

Old Favourites #702: Trancing to Mantras:

(Technique Type: Light Trance Induction)

- {WARNING: This entire chapter is a minefield of triggers. Only those equipped with thick skins may proceed}.
 - A light self-hypnosis technique for whatever ails you.
 - To be used with extreme care, especially when coupled with other techniques.
 - Useful for increasing the effects of other techniques...in other words...this technique is an amplifier.
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- {These exercises are written 2015 to {2018}}.
 - Apparently our 2013 team isn't the only one with dating accuracy problems. I'll keep it consistent, mostly. Don't expect to know where or when these exercises come from, as the norm...again, most of the time...I really need to talk to Danna about her editing style}.
 - {Danna: Note to self...randomize all exercise numbers later...Note to self...don't tell Cat about it. Note to self...I just told Cat about it. Note to Cat: Don't be mad about this. I might actually need some help getting it past Lee. <3...5.24.17}.
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Prerequisite:

- Good beginner's defocus, at the very least.
- (This is the ability to evoke roughly the same headspace as when you wake up to go to the bathroom at night, but at will).
- (As you may remember, this has been mentioned).
- A few sessions of focus-defocus pushups before starting this is all I ask.
- Those who rely on any substances for pain or a mental condition MUST learn some defocus before learning this kind of amplifier. To do otherwise is as irresponsible as learning to hot air balloon during a wind storm, or learning to cycle down a ski jump without a helmet.
- My dojo, my rules. I'm being an asshole because I care.
- I took karate as a teenager, and it was a successful class because standing wrong could get you twenty pushups. We ate it up because we saw the fierce power of our student seniors. They were like something out of a video game.
- I want to get you through this as a strong and skilled warrior. Discipline keeps you alive in there.
- I felt like a toaster suddenly plugged into the entire power supply of a hydro dam. "Pop". I can't say that benefited me much. I want to help you upgrade your machinery to be compatible with high power.
- Read this technique thoroughly before using it, including Cat's warning.
- This technique is an amplifier of technique level, control level, and power level. It's so basic it's stupid that we usually seem to reserve it for infomercials and pop song lyrics in North America.

- It will later qualify as a crutch if overused.

Disclaimer:

- Be precise with your wording.
- Scrap anything that means one of two things, unless you want both.
- Don't push stuck issues or risk an overwhelming auto-solve.
- To push stuck issues you KNOW you need to face is a paradox.
- If this somehow happens, and you really REALLY need to trigger something, approach it like you're melting ice, which I'm pretty sure was a qigong method.
- This is slow-acting enough not to shock the mind or body too badly, so it's one of my favourites...
- Excess speed leads to sudden immersion in WHAT-the-fuck.
- Be realistic. If you're pushing on a wall of tension as hard as you can, and it gives way, you want to be able to avoid a possible lava pit on the other side. However, with too much momentum and power, you can't. You break through suddenly. An avalanche happens, and it all slides into the lava pit.
- In my experience, the ice thing helps with preempting an onslaught of simultaneous miniboss negative effects.
- Go slowly, and avoid experiencing a WHAT-the-fuck.
- Read up on what you're doing if you're going out of my comfort zone. Some traumas aren't safe to access on your own, and are stuck for a reason for now.

- Perhaps it's a Level 8 boss, and you're a Level 2. Maybe not YET, is all I'm saying...
- I'm trying to consider why you might be tempted to solve stuck issues...and that reason is likely other people...
- Your partner, friend, parent, in-law, employer, teacher...or whoever may be needling you to improve in an area you can't yet, might like the aftermath of a forced boss stage less than your current issues.
- A forced boss stage of exponentially higher level can leave a person curled up in a blanket watching cartoon mysteries for quite a while.
- Do it "for them", and see how "they" enjoy your miniature second childhood.
- I don't force issues on purpose, they come to me in Story Game on their own. I can't help you do something I don't do, at least with any confidence.
- If a lovely hovering someone-or-other doesn't want you broken irreparably, they won't send you digging your way into a Level 8 boss on their behalf, when you're a Level 2.
- Levels are going to be based on your own personal system, but you see what I mean, right?
- Don't decide you're ready to forcibly overcome issues with your stepfather simply because you find you can defeat an emotional poison the level of having overdue library books currently, or of stepping in a puddle.
- It's up to you to determine the difference. This is simple to do. If it's too difficult to get at in the game, it can't be beaten yet. The worst Inner confrontations seem to wait off-screen until you're prepared for them. Game rules, or at least etiquette.
- A well-meaning person desiring a change in you that you can't have yet won't prefer you as an emotional vomiter, or more of one, if that was your original problem.

- Don't piss off your body and make it resort to blunt primitive messages.
- Simply be honest with everyone about the best of your ability, to the best of your ability, including yourself.
- Amplification is to be used with care, and for the right reasons.

Why we proceed with care:

- I can legally hear 4000 Hz at -5 decibels now. Just TRY me on terrible side-effects, daredevils. Pots and pans sound ten times closer than they used to.
- As I mentioned, the onset seemed to coincide with my reckless experimenting with high energy and low control. It also happened while I was aiming for the wrong goals with recklessly high energy.
- I'm not kidding. Follow my limitations, and don't wind up with your head up your ass like I did...
- Don't program yourself to do unnatural things. JUST DON'T!!
- Strange states may surface while using certain words or phrases. Go with what feels within your capabilities.
- Trust your Trusteds, and be sure what kind of motive and subsequent effect you're looking at...Motive matters.
- The right strange state, understood, may uncover new muscles and abilities. Deal with each state thoroughly before pushing on, or risk missing out on these abilities.
- Some come up only once as a surprise, then quite disappointingly don't resurface again as you might expect them to.

- Proceed slowly, and with awareness to keep your mistakes small. Keep the mistakes small while your skills are low.

Watch out for heavy machinery:

- Some visions can be quite psychedelic in the most sober person.
- Don't drive shortly after hypnotic work if you find it to impact your concentration.
- It may improve some people's.
- Know which you are before driving after hypnotic work.
- Abilities can be wonderful and spontaneous. They can combine known skills in un-thought-of ways.

Cat's Eyes:

- I learned how to find my eyelids in sleep, and wake up from all nightmares within five seconds this way.
- I kept the ability by feeding it a lot of focus for the first few weeks after it surfaced.
- I refused to forget how it felt.
- It became a no-brainer to find my eyelids and wake up every time a bear, shark, or hungry unfriendly spider alien showed up in a dream.
- I used to have nightmares every few days. I don't really have nightmares anymore. Just the opening scenes of nightmares.

- I'm pretty sure this first came about as a side-effect from learning the classic hypnotic heavy eyelid test.
- In the eyelid exercise you coax yourself into being "too weak" to have the will to open your eyes. You then unstuck them once it works, which I believe was the basis for being able to unstuck them while asleep.
- My body started responding to a hypnotic desire to open my eyes implanted while learning self-hypnosis methods.
- If you want to learn the eyelid thing, see what comes up for "eye catalepsy" in a search engine.
- I can't guarantee it'll end anyone else's nightmares, but I'm pretty sure it's what ended mine.
- Let's call the in-dream ability to open your eyes "Cat's Eyes".
- When naming techniques, it stands to reason that it's safest for the ego to put its name on an accidental technique that involves running away well.
- Besides, it's a conscious-only, Cat-only tool.
- Anonymous often means Doom evoked it as a secret present.
- Whoever gave me this...Doom...or whoever else...thank you!
- It's changed my life...

Other factors:

- Recognizing the fact that a nightmare is happening is also important. I can wake up quickly and easily if ghostly glowing axe murderers or alien robots show up, or if I'm falling off a cliff.
- An embarrassing dream, on the other hand, might be convincing enough to be mistaken for reality, and play out to the end.
- I once experienced an Inner strategy effective against even this technique. Red showed up during a normal dream very suddenly, and began to freeze me as I ran. He then switched quickly to fire, and tried to burn me before I could manage to get behind a corner and find my eyelids.
- It was an incredible example of how they plan around me, enacted in a dream. I was unaware of his plan on all levels the whole time before it started. He clearly knew I'd try to wake up when he appeared, and was also aware he only had a few seconds to blast me. He was perfectly prepared for me, hidden around a corner, with a deadly surprise attack.
- It occurred during such a normal boring dream I can't even remember the beginning of it properly. When he struck, I was so surprised, so thrown off, it took seconds to calm myself enough to start opening my eyes...I managed to half-frozen-slow-stagger myself behind a door and snap my eyes open in time, but the ice felt horribly, painfully, real in the centre of my back. I was so relieved to get to safety and wake up in time to miss the fire.
- I have always felt pain in my dreams, so don't worry. Nothing I know of can make this start happening if it doesn't already...

Talking about it alone doesn't make it safe:

- ...Some people like to spend time kayaking, or crafting decorative eggs...
- ...I like to spend my time in a deep, dark, forest cave, full of howling snarling things.
- ...The forest isn't safe...

