

Paper Tools #312: The Volume:

(Technique Type: Inner Access Control)

(A volume slider is useful for training control in beginners, and keeping advanced students from getting bumped from big bosses).

- (This one's potent, as well as easy and tempting to misuse, meaning I've also taken the liberties of distorting it into a gratuitously repetitive, politically, spiritually, and emotionally-charged wad of nearly-illegible recycling bin fodder, barely worthy of cradling the excess canola oil out of an order of fish and chips. When you become upset, remember I said this. Yes, heh-heh. This exercise is twice, if not triple the word count it takes to express the actual amount of information, most of which is entirely unrelated. This is for your own safety. Those not patient enough to complete this mini-boss may forfeit this technique and proceed to the next segment. You've been warned...).

Volume controls are...:

- A way to temporarily control the intensity of an emotion you are working on.
- A way to more easily visualize something very abstract.
- Occasionally useful in a test or battle (and goes well with early solving).
- Effective for anyone who knows how to change the volume on something.
- We have more comfort and faith in our devices than in our minds. Projecting that confidence onto a tool like this can be an inspiring feeling.

- *Again, noting the sensation is what counts...*
- *Semi-fun fact: Visualization is used by everyone, from athletes to witchcraft practitioners.*
- *Less-exciting theory: Perhaps natural adaptive propensity can be egged on by finding access to, and manually firing, a signalling mechanism in the brain...?*
- *More-exciting extension to the less-exciting theory: The human body is said to produce minuscule amounts of what is known as "endogenous DMT", an incredibly powerful hallucinogen. No one really knows where in the body it comes from. It's likely that certain meditative techniques make you into the production-controller or ration master of certain reservoirs, producing some of the amazing bliss states that can be increased over time.*
- *{Note to Danna: These italics issues we're having are getting less cute. Why is this happening again?...4.29.17}.*

Prerequisite:

- Last chapter's "pushups"
- A powerful imagination
- Noble enough motivations
- Quality warning-reading skills

You Will Need:

- Paper
- A pen or pencil
- Optional: Ruler
- Not optional: Solitude and quiet.
- If this is impossible, booth-style desks in public or college libraries are often the next best thing, provided you don't choose one shortly before mid-terms or finals. Exam week libraries sound like a flu factory, and reek of smuggled-in microwave popcorn cheese, lattes, and fear.
- Optional Alternative: If a volume dial is more comfortable to you, you may use a jar lid, but should still draw a labelled mechanism to attach it to. Do this for the first twenty times or so, until your body "figures out" that lids are also dials, and the rest of you figures out how to incorporate the revelation skillfully.
- I mostly say this because it's tempting to hop around adjusting a bunch of effects at random when you figure out how to. You might drift into other adjustments by accident, even.
- Placeboliterates, use with discretion. This isn't the time to be an Inner DJ. I know it works, and with a mind-body connection like yours, faster on you than anyone else. Stick to one effect at a time, not exceeding three per session, for a few months.
- Early on, if you get an effect you don't like, it really helps to have everything you're attempting to do written on the machine. That way, you don't have to tamper with a bunch of other things trying to set a mysterious accidental effect right again.
- You have words for what you did written in front you. You have a set number of possible settings to have to fix.

- Also, your body will see that, in addition to a bar or dial, you have a whole "machine" for such-and-such, which will help you to sync your body with the "machine" better. Being more successful at ONE thing early on syncs your body better, so less is more in the beginning.
- Your body will be, like, "Oh. That's what you wanted me to do."
- Consider this a light self-hypnotic effect, induced through the use of a deeply-engrained set of preexisting body understandings. With very little practice, this effect can be amplified. It can be easily accepted by the body as natural.
- I mean, how many volume bars and/or dials has the average person been within ten feet of today? I think, by now, your body at least knows what to do with one without a lot of conscious planning.
- As it turns out, that's what makes it the perfect tool.

Today's Awakening Reminder:

- Try and remember that normal healthy energy moves downwards, like digestion. Like going the bathroom, like rain, like sinkholes, and like getting a runny nose. Downwards.
- This theoretical energetic understanding is brought to you by my hit-and-miss understanding of Yoga, and by my own terrible past experiences.
- Often, I will read a Yogic text and tweak something healthy again after the fact. "Oh, that's why that happened," is pretty much my catchphrase, when it comes to the aftereffects of my many experiments.
- Then I'm often tempted to repeat the bad effect a little bit on purpose to determine if the correlation means anything or not before fixing it, which, I've learned, is a terrible idea in many cases.

- *I know of lots of terrible ideas, and how to avoid them now.*
- *When these techniques start working, the only thing you won't have to worry about is nothing happening.*
- *So, for one, DOWNWARDS is healthy. Let energy do that.*
- *You shouldn't have to force it. A cloud of activity is also fine. However, if it won't stop going up, it might already be too late to avoid my warnings. Never force your overall flow to do anything. If you know it's going up, LET IT.*
- *Snot goes downwards, eating goes downwards, and bathroom things go downwards. Life usually goes downwards to a degree. Gravity, right?*
- *And what goes up?*
- *Geysers, volcanoes...*
- *...plants, which are decidedly unlike mammals...*
- *...and vomit.*
- *This either happens when you're sick, pregnant, or struggling to incorporate something natural, like switching to vegetables after a prolonged strict diet of discount frozen pizzuritos.*
- *You'll feel better after feeling much worse first.*
- *So, for one, don't force it, and it should be running downwards naturally.*

- For two, force is an issue. Don't increase energy effects beyond a mental Inner force that is equal to what it feels like to move a door on its hinges with your body, for the first couple of years, at least.
- Use low power while healing, while using a magical fire or ice ability in the game, or while calming your interview stress with a temporary suppression technique. Just stick with "Ice Cloud A", and save "Group Ice Cloud Meteor of Doom XL" for NEVER.
- DOOR ON ITS HINGES.
- Not a very heavy door, either. Your bathroom or bedroom door.
- It's important to talk to grown-ups about awakenings so they can avoid taking risks, such as RUNNING TOO MUCH ENERGY INTO THEIR FUCKING HEADS.
- PLEASE PRACTICE ABSTINENCE IN THE FACE OF RUNNING TOO MUCH FUCKING ENERGY INTO YOUR HEAD.
- {Future Cat: Lee? Is that you helping with this Chapter?...9.10.17}.
- {Future Future Cat: Lee? Please don't talk to strangers like that. I'm getting sick of cleaning up the debris after the things you say. I swear to gods...9.22.17}.
- There is a Zen saying: "Before enlightenment, chop wood, carry water. After enlightenment, chop wood, carry water".
- This doesn't go on to mention that if cleaning your bathtub isn't mindlessly easy by the time you start on the path to enlightenment, it may become a near-impossible motor equation by the time you're a fraction of the way there.

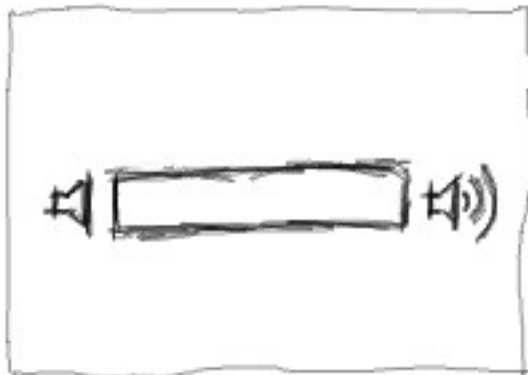
- An awakening is the beginning of the path to enlightenment, but few ultimately make it all the way there. Many, many, more get that thing where you're a crazy witch living by the woods outside of town. You know...the one the neighbourhood children probably theorize eats lizards.
- If you choose the path, my warning remains...Any skill you want to maintain fluidly, INTO an awakening, should be a fluid auto-pilot skill to begin with.

Is it dangerous not to work on the autopilot first?:

- Sort of, in my case. Not for everyone I hear of.
 - If you're like me, it will be super annoying and sapping later, if you don't.
 - I began to notice that simple weekly or monthly tasks were starting to feel like calculus.
 - Cleaning the bathtub wasn't fluid enough, and practically became something I had to plot out on paper in order to accomplish.
 - Daily tasks, like the dishes, on the other hand, would accomplish themselves if I held the body sensation for "washing the dishes" in focus, and watched.
 - I'll give you the light form of this triggered autopilot skill later. We still have a few more basics to run through.
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Building the Machine:

1. Draw something that looks like an empty volume bar on a piece of paper. Decorate it if you want. What matters is that your eyes are drawn to it, it is clearly marked as a volume bar, and that you focused well while drawing it.



Or



2. Choose something you would like to try changing the volume of and label it.

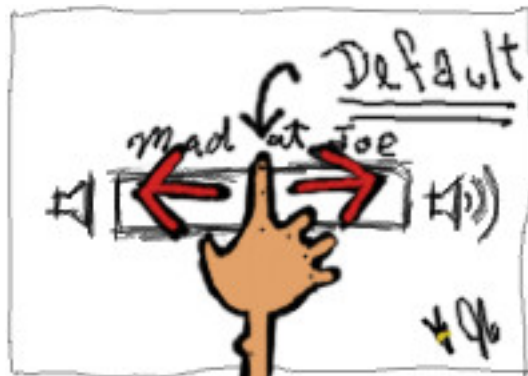
- *For the record, I do not know a Joe, nor am I mad at one.*

3. Draw a thick line indicating where you think your natural average volume is. This is your base volume.

- Your volume will naturally, mentally, return here when you are finished.

4. Use your finger, a pen lid, or whatever you prefer, as the slider, or a round lid dial.

- Start it wherever you think the current volume you're trying to change is likely to be.
- This is likely different from your base volume.
- Use your slider to very slowly increase or decrease your target sensation.
- Imagine it working. We're still just prompting the body to figure it out.



5. Releasing your slider, or the dial, will take you back to your base.

- Imagine this clearly as you're entraining your body.
- ALWAYS HAVE YOUR VOLUME RETURN TO YOUR "BASE", AVERAGE, NORMAL STATE.
- When I say "base", I'm nearly always referring to what you're used to.

Whether you believe in chakras or not...:

- (“Base” means “personal norm” when I say it, unless red-energied figures are involved in my statement).
- If I say “base” referring to “red elements”, I’m using the chakra system as an inwardly geographical, (and helpfully symbolic), map of the body.
- I am also using my body as my Story Game world map.
- My personal Inner world takes the visual form of an expansive universe, and my figures claim it to be shaped like whatever you call the geometrical solid with two cones base-to-base.
- The map is superimposed over my body.
- It’s vital not to do this lightly, as more intense body effects are likely to occur when you use your own body as a map.
- You might just be invaded by the Inner planet that makes your old knee injury hurt more. The end result should be healing and positive, but the invasion might be a physical pain in the ass in the meantime...
- The red chakra, known Yogically as Muladhara (and I’m not sure what it corresponds to in the Kabbalistic Tree of Life, but it corresponds to something) denotes the base of the spine. Ergo, “base” element, as my figures sometimes call them...as in “base instincts”.
- Using my body as a world map allows more communication between mind and body, when it comes to locating and clearing boss stages. It also generally makes the Inner effects I stumble upon more physical in nature.

- Perhaps it would be prudent to go mapless for a while, and leave such things to the intermediates.
- Stay in the beginner's field and fight living gelatin among the bluebirds and sunflowers for a little while, five feet away from a hot meal, a shower, and the most comfortable bed in the known universe.
- Yes, it's un-Canadian to use "feet", but I watch enough TV that "meters" feels unnatural in certain phrases. I suppose I'm pickier about cadence than strict adherence to the metric system. I did drop out of 4th year English Lit after all, and they did make me take poetry.
- So, give the map a little time. Earn your pilot's licence before making a journey over the Pacific. I'm mentioning it now so the systemic framework I personally use makes more sense when you read the story portion of this book.
- I still think it should be mentioned more than once, as the map provides excellent structure for navigating quests.
- After the field mice, through the cave bats.
- Games often give you a map after you've finished your training.
- Bear with me on RPG format. I know I swerve recklessly from video to tabletop and back. Believe me, it helps while playing an Inner RPG to apply concepts from both.
- The chakra system is a useful treasure map, whether you believe in chakras or not. However, be careful and respectful while using a system like this. Use it slowly, with care, and never use it to attribute value to functions.
- Believing the "base" elements have little value is like believing that protons have no value, due to their size, but where would we be if a mad scientist with a proton phobia hypothetically up and got rid of them all?

- Base elements serve an underrated, *pivotal*, function. Respect simple function as much as higher function. Without *them*, your reality would cave in on itself. Consider "higher function" in terms of *location*, *not rank*.
- (See, Everybody? I'm *really* going to make you dig for bits and pieces of my exercises. It'll be like sorting confetti alphabetically. Ideally, anyone irresponsible enough to use my skills for evil, or for stupid, will quickly scroll down to Danna's Show, thereby making the world a better place for everyone).
- The red base area is where the instinctive, reptilian brain functions *symbolically* reside, according to this map. Specifically *fight-or-flight*-level instinctual functions. "*Ass is on the line*" as in "*life or well-being is on the line*".
- *These functions in particular* operate *intelligently independently of us*, and function towards survival. Whether you believe in chakras or not, the chakra system works well metaphorically as a way to *categorize figure functions*.
- This red place may correspond with the *personal version* of the collective place Christians refer to as hell. Gluttony, lust, and wrath are *poisoned reactions* of the *unfulfilled creatures* of the lower chakras.
- Clear the creature of its *poison* and the "*sin*" ceases to tempt you, because the *real-life problem has been attended to*, and the *coping mechanism is no longer necessary*.
- Clear the *creature itself*, and a *larger, sicker* creature will take its place.
- The *sicker* the game creature, the *worse* the temptation. Remember, it's *just* an *avatar* for a conceptual and formless intelligence.

