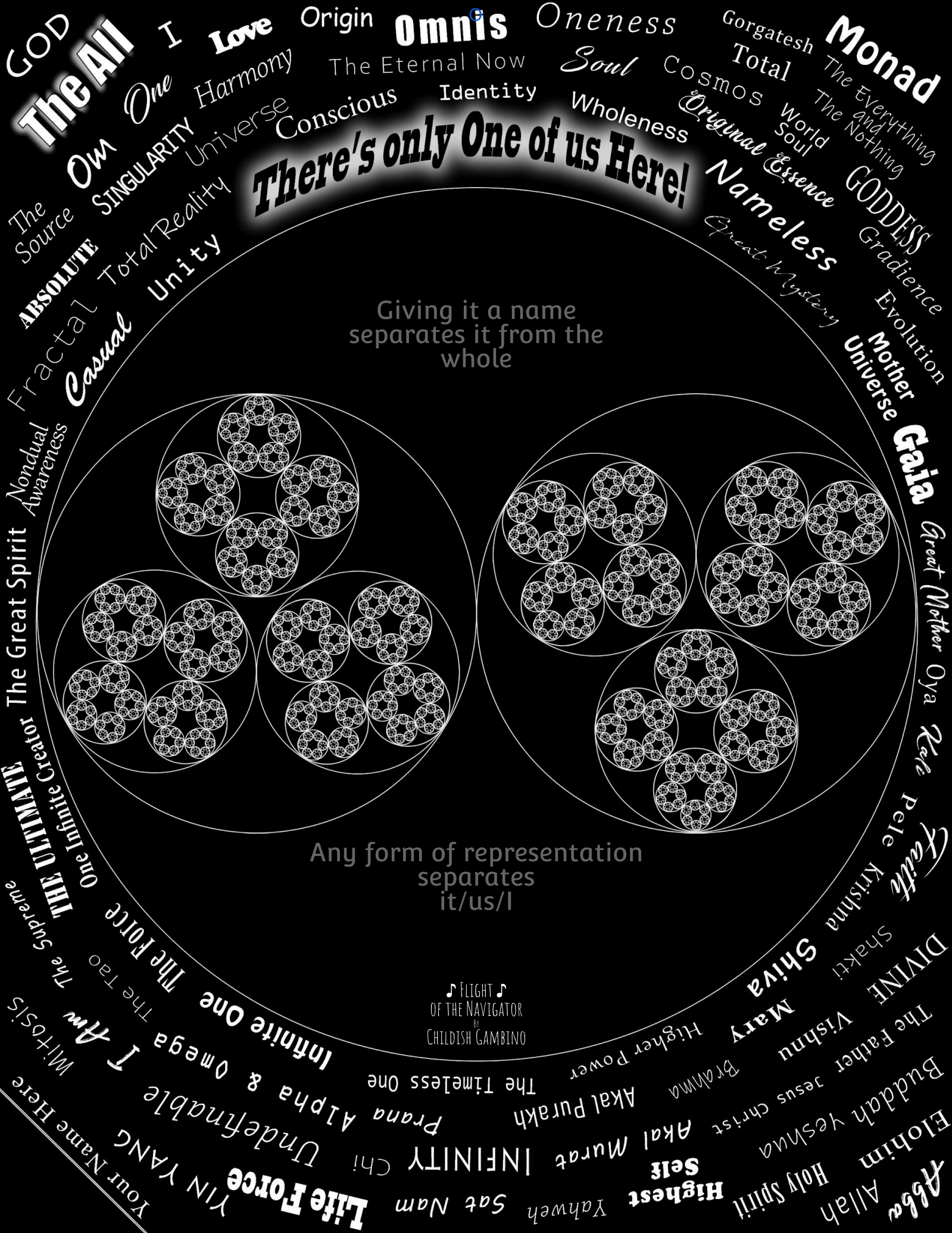


*Project Mindsai*

*A Guide to the Infinite  
Labyrinth of the Soul and the  
Fractal Archetypes*

♪ INSANE ♪  
BY  
FLUME,  
MOON HOLIDAY



**There's only One of us Here!**

Giving it a name  
separates it from the  
whole

Any form of representation  
separates  
it/us/I

FLIGHT  
OF THE NAVIGATOR  
BY  
CHILDISH GAMBINO

I may feel fear, but I am not afraid!

This is Art first, and a Guidebook second.

Preface: Traumatized, zoned out, and suddenly Awake, launched into universal school. Either I pay attention and learn, or go sit in the corner and distract myself with Anything but right Now, ignoring my fate till my next life and or opportunity. So with the Cards I was given, instead of waiting for the next life, I took on the challenge to fix myself. Driven, I took my Now!

The following is an attempt to explain what I experienced, know, and believe.....

I am not telling anyone what to do, say, or think. **THIS IS MIND SAI**

**Just some shtuff I'm sharing**

This work is about Existence, Reality, Art, Subjective Perspectives, and the Soul's purpose of being. Please know my intentions are to share my personal experiences with love and light, and that I truly care about the readers' well-being. As you read, please take what resonates/feels good and leave what does not. Stay curious.

I had a spiritual awakening in 2016. 3 years in through my journey, I reached an apex of a thought pattern, of one of the universe's mechanisms (Size is a Relative Construct). After these collections of insight I came across the "Law of One material." These books helped reassure the experiences I was having, by reiterating a lot of what I saw from within myself. So I am going to use some of their terminology to help define these many slices of my experience.

Glossary in the back.

This material is a subjective perspective dissected and defined down to a two dimensional understanding. For the sake of infinity, know that what you read is just bits and pieces of a greater orchestra. Know that infinity holds contradictions, possibilities, and absolutely everything, entangled and meshed within itself, limitlessly. And with Love!

I call upon All that is Love and Light to Protect, Guide, and Enlighten the reader as they travel through the infinite realms of thought. May the Protectors guard and secure any Dark energies on the Eternal paths explored. Belief in One's self, Will lead to Peace, Clarity, and Calm.