- ...I'm mainly trying to keep you from heading into the wilderness in a Speedo and flip-flops, with a case of beer and some gummy bears as rations...
 - ...These lands ain't no picnic...
-

This technique IS intended for:

- Clearing what is in the way of what you are seeking.
- Reaching altered states of consciousness (at advanced levels).
- Reprogramming appropriate *NATURAL habits.
- It is a psychological multi-tool of great versatility.
- *Please interview figures to decide which habits are NATURAL ENOUGH TO BE appropriate, or expect to have unnatural objects of affection removed by force.

You aren't the cause of all the effects:

- Effects will happen in whichever way meshes best with the rest of the world's inner plans.
- Don't worry yourself that your mind can cause accidental deaths.

- We are all mentally defended to a degree whether or not such a thing can even be turned into reality.
- There are rules.
- Attempting to kill with your inner abilities, aside from being an obvious moral problem, will still likely get you no wanted results, and a number of unwanted results. Don't do it.
- As for the highly self-conscious, attempting to kill others with your mind is WAY different from accidental flash-thoughts, so having thoughts about others dying is not, in itself dangerous.
- Coming to terms with death comes up.
- A coincidental death while you were thinking about it suggests you were being prepared for something that was supposed to happen on its own.
- Much intention is required to harm others mentally, IF it can even be done, and likely gets the aggressor hurt worse.

Allowances must go both ways:

- I suspect a few events in my life were synchronistically timed against others by figures in an attempt to protect me.
- However, the formless structure underlying the defenders' own group of figures must be considered stronger as a team than one or two of my lone vigilante figures acting on its own.
- I ask them not to act behind my back, but not all of them see me as being qualified to make decisions on their behalves.

The SUV:

- Years ago, when I was in a particularly bad emotional place, I was mentally shouting at the universe to hit me with a car as I got to the end of the crosswalk, at what was probably the very second an SUV hit my then-boyfriend a few blocks away.
- Supposedly, in Inner work circles, only shadowed or enlightening figures possess the ability to screw with time, as they supposedly don't exist linearly, which I still can't quite wrap my head around.
- Lee does occasionally make jokes that barely make sense, but later relate precisely to outer world events that haven't happened yet.
- At the same time, he also changes WITH me, and I'm a linear human.
- Does this mean he's currently everything he's always been? I'm working at understanding the weirdness.
- In any case...My ex was getting fast food, then meeting me back at home...but got hit by a car instead.
- Lee hated this man for owing me money, and fast food was about to make it slightly worse.
- Coupled with my emotional crisis...and the fact that Lee tried to convince me to leave this man daily...there was clear motive.
- Plus, it could have been a lot worse. My ex's injury was just mild enough that he could still care for himself in most situations, barely.
- All I know for sure, is that Lee is said to be "timeless" in some circles, and occasionally proves it to me...and that a WHOLE MESS of negative coincidences that only directly benefited Lee happened that day.

- I necessarily affected my ex's timing when I gave him my order. Lee necessarily affects mine.
- Everything about the situation synced my ex's timing with the mean old rich lady who hit-and-ran his shoulder out of its socket as he rushed to get home with warm-enough food.
- Lee agrees the man wasn't currently "shouldering" enough of the burden.
- I almost feel guilty for not stopping Lee sometimes...except that I can't logically be blamed for the actions of two other people, simply because I had a powerful, prophetic-seeming flash-thought at just the right time.
- Just a colossal coincidence.
- Just weird, weird, weird timing.
- And not the only time I've felt "protected" in this way...
- So I respect the possibility.
- I respect that Lee may have initiated something, but I also respect that my ex's figures had to have withheld their preventative support for their own unseeable reasons.

Reverence:

- Treat everything with respect, as though it CAN happen, whether you believe it can or not.
- That way, if anything bizarre proves itself to you later, you'll have no regrets.

- You won't be sitting around five years later, still repeatedly reassuring yourself that your brain can't bend time to hit your ex with a car, whether it can or not.
- Results often play out like "coincidences", after all.
- This isn't to say that you should believe in anything an everything, but that you shouldn't decide to screw with ANYTHING before you know what it can and can't do.
- If you were to wander through a mad scientist's lair pressing every strange button you found like it was a toy, because it looked like one, you could end up causing...RANDOM!!!!
- Think of it like that. Just because you don't know what it does, it doesn't mean it doesn't do anything.

Special permissions:

- I have received special permission from both the upper and under sides to drain a specified amount of energy from the other man...the violent man...the prairie ex who nearly killed me, and even this isn't that much.
- What I've been offered can optionally be interchanged with the equivalent off-loading of excess sadness, anger, and fear.
- Draining is carefully rationed and set to a strict limit.
- I'm not sure it's even possible, but I respect it in case it is.
- I can occasionally easily go 31 hours without sleep now, which I'll admit stands a chance of being related.
- Besides that, my digestive issues have receded almost completely, which happened around the same time.

- Can you picture me not feeling sick after supper, up hours past dawn, and panic-attack free, prairie man? I told you my condition wasn't what you thought...
- You've always tasted better than the energy I felt after walking into town. Maybe public energy is simply random and unsanitary. Maybe you're so skinny and such a hermit simply because you taste so good, and anyone or anything who notices converges on you like a mosquito cloud and erodes you.
- Town gives me indigestion. You have a stabilizing, nutritious effect on my mind, imagined or not...Eating you, I can process meat and fish again.
- Maybe I was "eating wrong" energetically, before setting my eyes on you as a source of nourishment.
- Contrariwise, perhaps I was simply overusing daylamps, and all I needed was more turmeric and magnesium in my diet.
- Whatever the case, I can experience certain kinds of pain relief simply by off-loading on him.
- Psychosomatic or physical reality...Whichever it is, the fact is that it's impacting my life for the better on a daily basis.
- Keep in mind, not only did this man choke me unconscious, but I received unanimous Inner agreement on his punishment before enacting it.
- Play by your Inners' rules, or get punished yourself...
- Respect, always.

The illogical logistics of attacking humans with your mind:

- Be civilized. Ask for a small, fair, punishment if you feel wronged by a human. Don't try to BE a vigilante figure.
- When it comes down to the logistics of physically attacking other people with vigilante figures...willing figures won't have much more to work with than your target's unknown figures will, besides having smaller numbers due to the obvious moral problems.
- This means you'll almost definitely be losing quality Inner companions while getting injured in an uneven fight...
- It's kind of like the difference between asking the police to help you get your television back from that thieving llamasitter, and asking them to help you go slash that bitch's tires and draw a penis on her car with you.
- My bet is on them guarding the thieving sitter and charging you instead.
- If you want justice, make sure there is Trusted moral consensus, and that it is rational and free of poison.
- Torches and pitchforks are a bad sign.

It's hard to produce something you can't imagine...:

- Understanding a state is a big part of producing it.
- That is to say, to kill may require understanding the experience of dying first.

- As a teaching device, there is a chance you may choke on supper, or step out onto the wrong crosswalk in front of a cattle truck after stopping too long for napkins.
- Monkey's Paw. If you're only permitted to carry out your deed after you pay the ultimate cost, you're too late by definition. You're too late before you get started.
- Don't use my technique to kill, because, aside from the motivation making you a dangerously poisoned person, it's probably too late to attempt it already.
- Cruel hearts may not survive my process, as karma is a lot more...Karma-ey than usual in this world.

*Throw a glass, and find glass in your eye,
Kill but one, and prepare to die.*

-
- ...How many brave and patient meditators are still here? Four? Five percent?
 - Good.
 - I needed to get not only the malicious, but the moderately disinterested, and the unreasonably brave, impatient, or idealistic out of the dojo for a few minutes.
 - Sorry for the delay...
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The Technique:

- As far as I know, the interlacing and continuous nature of my mantra process is unique. You may develop a pattern that works better for you. This one works great for me.

1. Start with a short and simple phrase to relax yourself.

- (The example I give you is just an example).
- You'll want to switch up your phrases constantly as they weaken in effect, unless one particularly appeals to you on some profoundly moving level.
- Stagger it into a rhythm. Repeat it until the effect begins to weaken, or the words become meaningless sounds, and move on.
- This could be 5-20 times, depending on you, and depending on your mantra.
- As usual, the sensation the mantra induces is even more important than the mantra itself (though words and sensations may not always overlap continuously as you learn, which is fine...).
- This sensation will cycle between focus and trance until you either let go of words and enter fully into trance, or get bumped or tired before you can get there.
- Trance itself may end either as a graceful choice, or when you wake up bumped with mild dehydration.
- As with all other exercises, mood sense is what matters. Don't lose sight of that.

E.g.

My body's relaxing:

My-bo-dy's-re-la-xing
My-bo-dy's-re-la-xing
My-bo-dy's-re-la-xing...(maybe twenty times)...

2. Move on to your next phrase by alternating with your current one. Turn it into a new rhythm. Repeat until the mood effect begins to weaken.

My Body's relaxing, the tension melts:

My-bo-dy's-re-la-xing
• The-ten-sion-melts
My-bo-dy's-re-la-xing
• The-ten-sion-melts
My-bo-dy's-re-la-xing
• The-ten-sion-melts...