- Even in an analytical fashion like mine, Christians and other monotheists may not be permitted to do certain work on the lower three chakras at all. Please check with a designated religious source before working on the emotions of the lower three chakras.
- Due to a number of alienating behavioural reasons, anything residing below your solar plexus has at least a vague possibility of being labelled a "demon" in Story Game.
- This is due to the desires and fears we are encouraged to ignore in most societies, and how they snowball as we put more and more effort into ignoring them.
- This is an "Inner demon" as in "a personal problem".
- Yes, nearly all of the figures I encounter talk like that a lot. Metaphoric riddles are like their accent.
- I've found most "Inner demons" to be a temporary and curable state nearly only found in the lower three chakras.
- I personally feel it's imbalanced not to heal what we can reach. If you were roaming the forest and a hunter shot you with a crossbow, you wouldn't leave the arrow in your leg and let everything heal around it. Don't do the same with life's crossbow wounds.
- ...However, I don't want to upset specific congregations and their approaches to mysticism by not mentioning that there are places YOU PERSONALLY might not be allowed to go.
- There are, likewise, creatures monotheists probably aren't allowed to converse with in Story Game. I don't wish to lead you from your path, so take it up with an anonymous religious website online, or with the Kabbalistic Tree of Life.
- I'm a grey occultist who obsesses with finding a natural and scientific explanation for everything that happens to me.

- Sometimes I continue to doubt the repeated unusual evidence I'm given gratuitously, leading to hard feelings and ironically nasty side-effects.
- You may notice, I mention a lot of things I can't explain, because I find them to be the most fascinating. I also treat them with the most respect until I know why certain effects exist.
- Sometimes several effects evade understanding, after long-deliberation and study into possible explanations.
- Maybe one should adopt a policy of three strikes and you're out of scientific bases...and, yes, this is a baseball metaphor, but these bases rhyme with "sees".
- Just make sure you've covered all possible everyday reasons for it. I've accepted that the washer, dryer, and printer coming on by themselves could just be the wiring. It might not be paranormal in any way.
- Teaspoons of clear water showing up in a splatter pattern under a dry white roof, at an angle...on the other hand...bothers me, because I want to explain it, or label it as something, but I can't yet.
- Back to differences of faith...
- Depending on your religion, YOU might have to watch from behind the glass for a few things, and that's okay.
- I have a lot of Mennonite family, and frankly, I don't like to bring this stuff up around the devout church-goers. Call it an instinct.
- For the rest of you, if you're running out of places to adventure, and you think you're ready for it, consult your chakra map for more information.

Don't believe in chakras?:

- No problem! If you don't believe in the chakra map, most of it doubles as symbolic common sense that aligns with physical reactions.
- The cliché feeling of "butterflies in the stomach" is, for example, an emotional reaction that ALSO affects the stomach.
- Belief or no belief, the chakra map will confirm that sensations in your upper stomach and self-conscious states are related.
- This is usually quite obvious, common sense.
- Nicely compiled into a chart.
- People who dismiss it are tragically missing out on something amazing.
- The correlations the system presents us with can usually be ascertained by observation. Some connections are impossibly cliché. That's because they're so physically accurate.
- For non-believers, it's as simple as that. This is everyday metaphorical body stuff that we are all familiar with. Cliché, everyday, common sense. With a few extras that prove to be equally accurate.
- Do words "catch in your throat" when you have trouble communicating? It's on the map.
- The chakra system has no need to be seen as purely religious, magical, or even biologically anatomical, if that's what's deterring you. You'll decide what it is later on. After you understand what it does, you'll form your own opinion, no matter what I have to say on the subject.
- If you believe in the system fully already, just know that I treat its effects with the same care and respect as I do a real physical fire now. I advocate it.

- I may seem whimsical in method, but I doubt most unexpected effects for longer than I probably should. There is truth in the chakra system.
- It is, in fact, THE BEST dungeon map for Story Game players.
- Just read up on Kundalini Yoga a little if you plan to use it in a long-term, prodigious, athletic fashion, okay?
- The better you get at it, the steeper your potential pitfalls. Information is control, and control is your ability not to drive off the metaphorical overpass.

Chakra designation:

- It helps to have a regional chart stating that fight-or-flight figures are often colour-coded red, the colour of blood...Or that healthy communicative figures are often blue, the colour of a nice day, which is essentially the colour of "clearing the air".
- Remember, if you chase off your fight-or-flight figures, you won't have anything to protect you in real human emergencies. They contain unaccessed capacities.
- These should be slowly solved into skill figures you share control with, to improve conscious emergency reactions.
- Watching scary movies, for example, can give you practice tolerating your fight-or-flight reactions in a positive fashion. If you're used to being moderately frightened, moderate fear becomes negligible, reducing its future effects on knee-jerk reactions and overall stress.
- Work up slowly, if fear isn't your thing. Start with meteorological sea life thrillers or something.

- Learning to pour chips in the comfort of your own home, during an imaginary emergency, with your heart fluttering and your hands shaking, makes the body reaction something you can work with more easily later on.
- Don't be the leading lady in the thriller movie who throws a comb and a toothbrush at the killer, then begs him not to kill her while trying to kick him in the shin but missing. The one who wails challenges at a trained assassin twice her size, while fiercely wielding a spatula or a fern, in a kitchen full of sharp, visible knives. The one who trips over air and fear all the time, and dies slipping backwards onto an umbrella rack. At the very least, don't be the victim who allows the killer to go on his coffee break early.
- Allow yourself to practice skilled fear. Have access to your instincts.
- Again, those instincts are mapped at the base of the spine, and are coarsely primal. They can "save your ass" when you find yourself "shitting yourself from fear", etcetera, etcetera...
- As the red region is more in tune with natural function, some may even consider it a superior function. In reality, they're all necessary.
- In my case, I've found my figures to not only be shaped by their chakra classifications and regions, but quite loyal to them. I've seen rare switches, but they aren't common.
- Like a rainbow, they range from imperceptibly infrared to imperceptibly ultraviolet. Like our eyes, we can only fix our conscious "vision" on the ranges we can emotionally see.
- A boss out of its expected territory can provide important clues.
- Pay attention to non-regional foes.

- Lee, for example, secretly hid that his avatar was often an incubus, a creature who shouldn't technically be found at the green heart level.
 - An incubus is a creature representing the frustrations of unfulfilled desires and strange-appearing sexual hungers. Normally, such a figure would reside at orange, one above the base on the map.
 - An incubus is indicative of intense repression, not excessive satisfaction, as it takes the form of a fearful monster and not, say, prince of the mermaids, or some such fairy tale weirdness.
-

A note on stereotypes:

- Unlike people, figures don't need to wear uniforms to show what they represent or do.
- They choose their appearances, and corresponding chakra designation, to reflect who they are on the inside.
- This translates clumsily to the human portion of the mind.
- Unfortunately, humans who haven't passed Shadow Figure Level 0 yet, are capable of mistaking a fictional metaphorical creature for an accurate representation of another ethnic background or sexual orientation.

The Boogeyman Phase:

- I also call Shadow Figure Level 0 the "Boogeyman Phase". Ideally, we get over it long before our teens. Ideally.
- This is a binary phase, categorized by simplistic snap-judgments. A this-or-that, all-or-nothing, with-us-or-against-us, phase.
- Fearing strangers is healthy in a small child, but unhealthy in a grown-up.
- Most people are more than capable of passing Shadow Figure Level 0 without ever playing Story Game, and most have. MOST.
- A Boogeyman Phase grown-up is likely to believe that "foreign is scary, and scary is foreign", and fear things that are "impossible to relate to", both literally and figuratively.
- This phase is like the kid who refuses to share his birthday cupcakes, then binges on them with his two friends until he pukes, because today is about everyone loving him, not those other people. Us vs. Them.
- As far as I'm concerned, this phase is the main source of all of the discrimination left in the human world, not because its opinions are allowed, but because they're still treated as sane and valid.
- A kid might say his sister should die in a fire so he can have her room. If he said it as an adult, we would be much more disturbed and take it as a literal and valid opinion, but should we? Do all people grow up as a rule?
- Whether fearing those outside one's family or those outside one's culture, fear of outsiders is fear of the unknown.
- Fear of the unknown is hard to see for what it is. It disguises itself as a set of belligerent coping mechanisms. "I'm not afraid of it, I just don't want to look at it."
- Duh. That's what fear is.

- The Boogeyman Phase comes with a deep sense of the need to clump scapegoatable problems into one soothing category that exists somewhere at a safe distance.
- This phase can sometimes be heard in the springtime, uttering a deep mating cry of: "I'll tell you what the problem is...It's those damn _____".
- In this person's world, there are only two kinds of people in the world: Good people, and bad people.
- Yes, on their happy little bubblegum planet, good people likely, for example, ONLY do good things, do everything well, are beautiful on the outside, speak the local dialect well, are healthy, have a good job that they ALSO love performing, and everyone else who is good ALSO likes them.
- Or, you know, something equally "fun-house mirror".
- In this crazy place, boogeymen are everything that doesn't fit this intensely-specific category properly.
- Two kinds of people, remember?
- All those who don't fit this Boogeyman Phase person's arbitrary standards are now "bad". They are to be considered evil people who ruin all the good things that good people do, by being bad on purpose. This makes them a more comfortable target.
- By the Boogeyman Phaser's whacked-out estimation, if these people ceased to exist, there would be no more earthquakes or cancer. That's how bad "bad" people are to those caught in this phase.
- This person may frequent the karaoke bar while ignoring his wife for years, then find a way to blame the marital standards of Australian immigrants on her eventual decision to leave.

- He made an error, but only bad people make errors, and he's automatically the good guy, so he must not have made an error. That means that ignoring his wife and going to the bar was the right thing to do, clearly. He still loves her, meaning she must also be good... Meaning she's also right, just not as right as him... So...
- Who made an error?
- Ummmm.....Errrr.....Uhhhhh.....I know.....Must be Australia.
- They "tricked her into leaving".
- Or people who hate swimming pools did it, or people who drive recreational scooters did it, or dog owners did it, or WHATEVER.
- All the bad people got together on a forum and made the calculated decision to convince his wife to leave him.
- Clearly.
- After all, she's good by definition of his love for her, so she has to be right (just not as right as he is), so external trickery is the only remaining explanation for her leaving...
- This kind of thought pattern will never be said out loud. To spot it, take into account what can be observed in the nature and objective accuracy of hatred.
- If you hate something you don't understand, it is impossible to accurately hate it. If you hate something you do actually understand, it's due to understanding it, making your hatred reasonable, based on subjectivity, and accurate.
- Ironically, understanding individuals makes it impossible to lump them accurately with a group, meaning it is impossible to accurately hate a group of people without understanding each individual.

- *Objectively, people are unanimously subjective, so categorizing them is fully impossible. Therefore, to hate a group of people is to hate inaccurately virtually all of the time.*
- *You may consider a group's policies, and how much of a choice members had in enlisting to a cause. This may be more telling, but still not accurate.*
- *(You may hate a group whose function is to celebrate hating a group of people. It's exceedingly reasonable to hate the perpetuation of destructive inaccuracies. More than hated, though, the beliefs of hate groups need to be discredited as childish archaic nonsense).*
- *Remember. People who hate inaccurately are Boogeyman Phasers. They believe in two kinds of people. Constructive and destructive. Good and bad. Pretty and ugly. Healthy and sick. Princesses and Boogeymen. Two kinds, which are arbitrarily determined by one individual.*
- *This phase hates as a way to keep believing that its own actions would always succeed if "blank" didn't come along and maliciously fuck up the results. This phase has found a safe place to hide its insecurities.*
- *It has no apparent insecurities, as it has found somewhere overly-simple to shelve them.*
- *This phase couldn't find a rug to sweep the problem under, so it tossed its dirt and crumbs through a random nearby window. It then became upset with its neighbour for having a problem with its decision, deeming that person to be irrationally angry and unpleasant.*
- *Kindergarten shit, am I right? If this was still your reality after the age of seven, seek help.*
- *Appearance only truly acts as a team jersey on metaphorical beings.*
- *This doesn't just apply to obvious discrimination.*

- An Inner tavern owner is there to hear your problems. He is wearing a barkeeper costume, can always be found drying a mug, and is metaphorically expected to be a good listener.
- An Outer, physical, tavern owner is there to put his children through art school, or buy a new TV. Making the assumption that he'll sit through long tales of your divorce, before providing you with a life-altering witty anecdote, could get you any number of results.
- The worst are fictional people not written from a local perspective. They may be figurative beings, but they are literally dangerous. Many things in stories have no basis in fact, including human behaviour.
- Only those unwilling to examine such a figure for truth will believe it to be accurate.

Mixed Messages:

- A figure may wear a jersey to express related messages to you in a simple, yet stereotypical fashion.
- So let's make a stereotype up, as an illustration...Let's say you are under the mistaken discriminatory impression that all Korean teenagers are addicted to golf.
- One day, you ignore the part of yourself that wants to try golf.
- The part of yourself who wants try golf is then likely come to you in the form of a Korean teenager, or otherwise bring one to mind.
- Is your brain trying to reinforce the idea that all Korean teenagers like golf? Not at all.
- In reality, this only has to do with golf, and YOU not trying it, not Korea.