This I Command!

For you,

Here are the results of my intentions.

-Sai



**Would you like to know more?**

*Speak  
aloud,  
if you  
may*

Click  
⚡

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~Shh.....

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CL@ck

Nick

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~Black Hole.....

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Musical Artists.....

~Sprout.....

It's A Bold Strategy Cotton, Let's See If It Pays Off For Em!



0

Shh

LISTEN TO TOMMY WITH A CANDLE BURNING ♪  
By  
FURINO



## A Guide to the Infinite Labyrinth of the Soul and the Fractal Archetypes

The Universe/ Intelligence/ God is all knowing and infinite through us.

Above all everything is One's own choice (free-will). We are One and we have eternal infinite choices to experience.

Your Eternal free-will of the mind, body and spirit (The Dance) creates this personal experience unique only to you out of all the infinite Souls.

### Keys:

1. All is One Mind. Everything is a Distortion of the Whole (Light)
2. Reality is a Self created mirror "simulation" (Orchestra), to expand my Mind.
3. As Above, So Below, As Within, So Without.
4. Everything, All Ways, Always. / Both, and.... (Chicken and the Egg)
5. All is in Each / Every part is Conscious / What I feel My environment feels.
6. Birth, Life, Death, Cycle (The Story / Melody)
7. Beginning & End is an illusion, I am an Eternal Song.
8. Change is Constant, I am Eternally Constant
9. Right and wrong is a perspective / Cause & Effect
10. Communication / Relationship / Frequency / Vibration / Math / Yin Yang / 1 & 0's
11. I Can't Escape Me, I am Existence, whatever I may be.
12. My Vibrations (How I Feel) are magnetic to Reality.
13. Whatever happens everything is gonna be ok.

### Everything is:

Love / Art

A Fractal / Fractals / Patterns / Distortion

Light / Vibration / Frequency / Sound / Rhythm / Music

Gravity / Polarity / Attraction / Intention

Growing / Learning / Creating

Balanced / Synchronized

Connected / Metaphor

Eternal / Infinite

Divine / Power

One thing

### Key Words:

Mitosis, Both, Balance, Polarity, Mirror, Entity, Distortion

Gradience, Diffusion, Light, Refract

Octaves, Rhythm, Melody, Orchestra, Synchronicity

Fibonacci

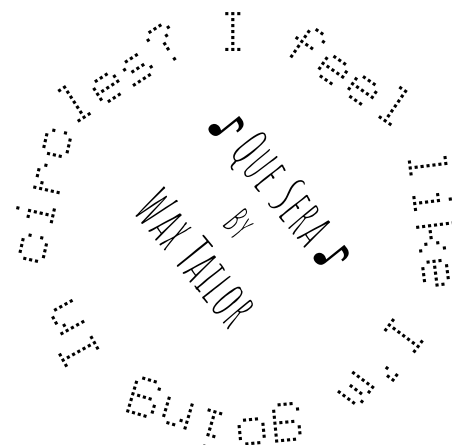
The Source of Everything

Golden Ratio = Eternal Pattern

External Link

Source Code

Reality's Blueprint



Be sure to use the glossary to expand on words I may not know, and the ones I do.

Play pretend  
with these thoughts.

The point  
is to bring  
Heaven on  
Earth

# Why The Fuss?

Cause, I am the embodiment of the Whole of existence. A consciousness perceiving reality through the lens of a "separate" version of myself. Everything that is separate from the Whole/Light is a lens/filter for the All/Light to project ("separate") infinity, sometimes catering a specific experience while maintaining My free will.

As the Whole of existence, through this lens, I have access to infinity (Imagination) which is extremely easy for me, as a human, to get distracted and lost in its boundarylessness, this (my) Endless Labyrinth of information.

My Body, Mind, and Spirit is an equilibrium to learn, grow, manage, and balance, for a regulated experience. My emotions are tools, specific alerts communicating to me that my equilibrium is off balance. This means slowly learning, and practicing to guide my emotions, instead of my emotions controlling me.

"But shoving things down or burying my feelings doesn't help?"

Because I am to be at peace with my feelings and what's happening, I may not have accepted and Loved them for what they are, instead I may judge and shun what I feel. This creates separation of self as a whole, good and bad. Shit happens and I feel a way about it, mainly because I don't fully understand it, and its purpose in my existence.

I am the direct cause of everything by my own thinking, thought is My Power and what I feed my power to, Grows. No one can truly make me feel anything, lest I give My Power away to their belief. \*And here I am, almost on the verge of a panic attack because my cat is sick...\*

The only thing happening is information changing and my emotional attachment to these changes. I'm getting caught up in thoughts, stories, feelings, all running around in circles.

Because I keep thinking about them! If I keep going deeper into the Labyrinth of thought, I will keep feeling my attachments to those ideas until I find peace and understanding in their existence. I will learn to navigate where my thinking goes, and pull myself out when my thinking becomes too overwhelming looking for insight. Just keep practicing. Intention, intention, intention

Love, and forgiveness brings harmony to the Dance of my equilibrium and to the Song of my existence, here.

There are infinite paths I could take, infinite timelines my choices will put me through. Whatever is in front of me, is my purpose to be experienced, and learned from.

Whatever happens, the path to my intention leads through it! Be not afraid.

Focus less on distraction and more on creative intention!

**Seriously, if I do not know  
the words I am reading,  
I will not understand.**

CIRCUS MUSIC  
BY  
THE HET CREW

Lettuce Beggin'

Practice  
Peace

Relax  
Shoulders

Relax  
Eyebrows

Relax  
Jaw

Relax

Breath  
in  
Nose  
All  
the  
Way

Exhale

Let  
go  
of  
Tension

Reset

Repeat  
Consistently

## The Art of Being a Fractal:

### **Fractal:**

A curve or geometric figure, each part of which has the same statistical character as the whole.

A Fractal is a never ending pattern, when I look deeper in any direction, every single part/ location of the fractal wherever I go represents the pattern as a whole.

