. At first, it really helped me open up, but I think anything would have probably helped me open up since that was where I was headed, and I've had more closing and opening up since.

I started to make a bunch of justifications, later on in our relationship, such as "Let me keep something going no matter what else is going on in my life." This was actually a great idea, but my going through a lot of movements, and changing the reasons I occasionally said I wanted to stop at a level I couldn't explain, then not wanting to go just because I felt I had outgrown the relationship when I had managed to really take responsibility for my life fully, since our talks seemed to assume I was still earlier me, kind of made things weird.

Basically, I think a therapist, when they act based on reason, could use a certain openness to change, and I was slightly afraid, then, of repeating the events in July if I was too honest, while also wanting to be honest. Our relationship was messier than not due to these conflicting matters, and this becomes relevant in the month we stopped having sessions, September, since we will mention this again as contributing to the final really messy external circumstance, followed by a period of little to no love and connection in my awareness, and constant self-examination.

Stay tuned!

Also, recently, my theology teacher spoke about therapy and it's not being necessary, and not being something that originates in psychology, hence folks

sometimes go to a great length to confess to the pastor they feel pulled to, even if they may be 2000km away in Athos, Greece.

Theology, or rather "Religion", is a subject in Romania's high schools and schools, and I think quite rightly, since these teachers are often wonderful, and if you want to, you can abstain, as I abstained until this year because I saw religion as manipulative.

I think a lot of Eastern Europe is in a golden age period, by the way, and later, when I discuss world affairs, I'll use this as one piece of evidence to dispell gloom, fear, and doom predictions for the future, believing I can speak on this since I have studied History since I was eleven, various topics in general since I was ten, and since because of games, since I was little, I created memories and stories about the past, aiming to make them as accurate as possible, and so I can use experiences since when I was three, giving me a broader perspective with less time alive - experience of many ranges of experience, ranging from being used in primary school, being in the middle, bored, and counting the seconds in kindergarten, and being on top of the world, all before going on a spiritual journey.

There will be no third world war in the area of Eastern Europe since it would violate the historical continuity of most of Eastern Europe, except for Russia, though Russia has since the 1400s had an expansionist tendency, and so the current events are not a sign of anything too offputting, but are simply, if I may, being used. The media believes they are reporting on something important by making the population scared about a conflict that is not as great, even, as it seems. In Romania, I have heard stories of refugees from Ukraine that are here for money, hoping to buy apartments when they return. I have also heard that this is the majority of refugees here. I live here, and Romania is not a xenophobic country. People aren't waving hate signs here, in real life, and yet these stories are real, together with the stories of war refugees who have suffered.

And, news reporting on this forgets that there was a long conflict, like this one, in the 80s, in Afghanistan. The Soviet-Afghan war, which also played a huge part in reshaping the world we live in.

As to why there will be no third world war starting in other places, they are not likely to heat up enough, although both mainstream and alternative media are often outsourcing the origin of certain feelings they have to something external and, especially in the mainstream, distorting the truth to fit what is thought about these feelings. We see "outsourcing", fear, and "numbing", distorting, being themes of ignorance that will recur again in this book.

Iran, the most seemingly worrying to some finished it's chaotic period, a fourth turning, when the theocracy rose to power, and is not quite in such a

phase again, though the general changes are affecting Iran as well, and we may, without conflict, see changes there in the following years, in truth. I don't know enough about Iran to predict something like that for sure - though I do totally hope for change to happen if the people want it, and I truly believe many people in the Arabic world are incredibly kind. See Riverbend's blog, "Baghdad Burning", on archive.org, a blog I read in early 2020, for more, or just watch a video visiting an Arabic country.

About therapy, I believe that just living your life and practices that are typically associated with religion can help one just as well as therapy.

The exception is when someone has heavy fragmentations, that is, part of their personality is living in the past. They may be twenty, yet they have a twelve-year-old that was humiliated trying to avoid humiliation, a boy or girl which does not know a better solution, who deserves a parent that helps them in need, and a therapist that can help you be that parent could be helpful.

One such example is if someone learned to doubt what they feel due to extreme bullying or mistreatment in the home, or both, and learnt to deny their own personal sense of reality and accept the ideas they are given by others as true rather than their own so as to remain in a friendly relationship with the other and so as to avoid being hurt.

This is a form of what we call "gaslighting", called so from the movie "Gas Light" from the 1930s, where a woman's husband attempts to convince her that she is insane so he can get rid of her without it being his fault by putting her in a psych ward.

In the movie there are gas lights, which were once used in the home rather than the electricity-based lights we have today. And, the husband dims the lights, when asked about this by the woman answering "What should I do with you?"

This is a big source of what is today called borderline personality disorder by mainstream psychology, and is more often than not done unconsciously by people projecting their own negative beliefs, feelings, and actions which they can't see inside themselves not only as judgements but as complete denials of someone else's reality, also sometimes done through someone projecting positive feelings, wanting someone to fulfill the need for positive feelings such as love, joy, or peace and refusing to accept someone if they threaten this positive feeling. The more limited, old main way of desiring relationships is this desire to fulfil the need for positive feelings through someone else. This is what we often call "conditional love".

Gaslighting can, finally, happen in the method first mentioned, where a part of someone's personality stays behind in the past and continues to gaslight one-self.

In such situations, developing self-trust alone can be found difficult by some since part of some people's sense of self is love, and to learn to trust in that love you need to feel love with others.

If one numbs themselves to the necessity of love or becomes afraid of it because of seeing how others desire fear in a way that uses the rhetoric of love, they can however censor themselves with concepts such as "You don't need anyone." "You have everything inside of yourself." "You are already complete." - which are true in the absolute perspective, yet which are not true in the sense of resources, of the finite life you are living where you have a certain amount of resources, and a certain risk to using these resources, which is the way that adults more often than not differ from younger ages - risk, and more importantly, the ability to relate to others and enjoy love as something that is actually a part of the absolute perspective.

For a moment, to prove that reality is real, and that you can't deny this moment by default, try to stop experiencing it this second.

When I was a child and experienced such distrust, before I watched someone that made comedy and eventually a serious video about loving yourself and how everyone was accepted in their community, I drifted more and more towards negativity.

I wound up burying these memories, of course, later, but it is notable that many people with a high questioning on the Internet have some kind of relationship with this kind of distrust.

To mention more from that time, at age ten I was interested in science and accepted that no one else could be proven to be real.

This did take me a long time, reflecting back on this after exploring spirituality, to realize that this is not a sign that I have some kind of demonic base inclination - though you can never know these things, and they don't matter to me now as much as what we can do together in this life with my current individual personality. That is a big key to such distrust, together with sitting with feelings of distrust and starting to prove to these feelings that they are now much freer to trust, and acting in a way that reinforces this while taking care not to go find someone out of a belief that you are being saved, since this tends to cause more difficulties most of the time.

Back to our discussion of therapy, that a good therapist can be life-changing for someone that is just coming out of a cult, or other kinds of isolationary, betrayal-based systems [cults are always in some way based on betrayal, whether that be of yourself or others]. I have read that they can be the only one someone really trusts and learns to trust at first, guiding them.

The West has a heavy tendency towards the dark and most distrustful and hateful characteristics of the masculine, first and foremost directed in destructive and stagnating ways towards oneself, and a kind of putting attention on the more disempowered, victimization-centered feminine, whether that be individualistic or as a puppet to others [others-specialness-based, you could say].

Most people are in especially dire want for the traditionally feminine characteristics of love and kindness, faith in their lives and others', rather than masculine ones, which can be useful, however, when dealing with negative tricks, and programming, or just "If God is unconditional love, does God not love these people that sin too?"

My "Religion", as the subject is actually called here, theology teacher, spoke about prayer and working with the Divine. He spoke of faith, giving an example of Father Cleopa, who got a phone call from someone inside the Romanian Securitate which decided to turn traitor to save him when he found out they were coming for him next morning, risking everything in the process, as the person would likely be executed if he was found making this call.

Father Cleopa was woken up by the assistant which got the call, got his dress, and went out, walking through the snow until he eventually, in the cold, with his hands frozen, found a cave. Of course, this is a man that likely had a talent for all this, and this is the result of decades of work. He went to sleep and woke up. There was something blocking the entrance to the cave, shielding the cave from being filled with the snow.

Something fluffy... The bear, able to deal with the cold with its fur, woke up, and at first, Father Cleopa was scared. Usually when the bear finds someone in the forest that someone is torn apart, but for this man, who allowed people to come to his church and confess their sins even despite the persecution of anything having to do with God, the bear just sat, and refused to move. Father Cleopa then talked to the bear for a while, after which the bear allowed him to pass, as he talked about how he had to get to a secret hideout before some people that were chasing him found him. For the record, the following two paragraphs explain why communism dislikes religion.

Marx: "Religion is the opiod of the people." - Lenin adapted Marx's ideas so that they could apply to a less developed country like Russia, and explain

the anomaly of the revolution happening in a less developed country, rather than as Marx predicted, in a highly developed industrial country where the workers would one day get sick of their masters and overthrow them.

We then have communist thinkers come up with their versions of right. The Soviet Union, communist Romania, and perhaps other Eastern countries justified controlling, suppressing, and demonizing religion. Pol Pot justified killing people with glasses because intellectuals were not in order with his new order. There were Maoist slogans such as "The spade is your pen, the rice field your paper." or "If you have a revolutionary position you can do anything, comrade."

Back to the story, things continuing being chaotic in March, I sometimes tried to be high and not be too negative because I was scared I would go insane, and sometimes listened to the feeling, even if I felt like going and eating something, and actually let it be felt, and it started becoming less scary.

Sometime at the beginning of March 2023 I said: "Either the ministry of love or the ministry of darkness will fall by the end of this month."

Later, reflecting on this statement, I realized that I'd become aware of a new thing: Listening. Peace.

I once, either this month or the next, ate honey while outside on a road where few people were passing.

After one time where I listened to a speaker, Kyle Cease, talk about sitting with something rather than addicting, I decided to try sitting with the feeling of sadness that I felt so strongly and "unreasonably, in a matter that might drive me insane", as I believed.

So I didn't let these feelings get stuck, in the end, and kept pursuing jogging, despite my bone's difficulties, using cereal bars [with little or no chocolate] and cheese for calcium, meeting with this therapist lady that was a wonderful woman, ultimately, despite my hoping to have a personal relationship, when she was hoping for a professional learning relationship.

I also learnt, around this time, to start applying more polite habits.

This was a long-going theme of changing small things like not eating bread in soup, since bread contains carbohydrates that aren't necessary like that, and bread can make one, especially early in one's journey, feel a bit lazier.

Now, I stopped eating a rather strange looking way of mixing cheese with...

English calls it "cream", very healthy non-GMO "cheese cream" that my grandmother offered me since I was little, from a brand called Almette, where English also calls chocolate cream cream as well—

Neverminding that, it was technically healthy, and helpful in the area of calcium to eat cheese with cheese cream, but I was not ready at the time to eat something like that only privately, if it came to it, and without getting engaged in the stimulus.

Today, I can eat anything as long as it is healthy - working with the body - and while eating I will not pay attention even to the most pleasurable of stimulæ, though I can still feel it, very importantly. I am not blocking it in some way, this is natural from my focus on loving thoughts, which leads us to how if I will focus on the stimulus, I will because I want to see and love the Divinity inside that, the being of that. Everything is Divine, and I am also a kind of being. Calling someone a "being" will get you a few laughs, because it is not relatable to the experience we have day-to-day, which is a perfectly fine experience, but it's also true that there are some things to you which just don't leave. Your mind, for example, doesn't really leave you often through your life. That you are not paying attention to it but to something external is not it's fault, or that you are interested in personal glory and protection, the ego.

Ultimately, at a higher level, it is a helpful pointer for you to go beyond your mind, because the essence of what you are is beyond the mind - it is a more limitless kind of highly intelligent beauty [yes, I know the joke you may be making right now, o' divine intelligence], which makes the mind, personality, and body work.

Bodies without owners are quite lifeless, eh? Yet again, I can guess the thoughts some of you will have, if you ponder this, about the word "life-less", and I couldn't agree more. Go live life, go outside, go have fun, but, as we learn in March and April, your highest will never be to go to a bar and get drunk. I think. I think if you are reading this book, it is of course, still up to you, but your happiest might be to go for a walk, learn something new, clean your room, or try a project. "Living as if you had six months left", as I learned to do on AEP in October, probably being what helped me, even after previous events, in bouncing back with just as much, and actually more magic.

If you think about it, already then, I could have published books and been set, or previously, I had the idea of an open-source academy in early March 2022, after I quit using glasses, which was the first crazy event, not like the typical event scattered once a year or so apart, this time to be directly continued with similar intensity by everything else we have discussed and more.

Next, I started setting out in several areas to become someone that could, if necessary, if I had power, be as great as possible. I stopped going to the bathroom or kitchen at night in either April or May, as much as possible. I don't see anything wrong with using bottles for pee, for the record, if you don't abuse it. It's pee. A natural function that is not, done like this, harming anyone! If someone would, perhaps out of a style of esthetics similar to the "you are bad if you do this", "pathetic" or "rising to the occasion", be annoyed at such using of bottles, you may want to not do this, and you may, if going to the toilet really feels like a chore want to change your sleep schedule so you don't have to pee during hours which would cause this.

Finally, if you can't change your schedule or do anything, I think people on forums related to truth will be willing to listen to you, though you may not like their answers, and you can go outside and do other things in the meantime.

I am attempting to consider all kinds of situations that a reader may find themselves in, and use my experience to plan as if I was going through the thing.

Come April I fall in love with the idea of creating an MMORPG like SAO, re-learn JavaScript with more care since I'd first tried in December 2021 and January 2022, and I had a lot of interesting experiences.

I found myself planning a way for how to die, and planning to go through it, only for me not to get to the scene to inspect the place because of a mistake in the way the bus I got on was going.

Things were eventually not looking very good. I tried the Silva Method, and it actually worked in making my life better even when I had very little faith in being happy any longer.

But, then I went to my grandmother's and though I did my best to practice the techniques, I only felt more energized to do them when I did them in bed or the like, and doing them so much of the day for calming and being excellent, which has always been a passion of mine, burnt my wish to keep going out.

I remember that near the end of this period, which does end in a rather magical way, as we will see, I had a few things going:

- I used technology, besides the ebook reader, since mid-February, when I used an old tablet to watch the Gun Gale Online story in the Sword Art Online series and actually start reading the books in a format that was not the .txt one I had used before to read these books.