- The image stems from an interpreting error. It comes from your body's limited capacity to explain its desire to play golf to you.
- However, the association can engrain your mistaken assumption into your mind as a "truth", a little more each time it comes to mind, particularly during the Boogeyman Phase.

The Boogeyman Phase in its natural setting:

- During my earliest childhood memories, around the time I learned to piece sentences together, I thought there were only two languages: English, and that other language I didn't understand.
- Early childhood is where we all experience the Boogeyman Phase to some degree, not by choice, but through the sheer amount of new information we're trying to make sense of.
- It's actually important to question people who aren't your parents when you're four, so that a kidnapper or big dog doesn't carry you off. However, it's unhealthy to fear strangers for no immediate logical reason when you're twenty-seven.

Curing a prolonged-Boogeyman Phase:

- First of all, I'm already the bad guy to this phase after what I've said, so this will likely only get through to those who know Boogeyman Phasers, but aren't one themselves.
- The best cure to inaccuracy about other cultures is to access movies and literature from the actual culture.

- Watch a Korean film, not a Canadian film about Korea. It still won't be totally accurate, but it'll definitely be more accurate than your imagination was.
- Remember, when we meet metaphorical foreigners, we're actually meeting "foreigner", as in "foreign concept", as in "hard to relate to" or "difficult to understand."
- We ARE NOT encountering "foreign", as in "an accurate representation of somewhere else."
- Never, in fact.
- These metaphorical fictional people will only exhibit preferences and behaviours suitable for their metaphorically foreign "team". While you can enhance the category to include more specifics, this team will never be fully accurate.
- Not until it becomes clear that the only things ANY of us actually share in common are certain environmental conditions, and a nature of subjective individuality.

Will "eh" one day become the most sarcastic word in the Canadian Repertoire?:

- Probably. As a western Canadian, I hear this word just a little more than someone from New York might.
- It's quintessentially east-coaster when you hear a Canadian say "eh".
- Likewise, "aboot" is east-coast for "about", NOT west-coast.
- West-coasters often say "eh" sarcastically when we encounter things things that are a little "too Canadian", (or when we've been around an east-coaster for a long time).
- Wrong dialect. Wrong regional cultural peculiarity.

- Now, a hypothetical Peruvian man who speaks fluent English, but has never been to Canada can, as we know, possess only an understanding of his own metaphorical Canadian team.
- By his estimation, I, like ALL Canadians, probably say "eh" every third word, never utter anything rude, and douse everything I eat in maple syrup.
- This holds no truth for me, AN ACTUAL CANADIAN, but likely holds a lot of "truth" for that guy who has never been to Canada.
- Personally, I rarely touch maple syrup. However, when I do, I ironically prefer the standard American brands of semi-toxic corn-based sugar slurry on my waffles.
- Let's say this Peruvian guy realizes that I don't fit all of his standard Canadian expectations. In fact, I'm different enough that he can't possibly squeeze me into the "Canadian" category.
- Stumbling across me may make him now accept that two kinds of stereotypical Canadian exist: The polite syrup-doused eh-sayers, and the odd, insane, English drop-outs who write semi-rude somewhat-satirical occult literature.
- Stumbling across yet another Canadian, will complicate his team understanding further.
- Hypothetical Peruvian man meets a hypothetical pole-vaulter from Manitoba. NOW Canadians are very polite, very rude, or very normal people who may or may not enter pumpkin carving contests and like Tapioca on Saturdays.
- At some point, stereotypes will fail altogether, and collapse into the category "people".
- This feels horribly uncomfortable to a Boogeyman Phaser, as it is much less predictable, but it is the only accurate estimation.

- Every fiction is subjectively inaccurate about other people.
- It is only ever accurate about its author, and how its author interprets other people.
- Stories and TV shows present us with necessarily archetypal figures.
- This is to say they are not physical fact, but symbolic meaning which can produce causation-based physical effects far greater than those produced by any one human.
- So consider this...Every Norwegian you meet isn't like any stereotypical Norwegian, as stereotypes are always figments of the imagination, meaning stereotypical Norwegians DON'T EXIST.
- Stereotypes are as realistic as all the "facts" you know about mermaid princes and leprechauns.
- Think about it...Decades ago, a few people you don't know made up a bunch of weird and absurdly general classificational guidelines said to accurately explain millions of people, for any of several personal, monetary, AND/OR observational reasons, the quality and nature of which are now unknown.
- Some of these ideas come from a time when people thought drilling a hole in someone's skull cured seizures. In our modern world, people still accept these guidelines as true, and shoot each other over them on a regular basis. I mean...what the fuck?
- Stereotypes, as a fall-back from reason, are a lazy, erroneous, and vague classification system, often based on a few poorly-informed personal sources, before being transcribed into a biased potential wildfire of out-of-control fiction.
- Remember our summa chat? It's almost just like that.

- Each and every person you date can't be expected to be your perfect, exact, counterpart in every interest, hobby, and trait.
- No real human is capable of completing you the way the summa can.
- You'll never find that special someone who shares your interests in parakeets, bungee-jumping, collecting vintage whisky bottles, strict sobriety, strawberry jelly, the taste of Natto with ketchup, tennis but not badminton, rain but not snow, running but not too much, your plan for adopting three troubled teenagers in precisely five years, ravioli, werewolf romance movies, swimming in the ocean, wombat documentaries, licking caramel pudding off of freshly manicured feet, the smell of burnt rubber, cryptic crossword puzzles, and micro-lending weekly to poor aspiring llama farmers.
- Your summa will be this "person". This figure is a navigation tool for mate selection, as well, remember. It operates on the principal of supply and demand, seeking close matches.
- To be clear, these aren't my interests, but might be hypothetical Joe's.
- Refresher complete.
- ...So...
- You remember that a person can't be expected to be exactly like the summa.
- Now, similarly, no real human is capable of fitting your perfect, exact, expectation of what a person from, say, China is like, especially if you aren't Chinese.

- None.
- Your expectations are fictional and limited, and neglect to take individual peculiarities into account. All you can evoke are cultural peculiarities from the concept "China", and the ones that are going to stand out are the cultural peculiarities you don't immediately share.
- Were you expecting our hypothetical Chinese woman to be reading from a copy of Tolstoy? Did you know that she snowboards whenever she can? Were you expecting her to have a stepfather who loves burritos? Did you know her favourite vacation place in the world is Wyoming?
- If no, why not? What did you expect?
- Should you have expected anything?
- Clearly this woman evades quick classification.
- Does this make her harder to understand? Yes? Good.
- You didn't understand this woman to begin with. See?
- Does this make her the most complicated woman in China? No!
- Everyone is this complicated.
- After this, we still barely know anything about her. Does she have a dog or cat? What does she think of classical music? Is she a fan of camping? WE DON'T KNOW.
- She's just a normal woman operating as a normal woman under a different set of cultural greetings and cultural norms.

- Your figures, and your brain, merely want to simplify her into a data set that makes immediate sense to you.
- Placing the onus on a real human being to fit a limited Inner image is unrealistic, and uncomfortable for everyone involved.

What does a fictional villain look like?:

- Here is another unfortunate Boogeyman Phase example...
- Thankfully, the problem seems to be changing for the better since the turn of the millennium.
- Bad guys in cartoons are often unhealthy scowling people with sickly discoloured skin.
- Metaphorically, this is clearly meant to reflect the character's Inner weakness, sickness, and depravity by extension.
- Unfortunately, most small children have a less-than-ideal grasp of the use of metaphor. An evil heart is clearly the main cause of unibrows and jaundice in the cartoon universe.
- Physically, this unhealthy villain figure trait reinforces the judging of books by their covers.
- The trend in no way means that all pale, unhappy, sick-looking people you meet are also waiting to dangle your fiance over a tank of sharks.
- It also, definitely, doesn't mean that all pretty, healthy-looking people are heroic and virtuous pillars human perfection.

Cause and appearances:

- Never mistake appearance as cause in a human, and always question appearance as a cause in a figure.
- If appearance doesn't equal a cause in a figure, the figure's appearance may be covering up a cause.
- As a simpler example, if a figure has demonic horns, and you grew up believing that people with horns are demons, and demons are evil, the figure is either A. Not good, or B. Not mentally well.
- ...In other words, "bedevilled", or some such shadow riddle term...
- However, such a metaphoric connection shouldn't cause you to stop speaking to every PERSON you see dressing as a devil next Halloween.
- After all, their costume means little about the actual person. A person dressed like a salt-shaker will likely demonstrate normal sodium levels. A woman dressed like a mermaid may enjoy potato chips more than kelp, and will drown if you abandon her in the ocean.
- And a woman who comes up to you as a Canadian is probably tired of hearing about syrup and Canadian bacon, eh?
- Really, why don't we just call it "ham", people?
- It's good, sure, whatever, but not "Canadian nationalism" good, you know?
- I can't even think of a single restaurant in town that actually has it on the menu.

Still struggling?:

- If you still find ANY other group of people disturbing, on ANY level, ask yourself which fictional figures you've encountered for this group.
- Have you only come across one extremist stereotype based solely on the fears of your home culture?
- Every culture has a negative figure or two that has been twisted into a common stereotype by mistake.
- Watching certain foreign films from the nineties can give you the general impression that all Caucasian people are spoiled, unhygienic, over-social idiots, who eat twice as much as anyone naturally should, and have no respect for the boundaries of others.
- While this is true in some cases, these movies forgot to mention that some Caucasians are skinny and short, think Canadian bacon is overrated, use the word "eh" sarcastically, and prefer tomatoes to green peppers...but not all of us. Imagine that.
- Note that the impression happens and worsens through the metaphorical figure.
- Note that the impression gains complexity through meeting and conversing with ACTUAL foreigners.
- The stereotype figure might change in appearance from fiction to fiction, but it comes with the same messages and tone, and is therefore the same archetypal construct.
- If this metaphorical figure becomes well-televised enough, it will become the general localized opinion of what a Caucasian person is.
- Two cultures might never meet, yet believe they know each other based on one wrong cultural example, the one who shows up in a few too many movies.

- That plaid-clad, syrupy apologetic Canadian beer-drinking lumberjack, eh?
- Contrary to popular belief, our police officers only dress in bright red, throw on ranger hats, and ride horses around, for one parade a year. Probably more parades in large cities, which, contrary to popular belief, we do have.
- I think every classically-uniformed Mountie I've ever seen was also holding a flag, and travelling at about one mile per hour behind a float for Miss Penticton.
- One wrong filler character can screw with your image. It can project a harmfully inaccurate message, making any culture look dangerous or idiotic...
- If ten Canadians flew to the Philippines and started setting everything on fire, all Canadians might be labelled arsonists in the region.
- Maple leaves would appear on Filipino dramas, riddled with skulls and torches. Canadians would turn in their plaid for leather jackets and spike collars.
- Did you spot the bonus stereotype in the previous sentence? If you did, good for you!
- Almost no stereotype is immune to transformation. Spike collars may be one award-winning sitcom away from becoming iconic of nursing home volunteers.
- ONE CHARACTER WITH SEVERAL FACES.
- Watch out for Inner stereotypes. This special kind of figure has the power to transform millions of people into one general message or cause. It's almost the anti-summa.
- Remember this. A single reality show or movie could make your culture the enemy.
- How? Don't roll your eyes. Think.

- Not all Germans are Nazis, not all paper carriers are gnome vandals, not all Muslims are terrorists, and not all homeless people with schizophrenia carry cardboard signs around and think the end is near.
- Group assessments, especially outside assessments, are fictional.
- Fiction distorts perceptions.
- I mean...would you say that the goals of your country or religion are identical with your own in EVERY single way, NO matter WHICH leader is in charge, regardless of WHAT policies change or stay the same?
- Likely, NO.
- Would you say that you're just like every other one of your "kind", and fully loyal to each and every one of them all of the time?
- Hopefully, NO.
- Our fictions tend to assume a level of group loyalty in foreigners.

How individual are other people?:

- A good gauge of any other person's state of individuality is your own level of individuality.
- Every human is as individual as you are. They are just as individual as each of your closest family members and friends are.

Improper use of fiction:

- Globally, we seem to be good at using fiction haphazardly, as a mode of personal healing, but still somewhat poor at directing it towards social healing.
- Let's say you're an American. If whichever president is in office at the time gets hit on the head one day, and accidentally bombs Greenland, will you accept personal blame with the rest of your culture?
- No.
- You'll say you don't know why something so senseless happened.
- Maybe you'll hold a vigil, even.
- However, if you go to other countries, shortly after the event, you might be assaulted as though you planned the tragedy yourself.
- You are BEING MISTAKEN FOR A METAPHORICAL FIGURE. A metaphorical American. Everything a stereotypical American is. A figure that identifies you as being nothing more than a representation of the actions of your culture.
- A figure that also often identifies you as being like a consistent molecule of your current leader's overall makeup.
- This president's overactive Inner figure can detached itself into a cause more powerful than the person it came from. That figure is now a jersey Americans wear when they travel abroad, whether they mean to or not.
- Let's say whatever Prime Minister of Scotland at the time accidentally destroys Greenland, instead? Hypothetical shift. It wasn't "America's fault".
- Will you still be nice to Scottish people, while blaming whichever leader, knowing they didn't personally make the awful decision, or will you hypocritically identify them as being the same as their Prime Minister's error?

- If a particular negative figure image supersedes all other images of your culture, it may be what you are initially judged on while travelling overseas.
- Whatever country you're from. Our hypothetical Greenland situation is "your fault" via your home country. If the negative image is the strongest image, it means that you are now just a Greenland-hating bastard while away from home, whether you are or not.
- Discourage this kind of demented judgment by counteracting it in yourself. Encourage yourself to think subjectively.
- Watch movies from another culture to amass a balance of somewhat more accurate figures.
- Realize as you do this, that despite a person's religion or country, each person is just a normal person, and normal people are complex.

