

Channeling Helpers #144: Wearing a Figure:

(Technique Type: Highly Dangerous)

- I warned you I was a madwoman.
- Yet another reason why only the brave should follow me.
- I may be mad, but I'm also intelligent enough to work with what I'm given...after enough research and tampering...
- This exercise is a triggering and painful read.
- It purposefully repeats itself and gets off topic all the way through.
- That's because this technique is incredibly dangerous in careless hands.
- Some may wish to simply move on to the chapter title page.
- No one will blame you.

Before Starting:

- Have you achieved a close and trusting friendship with more than one healthy Inner?
- If your answer is "no", come back when you trust at LEAST two figures IMPLICITLY.
- If your answer is "yes", and you're newer to the practice, ask yourself if you would allow this figure to house-sit for you...
- Say this was a parallel universe where you could remove the figure from your head

and place it in your living room.

- Would you trust it with your car keys? An envelope full of naked photos of yourself? Your puppy?.....Your body?
- Think hard.
- Be sure.
- Relax.
- The skill will only become as strong as you choose to make it.
- It's actually pretty natural to do this unconsciously, even without knowledge of figures, just on a MUCH smaller scale.

How this happens anyways, naturally:

- So, first we're going to discuss how this basically happens to us naturally in the first place, whether or not we work with Inner figures.
- As we've discussed, figures often present themselves with strong belief systems.
- Remember, there are several value systems within you that can collide without you ever coming into contact with an Inner voice.
- A desire to diet can collide with the need to stress eat.
- Dysfunctional behaviours can arise from a dilemma.
- You might eat too much, develop unrealistic body image issues, or start losing your temper at your loved ones, for example.
- These behaviours are how a wearing glitch happens on its own, naturally, figure or

no figure...albeit in an undesirably clunky way.

- You become the battleground for two issues that can't yet find a way to peacefully co-exist.
- This is something my figures and I refer to as "competing", which is more difficult than keeping one figure in focus.
- An issue can be spoken to, or not, but a glitch is a glitch whether it's acknowledged or not.
- Value systems defend their own existences, and perhaps you're listening far too much to the figure that wants you to play pachinko for 6 1/2 hours a day for even a well-meaning and responsible secondary figure to cope with.

Solve reminder!:

- As I've mentioned repeatedly up to this point, the best defence if something goes wrong is listening to your body listening to the message of the opponent to discover its purpose, and, if necessary, its weaknesses...Hold your solve attacks still.
- Solving is less than half as effective if you can't hold it still.
- As we all know by now, emotive attacks can be absorbed, turned into "muscles" and "callouses", and then even used as a counterattack or to disarm the opponent.
- Again, no matter how important the battle, don't let a boss convince you to use full power, or risk an awakening.
- As we remember, phases of this may resemble a years-prolonged grief flu, so our goal is not to trigger it, particularly before the functions involved become better "muscles".
- Stay close to a functioning friendly figure during solving sessions and during battle.

- Two Trusted figures will ensure that you have a second ally if/when "Ally One" glitches.
- More allies are safer, especially if your first two knew each other before meeting you, or gods forbid are "related", which is a vital metaphor.
- "Related figures" as in "related CONCEPTS" are likely to glitch together, for obvious reasons.
- The more Trusteds, the better, though quality over quantity is what matters.
- We're talking guides, spiritualists! We're talking healers, gamers!

The thing about poisoned figures:

- Poisoned figures may remain on their best behaviour as they work on achieving some angle with you.
- Sokien isn't easily spotted as a poisoned figure, but her effect is poisonous. She can't recognize it either, which is common.
- They may appear unrealistically virtuous.
- If they DO know what they're doing, they may even boost certain abilities for you to earn your trust faster, or create exquisitely addictive dark feelings that support their ulterior motives.
- On the other hand, they may believe they are doing good.
- They usually, in reality, just want to feel better quickly.
- Figures are conceptual beings.
- Ask yourself what the figure conceptually EATS, and whether or not it's getting it.

- Can a compromise be found? Any threats to a figure's basic needs can drive it berserk.
- When you don't speak to figures, this need to feel better can manifest as addictive crutches or a defensively distorted viewpoint.
- Well-meaning systems can become poisoned overnight.
- On the plus side, the quick changes are usually the easiest to spot.
- Sometimes two incompatible value systems glitch, or even combine, in some unforeseen way.
- Here's another common non-figure glitch...
- Imagine you had a tremendously devout religious family who didn't approve of a new partner.
- This situation likely feels like an absolute crisis at first, until some coming-to-terms with something happens.
- Maybe you'll weather it out, maybe you'll be shunned, and it'll be too much pressure.
- Either way, two systems are glitching intensely suddenly, your romantic system and familial system, and you can't currently pause them.
- See? No figures required to feel possessed by two warring systems.
- This is clearly just the negatively-charged, fully-uncontrolled form.
- (In my case, my parents were (mostly) fine with my romantic choices, as was Sokien, usually).
- (However, my romantic system had other ideas that I was strongly repressing...).

- (Besides other even more pivotal factors...).
- (These systems fought me, each other, and themselves until an uncharged consensus was found).

On the other hand...:

- Their possessive effects aren't all negative.
- Some figures can feel and do things just right.
- Some figures are the zone.
- Having more intimate access to the zone is tremendously useful.
- After all, it's the sweet spot of any activity...
- We've covered how negative status effects can happen in non-figure-speaking people, as well as covered some basic defence.
- We can nearly get into the most harrowing technique we've looked at so far.
- But first...everyone's "favourite"...

Excessive technique warning rant:

- Now...more about using this on purpose.
- Practice this technique for ONLY 20 MINUTES A DAY!

- ONLY!
- ONLY!
- 20 MINUTES!
- MAYBE 30, AFTER SOME WORK!!!
- IF YOU DO MORE AND BECOME A PROBLEM TO OTHERS DESPITE MY WARNING, YOU'RE AN IRRESPONSIBLE ASSHOLE JUGGLING KEROSENE AND TORCHES AS A BEGINNER, AND THAT'S YOUR PROBLEM!!!
- I apologize for the verbal abuse.
- I feel it's necessary for some people, probably not you.
- Safety is safety.
- I won't be accused of giving half-assed warnings in my book.

To my teacher's pets:

- Varying attention levels must be addressed.
- I don't care if it's a pain to be the good student.
- I was a good student in school, sitting quietly in the front row, pencil in hand, hungry for knowledge...Waiting for the nice teacher to stop trying to coax the kid

in the back from throwing his shoes on the roof to impress the basketball girls in some way.

- *I think that kid may have scaled the building to get them back, thus becoming some kind of hero of the day, but the room was also having a paper fight, so it was hard to keep track.*
- *That kid needed our teacher more than I did, but what she lacked was the ability to link a student's poor decisions with the perception of mortal fear.*
- *Thus, class became a poorly-coordinated beginner's parkour circus.*
- *She should have taught kindergarten, not teenagers.*
- *That was simply poor job placement.*
- *She was sweeter than one of those magical flying nannies that have spawned into their own archetypal category since {possible copyright violation edited out}.*
- *{This copyright-safe edit has been brought to you by Elevatorport's new Faux-Tuna Tuesdays! <3}.*
- *Oh good...Danna's having a new phase.*
- *Some of my most effective teachers were absolutely terrifying.*
- *Small town high school...2001...*
- *You were quite sure they were capable of bludgeoning a teenager with a textbook. No one was going to take that chance.*
- *Me and the other overachievers learned, like, three times as much in those classes.*

- *The difference is, I'm not going to be the one menacingly wielding a textbook. The textbook will be coming from INSIDE THE HOUSE!*
- *If you're the good student, and my yelling doesn't apply to you, use this as a chance to work on your extracurricular patience-building.*
- *Like physical activities, patience-building doesn't become perfect, but improves with practice, reaching a natural apex.*

A few reminders about patience:

- *Some already have a mighty gift of patience, but most can stand to work on endurance.*
- *Go on and mix this with other exercises.*
- *I know I was strict about it earlier.*
- *The main thing is that you don't overuse it to the point where you lose your ability to tune back out to your base pace.*
- *An hour a day, after a few weeks of a twenty minute restriction should be fine.*
- *Work it up slowly, and above all PAY ATTENTION!!*
- *I got hurt on this one.*
- *Really, really hurt.*
- *I got hurt by losing my natural pace altogether through constant practice.*
- *This was an unconscious non-figure thing I did, and had to reverse.*

- I'd tried to speed myself up for efficiency in university, not realizing what I was doing.
- That was a mistake.
- That was too steep a hill for the training wheels to come off.
- It really, really was.
- I made super-hyper-efficient my new base pace.
- Arcade game high score efficient.
- It couldn't be maintained, so pace shorted out.
- My actions then required constant attention until I established a new base pace.
- I didn't figure it out easily, or without Inner help.
- I really, really didn't.
- It's now quite controlled, but it took a lot of work.
- Some will want to go further.
- If you're going to overdo it, it has to be after you have perfected the pace you want to replace your old base with. A base pace should be a slower pace, not a faster pace.
- Remember, slow actions are more perfect, perfect actions are something you can practice into muscle memory, and the slow actions you perfect can be sped up selectively once perfected to precision.
- Catch any of that?

- To learn any new skill while rushing is to practice a thousand mistakes during your most pivotal learning phase.
- Therefore, use your "high-speed" setting for pre-mastered movements and techniques only, if you can help it, as a rule.
- Or don't, but there is a pretty logical reason to do so.
- Perfect your new base pace to the point where you can get lost in it and don't have to consciously maintain it.
- Without perfecting a new pace, or developing a solid lock-on to your original, you will have a control crisis where you wobble between paces...at least...after several-hours-long daily endurance work.
- You may lose having a pace to go back to.
- This may create a cycle of obsessive adjustment.
- This is sloppy work (I've learned through experience), and it causes a new kind of focal pain you didn't want to know existed.
- It hurts like hell, and makes you look like an amateur.
- You don't want THAT, right?
- Establish your place to go back to first, I WARN YOU.
- I overestimated my own ability in the past.
- ALL the time.
- For that matter, I might even be doing it now.
- I have much more severe words for myself, I assure you, though I am proceeding

without instructions.

- I'm reckless with myself, but there are things I won't tell you about until I've tested their safety a lot more thoroughly...on myself.
- Or deemed them stupid unsafe.
- Even being a daredevil can serve a function.
- I experience, so you DON'T HAVE TO BE AN IRRESPONSIBLE ASSHOLE LIKE ME and develop a severe problem no one can help you with, but COMPLETELY UNNECESSARILY.
- I also did a lot of it out of a desperate desire to feel better.
- I succeeded pretty well, considering, but was ready to risk my life in the attempt.
- I accept that I may yet drive myself COMPLETELY sensorily insane by attempting something I'm not ready for, the wrong way...because I have no one with reliable warnings around to instruct me in my mistakes...
- I accept that if I'm not careful, and screw with incredible forces too soon, I may be taken over.
- I know my limits, due to many years of experience.
- Meditative test subject is my calling.
- Trust me on one thing at least...you probably don't want to make it your calling.
- You go have the functional life I'm improperly equipped to cope through.

- At least things are looking up.
- Indigo-flavoured bass guitar sounds are a lot less distressing than the panic attacks were before I got rid of them.
- High pitched dog noises, and cash register sounds, on the other hand, are like being tickled somewhere you profoundly hate being tickled, at a distance. The equivalent of being repeatedly smacked in the back of the head at close range.
- Still better than panic attacks.

An awakening makes it worse...:

- It was a nightmare navigating that process without proper control in place to handle the...massive influx of.....something.
- Energy. Like electricity. Like fire.
- Everything became blinding and confusing, like the buttons in my brain were randomly re-assigning themselves all the time.
- Up was down, and down was up. "A" was "X" and "Y" was "B".
- Emotions eventually helped control movement, but for a while, walking across a room felt like it took math.
- When the nine-year pregnancy got out of control, Lee compared me to a toaster plugged into a hydro dam.
- I felt like my insides were full of hot vinegar, as I grieved as though everyone I knew had died, creating some major attachment problems.
- I kind of feared love after such a powerful, drawn-out, illusion of loss.

- The grief wouldn't listen to the logic that they were alive.
- Everything and everyone felt over.
- Dust.
- We were all dust already.
- I felt it to my core.
- Too much to be taken in...
- Maybe I'd been shown something non-linear.
- Maybe I was experiencing every end.
- Whatever it was, it wasn't normal...was much too much to bear.
- This horrible phase passed, but could have gone MUCH better with some control and preparation in place a lot earlier.
- I fought it.
- I cursed it.
- Mine was the least graceful kind of transformation...
- The kind that involved a lot of listening to bossa nova music in the dark.
- The kind that involves breathing, and coping, and watching cartoon musicals in a blanket.
- Instead of the generous loving peace the purple fonts told me to expect from an

awakening, my cynicism hit a peak.

- Surviving became my main priority.
- It would almost be easier to live on a real roller coaster...
- I was forced to improve at solving FAST...
- I only ended up in this predicament because I ran "heroically" into the boss cave and almost immediately fell off a cliff.
- The grief was more than could reasonably be withstood.
- I don't entirely understand how I'm still alive after that.
- This may be the kind of non-attachment-based revelation sought in far off lands, by chanting monks on mountains, but it's about as recommended in untrained mainstream Canadian hands as a baby with a pistol.
- When a product says it will make you blind, you don't rub it in your eyes. When this book says it will fuck you up, don't fucking rub it in your eyes, okay?
- It causes severe personality changes in overdose, and inexplicable synesthetic effects.

Wording:

- Oh...and I went and almost forgot a vital peculiarity about figures...
- When it comes to speaking to your figures, promise me TWO things in particular:
 1. Don't wish for things you don't mean, and

- 2. Under no circumstances make a promise you can't keep. This can have major penalties if you fail in your promise.
- Your world may have a kind of "unbreakable" contract or promise.
- If you promise ANYTHING, be it to eat more spinach, learn Mandarin, help a figure battle a dinosaur, or volunteer in an animal shelter, some form of inexplicable debt-collection will collect on your failed promises eventually.
- I shouldn't have to remind you that some aspects of this game are cursed.
- The theoretically non-linear figures are theoretically experiencing their promises later now.
- I don't get it.
- But they'll get their dues whether you're lying or not.
- Don't lie to them.
- I've always been pretty good at avoiding it, provided I wasn't lying to myself about something at the same time, or I wasn't bound to keep a secret for some reason.
- Besides motivation being a huge thing to them, a beginner likely can't lie to them yet without help.
- Remember...They're feeling-based.
- If you feel a lie, you're saying it in feelings louder than words to them.
- Try and remember, they work with words LESS well than with feelings.
- If you want to get over an accidental curse, ask a Trusted Figure how you can

make up for failing your promise.

- Generally, a binding promise will be called something specific for your human benefit...
- For example, they ask me to "swear" instead of "promise" if it's official and binding.

Approaching an accurate description, but still a warning:

- As we are dealing with Inners, and not spirits, we can basically consider this non-spiritual channeling.