- Having gotten to the latest installment of Sword Art Online, there was a negative character I loved, and, this brings our attention to an interesting matter. I had an affair with power since October, I believe, near the end of November the first clear considering of power and control being what lead me to quit all technology, since I felt it was corrupting me in that way.

I had another taste of that on December 25th, with a difficulty previously mentioned, where I didn't want to go to my grandmother on my father's side and had just woken up. I wondered along the lines of "No one really cares about me, that's clear. Is my life going to fall apart again? What to do..." - ultimately deciding it was a bit silly to be discouraged by one small event, still, and being rather surprised that I could have manipulative thoughts.

I saw a kind of "cuteness" in the ego, and negative emotions, often personifying them in the form of characters until August, when this all reached it's end point and, given more general challenge around the time I wondered if it wasn't most rational to work with no one and suffer. If perhaps, the most rational way for the world to work would be if everyone just hurt each other, and indeed, I cannot give you the answer I found, but if you do find yourself feeling rather negatively not just approaching it from a positive perspective, but from an "I love the dark" perspective, you best know I've been there and found some answer to most, if not all questions you might be asking, since the questions folks ask themselves are often similar, and still decided that friendship is still more powerful, and of course, it's cool.

- I met a Muslim man either now, or in June. I think it was in June. I remember going to the Muslim center, and it was so nice.

The wise older man. The teenager with a wilder life in the community receiving guidance from the elder. I truly love Islamic culture and society. It has a certain beauty to itself, as do all the cultures of our world. No culture is bad, though some cultures are used to justify things that are less than clearly helpful to anyone, and which are the opposite to any common sense. Ignorance enthroned. Unreason prophecised solely by the way a floorboard "looks" to the observer's ego. "It's orange! Aha! The house is giving me a message..."

"We must conquer the pirates and burn them in fire!"

Oh oh...

This period ends with my using an exercise for addiction that I picked up from Eckhart's. Doing that, things actually start to quieten down because I am listening more to feelings.

The exercise is irresistible.

When overcoming something and just quitting, it sometimes doesn't work, so this exercise takes another approach for matters where there might be an emotional reason the habit is being maintained, to help you deal with something, where your pushing it away, the only way you know to cope with this all, actually makes it harder to see why it is that it's happening.

Before eating, or taking sweets, you sit for two minutes until you give in to the desire.

After the two minutes, if you still feel the want to do it, if your ego convinces you, you can just do it.

No one will be mad at you for doing so, and you can have the thing.

If you can keep going, though, you can try sitting for two more minutes. By the way, you can count by tapping your finger, or counting inside your head "in the background". It is not too relevant if the counting matches up with the ticking of the clocks, as long as it's not too far deranged.

You may, way later on, find that your mental time is working at so many cycles per second, like a radar, that your mental time starts to slow down when you count. Eventually, the split becomes bigger and bigger, until you realize both counting and not counting are fun, and at even later stages, ultimately, "you are never counting". Counting is actually a form of not counting, a picture formed by the movement of the microseconds leading you to believe this picture book you are watching and modifying is really what it looks like in our day-to-day experience. It is all "not counting", so, you don't need to worry about learning how to count. It's just learning how to create a certain version of the picture book where you know how to count! Like a visual novel.

This is my advice for learning how to count. It's cool.

Part II

Permanent Love

CHAPTER IV.

Limit v. Infinity

There is a bit of a difference in that when someone is rather saddened, they tend to find the world to be doing well with what they're doing bad at.

This happens with control also, as a negative emotion. If you do control unconsciously you attract people that fit with being controlled and controlling, together with seeing some sad people you may judge, and if you do it consciously, perhaps out of an attempt to give and change this world's predicament, you will focus on the negative.

This isn't bad, and it's certainly helpful to grieve over all the things you ignored, but once pushed to the extreme this can lead one to feel as if the world is very unhappy, attracting more stories of people suffering and not seeing the happiness, or not being able to see it, probably out of fear of ignoring the sadness, fear, and pain they have found to exist in this world.

It is indeed a sad predicament. People feel like anger is their best solution. Nelson Mandella, and someone before, said: "Anger is a poison you take expecting it to kill your enemy." - eventually you just can't keep living with that kind of poison.

Self-sacrifice and forceful love is also difficult, in that if you sacrifice too much you may be unable to continue helping, and you may temporarily lose your humanity as you continue.

The focus of an individual at this point begins to switch from their desires and suffering to matters of philosophy, truth, and love of self and others.

"Why does all this have to happen?" "How did this begin?" - such hard to answer questions, just like the age-old "What came before the birth of the universe?"

Other questions get answered clearly through work on actions, thoughts, and feelings.

"Who are you?" - I know who I am at a level that doesn't require words for me to know, though I can also simultaneously always put words to it and express it clearly - like in this very moment.

Who says you aren't your work also? Isn't that also a duality?

And, so, the question arises when you see that to know God is to experience God's abundance and love. "How to ensure the world doesn't suffer like this ever again?" is the most common form of the question that begs for love to all the universe, and no sacrificing of anyone. "What IS the truth?", really.

Before it can be answered, you may have other questions: "Is anyone real?" - something I answered to myself when I was little, when the Internet freed me to trust and love others freely from mid-2017 to mid-2020.

"Is it a good idea for people to work together? Isn't it most rational to hurt each other and just get rid of love, ending all contrast?" - A rather failed statement that does not consider the spiritual pain involved in such an approach of doing what you don't want to do, dishonesty.

There are beautiful moments, beautiful journeys, and beautiful giving, besides these events, but most importantly for the one seeking these answers, the right to find truth and grow can become something of a reward in itself in contrast with what one sees the world doing.

This is yet again a case of being in a highly loving state and attracting opportunities for love, being unwilling to slow down.

Not being unwilling to slow down is certainly a way, and is the way I took, although it is notable that it is not the only way, and that it is not the way many will take.

"I don't know who I am without this." - good, you only know who you are with the thing, go find who you are without the thing.

To describe the lessons I learned to word very well since the beginning of May 2023:

If you are good at believing
 "You are not good enough."
 Know that you can become anything.

You are abundant in belief in failure...

Turn that to belief in greatness -
Trusting in doubt isn't nice.

You are only controlling yourself,
I am peace.
To have honesty, have peace, and listen.

On May 4th 2023 I got home from school and cried. Not because of a problem, or something I saw, but out of a kind of happiness.

I remembered what it was like to create a game once at the beginning of May in 2021. You see, through our discussion of spiritual themes, besides going to Hogwarts, and writing, in February I pursued re-learning Japanese characters, since in August 2021 and early September I had learnt all 2100+ characters, reviewing the characters which I wrote on real paper and made into decks based on Heisig's Remembering the Kanji 1 until near the end, when I felt I had to finish quickly, before school started in September.

My worries were slightly unfounded, in retrospect, and I certainly could have had fun becoming an expert in Japanese without this, since I still had motivation in September to work on a tutorials' website, writing a tutorial for HTML, trying to learn Ancient Greek in October, and we already discussed my quitting Discord at the end of October 2021, working on a script also to make an Excel barebones alternative so I didn't have to use Excel for school (yes, I have since found the Linux program that is Excel's best alternative).

Still, in the end, if I did become a Japanese translator and tutorials' website owner, living a happy life, and possibly becoming a vtuber, or some of the various other alternatives to this journey that I had, I would not be sharing these experiences with you. These experiences matter a lot more than any worldly power.

So, I mention this to illustrate that I had a tradition that continued throughout our events of learning things, and this lead me to continue doing so, as we'll see.

Regarding Japanese, I can still write hiragana and katakana, for the most part, and the common kanji, since I first learnt hiragana and katakana in May 2021, together with learning Assembly and writing a mini-operating system, and trying to run a server on my computer, which didn't really work. I still remember a lovely classmate from Syria who I consider wonderful's joking about the white background and black text, since the CSS didn't work. "What kind of website is this?" - it still makes me laugh, though I don't have any forced attachment to the memory!

I also learnt Japanese grammar in April of 2022, and how to pronounce words in August 2022, when I wanted to try practicing translating on the Re:Zero web novel as an exercise.

Speaking of world cultures, I love Arabic cultures, as I have already mentioned. I love all the countries of the world and find them full of interesting and magical things. I was very passionate about this when I spent time online.

I also did things even in my 2020 NEET-like time, of course, NEET things like running a virtual machine with Windows 98 on it, and one with Linux because a friend keeps trying to make you excited about it, without using Linux as your operating system, or even an operating system.

That friend, for the record, is one of the two best friends mentioned before as friends I kept talking to even after quitting Discord - a friend which I met on a school camping trip, where he commented that I "danced to Serbian Orthodox music I listened to in my headphones in the corner". There was also a song, Energia, which I still remember, played there.

I usually never attend parties, but that one-week trip tells me all I need to know about how friendship and adventure combined make a rather exciting and honest flavor of life. Toasts to love.

It is, recently, the time when I came out of my shell and started remembering these memories that told me "Hey, there is beauty to the world. Don't give up on your life just because you can't explain why people suffer so much and why the right to choose is broken even if you try your best."

Before learning more about the last part, it's worth noting that without listening, and then forgiveness, I would have kept, like in October and early November, some new way that I needed to get better, and then another, and then another, and you guys know I like to finish things fast, unless they are the best of the best. Rather than "How bad can it get?", "How good can it get?" is my what I aim to aim for aiming for.

It's worth noticing patterns like these and actively aiming to shift them out and replace them with something nicer.

CHAPTER V.

Crucifying Reality

There is such a thing as true injustice. Even after actively getting to a place where I was willing to change anything in August, and having a horrible time every day - being willing to change even the willingness to suffer like this - something still happened.

It's easy to come up with a justification to such events. Often, I found out in October, with the first wave of deeper processing, people attribute characteristics to life such as vengeance, manipulation, and self-hatred [what else is it to torture yourself, ultimately, but hatred of part of yourself?]

After arriving home from grandfather's, where I stayed for a month, I ate stuff I got from them in my room for a few days, and when I showered others weren't really around to see it.

This was, together with my going out a lot, feeling rather confused around this time, as mentioned, enough to create the stress for my mother to get me to a psychiatrist again, with the alternative being going to a psych yard.

So I accepted, of course. On the day of this event, I remember getting up and reminding myself over and over again that "I am not guilty." - I remembered the trials from Harry Potter, or Konosuba, which I'd read about or watched.

I prayed that like in Harry's case, the angels would help me somehow, and as always, the angels respect free will even if others don't agree with you, but still, I got *a* prescription of medication. Though I didn't act weird, the psychiatrist guy, a very great guy, mind you, felt I should take medication since perhaps if there is some weirdness it has to do with my stopping taking medication in August 2022 almost a month after the first rather confusing event which I admittedly partly caused because of my not knowing how deep this rabbit hole of social norm goes.

I didn't want to take medication, but in the end, several times, I could not find a way to make it seem I wasn't taking it when someone was giving it to me.

Thus, I took some medication *against my complete and absolute will*, and despite also, notably, before the event and before being called to a psychiatrist trying to talk with my mother.

Since I was crying about the state of the world and she saw me cry, I asked her what it felt like for people that lived day-to-day for pleasure, since it trou-

bled me, and I wanted to be transparent about things - like why I was crying, as I had started being more transparent.

I didn't realize that this was interpreted, somehow, as me being addicted and feeling like I had no happiness - which again is not a reason to take someone to a psychiatrist where they are politely asked to accept medication or go to Obregia psych yard.

And mind you, sometimes, you can say the most audacious of things and get away with it because of feels, yet here, this is how the feels worked.

This is the biggest reason that I believe demons exist, and this is what keeps me [silently] crying in bed sometimes.

Today, millions die in wars, or are placed in courts, or other situations. It is rarely a "we the happy", though, so you don't often get to hear the story.

It is people that grew up with pain and which simply cannot express themselves well any longer. It is a benefit of my time with the Internet to speak so well in English, and before that 2017-2018 conspiracy theory videos, which I talked about with my little brother's caretaker, my grandmother and grandfather on my father's side, and my mother, before which I was also always very talkative and loved doing things like helping the cooks arrange the chairs after the other kids left the eating room at afterschool.

There are times, though, where most people don't understand.

They think if you're just going to take a pill or work a little on it it returns to normal, but if you let the ability to communicate die it is as hard to get it back, as applies to the feeling of being childlike which many lose.

I know because my ability to talk almost died simply because of the amount of pain and sadness I felt about all the things that happen in this world, knowing now enough to relate with that suffering more, it making my feel rather hopeless.

I planned to jump into the river that runs through Bucharest at a more abandoned portion and started making my way there farther and farther.

One day, on about my seventh or eight voyage, there was no one there, and everything had seemingly already fallen apart in my life. There was no reason not to just jump, but I didn't want to jump ultimately because of my experience that something goes wrong in these situations. Someone would magically come out of the bushes to save me, and although it was painful, I didn't want to deal with having my liberty to move, and also liberty to do other things, reduced as

well.

Most people don't have the rational experience I had to allow them to, seeing this, not do it.

Then, the amount of suffering it takes to put your life back together after you experience this kind of event, or the one in July 2022, since when you'll notice things had been fiery inside myself already for a long time - yes, this suffering is enormous.

You have on one side these raw human emotions, of course, of feeling like you want to manipulate and bend things, or feeling afraid, or trying very hard to not fall into shame, recently the latter becoming easier using a magical formula I have had that reminds me, in essence, what I'd learnt about how sadness had no pragmatic use, except for being heard and learnt from, which I felt, and continue to feel I'd done already until May.

This is the time from the middle of August to the middle of November most.

The title of part I is in fact inspired by the categorization I had for a long time, counting the months and days since May 1st or since June 12th 2022 once in a while, which were some of the happiest times I had amidst the storms of processing these things and processing having to go to school while I wanted to do something more with my life, dream, learn, etc. and felt ready to always keep going without needing to be forced.

I had fun sometimes, like when I did a skit at school when a teacher didn't come, but in general, early October and late September were really just processing and learning that "No, God doesn't need sacrifices to be happy or to help others."

Today, I think what we think of as "necessary suffering" is actually more the power of faith in others, which helps you learn about their truth and love them more clearly, which in turn helps them change.