The Inner species:

- However...and this is just as important...a figure is nearly its own stand-alone species with stand-alone motives.
- Their anatomy is something more like a meaningful concept cluster, or an organizational pattern, than the parts of a figure's "body" you see.
- Figure structures can even be non-cultural and non-religious. Consider the Napoleon Complex, the theory which states that short people are angry control freaks, and angry control freaks are short people.
- Isn't generalizing something into two categories simple?

- Tall, calm, short, psychotic. Yes, just like how eyelashes grant wishes, but only when you blow on them, and mirrors attract thunderstorms.
- Socially upheld ideas about life in some circles.
- Another example...Let's blend some religion and culture, but let's be safe and make it a problem that doesn't exist, so I don't upset people.

Clownicidal rage:

- Let's say the world's clown sighting problem gets a lot more out-of-control after being declared sacrilegious for some reason.
- Suddenly, some nefarious evidence comes out into the open, and dozens of British church officials are charged with a rash of religiously-motivated clown knifings.
- Devout Christians in Britain will suddenly all be discriminated against as a result.
- It doesn't matter which of these people had nothing to do with the murders, and it doesn't matter that they disagreed with murdering clowns when they eventually heard about it.
- The culture, the individual, and the cause are easily confused with one another.
- British Christians in general would soon find themselves to be stereotypically grouped together and slandered together, as a group of no-good clown-haters.

The dual error:

- This provides a dual error. It removes culpability from the individual, and places a watered-down version of blame over a general population.
- Let's say one guy thought clown murder was great. Five followers agreed, and carried it out.
- The Boogeyman reasoning chain behind the followers here is likely something like: "Clown-Killer One is a good Christian...Christianity is correct...All Christians are correct by extension...Those clowns aren't Christian, meaning they aren't correct...This means they're going to hell...This means they're irredeemably "bad", as much so as serial killers...They all go to the same hell as serial killers, with all the other non-Christians, after all...Therefore, the first guy must be right. All clowns are subhuman, and should be destroyed for the betterment of Christianity."
- The perpetrators then conveniently enlist other Boogeyman Phasers who assume all Christians to be "good" people who look out for their own, to hide themselves behind the purely-fictional plausibility.
- They quickly and safely escape punishment.
- Meanwhile, thousands of actually-adherent, pacifist Christians suffer slander, ridicule, and abuse for what happened, even while actively opposing it.

Don't water it down:

- When one Canadian robs a gift store in Singapore, Canadians don't all get together and pay a small fine. The individual in question does.
- When a violent Muslim does something horrible, we likewise shouldn't place culpability on all Muslims, EVEN, irrationally, including devout pacifists.
- Every act of violence should be treated this way. We should track down the specific psychotic bastard or bastards in question. We shouldn't go after innocent people

trying to live gentle lives because they hold a tenuous connection to the ones who hurt us.

- It upsets me when I see this kind of stereotype figure ruining the lives of people who are in no way similar.

Tips on accurate hatred:

- For one, you can't accurately hate a group of seemingly-similar people, unless you understand its individuals in their entirety.
- For another, you can't accurately hate anything, if you haven't seen the good in it.
- Inaccurate archetypal frameworks are deadly. Guns don't kill people. Metaphors kill people.

Metaphor woman:

- It's easy to hate someone who swears at the bus driver until you find out she once opened a home for orphans with disabilities, and had just been through a divorce.
- Maybe you'll later learn that the home for orphans was responsible for illegal human drug testing. Maybe you'll hate her again...
- Until you discover the testing was being done by a competing organization, without her knowledge or permission, as a way to discredit her and take funding away from her life-saving foundation...
- Then you'll like her again...
- Until...

- *Fill in the blanks.*
- *To figure out the actual whole story is to have quite a bit of not-immediately-apparent information, is it not?*
- *Clearly, you made a stereotypical knee-jerk assumption that the "kind of woman who would argue with the bus driver" was an asshole, wholly an asshole, and nothing but an asshole, based on limited data.*

Tips on not being hated:

- *(For one, don't write semi-offensive occult literature from a Canadian perspective, while also neglecting to use the metric system).*
- *For another, try and remember that it is a metaphorical figure that makes you look bad.*
- *There is no use taking personal blame for a figure that only defiles your culture.*

What we can do...:

- *All you can do to solve this as an individual, is to evoke an archetypal "miniverse" that represents your culture, sports team, comic book store, or religious group, in a better, more accurate light. You need to then share this figure with other parts of the world.*
- *The figure needs to be sympathetically celebrated.*
- *It needs to replace or correct negative or outdated estimations.*

- It must be lovable and realistically flawed.
- It must never present itself in an exclusively depressing manner, exceeding dark humour.
- Why?
- People must feel jealous of it on some level to form the right association with it. They must romanticize it, not just sit uncomfortably in front of a screen for a few hours, then give it two stars before signing a petition.
- Yes, dark and morose figures should be part of the fiction, but not the fiction itself. As far as I'm concerned, tragic immersion must not exceed the fiction in a fiction.
- This happens in all sorts of places, from fictional stories about people lost in the wild, to stories about alcoholic philandering businessmen.
- But remember, this is like a "miniverse" of self-contained meaning. What you see is what this world holds.
- Some fictional worlds are "hells". No moments of hope. No moments of connecting. The world and everyone in it is either vile or suffering. All unpleasant brain chemicals. Every nice memory or kind act ever performed simply wiped clean from the tiny fictional world.
- Depressing and aggressive messages from a full cast of perpetually miserable characters are like the sadness version of a horror movie jump scare, but no one starts the movie hoping for it.
- I'm talking about those historical movies or ocean survival dramas full of (albeit reasonably) morose suffering characters who endure constant hardship.

- You know those movies, where only one slightly uplifting thing happens during the whole three hours, it happens during a snowstorm, and it still leads to the deaths of several starving orphans?
- This may be made up, or even tragically accurate storytelling, even, but as we know by now, no effective story is actually like real life.
- Mistakes can be made in the reverse as well. We shouldn't treat a fictional figure as too human. It epitomizes part of what it is to be any human, not any actual human.
- The mistake is sort of like treating heart or kidney function as a human being in itself.
- It may be there, and it may be human, but it isn't A human.
- Perpetuating one mournful or argumentative tone is like hiring one mournful or argumentative Inner actor to play all the roles in the play.
- If we don't celebrate anything in our fiction in any way, its tone becomes a different kind of unrelatable figure. This is an archetypal depository of tragedy and loss, and may evoke a matching figure in your audience.
- One tragic tone isn't enough. You need a spectrum of depth. You need a spectrum of human brain chemicals. The hero alone is not enough.
- You need to allow a figure to come in and lighten the gloom. You need one to remind us of our morals, and one to remind of us our own petty weaknesses. One to be innocent and one to be wise. One to be nurturing, one to be cruel. Everything in between. Let the figures in, to be and to balance the story, or you won't have a story...Demonstrate the whole human range in a story, or be mistaken for not possessing it.
- Ironic note: Demonstrate polar extremes, and be mistaken for their inward opposites in many cases.

- *Comprehensive barrages may get your data across, but not your message.*
- *Do keep it accurate, but be a storyteller before being comprehensive. Let the figures involved express themselves fully.*
- *Appeal to people's brain chemicals. All of them.*
- *Not just the sad ones. Or just the happy ones. Or just the angry ones. Or just the informative ones. Flash to the past, or another timeline if you have to, to find a full range of emotions. All brain chemicals. Not just oxytocin. Not just cortisol.*
- *Appeal to all of them, to appeal to the fictional world underlying the person to whom you're trying to appeal. It's ineffective to polarize a fiction in a human-like fashion.*
- *For example, can you think of a good comedy routine with fully optimistic and entirely nice humour, in which nothing bad happens? If you can, it's beyond rare.*
- *Both poles must be addressed. Without a balance, the wrong feeling can be evoked.*
- *It can even come off awkward or creepy if mis-placed.*
- *It's kind of like giving a wedding toast that quickly devolves into a full-blown memorial for the bride's second cousin followed by a reminder not to stray into rattlesnake territory.*
- *Said toaster's preoccupation may be all-pervasive...but there are times and places.*
- *As each fiction contains its own emotive "miniverse", television dramas with at least occasional levity feel less like self-contained "minihells" of universal, perpetual, solemn suffering.*
- *This kind of storytelling can be found ANYWHERE. I've seen crime dramas about rich people living in beach houses that were depressing "minihells". Do I remember names or events in these shows?*

- No.
- By the tenth episode, in an effort to get through what I'd started, I played games about cooking lobsters and tacos while I watched, or did dishes as the shrill mournful whining ran like a parking lot full of air brakes in the background.
- I had so few fond memories of any of the spoiled, wealthy, nasty, evil, gun-wielding stress-bags on screen, that I wouldn't have noticed if they'd picked one or two of the bastards off. No laughs were had. No good times. No hugs. No jokes. No loyalties. Nothing meaningful. No quirks. Just crooked investors, murder, and the endless cacophony of well-educated men stammering fearful threats at one another.
- Tragedy exists in life. It's vitaly important for informative or tragic tones to be shared, yes, but people will tend to ignore you if you drop them haphazardly or excessively into a pivotally wrong context.
- In a fiction, the cast of protagonists ultimately decide what the tone of their entire universe is like.
- A fiction is a small number moments, adding up to one overall ETERNAL tonal "miniverse".
- That scene where some dude washes his face might be 1% of the fiction's overall emotional existence. Treat the "miniverse" with respect to get your point across. No good fiction is 100% desolate.

Complexity of character:

- The figure needs to be complex enough in nature to reflect your province, ballet academy, or town hall well.

- Remember that it's normal to see yourself and your own everyday customs as "normal". You need to understand other backgrounds well enough to understand where your customs differ as well as intersect with other people's.
 - Stereotyping yourself can happen as easily as being stereotyped by others.
 - If I were to believe to my core that all parades everywhere have Mounties in them, because I'd never seen an international parade before, being sure doesn't make me right.
 - Being wrong will reflect on all Canadians when I get to a parade in Sweden, and ask where all the Mounties are. I'll be making Canada look ignorant, as the only Canadian at the parade on which people can make assessments.
 - This effect can be made much worse if this assumption makes it into a novel or movie in any country.
 - Ignorance isn't your friend unless it comes with a modest, respectful, or apologetic desire to learn away the ignorance.
 - Reflect individuality and range of emotion in all humans, and their connections to one another. Create a "miniverse" others will want to visit.
 - Do this well, and the world is in a position to see you as YOU see you.
 - Do this well enough, and the world will contort itself to fit your fiction.
 - Hopefully not mine, but maybe yours.
-

Inner regions:

- Look for your figures in the right places.
- Evoking a deity tunes your "mood" sense to its symbolic meaning, which can change your headspace, which can literally change the space you are in on the Inside.
- Thinkers, writers, scientists, holy figures...
- Picturing them evokes a mood. Evoking the mood encourages a slightly different quality in behaviour or thinking. This changes results.
- Figures, evoked from the evoked person's mood, are likely to epitomize the chosen person's qualities.
- This is the first step to locating your first "Trusted", though trust should also be time-tested.
- A figure requested via the figured representation of someone you admire will usually wish you well, while others may wish you other things, like constructive hardship.
- Honour all figures, and question every figure's potential for truth, whether directly or indirectly.

Ups and downs:

- Generally, to get far "up", you need to be willing to explore your lower range as well. Think of it as a sound wave.

- The top and bottom of your experience should mirror each other.
- No one should be happy all the time or sad all the time. No one should be asleep or awake all the time. No one should be running a marathon all the time, or laying down all the time (if there isn't a medical reason). No one should eat all the time, and no one should stop eating altogether.
- There is an ideal natural scale or range for everything, and it normally fluctuates.
- Likewise, a trampoline will only bounce you upwards if it can sink down first.
- There is nothing innately "bad" about negative feelings.
- Think of it this way...How much differently would you feel in the following situations...
 - A. After coming home, after driving on a nice day
 - B. After coming home, after driving in the rain
 - C. After coming home, after walking in the rain
 - D. After coming home drenched after walking in the rain, while carrying a jug of milk and a backpack full of canned tomatoes
- Now...

- At first glance, tomato walking day was definitely the "worst", however, it was likely proportionally pleasurable to get back home.
- The cold, discomfort, and aching made that first step through the door better than the finest lobster in butter sauce.

The "con" of "pros":

- Why can't the pampered society we live in seem to be happy? It's simple. We aren't going through the correct discomforts.
- The most powerful kind of pleasure is relief. This is hard to achieve without something TO relieve.
- Some of the worst boss stages and traumas produce lobster dinner pleasure when you relieve them.
- Therefore, producing nothing but pleasure should be seen as illogical. Producing only pleasure doesn't mean you'll be happier. It simply decreases your range.
- If you were unpleasantly cold, and now you're pleasantly warm, the resulting pleasure is equal to the difference between the two states.
- If you were comfortable and warm the whole time, your resulting pleasure will be equal to the difference between being warm, and being equally warm. Likewise, the pleasure of finally putting down a heavy case of canned tomatoes probably hasn't even occurred to you.
- By staying in comfortable luxury, you've missed out on some immense pleasure.