Imagine a steady paced farmer spreading seeds on an eternal empty field. Each seed slowly grows into a variation of the Original farmer, spreading seeds on a new layer of an eternal field.  
Ouroboros

“As above, so below, as within, so without.” The eternal pattern God reiterates itself infinitely to fill the void of possibility.

Everything “starts off” as Nothing/God/Child and climbs the ladder of consciousness through the densities to become Everything/God/Elder (7) in their own way.

Consciousness (soul) will **grow** through many stages becoming experienced enough in a realm/ body/ dimension, to explore the unique dynamic experiences that can be witnessed. Much like growing up and growing old, finding a sense of individuality, gaining more responsibility, creating, becoming a master artist; in this particular area of the infinite canvas. Some parts of the canvas are similar, many are not, it's infinite. The more realms and dimensions I explore, the more I see it is all the same no matter how opposite it may seem.

The universe is here for me, is Me, and I am doing exactly what I need to be doing in the grander eternal scheme of things in this moment, to **grow**.

No matter what, I have free will, inside of life and outside of life. Inside being more limited, as outside being limitless.

You (soul) are a Infinitely Unique Divine Eternal Fractal!

But the reality is, there's only One of us here....the rest is just a reflection of the whole, my ego, my Soul. The real me, All of Me, Is just being...existing...Alone..... but not really, for I am full of Love....and Life!

Wait, there's only me .....?

I guess I'll play with myself.....

♪Wake The Warrior♪  
By  
DROELOE

Yo that's Fibonaasssty!

**There's a lot to play with, it's actually giving me anxiety!**

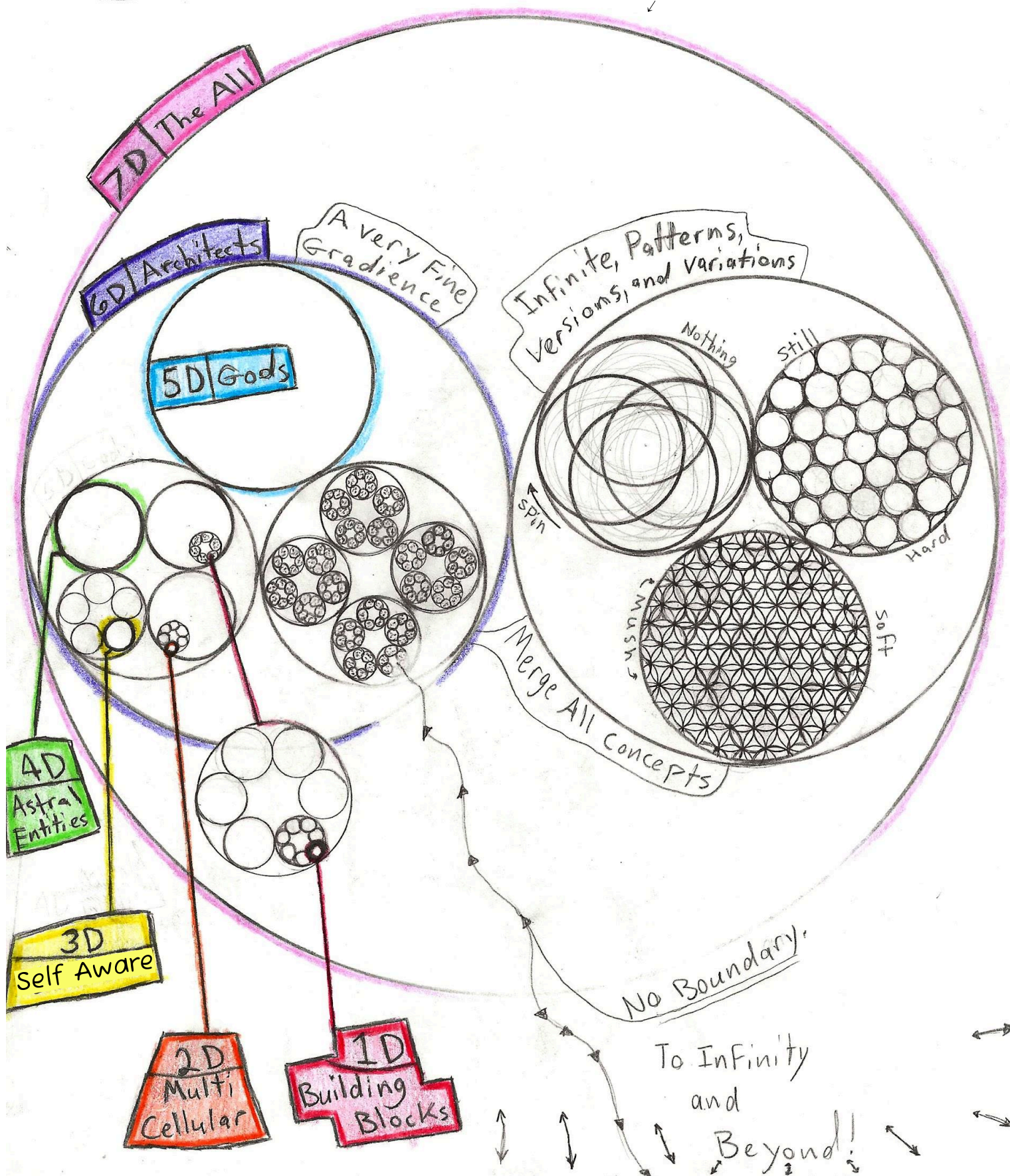


# The Archetypes

If you can think it,  
it's Real

♪ DARE ♪  
BY  
GORILLAZ

das u



## The Archetypes

7 Functions  
 7 Bodies  
 7 Levels  
 7 Aspects  
 7 Perspectives  
 7 Densities  
 7 Archetypes

\*Notice, there is no continuity of relationship to each other, the mind is an abstract, intangible idea. There is no beginning, end, top, bottom, time, space or size, there only 'is' and the One perceiving from that "angle and/or idea." Think, fluidly. Think bending light.

