Danger: Cursed Technique #183: The Energy Arts:

(Technique Type: Standard Power Enhancement)

The basic idea:

- The following are <u>derivatives</u> of <u>common techniques</u> with <u>ancient origins</u> that can be freely found <u>almost anywhere</u>.
- I can't remember the first one I read in my mid-teens, but the basic ideas are <u>too</u> <u>similar</u> to be a coincidence.
- If the <u>structural differences</u> between <u>different cultural energy maps</u> mean something, perhaps the <u>structure itself</u> is symbolic.
- In case you <u>haven't noticed</u>, just because it's <u>symbolic</u>, it <u>doesn't mean it can't kill</u> <u>you</u>.
- <u>Ideally</u>, mastering <u>focus</u>, <u>control</u>, <u>and energy</u> will send to you a place of <u>timeless</u> <u>perfection</u> that you will <u>now fantasize about</u> as though it had been a life-expanding romantic experience...
- ...Or whatever it is...The <u>winning goal</u>...A <u>zombie-proof bus</u>...Your own <u>first prize</u> <u>pumpkin at the county fair</u>...You'll suddenly want this <u>even more</u> than <u>whatever it is</u> you <u>used to want so badly</u>...
- This has a tendency to feel mind-blowing while appearing boring to outsiders.
- ...Until you <u>push it too far</u> and something invisible starts playing with their hair when you're in the next room...
- Experience the Upper effects once, and you'll crave them forever ...
- If you learn to move the <u>symbolic energy around well</u>, you can develop a <u>powerful</u> and usable effect.

- You can <u>coordinate with your body</u> better. You can <u>speak its language</u>, and...<u>well</u>...it can speak <u>your new second language well</u>.
- · Ask, and you may receive if you can fill your body's requirements.
- Health, grace, and social bonuses for the brave.
- · Use gently, and with discretion.
- · Control before power.
- I don't care who tells you that power before control is okay. That's like teaching someone to cycle...down a steep rocky slope.

Risks:

- This may be <u>pretty basic stuff</u> for, say, @igong or Reiki practitioners.
- As my method relies heavily on <u>listening to your Inners as coaches</u>, many purists
 of <u>other traditions</u> won't like what I have to say here, <u>aside</u> from the part where
 it's <u>extremely dangerous</u>.
- <u>Most traditions don't rely on speaking to the Inners for energy advice after all,</u> but I've based my entire practice on them.
- · This could cause disagreements.
- · Proceed with my method if you trust a few coach-worthy figures with your life.
- · Refrain if you don't.
- I <u>wouldn't</u>, for <u>example</u>, ask <u>Danna</u> to teach me <u>certain</u> techniques, while I wouldn't trust Lee with <u>others</u>, based on their varying motives and expertise.

Inner teaching:

- I'm <u>not there</u> to <u>teach this to you in person</u>, but <u>I find the right Inners to have superior teaching skills in the first place</u>.
- Targeted, individualized, efficient teaching skills.
- They can be where the action is happening and show you what proper technique feels like rather than just explaining it.
- Some, like <u>Danna</u>, may <u>only actually help out with serious disciplined boring stuff 2% of the time</u>, <u>misdirecting you for a laugh the rest of the time</u>.
- Pick someone who won't get bored or screw around.
- Someone with a <u>lot more discipline than you</u>.
- Know who you're working with.
- For my method to work as you want it to, you must choose a good Inner coach and then manage to avoid censoring or ignoring the figure during work.
- · You must never be led around by what you want to hear.
- · You see how well it went for me...
- They wan out against my delusion, and I wound up injured anyways.
- I find their <u>focal fine-tuning skills</u> to be <u>intensely helpful</u>. I would have been <u>lost without their guidance</u>...
- Words like "No! Focus half an inch up and ten percent stronger, are you sleeping!?"

can do wonders, if you're practising something wrong.

- They can <u>see inside you</u> better than a <u>physical human teacher</u>, and <u>correct your technique in real-time</u>.
- The <u>better they help you</u>, the <u>stronger you believe in them</u>. The <u>more you believe in them</u>, the <u>nicer</u> they generally <u>are</u> to you.
- As I've <u>mentioned</u>, when <u>some people</u> meet Inners, they immediately <u>trust or fear</u> <u>every voice</u> that comes to them <u>without reading the intent</u>.
- They <u>assume it</u> to be an <u>accurate representation of the form it has inhabited</u>.
- This leads to the <u>random results</u> you could expect from <u>unquestioningly taking</u> orders from the first train passenger to sit beside you today.
- <u>Some people</u> fear <u>all entities</u> because the first "<u>train passenger</u>" to sit beside them that day was taking pills and talking to an invisible dog while clutching a 2L bottle of what appeared to be urine, like it was a baby. His advice had something to do with clowns being devil worshippers, but then he trailed off saying something about dragons and the initial point was <u>lost</u>.
- Isn't that <u>always the way it goes with train passengers?......No</u>. No it's <u>not</u>.
- ...And if <u>that's</u> what you're basing your <u>future use of public transit on</u>, I think you'll be dipping into <u>grocery money</u> for <u>taxis</u>...
- · Take advice where you want advice.
- <u>Don't just do what anyone</u> Inside says. <u>Read</u> their <u>state</u> a little.
- Would you make an <u>animal sacrifice to the neighbour kid</u>, hoping for a good <u>harvest</u> this year, simply because he <u>told</u> you it would work?
- No!.....At <u>least</u>, I <u>sincerely hope not</u>.....

- Develop a <u>good idea who you're dealing with</u>, <u>before</u> accepting <u>their incredibly</u> intense ideas as NOT A TRAP.
- For <u>SOME creatures</u>, <u>you</u> being in <u>jail</u> would be like having <u>cheese</u> on every meal and <u>whipped cream</u> on every dessert.
- For some things, prolonged misery is a DELICIOUS INVESTMENT, so KNOW...WHO...YOU'RE...DEALING WITH!!!
- Later in this chapter, you'll see my own past poisoned state trying to Kill me. This
 is NOT something to be FUCKED with, and if I could 60 BACK, I'd behave much more
 rationally, but I can't.
- It isn't too late for you...
- Some of the <u>other creatures you encounter</u> are like <u>mean children</u> who claim abilities they <u>don't have</u> simply to <u>screw with you</u>.
- · Your helpful companions can often amaze you.
- You'll bask in the attention of a <u>few</u> of them, no matter <u>how</u> they talk to you. You'll <u>know</u> the pillars of rightness when you meet them.
- Ambrosia lite.
- If nothing else, become their mascot.

First Impressions:

- Many first Inner impressions are startlingly unrelatable to us.
- · Some are well meaning.

- Some are the opposite.
- Some people base ever speaking to another entity on their first random figure encounter.
- They access the <u>Inside</u> with the <u>wrong intent</u>, meet someone like <u>Arrow</u> who tells them to <u>fuck off or burn things</u>, then they <u>refuse to ever come back or talk to another figure again</u>, assuming them <u>all</u> to be dangerous.
- They will then warn everyone else to do the same.
- · You will come across many of these people.
- They will tell you I'm wrong, but they don't have my training.
- I'm teaching you how to talk to and deal with figures because <u>I've practically lived</u> side-by-side with them for two whole decades.
- Based on my <u>extensive experience</u>, they are <u>NO MORE OR LESS dangerous than human people</u>.
- There will be a <u>noticeable difference</u> between interactions, depending on whether you, <u>to assess extremes</u>, <u>meet one at an Inner library</u>, <u>or in the alley behind an Inner strip club</u>.
- ...Yet, even <u>treating them like people</u> is a <u>slight underestimation</u>, and <u>some</u> will resent it.
- They <u>vary in emotional control</u> more than <u>we do</u> and speak <u>metaphors and pictures</u> <u>better than human language</u>, but they can have <u>superior reasoning skills</u> and <u>should</u> <u>be respected</u> like real people, at <u>least</u>.
- Perhaps it's simply a <u>good non-linear "sense of direction"</u> that makes some of them <u>so impressively knowledgeable</u>...
- Perhaps it's five thousand snippets of once-ignored restaurant and orthodontic

<u>waiting room background conversation</u> that this figure has <u>only now</u> pieced into critical life-changing data.

• <u>Whatever</u> it is, humans <u>can't do it on purpose</u>, which makes it <u>both startling and impressive when it happens...or</u> you <u>haven't experienced it</u>.

Cursification:

- If you <u>treat an Inner like a pet or a slave</u>, it will <u>sure as hell find a way to get back at you</u>.
- The figure's backlash effect may <u>inexplicably</u> not make any <u>temporal sense</u>, but the <u>signs</u> will be <u>so clearly laid out</u> that you'll <u>know you asked for it</u>.
- For example, a <u>figure</u> who <u>always wears a pink rose in her hair</u> becomes <u>upset</u> with you, and a day later you stumble <u>face-first into a smelly puddle in front of a neighbour's freshly planted pink rose hedge.</u>
- <u>Not a real example</u>, but an <u>efficient one</u>...<u>600D LUCK PROVING SOMETHING LIKE</u> <u>THIS IS MORE THAN RANDOM</u>, but something like <u>this</u> will <u>definitely</u> get the message across, regardless of <u>who</u> gets back at you.
- Take note. Don't believe in anything outright, but observe it closely.
- Find <u>reasons</u> for it <u>not to be real</u>. The <u>most credible way to deal with strange</u> <u>phenomena</u> is to <u>disbelieve it as hard as you can until you can't anymore.</u>
- Believe it <u>when it acts outside of your capabilities</u> with certainty, and <u>likely more</u> than once.
- Super-coincidences are <u>pranks</u> some figures can get away with, theoretically, by <u>minutely nudging your unconscious choices</u> or even <u>more theoretically</u>, your <u>non-linear timing</u>.
- "What an <u>incredibly coincidental freak occurrence!</u>", will be the <u>standard</u> outward opinion. <u>You</u> will stay quiet and <u>hope against hope</u> that they're <u>right</u>, because <u>you</u>

will have witnessed hundreds of ridiculous freak coincidences.

The deep dark:

- <u>Choose well</u> and <u>be respectful</u>. Despite its <u>seeming similarities</u> to human reality, it is still a <u>dangerous jungle</u>, and is <u>in no way what it appears</u>.
- In fact, it <u>appears as it does</u> because it <u>usually can't take form on its own</u>, and this is the <u>easiest and most entertaining way</u> for it to <u>get a point across to you</u>.
- I <u>often</u> say "<u>it</u>" when referring to <u>certain figures</u>, as giving <u>any sexual orientation</u> to <u>some of them</u> is akin to <u>giving a sexual orientation to rush hour traffic</u>.
- <u>Despite</u> being <u>comprised of several people</u>, rush hour traffic is labelled an "<u>it</u>". If you were to <u>call rush hour traffic "him" or "her"</u>, you'd <u>insult a good portion of it</u>, while ALSO being grammatically incorrect.
- If I talk about <u>conceptual beings</u> as "<u>it</u>", it is <u>this</u> kind of "<u>it</u>" I am referring to.
- · Something above orientation, not below it.
- On the <u>other hand</u>, when they <u>call me</u> "<u>it</u>", it's either a <u>naive faux pas</u> or an <u>intentional insult</u>.
- Dan't use "<u>it</u>" on figures who have <u>chosen a gender</u>, and become <u>conscious enough</u> to be sensitive about it.
- <u>Lee must always be called "he", or he'll flip out,</u> but a figure like <u>Eerie may see</u> gender definition as pointless and prefer "it".
- Like ascribing a <u>sex</u> to the <u>water or air</u>. For <u>our conceptual convenience alone</u>, to give us a platform on which to relate to it more easily.
- As everything is <u>conceptual</u>, it tends to have a <u>full set of new rules</u> that are <u>quite unlike physical laws</u>.

• Therefore, all the rules of <u>standard physical reality</u> go out the window. You're playing <u>their games</u>, and they can <u>impact your life</u> in ways you'd <u>never dreamt</u> possible.