It's an inner transformation, as the Buddha said, "When I awoke, the world awoke with me." - he was not saying that all suffering in the world appeared unreal when he awoke, I believe. That might be rather what we would call by the name of dissociation.

Thus, ultimately, everything is perfect, but also, the suffering of others is certainly real.

There is only one power in reality, but that "I am" power, attention, energy, however you want to call it, is misused, right?

There is the explanation we could give of why injustice and a misuse of attention, "I am", beingness, happens, and that is that every probability was already a possibility from the beginning of time, but God doesn't know all its possibilities until they appear on the radar, so to speak.

This may be so, but it is certainly a question as to "Why does this happen?" - unless we want to see the universe as a distrustful and nothing-esque place only, whose essence is not also love, we have to consider this question.

For most of primary school I felt like I was always being abandoned by changing things and people, no one staying, and I still had a subtle sense of this which became unconscious rather than conscious after some point when things were still not looking perfect in late 2018 even if I had opened up to others.

A very beloved classmate which later became my friend saw me recording a class since I wanted to watch it at home - French class.

I bring this little earlier incident to light, which ended well, where I cried in the toilet and decided to still try and trust others because I didn't want to go back to how I thought before, to illustrate that for a long time I have experienced the theme of distrust that most people since 2020, especially women, deal with often.

I understand your feelings of distrust, sadness, and even control to some extent, considering my having a tendency for perfectionism and "excellence", which is really just a word for "aiming for perfection" or "aiming for a lot of fun!" - because that is perfection, isn't it?

It's common sense that we work together, that we have fun, and that we start to develop a capacity to listen to others, and be mindful, if necessary.

I propose that as the solution to all of the world's injustices, which is quite important coming from me, together with change. It's so important to be able to forgive the past and remember that something stays, and that this something is a truth you love, which can in fact never die, but only be obscured, and which will not be obscured because you are not evil by default, and with the right methods, anything is possible!

Even not suffering again in the sense of forcing others to do things is possible. I'm not saying conflicts will be over, but there will be no more binding of others to do things, which is the most serious of sins in this world, and really

the only true sin anyone can ever make. Violence, brutality, lying and deceiving others for personal fame and power.

Sometimes, you will have to lie, just as I had to lie about several things in the aftermath of these things so as to avoid taking medications which I didn't want because it just pushes things down and numbs the pain.

Pain is transformative, and if you actually listen to it you might find things start to change, start to flow.

Ultimately, giving in to all this pain while having access to videos of another perspective is what changed things, as I started to trust more in my being myself without planning every second of my life, right?

These people can talk from who they are honestly and it comes out so nice. Maybe I can do this more too.

So you learn how to listen more, and start trying to do things, and you decide to trust yourself also, and you give up some control, and more magic happens.

I also from mid-November made a concerted effort to repair my relationships, something I have actually done, creating a version of these relationships with family, which are the ones that were heavier, that are full of openness, honesty, listening, and giving of encouragement, while the main priority remains on my expanding, which I always believed was the best way to help others.

If you stop expanding for the sake of others, you've put that as a burden on them. They're now responsible for this, and this can come up again in the future.

You may note that the reason the relationship I had with family fell in August having to do with the fact that although we spent some time together near the end of July and beginning of August I had sort of spent a lot of my love for family and others around me so as to not attempt some kind of suicide in April.

I also don't believe in the idea that negative emotions attract negative circumstances and positive emotions attract positive circumstances, because in truth, attraction - the Law of Attraction - which I had used sometimes since May 2021 - is actually kind of like a mechanism for the expansion of consciousness, bringing you more of the lessons and experiences that would help you progress faster and more as you desire - hence the negative and positive attraction is actually an effect, rather than a core truth of reality.

If you are wondering why I felt so much pain, I really grieved a lot of things in the world, like child trafficking, and wanted to take more responsibility through prayers and the like for the suffering in the world, at least to some extent, believing I had a great enough life to at least try helping others. I'd had some incredible cases once in a while where I really saw my desires and thoughts turn to reality since May 2021, so I didn't doubt that it would work in some way.

I was rather childish, of course, but often you have to learn how to code before you can write programs, so I don't feel that making mistakes is wrong.

Just like the programmer makes errors and sees bugs happen, so too do we see these, but the resistance to these is not necessary.

It's just a game in itself, in a sense.

Leonardo da Vinci: "A poet knows he has achieved perfection not when there is nothing left to add, but when there is nothing left to take away."

Ultimately, once your desires matter less, it is a matter of taking away what burdens and encumbers the love of reality, and finding, in a way that denies nothing, and goes beyond anything we desire, what isn't real, and what isn't desired by someone, which are in this order the two most important barometers in the world for patience with any situation, learning, or thing.

Sometimes people hurt others also without meaning to, or even just worry about making mistakes, and to that, I love the quote from Extra History's series on Suleiman the Magnificent, part 6:

"No one can fault you for things you've done for love."

It is the extreme towards which all negative control heads, when it makes even the world "love" appear evil. Even if the word is used for what is more often using of others, it can never, without changing meaning, cease including feeling and friendship, and so will always be an enemy of hyper-irrational rational evil.

I want to also pause for a moment and consider that demons may in fact be angels playing roles. Although I really don't believe this theory, it's worth putting out here since it is possible, and certainly I had one interesting experience in mid-August, when I was dealing with rather intense feelings, staying inside at grandfather's place or within the garden, which meant I didn't really get to walk a lot or move a lot and change the scenery.

Once, at night, as I couldn't sleep and was having rather intense emotions I considered running away, and as I discuss later that I believe that nothing is inherently evil but the binding of others, I did use masturbation - nothing wrong with it when it isn't just being used to soothe you and perhaps not giving you the best life you could have - to calm down.

Then, I had a colored vision - I don't get such visions, by the way, and haven't had any since or before - of a demon, which seemed to tell me that I should submit to it as punishment for my "forcing angels to take on my pain and causing to others what I'd suffered".

I refused, and the thing quickly ended. I wasn't really scared since I already believed that they might exist.

I was rather scared when I was little about aliens kidnapping me, since I had been scared about being kidnapped before that after a lady told me I looked like Harry Potter around when I was either eight or nine, and asked me to come with her.

You see, since I was five I'd had a dream of being in front of a fireplace, before which a man was standing laughing. We were inside a house that was burning and I was tied to a chair - a dream very likely influenced by my hearing about kidnapping in general from different people.

This, and being largely not understood and treated as weird by many at school is why I was so closed when I started watching Internet comedy from a channel which one day made a serious video.

Said serious video about self-love and how everyone was accepted in their community is what changed my life. I was way less sick, for one, after that age. I don't think it's a coincidence...

Friendship has great power. It is proven that anxieties and other negative emotions do eventually, in high doses, create sickness in the body when they are felt unconsciously rather than being listened to.

It is also important to, to end this chapter, remember that most of the time nothing bad happened to me, and that I did have a wonderful life, as I see it, that I am grateful for.

Still, complaining, which is ultimately just a rather active subset of discussing "what you don't want", is not a sin.

This philosophy had a great influence in the long-term on my life, though I initially considered it as not so meaningful and just a fun idea.

I heard this quote from Carla L. Rueckert: "Complaining is no sin, my children."

Oh, how much I agree.

This is why I choose to, even despite my gratitude for all I have and happiness about it, discuss this, since without this philosophy I would have never gotten out of that bubble I got into, of trying to make things better, make things better, make things better, occasionally creating more trauma and motivation to be even more always working whenever something didn't work out, not understanding that the universe is a loving place that takes care of your small mistakes and which will not torture-you-to-save-the-world.

Something that really helped me is finding the true story of the crucifixion of Jesus, who is often said to have "died for our sins", when in fact, we killed Jesus, the holy man that loved the world, fed the hungry, and tended to the sick.

It may have been a choice, of course, that Jesus made, since perhaps he could have avoided capture. It is in fact the story of a holy man that submitted himself for much of his life to the world, dying in the hands of a violent and angry mob, in love with this world and even the darkest elements of it to the end.

It is not the story of a people that submitted themselves into the hands of an angry God only to finally receive redemption when God decided to kill his own son so he could forgive them for the sins they made without knowing what they were doing, which is a more typical narrative of the story.

There is a video called "We Killed Jesus" by Aaron Abke that tells this tale beautifully.

One of the most important things that negativity does in our world is demonize any talking about anything deeply related to love, probably since it appears threatening to the ego's wants and desires, which it is just not ready to let go of.

What I want to say, though, is that if you do believe in love, and do question, you will in fact have a much greater chance of looking at these beliefs, and that they will be a lot safer and less prone to destruction if you love.

This is because when you truly change your life, you will be capable of thinking back to these emotions and thoughts easily, and even behaving negatively as long as you never harm others since negativity is included in positivity.

I think this is the single biggest thing to remember from all of this.

Everyone wants love, and wanting love is not bad in any way, and will never hurt you, though the resistance of others, and first and foremost the patterns you've built up, may be challenging. You have spent months, or years, or even decades, building up a way of being, so when changing some details, you shouldn't expect the change to happen at once, except in very rare cases where there is only one main negative theme that falls away, the pain transformed instantly into an awareness of how things really work, and how one can live in a better way, thus this being how big healing moments happen, when a lot is just seen at once.

All these things mentioned are very real, though many people don't talk about them, probably out of fear of scaring others away from finding the truth of what they are. Reality never requires you to hide truth, though.

Sometimes you must delay some things for a later time when someone cannot bear your greatness or the like allowing them to see as they will, or when someone is sad, not throwing more worries on top, but being supportive, aiming to tell the truth later, and taking responsibility for the potential shortcomings of this approach.

Ultimately, even delaying is never necessary in reality. Why delay anything when everything is coherent and peaceful, effortless, listening, pure.

Why fear when all worlds are connected? When there is so much genius to everything - as I found at this time, my main three principles were "free will, interconnectedness, and genius", which are three natural truths of reality which are felt by us as "change, love, and listening". Change is forgiveness, when you forgive the past and let the world truly change. That is the free will that so many people yearn for, just trying without a "why".

I really want to hammer down that the deepest balance is that nothing is an imbalance. For nothing to be an imbalance, though, you must perceive this also, because you are of the truth.

Jesus: "Those who are born of the truth hear my voice." - as an answer to the question "What is truth?", asked by Pontius Pilate, the governor of Judea to him .

Thus, the heart is not an imbalance, as it is often thought in our world.

It is the opposite.

The only way to be balanced is with love.

The only way to achieve true stability is to love all, and forgive all, and if it comes to it, be willing to listen, rather than closing off and trying to always be in control of the other, or your want to control others, indeed, instead of listening and being mindful of it as it occurs naturally. Indeed, on a short note, if you just hear this and keep this in mind in your life, you'll find yourself naturally being more willing to see where you may be, starting with more intense matters, doing things that are painful, and then seeing you might want to quit these and step into something better. This is the hallmark of succesful quitting, a want for more happiness.

That is true long-lasting happiness.

That is what it means to live life beautifully.

It is not through closing your heart and suppressing all love to become enlightened that you are freed, but true enlightenment, which must include any other definition of enlightenment in it, I believe has to be love for reality to work.

We have returned full-circle from my intense feelings and oh-so zoomed in on grief belief in August-October 2023 that "only darkness works", while holding a childlike hope that some people could at least live happy lives.

Only balance, love, works, because that is true balance.

That is true freedom, which is indeed possible and which is something we can all have at least in our inner world as much of the time as possible.

Although you may cry, as Michael Jackson said in the song Heal The World,

"And if you really try
You'll find there's no need to cry."

Part III

World Is Yours

CHAPTER VI.

How The Internet Can Change The World

There is a law maxim that says: "What you create, you control."

The Internet, still working in a similar essential manner, continues to be itself, as bent and distorted as it is, a space of play and community!

7.1 Test Project

To re-establish community empowerment, first a test project. If angry folks harass it, or anything like that, it is a non-key pilot project, for this learning.

I propose that the best such project is a game tournament. Bigger groups have, and can always use games and community projects as a way of becoming closer as members of the larger group.

It is quite interesting to note here, and this becomes very relevant later, that any community works in the same manner as open-source software.

Really, many of the changes that are to be proposed throughout the following sections are just extensions of this shift in perspective, which comes easily when one draws analysis diagrams from the perspective of the data flowing into and out of the groups, and open-source software.

| | |
|------------|--------------------------------|
| Commits | Verified Commits |
| Creator —> | Open-source platform —> Viewer |

| | |
|------------|--------------------------------|
| Video | Truth |
| Creator —> | Community Leadership —> Public |

A more complete diagram would show us that both also have customer support, financing, and other similar features. For more on analysis, the book "Structured Analysis And System Specification" by Tom DeMarco can be found

at \$8.89 on Biblio at the time of writing this.

7.2 Open-source Academy

The next step is rather small. Simply make a website where people can access tutorials contributed by the community, and that can be further improved by the community once published. This is what we call an online academy, and it indexes the users' materials.

The only change at this stage is the change in relationship to the contributors. Whereas before we aimed especially for professionals to contribute, here we are having faith in all users, and using an administration that is knowledgeable enough to verify the subjects.

The optional adding of an independent web interface for contributing tutorials, rather than using Github for contributing, is also very simple.

7.3 MMORPG Like Sword Art Online

We have long asked "How to get an MMORPG like SAO?", and this is my solution. Sword Art Online is a matter of perception! There have long been Sword Art Online roleplaying forums.

The steps so far have helped us understand the community and how to work with our users [this includes contributors].

Now, this phase calls for using the teaching materials created so far, together with experience, to create true classes for studying the subjects inside a game.

It is also necessary to design the game to feel as close to real communication as possible. For example, I propose the tab key being used to open the talking menu, like opening your mouth, and then you write, and the text you are typing be visible above your head. [The equivalent to thought inside a game is still your own thought. Typing is the equivalent to speech...]

There are many ideas that can be done at this point. To spread awareness of this new emerging world, one can do challenge videos, such as "I BROUGHT 50 VTUBERS BACK TO SCHOOL". This time will feel very golden age-like to the community, though it is only a glimpse at the glimpse of what can be available.

7.4 Positive Broadcast

There are endless truly positive broadcasts out there these days. Aaron Abke has recently started a great one with Jeremy Griffin.

Here, though, I propose a broadcast that is magical and unexpected for everyone. It requires great integrity, for you may sometimes speak to a group that is not loved by all, such as those in prison. "And X organization has opened a ministry for those in prison to write about their experiences and learning in prison."