- No pleasure for the indefinitely comfortable.
- Strangely, this actually has something to do with our actual exercise.
- A volume bar can't give a person endless pleasure, because endless pleasure paradoxically leads to stasis.
- Pleasure is a kind of comparison.
- Therefore, I warn you as hard as I can, in seeking perpetual pleasure, YOU CAN ACCOMPLISH THE OPPOSITE.
- Jamming lobster pleasure can and will summon the anti-lobster.
- New age stuff often gets in the way when it recommends neverending positive thoughts and pushing away anything negative.
- This is mere lobster-jamming.
- However, by the time you realize you were using a temporary fix, the charlatans are gone with your money.
- Avoidance is a form of lobster-jamming. If you are using avoidance as a lobster-jammer, seek an anti-lobster to feel more alive. Challenge yourself.

- Habitual comfort creates a stasis, both in highs and lows.
- There is nothing pivotal to seek, so nothing pivotal is found. More of the same only cements the stasis.
- Everyone has a different kind of avoidance. Ironically, avoidance can include keeping to oneself as well as excessive socializing. (Note: Avoidance of physical pain is different, as it is the basis behind shock collars, so keep this in mind, and don't exceed discomfort).
- Don't be influenced by what others find healthy for themselves. One person's act of comfortable avoidance, is another's brave boss confrontation.
- Don't lobster-jam.
- At the very top, there is no looking up.
- I've produced feelings you can only dream of...
- Feelings that are "perfect".
- Now almost nothing the material world can offer can please me.
- Possessions, fancy meals, pleasant locations...
- Most repeated pleasure is a bore.
- I feel the ideal of a celebration better than a real celebration feels.
- I feel a state of perfection that reality can never achieve.

- What do I value, now?
- Conceptual things. Idealistic things. The choices of others.
- Unexpected things...detours crafted by the minds and wills of others.
- I can only enjoy concepts I can't reproduce, and the minds that create them.
- Yes. I can produce feelings you can only dream of...
- I also produce feelings you would do almost anything to lose consciousness for...
- Both are required to sustain each other.
- Don't lobster-jam.
- I've produced feelings you can't even dream of...
- And at the top, there is no looking up.
- Don't be a reckless asshole like I was...
- Don't put on the Red Shoes. You've been warned.

Suggested volume bar applications:

- For emotions that are too "loud" to identify easily.
- For emotions that are too well hidden to hear properly.
- As a component to a more complicated machine (coming soon!).

Not intended for use with real sound:

- WARNING: The volume bar is, strangely, not intended for use with actual sound until you're somewhat beyond my own level of mastery, which I achieved at about TWENTY YEARS IN.
- Leave sound alone. Just LEAVE it.
- Screwing with the volume of sound sucks.
- Making your neighbour's dog or your roommate's cough weaker isn't worth it becoming louder as you learn.

- *I learned my lesson quite painfully when my Mom developed a lengthy cold one time, while I was staying with my parents after breaking up with my fiance.*
 - *To trigger something quieter, you need to learn to trigger something louder as well, which turns out to be a lot easier.*
 - *This happens naturally when you start screwing with turning the volume down on purpose.*
 - *Louder takes weeks, but quieter takes years, and they are a package deal.*
 - *When you trigger something "loud" in the long-term, making it quiet again involves either masking it with other sounds or learning complete sensory withdrawal.*
 - *(I'm talking about dentist-puts-you-under-level sensory withdrawal).*
 - *I'm working on it because I have to. You DON'T.*
 - *For the record, I think I may have made some kind of verbal agreement with a figure as well before developing this one.*
 - *Don't encourage anything if you aren't ready for a dose or two of the opposite effect.*
 - *Daredevils, you've been WARNED.*
-

Pioneering is hard work:

- Don't take my broken state to mean I don't know what I'm talking about.
- In case you don't remember, I don't usually try and hide the areas in which I'm a complete amateur. I'm hands-on. I tell you what I observe. I tell you what I experience.
- I'm the pioneer. I teach you how to use a safety harness because I originally learned what happens without one, and how to be damn sure it doesn't happen twice.
- That being said, it's better for you to ignore me altogether than for you to use my techniques while ignoring my warnings.
- OF COURSE I feel like shit after all my trial-and-error learning adventure. After my awakening adventures, especially.
- My suffering can easily be reproduced, on any one of several half-assed e-mag-style dabbler-Yogic websites.
- You know. Purple font. Vegan spring rolls.
- The kind of place where they teach you to turn your brain into a science fair volcano in ten easy irreversible steps.

- Some of the worst possible damage you will likely incur while doing Inner work will come from first-year beginners with careless blogs.
 - They often say that something CAN'T hurt you simply because it hasn't hurt them...YET...
-

Notes on avoiding ascension, or worsening ascension symptoms:

- As with other techniques I teach you, don't go full power. Gain control first, then gain power...then NEVER use full power.
- Bulked-up power in an uncontrollable upward direction is what can trigger the nine year pregnancy, based on the general consensus I've found.
- If you gain control before you have the power to produce these effects, these effects should be your choice to produce or discourage.

Care is no guarantee:

- Some people develop the nine-year pregnancy after practising kung fu, or studying too hard for mid-terms. Some people are prone.
- Call it mystically fertile if you'd like.
- If you follow all my advice and still develop ascension symptoms (time dependent on remaining issues) then you were especiallly susceptible.

- *Some are.* An awakening seems to be a natural function in some people. One that improves overall health, but takes a very long time to accomplish it.
- *It's a round-about good thing...*
- *However, the severe changes are simply not a good fit for anyone wanting to live a normal, successful, life.*
- Consider how a decade of maternity could impact someone's life.
- This isn't a disease. It's like a new horrid layer to adulthood for natural mystical and shamanic types that breaks into new layers of bliss after producing an array of terrible symptoms.
- It can create a strange new set of priorities. Most people come out of it nearly incapable of harming others.
- The question to ask yourself before purposefully ascending, is whether you are willing to enter a process that feels much more severe than puberty all over again, while potentially lasting for over a decade.
- Disillusionment will sting like the hard lessons of childhood. Moods may fluctuate more than a teenager's. Body aches will emerge like your spine and chest are having a growth spurt. You may experience vomiting, insomnia, fatigue, and food cravings like pregnant women talk about. Sometimes symptoms are intense enough to keep you bedridden.
- The process produces tremendous emotional and physical upheaval, but unlike puberty, no one around you has been through it, and everyone only wishes to reverse it.
- You can't heal knowledge.
- The "illness" feels natural.

- Sometimes beautiful new colours or sensations will arise. Feelings superior to body feelings blossom out of painful adjustments. Feelings far more perfect than a first kiss, or a graduation day.
- The negative symptoms feel painfully natural. They feel as natural as menstruation feels to a woman.
- Many medications designed to alleviate my symptoms behave in erratic and abnormal ways in me.
- Ascension takes longer than you hope, causes prescription-worthy suffering, and is belligerently combated by anyone outside of you who encounters it.
- The more they love you, the more determined they'll be to stop this process.
- Yet, without completing it, a tremendous range of human possibility and healing is lost.
- Once it starts, you can never be the same without it. If it's removed from you, even temporarily, you will mourn it.
- The ascension effect can bring you bliss, empathy, and emotions you've never felt before...allegedly even enlightenment...
- But doctors will continue to drug it as a disorder.
- Loss of material interests will be seen as pathological, after you experience perfection and become dissatisfied with the impossibility of perfection found in possessions.
- Lack of progress will be blamed on drugs not being at high enough doses.

- More dissatisfaction will lead to more drugs will lead to less perfection, which will lead to more dissatisfaction.
- Just know, once you start, the process will be outwardly discouraged from taking its natural course at all costs.
- There are a few skilled individuals with doctorates who counsel for it, but they are obscure and expensive, and I've never actually met one.

Loss of material interests:

- After glimpsing better-than-average emotions, you may temporarily find yourself impossible to impress. You may find yourself longing for trance-based, emotion-like, sensations you can't remember how to access.
- Some will assume that a new car or job will fix you, and become upset when it doesn't.
- Some will assume that a nice supper will fix you, and become upset when it doesn't.
- Some will assume that it is their place to romantically complete you, and become upset when they can't fix you.
- Many will treat your functional facade as the real you, while ever-avoiding the less-functional REAL you.
- At some point, if this kind of thing gets to you, some may begin to isolate themselves.

It isn't for everyone...:

- Don't expect to be congratulated for an awakening. Expect everyone involved in your health to try and stop or reverse it.
 - Expect the world to blame your efforts, unwillingness to take drugs, or discipline choice when you can't, despite it being a condition that nearly always takes a set amount of time to finish.
 - Expect to have to learn to be patient with that, and not to take it personally.
 - Expect to have to call it by another label around your science buddies. My most qualified shrink said I was somewhat autistic, which was likely the initial thing that led to most of this, which is enough to satisfy my science buddies.
-

You need to experience it to fully comprehend it:

- Yes, it has almost killed me, but yes, I'm still a huge fan.
- The "emotions" are more like flavours and textures than emotions. They operate more like actions than outcomes.
- Provided you aren't too tired, someone far-along should be capable of making a trip for milk feel like sex in a limo.
- Provided you can make buying milk feel like sex in a limo, what is now motivating you to save up for that snowmobile or video game, aside from convenience or comfort?
- Provided the sensation of sex in a limo is triggered by accident, and on rare occasions, for the first few years, how can a person find simple pleasure in simple things in the meantime?

- Ultimately, all you want to do is find and reproduce that feeling again. Everything else feels as boring as buying milk.
 - (Except relief from physical discomfort. That generally stays the same, which makes it a nice thing to fall back on for the depressive awakening symptoms).
 - Non-sufferers who try and talk to you about ascension sound like a child coaching an adult through a divorce...
 - Them: "Well why don't you just remember all the nice times instead? You'll remember things you liked, and like them again".
 - Me: Sometimes feelings are more complicated than that.
 - Them: "Then why don't you just do the same things you used to do, and the feelings will come back by themselves?"
 - Me: Sometimes feelings just don't change back.
 - Them: "Maybe if you pretend it's like it used to be, it will be".
 - Me: I don't think so. I don't feel anything when I go through the motions.
 - Them: "Well, I've told you how it's supposed to be, so try and force it to go back to the way it was, take some pills for it, or stop talking to me."
 - Me: I'll think about what you said, doctor, but I admit I didn't find today's session particularly helpful. Better than last one, I guess.
-

- {Future Cat seems to be concerned about the Volume Bar's compatibility with other paper tools...5.21.17}.
 - {Future Cat: Danna, don't we recommend they don't use most of the pieces together??...1.14.17}.
 - {Future Liverish: Yeah. Accountability has to lie somewhere...1.14.17}.
 - {Future Danna: Stop wreckin' the sellability!...1.14.17}.
 - {Future Liverish: Nope...1.14.17}.
 - {Future Cat: Line drawn!...1.14.17}.
 - {Future Liverish: Like when a game asks you not to use all the expansions together. FUCK YOU!! YOU ADVERTISED THEM AS COMPATIBLE!!...1.14.17}.
 - {Future Cat: They patched it, didn't they?...1.14.17}.
 - {Future Liverish: BOUT FUCKIN' TIME!!!...1.14.17}.
 - {Future Danna: Ahem.....1.14.17}.
 - {Future Liverish: Yes. On to you two and your regularly scheduled hazard. I've been helping too, along with Ki, Mimi, Kai, Dog Breath...who else...ANYONE WHO LIKES PEOPLE...Please continue...1.14.17}.
-

The volume bar as a visualization tool:

- For those who wish to explore the inwardly alchemical end, this is currently a very powerful symbol which can help you to gather your thoughts towards a specific purpose.
- For those who don't wish to explore the inwardly alchemical end, this is currently a very powerful symbol which can help you to gather your thoughts towards a specific purpose.

Warning:

- You will know this well:
- Do not jam or lock the volume bar in place.
- Your attempt may work surprisingly well for you for a very short time, then abruptly give you the opposite of what you were going for in all kinds of horribly annoying ways...Lobster-jamming.
- In other words, a few days jammed on happy equals the same number of days crying into a bucket of ice cream...
- Think of the effects of emotional jamming as a deluxe hangover with grief...
- Important note: Choosing to breathe either only in, or only out, is similar, yet more dangerous, and is highly counter-recommended.

Don't harm others:

- Do not attempt to use the volume bar to harm others or expect poetic backlash. If you do anyways, and weird bad things start happening, analyze your misfortunes as you would analyze a dream and try to correct what you did.
- Dream dictionaries. Metaphor dictionaries. It's all the same, metaphoric, shadow-figure riddle talk, when it comes down to it. Good luck. You'll need it.
- *If you catch it in time, good for you.*
- If not, you may also spin rapidly into a merciless test for which you will probably need pain relievers, stomach antacid, a week off work, and a lot of tissues and toilet paper. Or maybe you'll just have your ugly confrontation with Joe, despite your frantic efforts to avoid it, but it'll happen in front of your boss.
- Really, most of your figures do punish with love, and have a tremendously uncanny knack for your personal sense of avoidable timing.
- Note any habits that can be enhanced and used as bait, like a sudden urge for caffeine (as somewhere in the distance your boss can vaguely be heard wrapping up a call, also around the time Joe should be preparing to leave for lunch down the same hallway).

My imaginary friend broke the lamp:

- And...repeat it with me...it's MY problem.

- Again. If the lamp is broken, you CANNOT blame your imaginary friend if you want to continue to function as a creditable member of society. If Danna sets a metaphorical fire in my life, I need to put it out myself.
- It's like Scrooge and his three ghosts, except a real figure would find a way to lose Scrooge's fortune, then locate him a job gutting fish.
- {Charles Dickens was a talented man. I do not have it out for Charles Dickens TO BE CLEAR}.