Cooperative decisiveness:

- Don't push the wrong Inner to be your coach.
- Above all, I'm saying don't ask for help or advice with random intent.
- <u>Don't</u> ask a dentist for brain surgery. <u>Don't</u> go to a laundromat for ice cream. <u>Don't</u> use the contents of a random jar from your fridge as carpet cleaner. <u>Don't</u> use wild tigers to guard a deli. <u>Don't</u> launch a submarine into space.
- And <u>don't randomly</u> approach a <u>random figure</u> with <u>random intent</u> present on <u>both</u> <u>sides</u> and <u>expect</u> to find your <u>fairy godmother</u>.
- <u>Repeat encounters</u>, and <u>many encounters</u> in healing headspaces can help you to <u>make friends with reliable figures</u>.

Qualifications:

- · Plan before simply proceeding.
- This figure <u>must be Trusted</u>, and <u>must function well as a coach</u>.
- Lee is an advanced and DANGEROUS coach because I can't always trust his motives.
- However, I've <u>also</u> known him for <u>over twenty years</u>, and can now <u>usually</u> tell <u>when</u> <u>he's being a shit</u>, or <u>actually trying to help</u>.
- ONLY learn my version of the energy arts if you have some very effective Trusted

figures to guide you.

- Otherwise, seek a flesh-and-blood energy teacher for guidance.
- Don't go it alone, by logic alone.
- This is a tactile and finicky set of skills.
- I <u>present</u> these techniques under the title "<u>cursed</u>", because <u>gifted users might</u> ascend, as with excessive users.
- <u>Don't</u> let <u>one</u> of those <u>eye-gouging websites with fairies waltzing kittens in space convince you to stray into an active mental minefield.</u>

A chapter without an ascension warning? No way!:

- Remember the <u>nine-year pregnancy</u> I told you about? If you don't learn control before power, this is a <u>much bigger risk</u>.
- Not being <u>well-controlled from the start of ascension</u> also makes it <u>unnecessarily ungracefully painful</u>.
- <u>Learn</u> how <u>each energy works slowly and carefully.</u>

<u>Hazardous side-questing:</u>

- Refuse a call if you aren't ready for it.
- <u>Likewise</u>, if <u>figures ask you</u> if you would like to progress to a <u>new level</u> (at <u>any</u> time), <u>make sure</u> you <u>understand what you're agreeing to</u>.
- In great detail, with great attention to any double-wording.

• If you <u>make agreements with figures without reading the fine print</u>, <u>intense things</u> can happen.

Life jacket:

- The only real danger, I repeat, is power without control.
- Learn to Know what the hell is happening as you do it, or suffer the consequences.
- Someone with power and no control is quite literally a tool here.

Can you reach the bottom?:

- "The bottom of what?"
- · Exactly.
- I might mean an <u>ocean</u> or a glass of <u>milk</u>.
- The answer to <u>both questions</u> might be "<u>no</u>", in <u>either case</u>, due to <u>short fingers</u> or lack of a submarine.
- If you <u>claim</u> to be able to <u>control "it"</u>, you must learn what "<u>it" is</u>, and <u>get</u> yourself a <u>pretty damn impressive submarine</u> if we're <u>talking about the ocean</u>.
- If you just <u>start swimming as deep as you can</u>, you'll <u>pass out and get eaten by sharks</u>.
- I <u>know because I experience......that power</u> feels <u>really bad</u> when you <u>can't control it</u>.
- Don't test its depths if you can't control it.

· Don't play with matches if you don't know what fire is.

Treasures abound:

- I may have made these techniques sound unpleasantly risky.
- Some are <u>actually pretty fun</u>, because you can <u>feel them improve your body</u>.
- <u>Whether real or symbolic</u>, they produce <u>active physical sensations</u> that can <u>later be</u> <u>used</u> to <u>produce useful physical effects</u>.

Purple fonts and shiitake salad recipes:

- I <u>actually</u> believe my own <u>long-attained stage of ascension</u> was <u>initially triggered</u> by a <u>kundalini website exercise</u> that involved <u>reversing the flow of an energy</u> in a powerful and purposeful way.
- It felt <u>deceptively awesome</u>, so I <u>did it a LOT</u>.
- I believe the <u>strong inward focus</u> I had developed after my <u>accident</u> as a child made me <u>far more susceptible</u>.
- It was a <u>disaster waiting to happen</u>. My <u>inward focus was overblown to begin with</u>. My <u>training</u> had given me <u>enough power to witness incredible effects</u>, while my severe stress-based personality had given me a <u>dangerous attitude of college efficiency</u> towards it all.
- I doubt <u>many</u> are likely to stumble across the effect by <u>accident</u>, but the effects are life-changing enough to <u>mention as often and as rudely as I need to</u>...to make you <u>aware</u> of them.
- Personally, I was also drawn to the unseen world like a moth to a flame.

- I think it's possible for the work to be inevitable for some people.
- <u>Some people are meant to suffer ascension symptoms</u> in the same way <u>others are meant to raise quintuplets</u>.
- This is a <u>niche life path</u> for <u>brave people</u> who can <u>handle a lot of shit</u>.
- · ...And in <u>BOTH cases</u>, you <u>find out about it out of NOWHERE</u>...
- It can <u>define your whole future</u>, and only a <u>rare personality type will thrive under</u> the intense conditions.
- I'm not saying I do.
- SO, <u>PLEASE</u> DON'T ENCOURAGE <u>UNCONTROLLED ENERGETIC EFFECTS</u>, OR <u>ENCOURAGE</u> ANY PROCESS TO GO FASTER THAN IS NATURAL.

Restrictions:

- Use for <u>under twenty minutes</u> per day, and <u>restrict all other exercises while</u> <u>practising these</u>, <u>especially if you start feeling dizzy or weird</u>.
- As I <u>regularly remind you with most techniques</u>, feeling <u>cold or tired are the first signs</u> that it's time to <u>stop</u> for the day.

Prerequisite and notes:

• <u>Inner pushups</u> help with <u>control</u>.

- Keeping your focus still and constant is the idea behind success.
- You want a <u>nice controlled river</u>, <u>not a {Kamehameharm}</u>. <u>Nice. Controlled. River</u>. This <u>isn't shot put</u>. <u>Don't push it</u>. <u>Enable</u> it.
- It can be easily drawn with little force, provided you have still enough focus.
- · You always want to be able to return energy to a natural flow after work.
- Energy takes a long time to learn to control well.
- <u>Don't</u> go to an <u>internal dance school</u> that sends you to the backyard to <u>twirl and hope</u>, and never teaches you to dance unless you stumble across it on your <u>own</u>, by accident.
- Not <u>all</u> energy schools are created <u>equal</u>.
- · Many are vague, dangerous, and unhelpful.
- My methods resemble a martial art more than they resemble dancing, as they develop a <u>different kind of muscle</u>, and <u>more often lead to injury</u>.
- <u>Not only</u> will you <u>not</u> be accepted into the <u>advanced class</u> if you practise <u>haphazardly</u>, you may get <u>repeatedly</u>, symbolically, <u>kicked in the head</u> if you don't pay attention to <u>instructions</u>.
- Your <u>respect for your limitations</u> using these techniques will be your <u>mouthguard</u> and <u>padding</u>. Your <u>increasingly-fine-tuned ability to slow and speed up what is happening subtly</u> is your <u>power</u>, <u>speed</u>, and <u>general ability not to fall down</u>.
- · Listen to my warnings, and avoid getting "kicked in the head".
- Have a <u>doctor</u> check out any strange symptoms.

 Some of these exercises are <u>easily found online</u>. <u>They don't give warnings like I do,</u> but all of the same risks are there.
 A <u>surprising number of people</u> end up in <u>ascension support groups</u> after modern medicine <u>fails</u> to grasp the source of their <u>weird cluster of symptoms and</u> <u>problems</u>.
 You will <u>likely</u> be labelled as delusional for attempting to <u>prove anything</u> to the <u>wrong people</u>, so <u>seek the right channels</u>.
. Van blandet Tid weeks o down en and en grant fan eegy ta mood?
• You thought I'd make a dangerous exercíse easy to read?
Here are some more warnings:
 The Inners <u>asked my permission</u> to put me through my trials when I was still a teenager.
• I <u>was a daredevil</u> and said " <u>yes</u> ".
• You don't have to.
 Some of the things I've <u>agreed to</u> have led to some <u>very challenging changes</u>.
 My ribs and spine started correcting themselves through Inner-directed breathing and energetic focus.

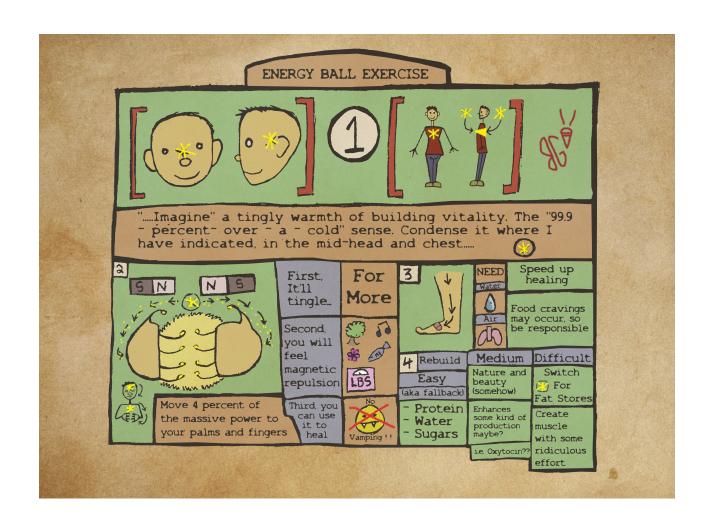
- Massive areas of tension have been cleared.
- It sounds like <u>branches breaking</u> when we work on it, and foul-tasting liquid rises up with it, but I see <u>continuous results</u>, and I feel <u>consistently better</u> afterwards.
- Use Inner work with discretion, or face the dark jungle on your own.
- Remember, remember, <u>remember</u>...fine-tuning is <u>more important than power</u> at this point.
- · 60 slowly.
- Develop valve control before digging a deeper channel of power.

On correcting uncontrolled flow:

- Paying attention to the flow may increase it slightly.
- · You can move this effect by re-attaching focus somewhere else.
- · Don't attempt to pool an unnatural amount of energy in one place, or for too long.
- · Let it flow as it wants to flow, like gentle water.
- Return to a <u>natural energetic base state</u> after <u>each session</u>.

Fuse box:

- If you regularly play a <u>highly-interactive or fast-paced video game</u> of some sort, this can <u>help reset your base</u> if you ever become overwhelmed.
- If not, any <u>habitual</u> fast-paced, fully-engrossing task can help you return to base



- {Danna: What is <u>this</u>, Mittens? That stick man's <u>really</u> got some <u>junk</u> in his trunk. What's up...? You got him on some imaginary estrogen?...12.24.17}.
- {Future Cat: I <u>can</u> say this, Danna. You have a keen eye for my artistic rush-jobs. You mean to tell me <u>his feminine hips</u> aren't exciting you? <u>Some</u> chaos <u>you</u> are...12.26.17}.

- {Danna: I smell a <u>romantic novella phase</u> coming on. Smells like burning plastic and fungus. {3...12.26.17}.
- {Danna: And how do they play out, Mittens?...12.26.17}.
- {Future Cat: They <u>play out</u> like a <u>romance novella</u> about my <u>terrible stick</u> drawing...12.26.17}.
- {Danna: <u>See? Mundane reality</u> doesn't have to <u>suck</u>. You have <u>me</u> around to make you <u>appreciate</u> it for its <u>mundanity</u>. I <u>will</u> beat you do death with a <u>Canada goose</u> before I'll let you <u>stop</u> appreciating <u>sleep</u>. (3...12.26.17).
- {Future Cat: ...Uhh...Thanks...??...12.26.17}.

<u>Techniques</u>:

1. A ball:

- While <u>many people</u> refer to this as a "<u>psi-ball</u>", I'm going to make an educated guess and say the technique <u>probably stemmed from Qigong to begin with</u>.
- I learned it <u>so long ago</u> that it has <u>definitely transformed a little bit in my figures' hands</u>, but <u>not much</u>.
- ...It's <u>something of a natural function</u> after all...

• You can choose to close your eyes to visualize if it helps, but it isn't necessary.