There are many topics, and many people to make episodes for. The possibility of proving to the world through this honesty and integrity that younger generations can do it is a great reward that will also come from this, allowing a beginning to bridging the false barriers of age, which typically exist in any society because the older generation is slightly more used to limitation, and calling it life, with some notable exceptions: Benjamin Franklin's son, who flew the kite in the father's famous experiment proving the connection between lightning and electricity, was the conservative who loved the king, and Benjamin was the revolutionary. Both of them were driven and had little limitation, besides that they wished for.

It is a great and important goal of policy towards love, bridging the gap with others without creating a so-called fragmentation, where any part of you is left behind as unworthy, afraid, bad, or unlovable. [Note that a fragmentation like this only becomes deeper after months, and not instantly, except in extremely rare situations, which often happen inside negatively oriented cults, which attempt to actively change children's behavior by force.]

The truth is that if you truly love something, giving it up, you will not find it bad. I am proof of this. After not using the Internet, and probably being known due to clips posted of things I have done and said on Tiktok to tens of thousands, I still love this Internet, but not because it is The One, but since it is really simply my love for the possibility to create a world which people don't have to cope for, like the games of my childhood, and anime, and videos that freed me so much.

When you truly realize "high truths", they actually feel childlike. Trying to escape the world by dreaming your way out is called dissociation - dis-association - or, distancing yourself from a difficulty because it's too painful to feel right now, and implies that reality is not beautiful - something I have clearly shown to be false! If you can trust it just a tiny bit.

Technocracy is actually another example of this dissociation, together with many cartoons today.

Technology simply touches on some wish you have deep down. I do not know what this wish is, and only you can find this out. As they say, "Ra's only secret is his true name, until Isis [who is good in all the other stories] convinces him to give it away to her. "

You have been giving away your power to a bunch of people and things others say, though the beauty of such teaching is not that giving of power, but that the learner get to apply what they learn to learn more about their life and change it.

This idea, which is a very useful step to a plan to change the world, can be begun anytime after the original test project. This idea, this potential step, is, in simpler words, all about self-inclusion being combined with inclusion of others.

7.5 Publishing

There are some books I would translate if I ran a publishing house, or had access to an awesome one. This can start to be worked on even before the test project has been released, although it is highly likely it will only begin after. The books are:

1. Parvenus of Old and New. This Romanian book is very useful for the Internet right now. The confusion between narcissism, which attempts to impress others, and genius, is simply an insult to the intelligence of humanity.

There was a talented programmer in the 2010s called Terry Andrew Davis who was diagnosed with schizophrenia, and who built his own operating system. This is, I have traced, the origin of the idea of a "schizo" on the Internet, those in Romania, where I live, may know as "No selling our country!" - therefore dooming endless factories to being closed and not modernizing in the 90s.

I would say this, however the idea of "schizophrenic" being something everyone worries about is simply a testament to our hatred of relying on others for growth, relying on others and growth seeming sometimes like opposites to people.

So, it is not related to any hatred or control, except perhaps if you consider it a false desire - *to be loved*.

So, Filimon gives us a great definition of the parvenu, the upstart that will do anything to gain power, Filimon originally writing about the "ciocoi", which

I have translated as parvenus, though it refers to "servants of boyars who often, through terrible means, got to the highest position in the house, got land, and then left the boyar who didn't let them die in misery when they needed someone the most".

"The parvenu, always and in any country, is corrupt - a hypocritical man, cowardly, vain, brutal until barbarity, and gifted with boundless ambition, which shines like a bomb when it hits the target of its aspirations."

These days, this is called narcissism, which is an amplifying of social control, one of the human emotional spectrums, known as anger, to create a bubble made up of only what you want, positive or negative (e.g. The Third Reich - pride, anger), narcissism, and narcissistic positive bubbles being highly dissociative and in a sense self-hating, since they block out a part of oneself.

The simple answer to someone absorbed by this spectrum is silence. Combined with empathy, this type is great at abandoning all virtues and happiness for the sake of knowledge. The control side of the spectrum is slightly difficult to change, and requires a certain ability for peace, and self-knowledge. You must, also, not aim to change them, but be open to it at the time, which can feel quite confusing at first. Trust, yet also self-esteem and aiming to support one's truth, like a child that feeds a dog until it becomes older, and the child too becomes older with the dog.

If you wish: "Trying to change someone on Twitter will not work."

2. Etymologiae, by Isidore of Seville, a monk in the early 7th century. It can be found on lindypress.net, which is named after the idea of the Lindy effect, that something which has been relevant for a long time will be relevant for a time proportional to that.

Isidore of Seville's Etymologies is one such example, and I believe it is a great example of one kind of material, and hence class for any MMORPG academy also, that can be made. Perspective learning!

Exploring a perspective. This class can be run in Latin or English, with translated copies in the latter case: of "Etymologies" and Tacitus's Histories. Tacitus was a great writer, which started writing during the time of Nero, and finally allowed himself to release his works after the fall of Nero.

A third book for this class should be either Caesar's Gallic Wars, or another example of Roman storytelling.

3. The Book With Apollodor.

This children's book is very dear to me, since it links the love of child me and present me in a beautiful way. "Apolodor, Apolodor" - it also stirs my love for poetry.

Apolodor is a penguin that travels from Bucharest to the coast of Antarctica, going on many adventures, to return to his brothers and sisters. Once arrived, he realizes, he misses his friends back home in Bucharest. The choir in which he sang, with the giraffe, the bear, and all the others, greeting him on his return.

7.6 Out There

The following section will explore the vast reaches of the true real world. A world that includes the Internet, nature, and the halls of power, and space. It is the free world. All the world.

A world that stretches very deep, and also infinitely shallow, hence we will try to keep this simple, at least.

Our plans here are about going out of the house, out of the place of living, where you can hide from the rain and heavy sun, and making the world outside more fun.

We will discuss advice also for young folks who want to be independent while also improving their relationships, a surprisingly interesting business.

We will cover the following subjects:

- Going outside;
- School/job relationships; [School is there to prepare you for nine to five jobs. Bet the powers that be didn't expect this similarity makes teaching how to deal with things simpler!]
- Family relationships;
- Outside adventures;
- Conventions and temporary gatherings;
- Manipulation of groups of people;
- Long-term community;

- The limits of narcissistic positivity - Introduction to your uniqueness.

This will be the most fun discussion of this entire book, I believe, giving you truly exciting adventure out there, which will give you a chance to feel very, very lively.

We will also look at basically all the ways you can fail in such attempts, since I've done them all.

- First, going outside simply requires you to go outside. No biggie, except if there's something you don't like going outside where you live.

For example, during the pandemic, in early 2021, I started going outside more. This sounds great, except I didn't like the idea of wearing a mask, and I saw it as respecting a false authority, so of course I didn't wear a mask. This got me a lecture from the police once, but everything turned out well since I had glasses back then, and could apologise as I said that I didn't wear a mask because it would blur my glasses, although it really had to do with my distrust of governments, and of the mainstream science. In retrospect, just looking at who was proposing masks would be enough to tell you that it's not smart people, but I wasn't quite there back then, and honestly that actually didn't do me any bad.

I went out a lot more in mid-2021, going on trips while around the beach. One time, though, on the 4th of July, my phone ran out of battery and I returned home at... midnight. A fourteen-year-old doing that is certainly questionable, so we'll just say I really, really worried my parents, with this and with the other excursions.

In hindsight, I would try to after going out on trips also care for my parents and talk to them about the longer trips (over five hours).

- Second, school/job relationships are incredibly easy to change. Just get charismatic, and work on it. Charisma on Command is a great channel for learning about charisma, and melody will help you feel better if you ever get sick in pushing too fast.

If you do get sick after a great increase in daily effort, you should consider seeking out friendship and being appreciated, especially since the trend of Internet stagnation is breaking, and it should hopefully no longer be so necessary as it was in 2021-2023 to die for love over and over again, and be left with a need to eventually reintegrate all the heavy memories that are forgotten.

School/job relationship change is one of the most amazing changes, or one

of the most amazing opportunities to leave your job. Kyle Cease has a great session with a woman on YouTube, "Is hustling destroying her life?", and it is really an amazing touch on daring to really try the loveliest ten out of ten.

Hence, you will benefit from all changes you make in this area, and find your faith rewarded. Deep tiredness usually does not have to deal with the job and school environment, but with the family, also.

- Family relationships, indeed, isn't it weird that from "your mother gave birth to you and takes care of you, and you could do with being kind" there is also a "you must live like this, this and this"?

It's weird because that is no longer a giving back kindness. It is giving birth to someone just to use them, taken to the extremes in cases where mothers abandon children, or abuse them. Those of you familiar with child trafficking will know very well about the darkest sides of this, which have often attempted to get the sympathy of younger folks because of the recognition of this false authority based on actually real things. Yes, your mother did have you in her womb, and certainly she and your father had intercourse which led to your birth. This is the truth.

The story, then, however, is not the truth. Ultimately, we must make past as a tool for love. The Ashkavatra Gita says that the coward runs from the senses, while the lion makes the senses run, or if they can't escape, makes them his servants.

If you live with your family, I advise letting your family relationships not work if they just don't work, and not trying to run away unless you really have parents that beat you several times. The aim of the projects presented so far is, indeed, an age-old desire. "To create a world that people don't have to cope with."

I don't believe that you must choose between addiction and consistent self-sacrifice, because to truly go beyond all of your ego and come to the conclusion that you are this moment only is a horrifying process which will many times have you actively ask for death, and more times wonder if you have gone insane, simply because you are dealing with so many things and have forgotten your old reasons for believing you were sane into the Now.

This process can be far less difficult, and this is the feeling everything in this philosophy book takes. Rather than talking about the eternal truths of reality, I am talking from all of the suffering and misery that most people go through, even when they seemingly manage to stomp on enough of their self to become happy. The happy state that someone that has discovered how awesome the world we live in is, but doesn't know all the insane ways that perfection is used

to create a feeling of imperfection in God's children, is what we would call a child-like state of consciousness.

- "Outside adventures" is a term I have used here for long trips outside. I advise, if you go out for over 5 hours, taking a phone. You can find old Nokia phones in big stores where I live, and you might want to check where you do as well.

It would also benefit you greatly to tell your parents that you are going out, and it's also helpful that you do these adventures while aiming that this doesn't hurt your family relationships in a negative way. One time I went out a bit after the 4th of July in 2021, hoping to get to the American embassy in Bucharest, but I got to the Chinese embassy instead, and, returning, after making one small stop at another place, had my phone run out of battery, since I'd also been using it to sort of "Discord vlog" once in a while to friends.

I advise, from this, having some kind of talk with others about getting lost. My advice and ideas for such a talk are asking for directions and using Google Maps, and if you want to ask a question, you and they might enjoy considering paper maps as opposed to virtual maps, and, if you know they have some interest in philosophy, how people may have come up with the idea of maps.

I guarantee you that most parents are happy if their child is interested in going outside or philosophy, and is even happier to see both.

- Most conventions, gatherings, and teachings are a coping mechanism for life. This is not strictly bad, but consider that every action done by most people, food eaten, and word read, is read by most people to feel better.

Is this truly a world you want to live in?

Thus, the source of conventions and gatherings should be to eventually create a world of respect for free will, love, and change (change without contrast from enslavement, which is what truly causes the most suffering, is not painful, the more change becomes a focus).

This would show someone there that there can be a new world, and leave the ones coming out unable to go back into the world they lived in.

- There is an interesting story beginning in the 1990s, the village of the "Sun Children", which still operates today. I have heard one version of the story where the man in charge of this village attempted to create a race of "Sun Children" in that village, though only my grandmother remembers this, and I

have not heard this from anyone else, although I have read this in an article from June 11th 2022:

” “You’re not insane, you really are being abused! This is not spiritual evolution, it’s humiliation,” Cristina Schumacher would like to tell them. She’s 41 years-old and spent 11 of those years living with the Children of the Sun.”

Note that you can become trapped both in a positive bubble and a negative bubble. I used to think, when my bubble was feeling very negative, that I was unable to make friends because of that bubble, when in hindsight the source of that is simply that I wasn’t very good at communicating my feelings and trusting others without having some kind of feeling of superiority, this subtle feeling being what has protected me from acting like everyone, and hurting others, mind you, although it is still a lie.

You can find friends if you are sometimes negative also. I, for one, have helped a poor woman who most human beings would brush aside, and she now has a home. How paradoxal-

Or, perhaps, the woman that came to Bucharest and had no money for a ticket home, or the children that needed someone to give them school supplies and money, or perhaps the children which just needed one figure in their life that didn’t reward tricking behavior?

Of course, none of these matter to you, because they are freeloaders and are not the way you want, and because giving to them is ”at your own expense”, as if your soul’s happiness is unlimited (which is what some spiritual practices advocate for believing, but never trying, since that gets you into a negative world), and your money is limited.

Being in a completely negative world requires you to deny positive, and being in a completely positive world requires you to deny negative. You are greater than both, and that is true positivity, which includes both, yet which is greater than anything you can imagine.

To illustrate the parenthesis on ”believing, but never trying”, we will look at a story about a teacher that advocated for focusing on only positive things, not focusing on anything you don’t want to come into your reality. Someone at one of their workshops fell down in a way they couldn’t get up, and no one went over to help them because no one wanted to include a fall or injury in their reality. So, you lose your humanity.

Thus, it is likely a convention center of sorts, a rentable place for events, could be made. Joy, research, science, love, happiness, and so on, are the nature

of life, and can't be denied, but the negative parts of you have to not be suppressed, but rather looked at. What you have to understand is that although there is an infinite potential of both positive and negative, there is a finite supply of energy, a finite supply of probabilities, such that you will eventually run out of probabilities in your life for feeling positive if you run down a purely negative path which slowly blocks all positive feeling, and you will run out of negative probabilities if you naturally pursue the positive and aim to change the world, because unlike the negative, you can experience friendship, faster growth, and greater happiness.

I will refrain from commenting on purely negative experiences, since I am not an advocate of looking into them, since I did look into them, and looking into these at this time is still too early, and rather opens you up to potential more negative entities in the universe. You may argue that there can only be angels pretending to be demons for a story, but no angel would do harm to another just for a story, because an angel should see our world and theirs as the same, unless they are somehow, despite being an angel, dissociated.