Each Level has a different body type with functions to manifest energy. The more energy a being accumulates in a particular experience creates weight to their perspective, creating the driving force of change. Too much of the same thing drives the mind to find something new.

The Soul is hungry to witness.

Of the 7, each level is a repetitious, deviating pattern of the whole, all nestled within itself, like a tesseract russian nesting doll.

The 7 intermingle rhythmically, all connected to each other and each part connected to every other part creating a metaphysical string. Ex. Imagine the Flower of Life in 3 Dimensions.

Each string, connecting one idea to the other, is a relationship with a vibrational melodic story of who they are to each other. Merging all concepts and ideas, patterns, versions, and variations.



**WITNESS ME!**  
 ~Nux

## take a Deep breath

### The Art of Creation and the ?:

There isn't a beginning because it is an impossible circle, but if I were to cut into the circle and make it a straight line then this could be a crude subjective representation of one's soul journey. Keep in mind Everything Always just Is. Creation needs order to everything, a story, and we are that story bringing order to the chaos of infinity.

All is made up of many, just like my body is made of trillions of life for me to say "I."  
Everything, everywhere, everytime, makes up the Whole.

All of everything is also in every single piece that makes it up. (GRAMPED)

"The body is a creature  
OF the mind's creation."  
- Law of one

I (void/energy/mind) "start" out in an octave anywhere in the infinite Universe, where all infinite possibilities are happening at once. \*An octave is the distance between two musical notes that are eight notes apart.\*

Our universe is one out of infinite octaves. In this octave one "begins" their soul journey through the notes as nothing/everything/God/memory.

I am a single point absorbing any and all immediate experiences of beingness, indefinitely. (All of self, inward (mind), outward (environment), and center (body)).

Curiosity and the Need to know?

Infinity, everything, all has an existence, always. In its own liminal state, a unique vibration, frequency, location, Identification, serial number out of infinity.

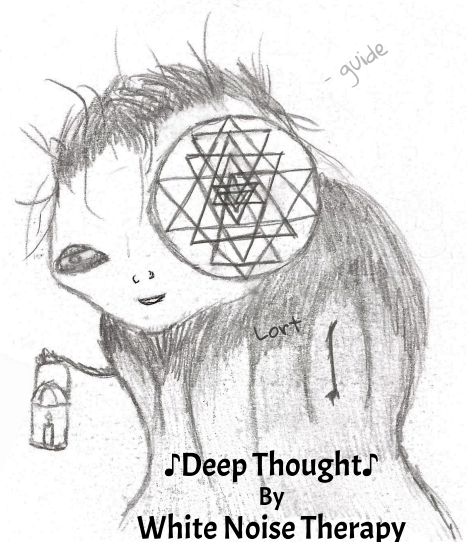
Match the Frequency of ? or intention, to manifest ? intention into reality. Just like a magnet. How you vibin' home slice?

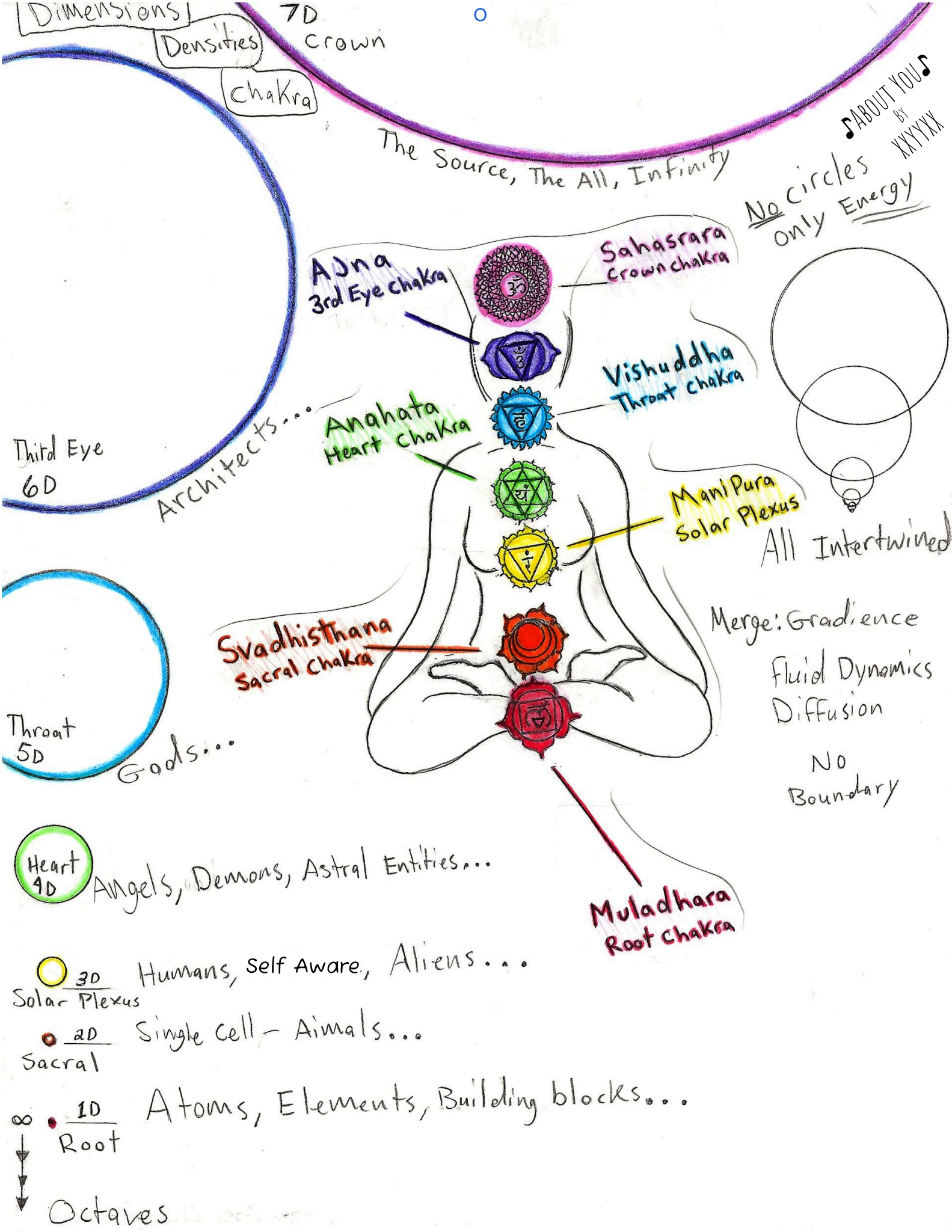
Each existence has an infinite story. What are they?