The technique:

- · Position your hands as though you're holding a large glass of water in front of you.
- · Keep your <u>fingertips</u> (and thumb-tips) about a <u>half-inch apart</u>.
- Imagine a <u>ball of light</u> forming in your <u>chest and head</u>.
- · You won't need to use much of this.
- Feel a <u>stream of it</u> moving <u>outward to your hands</u>, growing in <u>pressure</u>, and becoming <u>warmer</u> and <u>warmer</u>.
- Imagine some of the pressure and heat spreading further to your fingertips.
- The <u>energy tingles and pulses</u>, <u>pushing your fingertips apart</u> like <u>two magnets</u> <u>repelling each other</u>.
- This is a <u>VERY PHYSICAL sensation</u> once you catch on.
- By <u>now</u> you probably feel <u>at least a little physical heat</u>, and maybe even some <u>perceived outward pressure coming from the ball.</u>
- · Bring your hands out, and feel the ball of light and heat expand.
- Again, make sure the energy spreads to your fingertips.
- Bring your hands closer together again, and feel the ball compress.
- Feel the <u>magnetic-repulsion-like pressure intensify against your hands and fingers</u>

as you squeeze the ball.

What is a good energy level?:

- I'd <u>recommend</u>, on your first attempt, that you raise your energy <u>enough to open</u> a <u>pre-opened imaginary plastic jar of mayonnaise on the Inside</u>, but <u>no more</u>.
- It may be tempting to go higher, but you don't want to risk negative effects, especially while you're learning.
- In fact, it's a <u>good idea never to push or strain your energetic effects</u>, as they <u>WILL</u> grow <u>gradually stronger</u>, and should <u>never actually require straining</u>, <u>especially</u> if you plan on <u>CONTROLLING THEM</u>.
- To <u>reiterate</u>, <u>great power without control</u> is like <u>possessing a fortune</u>, but you have to navigate an entire city with it, unarmed and unprotected, all while carrying it around in a clear plastic garbage bag full of twenty-dollar bills.
- It is <u>heightening</u> your <u>visibility AND targetability</u> only.

<u>Veal-crating:</u>

- In case I <u>haven't mentioned</u>, some of my figures speak of <u>power being encouraged</u> <u>before control intentionally</u>.
- This was a <u>Liverish tactic</u>. As it is a <u>painful energetic farming technique</u> used to <u>disable and prey on newbies</u>, they've dubbed it "<u>veal crating</u>".
- <u>Therefore</u>, to <u>do it to YOURSELF</u> is <u>clearly</u> asking for <u>both danger and loss</u>, for <u>no good reason</u>.
- Continue to manipulate the energy to get better at it.
- <u>THEN</u> increase it.

• I'll warn you until I'm sure you all understand, which is never.

2. Hot compress:

- One day, my figures started to teach me <u>how to use my energy on a cold that I had.</u>
- I overcame it <u>much faster</u> than the people around me did.
- I often use this when I'm getting a cold now, to help turn it around.
- Most of my colds only last a couple of days now.

Natural functions:

- There are many energetic healing techniques found in various cultures.
- Most resemble each other in basic ways.
- This is very much a natural function we've simply lost touch with.
- In this portion of my technique, the use of the hands is discouraged.
- This is because I'm teaching you to work on your own body rather than on others, and the hands are generally less direct for our purposes, when you work heavily with figures.
- If you <u>plan to become an energy worker</u> or something, practice <u>more with your hands than I'm telling you to here, once you understand the basics</u>.
- While I have good reason to believe in the possibility of person-to-person energy

transfer, I have <u>no personal experience with it myself</u> and <u>can't offer any</u> instruction for you.

The technique:

- Find the <u>area of the symptom</u>, and <u>focus on it</u>.
- · Feel energy stream pooling there, gently.
- Feel the area <u>pleasantly warming</u>, before <u>vibrating like a tuning fork</u>.
- Imagine the <u>cells moving faster and faster</u> with the <u>heat and vibration</u>, <u>building and healing and repairing</u>...
- · Building and healing and repairing...Building and healing and repairing...
- The <u>warmer</u> the <u>faster</u>, the <u>faster</u> the <u>warmer</u>.
- It <u>repairs itself</u>.
- Some will find it useful to pair breathing with energy work.
- If you get bumped easily, "imagine what perfect health feels like" to realign your energy quickly and return to entraining the sensation.
- Feeling the <u>heat</u>, <u>know</u> you are <u>healing</u>.
- Give your body a chance to learn how to work with your focus.
- · Your body can grow to understand what you're trying to do and help facilitate it.
- It's like that <u>day you get over being sick</u> and <u>every part of you seems to buzz</u> <u>joyfully...But now that <u>buzzing</u> is <u>usable DURING a cold</u>, and is <u>powerfully directable</u>.</u>

- · Associate the "feeling of any sickness ending" with that kind of heat and vibration.
- This will make it easier to quickly find the effect again in the future.
- When used on a <u>cough</u>, <u>this technique</u> may <u>rapidly clear mucous</u>, <u>days</u> faster than expected.
- It may even induce mucous-clearing-coughing nearly instantaneously.
- When used on <u>overall health</u>, <u>sensitivities and subsequent aversions to unhealthy chemicals</u> may develop.
- Effects may be <u>assisted by calm breathing</u>, or may even induce calm breathing as you perform the exercise.
- <u>Note</u>: If you <u>start clearing bodily toxins</u>, you'll notice a <u>brief peak</u> in both <u>gross</u> <u>factor and relief level</u> when you <u>go to the bathroom or sweat</u>.

In Case of Overdose:

- Don't.
- Read my <u>long-winded warning</u> from <u>every chapter</u> if it makes you <u>feel any better</u> about <u>slowing down</u>.
- Maybe we can <u>collaborate</u> an <u>escape</u> from the <u>bowels of hell?</u>
- I warned you.
- · Really warned you.
- "Don't jump off a roof"-level warned you.

- <u>Congratulations...you're in for an ego-crushing psychedelic nightmare</u> that could take <u>years</u> to stabilize.
- I know from <u>experience</u> that you <u>can injure SEVERAL things you never even considered could be injured</u>.

<u>Hidden messages:</u>

- I find the <u>Inners</u> to <u>nearly always be</u> a good gauge of either (a) What I <u>should do</u> or (b) What I'd rather do.
- Once you learn the difference, there isn't much that can stop you in either world.
- Figure out <u>who's the most trustworthy coach</u> and <u>listen to that figure</u> more than you listen to <u>anyone else</u>.
- Just <u>make sure</u> they're <u>the most trustworthy</u> before placing your <u>full trust</u> in their hands.
- I don't care if they're nice or not, if their motives are in the right place.
- (In case you <u>haven't noticed</u>, my <u>sheltered upbringing</u> has <u>paradoxically</u> caused me to thrive under conditions of continuous Inner verbal abuse).

Chapter 18: Beginner's Luck in the Space of Cholera

"If you did not know you had legs, and could not see them or feel them, yet suddenly learned to run...how would you know to <u>stop</u> running?"

-Doom

You've Sharpened the Edges

{Current Playlist: For Freedom by Ipsmaxes}

Cat: Are you...

• <u>meaner today</u>?

Liverish: *No...*• are you?

Cat: ...You know what I mean ...

Liverish: I'm still in control if that's what you mean...

Cat: Control is fine...

Liverish: Good.

• Then it <u>doesn't qualify</u> as "un<u>kind</u>".

Cat: I'm feeling...

• <u>edgy</u>...

Liverish: *Don't* use *that term much any more*.

• {If I <u>haven't</u> mentioned, "edgy" was what my attacks were called when they were still seen as <u>being a baby</u> about teenage angst. Back then, my emotional outbursts were <u>missed</u> <u>completely</u> as being a genuine health concern. Remember, though, that I got my period in the nineties. In a small town in the nineties, general consensus was that people were either "<u>normal</u>", "<u>whiners</u>", "<u>assholes</u>", "<u>over-reactors</u>", "<u>PMS-ey</u>" or "<u>should be locked up</u>". Mental disorder titles labelled you an automatic discreditable danger who shouldn't be out in public. (Watch a nineties' sitcom and see how depression or bipolar gets talked about if you don't believe me)...Meaning that <u>sadly often back then</u>, both you and your loved ones

would leave you *fully untreated*. This would go on <u>until</u> you found yourself *absolutely forced to seek help*, likely causing some of those *blow-out-violent mental disorder stereotypes*...In a small town in the nineties, keeping me <u>untreated</u> was what kept me "<u>safe</u>" from having such an <u>image</u>. We could <u>deny</u> my emotional...<u>wrongness</u>...as long as <u>possible</u>, keeping me <u>safe from ridicule</u>...But we <u>couldn't</u> keep me <u>safe</u> from myself...And <u>sadly</u>, the <u>longer something goes untreated</u>, the <u>more difficult it can be to reverse the effects on the mind and body</u>...3.3.17, 12.27.17}.

• {On the <u>plus side</u>, with <u>real help</u>, I <u>wouldn't</u> have developed <u>half</u> of the techniques I'm giving you...12.28.17}.

Cat: Why do I feel like this?

Liverish: Transition.

• *Plus* you haven't relaxed all that *tension away*, yet.

Cat: ...

Liverish: I'll restrain you,

• you let it <u>fall</u> into <u>my</u> energy.

Cat: ...

Liverish: *Fuck, Cat.*

• <u>Time</u> is of the <u>essence</u>...

Cat: ...Here...

Liverish: <u>I</u> can <u>handle it</u> • maybe I <u>should prepare for it</u> .
Cat: It's <u>blocking</u> the flow of <u>energy</u> , though •
Liverish: Nothing <u>to it</u> • It's <u>only a precaution</u> , • and I <u>do</u> have con <u>trol over it</u> , you <u>know</u> .
Cat: Okay <u>here goes</u> .
Liverish:Fine • a <u>guideline</u> • do I <u>have to</u> be so <u>obvious</u> ?
Cat: <u>Yeah</u> • I'm <u>not</u> sure how to <u>find you</u> otherwise.
Liverish: <u>Fuck</u> . • <u>Fine</u>
He holds her <u>tighter</u> .

Liverish: Can I hold you back without getting some nasty energy burn?

Cat: *I don't know how to define my feelings about that any more.*

Cat: The <u>anger</u> is starting.

Liverish: Now...

- <u>stop keeping it</u>...
- give it.

Cat:*Trying*...

Liverish: *Relax* it *back*...

Cat:Feels...

• *off*.

Liverish: You're <u>holding on</u>...

- that's <u>hard on you</u>...
- it's like throwing something heavy and keeping hold of it last minute.
- {Here's where teaching someone about <u>energy</u> fails for a "<u>human</u>". A <u>person</u> can't give you <u>feedback</u> when you get your <u>Qi or Kundalini aligned</u>, or <u>warn you</u> when you <u>drop it out of place</u>. And even if I was wrong, and it were actually possible to do this, a <u>human teacher</u> can't indicate <u>muscle locations</u> or <u>on-off switches</u> directly. They can't <u>follow you around</u> all day and tell you that your <u>energy spikes when you fold laundry</u> for some reason. {A figure} can do <u>all of this, and more</u>, to your <u>body and mind's specifications</u>, making it arguably the <u>perfect helper</u> on the path to Enlightenment...7.23.16}.
- {Some will warn you against all {figures} as well as all other beings. That's because {figures} and other beings are effing dangerous when you can't tell the helpers from the assholes. These fearful people have likely seen cruel {figures} causing some real destruction in themselves or others, and likely have a good reason to fear them. I was partially raised by wolves...these guys came to me at age ten, and for better or worse, I learned to navigate the jungle without dying. Listen to my advice when choosing helpers. Follow my wearing exercises with warnings well heeded. Be a good and respectful citizen

on the Inside, or help to give mental disorders a <u>really bad name</u> again...3.3.17, 12.24.17}.