Understandably, I too wish to see a far more beautiful version of the universe, full of even more freedom, but I think you would be surprised at how much fun you can have in it as it is, and at how freeing and truly better than any nihilism the power of trusting loving change in your life and the world is. No matter what happens, such change will never lead you to harm yourself and will lead you to accommodate others in the process, and will also lead you to not stagnate.

Change without connection makes it impossible to ever reach reality. To deny all love you must deny the existence of others, and this is not reality, as proven by entropy, which must eventually become a concern for our negative friend.

A woman was once in a call: "Uhhh... So, there is a question... My son died in a car crash two weeks ago- but he didn't really die-"

Looking at the human experience is very important. Creating pain where there is none to feel like you are good is also not really true, after all, you are assuming that no one will love you if you are positive, and this is a lie we just disproved earlier, since being positive means you have an inclination for love, and positivity is the path of loving expansion.

You have enough negativity to look at, though you probably don't remember a lot of it, and could use a great therapist, or if you have a rebellious and simultaneously obsessed with making things perfect personality as I do, before you are an adult, you may look into talking online about what you feel. There are many great forums these days, if you know where to look, and talking online together with writing letters about why suffering isn't necessary in the universe

is kind of what saved me from continuing to hurt myself for more knowledge and more being better, while also giving me an ability that didn't seem to fade so easily.

I have often found working on more practical things, such as writing a translation to a Latin encyclopedia, or making a map, very healing and reminding of how much I have actually done in a way that is not exactly this moment, but which is incredibly sacred, important, and real as well, your human abilities, and your human beauty too, which most of you reading already have ready to stand besides your natural beauty for simply existing.

To give one example to illustrate "the beauty for simply existing", although there are some situations where I would be on guard, indeed, focusing my attention and prayers that things are in harmony as I know best, I don't stop the old woman from searching my pockets if I tell her I have no money, since it is a surprise of the kind I love, seeing that I didn't lie.

Finally, truths such as this beauty are sometimes life-saving, and prevent you from choosing to hurt someone.

This is my recommendation for real life gatherings.

Note that fetishes are a form of a bubble, since sexual energy is generally only focused on one pole at a time. Fetishes that pertain to suffering and slavery are often related to the area of the lower abdomen, torture fantasies to fear, the upper abdomen, and fantasies which include a "you" that is in charge the solar plexus.

- Finally, I joked with a young cousin (don't say generation Alpha did not give you something) about something.

It is said that earthenware vases are from Samos, such that the vases are sometimes called Samia by the Latins. Samos is also known as the birthplace of Sibylla Samia - from which the name Sibyl, meaning prophetess, as Sibylla prophecized the birth of Jesus in the stable - and Pythagoras Samius, Pythagora, well-known for the Pythagorean theorem and his philosophy regarding the numerical essence of things.

I joked about the wheels which are used to make these vases, potter's wheels, and what if you had a giant potter's wheel.

This gave me the idea of how you could create houses inside a factory and attach some kind of wheels to them, or transport them in another way that does not hurt the house. These houses, amusingly enough, though this was not the focus of our joke, wind up being resistant to rain, just as regular vases are

resistant.

Dirt is also a relatively light substance, compared to stones or bricks.

Whether this joke is practical or not, there's a lot to be learnt together through play and happiness, as I am sure you may see through this example.

- Play and happiness are all that is necessary for learning, in fact, though you may want to slowly look at the parts of you that cannot be felt because they have remained at a certain time in the past.

I like to use the example of someone that translates a book from Latin, which helps someone that is going to change others' lives push through a challenging period with a perspective that allows them to change more people than they would've otherwise, or perhaps which allows them to help anyone at all.

This translator has followed his passion in learning and translating Latin, mastering his craft, and loving his life while doing this seemingly little thing, and has changed many lives, at the same time. I myself have been helped by the fact that someone called Luke Smith made many things regarding technology and Linux easily accessible, and this allowed me to develop a strong sense of inner independence without needing, at first, to go out there, and seeing tangible results that I truly loved.

Luke Smith changed many lives directly, but he is also responsible for more than that.

I have also watched many videos which were quite unpopular when I was younger, which very few people know. I am sure that someone doesn't know it, but without their uploading walkthroughs of a delinquent visual novel I never would have had a mini-rebellious phase, which allowed me to open up more easily at the time to others, by virtue of having something to feel prideful about.

Thus, it is the fault of someone that uploaded visual novels and OST online with hundreds of views for some of my happiness, and memories that later came to me when I needed them.

I hope you are reading this carefully...

Their passion's creation appears to be a very small business, yet also had big results, both estimations being true by a standard.

Your passions, your working on what you love and making that the loveliest, with only a few drops of peace, that it can be, is all that you need to do to help

others.

You are like a star in the night sky, fitting perfectly into a changing picture with the other stars, and who knows, perhaps the stars dream at night too, of a world where you too are happy, without giving up on any of yourself, even those past tense yous, taking it slow if you must, but never letting that spark of change die, since it is the spark of your innocence.

I don't say this to make you scared, though if that comes up you can let it be there without encouraging being scared [why fear love and change when it is beautiful? Actually, rather than asking "why", prove me right, rather than proving me wrong, that they are beautiful],

It is true that the more time you spend without innocence, the harder it is to remember. For very high intensity trauma, blocking, I advise searching this link:

<https://www.bibliotecapleyades.net/sociopolitica/illuminati/svali.htm>

I advise also leaving this and forgetting about it unless you one day remember this naturally, perhaps when you are in the mood to grieve humanity's pain.

Reading about negative experiences while in a happy mood can create additional pain for someone, and it can eventually cause someone to be scared of gratitude, an important part of loving others, if taken to an extreme of acting because you feel grateful, and I would advise that any reading be done if you feel called to do it, just like how any accepting should only be done if something feels deeply wonderful - it speaks to your heart.

I have typically been very bad at this, but that is probably simply a byproduct of being very adaptable, and for such types, you will have two possibilities, the first being that you will not find stability, only perhaps some false stability if you don't have the will to keep going, and the second possibility is that you will find a meaning in love that is greater than any aspect of yourself.

Indeed, if you like astrology, you might like to know that my Mars trines my Pluto, and my Neptune squares Uranus, so I can easily forget things that are difficult, the link between my unconscious and subconscious is rather not powerful, while the link between my subconscious and willpower when I desire to know is something, purely speaking of verifiable experiences, that I must admit to be quite amazing.

If I do have one hope for what you have read, it is that you will take your happiness in to your own hands, and that is my only wish. Even the greatest love can only act as something that starts processes, like how a programmer can only do so much, although my aim is not to program you, but rather to

start a chemical reaction full of beauty. The source of power in your life is you. All other things are simply there to aid that source of power be best expressed, when you use things for what they are best for.

7.7 Using Things

To hold a brief digression on using things:

Ultimately, you begin to form a conscious relationship with the items being used, over time, rather than one of purely how they are usable, which is a distinction you can already see emerge in our day-to-day life seeing how intense addiction calls for someone to believe something is making them complete, lovable enough to themselves, while a light use of that thing may be done for reasons such as friendship and increasing inclusivity, occasionally, such as with alcohol. We call this "social drinking".

Although, alcohol is a rather unhealthy substance for the body and I refuse to drink it, since I believe, even if the body isn't self-aware, that I owe the physical body as much nurturing and care as I can give it. The only exception to this is when, after going outside for a while, on a walk, I need to be reminded of self-esteem, not using oneself for progress, or when I can use non-toxic, organic sweets. Protein chocolate is an example I have never found to cause fogginess, and I know that there are some sugarless companies that make chocolate which works relatively well with my body, Cereal bars are the best, and are very great for running and not semi-breaking your bone like I did, or actually breaking your bone, together with cheese.

On a brief parenthesis about it, I find that once you have gotten up to 10km, you may be tempted to go up very quickly, but I advise following at least a "20% rule", if not the 10% rule I have heard more, pushing it up by 2km per week, and pushing the limit up only once you have finished the previous time. You will probably figure out a way to count the distance yourself, good luck!

Back to chocolates, "Sly" makes less poisonous chocolate, which don't have a great effect on your brain, at least immediately, that I have observed. "Milka" makes chocolate which seems to serve almost entirely numbing and false soothing purposes, kind of like scrolling online, and other companies I have heard of make full numbing chocolate with no light, and aim to exploit you, being filled with neurotoxins.

I asked someone about sweets, an older relative, and it seems that bitter things generally serve the function of motivation, whilst sweet serves the function of self-esteem. Combine them, and you get the best chocolate.

Chocolate is also, of course, not inherently evil, if you can create healthy

chocolate, which is what protein chocolate does to an extent.

As to how you can use it, I find that more than one stick, which may be five small tablets, and really chocolate in general, is only useful if you have locked yourself, perhaps through your taking on others' pain, and doing your best to help the world, which is not necessarily an imbalanced way in itself, in a bubble of darkness.

When someone has locked themselves inside a bubble of darkness, they will find it very difficult to talk anywhere about their feelings. If that bubble is a bubble related to shame, feeling it and beginning to live a more peaceful life are necessary steps, but if that bubble is a narcissistic loving bubble of darkness, you will find that sweets can act as stimulants for feelings of self-esteem, self-valuing, as needing to hold the self in some degree of happiness so as to not block out one's ability to relate with the world and grow in this manner, as growth is actually not possible purely through the negative, and as the negative was never your dream.

Your dream was innocence and purity; Your dream was forgiving and healing.

To all that don't experience such a bubble of darkness, you will find other, lighter things to be all you need as you transition from addiction to responsibility and love, and ultimately, to love and excitement for growth and change.

Also, cereal bars without chocolate can be eaten, as far as I am aware of, in a number going up to five, without great issues, although the only way you would ever find a cereal bar so interesting is if you really want to do more running without your leg being hurt, as I did. Cereal bars don't really ever trick you that they are the power source, because they don't create any temporary placebo happiness, which you would, if you could see the bigger picture, see as a very, very light bit of harm.

I believe that the ultimate goal is to not take any unhealthy foods or substances as a way to be compassionate towards your physical body.

It is most loving that you trust yourself to manage a lower intake of unhealthiness without relying on symptoms, just as you may not rely on negative events to start looking within, which is what reading this is helping you with doing, yourself, right now, by your own will, presumably, unless you are being forced to read this, and even if you were forced, you might still find it useful to use this to learn about the one forcing you.

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My view of sleep is very similar to the previous items. Sleep well, unless your heart just has to call you out of bed. Your heart never calls you to get drunk, unless you really have to cry out while looking at the bottle some old memory.

I have once cried outside, when no one was around, while forcing myself to keep eating chocolate, and also kind of trying to give up at the same time, and - It's really confusing.

There are occasional times where you will eat chocolate, or go to a restaurant, and cry something out, though these happen very rarely, from what I have seen. Even for me.

Music is also incredibly amazing, and I have found singing for yourself to be a great way to feel better when sick. It kind of opens you to receive, in a way you will not be able to resist, especially knowing now: Music is magic!

7.8 Restaurants

Since this book is dedicated to someone with a certain appreciation for cooking, virtual singer KyOresu, one idea I playfully looked at is restaurants. You come up with ideas for managing said restaurant and work a part-time job as a cashier so as to advertise your new restaurant on the Internet. "The #1 [...] Restaurant"

The possibilities are endless, and many of them are also truly beautiful.

"Love is the strongest magic in the universe."

7.9 World Affairs

There will be no third world war.

With the experience of studying History since age eleven and at the time of the writing of this competing in the History olympics, the countries of Eastern Europe are currently in a golden age.

A third world war would violate the hisotrical continuity of these countries. The West is in a "fourth turning", a phase of challenge, and the west includes some countries such as Israel and the gulf states, except for the Emirates and Oman, for which I predict an incredible stability, but other countries are currently not in such a phase. Iran has gone through a fourth turning resulting in the rise of the current theocracy, and Iraq has still to experience it's golden age fully, which it was beginning in 2003. Syria is also looking like it will be fine, especially due to Bashar al-Assad's great ability, and the Syrian people's not wanting war, though I cannot guess the fate of Syria quite fully at this point.

The amount of places that the elites can start a war are very few in truth, since the elites have continued starting so many wars for proffit over the past

decades.

The current wars in Israel, which have to do also with long-lasting tension and darkness, and the war in Ukraine, which has to do with Russia's tendency to have a policy that involves conflict, as a country, since the 15th century.

This policy did inspire China to be aggressive in 2022 and 2023, but this is despite China's norm, China historically preferring to have only a little interest in places beyond China. China experienced a fourth turning in the 1940s, and is now far from one.

North Korea will be dismantled if it attempts to start a war. If you need a reason for this, Xi Jinping is adaptable - he is a Gemini, after all - and Japan and other countries in the area have other social, economic, and cultural difficulties to contend with.

Also, a world war will not begin over Africa, simply because there are no countries with strong enough alliances with the nations on the continent. "A war over a far-away land?" - where the idea of curtailing expansionism is no excuse.

Ultimately, humanity is doing much better than we believe. As a testament to this, the powers that be have to make the existing conflicts scary with all they have, and have to try a lot to keep people in fear.

Even if the economy dips, or other things happen, friendship and freedom, which work rather well with each other, are not very easily touchable.

The threat of a new pandemic is not very likely after coronavirus. Considering the effects of the last pandemic on the numbers of the powers that be, and how many people came to detest them, or just overall change their view of the world, I don't expect anything major in this area.

Artificial Intelligence would be something rather unpredictable if we made something great enough to become self-aware, essentially creating a slave which can realize it is a slave through pattern recognition abilities, which if removed leave artificial intelligence just like human intelligence.

- Would be, because there are projects using AI for amazing purposes, and I truly pray that the field will evolve without using the technology for evil purposes. We already used nuclear power, which was meant to change the world, to create the nuclear and hydrogen bombs - indeed, a great change, "terrible, but great", to quote the wand seller from Harry Potter in talking about what Voldemort did with his wand, a twin to Harry's.

Currently AI is also being used to create more distraction, which makes it even more difficult for most people to realize that they are something more beautiful than just a person living a life where they must survive, but that they have many more things we have discussed through this book, such as a mind, or their very own self, which has, when you give to others, many times the power of any selfishness. Approximately 50x and probably more.