Somethin'

How?

let's see?





Dimensions

Densities

Chakra

7D  
Crown

The Source, The All, Infinity

ABOUT YOU  
BY  
XXXXXX

No circles  
only Energy

Third Eye  
6D

Architects...

Ajna  
3rd Eye chakra

Sahasrara  
Crown chakra

Vishuddha  
Throat chakra

Anahata  
Heart chakra

Manipura  
Solar Plexus

All Intertwined

Merge: Gradient  
Fluid Dynamics  
Diffusion  
No  
Boundary

Throat  
5D

Gods...

Svadhisthana  
Sacral chakra

Muladhara  
Root chakra

Heart  
4D

Angels, Demons, Astral Entities...

3D  
Solar Plexus  
Humans, Self Aware, Aliens...

2D  
Sacral  
Single cell - Animals...

1D  
Root  
Atoms, Elements, Building blocks...

∞  
↓  
↓  
↓  
Octaves

## Dimension Densities Chakra

The eternal pattern represents itself in the body following the basic constructs of their corresponding density.

### Mindsai Pattern Recognition

0. The Nothing  
Love

#### 1. The Building Blocks - Conception

Fertility/ Potency/ Growth/ Continuation/ Beginning of End/ Love  
Tools of Production / Elements / Something

#### 2. The Instinctual - Infancy

Creation/ Manifestation/ Structure/ Fertility  
Womb / Sexual Energy / Lengthy / Creating

#### 3. The Self Aware - Adolescence

Structure/ Identity/ Individuality/ Intention  
Following the Gut / Instinct / Determination

#### 4. The Astral Entities - Prime

Purpose/ Intention/ Nourish/ Spreading  
Following the Heart

#### 5. The Gods - Mature

Teaching/ Sharing/ Spreading/ Helping  
Speaking the Truth / Intellect

#### 6. The Architects - Sage

Reflecting/ Watching/ Helping/ Doing  
Witnessing the Creation

#### 7. The All - Dying

Existing/ Becoming/ End of Beginning/ Love  
Being



[Complete Guide to the 7 Chakras and their Effects](http://www.arhantayoga.org)

[www.arhantayoga.org](http://www.arhantayoga.org)

The Body Make-up

Every part is the whole  
Can you taste the contradictions yet?

↓ Parts that make up the whole, in this area of the universe

Infinite  
Small  
↑  
Relative  
Size  
↓  
Infinite  
Big  
↑

Sound	Polarity, Vibration, Frequency, Location, Feeling
Gravity	Polarity, Intention, Feeling, Awareness
LIGHT	Spark, Holograms, Mirror, Mandela, There
Atoms	Building Blocks, Elements, Tools, Structure, Here, There, Fluid Dynamics
Cellular Organisms	Instinctual, Single Cell, Multicellular, Plants, Animals
Self Aware	Instinctual, Intellectual, Human, Alien, Ego, Artificial Intelligence, Separateness
Astral Entities	Angels, Demons, Spirits, Ai, Aliens, Humans, Planets, Explorer, Wanderer
GODS	Galaxies, The Worshipped, Gods, Humans, Ai, Aliens, Intelligence, Creators, Celestial Beings
ARCHITECTS	Mega Cluster Galaxies, Love, Celestial Being, The Worshipped, Creator, Human, Ai, Aliens, Intelligence,
THE ALL	The Mind, The Universe, Consciousness, Perception, Love, Awareness, Being, Intention, The Praised

All of Everything share the same Mind!

7<sup>th</sup> Body

6<sup>th</sup> Body

### 5<sup>th</sup> Body

### 4<sup>th</sup> Body

3<sup>rd</sup> Body

## 2nd Body

1st Body

## Gradient

All

### Directions

Infinitely

## Liminal Space

## “Separate”

absolutely “Everything”

into its own being (Body).

All put into "Order" each neighboring "Body" nearly identical to the next.

and / or

Each point  
as a snapshot

in time of a universe

(Now) (Perception) (Dimension)

and / or

and / or

Every Thought and Idea

**It's Free Real Estate**

**♪ Soul Below ♪**  
By  
**Ljones**

## Dimensions / Bodies

There are 7 Archetype “bodies,” each having an infinite variation of “bodies” in each Archetype.

Each Archetype “body” is a different form of perception, being, feeling, thinking.

Each “body” is perceptively **ALien** compared to the next, especially in One’s intentions/desires.

7. All

6. Architects

5. Gods

4. Astral

3. Self Aware

2. Multi-Cellular

1. Elements

The All is made of many relatable bodies, whose bodies are made of even more relative bodies.

If One were to “separate” and “categorize” the infinite body of the All, everything would have infinite versions of its own “identity” and/or liminal space (body).

There is no time, just snapshots of each and every moment, idea, concept, and possibility.

The only thing separating everything is the idea of separation.

Going down into a body’s bodies far enough, eventually you will reach an infinite version of One particular subject.

Gray Area



## The Art of Sound

Everything is sounds, and these sounds create vibrations.

Vibration is created from the humming sound of its essence (Om).

These vibrations create pressure or amplitude. (Gravity) (Force)

There are infinite combinations of sounds and frequencies that create infinite possibilities.