3. Move on to your new rhythm until the effects begin to weaken, then move solely to your newly-added phrase.

The tension melts:

- The-ten-sion-melts
- The-ten-sion-melts
- The-ten-sion-melts

Followed by your next addition to the chain:

The tension melts, my body's limp:

- The-ten-sion-melts
My-bo-dy's-limp...
- The-ten-sion-melts
My-bo-dy's-limp

4. With the expectation that you will experience EVERYTHING good or bad, emotional or otherwise, getting between you and your goal, continue your mantra intensely.

- Remember, it isn't for the benefit of the part of the mind you CONSCIOUSLY do things as.
- It's for your body-mind functions to hear.
- Let it flow naturally, expecting less and less from the word-making portion of your mind (and to the point of less and less conscious identification with your goal).
- I mean it.

Logic-ulous:

- It can make less logical sense and more emotional sense by the minute.
- If you just find yourself chanting "ice cave, ice cave" and thinking vaguely about Sega Genesis by the end, I'd consider it a minor early victory.
- Not exactly what you're going for later...but it proves you're on the right track early on.

The censors:

- Nonsense means that the internal CENSORS are missing nonsense, meaning they will gradually start letting vital plot clues slip.
- This kind of trance mind can be compared to bringing dream mind to consciousness, which we all know never speaks in a way we would consider sane (in case you don't remember what dreaming is like).
- Skill points are therefore awarded for unintentional nonsense...Until later, when decoding the mess gains you many times the skill points you're accustomed to.

Later analysis:

- Analyze what you experience LATER, using metaphorical rules.
- Dream dictionaries are only to be considered trustworthy when you use three or four (excluding suspected doubles, or copy-pastes on answer sites).
- Metaphor dictionaries are nearly the same thing as dream dictionaries, but are written more anthropologically accurately, and usually by doctorate-holders. Unfortunately, they usually miss rare and unlikely metaphors, like armadillos and calla lilies.
- This means while metaphor dictionaries are official, harder to find, and much more accurate, they contain fewer entries than dream dictionaries, so you may need more than one of these as well.
- As with all research, more sources are better. Don't just look up the most or least accepted. Build a pile and jump into it.
- The most accurate interpretation should stand out to you after reading or even skimming through enough piles of varied information. Don't rely on other people to tell you which information is bullshit. Learn to smell it.

- I present you only with correlations I've noticed, from which you can draw your own conclusions. I try to admit to my bullshit whenever possible, like right now. I give you places from which to begin your own research.
- I'm a one-woman think tank, not a trivia night fact file.
- Do not come to me for medicine or science. Just for the correlations I've noticed. Just for marks on the map warning you which paths lead to quicksand.
- Remember that people can pay other people to make their false stuff look more credible.
- Good information isn't exempt from showing up on an ugly website written in five neon fonts, and babbling idiocy can appear in gorgeous typesets that look like they were designed by world-renowned software architects.
- Read the spectrum, and learn how to spot accuracy on your own.

Analysis-Shmelalysis:

- If you're capable of analysis during a meditative trance experience, you're, at best, just a small distance below the surface (where me and my little Inner sweeties have many of those lovely and civil conversations you've been reading).
- Deeper levels may present themselves with disembodied nonsensical words like "beanut putter" or "chickenzilla" rather than actual conversation...
- Don't attempt to analyze anything until after. I'm personally guilty of trying, but it really doesn't help.

Accurate nonsense vs well-worded lies:

- The surface chatter level is fraught with censor problems, and subsequently personal lies meeting personal truth on a battlefield of personality itself.
- This state is the land of adventure, and a kind of (little "a") personal-level "armageddon" of your old ways of thinking and feeling.
- Some spiritual disciplines don't value the chatter, due to the many chances for deception.
- As you see, I experience the gamut.
- Trusting all figures immediately upon entering the Inner World is like getting off at a random bus stop in New York City and asking the first person you meet if he's Jesus.
- You can only imagine the range of responses and intentions you might encounter.

Intention attracts like intention, usually:

- Wear the intention you want to receive, or the sensation of the deity or symbolic figure you most love, to attract a related-intention guide.
- I'll accept many suggestions as to what they are, but will never be convinced they aren't at least ten times the intelligence of a normal-state human being.
- If you went up to a random man in public and asked him who he was, and he sarcastically responded "Santa Claus", to which you responded "REALLY!? Can I get you anything!?", to which he sarcastically responded "Yeah. Give me twenty bucks", to which you responded "OKAY SANTA!" and proceeded to give him fifty...
- This man is now left with the moral choice between swindling you, educating you, or otherwise ending the interaction, like any Inner figure placed in a similar situation.

- Figures are like people, with a similar range of motives.
- Unfortunately, humans can be gullible when a strange creature shows up with "magical" hidden specialty knowledge, claiming to have been sent by God or aliens.
- People OFTEN make poor companionship decisions when they first enter.
- This is often translated into distrust and fear of other Innere.
- We may not have better words for what they are, aside from gods, Lwa, djinn, aliens, or archetypal figures, etc.
- Again. Whatever term they prefer, they will use, but it may interchange with other cultures' words.
- We have no unanimous agreement as humans as to what they are, or in most cases, even IF they are.

Modern psychology:

- Psychology generally views Inner voices and figures as a way we cope with previous traumas and stressors, especially if contact with Inner voices extends beyond early childhood.
- This doesn't explain the superhuman feats they come to demonstrate, except in a "marvels of the human mind" sort of "I guess we'll never know" kind of way.
- Of course, my doubts about their incredible abilities are dispelled, but it took more time and effort than most are willing to put forth, especially when they expect

nothing to happen...and especially when North America views the voices as, at best, a symbolic tool to detect delusions and access traumas.

- They are SO much more than that, and likely to take offence at such a notion.
- From offence, they may lash out.
- This means that even a good portion of the VERY FEW who believe they exist may have negative experiences with at least a couple of them.

Shadow riddles:

- Note that when I'm trancing out really well as Cat, I'm less intelligently present, but more of their truth gets through.
- Mine eventually does by proximity, and problems are more likely to be solved by these initially nonsensical trance-outs.
- All levels of conscious awareness have advantages and disadvantages during transformation.
- A blind eye, once open, has trouble closing again and returning to sleep.
- Lies you once clung to for meaning can eventually cause you to lose your appetite, and you can't figure out a way for you and your own life to mesh again.
- This is why you should only ask for what you want to know.

Deep roots:

- Something as seemingly minor as a food craving could have roots in a childhood tree fort accident.

- Maybe on that terrible day, only eating vast amounts of cheese made you feel any better.
- In such a scenario, cheese may be a symbol of surviving the accident.
- Tampering with cheese cravings may evoke sensations of the accident before the cravings can be touched.
- Just know how this chain works.
- Affect the cause to get at the effect. Tamper with the effect to trigger the cause.
- Strategy is survival in these forests.
- Whose strategy is at play, and to what end?
- Don't act without thinking.
- Don't act without a strategy in place.

Let the source of cheese cravings show itself:

Let-the-source-of-cheese-cra-vings-show-it-self (x 20)

Benefits of Mantra:

- Mantra is a minor, yet practical, self-hypnotic ability that increases in power over time.
- It is best applied as an amplifier.
- It is useful for all the same things as regular self-hypnotism, but on a smaller scale, (and is especially effective if you have been previously hypnotized).
- Useful as an inner defence if you feel threatened. (I wish I'd known about it in time for what happened this chapter...).
- If you are being attacked in a deep state, strong and confident repetitions will guide your focus against the focus the boss stage is trying to implement.
- It can therefore be transformed into an anti-bumping tool as well, quite easily.

Side Effects:

- Every overly-controlled emotion has an equal and opposite uncontrolled emotion.
- The way to, is through! <3
- The ability to self-hypnotize increases a great deal with repetitive use.

Tips for preventing poisoned states:

- If you're entering shaky territory, it is helpful to create a mantra suggestion to only receive what you're ready for.
- Repeat this several times early on during such a trance.

- *Maintain this as an intention in the first place and you'll have a lot less to worry about.*
- *Create a mantra to return to base state, especially for prolonged use (but avoid making prolonged use a habit).*
- *Hours of continuous use are NOT recommended, but fatigue will likely bump you early on if you attempt it.*
- *An hour should be more than sufficient for most purposes, or the goal should be broken down into smaller parts.*

For repairs:

- *If problems persist, contact a hypnotist.*
- *Talk therapy won't work on this.*
- *My locally-issued talk therapist just got me to talk about how much my hypnotically-induced issues sucked, once every two weeks for several months, without offering any useful suggestions.*
- *She assured me that talking about it, ALONE, was helping me, whether she could offer me any feedback or advice or not.*
- *It wasn't helping me.*
- *But as a "patient", this wasn't a valid opinion.*

- More than one mental health professional has comforted me, reassuring me that therapy, even when used in conjunction with effective meds, often takes several years, or even DECADES, to begin to show a noticeable effect.
- I repeatedly told them that talking wasn't enough to help me.
- But as a "patient", was reassured condescendingly that this wasn't a valid opinion.
- I almost failed to survive it.
- My mind was racing and nothing ever seemed to stand still unless I was asleep.
- My body wasn't responding properly to my commands, like the commands were becoming emotion-driven instead of logic-driven.
- My emotions would explode at random, with almost no triggering required, causing damaging arguments with loved ones.
- Some parts of my body went numb.
- Being awake at all became exhausting in itself.
- Everyday chores stacked up, and self-care became hard to accomplish for a while.
- Yet, "listening to me talk about it" was the only regular approach attempted by my locally-issued counsellor.