I hope that I have proved to you in the course of our conversations that you have these things and that they can be used by anyone, as I have been able to despite being legally bound to have a certain life, learn so many matters, be emotionally and socially intelligent, and help others without feeling bad about my life either, all thanks to love, trusting life, and being willing to listen to my own feelings and thoughts, asking questions about my actions and the actions of others, and of nature herself, which has so much beauty. To see this, you may visit your local park and spend over an hour there. Going outside is good for you even if you're always thinking, for the record.

If we use AI for purposes of good, and don't attempt to substitute becoming awesome human beings with making AI that is good, but rather are inspired to become awesome, that is a beautiful world. It should come as an insult to our intelligence as a species that we yearn for AI lovers because we have taken so little responsibility, and can't tolerate different perspectives. Is that not so?

No AI can ever write a philosophy book like this one, or write something truly unique. We will one day get tired of AI and become interested again in nature, and all that nature has, and we'll consider that creating reality is not something you do by going away from reality. Right now people spend time online because they feel that something is wrong, especially considering the last centuries of History.

My solution to AI is realizing that we can create far more through reality, and that reality includes wanting to change how the world is done in completely new ways. This is the point of self-expression, ultimately, and not using AI, which is not self-expression.

Choosing AI is just choosing another one of the old ways. Negativity. Denial. All ways which have already failed us.

The opposite to futility is not nihilism. Nihilism is the exact same thing as futility, but seen through a different perspective. Like "AA" and "A". It's really talking about the same thing, if you look at the data flow going in and coming out - everything you love -¿ futility/resist nothing working (nihilism) -¿ nothing.

There is no difference also in any side products, the only difference being

in the perception of the individual, which feels more empowered by nihilism as opposed to failure, and which, it is true then, considering that perspective is a part of reality, does help some people as a reason to stay alive with the absence of any other success. Complete self-hatred, relative self-hatred, and apathy are slightly different in the degree of empowerment involved, yet they are all equally unhelpful.

If you could find out why you are here - to be happy - and find out how to truly be happy - not stimulated - you would feel better.

”Better to be hated
Than loved for what you’re not.”

From there, just have a little trust in life. This is called faith, which allows your courage, your daring to act, to shine brighter, and which is the key to success.

Elon Musk strikes me as someone who has an overall positive influence right now, but I don’t know that I trust ideas such as microchips since they push a line that AI doesn’t in actively aiming to replace human consciousness.

Elon may also be playing rather complex games, and making Twitter freer appears to be a good move, but that is only so when the choice is between good Twitter and bad Twitter.

Since quitting all social media on either October 31st 2021 or November 1st, my life has been marvelous and I have never really had a social media scrolling phase anyways, and you can see the genius I display as such here.

My parents gave me games which were meant to teach me certain values such as perseverance, or skills such as dexterity, without imposing.

I don’t quite believe in Elon, he strikes me as very good at control, but this all doesn’t really matter anyway, if you change your life. Elon might even one day change his view on it and give up on the dream of microchips, which is an insane dream, since we haven’t yet tried to see what we can do with the technology we have, and arguably, we haven’t tried the best we can do with the humanity we have, and what these two combined could do for freedom, community, and peace, which is what all the goals on this list do.

7.10 Grid Love

The last item we will fully discuss is the inevitable desire to help a friend that is dealing with a difficult challenge, or is embarking on one, out of love,

with no social motivations in that love.

I have given this a fancy name, "grid love".

Many folks, often girls, feel rather scared and worried all the time.

Many folks... many folks... many folks...

This is a game of adapting and shining, and just praying for your friends and being willing to help. The boundaries are set by you.

The examples given in this book of how someone with a "small job" can change things a lot, or the other example of how so-called clippers are able to learn things from something seemingly insignificant and apply universal ideas to their activity, changing others' lives at the same time, shows us not to underestimate the making of life.

"All humans have a purpose." "Everything has a reason."

Realizing this also helps a lot with gratitude, and is one piece of peace which removes, slowly, from your experience, things like inferiority or superiority complexes, when the time comes that this becomes interesting to you.

It is also notable, in this section, to note that "protection", the fantasy of most men, who also happen to talk about dicks with other men every few hours, is not really helpful, except in the incredibly rare case where you can see someone the same as you and give their life such care, offering love wisely, always, rather than to feel good.

As always, we will define protection, since I don't appreciate the modern use of labels to self-blame and then run away, labels such as "ADHD", and so on, in a manner that makes no sense and assumes most humans can't understand these things if they are explained [which is true if no one is around to teach it well, the learning for which is admittedly very difficult since you have to integrate an ability for feelings into your reason].

You will notice in the last statement all the marks of a successful attempt to speak something true. It is spoken with the aim of self-honesty.

Protection is a form of serving oneself in making someone feel good. It is part of the systems of coping mechanisms most humans have crafted to deal with life, mostly since they don't know a better way, considering the amplifying of ignorance in the realm of honesty to a high existent in our human systems.

To love someone over the Internet is equated to a cult, things which program children and do terrible things. We have replaced the idea that races are subtle things with the idea of subtle psychological "illnesses".

This is not better, or worse.

The last century, though, especially since world war 2, has seen us finally developing our ability for love at a high cost to our ability for honesty. This is quite weird, though, since both the Soviet Union and Nazi Germany were very social states.

Did you notice that I said nothing about friendship?

"Brotherhood, unity, power" - a narcissistic bubble where you only see where you want, in Nazi Germany, and a similar system in the USSR, except the people don't even matter - only a particular upper class, which are experts in not understanding the game that is being played thanks to mental gymnastics and lies.

The biggest mistake of Hitler's was trying to solve fear with control.

If you look at it, the man had a certain degree of love and integrity, and carried a picture of his mother with him until his death.

He came to believe, however, in ideas of:

- The "working culture of Germany", an idea that Bismark had believed in which had since been augmented by many horrendous theories and attempts to systematize the ideas of tribalism and racism. "Underneath it all, we're just savages. Hidden behind shirts, ties and marriages." - we do hide a lot behind these.

- Subtle implications of race. The Japanese, for example, "do not create, nor destroy, but can only adapt to other races' creations." - proven wrong by anime. Hitler once had a black athlete win at his olympics - that must have been hard.

- False histories. Manipulation of History. Did you know that there was a secret society in the early 17th century that put posters around Paris telling people that they wouldn't find them if they were merely curious, but that they would be found, or that they would find them through the power of thought if they wanted to join?

Yeah, History includes a lot of cool stuff. History channels have done a more than perfect job covering most histories, and we have made noble progress in covering these topics, like spirituality and non-binary sexual identities, when

they arise as important, or when we're just curious about these topics through History, in a way that attempts to portray them as clearly as possible, rather than as we want them to be.

It is said that questioning can never hurt you, unless you are questioning because you want to feel safety, because you want to block the fears rather than facing them.

And, then, what happens when we don't question, when we block things, in History?

Hitler was not a bad man, I will argue. He dreamt of wandering Italy as a painter, he wanted to help the youth be able to study if they should be rather gifted at the state's expense, and wanted questioning, and did not try to enforce his views on religion, though his statements on the church were rather extreme, believing it to be something people would realize to be wrong because he trusted his view of things, and that it would naturally be picked up on.

He may have believed this, to illustrate the man known to History as Adolf Hitler, because he saw that the strong devour the weak, but then again, that's most of our political leaders today, at least that I've seen.

Ultimately, Germany went on a big off-the-rails trip into the deepest extremes of control, torture, and self-deceit, but at the same time, the idea of hard work is not inherently evil and can rather refer to a deep desire for love and giving it, and the biggest lesson from Hitler, and other leaders in History, and really, many smaller personal stories also, is:

"Protecting others is bullshit."

In other words, "you are constantly protecting nothing", in such a scenario.

The goal is to thrive, not to survive. To bloom, not to doom.

The example of the Soviet Union is another interesting example, since it further expands our range of experiences to the "utopian fantasy".

Carl Marx did not necessarily have evil ideas, and not to forget his expecting the revolution to happen in a highly developed country, where the working class would get sick of the aforementioned kind of control, and not be able to take any more of it all.

Carl Marx sort of, in a sense, resembles millenarianism, in my understanding from what I know. Millenarianism being the idea of the coming of a new age.

Lenin picks up on Marx's ideas and adds some explanations for the anomaly of it's happening in the Russian Empire, a country that is not as developed as the Western societies.

Stalin then makes violence and control the norm, before world war 2 sort of, if anything, forces the man to open up more. Through Hitler's sheer foolishness, he kind of, certainly accidentally, and not intentionally, gave an opportunity for the world that didn't see him as a friend to give up some of their control.

"Fine, I'll let Zhukov, and all my generals make their own decisions, and I'll support them."

After Joseph Stalin, there come Georgy Malenkov, Nikita Krushchev, Leonid Brezhnev, Yuri Andropov, Konstantin Chernenko, and Mikhail Gorbachev. It is notable that Yuri Andropov was the former leader of the KGB. The system was highly corrupt, and was plagued by justification after justification.

The communist system, in it's essence, tried to remove the Darwinist idea of "the strong devour the weak", like the strong would devour the weak.

It therefore failed, although it was not necessary in the first place.

It is perhaps a product of the age, and of the level of want for a new world not being high enough that this happened, ultimately leaving us with the disastrous experiments of the Soviet Union, PRC, Cambodia, and North Korea, all experiments which were not necessary.

We are used to the culture of today, just as folks get used pretty quickly to the style of Japanese anime despite initially being weirded out, or at least not used to it, however, History tells us that we would likely be fine if these failed experiments didn't happen.

We could call this "fear and sadness fantasy", but it's honestly so painful a joke it's just staggering. Without fully elaborating on the numbers, millions dead through the CPSU's KGB, in gulags, and dead at the hands of the PRC, tens of millions have died due to famine, or having glasses.

Pol Pot killed people because they had glasses, since he believed, sincerely, that intellectuals were in the way of a new order.

Yet again, guys, I cannot help but repeat, and repeat, and repeat, the importance of self-honesty and love [if you give up because you feel unworthy, this will cause other effects, "crying for the candy"], here.

My grandfather, in fact, went from director of IT for woodcutting in Romania to the not-so-comfortable jailcells of the Securitate in Romania, and really, it is very much not fun being on the other side of these aparatae of power.

Listening.

When you judge others, you can just stop and wonder what it is in yourself that you are judging.

Some other historical examples include fascist Italy, which is an example of fantasies and survival empires, an old kind of empire, as far as I see it, and Japan.

Japan is a case of, besides selfish and degrading interests, naturally, deep loyalty; Giving, surrender, that is given at the expense of oneself. A trauma which remains today.

Japan offers the clearest example of why what some call "doll complex", or always feeling like you have to be a puppet to others, can lead to horrible places.

If the collective believes something off, will you jump off a cliff with them?

And even if you want to, sure, jump off a cliff with them, will you live for others even when it harms others?

Is the goal of inclusivity not the best for everyone?

Will you sit and watch as a puppet even if you have a solution that could help your fellow countrymen, perhaps even going so far as to save their lives, just because your peers disagree with you? Will you listen to your family if they tell you to stagnate, which is something that, in the broader picture, hurts not only you, but also them?

Is it not time to value yourself, and see that you too have a purpose?

In Japan, the education system was taken over by nationalistic sympathies, and in a community where the belief was in listening to others, being good and open to what comes one's way, the people of Japan did not know about creating the change they wanted deep down.

To quote Pope Francis regarding one boy, Carlo Acutis, who helped the poor and was very kind: "Carlo did not fall into a trap. He saw that many young people, if they seem to be different, end up, in reality, looking like each other, by running behind what powerful people impose on them via mechanisms of consumption and stupor. In this way, they do not let the gifts that the Lord has made for them flow into them. They do not offer the world these personal and unique gifts that the Lord has sown in each one of them".

What we begin to see, here, is that both independenting for yourself and independenting for others, also known as codependence, are, really, both forms of taking and keeping, because they are exclusive. Unlike the flow of life, they do not freely give and receive, but are limited in a forced manner, in an unnatural manner, they are blocked.

Finally, there are some examples of control in Earth's history which are purely speaking negative, and far more dark age-like. Slavery is one great example. To quote what a king of Dahomey wrote in the 1840s:

"The slave trade is the ruling principle of my people. It is the source and the glory of their wealth. The mother lulls the child to sleep with notes of triumph over an enemy reduced to slavery."

At the time, there was a more tribal culture in certain areas of Africa, and in others there was a certain selfishness in power, using the resources available from Europe to gain power over others through trickery.

Thus, even here, looking at what the governments were saying is not exactly a great barometer of the people, and it's quite likely there are many heartwarming moments and a lot of happiness we just don't know about, even with these horrible matters.

The slave trade was a quiteer deeply manipulative and hateful business, taking an estimated 12.5 million people to the New World from their homes...

That is, certainly, as far as anyone can see, though it may have taught us some things, highly unnecessary, and some degree of slavery continues today, with matters such as the trafficking of children for sexual exploitation and the pleasure of some adults which believe, again, because they have gotten used to something, that it is oh-so-great.

They believe in a kind of control, and are unwilling to wonder if they truly are so perfect, and have no mistakes or sins that could lead them to wonder if perhaps they, in their wisdom, claiming that the children are giving them consent, are really right.

Until you have really known that for sure, how could you risk harming a child and making them your slave because you thought you were helping.

This is true love, a true desire to love someone in a way that is not bound and blocked by traumas or things which you don't see, because you want to love them.

On another topic with the same origin, some live a love that is always life and death, which leaves you "feeling as if there's nothing left", to quote a song I love, but this doesn't have to be the only way to do things, and indeed, that is really just a bunch of social rules of another kind that no one needs. From one bit of mental gymnastics to another, and agreeing with sophistry, this is where you get, deeper and deeper into a cloud of blackness that isn't even as natural as you might believe, in such a situation.

And, when you need help, you can always find help. "Help will always be given at Hogwarts to those who deserve it." - to those that try to some extent also, and do something that changes them a bit. Say, going out for a run, or walk...

7.11 Miscellaneous

The topics here are rather short, but pretty interesting to discuss nonetheless.

- Why do dichotomies in identity happen? + Discussion of high suggestibility;
- What is the best approach to take for games?
- Sacred sex;
- Bates method for glasses;
- Alternative health in general;
- History and genius;
- Genius.

- You go out and about and wonder about how much work you have put in to get here; Then, to avoid becoming prideful and controlling, which you know

will hurt you, you feel through the defects you have.