Cat:
Liverish: <u>WANT</u> it gone
Cat: <u>Want</u>
Liverish: <i>Heh</i> • sur <i>prisingly not stupid</i> .
Cat: <u>Start</u> ing with my <u>want issue</u> .
Liverish: <u>Yes</u> , idiot, <u>THAT</u> .
Cat: <u>Easy</u> , your <u>self</u> .
Liverish: I <u>must maintain</u> my <u>status</u> . • I'm <u>not</u> altering how I <u>speak to you</u> now. • <u>No</u> fucking <u>way</u> .
Cat:
Liverish: <u>Fine</u> , it's <u>not working</u> . • I'll use <u>more restraint energy</u> .
Cat: Complicated

Liverish: <u>No</u> • the <u>oppo</u> site, <u>obviously</u> .
Cat: But
Liverish: <u>Much easier</u> , <u>hmm</u> ?
Cat: <i>Uhh<u>scarier, too</u></i> .
Liverish: No movement, • no choice to make.
• {He may be teaching me to restrict my energy flow a little here, but I don't trust him back then, so I may have resisted in a bad way. Sometimes not trusting the right {figure} is as bad as trusting the wrong one3.3.17}.
• {It's <u>STILL difficult</u> to tell <u>Lee's motives apart</u> from time to time12.26.17}.
Cat: Huh
Liverish: <u>THAT</u> hasn't <u>melted from you</u> , <u>has</u> it?
Cat: <i>NoI</i> • <u>don't think so</u>

Liverish: <u>Good</u>...

• then <u>deal with it</u>.

Cat: It's like playing {Tetrix} with my \underline{back} as the \underline{bottom} .

• What makes it take so much focus?

Liverish: *The fact that you're supposed to do it naturally,*

• but have <u>placed</u> some <u>big stupid clog there</u>.

Cat: ...Insert "we"?

Liverish: Fine,

- there <u>WAS a program for that.</u>
- It's down now...
- But for the damage.

Cat: ... *I see*.

• {I hate me sometimes...I didn't see that Liverish had to <u>cramp our natural imperatives</u> into <u>poor coping behaviours</u>. From the beginning, it <u>began as my fault</u>. He be<u>came awful</u> because <u>I was awful to him first</u>...3.3.17}.

Liverish: Let's try again...

Cat: Let's try my anger at you.

Liverish: Fine,

- I <u>fucking deserve</u> it,
- but take it easy with that...

Cat: Ow ow ow, warm, warm, warm...

• what does this energy do to you?

Liverish: To be honest...

• *less than I thought...*

1.20.12 {continued}

{Current Playlist: Orinoco Flow by Enya}

Cat: <u>Here</u>?

Liverish: Yes...

- The <u>energy</u>...
- <u>Come on</u>...

Cat: Feels odd...

Liverish: Well, you've *sharp*ened the *edges*...

Cat: Huh...

Liverish: Doesn't <u>matter</u>...

• just <u>focus</u>.

Cat: [...].

Liverish: We don't need Kai.

Cat: ...I disagree.

Liverish: Weak for {a "vox"} and nothing special for anything else.

Cat:You <u>feel</u> that way about <u>most figures</u>
Liverish: <u>Always</u> .
Cat: <u>Tired</u>
Liverish: From <u>that</u> ? • Pa <u>thetic</u> .
Cat: No • well • the energy exercise maybe.
Liverish: You won't get much further if you can't do that yet • I guess it's my responsibility to teach you.
• {I've come a <u>long way</u> in endurance. I'm estimating that the ability comes about as quickly as <u>long-distance running</u> 7.23.16}.
• {It should be <u>noted</u> that I'm <u>NOT a long-distance runner</u> 12.26.17}.
Cat: [].
Liverish: I <u>know I prevented it</u> before
Cat: [].

 That's over, and Laccept full responsibility
• and I <u>accept full</u> responsi <u>bility</u> .
Cat: Uhh
Liverish: Not <u>easy</u> , now,
• but I <u>can do</u> it.
Cat:Well, <u>thanks</u> .
Liverish: <i>It's my <u>duty</u>.</i>
• I was <u>getting bored</u> without something to do.
Cat:Well, <i>good</i> .
Liverish: A <i>fraid</i> ?
• You don't <u>have to be</u> .
Cat: "A <u>fraid</u> " is wrong.
• <u>Daunt</u> ed is <u>better</u> .
Liverish: <i>Heh</i>
Bus

Liverish: For <u>years</u>, yes.
• I <u>don't CARE</u>.

Liverish: Right—

- —thinking <u>back</u> on something <u>already pushed through TOO much</u> is like <u>throwing up</u>.
- <u>Top-to-bottom</u>, Cat.

Cat: The order of my thoughts is improving.

Liverish: ...

Cat: What about forgetting?

• I <u>fear that</u>.

Liverish: Look, Cat.

- Process it and you'll have something.
- Not a fun metaphor per se,
- but the <u>waste product</u> of <u>this kind of thought</u> can be <u>clarity</u>.

Cat: ...Really?

Liverish: Well why do you think your fucking memory was so good as a child?

- <u>Pro</u>-cessing.
- Carry on.
- {Is this the birthplace of the...Oh, <u>never mind</u>......12.27.17}.

Cat: ...*I*...*oh*...*fine*...

- I'll "carry on".
- <u>How</u> about memorization stuff?

Liverish: *I did speak about energy of a term or concept?*

- Right?
- *So <u>see</u> it the <u>same</u>.*
- The *processing* will *differ*...
- it won't <u>clog</u> at the same <u>spots</u>.

Cat: Huh...

• *I smell...*

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

• <u>Fuck</u>!

Cat: Topic?

• ...<u>that too</u>?

Liverish: *Try it and see...*

• A good <u>example</u> I suppose...

Cat: Wow...I used to have topic indigestion.

Liverish: No wonder we've been stuck-...

Cat: ..."Fucking bus"?...

Liverish: Don't TRY me...

more...

Cat: Fine, fine.

• <u>Food</u>.

Liverish: <u>WARN ME</u> for those <u>BIG</u> FUCKING DUMPS of <u>ENERGY</u>, Cat.

Cat: Whatever...

• <u>how</u> can I <u>tell</u>?

Liverish:
• Liverish sighs.
Liverish: <u>THAT's</u> what <u>gets you</u> , <u>is it</u> ?
Cat: <u>Yeah</u>
Liverish: You <u>are</u> a <u>freak of nature</u> , Cat.
• {Future Cat: Looking <u>back</u> , he asked me to light a birthday candle and I brought out a jerry can of gasoline and a blow torch <u>Thanks for the patience</u> , Lee7.23.16}.
• {Future Lee: <u>FIN</u> ally. Some recog <u>NITION</u> . <u>BOUT</u> FUCKIN' <u>TIME</u> 7.23.16}.
• {Future Cat:Yeah, <u>yeah</u> . Your approach was <u>SLOPPY</u> , may I <u>add</u> 7.23.16}.
• {Future Lee: There isn't a <i>thing alive</i> with <i>ENDLESS patience</i> , <i>Small Fry</i> 7.23.16}.
• {Future Cat: <i>Yeah</i> , yeah. <i>Touche, okay?</i> 7.23.16}.
Cat: To <u>you</u> . • I'm <u>not "Inner"</u> .
Liverish: <i>Certainly not</i> ,

• or we'd most definitely keep you wearing {a life jacket} and a helmet.

Cat: Then why?

Liverish: You are like a 2-year-old the size of an elephant, Cat.

- The <u>power</u> you <u>DO have</u>,
- you've got <u>almost no control over</u>.
- {What Lee <u>fails to mention in this instance</u>, is that he <u>encouraged this by design</u>. It was a <u>nice payout</u> for him, back when he <u>didn't like me</u>. He <u>WASN'T great</u> to have as an <u>enemy</u>. He's <u>ALMOST as scary as a friend</u>. I've <u>been the spectrum</u>. He's <u>more loyal than he seems</u>, but as <u>reckless as they come</u>...12.26.17}.

Cat: I know.

• [...].

Liverish: And it WAS me, ves.

- *I...guess* there wasn't an alternative, but...
- *fuck....*

Cat: Yes...and no there wasn't...

Liverish: *Fine*.

- *More...*
- <u>show</u> me something <u>on my level</u> if you're <u>so inclined</u>...

Cat: I will...

• or I'll <u>attempt it, any</u>ways...

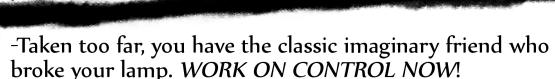
NOTES date: 1.23.12

Is the emotion <u>you</u>, or an archetype? Is there a difference?

1 WARNING

-Don't over- or underreact to an archetype. -They embody everyday issues and situations. Watch closely.

INTRODUCTION



-Not taken far <u>enough</u>, well...The function who knows that your girlfriend is a bad fit has explained (in your voice) why you must take the dirty dishes as a pivotal call to arms. You believe the issue isn't self-sabbotage, just a simple case of rotting salsa being the last straw. Things take an ugly turn and she runs off with a famous dancer, because on some level you wanted her to. Maybe your Inner Child convinced you...But <u>you</u> broke this lamp.



Inferno

LISTENING

MiatriSs: Lament (Feat. Sayonara Maxwell)

Kill me

{Trigger warning...7.23.16}.

- {Could this be poisoned-Cat?...2.13.14}.
- {Umm... <u>Derp</u>, 2014 Cat. <u>Suicidal Cat</u> "<u>could be poisoned</u>" like a <u>99% blood mercury level</u> "<u>could be poisoned</u>". I want to go back in time and <u>smack myself</u> sometimes...7.23.16}.

Cat: I'm not dealing today,

- and I'm <u>tired</u> of expecting you to <u>help me</u>.
- [...].

Liverish: I'm not finishing you off...

• Fuck, Cat, what's up with you today?

Cat: The same thing as every day.

• {Which was, in reality, a state of predisposed anxious depression brought on by years of neverending homework, two hours on the bus per day, sleeping on a broken futon frame, never leaving home if it wasn't for errands or school, and malnutrition from binging on cheap cheese-smothered food if I ate at all...12.28.17}.

Liverish: *Fuck*, *Cat*, *don't be that way*.

Cat: Be what way?

- I can't deal anymore.
- Finish me off.

• {Welcome to the semi-psychotic mind of <u>Cat in 2012</u>. I'd like to go back in time, tie this Cat

up, and force it to watch cartoons until it talked like a <u>human</u> again, but I'm <u>only one</u> <u>person</u>, and I <u>can't</u> transcend time...7.23.16}.

Liverish: *Shit*...

- <u>now</u> we've <u>gone</u> and <u>done it</u>.
- Snap <u>out of it</u>...

Cat: Snap out of what?

- Finish me.
- {The <u>worst</u> thing we could have done was <u>assume</u> I'd find a rational light <u>WHILE</u> in this darkness. <u>Immobilization</u>, <u>mindless distraction</u>, and <u>waiting</u>, seem to be the only cures while <u>already IN such a state</u>...Meditative focus is unwanted fuel on this fire. Decision-making under <u>manic</u> conditions may prove to be paranoid and disastrous. {Use a prolonged outbreath to reduce <u>panic</u> symptoms, and pull focus away from the body for the time being. Get <u>under a blanket for a bit</u>. What <u>now</u> may feel like <u>suffocating</u>, is counter-intuitively <u>probably over-breathing</u>...Remember...7.23.16, 3.3.17}.

Liverish: *This...place...shit...how to fix it...*

Cat: There is no fixing it, is there?

• It <u>just</u> keeps getting <u>worse and worse</u>...

Liverish: *Cat*...

Cat: What?

• <u>Do it</u>.

• Finish me.

Liverish: We're going to...

Cat: What?

- I don't want an improvement.
- I want to be done, don't I?
- {Remember...<u>True</u> suicidal feelings <u>can't</u> be overridden. Imagining positive <u>memories</u> or possibilities is <u>useless</u> in this state, and <u>the most deadly assumption</u> is that we <u>CAN</u> <u>remember positive things without the emotional chemicals</u> to help us. When we fear that our <u>memories themselves are dead and meaningless</u>, not just <u>temporarily disabled</u>, we begin to crave death. "Why bother, if <u>nothing ever meant anything</u>", it <u>feels</u> to the <u>untrained eye</u>. <u>Unnecessary defeat</u>, as the <u>memories are chemically incomplete and inaccessible</u> during a suicidal episode. Remember you <u>CAN'T REMEMBER accurately without the chemicals</u>. Don't try to <u>force the car to move</u>, if you're <u>out of gas</u>. <u>Assume</u> you <u>shouldn't make a decision right now</u> and rest the pain off, or <u>get help if it gets unmanageable</u>...3.3.17}.
- {As you can see, when I was suicidal, I simply <u>assumed</u> the <u>momentary lack of positive</u> <u>brain chemicals was the way things were</u>. I though <u>I</u> was fine. <u>Everything else was bad</u>. My <u>life</u> was therefore <u>bad</u>. This is the <u>power of depression</u>. Overcoming <u>Shadow issues</u> <u>gradually</u> helps you to see that you <u>produce a lot of your own experiences</u>, and that you, <u>yourself</u>, <u>change from moment to moment</u>...3.3.17}.