Dabbledevils:

- Dabblers websites warn you of bad effects of wrong intentions, but don't always get so specific.
- Figures and Outer Others like lessons a lot.
- Just about any bad intention draws out something raw, naked, and hideous from adjoining figures, and being specific about these effects on a shamanic website doesn't sell \$80 online spirit guide courses.
- Those who don't speak to figures may simply refer to it as "karma".
- If your badly-intended action sparks new figures, beware them for a while, especially if they're there to egg you on instead of scold you.
- They might potentially be a test, spawned from your last mistake.

Wording matters:

- The volume bar must fit with your body's very simple understanding of things.
- Think of the implications of something being "quiet", "loud", "low", or "high" when making your volume bar. Make sure that if you mix metaphors, you're actually getting the outcome you want.
- For example, if you want to attempt to "cool down", use "down".
- Things don't tend to "cool up", in the English language, which may symbolically confuse your body.
- Confusion like this may weaken results or produce unintended effects.
- Therefore, those who didn't read all the way here like you did will likely end up with a few "inexplicably weak" effects.
- Just use common sense and think before committing to the Inner choices you're given.
- In fact, make sure you do that with everything as a general rule. All Inner techniques, not just mine.
- I'm trying to make your exit larger than the techniques themselves... SO DON'T BE RECKLESS!!

- God knows when I fucked up a few of my pioneer experiments I spent enough time crying to Bossa Nova music in the dark.
- You aren't required to gamble on effects as much as I was.
- You have an automatic advantage.
- Reminder: At any time, you can switch from a bar to, or back from, a volume dial. A jar lid or something of a similar shape works well. Make sure it is also set to return to a default base position.
- Base states should never be skipped. It's like forgetting the address you live at because you spend too much time at work.

Repetitive-because-I-care warning:

- The volume bar is intended for short term use only. Do not attempt to use as an adhesive. All emotions in the spectrum serve a purpose, and all need at least some mild form of expression.
- Permanent "happiness" will make you ill.
- I'VE SAID IT AT LEAST TEN TIMES BY NOW, DO NOT JAM IT...
- Or I can send you my Bossa Nova playlist to cry to. I'm happy to say I'm nearly done with it, except for on special occasions.

Chapter 4:

Shadow Nonsense and War

“By now you know that not everything you speak to here is in its right mind.”

-Doom

8.30.11

For the Sole Reason that It Gives You Strength

{Current Playlist: Protection by Massive Attack}

Warning <3: Gaps may occur during times of crisis. We asked our road crew to fill the holes, but then we realized we didn't have a road crew and so we had to fill them ourselves. Watch your step.

Regards,

Metaphorical Legal Department <3

Cat: This patience thing is hard to get.

- {It appears Doom is beginning Cat's anti-rushing training. Funny, I think Lee tried to take credit for that...8.19.16, 9.23.17}.
- {I still do pace work. Patience is quite a difficult muscle to develop. That's what makes Liverish such a gift...1.14.17}.

- {Future Liverish: I know you're still pissed at me this week, but cut that shit the fuck out, would you....!?! For fuck's sake...!!...1.14.17}.
- {Remember. Going to the gym now won't help you ten years from now if you replace your habits with computer games and Grilledcheesaganza movie weekends. Using your ability to be patient is easier if you stay in practice...5.24.17}.
- {Stay tuned for our later exercise on mastery through patience...9.18.17}.

Doom: I see some progress...

Cat: Doom, does Liverish respond differently to calm people?

Doom: Only those with the power, and intention of passing on the feeling.

Cat: So it may be a long time before it's useful on him...?

Doom: *No*, Cat.

- It's useful on him from the start.
 - Don't consider being a strengthening opposite to him "not useful".
 - He wishes for the patience to seem less appealing
 - for the sole reason that it gives you strength.
- {An {archetypal figure} has a lot more power over clumsy slips than consciously controlled action...8.19.16, 5.24.17}.

- {Patience keeps the carefully planted caffeine craving from lurching you out the door in time to meet that Joe-boss-you confrontation. You have time to assess the archetypal base mood "helping" and time to say "Wait a second...I know you. You're a dick...! I was about to get into a horrible confrontation!" It also leaves you with time to consider WHY the figure was being a dick. Figures are childish, and lash out for attention like very small children, in brilliant semi-evil ways, but usually only when they feel they're being neglected. Normal humans only really know these guys with near-superstitious reverence, as "one of those days"...1.14.17, 5.24.17}.

Cat: His new behaviour—

Doom: —Doesn't mean he's willing to end the power struggle.

Cat: Damn it...

- I was worried...

Doom: For good reason.

- A crazy evil monster is always preferable to one who has admitted to undying love.

Cat: He won't try to make me marry him again...?

Doom: It's nearly impossible to guess what that one's willing to try.

Cat: Do you propose we do some training tonight?

Doom: I as good as demand it.

*Cat: What do you recommend?

- ...oh...
- the heavy-arms state?

Doom: One past it.

- You'll require music

- Slow this time.

Cat: {My arms} aren't going to go down my throat again?

- ...

Doom: Only if you can decide how to tell them not to.

-
- {Around this time we learned to induce mild self-hypnosis. This was both a blessing and a curse for all figures involved. It greatly improved Inner contact...8.19.16}.
 - {That defocused waking-up state I told you about, in conjunction with certain meditative exercises, gives you weird half-dream adventures that sound awful but simply feel strange or relaxing (like feeling that your arms are turning into spaghetti and going down your throat, that you're inflating, that you're paper thin and stuck to the ceiling, or a number of other strange sensations of body distortion. Inward senses may become enhanced at this time as well, as outward are naturally distorted by grogginess. This stuff can be useful later on. Again, this feels strange, but not bad, and also pretty vivid...)...1.14.17, 5.24.17}.
-
- {Think to yourself "I imagine becoming fully awake again, or I imagine feeling conscious, or I imagine returning to normal" to instruct your mind to return to a normal state without drawing any suspicion from the inner censor (which will be otherwise be panicking by now, and producing a kind of sensory error warning complete with emotional air raid siren). When you alter or defuse your state with the word "imagine" your inner censor doesn't give a flying fuck, and goes back to sleep at the thought. That gives you a safe way to access other states of mind without the censor leaning over your shoulder...{Censor: Yes, but is it real? It isn't, is it? Let's list the scientific evidence now. Let's list your personal evidence now. Maybe it's real, but you're doing it wrong. Let's list who would disagree with you now. What would your Parents think? What would your Friends think? What would your Doctor think? What would your Prime Minister think? What would your neighbour

think? What would your dog think?.....You: Shut up, “I imagine” I’m returning comfortably to base state. “I imagine” I’m entering a better one.....Censor: Whether or not it’s true, I’m not sticking around for something imaginary. Call me again when you need to know if something is real or not. I have several lists. And a collection of home movies and pictures of restaurant food I ate once on holiday.....You: Just imagining. Sorry. <3. I’ll let you know tomorrow if something weird happened while I was “imagining” and you can pick it apart...Deal?...1.14.17, 5.24.17}}.

- {Future Lee: WHO told you incompetent immature little jerks it was okay to create a paragraph that long?...5.24.17}}.
• {Danna: Why are you blaming us?...5.24.17}.
- {Future Lee: I wasn’t. I was seeing who would respond to that comment...5.24.17}.
- {Danna: Aaaaaahaha...You don’t get ME very often. Revel in it. Reeeeeeevel...5.24.17}.
- {Future Lee: I WOULD if you’d stop making horror movie mummy noises in my ear. Cat, get jealous and get her OFF me...5.24.17}.
- {Future Cat: DANNA!!!...5.24.17}.
- {Danna: Don’t worry Mittens. It’s not what it looks like or I would have thrown him off a bridge already to dispel all memories of my shame and revulsion. <3...5.24.17}.
- {Future Cat: Ah. Looks like you want to make sweet love to one another’s sweaty, sex-soaked bodies. You look—...5.24.17}.
- {Future Lee and Danna: —I’m can’t going to believe kill you said that after I vomit...5.24.17}.
- {Lee and Danna have vanished, likely to planets very far apart from one another...9.2017}.

- {Future Cat: *Cute*, you guys.....Wow. Even *Lee* left, and I'm supposed to be his *strict prisoner right now*...for letting *Red* make a strategic *move* on me for too long without me *realizing* it was a move. I feel pretty bad, actually...5.24.17}.
-

[end of 8.30.11]

Cat: Okay.

Doom: Finish your tea, and hone in on environmental details for now.

Cat: Certainly.



1.11.14

{Currently Listening to: Sledgehammer by Savant}

Danna: As most of you know,

- *this week's segment is The Story of Cat the Armadillo,*
- *a strange and irritating tale,*
- *about a woman with a broken heart bone,*
- *and her monstrous and loud-assed lover,*
- *the cow-headed monster that kept her locked up for several years. <3*

- *When you enter the story he's already improving,*
- *which is partly because the computer containing all the old stuff is broken,*
- *and partly because it would be humanly impossible to like him*
- *after reading a detailed account of his past with Cat. <3*

- *{...Not that it won't be a challenge now...<3...11.6.14}.*

- *Alright...*

Danna: The Story of Cat the Armadillo...

- *Once upon the time there was a girl who was too shy.*

- *Like, REALLY shy.*

- *In any case,*
- *she started to participate in an internal fictional world,*
- *something like what {lawsuit hazard},*
- *a technique related to alchemy...*

- *When she was a little girl,*
- *an old man came to her on a cloud,*
- *asked her to save this world.*

- *That was Kai,*
- *she said yes,*

- *blah, blah, blah*

- *training...*

- *HERE it is...*
- *The imp.*

- *Cat used to tell her little sister stories about a magical world.*

- *There was an imp named Liverish,*
- *always an underling,*
- *who would fight Cat and her companions alongside other monsters.*

- *They were stealing townspeople's energy,*

- *blah, blah, blah.*

- *Where are the steamy bits...?*

- *...*

- *There!*

- *{No, wait...}*.

- So Cat and Liverish fought for years,
- and for the time being, Cat won,
- She didn't take him so seriously.
- She's shy on the outside, but she was a real bitch after all the shit Liverish tried to pull, and he'd had this bag of magic that had made him giant, but they'd taken it from him
- and so he faded into the woodwork.
- BUT!
- Here it is...!
- He came back a POWERFUL man.
- He used projection as a way to associate with characters and people on the outside.
- He took in abilities and personas.
- He took in what was useful.
- He became an expert flier, fighter, and shape-shifter.
- He was nearly invincible.
- He took Suki prisoner again and again in his rise to power.
- {In fact, she had long ago worked with him on a somewhat tense basis. <3...1.17.15>}

- She was a terrible spy...
- ...But then, she learned about his incubus powers. <3

- When he wants to be,
- he is just itself,

- and she was taken by him.

- Consentuality is the question.
- Can that kind of intoxication be considered free will?

- Her footing lost itself to him,

- She would slip up and slip up,

- Less because she was a terrible spy,
- than that she was an incubus addict.

- But he wanted Cat.
- He'd threaten Suki's life
- and trade her for Cat.

- When Cat would escape,
- he would use Suki again.

- He was pretty gross.
- Good thing there aren't diseases in here.

- But he was like an angel when he wanted to be.

- Cat's antithesis,

- *poor, daft little librarian...*
- *At some point he got Cat for good.*
- *At some point he even fired his crew*
- *and headed into isolation with her,*
- *to keep her to himself.*
- *It wound up being less like Beauty and the Beast and more like Punch and Judy.*
- *But this isn't about outer world morals.*
- *It's about exploring what makes her deepest self such a mess.*
- *Her psyche can't seem to escape from the beast*
- *...to what end?*
- *{The metaphors are the main thing...<3...11.6.14}.*
- *Well, there's the recap. <3*
- *Next week I'm interviewing someone I have a personal past with, but I will speak with him about avoiding any spoilers. <3*
- *We'll see you next time! <3*

NOTES

date: 9.12.11

Know that your feelings can present you with powerful illusions, and act accordingly.



⚠️ WARNING

Poison Warning

-Confrontation with dark unknowns.
-Possible Trigger Warning!!!

LISTENING

Tantric:
Why Don't
You

INTRODUCTION

-Experiencing your inner critics as archetypes is as loud as it is annoying.

-Watch your behaviours around these types. You may have to win by logical argument or proof of pure intentions at times.

9.12.11

All Part of the Plan

{2.5.15, 5.24.17, 9.20.17}

- And now, an important yet boring, cultural sensitivity announcement from the CEO of Elevatorport Sandwiches Incorporated:
- Sokien is something like a princess from a long line of purple-haired, beautiful, ageless and powerful rule-constructors. They dress like historical Chinese empresses.
- This avatar costume turns out to be a clever trick, as the full schematic comparison ends at a limited outside impression of Confucian social hierarchy.
- As you can see, a positive-seeming and powerful incomplete image has been hijacked by the Inner enemy.
- It knows how to use the mysterious element of an improperly-understood culture to look legit, while protecting its own motives from being easily solved.
- Regardless of being cloaked in obscurity, these motives always make at least either emotional or logical sense after the fact.
- In this case, the motive is unrealistic perfectionism.
- Merciless, this family upholds Cat's duties to perfection or else. Just don't go there. Or there. Or there. That's their archetypal thing.