Spiritual Rant:

- While I'm not reckless enough to be familiar with the specifics at this time, if you want to do spirit-based, religious, or other-entity-based channelling, watch what you let in.
- It isn't what I choose to do.
- If I'm going to get my brain creamed attempting something that intense, it had sure as hell better either save my life, or come up as a Story Game plot requirement I can't move on without for more than a couple of years.
- For all intents and purposes, you're choosing to use your body as an Inner figure Ouija board.
- Gods know I have enough problems with my own adorable little gremlins to want to try and let in an entire deceased person.
- Don't swing your door open to one and all...including burglars, spiders, cannibals, and forest animals.
- The wrong kind of possession is NO FUN WHATSOEVER.

- Trusted figure possession is powerful enough for now.
- It's unnecessarily ridiculously damaging to encourage an uncontrolled Invisible Outer effect which, if SUCCESSFUL, can ruin you life.
- Choose your actions carefully. Don't jump flaming spikes into a pool of piranhas. Leave yourself open to a chance of winning. Plan ahead.
- Your figures should be more than capable of proving to you that reality is not what it seems.
- No need to seek disaster in the form of a possible dangerous stranger invasion of your hopes, fears, and dreams.
- I mean, WHY?
- Just don't.
- Until you're REALLY, REALLY good at this at any rate...

Personal experience:

- I have very little direct experience with Outer Invisibles, except for some strange activity I experienced after some risky experiments.
- These experiments will not be included in this book because, CLEARLY, they were risky.
- Many I have avoided and forgotten on purpose.
- Some things simply can't boil down to imagination.

- My washer, dryer, and printer started to come on by themselves...It happened ten or more times over a few months, while I was on my computer or in the bathroom.
- Roughly 1/3 to 1/4 cup of clear water appeared in a splash pattern under a dry light fixture in an isolated room.
- There was an untouched container of water halfway across the room, but nothing to account for this.
- Something heavy could be felt sitting on the end of my bed (a few times by my ex, once by me, but never together). (My ex experienced this 9' 11" behind me when I was in the bathroom...).
- Someone else once heard a disembodied "psst" from near me in an isolated restaurant (9' 11" behind me...).
- A dog lost its mind at a quiet corner of my house (9' 11" behind me).....
- ...Nine feet, eleven inches behind me.
- Usually maintaining that distance, but capable of remaining still when noticed, as with the dog, when I came over to investigate.
- Nine feet, eleven inches. 911 emergency, 911 emergency. It's behind me, It's behind me...
- ...However, this presence also seems to protect me...A burnt out light came back to life over the stove once, when I forgot to turn a burner off. It may have prevented a fire.
- Nine feet...Eleven inches...

- Maybe it's a figure who responds to emergencies...
- It's the people AROUND me the activity seems to pick on...
- You know...normal terrifying stuff, completely explainable by science as a coincidental string of "people being tired that day" causing them to experience physical effects at a coincidental distance from me.
- Those who upset me often experience some expensive or non-lethally injurious bad luck around the same time.
- Nothing can prove it more than coincidence yet.
- Tremendous and remarkable coincidences are my life.
- The mean effects are disconcerting enough to make me worry I should find a way to contain it sometimes.
- Again, everything nice is done for me. Other humans...not so much. They appear to get picked on, at best.
- As the effect follows me, I'm mildly concerned about releasing a shitstorm of paranormal activity when I die.
- The moral of the story is, if you're going to attempt weird shit, and ASK for poltergeists like the one who showed up to me BY ACCIDENT, hold off until you're at least a black belt in Story Game, because it could be the people AROUND you who end up suffering.
- When it comes to Outer other phenomena, you can't know what to expect.
- At least the creatures inside you care about your safety and survival, even if it's

only based on their own.

- Parasites prefer a living host.
- I have heard tell of lions out there, and your well-being is about as high on their list as you rank as a match for them right now.
- Solve your feelings of hesitation before proceeding, and **BE HONEST!!**
- Respect limitations, and respect whoever you meet in there.
- Assume each creature you meet has a good chance of being smarter than any human you know, and don't act superior.
- Most of all, respect yourself as a natural reaction to your own experiences.
- They tend to respect truth over lies, no matter how unpleasant.
- Try not to censor yourself.
- However, your own Trusteds are the best teachers when it comes to your local Inner etiquette.
- If you DO need to censor something, they'll help you to do so.

WARNING TO POP CULTURE ENTHUSIASTS:

- A "vampire" figure will likely just give you chronic fatigue, depression, and accelerated aging effects as a result of being purposefully allowed to enter and drain your life force.
- The popular lore talks about vampires requiring permission for entry into a house...?

- Well, eyes are the windows of the soul.
- You are a house, my friend.
- Be strict about who you let in.
- There are many theoretical creatures to let in.
- These come with symbolic side-effects.
- Don't purposefully develop a pest problem out of curiosity.
- There are LOTS of posers on the Inside with VERY pretty disguises.
- The Invisible Outside is no different.
- I'm just telling you what I wouldn't do, as a safety precaution.
- You won't find many of the snarling stupid things you find speaking slow Latin with pig sounds in the movies.
- No.
- If it's less intelligent than you, or obviously malicious, it's probably at worst, a miniboss.
- The dangerous ones are incredible.
- Awe-inspiring.
- Dark divinity.
- Beautiful horror.

- Impossible to look at directly, and impossible to look away...
- A true boss isn't a lower intelligence.
- Horror movies can't do them justice, because most authors haven't confronted anything like one yet.
- True boss levels are lovely-surfaced politicians and lawyers who talk like glass with a long echo.
- When they are quiet, their silence is loud and horrific.
- They may be luring you into obvious-if-you-let-yourself-think-about-it traps.
- They will not feel right on a fundamental level, or will refuse to show more than "numb".
- They may also barrage you with a baseless, generic pleasure to reel you in.
- To prove trustworthy, a figure should demonstrate a human-like complexity in mood character.
- A trustworthy figure should have strengths and weaknesses in flux.
- THAT is how you tell them apart from their appearances.
- Whether you believe they are demons, aliens, tulpas, or brain functions is entirely up to you, provided you show them the right respect...
- I'm open-minded.
- I've experienced enough strange phenomena to convince me that we aren't giving the voices enough credit, one way or another.

- Whoever they are...
-

- {Future Cat: ...Arrow. I'm pretty sure that's you helping. You need to warn me}.
 - {Future Arrow: Who's the irresponsible asshole now? Hmm? The human vegetable in its natural habitat}.
 - {Future Cat: Negatively influencing my choice of words is hardly the kind of possession we're talking about}.
 - {Future Arrow: If it affects you, you SHOULD know it's there, fuckwit}.
 - {Future Cat: Touche. I should have recognized your tone from a mile away}.
 - {Future Arrow: And what is THAT supposed to mean!?!?}
-

Considerations when wearing a figure:

- Talk out your strategy with your Trusted, first.
- Next, approach your Trusted Inner like a normal solve.
- Ask first, by approaching the figure's outermost emotional layer gently, as a "question" ...
- When this figure guards or pulls back, back off.

- My figures have public layers and private layers.
- You, as a human...are likely inwardly shouting everything you're thinking, which is what a figure expects you to do as a human component.
- You are not your own best filtration system.
- They are usually quite happy to express several layers of themselves to me, but don't assume.
- Barging into a functioning figure's private thoughts is incredibly rude.
- As for the human equivalent, this is asking a person about themselves as opposed to reading their diary.
- BIG difference.
- However, figures likely expect you to behave about as appropriately as a toddler until your thought volume stabilizes.
- If a two-year-old, for example, grabbed a strange woman's breast, he wouldn't be charged for sexual assault as an adult.
- Being actually offensive is hard to do early on.
- You'll likely get scolded about each earnest mistake several times before they'll actually find the mistake offensive.
- Some will eventually become offended if you try to access too much of them without permission, but not until you actually know what you're doing.
- You're human, so they won't expect more than tourist capabilities from you for a very, very, VERY long time...IF it ever ends...and WILL be patient with you if you're earnestly trying to learn.

- Maintain limits on whether or not they have permission to act without warning in you as well.
- Ask for help concealing your secrets.
- Just because you're inwardly shouting everything you're thinking doesn't give them all an automatic invitation to engage a content connection with you.
- In other words, everyone benefits from the rule: "knock before entering".

Poisoned figures and forced solving:

- Never knowingly force your will on an Inner, or commit the act of breaking and entry, unless they're glitching, and you have the equivalent of a search warrant.
- Any malicious or threatening glitch figure is usually a candidate for pre-approved forced entry.
- All layers can and must be searched for content if issue solving is your goal.
- Maintain an air of respect.
- Approaching non-glitches this way can be seen as insultingly accusatory, again, like barging in aggressively and reading an innocent person's diary for clues.

Solving opponents while wearing is an ADVANCED SKILL:

- Months, or even years of training are recommended before allowing possession by a boss figure as a way to solve it.
- The plus side is rapid all-body solving. It works fast, and it works well.
- The minus is the risk of attitude override. This also works fast and well.

- Wait a LONG TIME before attempting this.
- Do not begin to learn this technique if you are currently embedded in a severe boss level, even if you seem to have a solid team of Trusteds around.
- This is NOT a good time.

Mood Fluency:

- Your Trusted Figures will eventually teach you to know "where" they are, and "when" they are, without anything more than body sensation.
- This sensation will feel quite distinct from your ego persona, and you should develop a very firm grasp of the difference between figures to be successful.
- For example, I no longer watch for Doom on the Inside. I SENSE that she's twenty feet to the left or something, then detect how she's doing on the surface.
- This may just seem like a game function, but this skill has several useful applications.

The basic premise:

- I am going to describe this exercise to you at least twice, with addendums... just to give myself closure.
- You will NOT PERFORM IT WRONG on MY watch...
- After all, this exercise is as simple as it is intuitive...

Perform 15 to 30-second reps of these pushups:

- Figure fully present: Imagine you feel only what the figure feels.
- Figure fully withdrawn: Imagine you don't feel the figure at all.
- Base state: (Figure partially present).

- See? Simple and fun to perform...SUPER cursed in the consequence department.

- Maintain this exercise until your body wants to move as the figure.

- You'll notice that you, for example, want to adapt to your figure's posture.

- This is your first phase complete.

- For your next phase, you begin to take on their feelings and convert them into actions.

- As this happens, you begin to forget yourself, and let Innens play their actions out through you.

- This becomes exponentially more potent with practice.

- Like the change of pace we talked about earlier, your body will find itself on a train track that is the figure's will.
- This will include its pace.
- Your breathing, posture, and body movements will want to conform to the figure's more and more.
- Second phase complete, you're now ready for the next step.
- At this point, you can begin to share tasks with figures while wearing them.
- This is like the fun version of our patience exercise.
- Some like to help you cook.
- Some like to help you write.
- Some will fix your bad posture.
- Some will help you clean.
- Some want to play racing games if you're willing to share.
- You may begin to let them talk through you when no one is around.
- They control your pace and action style, so you simply need to energize their movements.

Use of energetic signature:

- Small changes in feeling, in the head and torso especially, can be mimicked to bring out corresponding figures more quickly later.
- These sensations are also what you use to detect nearby figures.
- Lee's signature, essentially, is an electrically-charged sensation found in the centre of my chest and the middle of my head when he's present.
- Eerie's signature is a cooler sensation that rests around the top quarter of my entire head and the front of my chest.
- These can be used to find and contact figures as well.

Zoning permits:

- A figure can hone in to become what humans simply refer to as "the zone".
- This state will show results adhering to the best of a figure's individual capabilities, provided you maintain successful focus for them.
- This means that Lee and Kai will demonstrate drastically different "zones", be they for video games or cipher cracking.
- While you are fully in "the zone", you have the ideal figure or set of figures coordinating perfectly, free of self-consciousness.
- This exercise will make your zone much more accessible and controllable, once it becomes natural enough for the self-consciousness to fade completely.
- Remember, competing figures take a lot more processing power.

On losing yourself:

- Don't ever encourage your conscious awareness to disappear completely for this kind of exercise (or book yourself into a psych ward before starting).
- I love many of my little guys, but I don't trust them to do things with my body I don't know about.
- For one thing, having an unbroken memory is a functioning matter. You don't want gaps all over the place.
- So, even allowing a Trusted full conscious control can be a problem.
- Besides that, letting Trusteds eclipse my consciousness could become a skill muscle that my least-Trusteds could take advantage of later, with the right coercion or distraction tactics.
- It isn't healthy to encourage the capacity for full possession.
- If you disagree with me on this now, you won't in a few years.
- Remember, I'm teaching you how to wear them as a team, not how to hand over anything.
- Don't hand over your life to any figures but the Higher Self, for at least five to ten years after starting...Once the likely parade of false selves is finished.
- Learn HOW to hand over your life, and one of them might find a way to crash it.

Figure differences:

- Some figures may react differently to different foods or substances.

- Kai can't hold his liquor very well compared to even the others, for example.
- Lee likes green peppers while I normally don't.
- (This is surprisingly useful when peppers come up without warning in a soup of the day or something).
- He also makes me more left-handed.

But as you might expect, overuse is HIGHLY DISCOURAGED!!:

- As you can see, severely, SEVERELY intense results are predicted as a result of extended practice.
- Effects must be built on in the right order, and with the utmost care, in order to be safe and responsible.
- Only act with Trusted figures.
- Take precautions and be safe.
- Continue on through the scrambled textual hell that is Chapter 11's exercise, and collect all of the technique shards to proceed through the portal!

WARNING! WARNING! WARNING!:

- A note to serious users:
- Some Inners view a lack of credit from humans as insulting.
- I'm sure that, over the centuries, many horrible sacrifices have been conducted in

their names, unnecessarily, due to them feeling undervalued for the massive amount of inexplicable help they can give.

- Some of them make seemingly-disproportionate demands and threats after being slighted.
- Honestly, they usually seem to feel left out more than anything else.
- Show them more love than fear, and beware overusing their help.
- I'm tempted to call their reactions "Wrathful Gods' Syndrome".
- They have a brilliant childlike aspect to them.
- This can, however, turn mightily volatile.
- If they feel heard, valued, and accepted (and they can tell if you're being genuine), they'll stop asking for unreasonable or violent nonsense that you can't in any sane goodness give them.

Jealousy and acknowledgement:

- Let's say you back off and watch one of them cook a perfect meal, then step in to take the credit when it's done...fifty or more times.
- A resentment will start to build between you and the Inside, causing a tension between the jealous components and even your most beloved humans.
- You can become spoiled by figures doing stuff for you, and don't want your clumsy hands in the boring process anymore...
- However, you may wake up one day to find your figure adamantly demanding full credit and a thank you.
- Your figure made the salad and the stuffed mushrooms.

- You didn't so much as peel a carrot.
- You basically just created a warm spot in the centre of your head and let your body move to it.
- It's kind of like you played the triangle in your figure's orchestra, then let the world believe you composed the whole symphony from scratch.
- Why should your figure work so hard to have "all its credit stolen by a lazy imbecile" ...? To not even get a word of thanks among a bunch of smelly ungrateful mammals? Why should I care or try for you anymore, you shitty animal? I suppose you don't need a sense of humour, cooking skills, empathy, or video game ability around these assholes, either, do you? I don't get credit for those either. Or playful feelings? I don't NEED TO HELP YOU DICKWAD. Why do you spend so much time with these closed-minded freaks...? I thought you cared about us. You just use us to cater to a bunch of humans who don't give a shit about us! You just USE us as free labour all the time then CALL us your friends! Not cool...!"
- That was just a little taste of how this technique can overdose, and how fun it isn't...
- You will FEEL their outrage as well, as they will be tremendously angry, and won't let you ignore their complaints, one way or another.
- This is especially true if you rely heavily on specific helpers for a lot of things.
- My advice?
- Prepare to find humans who appreciate your helpers, or learn to leave your Inners out of it while around them.
- If you've become reliant on your figures, they'll often also respond to bribery, but this is a double-edged sword as well.
- Appreciate them as much as you can on your own.