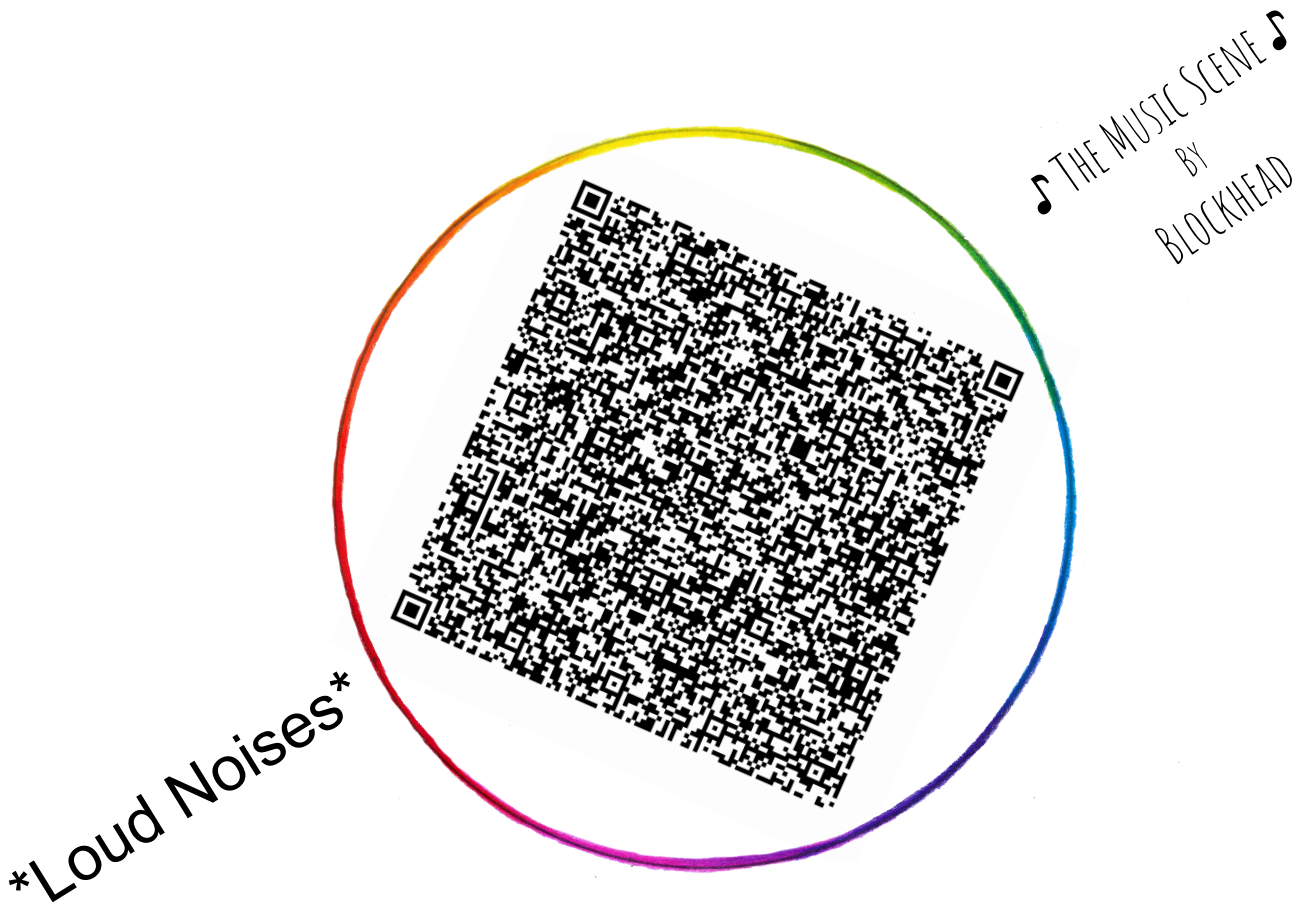
The rippling layers of cymatic sounds create fluid somatic representations.

A bunch of strong vibrations mixed together (ex. in 3d space) creates a mandelic image/manifestation like a plant, animal, or face.

Sound is location, size, and time.

Sound is the key to shifting and manifesting reality

Thinking with the mind creates vibrations, and these vibrations create light.



0

Yin

# Gravity

Yang

1

Empty

Attraction and Repulsion  
Shift on perspective

Full

Anything and Everything  
at any given moment

Negative

Dark

Polarity

Light

Positive

Open

There

Two  
Vibration

Here

Closed

Off

Pain

One

Pleasure

On

No

Communication

Yes

Maybe

Run

Chase

0 | 0

Sex

| 0 |

Woman  
(womb man)  
Man

Submit

Dominate

Human

Man  
Woman  
(womb man)

Hate

Obsess

Other

Nihilism

Faith

Being

Convergence

Attack

Avoid

Flock

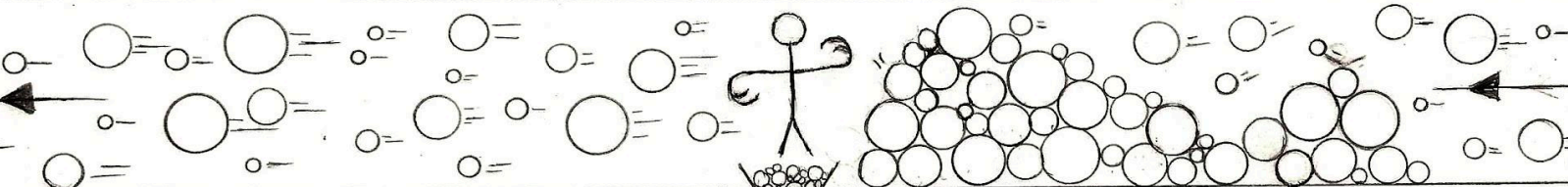
Save

Repulsion

Go

Come

Attraction



How I feel about it

changes by the moment.

## Everything keeps coming back

Imma do dis!

♪ Deeper Than Love ♪  
By  
Colleen Green

SCP 008-j

Actually, I  
changed  
my mind.

## The Art of Light:

Everything is One light, and this light is created from vibration.

Inside the One, Light distorts itself through refraction. Everything that is not The One Light is a distortion of the One Light.