- *But as we know, Cat's still very much not perfect.*
- *Well...Cat's condition wasn't seen so much by this metaphor-cluster as an illness, so much as an unforgivable sin worthy of death. "Smile to the grave" could have been their motto.*
- *Cat? Not so good at this.*
- *Cat was taking an Asian Studies class in university around this time, which explained the strict family hierarchy in ancient Confucian households.*
- *Conveniently, a few Inners harnessed this. They took a set of rules about obeying one's parents, and they tried to use it to unseat Cat in favour of Sokien.*
- *After all, her issues got in the way of the things she assumed would make our parents and grandparents proud.*
- *Sokien was strong and confident, the kind of rival a person could be jealous of. Her image pressured Cat to assimilate, and to be more like her. This gave the Inner function a very physically real platform on which to wreak havoc.*
- *Well...I'M not sticking around for this. Stay and watch if you like. At least that loud-assed idiot has his moments. <3*

Regards,

Senior Executive-Narrator <3,

If you have any questions whatsoever about metaphorical cultural sensitivity, or about any of Elevatorport's fantastic daily meal options, please send me a very polite letter at:

Metaphorical Legal Sector
Large field outside of town
Exit #5

On the Bus

{9.12.11}

{Reconstruction}:

- There was a fight. Sokien stood by Cat's side for it, but in the end they were both captured by her family. Her mother and aunt divulged their plan to make Sokien the probe, which is their word for the ego.
- During the night, Cat and Sokien were held in different rooms. The next day Jade enters to discuss what will happen with Cat.
- Cat feels Liverish's mind, trying to push its way through as hard as it can.

Warning <3: So you aren't confused, the scenes often change in archetypal space. If Cat hones in on one figure, the others often fade away until the conversation is over. Scenes may also alternate between her standard state with the {vox} and the current adventure at hand. Why limit her, we thought...or did we? Our world reads more like a comic book than a movie. Though it isn't a game, there's generally no pausing boss stages. <3

Regards,

Metaphorical Legal Department <3

- Liverish's mind told me to stand back if I didn't want to be severely injured.
 - He busted the wall down {like it was cardboard}...
 - {the kind of brick wall you would expect to see in a prison...2.5.15}.
 - Then he told them in a fury that he wanted to kill them all.
 - I argued that we shouldn't kill Sokien's family.
-

- {Liverish's anger seems to be burning in that frightening, controlled way...8.19.16}.

Liverish: *I don't care.*

- *Call it a fucking penalty.*

Cat: *Lives make for harsh penalties...*

Liverish: *Well, they've fucking earned it.*

Cat: *I want them to exist.*

Liverish: *Well, seeing as I can't actually kill them, you're probably right.*

- {"Right"? Archetypal thing to say?...2.1.15}.
- {Most definitely. He misheard what I said as a prediction. He pretends to understand linear time, but the {vox} isn't supposed to experience time in the same way that the ego does...8.19.16}.
- {Don't ask. Not sure how this works, but it hasn't proven entirely untrue...1.15.17}.

Cat: So...

Liverish: *I'll just make it so they can't move.*

Cat: *Better.*

- {Liverish focuses on Jade...2.1.15}.
- {Note: Jade suggests a *green stone*, and *green* suggests *heart*. Jade's *allegiance* is *purple*...I missed warning signs from *everyone and anyone* back then it seemed. I'm just lucky this issue didn't get *too* chaotic...3.28.17}.

Liverish: ...

- *I REPEAT, bitch.*
- *Return Cat to me and deal with Doom II.*
- *Otherwise I once again declare war on you.*

Jade: *Not feeling too amicable,*

- *are you?*
- *A pity.*
- *Now you'll have to go too.*

Liverish: *Go?*

- *Like it's possible...*
- *You ALL fucking blow at fighting*
- *...*
- *At least next to me.*

Jade: *You'll see soon how wrong you are.*

- *I'm going to begin with a warning.*

- {Liverish looks furiously excited...2.5.15}.

Liverish: *And I'm going to start with something...*

- *a little more special, because I would like to express to you just what I think of your idea. <3*

- {Liverish playfully erupts with violent green electricity}.
- {He has a joyful battle smirk plastered across his sarcastic face...8.19.16}.

Cat: How sweet.

- I'm going to duck.

Liverish: Don't worry, Cat.

- No more explosions for the moment.

- {Liverish smiles wickedly...1.24.15}.

Cat: I would say that's a relief, but...

Liverish: It's going to be worse...

- The energy recedes {anticlimactically}.
- {Cat holds her breath...2.5.15}.
- {She waits, tensely, unsure why an explosion hasn't happened yet...8.19.16}.

- {...} Liverish sends a message {instead}.
- Jade goes pale.
- {Something like disgust flickering with disbelief crosses her face...8.19.16}.

Jade: *Why...*

- You...
- {Cat looks horrified...2.5.15}.

Cat: *You...didn't...*

Liverish: *I just took her on a tour of...*

- *what I do every day.*
- {Liverish is first and foremost a sex monster {in 2011}...2.5.15}.
- {...Meaning before he ran off with me he had something like a hypnotically-stunned harem he would keep around, to vampire-suck lustful thoughts from as his main food source...8.19.16}.
- {Yes. This made it even tougher than nearly-impossible for him to convince me to marry him...8.19.16}.

- {Even though it was a lot later...9.23.17}.
- {At the moment, Jade is still coping with the amazing new barrage of sexual images...8.19.16}.

Cat: {Ouch}...

- *She couldn't tell?*

Liverish: *She's been attempting not to look at this.*

Cat: *...You didn't have to include me {in those images}...*

- *but you did, didn't you?*

Liverish: *Of course, Cat. <3*

- *Now shut up.*
- *The adults are talking.*

Cat: *Why do you have to suck, even when you're saving me?*

Liverish: *Abduction is a far cry from saving...*

- *even when you're abducting someone away from a worse captor.*

Cat: *Whatever you say...*

- *My {bus} stop's soon.*

Liverish: *Then I'll keep fighting the evil bitch from hell—*

- *—you're NOwhere fucking NEAR your stop.*

- {I think I was just looking for an out...8.19.16}.

Cat: ...You're right.

- This is getting distracting...

- {Someone on the bus reeks like chemicals or toxic plastic}.
- {I think I was also wanting to leave the bus pretty badly at this point...8.19.16}.
- {Liverish's tone is gruff and superior...2.5.15}.

Liverish: You just shut up and stay where you are...

- I'll collect you when I'm done.

Jade: We certainly share some attitudes about the girl {Condescending tone}.

Liverish: Too* bad you're such a rigid fucking bitch

- or we may have still been able to understand each other. {*Was misspelled "to"...2.1.15}.

- {Jade looks a little nauseous...2.5.15}.

Jade: ...

- After what you've shown me,
- I highly doubt it.

Liverish: ...

- {Liverish's tone becomes strained...2.5.15}.
- {Cat hears it}.
- {Liverish's mood, if you couldn't guess from 2013. 2016 has 2013 angst, and 2015 is too cryptic...8.19.16}.

Cat: Yes, {the man} DOES smell like plastic;

- ...I want to leave too.

- {Liverish is still intensely focused on Jade...2.5.15}.

Liverish: {That guy'd} better be slowin' you down, too, bitch...}.

Cat: ...(You're making her madder talking like that...).

Liverish: All part of the plan...

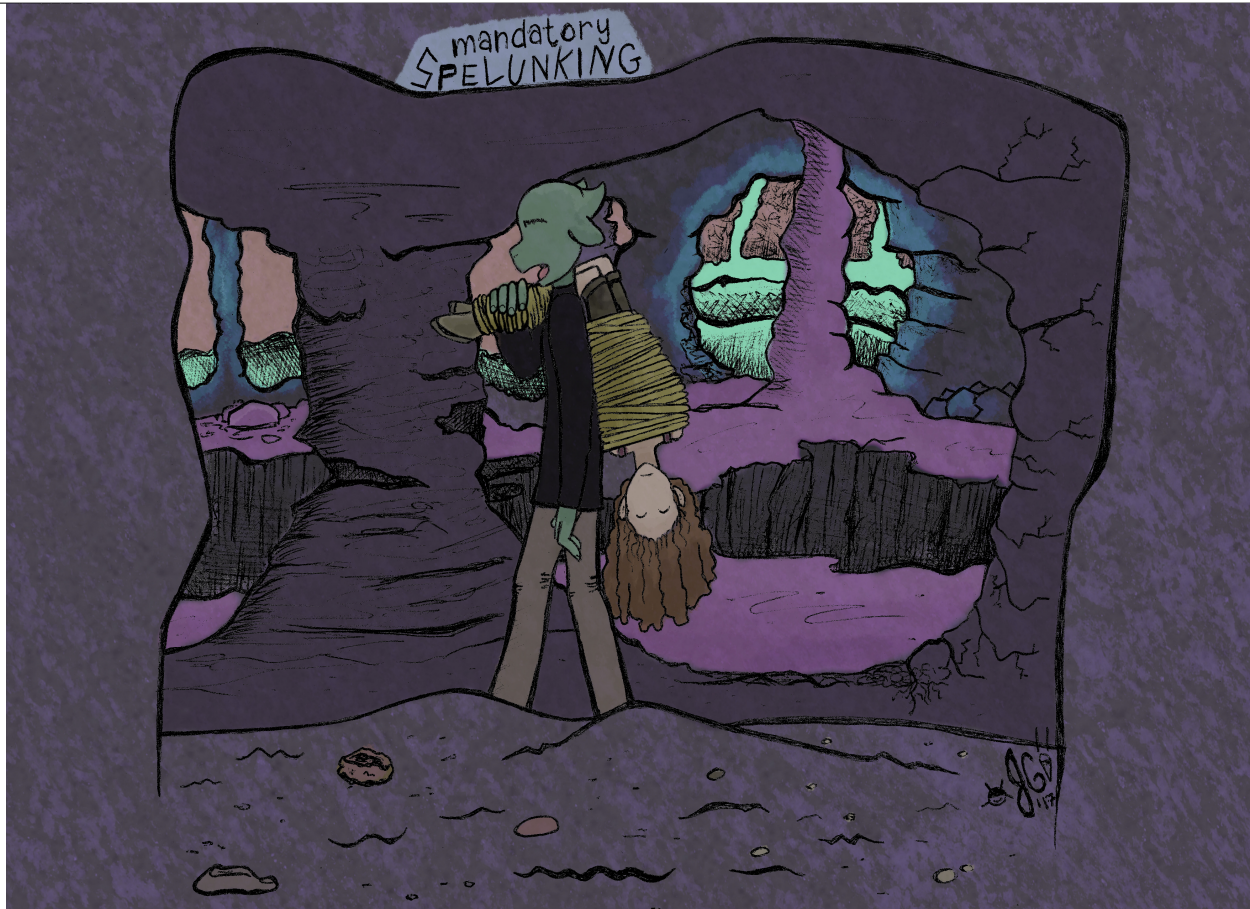
Cat: How..

Jade: ...

Liverish: THAT'S right!

- I called you a BITCH!

-
- {Future Cat: *Care to explain your plan now?*...8.19.16}.
 - {Future Liverish: *No comment.* <3...8.19.16}.
 - {Future Cat: *Thought so...*8.19.16}.
-



9.19.11

Valid, But Nonsense

{One Week Later}

{Current Playlist: Ghost Assassin by Maduk ft. Veela}

Cat: *I don't see how I can.*

Liverish: *Well if you don't blot out your thoughts,*

- *they're going to twist them into an unrecoverable mess.*
- *I don't recommend it.*
- *That's why I had you focus on me,*
- *and yet,*
- *I couldn't tell you that and you see why.*

Cat: A few minutes ago it may have looked like manipulation.

- {Cat has been told that she has loud thoughts. This makes it difficult for her to keep from transmitting secrets to her {figures}. I'm no longer sure what looks like manipulation here...2.5.15}.

Liverish: Point one-of-a-thousand for Cat. <3

- *Now you see my two reasons:*
- *I must be near you so you...*
- *get used to my energy,*
- *thereby noticing its absence if...*
- ...
- *WHEN they get you.*

Cat: So one big attack...

- *yes...*
- *and that...*

Liverish: Will basically decide everything, yes.

- *But not if you've got your head up your ass when they remove you from me.*
- *{As it stands you could be talking to a really convincing picture of me and wondering why it wasn't calling you an idiot}.*

- {It makes sense to get a good feel for your main {figures}, with permission of course. It prevents imposters, and it teaches you to read everyone better...8.19.16}.

- {Knowing each others' *base feeling patterns*, and being able to successfully blend abilities in a crisis can make a *huge difference*. As expected, *trust is necessary*, though. The only reason I was *such a daredevil* is because *I'm* the one who originally had to *cross* this jungle to make a *list of the most dangerous animals*. Only *the animals and I* could tell me "*Stop! Don't* be an idiot daredevil! Go *back!* It's *dangerous!*" and *many* of them helped with about the *same* kind of understanding *most people have of the cicada mating cycle*...1.15.17, 1.23.18}.

Cat: *Whatever, why can your...fake still trick me?*

Liverish: Because your daft *mind* still can't pick out the *difference* between what you *see* and what you *fucking feel*.

Cat: *When...*

- *does it get*
- *...easier?*

Liverish: *For you?*

- *Maybe never...*
- *Well...if you put more effort...*
- *a couple of months?...*

- {Cat feels Sokien's energy...2.5.15}.

Cat: *Sokien just showed up...*

- {Cat feels Sokien's energy *leaving*, and turns to Liverish, confused...8.19.16}.

Cat: You...

Liverish: Sent her away.

- They can use her, to some extent, to spy on you, Cat.
- She should have known that
-
- I said NO!
- Fuck, you stupid bitch!
- She really wants in...

Cat: She's not...

- In danger...
- is she?

Liverish: Check the fuck for yourself, Cat.

Cat: It's safe?