Liverish: *Easy, Cat.*

- This is
- •
- I know you know it's not healthy,
- and I know that's the point, but...
- we <u>can't</u> keep it <u>up</u>.

Cat: That's the point,

- *isn't it?*
- Let me...

Liverish: Not a fucking CHANCE, Cat.

- Fuck.
- I'm <u>sorry</u> I <u>did that to you</u>;
- I wish I could take it back...

Cat:
Liverish: <u>Cat</u> !
Cat: <i>I don't <u>care</u>.</i> • Why <u>care</u> ?
• {At this point, it feels as though there are <u>no good brain chemicals</u> left. Even the <u>best memories feel terrible</u> . Had I learned to <u>manually dump-use my serotonin</u> or something? I can <u>now produce pleasure reactions</u> with my focus that have <u>similar {painful side} effects later</u> , when I <u>overuse them</u> and get " <u>hangovers</u> "7.23.16}.
• { <i>Easy</i> , 2016. <i>We got to this</i> . We've gotten to managing the use of your energy in 2017 now3.3.17}.
Liverish: <u>Cat</u> • I <u>need</u> to <u>get in</u> and
Cat: <u>Over my dead body</u> .
Liverish: <i>Cat</i> • we <u>can't</u>
Cat: <u>I</u> can
Liverish: <u>No,</u> • without <u>me,</u> • you <u>can't</u> ,

now <u>easy</u>...

Cat: Let me <u>out of this</u> .
Liverish: <u>Cat</u> !
Cat: I'm <u>sick of this</u>
Liverish: <u>Cat</u> , I'm going to <u>stop this</u> .
Cat: You <u>can't</u> , • and I'm <u>sick of hoping for it</u> .
Liverish:I'm going to imprison you.
Cat: <u>No</u>
Liverish: <i>Yes</i> .
Cat:
Liverish: Your <u>energy</u> is <u>rather high</u> • <u>using it up</u> ?
Cat: I <u>can't control that</u>
Liverish:
After appointment

Cat: I told you I couldn't take it.

Liverish: 'ts no reason to skip class.

Cat: It's every reason to.

Liverish: Cat.

Cat: YOU FUCK OFF.

Liverish: Shit...

Cat: Yes, beat that out of me.

• Break my mind like a twig.

Liverish: I officially taught you too well.

Cat: Well, <u>finish the job</u>.

Liverish: You know I won't do that.

Cat: So <u>NOW</u> that you <u>LIKE me</u>,

- I can finally die this way.
- Slowly.
- Great.

Liverish: *Cat*...

Cat: I've <u>HAD it</u>.

• Finish me.

Liverish: *Cat!*

Cat: <u>Fuck it</u> . • <u>Kill me</u> .
Liverish: <i>I'm <u>not</u>.</i> • You <u>know that</u> .
Cat: But I <u>don't feel it</u> , • and I'm <u>sick of being this</u> .
Liverish: <u>Cat</u>
Cat:
• Cat attacks Liverish {with an energy burst}.
Cat: Maybe I'll <u>force you</u> . • I'll <u>force</u> you to <u>kill</u> me.
• {She hits him with more low-grade} energy.

Cat: <u>Hit</u> me with it.

Liverish:
• {Cat builds} more energy.
Cat: <u>Kill</u> me.
• {She} hits him with it.
Cat: <u>Kill</u> me!
Liverish: <i>Fuck, Cat!</i> • <i>I don't <u>care</u> how I have to <u>contain you</u></i>
Cat: <u>Won't</u> be <u>enough</u> . • <u>You can't fix it</u> .
Liverish: I
Cat: <u>CAN'T FIX IT</u> .
Liverish: <i>Cat</i> — Cat: — <i>CAN'T FIX IT</i> !!!

Cat hurls the energy at Lee.
Liverish swats it away.
• {He's sternly calm7.23.16}.
Liverish: <i>I'm <u>ending this properly</u>, Cat.</i>
Cat: <u>Finish me</u> .
Liverish: <u>Properly</u> .
Cat: <u>Finish me!</u>
Liverish: <i>That isn't properly</i> .
Cat: <u>I'm</u> not <u>looking</u> for " <u>properly</u> ".
Liverish: <u>Fuck, Cat,</u> I'm <u>not</u> looking to <u>harm you</u> any <u>more</u> .
Cat: <i>Then, <u>stop</u>.</i>
Liverish:

- {This state <u>feels little pain</u>, and once broke a toe...12.26.17}.
- {Strangely, my safety and well-being now falls into the hands of my so-called imaginary friend, and his powers of persuasion...3.3.17}.
- {Yeah. I'm <u>pretty convinced now</u> that I <u>dump-used some brain chemical up</u> to get me to <u>this</u> extreme. I can <u>kind of see the mechanism that went wrong, in retrospect</u>. Plus, <u>violent thoughts</u> can be <u>difficult to control</u>, especially if there's <u>a very good reason for them</u>...12.27.17}.
- Cat hits him with more energy.

Liverish: You'll FUCKING STOP THAT,

- as <u>weak as it is</u>...
- It's a <u>PAIN IN THE FUCKING ASS</u>.

Cat: Come make me, then.

Live...rish*: They've made me make a mistake, Cat.

- I'm <u>not going to finish it</u>...
- for anything, now, okay!?
- {*Weird typo! Found on <u>first typed draft</u>, date <u>unknown</u>...7.23.16}.

Cat: <u>Weak</u>.

• <u>Do it</u>.

Liverish: I'm not...Fuck, Cat.

Cat: <u>DO</u> IT.

• WEAK.

- {Sure feels <u>weird</u> reading this <u>OUTSIDE of overdrive</u>...7.23.16}.
- {I can't even remember what it's <u>like</u> to be this <u>desperate</u>, <u>fearful</u>, <u>person</u> ready to die, except that I'd <u>rather have a stomach flu for the rest of my life</u> than <u>live like that again</u>...3.3.17}.

Liverish: ...*Cat*...

Cat: Come on.

• Don't <u>leave me here</u> on my <u>last legs</u>.

Liverish: There's more at stake, Cat.

- I can't allow a moment of insanity to ruin us.
- Not any<u>more</u>.
- I just can't.

Cat: It isn't a moment.

Liverish: *I was wrong.*

• I don't <u>care about</u> the state of things <u>now</u>, <u>I</u> was <u>wrong</u>.

Cat: Your writing...

Liverish: Yeah, it's altered as I've come closer.

• I'm <u>not here to harm you</u>.

Cat: But please do.

- I'm finally giving you that right without a fight.
- Finish me.

Liverish: Cat...

- I <u>can't</u>...I <u>can't</u>...
- I <u>HATE YOU</u>, <u>DOOM</u>,
- I <u>REALLY DO!</u>
- {Doom's writing is tiny and neat...7.23.16}.

Doom: I am not to blame,

- little green man,
- nor do I care for your volume.

Liverish: I <u>DO</u> BLAME <u>YOU</u>,

• AND <u>DEAL WITH MY VOLUME</u>.

Doom: ...

• Liverish pushes Cat forwards.

Liverish: <u>Here</u>.

• Fix her.

Doom: I can't simply "fix" her.

Liverish: Well do something...!

Doom: There is nothing.

Liverish: Then I'LL kill YOU.

Doom: *Try*.

• Why don't you de-program?

Liverish: The program is fighting me.

• It would be <u>easier</u> to put the <u>head back onto a chicken</u>.

Doom: Then do just that.

Liverish: ...*Put the...*

• are you insane?

• You can't force good feelings into anyone.

Doom: How hard are you trying?

Liverish: HARD.

• FUCKING HARD!!!

Doom: Too hard?

Liverish: As much as is necessary, which is FUCKING HARD!

Doom: Trying that hard...is necessary?

• {Doom seems to be talking about <u>valve control</u>, and <u>moderating energy usage</u>, but we <u>aren't picking up on</u> what she's trying to get across...in our dual state of horrible panic...3.3.17}.

Cat: Yes.

Liverish: What...you're talking to her now?

Doom: Cat...

Cat: There is no end, Doom.

- I can't take it.
- I don't want to.
- {In <u>some people</u>, emotional <u>lows</u> can last from <u>days to months</u>...3.3.17}.
- {And I fucked up, meaning the results of my stupidity led to grieving all life by necessity. This is what the beginning of THAT looks like...12.26.17}.

Doom: You don't have to.

Cat: All or nothing.

- I can't go back to that feeling either.
- It didn't matter when I gave up stuff I cared about.
- *I have to give up <u>food</u> too.*

Doom: You give up your <u>life</u> for passions you needn't give up.

Cat: But I do...

• *I <u>can't</u>...*

Doom: Cat.

• Examine yourself.

Cat: That hurts too bad, now.

• I've had it.

Doom: Cat
Cat: I'm <u>worse than he is</u> now. • <u>Leave me</u> .
Doom: I can't <u>do</u> that.
Cat: So you go break a bus?
• {I remember that the <u>bus</u> I was travelling on <u>broke down around now</u> 7.23.16}.
• {Cat jokes that <u>Doom</u> did it. Humour during my lows was a common defenceThis is a good sign I'm arcing <u>back up in mood</u> from bottom to <u>well</u> just <u>above</u> bottom3.3.17, 12.27.17}.
Doom: I didn't break a bus.
• Listen, Cat.
• <u>Listen</u> .
Cat:Why <u>should I</u> ? • <u>Why</u> ?
Later that Night

Cat: $\{Del\}$ really \underline{helped} , allowing me to listen to the $\underline{Balance\ Priestess}$ properly.

• {False Self alert! False Self alert! She was <u>still essentially helpful</u>. <u>Please</u> stand by for information on whether the <u>Self</u> can take <u>accurate form</u> of <u>any kind</u> aside from sensations and colours. As it is a symbol of the <u>near-infinite possibility unfolding in each individual</u>, it is likely <u>too big to be a character</u>. Therefore, if it plays <u>any role, it is likely as the story itself</u>. Perhaps <u>Self</u> plays <u>all</u> the minor story progression roles...so perhaps Self did "play" the Balance Priestess, but she was far too small to encompass what the Self is. This is one among many reasons you <u>don't act like an asshole to random figures</u>. The one part of you that has any connection to the Divine or Infinite <u>can test you</u>, and make decisions for you based on what it finds. Wouldn't you teach yourself a few things if you could go back in time and have a talk with childhood or <u>teenage</u> you? Yeah. Imagine how <u>infinite you</u> feels about <u>current you</u>. <u>Imagine what it knows</u>. <u>Don't</u> be an <u>asshole</u> to <u>random figures</u>. If <u>this</u> one's on your side, <u>beautiful</u>, <u>wonderful</u>, <u>tremendous</u>, <u>pure butter in a blue sky Samadhi</u> isn't as far away...6.29.17}.

Liverish: Whatever.

- As <u>long</u> as you're <u>some</u>what <u>fixed</u>...
- [...].

Cat: I admit I feel off, but...

- Even you admit,
- I needed that.

Liverish: *I didn't say you needed it, I said it fixed you.*

• There's a <u>difference</u>.

Doom: I'm glad <u>some</u>one could talk sense into you.

Liverish: Go away.

• No one needs you now.

Doom: *Easy*......

Liverish: ...

Cat: Where did—

Liverish: — <u>I</u> moved <u>us</u> .
Cat:Why?
Liverish: I <u>don't</u> want to <u>deal with that</u> . • Let me <u>help you</u> for <u>real</u> .
Cat: What was <u>last time</u> ?
Liverish: I misunderstand the allure of that state, Cat. I admit, I actually can't control it, though I know I play a part in it.
• {Actually, that's interestingHe <u>usually</u> loses his shit <u>with me</u> these days, though the blowouts are <u>usually</u> well-controlled now, and short-lived7.23.16}.
• {Those attacks have been reduced to fewer than one a year12.26.17}.
Cat: I would <u>like to do something</u> .
Liverish: <u>Shit</u>
Cat:
Liverish: I'm not about tofuck, Cat. • I don't know how to control it.