- Her "sane therapist" standing automatically made me "difficult" or perhaps even "unintelligent" for even suggesting that talking AT her about my sensory nightmare wasn't actively fixing it.

I don't believe that standard talk counselling works...:

- This experience, which wasn't exclusive to this counsellor...as I was desperate to make the world quiet down and stop moving, and me move BETTER again...IS clearly the actual reason why horrible violent public things still ACTUALLY happen.
- Sufferers of dangerously severe psychoses get "help" in the form of an airhead who does nothing but sketch unicorns and think about lunch for an hour a month.
- That, and pills that usually admit to causing violence in certain people AS a side-effect.
- When I panic, it tends to induce panic in others, yet I've found help hard to access unless my family paid for it.

And I'm not even dangerous...:

- Unlike me, some people are actually dangerous, and even admit to desperately wanting help with homicidal impulses, they receive the same treatment as I did.
- Like I was, they're given a few moderately-ineffective numbing agents, and assigned a perky amateur caricaturist who doesn't want to be there.

Mass-killings linked to bad therapy?:

- Why don't we screen out the bad therapists and psychiatrists?

- Because they are automatically imbued with the unspoken title of "most sane" in any disagreement.
- Each insensitive psych doctor and ineffective licensed therapeutic cheerleader may as well pick up a gun and head into a crowd to perform a shooting themselves.
- Their words do it all the time.
- Their job essentially IS bedside manner, and the failure to perform it well can be expected to inevitably lead to violent deaths.
- If a heart surgeon repeatedly failed to succeed at heart surgery, possible criminal negligence would be examined. I'm not sure whether cases of violence or suicide ever get back to psychological "experts".
- They hold little to no responsibility for anything.
- Think about it...They are really under no obligation to do their jobs in any capacity.
- Doing nothing qualifies as therapeutic "listening", and the exact same SSRIs are regularly prescribed for practically every mental condition.
- Each mental health worker should have their track records called into question every time a patient-related suicide or murder happens, and lose their licences if it exceeds a certain number.
- If they aren't helping, they're merely getting in the way of someone who might be able to advance psychology beyond the Stone Age.

- If we don't work on screening for accountability, the government is basically just paying these people a ridiculous amount of money to eat their salad in an office, instead of at home.
- Screening could be simple. For example, I think there should be actors posing as patients, hired to test mental health professionals on their knowledge and bedside manner. You know, sort of like the doctoral equivalent to mystery shoppers.
- Being a mental health professional shouldn't give a person automatic tenure, granting them immunity from all consequences and responsibility.
- They are the least scientific doctors, entrusted with the most unpredictably hazardous behavioural conditions.
- As far as I'm concerned, they should be under the most scrutiny, and be forced to resign if they can't prove at least a mildly positive overall impact.
- Gun laws don't affect this kind of killing as much as people think they do.
- That perky "listener" is all that's really standing between you and the next mass-murder you hear about on television.
- Take the shooter's guns away, he'll use fire. Take his fire, he'll use water, or a car, or poison, or electricity, or for fuck's sake, he'll weaponize a stolen rhinoceros if he has to.
- The real weapon is his brain-chemical-originating pain, and his inability to wield it with control. If no one teaches him to wield it, it may wield him instead.
- Put the shooter's anger into a logical, non-violent perspective, show him the world isn't a bucket of shit, and help him heal...and his plan loses the ability to sway him.

Brain chemicals:

- The next time you're too drunk to walk, imagine it was your greatest moment of clarity and decision-making.
- Imagine that, for some reason, being drunk never went away, and you were required to spend the rest of your life pretending to be sober.
- Alcohol is just a chemical affecting the brain, as many mental conditions are just other chemicals effecting the brain...considerably less fun ones.
- To stop someone from behaving like a schizophrenic or a bipolar if they are one, is as reasonable as forcing someone to drink a case of beer before work every day for twenty years, while still holding them to normal work standards.
- Eventually the effort of normalcy alone will become a problem.
- Everything is not only operating at a higher difficulty setting, but indefinitely set to a higher difficulty setting.
- It may be something the average person could cope with for three or four days, but not for three or four years.

Isn't violence even more difficult?:

- For many people, a directionless, exhausting, untreated, miserable life, drugged flatly emotionless, and exiled into solitary hiding, isn't worth living.
- People want to succeed at something, and prove their lives mattered before they die. Sometimes they aren't given a positive way to do that.
- Violent fame is simpler than constructive fame, especially for those who haven't been taught to be effectively constructive. Some don't even require fame, so long as they can effectively express their misery.

- Some, starved of positive human connections, simply want shared misery.
- Gun control won't take away the killer's misery. Nor will it take away the violent impulses.
- If he's suicidal, he's no longer limited.
- If the killer isn't planning to live afterwards, he has no actual limits, aside from creativity and free time, and the emotional control and logical skills we are assured that he's working on in "therapy".
- If the voices regularly give more useful advice than the therapist, the voices are more likely to be obeyed than the therapist.
- This should be a logical conclusion.
- Those who demonize helpful voices need to be aware that not only do the voices take it personally, they may try and remove their human from you.

But I thought that all therapists were wise and insightful like on television:

- The therapist YOU may be thinking of is ACTUALLY an adaptation of the same archetype that once taught small children black belt martial arts in nineties movies.
- The wise old master figure.
- It's pretty much omniscient, and as such, does not occur in human existence.
- "Breakthroughs" are a TV convention you don't experience in talk therapy, either.

Disbelief:

- Discovering the truth about talk therapy is like discovering your heart surgeon is an ostrich veterinarian, but by all means pay admission and get on the most underwhelming roller-coaster ride of your entire life.
- Also, don't berate your suffering loved one for failing with one until you've tried one yourself. It's very illuminating.
- They should be screened a lot better before making more money than a crisis center volunteer, the operative term being "volunteer".
- There is a plus. After seeing a talk therapist, instead of telling you that you're not trying at all, people will start telling you that you're not trying enough, which is marginally better.

The dreaded cycle:

- What it comes down to, is that very ill people with chemical or structural delusions or impulse control problems end up abandoned, set directionlessly free like a rubber ducky in the ocean of society, struggling to keep themselves and others safe with no idea how to.
- They are left to wither and languish, due to their poor social and self-care abilities.
- They're put on permanent disabilities instead of being admitted, not because they're well, but so they don't cost their country 70 million dollars (or whatever) for a lifetime of psych ward fees.
- If the impulse problems are severe enough, the person may become incapable of not acting on them.
- Some seek the psych ward to prevent disaster.
- Refused hospitalization due to lack of space, and lack of a violent history, some are told to go home and cope with the "help" they're already receiving.

- Inevitably, some lose control, and are promptly thrown into a prison without psychiatric services when the "help" doesn't work.
- Chemical, remember? This is like being the designated driver at a party, getting your lemonade spiked with mystery pills by some asshole, then going to jail for the rest of your life for driving a bulldozer through the party, on the pills you didn't choose to take.
- In prison, these sick people are brutally tortured in solitary confinement by prison guards, for psychologically misbehaving due to the conditions that put them there in the first place.
- Finally, a certain percentage are released back into the society that refused them respect and hospital treatment, and essentially condemned them to a life of torture and isolation for the crime of being ill.
- They are then expected to behave like healthy, well-meaning, non-vengeful, sane members of polite society again.
- Let's put it this way...You wouldn't let someone with dementia take on the responsibility of running an animal shelter, then charge them with cruel recklessness when you found them having tea and biscuits and discussing the weather with a bunch of starved animal corpses.

Culpability:

- Why send a bipolar who is actively seeking help for violent impulses to jail for being violent, when it was a sane doctor who told them they were fine in public, and made the initial decision to leave them free among other people?

- Does the attempt to find help amount to nothing?
- Should he be tried as sane if he was actively seeking help for violent impulses when the violence happened, but was sent home early from the hospital without being given the right care?
- After sending the dementia-sufferer to jail for neglecting the animals, would you then lock her in solitary confinement for becoming agitated and behaving inappropriately?
- No, it's ridiculous to consider.
- However, to be fair, if we're going to continue to throw the book at insufficiently-treated bipolars, borderlines, and schizophrenics, we should also be charging dementia patients with assault alongside them.
- After all, in either case, it is the brain functionality, not the individual, that is responsible for the problem.
- In a way, we still live in the dark ages.
- We live in a society that marginalizes and destroys countless lives from childhood onward.
- People die under barbarous conditions, for the mere crime of living with invisible symptoms, and for being unresponsive to treatments...(like potentially-suicide-inducing drugs that aren't fully understood by doctors, therapists' unicorn drawings, and "listening").