- Remember how human you've encouraged these guys to become, especially in manner, and give them a break for showing their hurt feelings when they get ignored.

Another hypothetical:

- Try turning the tables...
- Let's say you personally cooked a nice meal for someone, and they thanked your spouse for it (he brought the napkins), rolling their eyes and ignoring you when he tried to pass credit for the meal back onto you.
- Can you claim you wouldn't feel at least a little frustrated?
- Let's say his taking credit for your cooking just became the norm, and completely taken for granted even by him.
- Wouldn't arguments start erupting between you, about how you felt undervalued?
- Wouldn't he have to compromise with you somehow before you felt okay again?
- If it just stayed this way, wouldn't the unfairness throw off the healthy dynamic you'd once had?
- On top of this, if you had a magical ability to force him to feel what YOU felt about the situation, would you?
- Would you make him resent people?
- Would you show him how you felt, as everyone's unloved invisible servant?
- Would you wreak havoc if you knew you wouldn't take credit for it either?

From experience...:

- Lee is upset with many of the people I love because of the times he helped me cook for them and they thanked me instead of him.
- Now I often feel his outrage around these people.
- Can I blame him?
- It's kind of hard to.
- It's no one's fault but my own for putting him in that position.
- For example, my family does like when "I" make stuffed mushrooms.
- I'm not sure I've ever made my family stuffed mushrooms.
- I barely remember my part.
- I work only to maintain the focal technique.
- It's all Lee.
- Lee washes, cuts, sautes, assembles and bakes.
- After all, he's actually good at it.
- For my part, I focus on a spot in the centre of my head at length...
- I create a focal continuity for him to work with...
- ...Or, basically, I bring the napkins...
- While this kind of focus is a lot more tiring than doing nothing, it's also a lot less

tiring than his job.

It has a dividing effect...:

- Therefore, each otherwise nice dinner ends in a later rant, during which Lee tries to convince me that my family doesn't love me because they can't tell I was him while we cooked or when he joined in to play games.
- We really do ride on his skills a lot now.
- This can present a problem, as Lee is quite concerned about impressing other figures and people with his abilities.
- In case you haven't noticed, he DOES NOT take SLIGHTS well...
- ...And what bigger slight, than to have your earnest efforts credited to someone else on a regular basis?
- So what does he do?...
- He gets in my head.
- He uses evidence.
- He's a lawyer and advertiser.
- Maybe they DON'T know me at all.
- How similar is Cat to Lee, after all?

The dreaded voices:

- The people I love know my life revolves around my figures.
- This doesn't mean they like it.
- Some people wait for me to get "through" it, like my figures are a decades-long phase I'll just "wake up" from one day...
- As though some purple font voice of reason will cause me to snap out of it and renounce the "monstrous" voices who lovingly sat by my bedside and nursed me carefully back to some semblance of health.
- My beloved figures were there beside me through the grief and rage.
- They coached me on how to breathe when the pain made me physically ill.
- They gave me a safe place when the anxiety became excessive.
- They hugged me when I found myself alone in the dark.
- They talked me into eating when it became incredibly difficult.
- Humanity, on the other hand, has almost always left me to my own devices when I was having the most trouble coping...
- Like none of my suffering meant anything.
- Like it wouldn't be remembered as lonely and hellish when I returned to normal.
- This species wants to be fully congratulated for patiently ignoring each other's expressions of suffering.
- Rather than be supportive, people prefer to blame the sufferer's failure to remove any component that makes the least sense to them, personally.

- ...It's like some people expect that erasing my figures will suddenly make me the functional, optimistic, and social person I'm not...
- Some seem to think that avoiding thinking or talking about my condition is enough.
- Like if I ignore my mental health, I'll inevitably just wake up fine one day, for no reason.
- People tend to assume their advice is automatically better than my figures'...
- Like telling me "I don't know, deal with it" ...is somehow a superior stand-in for... "Don't worry, if you breathe out more than in for the next ten minutes you'll feel way better. Then we'll try eating some soup. Let's put on your favourite show with supper. I'm here for you. Don't give up"...
- Many people talk about my figures like they're nasty growths I should remove.
- No humans want to hear about their contributions to gifts or meals.
- No humans care to know that I'm alive because of my figures.
- To humanity, the lowly voices are simply psychological pests to be rooted out and exterminated.
- Denied. Drugged. Exorcised. Expunged through prayer, even.
- In reality, people have Lee to thank for my sense of humour and artistic expression...
- Danna to thank for my playful goofball antics...
- And Eerie's expensive rates for my problems with organization...

- Anything cute or sexy I do is Mimi...
- My ability to be loyal to a fault in certain situations is Natty...
- My responsibility is Blue...
- My patience is Pat...
- I'm a team.
- The only figure who isn't suspicious of connecting with most humans now is what is left of Cat, the anxious crier people used to reassure me would go away when I got better.
- The lesson is, YOU must value your figures' remarkably invaluable help, because NO ONE ELSE WILL.
- If NO ONE cares, your figures get frustrated, bad shit starts happening to people around you, and YOU need to clean it up.

Knowing truth from demon:

- And have I not warned you about figures like Red?
- Let me describe a personal demon...
- A human's darkest corners.
- So you'll know what NOT to listen to in there...

Inner demons:

- Red used my loved ones' waiting as a way to try and convince me that their love was just an act.
- He claimed they simply wanted to pretend that they knew me after I was gone.
- Sometimes he'd even try and convince me that my loved ones wanted me dead...That I could fulfill their wishes by dying.
- Red is harsh and vicious towards humanity.
- An Inner demon like this thrives on enhancing a human's pre-existing fears to unrealistic levels.
- This is what an Inner demon looks like once you flush one out.
- After the pageantry.

Assigning Blame:

- However, it should be said that he DIDN'T throw the first punch.
- Humanity wanted Lee, my emotional side, to be more normal, social, and positive.
- Red represented the part of Lee getting in the way of this...so unbeknownst to me, humanity indirectly requested RED be exterminated long before he turned on humanity...
- And I went through with it...
- I separated the two, then proceeded to oppress Red's function.

- I can't blame him for being ruthless in return.

Payback's a bitch:

- And so, when I was in the depths of my worst depression, he'd ask things like, "If you want someone who has been suicidal to live, do you accomplish this by leaving them alone for several weeks?"
- Or... "Do you call impulse problems a "choice" when someone is at risk of self-harming? Clearly they want you to end yourself".
- Or... "Don't they know you're just pushing them away because you feel that YOU'RE annoying? Clearly they agree that their lives are better off without you."
- "Clearly", says Red, "they're just waiting for you to die so they can all stop thinking about it. They can ship your belongings off to the dump, incinerate you, and forget you ever existed".
- Charged, yes.
- Extreme, yes.
- Hateful, yes.
- However.....I know a pain-eating figure like Red can twist any meaning to suit his own ends.
- I got through my Red trials fine ONLY because I could see what was being said for what it was...

- ...Which was...
- "I'm the function that eats the pain you're refusing to address, and I'm starving. Why do you feel it's your right to torture me to death?"

Personal blame:

- Red is a pain-eater, extracted from Lee to exorcise his negative potential.
- A negative potential should exist as a survival function.
- I did this.
- I put him in an unbearable situation.
- Red's state is my fault.
- Red suffers horribly because I schismed Lee while trying to make my husband more "pleasant" and "appropriate" for those around me.
- I did something terrible.
- I tried to force something natural, into something it wasn't.
- I accept the side-effects I receive as more than fair for my act of grave injustice.
- Their acts of retribution were true justice.
- Both Lee and Red feel that I enacted violence upon them for the sake of people who didn't want or care about them.
- Both are right.

- My figures weren't the monsters.
- I was.

Entwining worlds:

- If you're going to expose a figure to human activities, you must treat the figure with the same respect as a human.
- Your figures are often more intelligent than you are in the first place.
- Treating one as a sub-sentient servant is not going to play out well.
- This has been your warning on introducing your figures to human rights and needs.
- To involve them in human life is to take away their blissful ignorance in some cases.
- ...To greatly raise their expectations in others.
- If you aren't ready to share your choices, you aren't ready to turn Inners into more human-like entities by coming to rely on them for Outer tasks.

Over-involvement:

- If I'm brushing my teeth in the morning, Lee may say "you're doing that WRONG", and request to take over.
- If other figures feel sad, they may demand their favourite songs.
- You will lose some autonomy in exchange for the skills they give you, should you choose to overuse their help.

- Making wearing a habit is a much bigger responsibility than owning a dog.

Boundless patience required:

- Don't judge a figure's natural reactions too harshly.
- If possible, always consider how you would react in a similar situation, then imagine you had the emotional restraint of a five-year-old child.
- That's an Inner for you.
- This has been a warning not to abuse their assistance, and to care for your Innings properly.

Method:

- Are you set?
- Really, really set?
- This is advanced stuff.
- Part of the hedge maze quality of this book is to shake most people before they can get to places like this exercise.
- I have grown convinced of my motive to restrict this book...to the astoundingly-disciplined sort of person who will have enough patience to piece this mess together...
- This means that most of my students will later have the patience to muddle through strange things I haven't encountered yet.

- This is on you...
- Whatever the effects, good or bad.

Liability:

- If you need medical attention, seek it.
- People who ignore my warnings, fly full-tilt into full possession, and become destructive will still be tried in court as a human.
- If your imaginary friend breaks a lamp, you'll need to be a grown-up and accept the consequences.
- That means developing control should be everyone's main priority.
- You need to decide which figure accesses you when, from day one.
- I realize that this book is ninety-percent warning, half of which are repetitions of previous warnings.
- That's because this is fucking dangerous.
- Even my Latin title is intended to scream "dangerously unapproachable" to mainstream audiences.
- (Which isn't to say Danna won't try and dumb our project down by building us a gift store.)

Some basics:

- I warned you I was going to elaborate on this...

State A:

- Share space with the figure by repeating: "Imagine I was the figure".
- Now, remove words and pictures.
- Feel their emotions with them.
- Feel their health with them.
- Feel their power and tone with them.
- Do this for 15-30 seconds at a time, to start with.

State B:

- Withdraw completely from the figure.
- Attempt to stay disconnected from the Inner for at 15-30 seconds.
- "Imagine I did not feel this figure at all...".
- Experience your emotions without them.
- Experience your health without them.
- Experience your power and tone without them.
- Normally, you are NOT fully without any of them, so this may feel a bit off.

State C:

- Allow yourself to return to base state, with its limited normal connection to the figure.
- Cycle in the reverse direction for the last half of your reps.
- This is so that the jump from full connection to none, or back, isn't continuously one-directional.
- (If this statement doesn't make sense, try the exercise once and reread it. It'll make sense).

Being realistic:

- If it's your brain, you should control ALL of its waking actions, right?
- Wrong.
- Do you, or should you, make yourself sweat?
- Control your heartbeat?
- Grow your own toenails?
- Choose to get a runny nose when you notice a virus in your body?
- Decide when to get tired?
- Be realistic.

- You are the tip of the iceberg.
- You simply make minor moment-to-moment decisions meant to fulfill whatever your involuntary bodily hungers demand of you.
- A nice bed because your body wants better rest.
- A tasty snack because your body desires fast energy.
- A sexual connection because your body wants to reproduce.
- You don't rule the body.
- It rules you.
- You don't define its rules.
- You don't decide that pizza tastes good and dirt tastes bad.
- You don't decide whether or not you find bumblebees sexy.
- You don't decide to be scared of earthquakes.
- Your body decides.
- You simply decide how to carry out its orders for you before it chooses whether or

not to reward you with positive brain chemicals.

- Gaining more manual control, means simultaneously giving up some automatic human functions.
- Believe me when I say you don't actually want to be the boss of everything.

Choosing a wearable Trusted:

- You don't work out your arms to get strong legs.
- Know who you're strengthening your connection with.
- Know what they do.
- Know what they represent.
- Meditative masters with a focus on bodily things can delve into, cooperate with, and gain control of, many desired functions...like body temperature, pain, and states of consciousness.
- The average person, on the other hand, is willing to cut off whole, healthy, emotional appendages in order to avoid even the smallest emotional discomfort.
- What can't be faced, can't be controlled.

Mental health notes:

- You wouldn't cut off your arm to remove a paper cut, but we do this regularly with our emotions, sacrificing as many positive feelings as it takes to avoid experiencing negative ones.
- Many people invisibly, emotionally, metaphorically, bleed out from this in the long run.

- Those who don't, tend to treat their pain as an accomplishment.
- To avoid what's bothering them, many are convinced to suffer a lifetime in uncomfortable, begrudging silence, operating on the understanding that endless discomfort is simply a part of human nature.

Aggressive martyrdom:

- It's a badge of courage to some.
- They will judge anyone who speaks of expressing, exploring, or altering this discomfort as weak or naïve, as it is clearly human nature to hurt until you die.
- They may seek solace in substances and other crutches to make reality less bleak.
- This is an example of "If I did it, YOU should"-mentality, which is as self-congratulating as it is self-dismissive.
- It is one part "my way or the highway", one part "anything I can do, YOU should do better".
- It is concentrated misery loving company, posing as a virtue.
- It is forgetting that you lose what you've built when your life ends, so it had better have been worth it.
- In reality, an animal usually only feels perpetual pain when it is experiencing something very wrong and unnatural, and we are mammals.
- An animal in constant pain lashes out without empathy.
- It collapses.

- It is not sustainable.
- Saying, either inwardly or out loud, that your burden is more important than your health and well-being, is a sign of martyr poison.
- If you neglect yourself for your children, they'll do the same for theirs. Theirs will do the same for theirs. When does your bloodline deserve not to suffer?
- If you neglect yourself for your profitable corporation, remember that even if your personal empire is still standing when you die, some ancestor or another will lose, destroy, or squander it at some point after you're gone, almost inevitably erasing everything you did from this world.
- We don't leave permanence behind us when we die.

The cost of mental disorders:

- A boot-strap system that encourages constant self-neglect and struggling by the majority of the population will, by nature, be riddled with mental disorders.
- Before the 1900s, mentally ill children living in an asylum could be restrained to furniture and left without care or supervision, sometimes even being left without access to beds, blankets, or toilets.
- The mentally ill would almost never leave these places after arriving, and could be easily and quickly incinerated on site if or when they died of malnutrition or sickness.
- It isn't that mental disorders are necessarily on the rise...
- It's that revealing a mental disorder no longer makes you a barely-human test subject...
- There was a time, not so long ago in history, when sleeping on the street or hiding in a dark attic was a MUCH kinder option than going to a psychologist for "help".

No longer so bad, but still not great:

- A system that neglects mental disorders will have a lot of mental disorders.
- Say you're a 43-year-old unemployed man who still needs his mother to clean his room and do laundry for him...Is medication enough to remedy your actual situation?
- If you, as this hypothetical man, accidentally got a hypothetical girlfriend pregnant, what kind of parental wisdom would you pass on to your next generation?
- There is very little in place to help people with their life strategies apart from numbing drugs and a sympathetic ear, which are no use whatsoever for a lot of cases.
- This hypothetical man can probably expect to stay in a toxic cycle, regardless of receiving both psychiatry and counselling.