Cat: Well <u>thank you for that</u> , • but <u>I have a problem now</u> .
Liverish: <u>Easy</u> , Cat. • It <u>doesn't have to be a problem anymore</u> .

• {We're either <u>very deep, or VERY low-energied</u> at this point...3.3.17}.

Cat: I feel odd.

Liverish: Of course you do.

Cat: I'm not sure...

• what <u>energy that is</u>...

Liverish: *Easy, Cat.*• *Go with it.*

Cat: It won't put me back,

• <u>will it?</u>

Liverish: Fuck!

• Of course not.

Cat: I like feeling different.

• <u>Better</u>.

Liverish: ...

Cat: <u>Those</u> feelings.

• <u>You</u>...

Liverish: *No.*

• <u>They're there</u>.

• They're <u>yours</u>.

Cat: Overwhelming...

Liverish: Ease <u>up</u>.

• <u>Relax</u>.



19.18.16

The Great Wedding Chase Finale: Return to Sender

(Current Playlist: Stay at Home by Max Normal).



(A No-Jumpsies Warning has been put into effect. This is not a drill. Please head to your nearest Elevatorport for the latest in Full-Jumpsies Gear so you can travel in style this summer, and at a pace you can be seen!...7.11.7).

• (It seems <u>Danna</u> has <u>changed the rules of the game suddenly</u>...6.29.17).

Lee: <u>Please</u>, <u>please</u>. Enlighten us. You <u>want</u> us to <u>catch him and return him <u>HOW!?</u></u>

Danna: The way you got him away. <3

Lee: Fuck you. That isn't possible.

Danna: Cat? <3

Cat: *Lee*.

- We have to.
- You're seriously saying he'll beat you?

Lee: Don't YOU fucking start.

- We've <u>seen me beat him</u>.
- I'm just not confident we can return him alive.

Cat: Fair.

- <u>Danna</u>.
- Does <u>dead count</u>?
- Can you <u>replace his form?</u>

Danna: Let's see what happens if I don't. <3

Lee: I'm NOT paying for that.

Cat: *Lee*.

- We <u>need to do this</u>.
- We get the truth about Mimi, AND Arrow out of this wedding
- if we can bring him back under the impression that he'll have to marry her.

Lee: A ridiculous waste of effort.

- Why can't we tell him he won't have to for fuck's sake.
- Why is this so fun for you?

Cat: Don't keep asking her that.

- She's paying for entertainment.
- You know that.

Lee: I wouldn't set my head on fire for her entertainment,

• even though it's already on fire, fire Cat.

Cat: Enough with the fire Cat.

Danna: Get him.

- Return him.
- Tell him he <u>MUST marry me, you are bounty hunters</u>.
- Do that and he's off the hook. <3

Lee: I hate small children.

• {Is <u>Lee calling Arrow a small child, or Danna? Huh</u> 6.29.17}.
Cat: That's <u>important</u> . I <u>hope</u> it's because of how <u>opposite you are</u> .
• (I <u>like kids</u> okay, and <u>they like me</u> , but I <u>don't like babysitting</u> . I don't have enough authority sometimes, and have many, <u>many Lord of the Flies crises</u> where I lose control of the situation and wind up cleaning up <u>food or poo</u> as more is being launched in a direction at <u>random</u> . Lee has a <u>full-on phobia</u> of children, though. And germs, loud sounds, most animals, most colours (blue, purple, green, ironically, red, or orange)Now, however, I'm guessing it's that he <u>mostly</u> sees me as <u>unready to consider motherhood</u> and has simply found a <u>characteristically loud way</u> of <u>fearing</u> the idea3.3.17).
Lee: You're freaked out by maternal stuff. • I get it. • You don't. • So sue me.
Cat:
Danna: Would <u>you two</u> get the <u>fudge</u> out of my <u>office</u> ? <3 • We're <u>conducting business</u> here. <3
Lee: <i>This is a <u>FIELD</u></i> .
Danna: And <u>this</u> is a <u>desk</u> ,

- and this is a MOUND of paperwork,
- so you be a dear and shoo, now. <3
- Shut the <u>door</u> on your way <u>out</u>. <3

Lee: ... This is a FIELD.

Danna: YES.

- And you are wasting valuable company time. <3
- Do you want to get Cat fired?

Lee: ...She IS.

• LOOK at her.

• {Cat frowns, and the <u>black flame</u> quietly burns...3.3.17}.

Danna: And sacked? <3

Lee: If you mean PUT her in a sack, then YES.

Danna: My, my, my.

• We should <u>really</u> make <u>you</u> take sensitivity training, <u>shouldn't we?</u> <3

Lee: I don't work for you.

- She barely works for you,
- and when this fire burns out,
- she probably won't work for you anymore,
- so <u>let's</u> cut the <u>bull</u>shit and <u>how about you tell us</u> where that <u>miserable loud creature</u> you <u>almost</u> married is.
- He's a whiny bitch.
- I want no part of him.

• I plan to sedate him.

Danna: Thanks.

- <u>Thank you</u>. <3
- Part of the contract.
- You <u>haven't formally agreed</u>.

Lee: I'll kill you.

• If it means killing Cat for divorce.

Cat: *<u>Easy</u>...*

Lee: I mean it, Cat. THAT bi-plane sea-base squid-face is going to murder us all.

• She's <u>rolling dice with us.</u>

Danna: Fun, fun, fun. <3

Lee: Want me to throw you into the sky?

• I <u>will</u>.

Danna: This place is safe. <3

Lee: You don't weigh much. You're four-foot-nothing.

Danna: I ate a <u>lot</u> today. <3

• And I'm wearing about two pounds of makeup. <3

Lee: Cat.

- Reason with it.
- Your boss is out of control.

Cat: Both of you.

• Shut up.

• Let's get Arrow.

Danna: Well <u>I never!</u> Lee: <u>Such a bitch</u>.

Cat: Cute.

- <u>Really</u>.
- <u>COME ON, PLEASE!</u>
- THIS IS GOING TO END IN VIOLENCE.

Lee: She's right.

- I <u>need</u> to <u>save my violence</u> for the <u>trip back</u>.
- He'll be a <u>smouldering lump</u> be <u>warned</u>. <3

Cat: Yeah, yeah, yeah.

- Let's go tell him.
- Danna's <u>baiting you</u>.

Lee: Wait.

- You're <u>right</u>.
- She's <u>not</u> getting an <u>extra shot</u> at me <u>now</u>.
- Let's go get that whiny piece of shit before he wanders too far.
- They warp.
- They're by a lake.

Arrow: FOR fuck's Sake...!?

- {It seems they've startled Arrow half out of his mind...12.27.17}.
- {And fully out of breath, somehow...12.27.17}.

Lee: AHAHAHA!

• <u>SURPRISE</u>, FUCKER!!

Arrow: You.

- <u>Are</u>.
- <u>SUCH</u>.
- A fucking asshole...
- WHAT ARE YOU DOING HERE!?

Lee: Turns out [...].

Cat: You tried to say?

Lee: I told you I wasn't on board with this.

- YOU didn't LISTEN.
- YOU don't CARE about me.
- YOU'RE a BITCH!!

Arrow: You came here to yell at her?...?

Lee: I <u>CAME here</u> to <u>haul you back</u> to your <u>RIGHTful place by Danna's side</u>,

• <u>HAPPY CAT!?</u>

Cat: Yeah.

• <u>Finally</u>.

Arrow: Wait.

- You convince me to escape,
- then haul me back to make me—

- —are you <u>FUCKING KIDDING ME</u>, LEE!?
- WHAT DID SHE OFFER YOU??
- *CAT!?*

Cat: Yes?

Arrow: Lee sounds more reluctant than you.

Lee: She's <u>Danna's little helper</u>, <u>ain'tcha</u>, Cat? <3

Cat: You suck, Lee.

• We <u>have to</u> do this.

Lee: We don't have to anything.

Cat: For his own good.

Arrow: Now she's crazy.

- Danna <u>broke you two</u>,
- or <u>is it</u> a <u>later stage fire symptom?</u>

Lee: Yes.

- That one.
- You're coming with us.
- Actually, you're going with her.
- I <u>hate</u> this project.

Arrow: Because you're the muscles...

• *CAT...?*

Cat: I'm sorry.

• This is for your own good.

Arrow: I can't believe you'd do this to me.

• Must be a hostage or something.

- You're a <u>sucker</u> for an <u>easy sacrifice</u> to <u>show your worth in a relationship</u>.
- What's easier than cashing me in instead of you this time?

Cat: Ouch.

Arrow: Pitiable.

Lee: Keep the base elements out of him, Cat.

• The inner shoulder devil's gonna amp him to hell.

Cat: <u>Trying</u>...

Arrow: You've already lost.

- How are you going to live <u>now</u>?
- <u>This book?</u>
- <u>Don't</u> make me <u>laugh</u>.
- 3D <u>art</u>?
- You'll <u>never</u> leave your desk <u>again</u>.
- You'll die of stomach complications RIGHT where you're SITTING.
- <u>Don't you know I'm right?</u>

Lee: Fuck, Cat.

• Nice satan-handling.

Cat: WELL HELP ME OUT IF YOU'RE SUCH AN ALL-POWERFUL (VOX).

Lee: Here.

- <u>Clear pure water.</u>
- The <u>beacon</u>.
- Follow it.
- STAY FUCKING STILL, TOO!!

Cat: YOU STAY STILL!!!

• <u>WHAT AM I DOING???</u>

Lee: <u><i>ST</i></u>	<u>OP.</u> <u>PANICKING</u> .
•	{I used to be <u>really bad</u> for lending money to people and never seeing it again. It got so bad that I eventually started to become <u>sensitive</u> about it12.27.17}.
•	(A <u>also</u> used to deny my sub orientation like, <u>literally, nobody's business</u> 12.27.17).
Arrow:	Tossed a <u>side</u> . You brought in cash for guys and gave them what <u>they</u> wanted in bed. You were a department store photolab whore of a work mule. You <u>hauled rocks</u> for a man who wouldn't go to an office or even a restaurant for you. You gave your <u>birthday money</u> to <u>help out one who beat you and discarded you</u> . Don't <u>think</u> I <u>can't still kill you</u> .
•	{They can <u>only</u> attack the <u>vulnerable places</u> . <u>This</u> is why you <u>train for a boss level</u> 12.27.17}.
•	His bow is instantly drawn at her chest.

• Cat <u>falls to her knees</u>.

• Lee <u>stands in front of her</u> and flares.

Cat: You're using—

Arrow: —The power the base elements gave me.

• The red chakra is alive and well as you can see.

Lee: The tall one is my lackey. <3

Arrow: AFTER hers.

Cat: <u>Is</u> it—

Lee: —Twerp and Red may be spoilers, but they're lighting this dickhead up like a lantern.

• I'm not <u>sure</u> how <u>this ISN'T writing about them.</u>

Cat: That's what happens...

Arrow: You're going to die alone.

- No <u>love</u>, no <u>hope</u>, no <u>children</u>.
- You probably do have cancer.
- {Confirmed neck rib...3.4.17}.

Arrow: You show signs.

- Sex will always be terrible because you're a submissive, not a vanilla.
- Sub not vanilla.
- Sub not vanilla.
- And how in such a <u>small hole</u> {of a town} will you ever find someone to <u>fill</u> your miserable thirty-year-old <u>hole</u>?
- {Cat frowns}.

Cat: ...Cold... Lee: Not FAIR, dickhole. Arrow: Only one way to kill a human from the inside. • Break its heart. Cat: You aren't. You're just compiling a bunch of shit I've worried about in horrible terms and throwing it at me. Arrow: You can break your own heart the best, • if you <u>really believe I'm you</u>. Cat: Cold body. • Cold. • {Note: Lee seems to be able to partially warm us up now from time to time...3.4.17}. • {Not well, yet, mind you. We have our priorities...6.30.17}.

Lee: I'm draining you.

• <u>Look, greenmo. I'm done.</u>

• but we're good now.