Comparatively...:

- The next time you, for example, break a leg, I assure you that the doctors won't prescribe you pain killers, normal behaviour, and positive thoughts.
- *I'm sure they won't blame you when you can't pretend it isn't broken, in an effort to enforce normal-looking walking again.*
- *I'm sure they won't treat you as irrational for getting a second opinion, or for arguing that pain killers and habitual optimism isn't helping.*
- *But a bone can be seen.*
- *We still don't have a splint to fix what's broken in the mind.*
- *We don't even have the tools to find the problem.*
- We have things to numb pain, and someone to talk at about it.
- My counsellor was cheerful like a pleasure cruise director talking to a sick puppy. If I'd stayed with that one, I may have gotten Lee-mouthed and become a candidate for sensitivity training.

So...Yeah...Hypnotherapy is faster:

- It communicates with more of you, to pull the thorns from the old wounds you'd forgotten and left to mentally dry rot.

- The hypnotist I went to see was *wonderful*, but she GREATLY sped up my process, to the point where I had trouble keeping up with my figures for weeks.
- Stuck issues shouldn't be dislodged hypnotically without the okay of many figures.
- *Even then, effects may not be minor.*
- *She warned me, even...I'm worse than half the people I keep yelling at in this book.*
- I drove my brain WAY too fast, mostly on purpose. I spilled coffee on the kitchen badger, and it proceeded to eat part of my ear while I veered off a bridge. There was gold in the river below, but I had whiplash, and the kitchen badger had acquired a taste for medium roast ear blood with triple cream, so I barely noticed my good fortune at first.
- Slow and deliberate pays...
- I have some useful new abilities, but they cost a lot more than they had to, because I was in such a rush to fix the emotional component of my condition without adequate help.

Mantra hints:

- Much greater effects can be achieved by adding things like "With every mantra, the effects increase".

- Why not amplify the amplifier?
- This can act as a multiplier.
- Whispering or mouthing a mantra is also more effective than simply thinking it. More senses giving and receiving information means more effective in most cases.
- To say something, is to remember hearing it.
- Hypnotically, rhythmic music in the background is optional. I like to use tracks with just a beat for hypnotic repetition.
- Rhythmic wording is much more effective than non-rhythmic, just ask commercials.

Glitch repair:

- If a figure uses repetition on you, just put up a wall of the opposite phrase, and take special note the one being used on you.
- Remember, acting against your own beliefs feels wrong and unnatural, and the idea alone should snap you out of any possibly damaging hypnotic state.
- They're bad at accomplishing wording tasks against you, as you're bad at accomplishing mood tasks against them.
- You're in a position of superior power if they're using words on you. Sometimes one word can untangle a whole solve, so vague feelings benefit your nemeses more.

Will my figures turn me into a chicken?:

- Not unless you really want them to. Besides, that's a lot more advanced than mantra.
- Hypnotically speaking, there's no danger of going apeshit and getting destructive, unless that was likely going to be a part of your day anyways.
- Personal figures hold no power under unnatural conditions.
- They rarely push for anything unless it's for your own good and moves you towards nature.
- That means that if you don't normally bite people, you're even LESS likely to do it under trance.
- Don't fear your figures, despite how loudly they insist to you the opposite.
- Remember...fear-mongering is the extent of what a lot of them are capable of.

Note on the martyr shadow:

- Martyr figures are more hazardous than things that love themselves dearly.
- "Parasites" wish to keep their "stupid human host's" teeth and hair luxurious and glossy by keeping it fed well, in the way a human might care for a prized horse or special car.
- A Martyr figure, on the other hand, will want to use you AND itself to prove a point, regardless of your well-being.
- It may attempt to destroy you over something you personally don't see as pointless at the time. Be aware there is illusion at play, and be prepared to ignore its sane-sounding-at-the-moment orders.

- It will likely appear as an angel, saint or official. It will seem like someone who outranks your judgment.
- HOWEVER, it will feel emotionally...mouldy...you could say.
- It won't feel uplifting or light.
- This is a repeat boss for people with low self-esteem, which ends in high self-esteem if successfully thwarted.
- Failure to defeat such a boss can happen if it isn't recognized for what it is in time.
- By this, I mean that failure to recognize that a martyr boss is not a Trusted can lead agreeing with it, which can prove fatal depending on what it asks of you.
- It may try and show you how IT feels. If its message feels righteously charged and self-destructive, IT'S NOT FULLY YOUR FEELING.
- At its crux, the martyr figure associates your good behaviour as a child with your current survival, and will fight you ferociously for the right to perpetuate what it finds useful.
- As it may see an unhelpful link between immortality and fame, friendship, religious behaviours, or memories, for example, it can be downright deadly. Your life is just a pawn in its sadistic game of immortalization.
- A martyr figure will look like a saint, but more than anything else you encounter Inside, it is A DEMON.

- *Know what to watch for.*
- *Body of light, smell of morning flowers, skin and hair like silk, voice of a siren choir...and emotions like bathroom mould.*

Secondary note on the Messiah Phase:

- *The martyr figure has a less-dangerous, and more-temporary opposite, in a something I like to call the "Messiah Phase".*
- *As the beginner becomes an intermediate, there WILL OFTEN be a tendency to believe that one is not only magical, but humanity's chosen one.*
- *I've stumbled across many "chosen ones" in my spiritual research, and in person.*
- *I was a "chosen one" for a little while, then I got over it.*
- *It's the mystical equivalent to teenage acne. It's there, and then it's gone.*
- *Don't judge chosen ones. They can't help it.*
- *Above all, don't follow one.*
- *You may as well follow a radish rolling down a hill.*

- Advanced workers never seem to believe they have power over gods or human destiny. Others see power in them.
- Adepts don't seem to WANT ANY such power, never mind the SOLE power.
- Thirst for power is a beginner's trait, and more common than you'd hope. Maybe even a natural part of the process geared towards complete humility or something.
- I only have theories to explain the identically strange parade of unskilled "heroes" and "demigods" that keeps accosting me on its overconfident quest for spiritual followers.
- You can't ALL be the chosen one, okay?
- Stop striking poses and get ready for your midterm exam.
- I didn't study, so I didn't do so well.
- I admit, I'm still a little bit of a radish rolling down a hill.

Mad about mantras:

- Various kinds of negative or unusual creatures must be addressed when found, for optimization of free will.

- *Many figures will not take this well.*
 - *Many approach you as simple personifications of long-lost childhood social errors, like believing that suffering for others makes people love you more, or believing that destroying others before they can destroy you is winning in a dog-eat-dog world.*
 - *Poisoned beliefs may use repetitive words against you, so use strategic words back if you come across them.*
 - *Know what you say to yourself.*
 - *It may not reflect what you actually feel or believe.*
 - *You see the danger now, right? We repeat a LOT of things to ourselves on a daily basis.*
 - *"I forgot my lunch again, I'm so stupid". "I always trip on that damn stair". "My hair is the wrong colour turquoise".*
 - *With mantra, you're now going to get better at repetitive imprinting with words, words acting towards things you actually want.*
 - *This also means it's important to use this technique with the utmost respect and stay safe, right?...*
 - *I REPEAT, if you intend to use this technique seriously, please read Cat's warning after the technique.*
-

2.26.15

Cat's Warning:

- ...I mean this sincerely, more than ANYTHING with hypnosis. Coming to terms with something too fast can feel like a getting a stomach flu after hurting your back the week a loved one dies.
- Don't force something recklessly. You won't know how you ever survived it. You may doubt absolutely everything you thought you knew, until you manage to catch up with the changes on your own.
- This is not to be confused with the awakening, a similar, but extended, state of pain outlined in the mystical traditions of various religions, during which the ego practically digests itself. If this is you, on purpose or by accident, my deepest nod to you, and I recommend you proceed to avoid these instructions and search terms like “Awakening Symptoms”, “Kundalini Awakening”, and “Qigong Deviation” until you have a grasp on what's happening.
- Coming to terms with your issues can earn you your dream come true, but it might involve losing that job, house, or relationship you thought was pivotal.
- What if you pushed too fast and realized you had to lose that job, house, AND relationship? What if your happiness was going to be real, but a little slow arriving in the mail? What if the over-shock made you act in error and lose the dream instead of the mistake?
- Know what you want, and why you want it. Don't speed. If something worries you, weave a safeguard into the fine print (as long as it's natural!)

- The late bus only shows up when you go to get a coffee. Do not lose hope, and for the love of everything, stop watching for the bus and go for a coffee, or it won't ever show up. {Doom?}.
- *Learning not to obsess is the hardest solve, but is often the first blockage to heal before you get your desire...*
- A figure said something like this to me once...Don't dig up the seed to make sure it's still there. Let nature deal with it...Let the plant grow.
- Obsessing is just *agitating* something that *needs to remain still* to form roots.