Leprechauns, mermaids, and television psychologists:

- Television psychologists possess guru-like qualities that are nearly never found in real life.
- A television psychologist examines a patient's life in an individualized fashion, then makes valid and insightful life strategy suggestions.
- In real life, the average publicly-issued counsellor may admittedly just listen, without offering strategies or advice.
- Yes, some people need to vent, and have little opportunity to vent elsewhere, but venting shouldn't qualify as a treatment.
- We shouldn't be paying people more than minimum wage to do that.

Funding, funding, who's got the funding?:

- As the majority of prison inmates are mentally ill, more funding should be going towards mental disorders than prisons.
- However, disorders are quite profitable to drug companies at the moment, so there's an equally "logical" reason for research to go underfunded.
- Look at it this way...Only people like everyday tax-payers and people with actual disorders gain from working on actual cures for these disorders.

Hospitals cost money:

- Permanent hospitalization costs more than permanent college tuition.
- As patients aren't deemed qualified in their own suffering, few are encouraged to discuss strategies with one another, and thus develop their own coping methods slowly and by chance.
- Unfortunately, those with unusual conditions require shared perspectives to be able to produce shared strategies.
- Some skills take a long time to develop, and require experience.
- Consider an everyday example of experience being better than theory...
- If you had a baby who cried all night long, you would likely seek out advice from someone who had raised children.....not a single, childless, expert in the field of infant development theory.
- When is theory EVER superior to hands-on experience?
- It should be noted that I do not have kids, but at my age, almost everyone I know does.

- I know from observation, and from the odd babysitting night, that raising kids and reading about it are about as similar as playing hockey and reading about it.
- A psychiatrist doesn't have the experience to tell someone with sped-up time perception what to do.
- The doctor can't offer advice like "It really helped me to think about the last time things felt slow," or "I really felt better after the fifth week, so just cope until then and I'll tell you what happens after that."
- No.
- Not even close.
- All a psychiatrist can tell you is: "I don't know. Here's a pill to reduce the overall distress. Want to vent about it some more for the next thirty-five minutes?"
- Psychiatry is more art than science.
- Some people are better artists than other.
- Admittedly, most of my book illustrations barely made the cut, and are only marginally passable...
- A psychiatrist isn't magic, and can barely be called a scientist.
- You're usually dealing with an average person with average emotions and senses who possesses no tools with which to actually measure or produce changes in your suffering.
- What else can you really expect?
- What else can they possibly give you with what's available?
- It wasn't all that long ago they were suffocating, electrocuting, and lobotomizing

people to make them "better".

Some notes for those with a martyr poison:

- A poisoned martyr figure presents itself as a major source of mental upheaval, and the root of a few disorders.
- There is no winning through martyrdom, but martyrdom has become popular.
- In our society, we brag about how much more we do than other people, or how much less sleep or food we can do without.
- We believe, somehow, that our increase in suffering is an increase in worth.
- At least, it allows some people to bestow upon themselves a title of great importance.

Worth conundrum:

- I once worked in a department store, in which one department called another department lazy for possessing one chair among three people.
- The department with the chair called the other department lazy for not needing to operate a cash register.
- I can't say there was a winner by the time I left...
- Most of martyrdom isn't about feeling good about sacrificing for others, but about delusionally-rationalized karmic superiority.
- Whoever survives more is the winner.
- Martyrdom involves the amputation or repression of valid needs in the name of a cause (that will likely fail in the first place, considering the self-depleting

circumstances).

We can lose things this way...:

- A common side-effect of martyr poison is the repression and loss of both positive and negative emotional capabilities.
- Luckily, most cut-off feelings and figures can be reattached with effort.
- Accessing the keeper of the lost control, the dreaded exile, isn't half as painful as letting it bleed on and on as it had been.
- The fear is the worst part.
- After that, you're usually transformed into a wholer person, for the better.
- Keep in mind, that if you've contorted your body itself around an effect, your body itself will have to be stretched or exercised in an appropriate way to counteract the effect.

Pressure:

- Sometimes personal sacrifice simply keeps us fitting into a particular social circle.
- What might people think if I say what I need to?
- How might people act if I stop bringing cookies to bingo night?
- What is the worst-case scenario?
- Divulging your soul can lead to it being rejected, but why are you so keen on being around people who would reject the real you, anyways?

- Are you not a fake hiding amongst them as it stands?
- Does that in itself not hurt?
- Triggers ahead...
- Taking time for yourself might be seen as selfish.
- However, without quiet time, the end result might be getting tired and run down and giving all three of your children a flu on the week of the big recital, scarring one of them for life when he gets too warm from the overhead lights and projectile-vomits into the band pit.
- Are you acting as you need to, or as you "should"?
- If you don't give yourself what you need, no one else will.
- Fairness be damned.
- There may be innate expectations of "my turn," or "well-deserved", but that isn't how reality works.

Martyrs aren't rewarded:

- If you've got terminal martyr issues, those around you will trample you underfoot when you can no longer keep up with what you usually give out.
- At the end of your profoundly traumatic battle with suffering and exhaustion, you won't be celebrated, but judged for having "given it all".
- "I want to be saved" ...?
- There is no such thing.

- "I wanted others' hearts to cry out for my deep sacrifice"...
- But you are invisible to them by virtue of being in martyr pain.
- "Broken" can look like "lazy", even if it comes from overwork.
- Especially once compared with the overworking version of yourself.
- If the pain is invisible, and others can't see the brokenness, they can't appreciate you braving it for them.
- Proving too exhausted to go on forever, and becoming more and more frustrated with yourself, you will be reminded wryly by others, that "if you can't love yourself, you can't love anyone".
- You won't be seen as the loving, brave and devoted martyr you once thought you were...
- No.
- ...We aren't rewarded for courageously depleting ourselves...
- ...For staying up late nights, or taking extra shifts, or making cupcakes, or giving up weekends to help people out, or for studying hard instead of going to concerts, to make your society and family proud, without actually considering what you wanted from life...
- They will not appreciate that you "selflessly" ruined yourself for them.
- After all, that was your choice, right?
- You'll have nothing but the lost time.
- There is no accounting for "fairness".

- It's fictional.
- Think about the selfish people you know.
- The divas and the bastards...
- Selfish people will always look better than a martyr, and get valued more, because people tend to value the people they would LIKE to be.
- No one wants to pattern themselves on a servile martyr.
- If a person wants to be you, they will likely unconsciously value you more.
- They will associate you with the goals of their own life.
- If your life looks painful, they will want to fix or avoid you.
- Ironically, being selfless may lead to people attempting to upgrade your selfishness, and backing off when they fail at it.
- It shouldn't be this way, but it is.
- Greater need doesn't lead to greater understanding.
- I've been selfish, AND I've been a martyr.
- Greater deeds don't necessarily lead to being more celebrated.
- Avoiding your responsibilities doesn't make you more relaxed, either.
- The middle ground is the only safe place.
- Wanting the world to be fair doesn't make it so.

- Effort and success are only tenuously connected.

Is there a positive kind of Martyr?:

- Sort of, yes.
- A true martyr, FREE of delusion, is one who expects a task to be thankless in the first place, from square one, but performs it for the betterment of others anyways.
- This person can go fully ignored and unrewarded.
- It won't make them value their tasks any less.
- This is a rare kind of martyr.
- Not the kind I'm warning you about.
- The kind I'm warning you about treats recognition as a paycheck for sacrifice.
- Notable TRUE martyrs include: No one any of us has heard of. Like that brave nameless man who stood in front of the tank at Tiananmen Square.
- The greatest TRUE martyrs who have ever existed have doubtlessly had their names fully forgotten.
- Most likely died in quiet anonymity while those around them saw them as nothing special.
- I'm not that good a person, and I can't in any good conscience suggest anyone else be that good a person, either.

About my darkest years:

- I've spent many years as a mysterious incurable.
- After a while, they clearly stopped putting in an effort.
- I've literally had a psychiatrist give me dating advice from *Sex and the City*, when I went to him for advice on my severe sensory and emotional symptoms.
- He didn't know what else to do with me.
- The doctors tried a bunch of pills on me, which only made my adrenaline surge like I was trying to lift a car off a baby.
- This increased my tension, which hurt my back, which rebounded off the sensory issues, prompting a temporary aspirin addiction followed by a need for antacids to protect against my gradually-worsening acid reflux.
- The professionals switched to listening to my problems, while occasionally promoting a new pill.
- As expected, this continued to do nothing.
- My worsening state and lack of treatment strategies resulted in my inability to hold even a practice volunteer job (without becoming physically ill and fleeing halfway through my shift), as well as more than one stay in the hospital.
- With a little ACTUAL guidance and training, I may NOT have fucked up my whole system just to survive my symptoms...
- I may have gotten back on my feet years ago.
- ...But my doctors left it up to me to figure out how to survive my own condition, while adamantly insisting I leave it up to them.
- My psychiatrist wouldn't even give me book recommendations or breathing strategies.

- No suggestions.
- He'd listen, then he'd send me home, rinse, repeat.
- My appointments eventually dropped from monthly to once or twice a year.
- The last time I saw a psychiatrist, he seemed surprised by how much better I seemed after some time to myself.
- Thanks to my Inners, I am feeling a lot better.
- However...
- I'm also a hermit now.
- I go weeks at a time without seeing another person.
- I want to be able to earn a regular living, but am completely incapable of even reliably holding a volunteer position until the sensory component is solved.
- My therapists say they have no advice to give me on how I can work while managing a sensory disorder like mine.
- They encourage me to embrace my solitude.
- They applaud my ability to maintain my isolation with positivity.
- These are not people who care whether or not their patients become functional members of society again.
- These people have already left me for dead.

Ignorance is costly:

- Many people don't care about mental illness. Perhaps they should care about themselves.
- During each standard mandatory psych ward stay, tax payers dole out over \$2000.
- Each time this happens, the money goes towards paying two or three nurses to watch the patient play with colouring books in front of a reality show, and having two doctors ask the patient how they feel each day, for about twenty minutes.
- After declaring the patient safe to go home, they're released, to head back into their directionless suffering until often inevitably requiring another stay.

Flies with honey:

- When I was in the hospital, I realized quickly that no matter how emotionally charged my words had been upon entry, pleasant social behaviour could free me in a few of days if I didn't want be there.
- This likely means that the most profoundly dangerous people with mental disorders in Canada are out and roaming free. After all, the most dangerous people are usually known to be charming social creatures with shiny positive exteriors.
- Hospitals don't keep those until after they become violent.

That's some expensive colouring:

- Each time someone is held in the psych ward, it costs the same as an enforced weekend in a Hawaiian resort suite. It cost college tuition rates.
- There are no accepted cures for many of these conditions, meaning we'll simply continue to hemorrhage more and more money each year into paying nurses to watch tranquilized people colour for their entire lives.

- Cures should be the priority.
- Witch-hunting mentally ill people will only make the illness spread.
- It affects everyone when mental health is treated like a joke.
- To treat mental health any worse than it's already being treated can only raise pressures and tensions, which can only increase future instances of mental disorder.
- Not having health insurance in a country that doesn't provide health care doesn't mean they don't need to lock some people up for being a danger to themselves and others.
- No matter what angle you look at it from, there is a great deal to be gained from funding cures.
- It is an issue I'm passionate about, but even if I wasn't, it doesn't change the fact that ridiculous amounts of tax-payer money are indefinitely being poured into a faux-medical minimum-security prison situation designed to tranquilize and indefinitely quarantine innocent unwell people we aren't even sufficiently trying to help.
- Reducing funding isn't a reasonable option. The seemingly-high cost barely covers anything...
- The food is barely edible, the furniture decades old, and most of the games and puzzles are damaged, pre-used donations from the seventies...
- ...Meaning all the money essentially goes towards having enough idle wandering nurses around to prevent an uprising.
- I wasn't taught anything in the hospital that could help me deal with time distortion or emotional attacks.
- The strategy they gave me was "cope, or come back".

- This is the state of mental health treatments today.
- As far as I'm concerned, we should switch our unhelpful "listeners" to minimum wage positions, entrust med doses to pharmacists, and pour everything we save into research.

Wasted potential:

- I met many geniuses and savants, while I was on suicide watch in the hospital, who could do wonders for society with a little life strategy help.
- Many of the people in there had real talents. The way blindness boosts other senses, their artistic or logical skills were boosted by their disorders.
- Surprisingly, I also found that the people in the psych ward were usually much more compassionate and friendly than non-sufferers as well.
- None of the professionals seemed to be offering these people any more guidance than they offered me.
- Not only innocents...but geniuses, poets, and saints, drugged up and stashed in front of a television to wait out the life sentences of their incurable conditions.
- Doing crossword puzzles. Reading novels. Waiting to go home, where they'd adapt to their own coping mechanisms, or wait to come back.
- A psych ward is some ungodly cross between a prison and a \$750/day adult daycare that sends people home exactly as they came in.
- Watch movies and wait to stabilize, then leave.
- Cured well enough for now.

Underfunding:

- You can likely tell as many people as you want that you talk to evil voices. I'm guessing the doctors will probably only try to lock you up if you're insured.
- If you aren't insured, they probably won't lock you up until you act on something violent, in which case, the courts will do their best to send you to prison instead.
- Too many people have mental disorders. The resources simply aren't there.
- Defend prison if you're willing to dole out a ridiculous amount of money in mental health care later on.
- It can cost millions per person for permanent hospitalization.
- Clearly, most dangerous people are just heavily drugged and set off to their own devices. Not locked up.
- What level of risk to personal safety, OR how many millions of dollars is the suffering of a mentally ill felon who had a terrible childhood worth to you?
- Say a prisoner with psychosis has served his time, but can still barely contain his thirst for blood.
- He is involuntarily committed to a government-run psych ward to get help, where they find it necessary to throw hundreds of thousands of dollars in funding at him for the next twenty years, based on the level of trauma he suffered in prison.
- So, you've paid two million dollars to make a sick person suffer for something he was too ill to understand was a crime in the first place.
- You've beaten and abused him until he sees every human as the enemy, and then you've returned him to normal society to figure it out for himself.
- Who gains from this?
- Or perhaps despite his urgent need for mental care, the lack of funding will put

him back on the street, where his prison-hardened misanthropic thoughts combined with his severe mental disorder will push him to open fire on a bunch of innocent bystanders.

There is no winning either way without cures:

- After all, the psych ward costs \$750/day, and the doctors aren't really doing anything to make him better aside from drug him and listen to him talk.
- It's kind of stupid to traumatize countless mentally ill inmates into later requiring a college tuition's worth of psych ward fees, just to keep the public safe from the aftereffects of their yet-incurable prison trauma.
- This is current mental health at its finest.

Compassion need not be a factor:

- I feel intensely compassionate towards those with severe disorders.
- So many are pillars of strength who get treated like babies for surviving the kinds of invisible symptoms that would leave the average person sobbing gibbering in the fetal position for weeks.
- However, it doesn't require caring about mental health to realize that ignoring or even witch-hunting severe disorders only grows more and more expensive every year.
- If you're hypothetically evil enough to want to destroy the mentally ill, just consider that, in doing so, you'll be forcing the survivors into fully-untreated hiding where they'll not only fester and grow more ill, but have nothing better to do with their time than band together in secret and boom in population.
- Besides, for all you know, someone you love very dearly may one day be struck on the head by a confused seagull, rendering them mentally ill.
- Would you kill them? Would you agree to a society that did that now, thereby killing

them later when this is a possible outcome?