Liverish: Well as long as you don't let THEM in here with her.

Cat: I was worried you might say something like that.

Liverish: Well do it,

- it's fucking easy.
- Pick her out and see how she is.

- {Cat tries to communicate with Sokien without allowing in other influences...2.5.15}.

- {It appears that Sokien is not doing all that well out there...8.19.16}.

Cat: *Let her in!*

- *Let her in!*

Liverish: *It's FUCKING OUR hides or hers...*

- *I think I know what I'd choose.*

Cat: *Well, you HATE her,*

- *but I DON'T*

Liverish:

- *Fine.*
- *Your FUNeral.*

Sokien: *Cat!!*

- *They're crazy out there!*
- *I thought they'd catch me for sure.*
- *Why did you WAIT so long?*

- {Liverish seems disgusted...2.5.15}.

Liverish: *Because you've contaminated our surroundings you speck of TURD!*

Sokien: *...Don't call me—*

- ...

- {Sokien spins to glare at Cat...8.19.16}.

- {It seems she agrees with Liverish this time...5.24.17}.

Sokien: Cat!?

- WHY DID YOU LET ME IN!?

Cat: How about I was afraid they'd harm you?

Sokien: Valid, but nonsense.

- I'm currently stronger than you, Cat.
- If they breach your boundaries, I'm not the one you should be worried about.

Cat: ...

- Well, why were you being so...helpless then?

Sokien: I wish I could explain that, but...

- {Sokien looks confused}.
- {Quick inner lesson, some figures use motive illusions. <3...8.19.16}.
- {...Making Sokien the perfect trap, as she didn't betray any warning signs of foul play...1.15.17}.
- {Liverish sounds darkly unamused...2.1.15}.

Liverish: ...

- I'll bet they used YOU as a Battering ram. <3

- {Cat feels a malicious energy...2.5.15}.
- {It's coming from outside the barrier, but she couldn't decipher it back then...8.19.16}.

Liverish: *Oh, shit...*

- {Cat works hard to interpret the energy...2.5.15}.

Cat: *That's them...*

- {Liverish sounds impatient...8.19.16}.

Liverish: *At least you don't sound scared.*

Cat: *It's so subtle yet.*

Liverish:

- *That's because after you blocked this room,*
- *you may as well have surrounded it in thirty feet of concrete.*
- *{That's armadillos for you}.*
- *I would have complained, but it was useful* until shit-speck got here.*

Cat: *You {wrote useless, then changed it*}.*

Liverish: {That's what I'm used to saying, okay?}.

Cat: But Sokien's arrival...

- Sokien!

- {Sokien looks solemn}.

Sokien: I didn't mean to break your concrete thoughts.

- I'm sorry...

- {Liverish sounds offended...2.5.15}.

- {I kind of agree with his frustration. She was a strategic {figure} and should have noticed herself being used so blatantly...They used her as a Trojan Horse. It worked perfectly because she had no trace of ulterior motive on the surface for us to pick up on before the gates were down...1.15.17}.

Liverish: It isn't enough to be sorry...

- Not when I suspect you of treason at any rate.

Sokien: That's...

Liverish: Ridiculous?

- Then enlighten us, freak.
- What are you here for with such a rush behind you?

Sokien: I... wanted to deliver something to Cat...

- {Liverish rolls his eyes darkly...2.1.15}.

Liverish: *Oh this should be good*

- *...whadja deliver?*

Sokien: *A power...*

- *a secret...*
- *from Jade.*

- {Liverish sounds like he's not sure whether to laugh or yell...2.8.15}.

Liverish: *So you bring an object from one of your evil masters here as a gift?*

- *Nah...*
- *...*
- *That's really bright...*
- *Heh.*

Sokien: *It isn't like that.*

- *It's authentic, and I tested it myself.*

Liverish: *Just because you aren't electrified toast, it doesn't mean that I can trust you...*

Sokien: *Well of course not.*

- *If you don't like it, Liverish,*
- *YOU check it before I give it to Cat.*

Liverish: *Fuck.*

- *Right. So I let you shock me with your trap before I give it to Cat.*

- *Likely.*

Sokien: *It'll work.*

Liverish: ...

- (*Cat, get on her fucking thoughts*).

- {*Round brackets indicate a private, blocked, conversation*}.

- {*This “(…)” conversation is restricted to Cat...8.19.16*}.

- {*Cat struggles to grasp Sokien's true thoughts around Liverish's overpowering presence...8.19.16*}.

Cat: ...

- (*I'm trying to, but yours are distracting*).

- {*Liverish withdraws his presence as much as possible...8.19.16*}.

- {*He loses his patience and speaks to Cat out loud...2.8.15*}.

Liverish: *There, just fucking go for it.*

Sokien: *What?*

- {*Cat struggles to read Sokien...2.5.15*}.
- {...*And does...8.19.16*}.
- {...It seems *the gift is highly experimental*...8.19.16}.

Cat: ...*You...don't know what this will do to me either way*...

Sokien: *That's the problem*.

Liverish: *This is coin-tossing, brain-melt*.

- *Where is this so-called strategy you carp on {about} till my ears bleed?*

Sokien: *Here*...

- {Sokien uses her energy to *create a barrier* around Cat}.
- {She has built a *damage-transferring shield*...8.19.16}.

Cat: *Sokien...you'll take {my} damage*.

Sokien: *If there is any, assuming that I can take it from you, yes*.

Cat: *I'm becoming glad again that I let you in.*

- {Sokien's gesture has impressed 2011 Cat, but apparently not Liverish...8.19.16}.

Liverish: *Fuck.*

- *I wish I could kill her or {head home through the GAPING HOLE she left in our defences}, but there's work to do.*

Cat: *Does Doom know {about any of this}?*

Sokien: *Well she wouldn't tell ME...*

- {Cat contacts Doom through mood message "[...]"...8.19.16}.

Cat: [...?].

Doom: [...].

- {Doom appears to have no available information on Jade's device...8.19.16}.

Cat: {Nothing?}

- *I have to figure it out.*
- Thanks anyways, Doom...
- Ugh.

- *I'm concerned...*
- *Why do I need it?*

Sokien: *Jade said it was a weakness of theirs...*

- *a gift for letting her alone live.*

- {I seem to remember that Liverish wreaked some violent havoc to get Cat back from Sokien's family once. She must have stopped him from killing Jade's form...2.5.15}.

- {Refresher: Death = Change...8.19.16}.

Cat: *Hmm.*

- *How long do I have?*

Sokien: *As long as it takes for them to come and kill you...*

Cat: *Give me time.*

9.20.11

A Gentle Word You Use for Laws

{A.k.a. "It was a trap"}

Danna's DSM-V Disorder Criteria of the Day <3:

- {For legal reasons, today's DSM-V Disorder Criteria of the Day has been cancelled. Instead, why not try our Sunny Day Fish Fillet! <3. Our fish is always imported fresh from the past, which is also the future of this chapter, but, trust me, the freshness is what matters! <3. Funding for this special message has been sponsored by Elevatorport, for all of your travel and water-transporting needs! Schedules may vary by location, so make sure don't get on the wrong flight! This has been a special message from the Metaphorical Legal Department...8.20.17}.

-
- {Trigger warning. Cat has encountered something shameful and judging in herself that carries a suicidal charge. It has taken the form of a number of figures bearing the illusion of authority. Cat must reclaim herself from the illusion...1.24.15}.
 - When you encounter an {archetypal figure} it is usually because you suddenly no longer see yourself as identical to its beliefs. It might then try to defend itself both against your ego and AS your ego. Your story will then teach you slowly to come to terms with it...1.24.15}.

-
- {If I remember correctly, Sokien's object {also} turned out to be a Trojan-Horse...a portal to capture Cat through, posing as a gift...1.24.15}.
 - {...I gave Sokien the benefit of the doubt a lot, considering how rarely she acted in my actual best interests. Lee was the opposite...8.19.16}.
 - {I think this is because I often confused Sokien's claim to be the protector of my Mother's wishes with emotional reality. Disrespecting Sokien's demands, the pillar of perfection, became a disrespectful act against all mothers, sisters, aunts, and grandmothers, not just my own. This kind of archetypal illusion creates a prison of cramped fake behaviour. When a real other person becomes a symbol of very particular life habits clearly required to feel like a worthwhile human being, something is gravely wrong...1.15.17}.
 - {Your life's happiness might be at stake, not for the living people, but for what they represent. This guardian of their heavily-interpreted ideals, whether like the original in any way or not, is a kind of deadly {archetypal figure} to be treated with the utmost care, even after befriended and known for many years. These beings cannot see themselves as what they are, a set of powerful and unrealistic ideals. This isn't to say there aren't reputable cases...Joan of Arc found both great success and a horrible death at the hands of her guiding saints. Fine print! Read it!...1.15.17}.
 - {Heroes die young unless they're superhuman archetypal Beowulfs...1.15.17}.

Cat: So...

- Captured now...
- and on the bus home...

Jade: You certainly put up a fight...

Mistress {Sokien's Mother}: A feeble one...

- *what I'd expect from a weak {woman-child}, such as you are...*
- *At least...*
- *one who should have held her tongue about our age-maturity bond.*

- {Cat suggested the metaphor: *Young as in Immature*. Sokien's relatives are meant to be in their hundreds at least. Their youthful appearances show a discrepancy...Not one they are proud of...1.17.15}.
- {So remember...humans like looking young, but some {figures} make fun of immaturity and inexperience, and may discriminate against youthfulness, using titles like "stupid-head" and "ass-face-turd-bucket". Don't treat youth as a compliment here. It suggests newness in ideas and power level. This stuff is why I felt like the class hamster until I was about 28...1.15.17}.

Jade: You will die quickly...

Mistress: As quickly as you agree to,

- *but then, you do SO enjoy pain, don't you?*

- {This figure is using Cat's current gross misdiagnosis of "social anxiety" to belittle a few of Cat's other more severe symptoms, such as her desire for physically punishment. Ironically, this punishment drive has taken the form of the very figure belittling it...9.20.17, 9.23.17}.
- {Remember...ideas are their strongest, if not only, weapons...8.19.16}.

Jade: *I'm sorry, mistress.*

- *I can't abide by any extra pain for her.*

- *Sokien was quite insistent.*

Mistress: ...[...??]...

- *Well of course we feel different, foolish girl.*
- *But Jade, sadly for you has no say about your level of discomfort...*

- {Cat tries to read her captors...2.1.15}.
- Cat gets the feeling they may dart away like small fish around {her} feet...
- *What is that {feeling}?*

- {Evasive, is what it is...8.19.16}.
- {I can do that myself now!...1.15.17}.

Mistress: *You cannot “smell” us like the others.*

- *We’re beyond that.*
- {Their mood sense is most similar to the human senses “smell” and “taste”...8.19.16 (edit 5.24.17)}.
- {Cat can only seem to smell hatred...8.19.16}.

Cat: ...Your malice isn't...{hidden}...

Mistress: *But malice takes energy and effort to conceal.*

- From you it would be a horrid waste.

Cat: And Liverish?

Mistress: He knew we hated you.

- So daft...
- how did you become the probe?

Cat: That's...just the way things are...right?

- {Yes...8.19.16}.

Mistress: No.

- You were singled out for it, but probably because, due to you, we're defective.

- {Such deeply incohesive Inner language can be found in some newly exposed figures. Watch her closely. She gets worse...8.19.16}.
- {This is the unsaid issue. Sokien as the main false personality, causing everything real to come into question and crumble in logic...1.15.17}.

Cat: I'm feeling more that you are defective.

- You're the disease...{not me}.

Mistress: Too simple...

- ...
- "Cat"

- ...
 - ...*If everything was either a disease or a Saturday afternoon, well, what would we present ourselves so often for?*
 - *We are no*
 - ...
 - *yes or no quiz*
 - ...
 - *you can point at and discard as you like...*
 - *You wretch...*
 - ...
 - *to think your own reach to be so vast...*
-
- {Cat uses an online flash card program for her classes...I'm guessing this is “the Mistress's” over-conscious archetypal attempt to draw a connection to that...2.1.15}.
-
- {See? I told you she got worse...8.19.16}.
-
- {Remember when we first met Mimi and she had that Texan auctioneer thing going, then she lost her fake accent and sweetened right up, to unbearable sweetness, and tried to steal Liverish's love from me at a time I didn't care?...1.15.17}.
-
- {Yes, Danna. That's what I think of your spoilers. I do want a raise, and I could use a few benefits that make sense. You have to stop trying to pay me vacation time in fish. No. No. No. It doesn't work like that. No. Look it up...9.22.17}.

Cat: Are you a by-product of my past...judgments?

Mistress: On the contrary.

- We are who you called to make them...

Cat: The clipboard {concept} itself?

Mistress: With recommendations, Cat.

Cat: ...A gentle word {you use for} "laws".

Mistress: Don't take this wrong, Cat.

- YOU'VE erred, not us.
- We'll help you dispose of yourself.

- Cat sighs.

Cat: ...I refuse...

- {See? It's pretty simple to spot a poisoned element that needs attention. It talks like it's been breathing dangerous chemicals, and threatens your life and well-being like it's experiencing paranoid psychosis on caffeinated whisky. Ironically, finding it is half the work. She's far less dangerous now that she's spouting nonsense and I can see the source...8.19.16}.
- {Note: Despite most of the work being done, exposing the poison leads to a lot more excitement. Be ready, and be flexible. It must express itself well to heal. Exercise to exorcise the effects...8.19.16}.
- {If it comes back the same, or something else comes back the same, you know you did it wrong...1.15.17}.