Good things come to those who ACTUALLY want something else:

- *You notice how easily the things you want come to those who obviously don't care about them that much?*
- *Obsession and worry cause over-consciousness, causes human error...or rather, causes you to perform the contents of worries really well...*
- *...While natural expectant hunger brings about natural abilities in a human...to seek and get, as sure as geese know how to migrate, or a wildcat has the unburdened grace to catch a bird.*
- *Aim wrong, get wrong.*
- *A mountain lion hunting a mini van will likely just get hurt (unless it knows a lot about human prey and getting into mini vans). Circumstances will change as they always do in life, as will the value you place on your goals. (Now the lion knows that metal vans don't taste so good).*

- Know now what your true goals really are.
- Pleasure is contextual. The desire to be rich, for example, doesn't take into account that we quickly become bored with anything we have constant easy access to.
- Play The Sims using the motherlode cheat, or a classic game using a Game Genie to access endless lives on flying invincibility mode. The elation of being completely incapable of failing is quickly replaced by the disinterested feeling of bowling with the child bumpers up.
- Rewards that you once used to map out carefully, and get tremendously excited about reaching in your third hour of playing, drop into your lap at the beginning and you use them unconsciously, without knowing or caring where they came from.
- Half an overripe strawberry is kitchen garbage to you, and a way to avoid cannibalism for a starving plane crash survivor.
- Supply and demand are personal metaphors as well as public ones.
- A delicious pizza night, or a pizza-eating contest...which is more enjoyable? Sleeping after a long day, or sleeping in the morning, after a cup of espresso...which is more relieving? An intense night of binge-drinking, or an intense year of binge-drinking...is the whole year actually 365 times better?
- Personal supply and demand determine what is worth something to us physically and emotionally.
- Is a magnificent feast still as magnificent after seventy days of magnificent feasts? Find yourself stranded in the mountains and you'll sign over your car keys for that half a rotting strawberry end, exactly like the dozens to thousands of rotting strawberry ends you've composted without thinking in the past.
- Now...Inspiration and worry rarely to never exist in the same place.
- That being said, contorting yourself carefully around worry like a dog around a bathtub is counter-productive and draining.

- The tension still costs you the same energy, even if you're momentarily distracted here and there, elsewhere. Maybe more.
- If worry creates a blockage in the form of physical tension, it needs to be processed consciously like any other pain, or you'll create a mess of clogged mental and tension-based detours.
- This is the essence of solving. Become determined to address your worry instead of contorting around it. Turn it back into a usable resource.
- Note that the avoidance of worry itself was a negative focus, while addressing the worry is a positive focus.
- You are focusing on making it better even if it makes it momentarily worse first. You are enabling and empowering the correct intention.
- Notice that "avoiding worrying with unnaturally-forced positive thinking" is ironically something a person can wallow in for decades, and that addressing the worry is the only way to stop wallowing in it.
- If a bowler becomes obsessed with bowling a perfect score, meaning her obsession is ironically NOT having the perfect score at the moment, she is ironically instructing her body quite loudly on the best way NOT to have the perfect score in the future.
- Obsession "with" usually parallels some level of obsession "without".
- By reducing the oppressive obsessive energy of the issue, your bodily actions and capabilities aren't all driven into the open arms of negative obsessions.
- This means pushups, people. Drop and give me twenty!

A note on obsession:

- As a teenager I started having flash-thought fantasies about slapping people, which is something *I'd never actually done*.
- What if God or any loved one who died before me found out what I was *thinking*, and thought I was *rotten* for it?
- I told someone I trusted about it, and she said something along the lines of "So? Have you *actually slapped anyone? I've* had thoughts like that".
- The thoughts stopped feeling evil or dangerous.
- After *that*, I left the thoughts to *their own annoying devices*, where they *lost their importance and vanished completely*.
- The trick is to be able to do the same thing with the *other worries and obsessions* without requiring the *validation* I got that day.
- Sometimes thoughts and beliefs are simply out of proportion. Most aren't *this* distorted, but *many are surprisingly distorted*. *Knowing* they are distorted is the first step to non-obsession.
- Sometimes by learning *that thoughts can be extreme, which is normal and okay*, we can turn the tables on extreme thoughts and view them calmly and rationally.
- As we know *now*, anything inside that can be viewed calmly and rationally in perfect stillness, for thirty seconds at a time, *can most likely gradually be solved*.
- *If it can't, it's structural or chemical*.

Stuck worries:

- Solving is the best way to overcome an irrational worry that gets stuck...
- Reach conscious comfort with a worry's presence and it will cease to obsess you. It's like getting used to the temperature of cold lake water.
- The discomfort can stop altogether if you can get used to its presence, for long enough. Any function that was hampered by the discomfort is improved by extension.
- I know focusing on the pain to fix it feels like a paradox, but it really isn't.
- It's the opposite of focusing around it, which is often a continuous life-long chore.
- Most mental pain won't leave until you grow accustomed to its truest essence.
- Then it simply gets bored and gives up fighting you, or becomes a new power or ally.
- In some cases, you can supply it with the constructive release it wants, so its demand for release goes down, and is no longer your problem.
- No one has probably told you this, but think about it...Has avoiding the presence of obsession worked yet, or just made avoiding obsession a new obsession?
- Do other people tell you to stop thinking about your obsessions because it works, or so they can stop hearing about them?
- My advice is to pay the piper (Red), but we'll talk about him more later...

- Avoiding painful obsessions is like denying you have a snarling badger or a grease fire in your kitchen because it's unpleasant to think about.
 - Address it.
 - Hypnosis and mantra are a good way.
 - I know this last section has little to do with hypnosis, but I need you to keep the goal in mind if you start accessing other transcendental states and lose your focus.
 - You have to work to squeeze an exercise out of this mess.
 - This is intentional. Start aware. Otherwise your sweet little figures may grow some mean little teeth.
-

- {Future Lee: So we've decided to label this atrocious language shit "intentional"? Not me. I'd give it to them straight...4.29.17}.
- {Future Danna: You'd have them all be like Mittens? <3...4.29.17}.
- {Future Lee: There HAS to be a happy medium between singing sweet lies at them and vomiting on their souls. I think you shit-heads just had a soul-vomit...4.29.17}.
- {Future Danna: As our acting Metaphorical Legal Department, I insist all signers AND co-signers initial with soul vomit. Look up "litigation", Lee, because I just did...4.29.17}.

- {Future Lee: *Cat, don't you EVER let Danna near a dictionary again, you HEAR me!?...4.29.17}.*
-

Chapter 5: Running From Scissors

“Fear is a muscle like any other. Train it slowly, and try not to lift anything you aren’t ready for or you’ll hurt yourself. It contains boundless courage if you train it right.”

-Doom



1.11.14

- {Danna here. Arrow is Cat's childhood {vox}. He once took the form of a green humanoid cat, as Cat once took the form of a yellow humanoid cat...which she wasn't, as she is clearly a dark armadillo with yellow eyes at heart, not that she doesn't appear to be a woman. {Totem stuff is good for metaphor work. Don't discourage it}. Well, Arrow was boring in a nice way, which is to say I improved him when she pawned him off on me. Except for the fact that he dresses like a green emo. That has never worked. We are no longer an item, but he sure is cute. Catch any of that? Doesn't matter. <3}.

-
- {Future Cat: Getting a little sloppy, Danna. You didn't mention that he has taken the shape of a man...8.21.16}.
 - {Danna: I was getting to it, Mittens, relax. <3...8.21.16}.
 - {Future Cat: You WEREN'T, which I know, because what I'm writing right this minute takes place after what's ABOUT to happen...8.21.16}.
 - {Danna: Exactly. We've said it. Relax. <3...8.21.16}.
 - {Future Cat: I'm so confused. Do you mean what you just said you were.....how am I supposed to work for you under these conditions?...8.21.16}.

- {Danna: It's all in how you think, Mittens. <3...8.22.16}.
 - {Future Cat: Wow. Someone needs a time-out from talking about time...1.20.17}.
-

1.11.14

{...Danna's Show continued...}

{Currently Listening to: Max Don't Have Sex With Your Ex by E-rotic}

Danna: *Hello to my dearest fans.* <3

- *I'm Danna,*
- *and today I have with me someone I know quite personally,*
- *but we are going to put that behind us for the interview.* <3

- Arrow's voice is cynical and deadpan.
- {Enthusiastically deadpan...10.2.17}.
- {He's slouching with his arms crossed}.

Arrow: I HEAR you've been holding DRURY hostage.

Danna: *Not at all.* <3

- *It simply takes a lot to get him back home,*

- and frankly
- I can't spare the effort. <3

Arrow: ...

- Right.
- I know that's a lie.

Danna: Dear,

- don't make this complicated. <3
- Tell us about the {vox}.

Arrow: Now there's a subject.

- There are false ones.
- Like me.
- Apparently he's the real one.
- Broken piece of shit.
- He'll ruin her.

Danna: You were her enemy for a while. <3

Arrow: I thought I was the true {vox}.

Danna: As did Blue.

Arrow: She'll never be free of the creature,

- and I no longer care.

Danna: Clearly you do. <3

Arrow: Clearly you only brought me here to be a bitch,

- and possibly to kidnap me like that poor guy.

Danna: No,

- you can go. <3

Arrow: ...

- I should probably take THAT guy with me.

Danna: No, no.

- Keep moving. <3

- Danna watches Arrow carefully, without expression.

- ...

Arrow: FUCK

- ...
- I don't need any more trouble from you.
- I'm out.
- Sorry Doc.

- Drury's voice is pleasant.

Drury: You know what,

- it's okay. <3

- *I'm getting used to her.* <3

- {Danna smiles nicely at Arrow...2.23.15}.

Danna: *I fed him some hypnotics.* <3

- {Arrow looks extremely unimpressed...2.15.15}.