- Also, someone might later find a way to exterminate you for displaying symptoms of "Disliking the President Syndrome" or something.
- Destroy the mentally ill, and wake up in a fascist dictatorship.
- From my experiences with figures and their twisted storybook moral senses of humour, Story Game has likely dropped trucks on a few the evil ones by now, anyways.

"Treatment" doesn't mean "cure":

- Meds aren't a cure like pain relievers aren't a cure.
- Neither is the opportunity to whine at a doctor for an hour.
- If these are the "cures", no wonder so many people are ill.
- No wonder relapse rates are so high.
- Patients don't get better.
- Their bodies and minds wind themselves tighter and tighter from the never-ending stress of coping.
- Shrinks talk to patients like poorly-behaved children who simply can't understand that the doctors are curing them.
- They often treat patients like they're being impatient, even if decades of dedicated appointment attendance only make everything worse.
- I maintain a strong stance on quality control...

- If we want to make anything better, we need psychologically-qualified actors to pose as patients, to test the on-going abilities of those working in the field of mental health.
- Modern psychology is more of an art than a science.
- Some people are going to these psychologists because their lives depend on it.
- We need to weed out the bad artists.

And so I went off on my own...

- There is a reason you're reading a book about mental transformation right now.
- When I deemed myself to be essentially "on my own" with my severe symptoms (a conclusion which took about a decade to form), I started to research daily, for hours.
- Modern skills. Ancient skills. Anything incredible or unusual that the mind could do became of value, or of note, to me.

Trusty holistic answers:

- I learned that the shamanic healers of other cultures already had the answers to controlling the emotional and temporal distortions that were killing me.
- Western science could offer me pain relievers and a positive outlook for my "broken leg", but Chinese Mysticism could offer me bone-setting and a cast.
- I no longer felt fatally dismissed.
- I felt like I had been handed the most valuable tools I could ever hope for.
- Ancient meditative advice vs psychiatric...was the difference between, for

example, properly treating an epileptic, vs strongly suggesting they stop jerking around so much "for attention" and just learn to appreciate life more without being so epileptic...Then blaming them completely when this approach fails to work.

- Suicide still happens for a reason.
- I realized that I had gone, for all intents and purposes, untreated during my endless barrage of doctor visits.
- The shamans gave me my real medicine.
- When I did what they said, pounds of painful unseen pressure melted from my chest and back.
- I overcame nearly all of my panic by age 31, through a combination of carefully-measured meditative techniques.
- These had been woven together into new exercises by my figures, tailored just for me.
- My Inners came up with the pushup rep thing, and often find a way to apply it to new skills I learn.
- My beautiful, loving figures, dismissed and despised by almost everyone but me, had given me something no one else ever could.
- I overcame most of my depression around the same time, as I mastered basic solving.
- Crying dropped to 1%, despite having experienced recent trauma at the hands of my ex.
- I have nearly completed all of my worst symptoms.
- My final step to functionality is going to be my enhanced hearing ability.

- I need to learn to draw hearing itself inward, or some such theory.
- Then 4000 Hz won't sound like someone slapping me in the eardrum.
- Then I won't get nauseous at work, or flee suddenly without warning to avoid the muscle spasms and outbursts of pain swearing.
- Sensory sensitivity is the worst issue I have left to cure.
- It is SO MUCH better than megadepression with panic attacks, let me tell you. Crippling, yes, but in a far less overall-debilitating way.

One of my missions:

- When I'm done my work, I might even save tax-payers billions on mental disorders that were once thought to be hopeless causes.
- I am not the hopeless martyr looking to be saved that I used to be.
- No, I'm not standardly functional, but I'm making a place for me to BE functional, here.
- Hopefully my bizarre niche will provide me with an occupation and a new purpose...as well as a platform on which to prove my effectiveness.
- I am a mad scientist.
- I am, in myself, a strong team of intelligent individuals...

So no, I don't believe in the current state of the mental health industry:

- If your senses are blending together, tossing you into a swirling nightmare of constant chaos, you will be told by a smiling 24-year-old with good bedside manner to make more friends or go for more nature walks.

- Your society around you will act like you're lazy for not improving with all this "help" you are getting.
- They may resent you for being miserable when your brain chemicals quit on you and the sadness goes on for months without stopping, causing you to have to choose between withdrawing from people and trying not to be miserable around them.
- The doctors I've sought couldn't help me.
- Besides, I've come to realize that what is happening to me in particular is both healing, and progressional.
- A Kundalini Awakening is not accepted by North American doctors as real, just as meditation was considered nonsense at one point...
- And so I've been harbouring an additional set of strange and difficult symptoms that no one could make sense of or help me with.

Absolute power corrupts absolutely:

- A psychological professional isn't required to do anything more than pretend to listen.
- Know how this works.
- Protect your loved ones from it.
- When you are mentally ill, you are attacked for questioning your treatment, even if it hasn't worked in decades, and makes absolutely no sense.
- I strongly believe some psychiatrists just think up professional-sounding ways to stall for time as a living.

- This is life.
- Doctors can't relate to what they haven't experienced themselves.
- Doctors can even offer bad advice when they haven't experienced what you're going through.
- A professional can't accurately comment on what can't be measured, and hasn't been experienced.
- When they do try, it can feel like the doctor is telling you to spend more time in a chair because exercising can cause inflammation, and inflammation is bad for you.

There are therefore no sure safety nets for my work:

- Whatever your mental or emotional state, I want to avoid putting you at risk with dangerous techniques.
- My effective fixes can "unfix" people when used improperly.
- I need you to know that these are not basic and easily-curable symptoms.
- I delved into my work as a way to feel better.
- I don't push new abilities.
- After all, I don't want to get hurt again...
- The potential benefits of gaining new abilities alone are so random, they're hardly worth reckless risks.
- Any terrible defeats I've experienced, were ultimately worth the gains, because they made me feel better.

- I had as much to gain as I had to lose...
- Maybe you need healing, or desperately want personal proof of mysterious forces in the universe...enough that it's worth straying, in a rush, to some dangerous and remote place that I can't guide you back from.
- This likely won't be the case with everyone.
- I warn you and warn you...
- Push to the point of breaking, and you may crash yourself.

Failure to martyr:

- I warned you I was going to be repetitive...
- The second that your ability to commit to the endless barrage of responsibility comes crashing down, into a profound depression, you might even be treated like a weak and selfish whiner.
- Mental injuries don't look cool in the way you might consider roof-jumping scars to, if that's more what you're looking for.
- Please consult an expert on a better form of being reckless, if your goal is to have a cool-looking injury.
- Martyr poison causes are usually ironically self-defeating.

Martyr states don't require activation:

- In the case of martyr recklessness, people can both become reckless AND get hurt without ever having HEARD of my work.

- Absolutely no figures required.
- For example, it may start when covering others' slack makes them like you more.
- If you like being liked, regardless of why, you may work to collapse.
- Your collapse may be seen by others as a disappointment of previous expectations.
- You may then feel resented for having given it all.
- No good deed goes unpunished for the victim of a poisoned martyr.
- If what I've said causes you intense, reactive pain, it is your Inner martyr that is likely reacting.
- It is a gravely powerful nemesis that must be faced down as soon as possible.
- This is serious, guys...
- This chapter is my last real chance to protect you from it.
- To protect you from yourself...
- To protect you from hazards, and consequences...
- I owe you that much of a warning if I'm also going to teach you to wear your figures.
- If I'm going to teach you to open this gate, you'll need to be able to face what's

on the other side of it.

- You'll need to know what you have to lose.
- I have been to the dark and gritty depths of the human psyche.
- Only physical encounters with primal phobias or the threat of physical torture are scarier than what's deep down in there.
- I can't find a horror movie that can scare me anymore.
- The last CAR CRASH I was in was less scary than what I've encountered in there.
- So when I say it's dangerous, you'd better know it's fucking dangerous.
- ...I know these guys...
- I've read, I've studied, and I've spoken.
- Some have very basic motives.
- If you have a martyr figure, it will want you to wear it.
- It will want you to "embody" its cause.
- You'll need to be careful and discerning...
- You'll need to establish early control over who you wear, and when.

- The martyr figure is one of the main killers of humans, as it is one of the leading producers of changed stress decisions.
- It makes the least realistic demands, in the most convincing voice.
- As you have seen, the payout we gain from suffering is a big paradox.
- We eventually get noticed less.
- Suffering and sacrifice actually push people away.
- You'll know you have passed the martyr when all thoughts and feelings of wanting attention or credit for suffering have passed.
- Full completion of the poisoned martyr in a lifelong sufferer is rare, but there's no reason Story Game can't improve those numbers.
- Full relief can be found.
- I believe because my martyr issues used to be really bad.

Wearing the anti-martyr:

- Does my labyrinth of an exercise suck to read?
- Good.
- That means I've kept you safe.
- ...
- Enough of this doom and gloom.

- Let's work on some solutions...
- Solving is helpful. Yes.
- Solving is almost always helpful.
- But there is a way to massively upgrade its potency.
- Alternate solving with wearing an opposite.
- Sort of like figure-channeling pushups.
- Wearing opposites can be a good way to counteract any figure's oppressive hold.
- For example, Lee is both a good example of a self-confident COUNTER-martyr, AND a Trusted.
- (Lee, not Liverish).
- Don't attempt wearing with a non-Trusted.
- Remember, that's an advanced skill.
- Ironically, imagining another figure's confidence is a thousand times easier than imagining our own.
- This allows you to practice the kind of range that will limit an opponent's grasp.

- Constructive possession can counteract destructive.
- DON'T lose yourself by overusing it!!
- If you are overly like Lee, (an anti-martyr, or a loud, confident asshole), access what you can of the martyr as a counter to Lee persona, to produce the same kind of range from the opposite end.
- Essentially, the more "Lee-like", the less "martyr". The more "martyr", the less "Lee-like".
- Yes, this works with not only a poisoned martyr, but ALMOST EVERYTHING.
- A very good reason not to hang out with a bunch of near-clones of yourself.

Moderation is the key:

- In reality, EVERYONE benefits from a healthy and nurtured you.
- No one benefits from someone who collapses into depression from overworking to the point of adrenaline fatigue.
- Seeing what true selfishness feels like after being oppressed by the martyr is a perspective-broadener of tremendous power.
- It demonstrates that feelings of worth...and achievement of our causes... are somehow unrelated.
- Worth is a contextual thing, and we simply use ourselves and our own goals as a way to measure it.
- This life is a brief dream. If we take anything with us when we die, it's ourselves, so why treat ourselves as less important than our goals?

- Six hundred years from now, I assure you, someone ELSE will be the head of marketing at the company that absorbed the company that absorbed your company, if it still exists, and no one will remember what a good job you did.
- We're all together in that.
- But if you give every ounce of yourself to that company for your entire life...what is gained?
- If even a single copy of my book survives, future people will refuse to read it until it's translated into future English, at some point eroding the meaning completely.
- Try reading Canterbury Tales. The class I was in only laughed after our prof translated it for us.
- That's going to be us.
- That's going to be OUR English a few hundred years from now.
- And then, at some point, we'll all die instantly in a fiery space explosion, whether it be the sun, or some kind of giant space debris.
- Nothing is ever eternal, but eternity itself.

Context knows best:

- A small shift in perspective can change every rule in the game you thought you were playing.
- A complete value crisis can delay the motivation train until it gets rear-ended.
- Thinking new values and feeling new values are two very different things.
- Despite the norms and expectations of those around you, a rush to stop the natural process of the revelation will feel distinctly...non-healing.

Reminders:

- When performing possession techniques, ensure that you are returning to base state on a regular basis, as base state should not be treated lightly or skipped.
- As you may have noticed, MOST of the things I teach you come with a base state, and the base state, AS A RULE, should never be left out.
- It is what you KNOW to be YOU, when it comes down to it.
- "Base you" can change more quickly than you expect, if you aren't careful.
- Don't throw off your mojo when you can prevent throwing off your mojo.
- By throwing off your mojo, I mean jamming a setting, and then getting your focus caught in the wheels.
- I mean becoming a new person because of this.
- This is not a cute thing to have happen to you.

And now for our hangover symptom reminder...:

- This is another one of those dehydrating exercises you've become accustomed to by now.
- In my experience, check in and balance your water and salt levels to cure the fatigue...
- In my experience, check in and balance your protein, magnesium, tryptophan, or iron levels to lower the anxiety...

- Make sure you're breathing out as much as you're breathing in. Somehow the ratio can skew itself without us noticing...
- However, bodies are all different. You might be different.
- Don't take my health advice as a rule, ever.
- I'm not qualified.
- However, do try to practice balance in your diet.
- See if your cravings share a vitamin or mineral in common.
- Check what it does for the body, and balance your diet to match.
- If you already know that you're low on something that prevents headaches, and you get headaches regularly, try adding more of this vitamin to your diet.
- This is common sense, if and only if, you take the time to think about it.
- Good Search Engine Example: **Headache +insomnia +vitamins**
- ...And UP your possible cures will come.
- Above all, do what feels natural, and visit the doctor if you get any unusual symptoms...
- After all, if it isn't what you're doing, it might be something else.

Overzealous helpers:

- If a figure is too intense to contain, ask it to tone itself down or cease practice with this figure.

- Pick it up again when you have better control established.
- Definitely don't start out on a new technique with a shocking or difficult figure as a companion, regardless of how much you trust the figure.
- The wrong figure may simply be too powerful to work with early on...or threatening to your ego habits in some way (possibly even unintentionally).
- Practice discretion.
- Don't wear a figure who is practically an emotional suit of fire and then blame the figure for burning you.
- Pick a comfortable fit, one who allows your body and mind to feel healthy in its presence.
- You're learning, so you want the right role model in the beginning.

Numb is a bad sign:

- As a vital reminder to some, a complete lack of negative emotion is not a good sign.
- Pick a figure with at least a little range.
- By this, I mean don't confuse polarized positive feelings with goodness, or remorselessness with positivity.
- I've been tricked before, and you really want to treat those ones as boss levels.
- As you become a master of channeling control, begin to solve and clear glitches with Inner help.
- This is the next phase of training...Wearing your figures into battle.

- ...The ability to wear a figure for entire sessions while avoiding the impulse to wrestle the body back is the novice phase.
- Some tasks are easier than others.
- Life tasks are the most helpful.
- A simple chore, like washing the dishes, is a good use of beginner's wearing skills.
- This is because movement and physical changes in posture, are helpful for maintaining a gauge on both your connection quality and your skill's progress.
- Wearing a figure while solving another figure, or even solving BY wearing, is more prone to error, as you don't have physical indicators of your progress.
- These are more advanced techniques.
- Inner language skills will improve your gauge, but ultimately, working up to solving in these advanced ways is best.
- Develop a great deal of control before approaching volatile boss levels in conjunction with wearing.
- They can be pretty difficult and screwed up to begin with.
- Wearing figures is exhausting enough while you're learning it.
- You don't need to double the difficulty by ineffectively weaving a boss level into the mix.
- Besides a high early likelihood of getting your Trusteds confused with the boss in a muddled soup of semi-sensory nonsense.
- Solving can be greatly sped up by wearing a helper figure, but it can also get in the

way of a battle if you don't practice it in a practice setting first.