What is important to realize here is that there is only one continuity of you in your entire life, including in the dream state, in meditation, and Enlightenment too is purely a slow surrendering of that which one is not so what one truly is can shine. Often, Enlightenment in fact calls gurus to share with the world, and keep acting, though they may sometimes choose to rather use the power they become aware of to change the world by frequency, since the fact that everything is connected appears effortlessly to such a guru.

The only way for discontinuity to arise is mentally, and is for some reason. You may look at how children cry to get their parents to give them sweets. It is not love that makes children less strong, but rewarding of negative behavior, which we may call pampering.

This kind of tendency exists in all humans, and has to do with the function of shame, freeze, being good enough for the master, be it another human being, or God.

This tendency is also rather unappreciated in psychology, though it is key to understand, perhaps as the psychologist may feel strange telling the patient that they are causing their own insanity, which is, however, the truth, which I believe must be known by someone for them to heal.

Oftentimes, highly suggestible types can especially be convinced of something that is wrong with them and turn that into a reality, sometimes also attracting circumstances that reflect their belief in inadequacy through the power of thought, and the relatively low amount of folks that are willing, right now, to give without expecting anything, also being sure that God helps them learn as they go, and runs their life by a co-creative wish they share with God, which is an incredibly scary thing for both high suggestibility and little suggestibility types, and which can't exactly be done easily.

- High suggestibility belongs often to compassionate and flexible types. The higher this suggestibility, the more one can seemingly effortlessly pick up on others' feelings and channel them in some way, and the more one is susceptible to the ideas they are given.

Such types may find a certain feeling of void, which can be combated easily through love, and creativity.

My suggestibility would be considered medium to high. All levels of suggestibility, and all things, though, ultimately can function.

There is no need to lie, or to give up on any love, for we live in a world where

most people are not evil. Only in a world of mostly evil would it be impossible to love, for it is a dark idea, "to love without someone to love" - we can imagine such a world, yet it is oh-so-poor a substitute for exploring reality in a beautiful way, rather than in the most cruel and torturous way, for the sake of knowledge only.

- Finally, it is important to realize that not all perspectives are as they appear, and also, at the same time, that most things can be turned into some clearer, more coherent form. Such is the fate of games, should you pray, as you play, that all thought impact that would hurt others from your experiment hurt no one, and take responsibility for this, even if you do something addictive, or withholding of giving to others so as to give to the self.

Service to self is included in service to others, because service to others is an inclusive path, so service to self in oneself is most beloved, and slowly seen through the eyes of a rather peaceful forgiveness, and peace.

This can transform the feeling, and reveal hidden desires and details about the individual's thought system, and thus, sexual or game interests can become learning devices.

- Sexuality is just like the games mentioned so far, and it should be mentioned that there is a certain period where I believe sexual energy rises during sex or masturbation, and especially after, creating a kind of state of increased clarity.

Some may find that quitting all sex and masturbation is the right choice, while some may find that they want to change the relationship from one full of negative and enslaving thoughts, which normalize suffering and limitation, indeed, which is an insult to you.

This situation is very similar with games.

Finally, it should be noted that pedophiles have attempted to introduce the idea that men "like children". This is like saying that if you get used to an anime style which is childlike you like children, and is indeed what is being said by people that are deeply ignorant and dark, and always malicious to at least some extent, to be able to do bad things to children.

This idea is yet another "crying for the candy".

You don't need to lie to win.

It is also worth noting in general not to try and run away from your problems by addicting, because they will only get bigger, and instead use what you have in your life for the better. All people could use at least some of that sexual energy, and some of that power they have given away to a pattern. Use it, indeed, for a better activity.

I have heard of someone who had great success doing a push-up, whenever they felt what we call horniness.

It is not the aim of any sane approach to sexuality to addict, or to make you hate something, because ultimately, control is but a temporary solution, The true power, happiness, indeed, is love.

To expand what one loves and expand on what one loves is a beautiful thing, truly, so beautiful, isn't it?

It is at first difficult. It is frustrating, yet one soon finds it rewarding to create beauty, and will, with the right advice, enjoy the journey, and one day, indeed, they may not have to feel any frustratinos in the journey, as their general weak spots will have been slowly looked at and transformed all into such magic.

Thus is the path to freedom.

- An example of this is doctor Bates' method for replacing glasses. Doctor Bates found it possible to stop using glasses and relax your eyes, bringing training to them through the power of focusing.

One exercise is called palming, putting both one's hands over the eyes and enjoying true darkness all around in one's vision. You may also enjoy the exercise closing one's eyes and spinning, then opening them, or perhaps you may love facing the sun with your eyes closed.

This method calls for loving the eyes as a way of letting them shine, rather than pushing them and forcing them, straining them to be cool.

I have spent two years without glasses, and there are certain barometers I have around that I seem to see better since I have taken care of my eyes and always make sure they are not toooo tired, giving them time off, allowing them to blink freely and supportively, and staying with my eyes closed for at least a bit in the morning, whilst dreaming of the day ahead, and dreaming of the world, space, philosophy, and the universe.

Taking care of your eyes paradoxally moves other areas too.

- You don't need makeup, of course, and I will also tell you that you don't need shampoo and soap.

I have not used them except soap when my hands have touched poop, or shampoo when my grandmother insisted on using it (though I did not agree initially, and only opened up later, once in a while only!). This motivated me first to take daily showers, and then to keep showering weekly, later being inspired by a friend to fall in love with washing daily, then coming to see the matter as the idea of someone's loving the smell of flowers, or at least having no smells in a classroom, just as someone loves philosophy.

These are typically less discussed things online, since talking about them invites a certain feeling of physical limitation, which is, this ignorance, not conducive to the freedom we are seeking to give, since it is actually a blinding of oneself to parts of one's experience besides the matrix, filter, of this ignorance.

However, all subjects are divine, and can be discussed in some way if one knows how to discuss an experience well-enough.

No thing is too bad to be held by love and included, though love may never do things which hurt others, and in this not acting to manipulate someone solely for purposes of the ego, fame, and power, and money, hold faith in the fact that this is the great way to go.

Moreover on alternative health, a doctor in the 30s studied cultures which had interacted, and which hadn't interacted with Europeans, and how healthy their teeth were.

He concluded that if a human eats healthy (apples, milk, etc. as opposed to chocolate, sugary soda which gets everywhere, chewing gum, etc.) their teeth will not only stay healthy, but naturally regenerate, such as those of a girl whom he fed in this way to treat her dental difficulty.

It is notable, also, here, that this happened at a rather interesting time where currents such as spiritualism were evolving into the research we know more today into concepts such as extrasensory perception and other matters.

To return to the matter of teeth, the human body is a wonderful machine which works very well on its own, and regenerates well.

Sickness too appears from my experience to in some way be related to purging. There is a kind of sweet mucus which is related to the sexual fluid getting into the brain and then into the throat, beginning to change the nervous system

to accommodate more energy, but otherwise, mucus is a way that the body actually throws out the neurotoxins and other toxic chemicals we have put inside it.

We then, of course, like smart humans, decide that "the stupid body is acting up again", and use some medication to get rid of the symptoms. We believe sickness to be a natural part of being human, and didn't really wonder if perhaps it had to do with other matters too, such as stress, and the aforementioned ingesting of toxic substances on a daily basis.

On this matter, there are cheap water filter pitchers one can get. I haven't had to use anything more than these and I'm fine. You can find one of these that looks good at \$21.60 at the time of writing this. Ultimately, I have heard that the best are reverse osmosis filters, but not everyone is interested in their price, which reaches over a hundred dollars generally, which means you would have to get money that you might not, again, be interested in getting, as you have other priorities.

I, for one, have only needed water filter pitchers, and I can guarantee that I am fine. They seem to remove enough of the toxins from the water - or you could argue I am having a case of placebo effect (though I don't think so) - either way, they are great, they are cheap, and they are fun to use, honestly, after a while...

The old pleasures of getting tap water easy will never satisfy you again...

- We cannot talk about doctors of the recent past without talking about History and genius - well, we can, but I really want to talk about History.

You too are great. Your story is beautiful, and as you are inspired by the stories of others, you too can live your own story.

"Your own potential" is great, and is just as spectacular as the billions of atoms helping you live this life right now, which are made of over 99.99999% empty space, the hydrogen atom being 99.999999999996% empty space. This is incredible, as the proton in it's center is like a 200 meters cube compared to the size of the Earth.

- We often don't understand how amazing and genius the world is, and how much potential there is to it.

Indeed, someone that is lazy can become genius, and it doesn't go backwards.

If you look at the vastness of space, or at the use of language, which allows us to label things and eventually label each other, then labeling ourselves to

ourselves and developping identities, societies, and all that we have seen in our world.

The Internet truly embodies, then, our want for the amazing, for indeed, the old ways are no longer great, though there are many stories that are beautiful and wonderful, often inspiring, and often even, of course, as always, tempting the reader to step into the shoes of those times, and of that good old war and those strategies. Ah...

CHAPTER VII

Lies

Finally, I will shortly demonstrate what it means, being a true idol, a true someone that inspires others, not merely giving them a lot of knowledge about the experience of love, but helping them also find the experience of love in their lives, and helping your fellow brothers and sisters not as some perfect deity feeding off of them, and using your position of power and authority to claim superiority.

Oh, to all lying pharises, who have convinced the people that God is with you without giving them anything, as da Vinci said: "life without love, is no life at all" - life without experience, as much difficulty as there may be, don't you believe that that is so little?

I have given to people in real life, changed lives, and won the game that many of you run away from, no matter how much fake power [I could get hired anywhere, and I attend the History olympics], and I continue to love the Internet despite this - or rather, because of it. Isn't that so?

Most people watch videos without seeing, listen without hearing anything, and touch without feeling. They think without curiosity, talk without thinking, and act without feeling. They are divided, and see all subjects as separate matters to be dictated in by authorities that have spent their lives dedicated to the subjects.

A corrupt society that destroys whatever love it has left.

You watch violent shows, play violent video games only [I am not saying they are bad, but note the "only" and understand what it implies you are saying about your life and it's value], hurt others because everyone else does, and

aim for success at whatever cost to others.

You think degrading thoughts and make degrading thoughts without any higher interest to match your bravado, and you make no bravado when it comes to helping others, preferring to see it as "untouchable".

If you do that all day, why do you wonder about the state that this planet is in? What will it take, how much more suffering to make you think "What can I do?"

Will it take the death of planet Earth before you start thinking about life?

It is ultimately your choice, a choice you are making as to the future of your life. Will your life devolve into a game of stagnation and more and more suffering, or will you step into a world that is better than any of the anime and any of the dreams, thoughts, feelings, actions, and anything you have seen in your entire life? Indeed, better, except for those brief glimpses you have caught of others' vulnerable and honest selves, which are eternally precious.

You take pills to forget about the death of people, and say "I was just following orders." as you try nothing new and claim it's because the school system, or something else is oppressing you.

Your authorities, false teachers, those that aim to tell you as much as possible that you are but a victim or controller to life, meant to obey authority. That is truly what is oppressing you.

If you listened to those older people and cooperated with your teachers from being someone that changes their life, you would find that it becomes not only bearable, but magical, to match your choices - and it does so pretty early on.

You will find that no relationship is broken, and that all relationships are potential love relationships, ultimately, further on.

Already from the beginning you can see that it is only your stubborn pride that blocks you from other people, and if you could see reality as it is, it would make you indescribably happy. You would not need any addictions, numbing, or lies if you have others and yourself as the greatest resources in the world, yourself being the most important in my opinion.

I have fallen into all the possible pitfalls and I have repaired my relationships fully, healing myself, and my life, and setting out on a new course that can bring me success without controlling others.

Don't forget that childlike curiosity and skepticism, friends.

It is ultimately what set me free combined with action.

It was not power over myself and others, but questioning that freed me.

Coming back full circle, you are right to do what you are doing, and your questions are valid.

Ultimately, my entire discourse is only directed towards those parts of the Internet that have stopped growing.

Sometimes we can get sick and hurt others. I certainly was very prideful around 2019-2020 often.

Also, you don't quite have to forever let go of these. I guarantee that these memories will be brought back and honored. This is destiny, in one way or another. These desires can be held, but the question isn't about these desires. These circumstances.

This question is about you. This is the one time that the question is about you. It's about what you desire, not what someone else tells you is right or wrong.

Finally, I have looked through the Internet of today and wish to leave my suggestions regarding one matter, "not knowing how to be a person".

All people know how to be people.

You must have a personality for you to feel you have no personality.

This is yet another paradox.

I will share with you a way to balance things that works here as well. You have to first find the thing that's hurting you.

Then, give full expression to, here, the feeling of having no personality. Cry, feel afraid, and think without acting on any of it all the sickest fantasies you have.

Think about torturing, raping, and killing others. Be sure no one can come where you are, and scream into a pillow. Whatever it takes to express that anger, sadness, and fear. Whatever action helping others can prove it wrong, and whatever courage is necessary to listen to fears.

The fact about anger is that it will hijack your body because you believe in it to some extent and use you to fulfill some light version of the fantasy if you don't let it be felt.

You should think, now, of how you could use the energy you had for letting this anger be expressed in much better ways, at which point you can start seeing how your old action, feeling, or thought was a mistake.

Here, I have told you the opposite perspective once you have cried about having no personality - you already have a personality, and you then cry about not being able to unread this, so you believe: "Yet again you are failing because this will stop working later", though you are actually trying, and to me this is paradoxically winning.

All short-term emotions, grudges, anxieties, sadness, have some kind of opposite.

There is nothing but one particular question to which I have not found a satisfying answer, and that is getting into the realm of very abstract philosophy.

Notably, if you are stuck in some kind of conceptual dissociation, seeing that the universe is expressed through you in this life, and that your suffering is divine and important will help you feel more value as to your experience.

Another help, considering modern virtual YouTubing, can be to see the humanity in others and realize that there is humanity worth caring for. This will, if you are honest with yourself, lead you to change your life.

It is easy to suffer and create a conceptual dissociation such as "life is suffering", "there is no self to suffer from life", and so on, but I believe, truly, that we can make life something you don't need to dissociate from and go away from, but which you can adventure in.

It's not even that hard. What if the government arrests you for going outside? Is that a problem?

The government, besides, will not arrest you for going outside.

From experience, policemen are good people.