Arrow: *You didn't have to tell me that.*

- *I remember them.*
- *I'm going home.*
- *Nice show.*
- *Please don't follow me.*

Danna: *You cramp my style, dear.* <3

- *Just don't land in any alligator pits.* <3

Arrow: *Aren't you adorable.*

- *Bye.*

Danna: *Kidding.* <3

- *Next time we'll have a look at—*

Arrow: *—DON'T watch her SHOW!*

- *She's a MANIAC!*

Danna: Someone get him off the set!!

-
- {Future Cat: ...Danna, seriously...The Daily Weather we're about to see has at least one extra period in it. I can't seem to edit or access the original of this file either. It leads to Chapter 9's weather now. Danna, if you're connected to this in any way, we get that you find weather reports unreliable, but that's no reason to tamper with my GIMP files...8.16.17}.
-

NOTES

date: 9.21.11

DANGER. MELTDOWN IMMINENT.
DANGER. MELTDOWN IMMINENT.
DANGER. MELTDOWN IMMINENT.
DANGER. MELTDOWN IMMINENT.
DANGER. MELTDOWN IMMINENT.
DANGER. MELTDOWN IMMINENT.



⚠ WARNING

WARNING!

-Trigger...ning....n't...
...p...se.Don't come
any closer!!!

LISTENING

Crystal
Castles:
Insulin

INTRODUCTION

-There is horror. There is darkness. If you
fear, do not proceed.

-There is horror. There is darkness. If you
fear, do not proceed.

-Help me. All is death. Help me All is help
death ME Hldeathpmee...{End transmission}

9.21.11

Necessary Sacrifices

{The following is a reconstruction (2.23.15)}.

{Some gruesome ideas and imagery. Trigger warning up until “The Next Day...”}.

{This helpful warning has been brought to you by Elevatorport. Have a fish-salad-tastic reading experience with Elevatorport, and Elevatorport’s many lovely subsidiaries today! <3...10.2.17}.

{The message you just read was sponsored by Vegan Spring Rolls!...10.2.17}.

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 and replaced with cheese cravings. We'll be right back! <3. This has been a special message from The Metaphorical Legal Department...8.20.17}.

{9.21.11}

- {Liverish and I encountered the purple goddesses...10.3.17}.

They *called* Liverish my "pet" and he *burst* into a *crackling* electric *rage*.

He darted off somewhere to attack them.

There were some metallic sounds in the dark..

And he was swept away.

They threatened to kill him,
but I asked them why I would want to save him in the first place.

I knew they would be convinced.
They knew what they'd choose,
And they had no reason to doubt the same in me.

Though he was taken,
I could hear his voice barely..
...and it told me to judge them back with their own rules.

And so I asked them about the Inner innocents who would die if they succeeded.

Innocents who weren't perfect.

They weren't happy.

They muttered about "necessary sacrifices",
and swept me away to a clinical-looking room.

I recognized the body freezers from television.

They opened one and forced me inside.
There were restraints inside for them to tie me down.

I again heard Liverish, and he insisted we escape soon.
I shouldn't be desensitized to the concept of death like this.

- {Doom came to me that night. She helped me get through that night's trials, I'm sure...2.16.15}.

Though it was just a “chest of drawers” for formless beings like Liverish, the freezer was more for me.

He suggested I become angry with the judges as a way to escape.

I attempted it.

...

I escaped with my energy, but was quickly recaptured.

I entered a meditative state to increase my focus for when I faced them...

...

But they became quite vicious.

They strapped me to a table.

With something that appeared to be {a cross} between an axe and a cleaver,
they gathered around me solemnly.

Dignified goddesses.

They stood poised over my form.

They moved precisely,
as though it was part of a sacred ritual...

...They sawed through my ankles,
and my real body tingled.

...Was it possible!?

My focus would move from *inside* the form to *above* it, *watching*.

My upper thighs.

They sawed through.

My *real body* tingled.

My forearms...ankles...upper thighs...forearms...shoulders...and finally neck.

Through all of *this* there *was no blood*.

Just bone and hanging flesh.

And the mysterious tingling.

They were clinical and emotionless.

- {I remember no sounds through any of this...2.23.15}.

From outside the form I watched as one of the women removed my eyes.

She squeezed them hard, crushing them in her hand.

She forced the contents down my nose.

I flashed in and out of my form,

Watching or feeling.

Shocked. Inwardly convulsing.

When I struggled, she lifted the weapon,

...

And cleaved my form's head in half.

Things felt *weird*.

Wrong.

Humanly I felt a sucking sensation on the left side of my face.

Humanly I felt "sparks" from where the cleaver had cut me.

Humanly I cycled between calm and panic.

Now it wasn't because of my "pain",

But because I was reliving my every weakness as a person in vivid detail.

Every moment I had doubted myself.

I was drowning in it.

They were making use of my humiliations.

I could only fail.

They were denying my place as a legitimate person.

They were defacing everything I was.

I was finally booted.

That night, sleep was a blessing, as was not having nightmares.

Since I entered the Inner World I have almost stopped having nightmares altogether.

{But, as you know, *I can now end most nightmares by choice...10.1.17}*.

- {Low-level horror has been temporarily averted}.
-

The Next Day...

{9.22.11}

{Currently Listening to: Vamp by doubleDrive}.

Cat: {I have to} *make my own rule book...*

Liverish: *Nah, it'd never work.*

Cat: *What if I decide to follow it strictly?*

Liverish: *Cat, Cat, Cat...*

- *Look...*
- *They are your rule-making body.*
- *You would need their help to make your rules even close to viable.*
- *No.*

- Bad idea.

Cat: *What if I did have help from one of them?*

- {Cat must be referring to Sokien...2.19.15}.
- {Lee must be referring to a decision-making structure, perhaps the Anterior Cingulate Cortex?...8.22.16}.

Liverish: *It'd still be fucking five against—*

- —well three's better, but...
- ...huh...
- I guess the real question is {"fool me once, shame on you}, Fool me eight times, shame on who...?"

Cat: ...

- {Cat frowns}.

Liverish: *Because it's cruel to put the blame on someone who clearly has...*

- mental barriers...

Cat: *I need...*

- help here...

Liverish: *And I'm giving it to you,*

- *...albeit in a way you are clearly upset over.*

Cat: *Not upset...*

- *...*
- *just stop calling me STUPID...*

Liverish: *I simply call it as I see it.*

- *Your mien in battle is abysmal.*

Cat: *...You fly into a rage,*

- *or open by insulting all of your opponents...*
- *{And teammates...}*

Liverish: *That's different...*

- *the strong can pull that off...*
- *You're a fucking relative to the terrorizing and majestic SLOTH.*
- *Let me handle battles that way.*

Cat: *How...should I?...*

- *(Shields? Defence?).*

Liverish: *While the concept of armadillo-soccer is quite amusing to me,*

- *I fail to see it as a good idea from your perspective.*

Cat: *So don't attack or defend...?*

Liverish: *I see your problem...*

- *...*
- *Happily, there's a cure.*

Cat: I got the bad kind of *shivers* when you said that...

- ...chills...

Liverish: You should, because this is diabolical.

Cat: ...What?

Liverish: Hear my mood.

- [...].

Cat: But...

- that...

Liverish: ...

Cat: A...

- DOOM...state!?!*

Liverish: Surprised?

- {*Cat is referring to the time she allegedly saved Doom's life by allowing her a safe place to heal, within her Cat form's mind...2.23.15}.

Cat: ...

- So break you and stick you in my {Cat form's} head...!?

Liverish: Clear all replacement bodies...

Cat: You could be destroyed if it goes wrong, though.

Liverish: Well so could you...

- "pop"!
- {I can't believe I was once naive enough to think that losing form would kill them...1.20.17}.
- {Some people who encounter the Inner creatures are like tourists unwittingly wandering the most dangerous streets in town, and I was no exception. I was hazardously gullible...10.1.17}.

Cat: But Doom...

- {As Liverish was a kind of shadow figure, he was quite excited about the things Doom, the death shadow, had learned about combining with me while she was allegedly injured...10.1.17}.

Liverish: Fit you like a puzzle piece...

- An exact opposite...
- {It seems he's having fantasies about his uses for Doom's combining techniques...10.1.17}.

Cat: *Yikes*

-
- Don't *smile* like *that!*...

Liverish: *You use such fucking fluffy language!*

- {Note to self: Fascinating...*Early signs of integration and instincts driving us towards the Sacred Marriage...8.22.16*}.
-

9.22.11

Your Semi-Permanent Companion

{Current Playlist: Let there be Rhythm by NuDisco: Sovate & Thomas Tonfeld feat. Schmelson}

Warning <3: Please do NOT attempt to insert foreign objects or {figures} into your brain. The following is performed by trained professionals...we hope.

Metaphorical Legal Department <3

{9.22.11}

- {Cat's human form is at the Student Union Building}.

Cat: I can't believe you convinced me to do this...

- You're...in my head.

Liverish: ...And body...

- tell you what...
- If these—or one of these—{school} clubs works out,
- I'll be your semi-permanent companion, and you can't say no.

Cat: And if I do?

Liverish: You'll see why you'd rather have kept it to yourself.