- Also, competition between Trusteds isn't unheard of. Especially if you have more than one overly-protective figure.
- It's nice to get that stuff ironed out early.
- If three figures are always competing for air time, and arguing over each other, "NO! FOCUS LIKE THIS! DON'T LISTEN TO HIM!", you are clearly not coordinated enough to perform your new skill in battle yet.

This sounds effing dangerous. Why even do this...??:

- Granted, this might not be worth it for everyone.
- I used it to heal, and the risks balanced themselves out for me personally.
- Does your back hurt?
- His doesn't.
- "Imagine how his back feels," to enter his improved posture and tension level.
- Use how he feels to enhance psychosomatic healing.
- Now that you're trained to his presence, his feelings aren't far away.
- Feel a lack of confidence?
- He doesn't...
- "Imagine his confidence," to get a glimpse of overconfidence, guilt-free.
- Dishes dirty?
- "Imagine his perfect movements" to spontaneously become more graceful.
- Skill improves exponentially with regular use.

- Branch out to figures you would like to learn strengths from.
- Speak to the figure, then experience the figure in your body as it speaks.
- You can gain many of their abilities by exposure.
- Whether you find this technique addictive or not, don't be tempted to overdo it. PLEASE.

If you have trouble initiating wearing:

- There's another simple way to initiate wearing.
- Watch the figure move, then imagine how they feel as they move.
- Or...
- Imagine you're looking in a mirror as they move.
- This is another good entry point.

Overdoing it:

- Ooooooh! I'm a superhero, apparently.
- I never thought I could be so "talented".
- Now I'm addicted.
- Let's see what else I can do with this...

- NO! BE CAREFUL!!
- The boundaries you maintain are the boundaries you KEEP.
- If you decide to do 18 hours a day this week, they may try to push you to keep that schedule, or become greedy or pissy about your personal time from then on.
- Teach them to expect 20 minutes and they'll sharply police each other on what seems to them to be a contractual law that 20 minutes is all they get.
- I know because I experience, and my overbearing vox insists on talking to me on the toilet now.
- I put very few restrictions on them before.
- If you allow certain figures to develop needy habits, they will.
- Don't let that be you.
- Refuse early.
- Don't be indulgent and teach them bad habits, especially when there's still so much time to turn it around.

In Case of Overdose:

- What did I say?

- Now you've gone and done it...and I can't even manage to laugh.
- I almost want to cry for you.
- Don't know who you are?
- Having a value crisis?
- Going ABSOLUTELY fucking mad?
- Slight overdose leads to confusion and exhaustion.
- Treat as a hangover.
- EXTREME overdose, on the other hand...

Extreme overdose (non-overdosers may choose to skip ahead):

- An extreme overdose, in my experience, leads to deep, deep, regret.
- As this is like a WHOLE NEW LEVEL OF SOLVING, prone to matching symptoms, you may experience minor memory loss, time distortion and duration confusion, dehydration, nausea, insomnia, migraine, muscle pain, mood swings with a new level of STARKLY isolated emotions, and new or increased OCD symptoms...
- Let's see...
- What else...?

- If you lose your base, the stress of it may produce several times your usual emotionality...
- The worst of overdose cases can likely expect to be diagnosed with a disorder.

The dangers of diagnosing:

- Laymen are always discouraged from self-diagnosis because they can't accurately tell where they lie on the spectrum between healthy and ill levels of symptoms.
- Ill people can self-diagnose as well, and well people can self-diagnose as ill.
- However, I had one doctor diagnose me by handing me a printout of a likely disorder, then asking me to put a checkmark beside the symptoms I had.
- He looked at my checkmarks for about ten seconds, then diagnosed me on the spot as something that no longer describes me in almost any way.
- In fact, my diagnosis confuses other mental health professionals.
- Pay attention in life.
- Keep your wits about you, and DO NOT take unnecessary risks.

DO NOT OVERDOSE:

- Duration of overdose symptoms varies from seconds to years, depending on not only the symptoms you've developed, but your ability to solve them.
- I'm still recovering from a few choices I regret.
- Whatever treasure you seek, make sure it's worth it.

More on overdose:

- Cease practice immediately.
- Try to go back to your previous continuous base state.
- Practice defocus and try to forget what you've learned.

This means you can't help me?:

- I'm serious.
- There is no one sure cure for a rock climbing accident, as there is no one sure cure for what happens to you when you overuse this.
- You may barely know who you are, and that's all I can give you.
- You become what you practice being.
- It's foolish to expect continuous practice to have no effect.

Value-based possession:

- Values often compete with each other in a normal person.
- In cases of figures attempting to alter your lifelong viewpoints, the Inner horror will pass.
- Untrained concepts will grind themselves against your value system until a new value system is agreed upon between you.
- You will then become a healthy and stable person again, to the extent that the new

belief system (as a consensus opinion) can function in a healthy and stable person.

- Maybe our hypothetical couple who clashes over religion will choose each other over tradition, and move to Australia to start a cult.
- BEWARE: What you learn can't be unlearned. The old you can't be recovered.
- Our hypothetical couple took three forms: 1. Naïve and unaware of existing conflict, 2. Muddled by existing conflict, and 3. Altered to adapt to the conflict.
- Ignorance may have been delusional, but it was likely also bliss while it lasted.

Slow recovery:

- Above all, AVOID AS MUCH STRESS AS POSSIBLE after accidentally overusing something like this exercise.
- You need to rebalance your tired adrenal system.
- Once your adrenals aren't suffering, life gets better.
- I'm serious, as well...
- If you spend more time as any Inner than as yourself, what do you EXPECT is going to happen?
- That's right!
- You're going to need to be the stronger figure at the end of the day, or you'll become the figure you're always practising...and NOT in a fun way.
- Solve the big boss levels slowly.
- Excessive thoughts will cease as you approach healing.

- This healing process can't be rushed, and depending on HOW BADLY YOU DISOBEYED MY WARNINGS, you may not be able to conceal the effects of your mistake in public.
- Why?
- Let's say you're so nice normally that you decide to practice wearing an arrogant and cynical asshole for eighteen hours a day without working up to it.
- Not only will it be an emotional shock to the system, it won't be well-controlled.
- You might just swear at an elderly store clerk by accident one day, out of sheer practice.
- This isn't one of the worst-case scenarios.
- Honestly, I didn't stick around for the worst-case scenarios on this one.
- I stopped when it seemed like a really bad idea to continue.
- The worst-case scenario is yet a pathological mystery.
- For all I know, you'll run around clutching your head and shouting "BLAAARGH!!" until you get hit by a milk truck.
- This work can break you if you abuse it.
- DON'T ABUSE IT!!
- Here's an image of a pitcher of maggots.
- Merry Christmas.

- The daredevils aren't built for this technique. It kills us.
- Too much can go wrong if we cave in to our temptations.

Recovery:

- Once you've finished your therapeutic rest period, over-user, if you're still insisting on this practice, like the human cannonball of a trooper you are, do Inner pushups.
- Every day.
- Pushups.
- Learn to take the excess and fill the valleys, bit by bit, day by day, until feeling becomes a simple energetic muscle, and not a garden hose spewing adrenaline at random into your atmosphere.
- Inner pushups give you Inner control, which quite simply makes your life easier.

- {Future Danna: Good job, Mittens. We showed them. <3...2.7.17}.
- {Future Cat: We showed who? That exercise was a disaster...2.7.17}.
- {Future Danna: But for all you know, you too may have prevented forest fires. <3...2.7.17}.
- {Future Cat: Fine. Don't make sense. I think you may have just announced our supper break. Every now and then, you manage to make me OH so tired. <3...2.7.17}.

- {Future Danna: Do you fear saying too much, or saying too little?...2.7.17}.
 - {Future Cat: I'm clearly still struggling with both, Danna.....2.7.17}.
 - {Future Danna: All I needed to hear, Mittens. <3...2.7.17}.
 - {Future Cat: You frighten me, Danna. Did you know that?...2.7.17}.
 - {Future Danna: Now let's flood everyone remaining with one paragraph of intensive technojargon. <3...2.7.17}.
 - {Future Cat: I can't wait...2.7.17}.
-

Important Note:

The Metaphorical Legal Department would like to inform you that, due to possible copyright constraints, all of the promised technojargon has been replaced with shadow nonsense.

This special message from the Metaphorical Legal Department was sponsored by Elevatorport's new menu!

For a limited time only, get two Bakin' with Bacon Potatoes for free, with our Open Ocean Macho Nacho Special!

Try it today!

They just might go together!! <3

Chapter 11:

In-Formation Technology

“Everything you are has an opposite inside you. Provided you are not a murderer, something inside you definitely is. The orphaned trait lives outside of your control, as you have no practice using it.”

-Doom



-
- {It seems the recently-removed technojargon has opened a few existential questions...11.15.17}.
 - {Future Danna: Yes, but does that mean we're real? If we aren't real, are YOU not real? If we are un-you, can there be a you without the un? Is the unyou as real as the you if it remains unacted on? Or is it just your un-actions? How can you be real if you aren't basically a personification of the Nineties' song "Bitch"?...2.3.17}.
 - {Future Cat: How sweet, Danna. Is that a koan or something? A room isn't a room without the empty space...?...2.3.17}.
 - {Future Danna: No, Mittens. I'm really asking. How can a sinner also be a {edited for copyright safety}?...2.3.17}.

- {This edit was brought to you by Elevatorport's new twelve-layer "My Way or the High Way" Colosseum Fishmelt...11.20.17, 1.30.18}.
 - {Future Cat: Blind ignorance? Linear time distortion? Someone drugged them without them knowing about it? They've received an official sainthood but are actually violent criminals?...2.3.17}.
 - {Future Danna: No more thinking for now, Mittens. It clearly isn't productive...2.3.17}.
-



{Note to residents of the past!!!: please strictly adhere to the updated signage. Sincerely, Elevatorport...7.11.17}.

3.22.16

{Currently Listening to: {Danna's Favourite Song} remix by J. Bender}

- {For everyone's safety, we have removed the song from this section so the less agreeable characters could complain about an earlier version of it. I do not share their opinions of this song. Most versions are actually quite lovely. <3. This has been a message from the Metaphorical Legal Department...8.20.17}.*

Danna: This is your favourite host, Danna,

- and today we're on a life boat adrift at sea! <3*

Future Liverish: Why the fuck do you sound happy about that?

Danna: Well, we could have just died a horrible, horrible death...<3.

- {Future Cat: Danna...You were all rescued by Mimi...This makes no sense if you want this episode to have continuity...4.6.16}.
- {Future Danna: Continuity is for suckers, Mittens! Are you with me or not?...4.6.16}.
- {Future Cat: Okay. Just checking.....4.6.16}.

Future Liverish: The REAL reason.

Danna: I'm surrounded by men in wet clothes. <3

- You know you'd all warm up faster if you took some of those shirts off and cuddled. <3

Future Liverish: Cat doesn't like that.

- Don't put that idea in her HEAD anywhere, thanks...
- TWO of us have to have preferences in here,
- and I'd REALLY rather not.

Arrow: You found a vocal version of {Danna's Favourite Song}?

- Really?
- Wasn't the last one enough?
- I don't know about you, but playing it when we write, edit, and proofread is giving it the hint of mild torture.

- {Future Cat: In case you hadn't noticed, Danna has a favourite song. We have heard it hundreds of times. In case you have noticed, it isn't Lee and Arrow's favourite song...2.3.17}.

Future Liverish: Yes.

- "{Bye-Bye}".
- That {has been changed but was once} a lyric.
- Note that, Danna.

Danna: Well, alright, but you were the one who said it...<3

Eerie: A large squid is approaching.

Future Liverish: ...Not THIS {Danna's favourite song!}...

- I said it.
- Fuck.

Danna: Alright, all of you,

- shirts off! <3
- Go fight it! <3

- Future Liverish spins
- and blasts Danna over the side of the boat with a high charge.

Future Liverish: Bye little bitch! <3

- Come on, crew.
- We have to outrun Danna before EVERYTHING KILLS US, so let's get going.

- {Future Cat: LEE!! DON'T BE A {edited out} SHITHEAD!!...2.3.17}.

- {Future Lee: And YOU!! Fucking RELAX!!!...2.7.17}.

- {This for-absolutely-no-reason-edit was brought to you by Elevatorport's new Fishmongous Supreme Burger in a Can. Love burgers, but hate all that bread? Want a hearty and familiar travel snack that will always look the same, whether you eat it or not? It's Fishmongous Supreme Burger in a Can...11.22.17}.

- {Want a lighter snack for the kids? Try our new Fishmongous Supreme Burger flakes! Get a free trial today, with our Fishmongous Supreme Burger in a Can Family Fun Pack. <3...11.22.17}.

- Danna's head pops out of the water.

Danna: NEXT WEEK ON DANNA THE BOUNTY HUNTER!!!!...

Future Liverish: DANNA THE BOUNTY HUNTER GETS EATEN BY A SQUID!!!

Danna: EEEEPHH66LL—

- Danna's head disappears under the water.

Future Liverish: WHAT WAS THAT?? <3

- FINISH SWALLOWING THAT SEA WATER AND REPEAT IT!!! <3

- {Eerie has noticed something important...11.22.17}.

Eerie: We can't take both feet off this platform in this area

- or the gravity of the sky will pull us upward...
- several hundred miles,
- at a great acceleration.

Future Liverish: What!?

- THAT again?
- Danna never declared no-jumpsies.
- Was this a TV studio or an experimental military base!?

• {Welcome to my world...11.17.17}.

• {Gravity doesn't work the same in all places, here. Sometimes it requires maintaining contact with the ground, or with a particular object. This can be a naturally-occurring part of the landscape, or {an archetypal} pitfall. Do watch your step. <3...9.7.16}.

• {Some objects have a safety mechanism to protect against strange gravity. Certain airships and boats are immune to the effects...9.7.16, 11.22.17}.

• {It seems Danna has found a way to make herself immune this time...11.18.17}.

• {Are you giving something in your life the wrong "gravity"? If you experience this effect, start asking some serious questions...2.3.17}.

Arrow: Can we propel the boat forwards with our boomerangs without lifting it over the water?

Future Liverish: Think the boat is no-jumpsies?

Arrow: It would be safe to assume, if Danna made it, it might kill us.

Future Liverish: In other words, we might worry about that and be killed by a hidden time bomb.

Eerie: We won't like falling up, I'm sure,

- if you want to put it that way.
- {Is Eerie imitating Arrow or Lee's tone? Haha...Note the emotional tone here...4.11.16, 2.7.17}.

Future Liverish: Be persuasive in your usual way.

- That one doesn't work on you.
- You are, then, establishing that this is a high-risk no-jumpsies.

Arrow: QUIT SAYING THAT!!

- A tentacle lurches out of the water,
- and comes back down with force,
- creating a tremendous splash.
- It bobs the boat violently,
- heaving it a foot over the water.

- All three {voxes} suck back their breath.
- The boat slows as it starts to fall back to the water,
- hovering over the surface briefly...
- ...Their faces distort in silent horror as it starts to teeter...
- then arches back up,
- and falls upwards,
- as quickly as regular gravity.