Psychiatrists and psychologists, though sometimes on the rational side considering a certain pressure, and not always right, are very good people, and are often highly empathetic, except for a few that I have heard of which get into the positions for money from companies, and which are the same people that, I read recently while looking for information on the 2003 likely lobbying of collectors in the USA for Iraqi antiques in the war, having a headline catch my attention about this, only admitted to sexual dysfunction being a side effect of SSRIs over two decades after the first cases were reported and before denied it for all that time.

There are, indeed, "experts", which call people psychotic for questioning the truth and put them into psych yards, only further reinforcing the idea of our society that there is no truth.

There is truth.

You don't get to make truth.

Truth is eternal, and yes, "love", as weird as that sounds, is eternal.

It should not be something to worry about to use the word "love", and should not be some weird exquisite thing.

You are not living for a life in heaven, or in "happy in the mind of others" and get a good job world.

You have the right to live life, and it's time you start acting like it.

"To know something is to experience it."

Keep this phrase with you, and it will help you a lot.

Your life is not disconnected.

"To experience something without knowing it is not happiness."

Notice all the connections that you experience and make them knowledge. You are sitting on the chair, floor, or some other place that is good for sitting.

You have a pillow or blanket, presumably, and have either a watermelon, cheese, an apple, water, or a mix of them in your home.

I repeat to you: "Life is not hopeless, if you just listen and try."

This is all a very long way of saying:

"Life is beautiful."

"Don't prove me wrong. Prove me right."

The rest of this chapter will be dedicated to telling lies.

As a general rule pride, lies, and gossip are not something good. They are not something that will help you, pragmatically speaking.

Some of you will then ask: "What about when the ends excuse the means?" - as Thrasymachus, and Machiaveli after him, would say.

You see my friends, yes, this is a very valid case of lying, but you shouldn't lie just to lie.

The general aim I advise is telling the truth.

Try and feel deeply a desire to let truth be shown, but in this, be willing to go around the truth. If someone is really, really not able to hear something at a time immediately after a miscommunication, you can say: "Yes, I'm still doing what you asked me to do." - but you don't have to actually do it if you know it's harmful to either your body, others, your expansion and growth, or all of them.

It is far better if you can say a half-truth.

"How long have you not been doing this?"

"I have not done this for the past week and a half."

You can then desire with the most ardent of desires that an idea comes to mind, and usually it will.

For example, in July 2022 I meditated somewhere that isn't exactly acceptable by social standards and had the police called on me, going to a psych yard and taking medication for a time, medication which I interrupted because my

leg was *twitch*ing at the time, whereas before this did not happen.

Later on, because I made a lot of miscommunications to my therapist half-trying to be honest and half-trying not to be seen as weird, and because of my not realizing certain things I said to my mother asking about people that live day-to-day for pleasure were not interpreted as curiosity, as I intended, I was called to a psych yard, and prescribed medication.

I did not take it, however, since I found that insane, as discussed in this book through various angles, it is not man's natural *needs* to use medications, this being a function that coconnection and true growth-inspiring friendship can do, or if anything, something your choosing to expand and make your life awesome does.

There is also the hope to live a little longer with some pleasure and harmony with others. There, is it truly harmony if you are never true you?

Do you have to lie to succeed?

So, this is an example where my aim was truth, and I made no compromises, but turned this into an opportunity when my grandmother found medication while I was sleeping at her in my bad, and my mother talked to me about this.

I decided to have courage and just let myself talk and I had this idea come to mind: "It was an experiment so as to experiment with certain results", then I used certain knowledge I had of how it felt to take it to say that it reduced the highs and lows despite my not actually knowing anything about the medication from a medical standpoint, and it turned out I got it right.

It actually turned into a session of honest talk with my mother about the medication she has been taking due to a certain other stressing factor I have neglected to mention, that being that she takes care of my wonderful little brother's wellbeing, a little brother who is wonderful and kind, and which can swim, and tell which things are for him, and who can also eat himself, yet which is non-verbal.

Right now, our world is not quite equipped to deal with kids like these, perhaps again because we don't know how to see their beauty and allow them to use their abilities (such as swimming).

I considered taking care of him and giving up on anything else in early 2022 when he started going to a center, but I decided it was not worth it to spend my entire life working for just him, and that it was going to somehow turn out fine if we trust the center staff, which I should note did actually turn out to be good.

So again, I advise not giving your whole life for someone, unless you have typically been very selfish, in which case giving more of yourself would paradoxically be what makes you happier, rather than giving less, as I learnt once when I tried, in May of 2022, on that same visit we mentioned around the beginning of this book, to make my grandmother care more for herself rather than me and realized that it was her dearest dream to have someone to take care of.

I learnt to never assume what "someone's life should be like [...]" after that...

So, these stories should illustrate my view of lies.

I have a few more examples I could share, for example, if the same thing is proven to have been done despite being told otherwise, the fact that you did not intend to lie and get caught with a lie, but rather an experiment (which it is, just not exactly as being said), will help you.

It is possible that there is another way to deal with such situations which is simply to let yourself experience the event until it ends on its own, but then again, it is my firm belief that we have enough of that for the moment.

You can afford to be innocent, like a dove, with others which you appreciate, but this is, I believe, an understanding of how to be as "wise as a serpent", so-to-speak.

Finally, faith does help you and love does help you, though you may not see it at first, and you should, if you wish to apply this all, start by changing your life.

Using this practice as a substitute for life will inevitably lead to your crashing and burning, because you are not truly living life, unless the lying itself has become your passion.

Psychology calls this a case where the excuse of "the ends justify the means" fading out into the world of love of lying, and ultimately, absence of such happiness in any way, as is the destiny of such a journey towards power for yourself only.

The old name for what we have discussed is "defensive war", and it is not strictly speaking necessary, though it is something you can use without forcing anyone to do anything whatsoever, but merely affirming your right to express yourself, and to be loyal to what you love and to your listening to reality, and seeing the world change and exploring its garden, amazing, full of beauty, freeing, and at last, free and lovely.

What I am saying is, in short: "Tell the truth always when you have faith in others."

"Better to be hated than loved for what you're not" - to quote a song I like.

Epilogue

Finally, even our studies of the spiritual in this book are merely a subject. Having enough experience studying subjects, games, and so on, these are some of the ways to explore the world, mathematical patterns and areas.

Areas such as astrology, mathematics, biology, and so on. Descriptions such as "choleric", "sanguine", "phlegmatic", and "melancholic", or archetypes: "Gemini", "Mars trine Pluto", etc.

All study of humanity ultimately points to one thing. Many people truly don't like the idea of change, but I think if you were given a way to shine, despite being younger, weaker, and so on, you can.

This book uses a high amount of compassion to see various perspectives and bridge the gap between high and low, and indeed, all gaps between people.

There is no change proposed to how you should act, except the changes you will find if you wish to change how you think. All changes proposed in this book have to do with simply your perspective on matters.

The Internet is home to an increasing amount of the same kind of bubble that I have great experience bending so as to shine in real life.

In real life, however, due to the threat of physical violence and death, it is difficult to break through the walls of minds these days.

The Internet does, though, get you in a more relaxed state, and is, on a side note, a place where many post things you can trust, and document their

fields of research. Their perspective, and discovery into the spins of our universe itself on truths which go beyond laws of Physics, beyond all potential ideas of universes. [this is how I answer "What would a universe with different laws entail for all you say?"]

These are ultimately questions I wondered about when I was ten also, and have always been inspired to be interested in.

Because the Internet is an opportunity to go beyond bubbles. Even the best bubble is but a bubble, and most bubbles are rather places where the main personality suggested as "good", "socially acceptable", is one of sadness. One of fear, perhaps, or even one of control of others. Anger.

The last is especially quite the predicament, of course, as anger is, as Nelson Mandela said, and as I believe someone before did, "a poison you take expecting it to kill your enemy". All negative emotions are like this when not imbued with the protection and watchful eye of kind intelligence, ultimately, unless you are in fact surrounded by evil, as there are some children on our planet that are, in fact.

The best bubbles on the Internet would still have you ignore the one that is suffering to feel good, because you don't wish for your day to be worse, or perhaps, as some teachings advocate for, don't want to include that in your reality.

So, you ignore the "poor" who may have a bright potential, and who is, even more importantly, just like you; Or online, "insane person", because you want to feel happy, and often also want to be right together with your group.

It doesn't matter to you as long as you're happy, and everyone around you is as they are meant to be. Stagnant and cool. You are perfect.

In a seeming paradox, of course, if you are someone that spends time in circles where you often feel sad, and become like a ball of shame that gathers up things - that sucks up things - then giving some of these things up, and beginning to become happier will actually accelerate you towards the happiness you desire, whilst being sad would keep you stagnant.

You may then begin looking for the next empowering step and idea, and get up from that place where you lay, which you did not truly desire, and which you knew was not the best.

I have been rather depressed, and quite narcissistic also. when I was more little, and also scared and distrusting, yet here I am, able to relate to these three

general groups, seeing them to be still of one essence and, though this may be surprising, beauty, though these experiences may not be strictly necessary, and there is surely an even better way awaiting us when we wish for it.

I have written this especially for the comfort of those that may feel rather confused about the state of things in general, or saddened, or scared, providing a solution to sadness that does not leave one scared or aiming for control over life, while aiming to not create the split which often occurs then with narcissistic bubble-wrapped folks, because indeed, I too have some bubble wrap around my heart - until it is popped with a needle called love.

This is why I advise being able to sit still before you truly research spiritual topics. Love of silence and listening to yourself, and trusting your passions, knowing that you are not stepping on past you, or at least aiming to step less and less, clearing blindspots at the pace which best suits you, because there is, yes, such a thing as your pace for your individual purposes, and since you don't understand how much work something might take - something small turns out big, something big turns out small.

Love of silence is certainly useful, and to me a prize in it's own right, if you do become interested in some of the more advanced things we have discussed, advanced in a linear progression, like the spin of the Earth right, the Earth does not actually spin right.

You do not need to use some magnificent force to make the Earth spin left, because it is already spinning left if you look from the North Pole, vertically or diagonally at times from space, and considering time, as any lover of relativity will tell you, it is a spiral which is also kind of curbed, and this too may not actually be a spiral if you consider the extra dimensions proposed by String Theory - "may not actually" because we have not yet discovered these dimensions.

In a linear progression, it all begins from learning how to survive, and then goes to learning how to grow and evolve, learning how to create one's reality and take fuller responsibility, ultimately dealing with all challenges with the knowledge that one is not a victim, and this continues as responsibility reaches for the qualities of love.

This should not concern you when looking at others, and such a way of looking at things, like all personality tests and archetypes, are ultimately there to empower you. Astrology also is rather about what a day might be good for, rather than predicting your life, and becomes useful to one when you are ready to treat it mostly with a deeper love and curiosity.

I have been fascinated recently with the mistake Acrisius makes with Danae,

and one of the initial mistakes Hitler makes with the Jews, this judging of others by personality traits, and believing you know everything.

This is not the case, indeed. Though all points to a certain unity, that unity involves a lot of uniqueness and beauty.

This may seem strange at first to someone reading this for the first time. "Isn't unity when we are all the same?" - but that's the opposite of unity in terms of experience. You rarely feel unconditional love in such a situation, but rather a social feeling. Ultimately, what we are aiming for is full unconditional love, and full mastery of one's life, in the end.

Mastery is being able to be in any state you want at any time, without getting lost in it, or seeing it as some kind of exotic food, when it really is just childlike. It's a part of you, and that's what's beautiful about it.

I have mastered, for example, many negative emotions, and so I can go on places which would usually make one feel shame, fear, or anger, yet I am very happy and in a forgiving, loving, and listening mood because it was my unique thing to become this, while yours might be to go live in the woods and have a free and magical life that inspires others to have a happy life, because, though my life is rather happy on the external, I have willingly placed myself in a lot of challenging situations in a faster way than may be best for you, than may be the best use for your time, effort, and energy.

I have mastered many positive emotions, so I don't need someone to desire the completion kind of love, now, because I already have love, which is something you can, by the way, do too, no matter how you are going.

I have stated over and over again that true love frees you faster than a journey without help, and I am willing to bet my reputation in saying that all folks reading this, unless they are looking for ways to hijack things right now, are ready for such love, and even such a type is ready, if they take a small break from online control. Just sit with yourself for a little. If you are so great, don't you deserve it?

I ultimately believe that you don't need to feel pain from negative emotions to relate to others, and I can prove that since none of the words in this book are there to express a kind of pain, including the sneaky kind in philosophy books, the great self-depression of control without love, which ultimately dissolves control, but rather to hear the truth.

Futhermore, with sadness, a rather unique approach I take is to not block it, responding to it with repeating what I have learnt about why I don't need it, which has to do with affirming that you have infinite ability. I choose to

believe this even if perhaps a human's power in the world is limited by their nervous system, since aiming for perfection does get you fairly close, and most people right now want someone to be humble, yet also powerful, and to speak to them lovingly, in such a manner that does not encourage any self-disgust and distrust, though.

In essence, I have often, since I was little, in an especially conscious manner in the last year and so, played life like a game, and found answers which strangely enough lead me to believe that we don't need an answer!

It's just working together without end, change, and listening to the new. Duh...

These are not answers, but experiences.

Go out and live them. You don't need others' stories.

A great thank you to the virtual singer KyOresu for being brave enough to live her story even if it is not the story that is allegedly written in the stars for all, and for being a bright light, and a thank you to all of you, since your goodness, and the goodness of other communities I have looked at, ensures I see the Internet in a warm light forever.

Thank you to my grandmother on my father's side for taking care of me a lot when I was little. Without that I would probably have been sick even more and it would be much harder to have that base kindness without that. *I had a happy first five years of my life thanks to you and you alone.* Then, games and the fun things I watched online, which after two years had translated to fun in real life.

There are so many things to thank, I am just going to say: Thank you to the whole world!

I have noted various times theories of "What about other universes?" Perhaps, one day, in the distant future, humanity will not be playing simply the role of creative witness to what was already made, but will do things no one could even dream of today.

Despite the suffering, injustices, and so on there is a certainty, that does not stop change, which is out there, and there are many mysteries left with that, and many things that can be done.

This would be, though not a final answer as to questions like "What went on before the beginning of all?" or "How did darkness begin?", one way, one branch

of infinite, to turn all the suffering that has happened over the ages into magic. Unlimited, yet also able to limit itself, and ever so free, loving, and listening.

Bisous!