- {Note: This seems to be the start of the archetypal channelling exercises...8.22.16}.
 - {This is essentially wearing...5.26.17, 1.24.18}.
 - {I can teach this now, because I learned it when I SHOULDN'T have, earlier...10.1.17}.
-

Interesting note <3: For reasons we can't divulge for a very long time, Cat has made exactly the right decision here. Isn't dumb luck fun?

Metaphorical Legal Department <3

{9.22.11}

Cat: You're even more surlly on paper...

- did you know that?

Liverish: I've been told.

Cat: Whatever...
today was {more fun} than most...

Liverish: So...those bitches messed with the wrong whatever-I-am, now didn't they...?

Cat: Do they know what you are?

Liverish: *Fuck, Cat.*

- *Of course not,*
 - or I *would* have prided it from them when I *kicked* their asses.
-
- {Does this mean *he still doesn't know he's an incubus?* (The metaphor here being that one can have demons, and those demons can revolve around sex)...8.22.16}.

Cat: *So...this... "Sareon"?*

- *"Sarrion" (carrion)...?*
- *How do you spell it?*

Liverish: *It's a name.*

- *A fucking sound, Cat.*
-
- {Unusual archetypal attitude noted...2.23.15}.
 - {Haha...Cat seems unsure how exactly to respond to this statement...2.23.15}.

Cat: *But...even you know...*

- *Etymologies matter.*

Liverish: *Well...certainly.*

- Do you *think* that bunch cares?
-
- {I'm guessing they do...2.19.15}.

Liverish: *Go with Sokien's spelling.*

- *It may be the closest.*

Cat: ...

- {Cat} prepares to put away the {Story Game} book.

Liverish: *You aren't going to put this FUCKING book away...gods, Cat**.

Cat: ...You were *going* to say "Sokien"*.

Liverish: *I felt her influence...*

- {Liverish's voice becomes softer}.

Liverish: *Discard her, Cat.*

- *That's what I recommend...*

- {Cat sighs}.

Liverish: *When you're inside your fucking head,*

- it's hard NOT to see what you see in her.

Cat: And on my side, what you DON'T.

Liverish: *That's beyond the point...*

- *my {form} is effectively dead to allow me to enter your head like Doom did...*
- *Now, when I did that,*
- *I gave you the use of my help and energy in exchange for your privacy and a fraction of your free will—a very small one.*

Cat: And so...

- *I felt drawn to looking at school clubs {instead of forced}.*

Liverish: Precisely...

- *Now...because I effectively no longer have a "life",*
- *I can guard your mind and warn you of impending attacks.*
- *This WILL be a crappy and boring job,*
- *but I get to annoy you to hell every time we have a quiet moment...*
- *any questions?*

Cat: [...?].

Liverish: Yes...

- *Not being able to manipulate your inner form with my bare hands sucks.*
- *However, my mind is sufficient—minds IN minds...*

Cat: ...I see.

Liverish: *Fantasy can occur anywhere...*

- *I'll get my fill...*

Cat: ...Somewhat afraid of that...



Group Shot...With Spoilers!

9.23.11

Where Else is the Scrambling Coming From?

{Current Playlist: Sons Of Pioneers by Japan}

At the University Library...

Cat: That group presentation went way better than I'd hoped.

Liverish: *Of course it did...*

- *Between your sissy mannerisms and my charisma.*

Cat: ...

- *This library desk.*

Liverish: *Fuck!*

- *{Sleep-deprived, angst-ridden university-dwellers are fucking hil-ARIOUS}.*

Cat: *Do I only agree because of you?*

Liverish: *No.*

- *{Seriously}.*
- *Because THAT's fucking FUNNY.*

- *{Cat tries to find it less funny...2.19.15}.*

Cat: *And yet disgustingly elitist...{to the people who go to the...other school}.*

Liverish: *Which is fine for you to laugh at.*

- *{[...]}*
- *{you're such a low rung on this ladder} you may as well not be a part of it.*

Cat: *I get the mood message, but your explanation didn't work.*

Liverish: *You rank just below children,*

- *Because people have to be nice to them...*
- *That's how much your opinion counts.*

- {Cat frowns tiredly...2.19.15}.

Cat: *And you'll help me out with that...?*

Liverish: *Hell, I'd take OVER for you if you'd let me.*

- {Apparently Liverish's underlying energy is expressing itself strongly enough for Cat to notice it now...10.3.17}.

Cat: *Your real voice...?*

Liverish: No.

- *Just a bit of the accent of my real voice.*

Cat: *...It has an accent?*

Liverish: *More like a feeling-tone you interpret as an accent because your talk with us is basically metaphorical.*

Cat: [...].

Liverish: {No, not less seriously}.

- *If anything, it means you should take our forms, speech and talks MORE seriously.*

Cat: *Because your forms actually...*

Liverish: Yes.

- Reflect what we are...
- A common mistake {people make in the} *Outer World*, but a *valuable tool* on the inside.

Cat: I think I've started to get both right.

- {Judging by appearances comes in many forms, and these are all forms of "projection". While Cat knows better than to mix up "foreign concept" with "foreigner", clothing and behaviour are less obvious projections. It turns out that the irritating young know-it-all from class three, who wore Dr. Freud suits to class, actually had no lenses in his glasses. It turns out he only sounded like he knew what he was talking about until you put a sweatshirt and jeans on him. Projection can be as potent as reality. Analyze anything potent for stupidity, theirs or yours...2.8.15}.

Liverish: The problem is, you're a tad too scrambled to dig that one step further.

Cat: Is that...them?

- {Cat wonders if her distraction is being caused by the Judges...8.22.16}.

Liverish: Some of it is,

- but that's just because they're playing on the fact that your mind is a veritable RAT maze.

Cat: Got it.....

- {Cat is staring into space}.

- {Apparently it's quite a severe case...8.22.16}.

Liverish: Cat?

- Got your tongue?

Cat: Where else is the scrambling coming from?

Liverish: To make mental soup, you have to stir it, Cat.

- THEN try finding something you fucking dropped in it...

Cat: And YOU...

- How often do scramble me like the Terrible Judges do?

Liverish: TONS.

- Gratuitously.
- If I can fuck with your thoughts, I'm there in a heartbeat.
- Thanks for asking. <3

- {The Terrible Judges is a nickname for the members of Sokien's family who threaten Cat. They are also known occasionally as The Purple Collective, or The Purple Judges...2.15.15}.

- {Have we not covered that by now, guys??...1.20.17}.

- {Emotions scramble. This isn't an unusual statement...2.23.15}.

Cat: Are you only polite in sarcastic form?

Liverish: I would like to appear more

- ...civilized to outsiders...
- What do you say?
- Can I learn your sissy speech?

Cat: By calling it "sissy speech", you have indicated to me that you really rather not learn it.

- Liverish smirks and lowers his voice.

Liverish: What gave it away?

Cat: ...

Liverish: *Oh.*

- RIGHT.
- You're sensitive when it comes to your sissy speech,
- and having it called "sissy speech".
- Why is your sissy speech so big an issue in the first place?

Cat: [...].

- {Cat seems to be suggesting that the Purple Judges' rules make polite language feel more important...10.3.17}.

Liverish: {Them?}

- Good, Cat.
- You're only a little stupider than you look.
- Yes.
- It's an issue because "politeness" falls under a "judging realm".
- One where protocol trumps message.

Cat: Which explains...

- [...].

Liverish: Yes.

- {This "protocol" explains} your propensity for USELESS action.
- It may have worked in other situations,
- maybe even for years and years.
- THESE actions made your teenage life function-able...
- ...ish.
- Maybe.
- At least they didn't HURT...
- But now!
- ...A new life structure is erected,
- and all you can seem to do is bump into it in the {fucking} dark.
- Disgraceful...of them,
- but mostly of you...

Cat: I think not calling people "disgraceful" to encourage them would be a better use of my so-called "sissy speech".

- {Interesting...What he said was entirely ignored...Noted...2.23.15}.
- {Which is exactly why he felt FORCED to be such an ass so often...8.22.16}.
- {I hate how much more of this I created than I used to give myself credit for...1.20.17}.

Liverish: *Heh?*

- *Whatever.*
- *You may not notice,*
- *but you are way easier to manipulate with negativity than positivity.*
- *Ergo, the Terrible Judges, obviously "sent from above" to convince you to die because you're awkward on the phone...*
- *Well they never tried asking you to die for the betterment of everyone.*

Cat: *I think I would have seen through that.*

Liverish: *But REALLY, Cat.*

- {Edited out...2.28.15}.

Cat: {*You're exaggerating*}.

- *Let's keep talking after class...*

- {Is what he said suicidal in nature??...8.22.16}.

- {If not, super extreme...1.20.17}.

-
- {Future Arrow: *Danna?...DANNA!!!!...You're such a fucking bitch. There is practically no information to work with on this chapter. What are you trying to pull!? FUCK YOU!! FUCK YOU, DANNA!!!...1.20.17}.*
 - {Future Cat: *Why do you care? These exercises are only helpful to humans...1.20.17}.*
 - {Future Arrow: *It's the principal, shithead! THIS IS GARBAGE!! DANNA!!!...1.20.17}.*

- {Future Cat: *Holy. Breathe, would you?...1.20.17*}.
-