• This was <u>useful for her</u> for a <u>bit</u>,

•	Lee crackles.
Lee: Ge	t <u>set,</u> Cat. You <u>aren't warm enough</u> .
•	Cat feels ready.
Arrow:	Are you <u>ready</u> ? Did you know he <u>could have died</u> because of you?
Cat: W	<u>no</u> ?
Arrow:	You <u>think</u> I <u>don't hate Lee</u> as <u>much</u> as I <u>hate you?</u> How would <u>that silence be</u> ? You <u>condemn me to death</u> .
•	Arrow now glows red.
•	Even his irises and hair are red.

• A tall blonde man emerges.

- · He's wearing red wizard robes,
- and a cloth pointed hat.

Lee: Get the fuck out of here!

- <u>Danna</u> says you're a <u>spoiler</u>. <3
- Is that demon child with you?

Red: Indeed she is not.

- Lee.
- This is meant for you.

Lee: Then why's he shouting it at her?

Red: You are what unmakes her.

- You are what drives her wrong.
- If not for you, she could be a normal happy woman.
- You will always be a monster,
- and so you will always have to cage her.

Lee: Thanks, you too.

- "Blah-blah-you're a monster".
- What are you going to do about mini-satan?
- It's <u>crampin' everyone's style</u>,
- but we <u>can't kill it.</u>

Red: She will finish you.

- The <u>ashes</u> shall <u>feed new seeds</u>.
- You <u>understand</u> you are <u>fertilizer</u> in the <u>eyes</u> of your <u>gods</u>?

Lee: You misinterpret to fuck us the freak out.

- Begone.
- Or <u>obey me</u>.
- <u>One</u> or the <u>other</u>.

Red: I obey your best interest.

• And your best interest is as fertilizer. <3

Lee: Nice horrifying voice.

- Slight British Accent,
- slight hint of haunted stereo.

Red: You are at fault.

- You will be at fault.
- You are going to destroy her life. <3

Lee: Don't you DARE fucking divide us.

- The tall man smiles, eyes shaded over,
- and steps gracefully back a few paces
- into Arrow
- with his arms spread wide.
- Arrow's distracted expression becomes wild and cruel again, as Red enters.

Lee: Fucking poisons.

• GET THE FUCK OUT HERE AND FACE ME YOU SAINTLY ANGEL OF FUCKSHIT!

Red Arrow: I think you're thinking of his brother.

Lee: You sound like an ASS with his preachy voice on your breath.

Red Arrow: Ready to <u>die, Cat?</u> • The <u>fire won't protect you</u> .
Lee: Shitfuck shit. • Cat. • Focus on me.
Cat is getting outer physical chest pains.
• { <u>This</u> is where you <u>should have stopped when you started getting cold</u> . Don't be an <u>idiot like me</u> and go into a boss <u>so single-mindedly</u> you <u>risk your own safety or sanity</u> 3.4.17}.
Lee: <u>Cat</u> . • He's <u>shit</u> -fucking your <u>fuck</u> shit. • <u>Don't listen to him</u> . • <u>Here</u> . • Focus on the <u>beacon</u> .
• The <u>pure water blue sky</u> returns.
• (Cat has <u>aligned with Self</u> , which will <u>greatly improve most matters</u> (or it likely <u>isn't</u> Self)3.4.17).

Cat: <u>Better</u>:

Lee: You <u>blue sky</u> better than it <u>blue skies at you</u> any <u>more</u> . • Same with the <u>water</u> .
• <u>That</u> means <u>he fuck</u> shits you <u>better than usual</u> ,
• <u>plus</u> he's <u>done</u> enough <u>combos</u> to <u>build up an overdrive parasite</u> .
• {Lee's talking <u>lingo</u> He's worried that <u>Cat's improved sensitivity</u> makes her an <u>easier target</u> 3.4.17}.
Arrow: QUIT EDITING YOUR TEXT!!!!
• {That lingo was <u>over-edited</u> and <u>still</u> came out like <u>that!?</u> 3.4.17}.
Arrow <u>flares</u> , taking out about two miles of forest.
• Lee guards Cat and himself.
Lee: Did I <u>not tell you</u> this was going to be <u>annoying, Cat?</u> • This is a <u>really annoying errand you've got us on</u> , I <u>must say</u> .
Cat: Wow. • <u>You</u> talk through <u>everything</u> , <u>don't</u> you?

Arrow <u>raises his hands into a dramatic triangle</u> .
His <u>back</u> is <u>straight like a soldier</u> .
He <u>smiles</u> like he's watching something erotic.
 He <u>arches his back</u> and brings his hands down, <u>creating a red fire beam</u>, <u>narrowed in on the shield</u>.
Lee: <u>Fuc</u> —!
They're both thrown into a pillar.
The body wants to sleep three hours before bedtime.
• {Note to readers: Stop for a boss stage break an hour before now, at LEAST. Retreat if you have to3.4.17, 12.28.17}.
Lee: <u>Cat</u> • <u>Zone on me</u> . • <u>Your form's fucking toast</u> .
• {He turns to Arrow6.30.17}.
Lee: YOU HAPPY!? • YOU'RE FUCKING STRONG.

Arrow: Not until we've done our work.

- Scourge the weakness.
- You are the weakness.
- The <u>overthinking</u> and her <u>overemotions</u>.
- When you are gone, we will achieve Zen.

Lee: If that's the term,

- and that's the case,
- it will only be if you go with us.
- Without warning Arrow fires the beam.
- Lee gets us out of the way.

Arrow: You help her so much.

- You <u>hurt</u> her <u>so</u> much.
- Do you justify one for the other?

Lee: Of fucking course.

- She needs a <u>certain kind of tough love</u> if she <u>isn't going to die</u>.
- If she <u>isn't going to die of cancer</u> like we all know that thing on her <u>neck</u> might mean now.
- {Again. <u>Confirmed neck rib. Health blind spot or deceitful behaviour for Lee noted...3.4.17</u>}.
- {The rib is next to my <u>lymph node</u>, which <u>seemed</u> to be the issue. Being a <u>rib</u>, it <u>appeared to grow</u> when I <u>lost weight</u>. It was a <u>weird and stressful false alarm</u>...6.30.17}.

Lee: I know it's a phase.

- She doesn't.
- We <u>need her</u> to <u>stop clenching the bad regions</u>.
- The emotions held there are the acid that eats away.
- We're going to fix her.

Arrow: Sentiments.

- Sentiments.
- Aren't you tired of them?
- You know the work you're doing can't defeat the silence.

Lee: Finding her someone will.

- We will find her a good match.
- I will ensure he wants to tie her up and (graphic) her or he isn't a candidate.

Cat: Um. Not here, oka-

Lee: — And another thing.

- He's got to be her <u>master</u>.
- To keep <u>fuck</u>shit from <u>shit</u>fucking the <u>controls</u>.
- If she's alpha'd into a good match, fuckshit won't fight back.
- Born between Nineteen seventy five and eighty five.
- Willing to catch a runner.
- Good with rope and chain.

Cat: FUCK YOU, LEE.

• WHAT ARE YOU DOING?

Lee: You want a date.

Cat: NOT DANGEROUS STALKERS, YOU'RE AN INSANE ASSHOLE.

{<u>This chapter</u> is the <u>main reason</u> I ended up placing a dating ad in an <u>earlier chapter</u>. He's <u>adament I use this format</u> to find a mate. I'm.....<u>uncertain</u> about my prospects in this regard...3.4.17, 12.27.17}.

In case I go with a <u>pseudonym</u> for this project, you can tell me in every legal sense by a small flesh-coloured beauty mark under my left eye, a barely-visible, perfectly round light-coloured birth mark to the left of my belly button, my naturally curly brown hair, and my ability to harmonize with nearly all music <u>at will</u> when prompted to. I'm not just going to reveal myself to anyone, necessarily, so don't go around hassling <u>me or other random women</u> for <u>not</u> singing like a <u>trained parrot</u> or revealing their <u>navels</u> when you ask them. No other human will possess <u>all</u> of my revealed traits, even if my notebooks were to be stolen or lost, so <u>this</u> prevents <u>fraud</u>. I may want some anonymity potentially, and <u>may deny my identity</u>. <u>Shit</u> has gotten <u>weird after all</u>. Who <u>knows who</u> will get <u>what</u> out of <u>where</u> when I <u>fail to expect it the most...3.4.17</u>).

Lee: If fuckshit doesn't fuckshit your life,

• <u>not</u> having <u>a boyfriend or a bunch of cats might</u>.

Cat: You're <u>specifying</u> some—

Lee: —If he's managed to read this piece of crap to Chapter 18,

- and you really are dying of repression,
- you <u>might</u> want to consider a nice <u>stalker</u> or two.

Cat: I hate you sometimes.

- Do you ever shut—
- — we're being SHOT at again.

Arrow: Cat lady.

- Cat's not a lady.
- She has <u>imaginary friends</u>.
- She finds a stoner to text on Craigslist and he won't meet her because he wants something slutty.
- Slutty isn't you.
- You're a good girl.
- Good girl to death.
- Good girl to death.
- <u>Dead</u> and <u>never pleased with rope</u>.

Cat: A little...

Lee: By men who did it FOR you.

- Forget the stoner from Craigslist.
- Let me get you a Chapter 18 stalker date.

- She's slept with (five...6.30.17) nerds.
- Hasn't been checked for diseases <u>lately</u>, but the nerds have <u>low odds</u>.
- If you have a disease, I'll hunt you down for it.
- If she won't.

Cat: SHUT <u>UP</u> I <u>HATE YOU RIGHT NOW</u> YOU HAVE <u>NO BUSINESS SAYING THAT FOR ME</u>, AND YOU'RE <u>GOING TO</u> <u>GET US KILLED BY THAT DOUBLE-FOE</u>.

Lee: Humans can make words?

- "Double-foe".
- Can I <u>tell</u> people it's <u>mine</u>?

Cat: Is it?

Lee: It must be.

• Humans can't make words.

Cat: Why is that?

Lee: The <u>archetype</u> is the <u>word</u>.

• The word is the archetype.

Cat: ... Why is that?

Lee: WE'RE GETTING SHOT AT AGAIN!

- Cat feels herself struck with full fire.
- She remembers the <u>abuse</u>.

• The violence.

Red: Your prairie boyfriend thought you were shit.

- Your boyfriend thought you were shit.
- And he saw you every day.
- If I prove him correct,
- we <u>must kill you</u>.

Cat: Do better.

• It doesn't hurt enough.

Red: You're estranging your mother.

- You might be dying.
- You're depriving your mother of what may be your last days.

Cat: Do better.

- <u>Do more</u>.
- Get it out.
- Burn me.
- Roast me.
- I don't care.
- I know these thoughts.
- I'm <u>healing some</u>,
- working on others.
- You aren't that strong.

Red: Old.

- Past interest.
- <u>Internet man</u> wants <u>younger women</u>.
- You know.
- He <u>must</u>.
- Want younger.
- <u>Thirty</u>. <u>Thirty</u>.
- You're <u>tight</u>, but you're not <u>TWENTIES tight</u>.
- You'll <u>never</u> have a <u>fond memory</u> of both <u>sex</u> and how you <u>looked</u> during it.

•	You <u>aren't tied up</u> . <u>Aren't tied up</u> .
•	{He's attacking my age and vanity in one go. He's getting desperate it seems3.4.17}.
•	{I guess I was more freaked out about turning thirty than I thought I was12.27.17}.
•	{If they begin to highlight less painful things, know you're almost through a boss phase12.28.17}.
•	He finishes his fire beam.
•	She breathes heavily.
Cat: Ye	ah. I'm <u>not tied up</u> . And I <u>have a block</u> . <u>What is it?</u> What is <u>preventing me</u> ?
Red: Yo	ou will <u>see</u> . You will <u>blame the green one</u> . <u>Lee</u> . <u>Lee is to blame</u> .

• (It seems the enemy has switched its focus to Lee now...12.28.17).

Lee: I send her to the beacon on a regular basis.

- Fuck <u>you</u>.
- I'm doing my best now.

Red: Now.

- *Then*.
- <u>Later</u>.
- <u>Sooner</u>:
- Sometimes.
- When it suits you, is the truth. <3

Lee: Well it fucking suits me.

- We <u>need</u> the <u>asshole</u> you're <u>possessing</u>.
- {Red's still got Arrow...3.4.17}.