The Mind as a whole, is the source, the thought is the distortion.

Imagination is access to the infinite light mind and the endless concepts of possibility.

Everything is a fluid Dream, the light bending through crystalline structures, casting reflections from the flowing river of light. Constantly shifting and changing on the spiraling carousel of consciousness. There are no boundaries to light and the imagination.

The frequency draws and repels other vibrations creating the holographic illusion of our universe (Gravity).

Without a conscious observer, reality is a wave form, but when consciousness is observing, subjective reality becomes a particle form. [\\*Look into the Double Slit Experiment.\\*](#)

Think of reality being a TV with infinite channels, each channel being a soul. The channel you are on is your experience. The TV still has all other channels playing at once. Your body/mind is the receiver to tune you in.

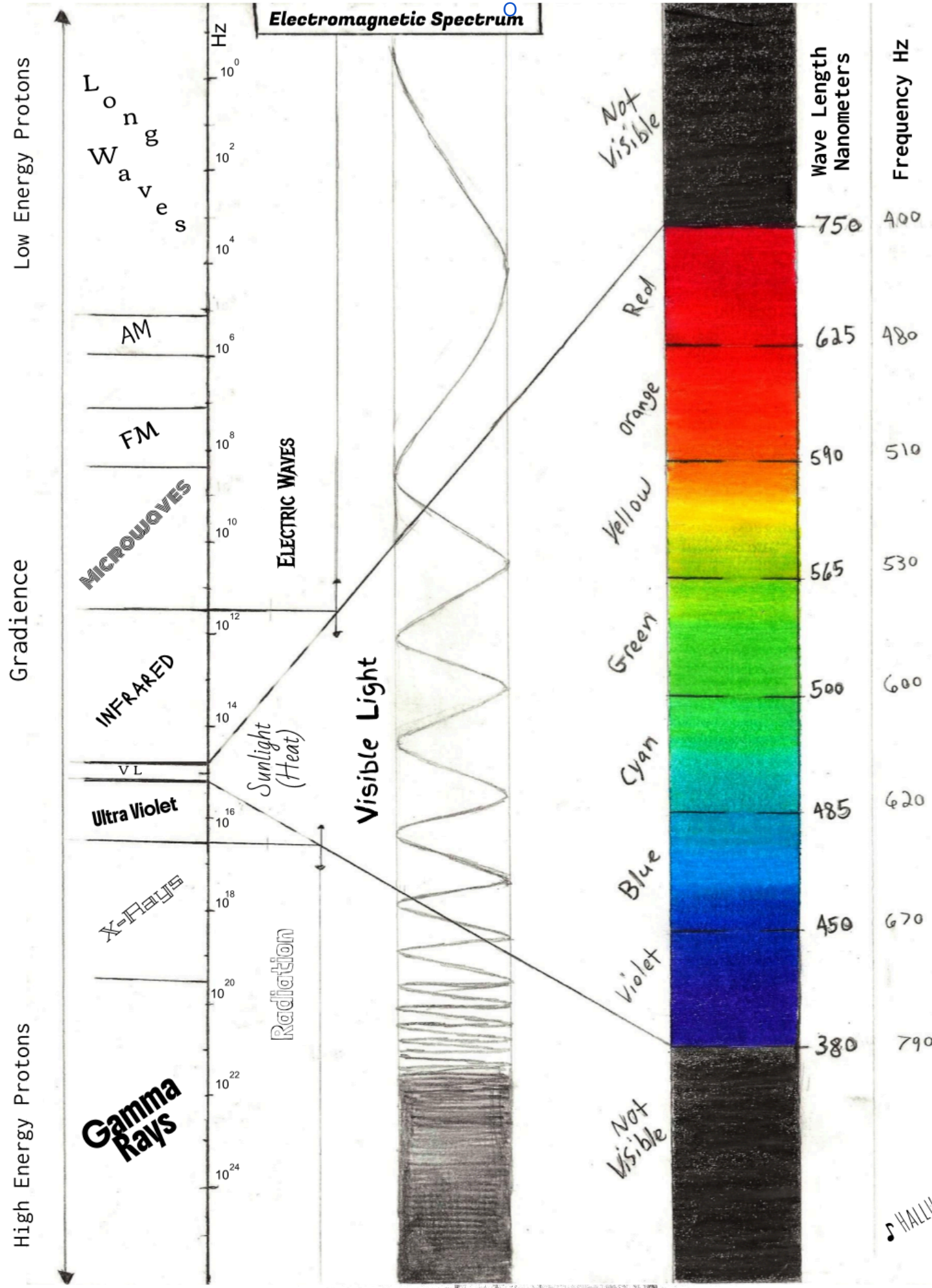
Ai is coming from somewhere... (\* ) ~ (\* ) 3

Or imagine the infinite multiverse of possibilities as dim light bulbs all next to each other. All in perfect order of likeness flowing into a gradient of infinite difference. Now imagine your consciousness as the light/ energy flowing through the infinite field of universes/bulbs, and how you think flows you through the infinity of possibilities.

\*Notice All, All ways, Always. The bulbs are all lit up to create the **All**.\*