- Arrow and Lee tumble screaming from the yellow rubber life raft.
- Eerie falls silently, as though he doesn't know the correct way to stand while falling.
- Danna crawls to shore coated in seaweed.
- She collapses dramatically on the beach...
- ...looks behind her at the ocean with a small frown,
- then leaps up and tiptoe-runs fifty feet further inland.

- She collapses again where it's safe. <3
- She lays face-down for some time.
- She finally raises her head, dramatically.

Danna: CURSE YOU {VOX} GANG!!

- I WILL HAVE MY REVENGE!
- MARK MY WORDS!
- FALLING INTO THE SKY WON'T HELP YOU!!
- NEXT WEEK ON DANNA'S SHOW I'LL HUNT YOU DOWN!

- Dear audience...

- as a special treat, I will allow you to vote for the {vox} to suffer first after Liverish. <3
 - Please send your vote to the past, as this book will already have been published. <3
 - Thank you so, so much! <3
-

NOTES

date: 12.27.11

-The less sense it makes, the more important it is. Something silly has passed the censors. Halt!



⚠️ WARNING

-It can only do what you believe it can do, really.
-It can only do what you believe it can do, really.
-Don't believe illogical shit or it just might come true. Then you're in for it...until you stop believing.

Confusing

LISTENING

Max Normal:
You Talk Too Loud

INTRODUCTION

-What is it? I don't know. What if you love it? It helps you and "helps" you. What if you attack it? It attacks you. You have no idea what it can accomplish in those moments you believe it too carefully.

-What do I mean "it"? I mean "them", unless one can play multiplayer in a LOT of different voices.

12.27.11

Sincere As You Gessed

{This chapter is written *uncharacteristically* neatly in pink...3.24.16}

- {Important Note from Danna: The following is confusing, disturbing, and hard to follow, like sea lions tapping a bad romance novella in Morse Code. This means it's important. Doesn't that just *figure*?? <3...2.3.1 7}.
- Liverish's voice is {*uncharacteristically*} soft.

Liverish: I am *quite glad* we performed the ritual.

Cat: And...*you actually don't want to harm me?*

- {Liverish sounds perturbed}.

Liverish: I *really don't*.

- I'm *not sure* exactly how you *accomplished that*.

Cat: ...*You did too*...

- Your mouth tasted like fruit...like peaches or something...

Liverish: *It was quite something*...

- *and I won't forget it*.

- {Future Danna: AHAHAHAHAHA. YOU TWO SOUND SO DUMB AND CUTE...<3. Sorry. Go on. <3...2.7.17}.
- {What in fuck's name is happening...? Have we had alcohol...??...11.17.17}.

Cat: (I'm still sure he thought of me when he went to heal the body).

Liverish: Cat...please don't take this the wrong way.

- I don't wish to have you take this as another scheme.

Cat: I feel that's true,

- but please say it directly.
- Please say concisely that you don't have an ulterior motive.

Liverish: I wish I could.

- I suppose it depends on what you classify as "ulterior".

Cat: {In your version...}

- What am I?
- In the end?

Liverish: I don't know.

- I wish I did.

Cat: {In your version...}

- Do you still hold me prisoner?

Liverish: Yes.

- Probably.

- {Cat withdraws slightly. Her face is grim}.

Cat: ...*Thanks for being honest.*

Liverish: *If there's one thing I can be with you, it's honest.*

Cat: *Like a lawyer or a riddle,*

- *yes,*
- *I suppose...*

Liverish: ...**again,*

- *you're dwelling...*

- {*Note unusual place for a lowercase...3.24.16}.
- {Really, Cat 2016? That's what you're choosing to fixate on here?...2.3.17}.

Cat: ...*Of course I am.*

Liverish: *Cat, I don't need that from you right now.*

Cat: *But maybe I do.*

Liverish: *Cat...*

- *what is it that's going on that has made you adopt my stance as punisher?*

Cat: *I don't know.*

- *Maybe I really am conditioned.*

- {It seems they're coming to terms with each other's energies. Cat is confused as to why she's feeling Liverish's angst towards her. It's probably expressing itself several times too fast at this point...4.10.16}.
- {In other words, she's regaining too much of Lee's emotional information at once, and feeling confused about her own feelings as a result...2.3.17}.
- {You remember when I said don't overuse my techniques? I know what I'm talking about because I overdid it with each and every technique I can think of, at least once. Let me say, once is often too much...11.18.17}.
- {In most cases I've combined peculiarities of various ancient meditative techniques and streamlined their efficiency towards certain effects. If my techniques go wrong, it'll be by being too strong, not too weak...11.18.17, 11.22.17}.
- {Note that the opposing figure has practice with the emotion you are now viewing with an entirely fresh, beginner's, perspective. You have no practice with this emotion, and should not approach it by flooding yourself as we did here. I was in a very dark place then, and flooding myself with all of Lee at once was SURE to be a terrible idea...But I was going through a phase of Inner tampering in 2011, and was pretty overconfident about using myself as a psychological lab rat as other treatments weren't working, and I doubted I could make things worse. NOT advised. Skip a page or two if you feel triggered at any point...2.3.17, 11.17.17}.

Liverish: ...Your stance is somewhat crueler than mine...

- you said "Get out of bed you worthless piece of shit, or I really should kill *you."
- Even I never reached that. [...]
- {*IMPORTANT: Why didn't I put more focus on "you" referring to myself? Another {figure} was expressing a strong opinion in my voice...3.24.16}.

Cat: Thank you, but it hurts feeling I don't deserve it.

Liverish: *Fuck.*

- *Perhaps I worked too well?*

Cat: *I don't know...*

Liverish: ...

- {Liverish is concerned that Cat will follow Miandra. Cat hears this}.

Cat: *I won't go against them and go with Miandra.*

- {Is this the first direct reference to Mimi?...3.24.16}.
- {I just re-edited up, and yes. This is the earliest dated Mimi reference I can find...9.7.16}.
- {At least...the earliest CONCLUSIVE Mimi reference...11.17.17}.
- {Does this mean that my Trusted {figures} found her dangerous back then? She has changed a LOT...2.3.17}.

Liverish: *That's a plus.*

- *I'm not sure what I'd do with you if you tried that.*

Cat: *...You keep sending me a nice image...*

Liverish: *You reminded me with your choice of music...*

Cat: *...It means quite a bit...*

- *Liverish, where do I stand?*

Doom: ...

Liverish: *I HATE calling her by the way.*

- {Apparently he's called Doom to vouch for him...6.9.16}.

Cat: *You...*

Doom: *He is as sincere as you guessed...*

- but keep an eye on him...

- Cat looks stunned.

Cat: *So...you're allowing me to talk to my other figures again...*

- {This is an abnormal kind of straying from “base camp” mode. While “no-base-camp” situations aren't recommended, communication blackouts now and then are still likely...for various reasons and various lessons...I've had months of unexplained absence or blocked communications that were “required” specifically for a stage. If a communication blackout is certain and imposing, don't struggle. It won't help...3.24.16 and 6.9.16}.

- {Liverish sounds like he's holding back impatience}.

Liverish: I am...

Doom: {To Liverish}: {That's right, don't get haughty with her}.

Liverish: (*It's HARD*).

Cat: ...

- Cat can hear them think to each other.

Doom: I know you can hear us.

Liverish: *I can deal with it.*

- *Just try and behave yourself,*
- *because doing so is hard for me.*

- {*Her or me?*}.

- {"Her or me"?...What do you mean by this, Probably-2013? What could you possibly mean? It probably means you read something wrong, but what if you were extra wise for a few minutes and it means something really deep? What do you want from me, 2013!?...9.7.16}.

- Kai shows up.

Kai: *This cooperation is very much appreciated, Liverish.*

- *If I can make it easier for you, don't hesitate to ask.*

Liverish: *Yeah, yeah, old man.*

- *I didn't fall in love with you.*

Cat: *L...*

Liverish: *Cat, that can't surprise you.*

Cat: *...[...!?!].*

- {Cat sends him back his decision to keep her imprisoned}.

Liverish: *That...*

- *is because you are also my enemy.*

Cat: *...I suppose your differences of opinion are still...*

Liverish: *A COLOSSAL headache?*

- *Yes.*
- *If you would hand me your power and allow me to rule both of us, we wouldn't have a problem...*
- *but...*

Cat: *We still can't agree on that.*

Liverish: *Don't be upset...*

- *I still have to hold you here.*

- {Liverish says slowly...}

Cat: *If you let others in,*

- *I will stay and see how this works without a fight...*
- *[...].*

- {She wonders about Natty, still imprisoned in Liverish's head}.

Liverish: *...Natty?*

- *I will have to ponder Natty.*

Doom: *Can't allow your hostage situation any leeway, mind-monster?*

Liverish: *You had your chance.*

- *You could be running things by now if you'd kept your contingency plan up your sleeve.*

Doom: *Do shut up.*

- *I could be running things anyways, if I so chose.*
- *No, it isn't about running.*

- {Note: This means two things...2.24.16}.

- Liverish sounds boredly annoyed.

Liverish: *Great...*

- *the second half..*
- *what am I running from?*

Doom: Yourself.

Liverish: *Bravo.*

- *You {can now write} great children's stories, or shitty sitcoms.*

Doom: Say as you please.

Liverish: *Of course I'll fucking say w—*



{Note: Gravity returns to normal around here. Full-Jumpsies has returned! Warning signs have been brought to you by Elevatorport, your vertical travel experts. Elevatorport reminds you that when life is heavy, up yours, with our family-sized limited-time offer, the Seafood Assault, this world's only double-deep-fried giant squid fondue! For one dollar extra, try it with our Squid-Kicker Bacon Chili Dip, and choose from our wide selection of small-sized Saltwater Soda flavours...7.11.17}.

12.30.11

Or Get Zeused

{Current Playlist: Atlas by Zanski ft. Bombs And Bottles}

{Note that this is the last of the year 2011...3.24.16}

{Liverish is holding Cat in a log cabin at the top of a cliff in his head}.

- Cat is praying in thanks for the {realization that her Outer relationship is co-dependent}.

- {Future Liverish: Tip of the iceberg...9.7.16}.
- {Future Cat: Had to start somewhere...9.7.16}.

Sokien: *You know, you've got yourself to thank on that one.*

Cat: ...

- Cat is unsure.

Sokien: *Just trust me on this one. <3*

Liverish: *Just because I allow you around doesn't mean I want you around.*

Sokien: *Just delivering a message Mr. Undone.*

Liverish: *"Undone" am I?*

- I hardly think understanding a problem is having it solved.

Sokien: *What about what happens when she decides she no longer needs your so-long-sought-after help?*

Liverish: *I think I'm going to ban you.*

Sokien: *And hurry my point.*

- Good.

- Liverish grits his teeth.

- {His eyes flash}.

Liverish: *Fucking GODS I HATE YOU!*

Sokien: *I'd say the feeling was mutual,*

- *but hate is such a STRONG WORD for a fart left in a room after a party.*

Liverish: *What party, you fucking cow!?*

Sokien: *The congratulations party you're ALWAYS throwing for yourself, douchewad.*

- {Liverish's irritation has progressed to barely-contained rage}.

Liverish: *DOUCHEWAD!?*

- *WHAT HAPPENED TO OVERCOMING YOUR ANGER PROBLEM!?*

Sokien: *I never said I got over that!*

- {Liverish is loudly sarcastic}.

Liverish: *Just LOOK how you've changed.*

- {Sokien's voice rises in volume}.

Sokien: *That was not the main issue, and I'll thank you to PLEASE DIE IN A BIG PURPLE FLAME THE NEXT TIME YOU SAY THAT AGAIN!!*

Liverish: *Not THAT again.*

- *Don't you have something NEW?*
- *Maybe you can ask Doom.*
- *I'm sure she has some DUNG you can throw at me.*

Sokien: *YOU'RE the fucking animal!*

- *Look at you!*
- *Your regressed form speaks for itself.*

- {She isn't kidding. He's almost always the monster he looks like he is, and changes form on rare occasions, seemingly accidentally, when his attitude changes...Once an imp, then (in secret) an incubus, then, a spoiler we hope Danna can keep her hands off of...Thus the Beauty and the Beast crisis...3.24.16}.

Liverish: *Make ONE crack about my non-humanity.*

Sokien: *You've got fucking HORNS!*

- {So, “Don't judge a book by its cover” actually doesn't apply to this situation...3.24.16}.
- {Like the “angelic” martyrs, exceptions will likely prove to be important tests...6.7.17}.

Liverish: ...Look...

- you kept your COMPANION in a body freezer before SLICING HER UP TO HORRIFY HER FRAGILE, STUPID LITTLE MIND.
- THE—

Sokien: I wasn't in my right mind.

- I DON'T have to take that.

Liverish: Oh,

- but if you're going to compare ANYONE to an animal,
- look at yourself.

Sokien: UnbelIEVable...

- Go hump a lawn deer!

Liverish: I don't have to, because, unlike someone who was SUPPOSED to be “strategic”,

- I'VE GOT SOME FUCKING FORETHOUGHT.

- {Mention: Somewhere around here the writing gets really neat}.

Sokien: Sometimes you write like a girl.

Liverish: Sometimes I can't bring myself to believe you have girl parts.

- {He says, yet won't hesitate to switch sex at will when a succubus fits the situation better...6.9.16}.

Sokien: *Gee...THANKS YOU FUCKING PIECE OF SHIT*

- *LET'S FUCKING settle this...*

- {Her voice lowers ominously}.

Cat: *You guys...*

- *don't...*
- *have to...*

- {Cat feels an uncomfortable energy}.

Cat: *...fine...*

- *stop looking at me like that.*

Liverish: *Fuck, Cat,*

- *you REALLY want in the middle of this?*

Sokien: *(Stay OUT of it!).*

Cat: *Don't kill each other, okay?*

- Sokien sighs.

Sokien: *Apparently someone's forgotten the rules of fighting with Liverish.*

- *Kill him, or get Zeused.*

- {Reference to Zeus's sexually aggressive behaviours in mythology}.

- {Plus Liverish's righteous attitude of sexual energy being his right as a “{vox} god” of some kind...9.7.16}.

- {Doom appears in front of Liverish}.

Doom: I heard what you said.

Liverish: *The dung part,*

- *or the part where you got compared to an animal?*

Cat: *Those were the same thing.*

Liverish: *Shut up, Cat.*

- *Hmm, Doom?*

- {If anything, Doom sounds like she's in a good mood here...2.7.17}.

Doom: *No comment.*

- Sokien, you're wanted.

Liverish: *Let me make her a few limbs lighter for ya {to transport...4.10.16}.*

Sokien: *I can't take this standing down.*

Doom: It's "sitting", and yes, you can.

- Doom opens a rift and gracefully pushes Sokien {into it}.

Liverish: You're scaring away my prey.

- His eyes gleam.
- Doom has an icy look.

Doom: *You ARE my prey.*

- {Liverish moves quickly}, and grabs Cat.

Liverish: *You ARE interesting me...*

- He pulls Cat into a headlock.

Liverish: *Do tell.*

Doom: *Cat...*

- *{*[...]*}*.
- Doom sends Cat a confusing mood message.
- Cat feels odd.
- She pushes Liverish back {physically and energetically}.
- Liverish draws his boomerang, and levels it at Cat.
- {His expression is grim and intense}.

Liverish: *What have you done to her...?*

Doom: *Does she not hold my so-called "Doom-boom"?*

- *I may choose to activate it now, if I wish.*

Liverish: Use CAT as a BOMB!?