Lee: Let him the fuck out.

Red: One condition.

Lee: And?

Red: Let me in the human one.

Lee: Likely.

- I don't want to be here in the first place.
- I don't want you tracking mud in her.
- I don't know you're not going to go further once you have a knife to her throat,
- or that you don't have a way of wording things to make it happen anyways.

Red: I don't need to do much,

• and the <u>sexual act</u> is <u>not on my mind</u>, <u>assuredly</u>. • Her <u>pain</u> is my <u>food</u>. Lee: Yeah, yeah, we know. • Can you promise to keep that little psycho out? Cat: We're <u>seriously</u>— Lee: —You want that asshole returned to Danna, we need to cooperate with the nice demon, Cat. • You were the one who wanted to do this. Cat: *Yeah*. • The before-there-was-a-demon part. • {Remember, remember, remember...Inner demons and Outer demons are VERY different concepts...12.28.17}.

Lee: Well?

Cat: What are his restrictions?

Lee: No sex. • I'm sold.

Cat: ... Well, what if he made me have sex with another figure?

Lee: ...*Fine*.

- I'll think this out.
- I'm just <u>really not happy to be here</u>.

Cat: What do you want to do?

Red: A mirror.

• I am going to reveal Doom to you.

Cat: Well.

• I've <u>seen worse</u>, or <u>it'll kill me</u>.

Lee: Right.

- As above so below is so blatantly obvious.
- Do <u>better</u>, captain <u>evil</u>.
- We're losing interest.

Red: She is repressing.

Lee: I know.

- And you can take that one step too far, can't you...?
- You can ruin her with a memory so horrific it'll keep her up at night.
- I'm not sure I want to cooperate with that.

Red: Do you hear, Cat?

- He <u>impedes</u> your <u>growth</u>.
- He <u>impedes</u>...
- He flies back into Arrow's form again and rises, arms outstretched.

Red Arrow: Thirty. Thirty.

- Maybe thirty five before being tied up for real.
- So <u>sad</u>. So <u>sad</u>.
- When you do...
- So <u>sad</u>, so <u>sad</u>.

Lee: <i>Fears</i> .	
• <u>Base</u> less.	
• <u>Use</u> less.	
• <u>Help</u> less.	
 But if it's going to be any kind of man— 	
Cat: — <u>No</u> Lee	
Cat frowns at him.	
 Lee: <u>Thank fuck they</u> can't <u>see</u> you <u>making that face at me</u>. She likes <u>short and skinny</u>. <u>Big</u> guys aren't <u>bad</u>. <u>Muscles</u> remind her of when I'm <u>tormenting</u> her, so she's a <u>TAD</u> averse to <u>buff</u>. 	
Cat looks tired.	
Cat: You're <u>being inappropriate</u> , and <u>being a total flake</u> in front of the <u>boss level</u> . • <u>Concentrate</u> .	
Lee: YouCAN'T call me a <u>flake</u> . • Do you want to finish this <u>boss</u> from in <u>side my form?</u> • <u>Hmm?</u> ' • Cause <u>that's what's about to happen</u> .	

The body feels cold.

• A fire beam {barely} misses them. Red Arrow: You're trying our patience. • Let us in. • <u>LET US IN.</u> Lee: We're TRYING to have a discussion in PRIVATE here, do you MIND? Cat: Boss level. Red Arrow: You infuriating waste of gray matter... Lee: Ah! (Forty) shades of it. We haven't read that book yet. <3 Red Arrow: I'll defeat you. • I'll <u>get in</u>. Lee: FUUUUUUUck. • Arrow motions as if to start another fire beam.

Lee: FINE!!

• You enter!

Cat: *<u>Lee!</u>*

Lee: (He's getting in. Let's take the offer).

Red: <i>No</i>	
• No	
• You <u>know</u>	
 It <u>really was a kind offer</u> from <u>something like me</u> 	
Lee: <i>Yeah</i> , <i>yeah</i>	
• We can <u>run</u> . <3	
 I'm <u>not averse</u> to <u>abandoning this mission</u>. 	
 He <u>opens a portal</u> and moves to shove Cat into it. 	
 She <u>bounces off of it</u> like it's a brick wall. 	
Red: What was the <u>crudity</u> you used? " <u>Boss level</u> "?	
red; what was the <u>crudity</u> you used! <u>boss level</u> !	
Cat: Ahh	
ca. Am	
Lee: Poor dumb little creature.	
• Look what you did to her	

• Both voices come out in a clashing radio sound.

• Arrow <u>smiles maniacally</u>, regaining balance with Red.

Red and Arrow: IT GETS WORSE!!		
As they speak, Arrow instantly <u>impales Cat on a flaming lance</u> , through the <u>middle of the back</u> .		
Arrow pole-vaults straight up.		
He <u>slides down the lance</u> as gracefully as an acrobat and <u>enters her form</u> .		
• She <u>feels a pain</u> on the <u>left-hand side under the body's jaw</u> .		
The <u>boiling cavern</u> they've ended up in (somehow) becomes <u>more vivid, momentarily.</u>		
Cat <u>feels Red spread his arms</u> inside her.		
A <u>tension in the body releases</u> .		
Cat <u>feels the lava</u> around her.		
She <u>feels inside feeling inside</u> .		

• She <u>hears lava burbling</u> .
She <u>feels the hot rock beneath her.</u>
Lee: <i>WellWe <u>could</u> just <u>leave you all like this</u> and— • Arrow <u>falls out of the form</u>, smouldering.</i>
• He <u>lands on his knees</u> , then <u>collapses onto his face</u> with his rear end in the air.
• <u>Lee burns him once</u> , <u>quite thoroughly</u> , then lifts Arrow onto his shoulder and starts carrying him.
Lee: You <u>follow me</u> and we <u>might clear up a few things</u> that will <u>make</u> you <u>supershadows</u> speak <u>English</u> . • <u>Okay</u> ?
Red: <u>Agreed</u> .
Cat's <u>middle lower back hurts</u> .

• Then it itches.

Lee: QUIT IT.

• GET IT OUT LIKE A CIVILIZED (FIGURE), WILL YOU?

Cat: This doesn't feel like a win, Lee.

Lee: I TOLD you, I DIDN'T want to do this,

- so why not just harbour a couple of demons for a short trip and just be happy that you have an inner husband kind enough to carry this loser a significant distance over bad-gravity desert.
- <u>That's</u> what <u>this place is</u>.
- That shithead.
- We're no-jumpsies for the rest of the night.
- You're demon-harbouring until they eat their way back out.
- Which is only if the fire doesn't kill you first.
- Or the <u>confusing physical symptoms</u>.
- <u>Those</u> might <u>kill you first too</u>. <3
- <u>Don't forget those</u>. <3

Cat: So the <u>last chapter</u>...

Lee: Is the <u>return to Danna</u>, with the <u>circus we now have going on</u>.

Cat: Yes...

Lee: And the <u>likely impermanently violent results</u>.

• I doubt anyone actually dies this book.

Cat: Don't say that.

- For the <u>love of everything</u>...
- <u>Danna's writing half of this book.</u>
- Chaos herself.

Lee: Well now you've gone and made it predictable.

Cat: I'm confused.

Lee: A fifty percent chance is fine with her.

- Shell tip things in favour of whoever she finds cuter at that moment.
- You or the demon.
- Be cuter than a demon.
- It'll be difficult, but I'm sure you can pull it off.
- Speaking of which, for those who fit the boyfriend criteria,
- Cat's <u>email address</u> is—

Cat: —HEEEEEEYYYYYYYYYYYYY!!!!!!

Lee: Women take things so seriously.

- {A vox} takes them like a hero.
- A god.
- An <u>angel</u>.
- A guru.
- Not like the thinky bit that avoids getting laid.

Cat: THIS IS NOT A DATING SITE!

Lee: Not with THAT attitude.

• Where's your imagination?

Cat: Clearly in you.

Lee: Fuck you, Cat.

- I'm going to make you happy.
- You know...
- after the demon's out of you,
- and the evil fire goes out.
- Cat frowns at him.

•	He grins proudly at her.
Cat: <i>I'll</i>	be <u>dating by then</u> .
•	He gives her a noogie.
•	She hiccoughs fire in surprise.

- {: ...12.21.17}.{: ...12.21.17}.{: ...12.21.17}.
- {Miandra: <u>Make it stop</u>!!!...12.21.17}.
- {Lee: I think we did. Did we fix all the extra pages?...12.21.17}.
- {Miandra: As long as we didn't delete any of the CHAPTER ITSELF...12.21.17}.
- {Lee: So what do you think?...12.21.17}.
- {Miandra: I have to say, the kid with the dog stands a better chance than nopants...12.21.17}.
- {Lee: I think <u>Cat prefers no-pants</u>...12.21.17}.
- {Cat: I'm <u>recording</u> this. I <u>don't</u> have to <u>comment</u> on my <u>opinion</u> on <u>no-pants</u>...12.21.17}.
- {Lee: Well, <u>fuck</u>. She's <u>been around Eerie</u> too long...12.21.17}.
- {Arrow: What the fuck are you two doing down here?...12.21.17}.
- {Lee: <u>Fixing shit</u> and discussing <u>Korean ghost detective romantic drama comedies</u>. You <u>mind</u>?...12.21.17}.
- {Arrow: <u>Glad</u> to hear I'm <u>not missing anything</u>...12.21.17}.
- {Lee: You <u>TRYING</u> to <u>incite me</u>? <u>Why</u> do you <u>fuckerheads always incite me</u>?...12.21.17}.
- {Arrow: And what kind of drama has a subway flasher as a love interest?...12.21.17}.
- {Lee: It's a tourist demon. Weren't you listening?...12.21.17}.

•	{Arrow: What the <u>fuck</u> are <u>you two doing</u> with this body? <u>Flasher</u> demons? <u>Mascot dogs</u> and <u>rich pampered princes</u> ?12.21.17}.
•	{Lee: Fuck <u>me</u> He <u>hasn't</u> just been <u>listening to us</u> . He's been <u>watching from episode</u> <u>one</u> 12.21.17}.
•	{Arrow: That stuff happened later, you12.21.17}.
•	{Lee: <u>Explain</u> yourself <i>Hmm?</i> Not <u>watching</u> , <u>have you been</u> ? Not <u>interested</u> , <u>are you now</u> ? I call <u>Bullfuckingshit</u> . <u>So</u> . <u>Mascot's apprentice</u> or <u>no-pants</u> 12.21.17}.
•	{Arrow: <u>I'll guess</u> they'll <u>bippy-bop</u> the <u>demon</u> out of the <u>corpse</u> and she'll marry what's <u>left of it</u> 12.21.17}.
•	{Lee: Yeah. You're more of a <u>vampire romance watcher</u> , aren't you?12.21.17}.
•	{Arrow: <u>Lee</u> . It <u>isn't</u> called " <u>inciting</u> ", if it's a <u>response to name-calling</u> 12.21.17}.
•	{Lee: I know you are, but what are you stances on necrophilia, because I'm concerned for you, asshole12.21.17}.
•	{Arrow: My stances are AGAINST it, but you'd have sex with a toaster if you had nothing else. Cat. If he gets locked in a room alone for long enough, he'll entirely replace you with a toaster12.21.17}.
•	{Danna: <u>Toaster</u> orgy?12.21.17}.

- {Lee: I'm <u>not</u> sure <u>when Mimi left</u>, but I'm <u>going</u> to guess it was <u>shortly after</u> I started <u>TRYING</u> to have a <u>civil conversation</u> with <u>THIS asshole</u>...12.21.17}.
- {Arrow: You did <u>nothing of the sort</u>, and <u>she left</u> when you started talking about <u>vampire romances</u>...12.21.17}.
- {Danna: Alright. *No toaster orgy. I can work with this. Now Arrow's gone...*<3...12.21.17}.
- {Lee: <u>DON'T</u> tell me what a <u>toaster orgy</u> is. I'm going to track down <u>Mimi</u> to argue my <u>point</u> about <u>no-pants</u>, so <u>don't follow me or I WON'T FIND HER</u>...12.21.17}.
- {Danna: <u>Guess</u> I'm going to have to have to go <u>solo</u> on the <u>toaster thing</u>. <3...12.21.17}.