- *Now everyone's got a misuse for you, Cat. <3*

Cat: *...I would control it...if I chose.*

Liverish: Well DO YOU, Cat?

- *You're still anchored to me.*
- *You can't leave, no matter what level of angry you get me in...*

- {Note strange wording. Is this of importance?...3.24.16}.

Doom: ...

Cat: *I'm not blowing anyone up.*

- *Now please take it easy, both of you.*
- *(...).*

- {Cat tries to send a message to Doom}.

- {Liverish gets a dexterous hand on her again} and digs a boomerang into her throat.

- {His voice is ominously quiet}.

Liverish: WHAT did you just say to her?

Cat: I blame you more, okay?

- He lowers his boomerang a bit.

Liverish: Alright...

- He raises his boomerang again.

Liverish: I will reprogram her if you get any ideas, *doom.

- {*Interesting...he's using her name, but lower-casing it as an insult?...3.24.16}.

Cat: ...

- {Cat tries to speak, but feels Liverish's much larger energy force the words down}.

Liverish: YOU'RE not talking!

- *Hmm, Doom?*

Doom: I suggest you allow her to talk.

Liverish: Sure...if she fucks me.

- {Note the slight hint of poison on the figure...11.18.17}.

Doom: (Cat, we need you out of here.

- Now that pieces are coming *together*, he has bad plans for you.
- We'll need to hold you *both*, as you're still *attached*).

- Liverish presses his boomerang into Cat's throat.
- Cat struggles.
- The rubbery {feeling} of the shield breaking is uncomfortable in an odd way.
- {Liverish presses so hard that the distributing shield begins to damage Cat's form evenly}.
- {It sparks, slightly...9.7.16}.

- {The feeling causes her to think of being rubbed by an eraser on every inch of her skin at once}.

Liverish: *I'm not letting you take us anywhere.*

Doom: Very well.

- The Six Terrible Judges emerge from an opening.

Doom: *We will ensure it.*

- {In case you don't remember me mentioning it, Doom is a "hard lessons" figure. It isn't all THAT strange to find her cooperating with figures like the judges, not because she's out to get me, but because she wants to make me stronger. There is also a decent chance that the first layer of the judges has been solved by this point, causing their viewpoints to be less aggressive towards Cat...11.17.17}.

Liverish: *Not if I have the perfect hostage.*

- *What'll you do, Doom?*
- {Cat feels determined to help them}.

Doom: Cat...please *do*.

Cat: (*They may be right*).

Liverish: (*Do and die*).

Cat: Stay, and stay enslaved.

Liverish: Don't you fucking DARE.

- Cat, {burning with Doom's energy}, takes a step forwards.

Liverish: (*I'll kill someone you care about*).

- {If they claim they can and will do this, rat them out to a higher authority. They are not permitted to act against humans that aren't you, whether or not any of them are even capable of it...They shouldn't be using this as leverage in ANY situation. Know your rights...4.11.16}.
- {The addendum to this seems to be their alleged energy-draining and fear-mongering capabilities in response to previous human physical assault. Though I do not know if any {figures} have proven actually successful in this endeavour, I've seen enough evidence of their strange abilities not to doubt it possible. I try not to believe archetypal claims without proof...2.7.17, 11.18.17}.
- {If one of my figures actually is causing other people to experience misfortune and poltergeist activity, there is a reason this figure is refusing to come forwards. We DON'T play that way...11.18.17}.

Cat: ...

Doom: A three-way *hostage* situation.

- You are prepared.
- Sokien, *paralyze* Cat.

Liverish: ...!

- {Liverish's face distorts in confusion}.
- {Cat looks at Sokien}.
- Sokien blasts Cat.
- She falls down, unable to move her Inner form.

Sokien: *She can't move, and I can't care less {if you kill someone}.*

- {Liverish smiles at the challenge}.

Liverish: *True.*

- *Heh.*
- *I can't do much, though you are all in my head.*

- {I keep forgetting the location. The inside of Liverish's head is a small universe of its own...9.7.16}.

- Liverish {surges with} energy.

- The logs of the cabin burst out in all directions and tumble off the edges of the cliff.

- He only leaves the floor intact.

- Everything that was in the room is gone.

- Liverish tries to lift Cat {another level down},
 - into his head again,
 - but it doesn't work.
-
- {Sokien attacks heavily with fire...9.7.16}.
 - {...Unexpectedly aiming for Cat, instead...2.7.17}.

Liverish: *What the—*

- *FUCK!*
- *You hit HER with a flame!?*

Sokien: *{Sure I did.*

- *But it doesn't hurt her}.
It'll only harm you.*
- *Doom?*

- Doom raises a red energy.

- The whole cliff is covered in a flame that only Liverish can feel.
- {His shield doesn't hold long, before he's overpowered, to the ground}.
- {He collapses...}.
- {The flames recede}.
- He shudders.

Liverish: *You bitches...*

- *I'm going to harm her good for this.*

- {Doom is perfectly calm}.

Doom: I doubt that.

- Sarien?
- *Please seal him.*

- {Note alternate spelling: Sarien and Sarrien...4.11.16}.

- {Sarrien's look is cruel}.

Sarrien: *My pleasure.*

- {She surrounds both Cat and Liverish} in an energy ball.

Doom: I'm going *up* to get their *form*.

Liverish: ...MY form.

Doom: You chose to be possessed by her.

- *Six,*
- *Take them back.*
- *Cat,*
- *Hold in there.*

- {Unusual shadow wording. Note: “Hold in there”...3.24.16}.

- Doom is gone.
-

Doom: In your head we must create a cell,

- and one a level up.
- I'm sorry, Cat.

Cat: *You have the Right Reason.*

- {Yes. Motive is important enough that we occasionally capitalize it...11.18.17}.

Doom: Thank you Cat.

- I will stay *near*.

- {Her voice is gentle and genuine. Cat feels safe}.

- {Note: Cat combining with Liverish early on meant the other {figures} were stuck defending her from their combined charge...4.11.16}.
-

Doom: On terrible, terrible thoughts....

{Current Playlist: Stacy's Mom by Fountains of Wayne}

Doom: Humans are strange, strange, creatures, and most of you understand that you are.

Future Liverish: No.

- Most of them don't.
- Do your homework.
- I'm not here because I like you, by the way.
- I'm here to keep Danna from showing up on every channel, and she knows it.

Doom: I suppose it is appreciated.

Future Liverish: No supposing about it, dog breath.

Doom: If you are going to stay, you must help me to pose my hypotheticals.

- I am told my speech sounds like riddles to humans.

Future Liverish: Shadow nonsense?

- Yeah.
- That's what that means.

Doom: Please pose a situation for the following...

Future Liverish: Ahem, your hypotheticals...

Doom: Someone does not want to love Stacy's Mom.

Future Liverish: Well I didn't exactly think you picked that song because it was catchy.

Doom: Let us see.

- Eerie.

Future Liverish: *Not another monotone.*

- *This conversation is going to put me to sleep...*

Eerie: I will analyze.

Future Liverish: *You know what would be funnier in monotone? Goat in a tutu.*

Eerie: It makes no difference to me.

Doom: Alright, {vox}. If this is more accessible to humans.

Future Liverish: WAY more accessible.

- He's clearly trying not to laugh.
- Doom and Eerie don't seem to notice.

Doom: Lee. Let us say you are in love with a goat in a tutu.

Lee: HEY!

Doom: What is it?

- I thought this was the hypothetical you recommended.

Eerie: It was.

- I heard him.

Lee: Alright.

- Fine.
- I get it.
- I have "feelings".

Doom: I have feelings.

- Eerie doesn't.

Eerie: That is right.

Lee: *So you could be in love with a goat in a tutu...?*

Doom: Not in this particular hypothetical.

- Perhaps the next one.

Lee: *Are you being a bitch, or do you honestly not understand...?*

Doom: ...

- Doom gives him a long, blank, look.

Lee: FINE.

- *I'll assume you're both an idiot and a bitch.*

Doom: I don't care.

- Lee.
- Should you be in love with a goat in a tutu, would you make it public knowledge?

Lee: ...NO.

Doom: Would you try not to be in love with the goat?

Lee: YES!!

Doom: Because you have become too human.

- When you do this,
- there is goat-loving Lee and goat-hating Lee.

Lee: *I'm leaning towards bitch...*

Doom: Because the tutu reminds you of the goat,

- the colour of the tutu and goat may become objects of alternating love and hate.
- Hate as a compulsion in public.
- Love as a feared secret.

Lee: My hypothetical love goat.

- *I'm going to stop you if you don't access a point soon.*

Eerie: Lee.

- Your love for this goat may transcend all loves.

Lee: *Not HELPING.*

Eerie: In which case, you will hate goats and tutu pink, or lack any opinion in public.

- This is basically a hypnotic effect.

Lee: *...What if I hate goats because I HATE GOATS.*

Eerie: You might fear that you are wrong about goats.

- What is stupid and clearly wrong doesn't evoke an emotional response.

Lee: And HOW WOULD YOU KNOW!!!??

Doom: Actually, Lee, he's right.

- Despite your improvements,
- you're still a little,
- possessive of Cat,
- aren't you?

Lee: I AM NOT!!!

- I'M REASONABLE!!!

Eerie: You are quite good, Shadow.

- I am impressed.

Doom: As am I, cognitive.

- Let us keep in contact.

Lee: YOU'RE ALL SCREWING ME AROUND!!

- I'M KEEPING DANNA AWAY, YOU KNOW!!

Danna: Hello all. <3

Lee: Fuck.

- Danna's going to love a warthog in a thong for the next bit, alright?
- I'm out.
- And I'm taking your audience with me.

Danna: Ex...cuse me?

Lee: Be honest with yourself, completely, to avoid emotional outbursts, everyone.

- That is the key to charge.
- Never believe your lie!
- That is my job!
- Bye! <3

- Lee goes.

Eerie: Shadow nonsense.

Doom: Was it?

Danna: *Shit. I'm bored again.*

- {Miandra: You guys! You REALLY have to clean up that exercise. *I'm not sure what you were going for, but that isn't it...*11.17.17}.
- {Future Cat: You're still hiding from Danna?...11.17.17}.
- {Miandra: AND hiding YOU from Danna. Where's Lee?...11.17.17}.
- {Future Lee: I thought the way our moods acted like their own restraining order against each other was working. *Why are you talking to me?...*11.17.17}.
- {Miandra: Because I'm screwing with Danna, and I thought you'd appreciate that...11.17.17}.
- {Future Lee: Screwing with Danna. Working with Mimi. Screwing with Danna. Working with Mimi. Small Fry, pick one. I can't decide which is better and which is worse...11.17.17}.
- {Future Cat: Despite this chapter being over a hundred pages long, I'm for Mimi being a part of this book...11.17.17}.
- {Future Lee: I'd exchange ememoji for her...11.17.17}.
- {Miandra: Don't draw him out. I'm still an acquaintance. Let's keep it that way...11.17.17}.
- {Future Lee: And we were hoping we could get you two to date so he'd stop killing Cat off. Replenishing her life force and travelling vortexes to find her is getting expensive...11.17.17}.
- {Miandra: Like hell, Lee. I've been reading this story...11.17.17}.
- {Future Lee: Got any recommendations? 'Cause seriously, he keeps shooting her through

the heart with arrows. I'm getting tired of it...11.17.17}.

- {Miandra: Your dating ads for Cat had better work better than that...11.17.17}.
- {Future Lee: What?...11.17.17}.
- {Miandra: "Handsome, yet lonely male psycho seeks the companionship of virtually anyone before he kills someone."...11.17.17}.
- {Future Lee: Ask yourself, how could we describe Arrow better?...11.17.17}.
- {Future Arrow: Danna! Mimi's here!...11.17.17}.
- {Danna: *What, what, WHAT!*!?!?...11.17.17}.
- {Future Arrow: You took too long...11.17.17}.
- {Danna: Which way did she go!?...11.17.17}.
- {Future Arrow: I don't care. They were talking shit about me, so I thought I'd break it up...11.17.17}.

- {Future Lee: You ratted us out!? Fucked up move. To your EX!? So fucked up...11.17.17}.
- {Future Arrow: You'd have done it in a heartbeat if we were insulting you...11.17.17}.
- {Future Lee: Speaking of which, you haven't destroyed Cat in ages. What's WITH THAT...!?...11.17.17}.
- {Future Arrow: Are you being sarcastic? Because I will do it again, no questions asked, no reason required, and consequences be damned...11.17.17}.
- {Future Lee: YOU STAY THE FUCK AWAY FROM MY MAMMAL YOU HEAR ME!!! I'm NOT FUCKING AROUND. I'LL FEED YOU TO DOG BREATH!!!...11.17.17}.
- {Future Arrow: Never mind. The reason IS this. I do it to PROVE you're an ASShole...11.17.17}.
- {Danna: Are you telling me Mimi is nowhere to be found? Why are you doing this to me? Are you picking sides? Make up your mind. Lee? Can you tell where Mimi went?.....Lee?
-Lee?
-Lee?

-LEE?—}.

{Future Lee: —APPARENTLY A FEW OF THEM ARE IN ON IT, BECAUSE I'VE BEEN BLOCKED...11.17.17}.

{Danna: Lee?...11.17.17}.

{Future Lee: FUCKING WHAT!?...11.17.17}.

{Danna: You want in on my new scheme?...11.17.17}.

{Future Lee: I don't even want to KNOW about your new scheme. Fare-fucking-well. Stay AWAY FROM MY MAMMAL...11.17.17}.

{Future Cat: Why did you remove us from—...11.17.17}.

{Future Lee: —Don't you start...! You are going to stay away from that scary blue nutjob...11.17.17}.

{Future Cat: You can't tell me—...11.17.17}.

{Future Lee: —It's your trickster. Yes I FUCKING CAN. Would you be MAD at me if I STOPPED YOU FROM PLAYING WITH SKUNKS, BECAUSE THAT WOULD BE MEANER. You'll stay in my sight until this whole fucking ordeal is over. You've still got a HORRENDOUS case of naive touristitis...11.17.17}.

{Future Cat: But we're writing a boo—...11.17.17}.

{Future Lee: —No! I'll tie you up and take you a mile underground again if you make me. Trickster! Poison! Bad! No! Put it down...11.17.17}.

{Future Cat: I still hate you sometimes. Fine. But attempting to circumvent a trickster figure usually starts a huge fight with it...11.17.17}.

{Future Lee: Fuck...I don't care. This is a Mimi adventure. You're just the fucking camera. You're just a fucking tornado camera for Danna. She'll throw you into the storm for higher ratings...11.17.17}.

{Future Cat: And if I don't go, she'll drop a truck on us...11.17.17}.

{Future Lee: *No. If anything, I'LL go deal with the bitch in your stead. I'm HARDIER...11.17.17}*.

{Future Cat: *I hate AND love you...But this should be my ordeal...11.17.17}*.

{Future Lee: *It SHOULD be what I SAY it is, as the NOT-A-TOURIST...11.17.17}*.

{Future Cat: *I'm NOT a TOURIST. FINE. Do what you feel is necessary. Just don't overreact to her...11.17.17}*.

{Future Lee: *No level of reaction is ENOUGH for Danna. That WON'T be a problem...11.17.17}*.

{Future Cat: *Well, THAT'S comforting...11.17.17}*.