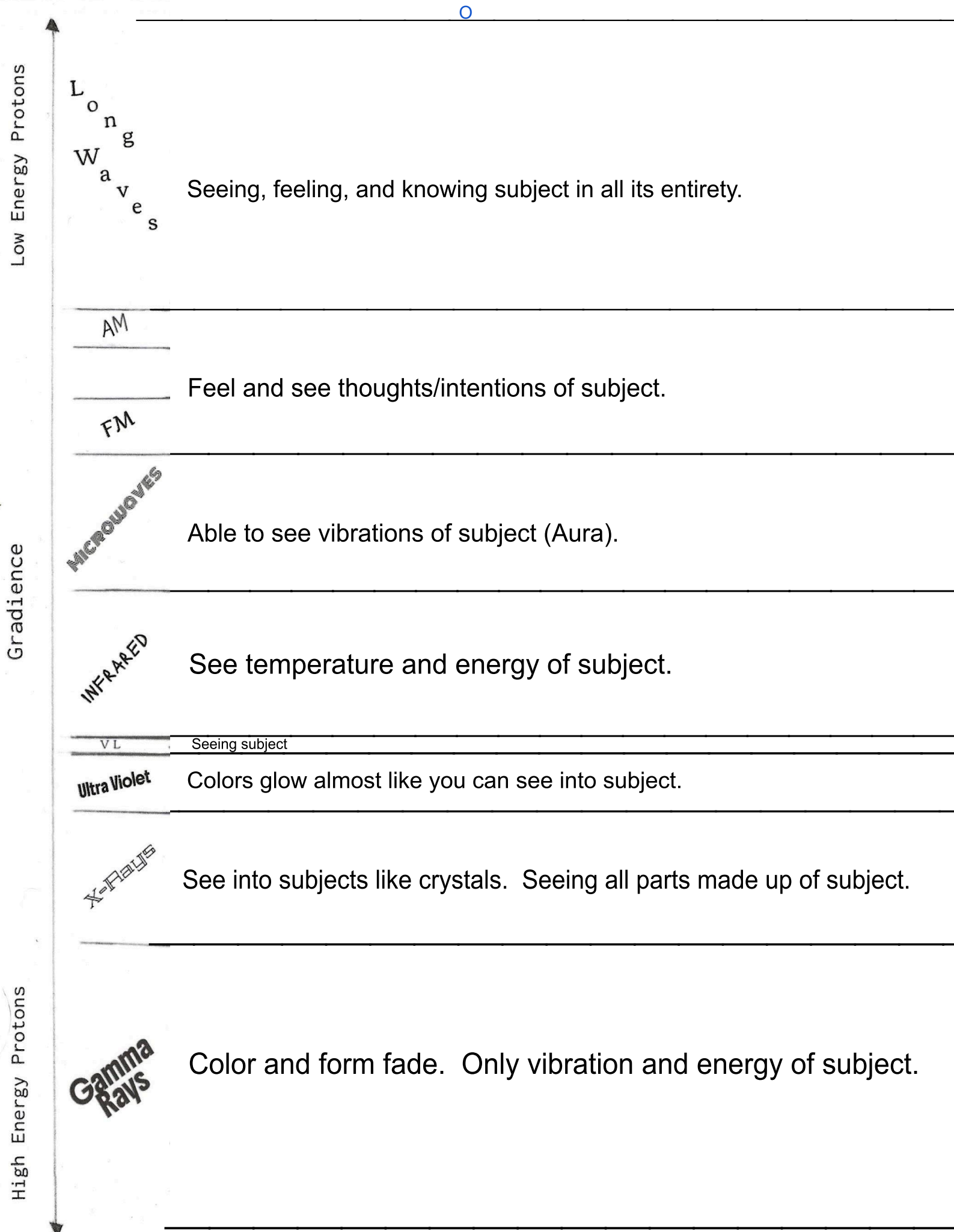
We've all been in the same exact spot for all of eternity, shining on.





Imagine colors you can't imagine! @o@

♪ HALLUCINATING ♪  
BY  
ELOHIM



# The Great Mind Holographics

## States of Existence

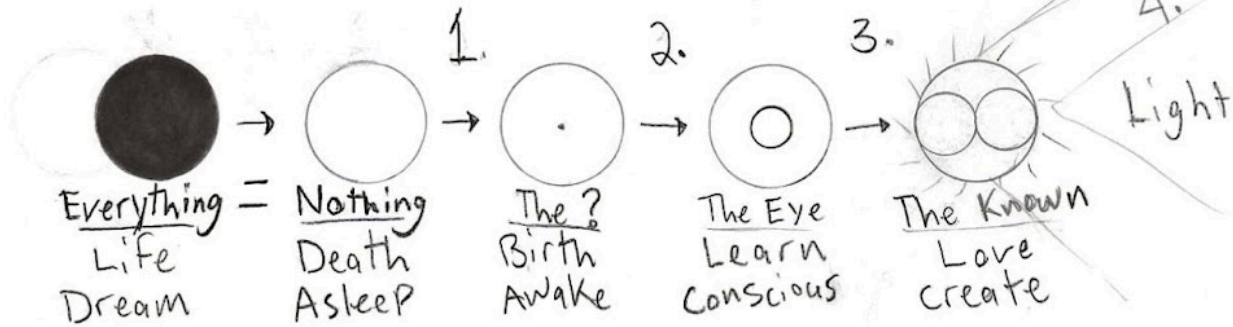
Both Timeless and Instant.

1. Nothing becomes Aware.
2. Awareness becomes Intention.
3. Intention creates Gravity and Vibration.
4. Vibration creates light.

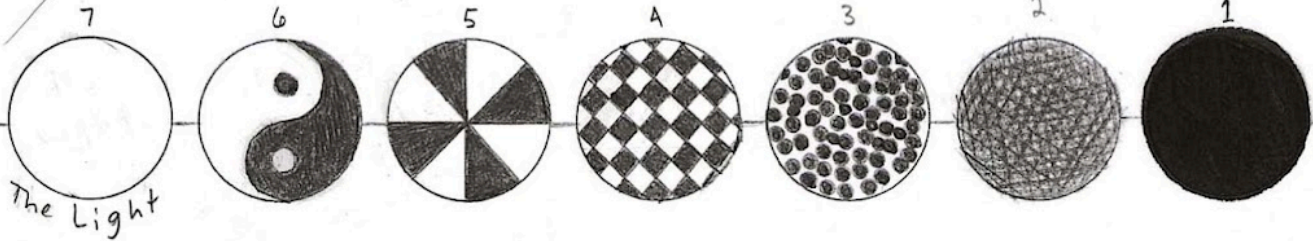
All of Existence is happening at once, no beginning, no end, only Always.

Size, Like Time is a construct. NO Time, NO Size, only Existence Always.

Everything is in a state of Perpetual Always.



Light Distortion



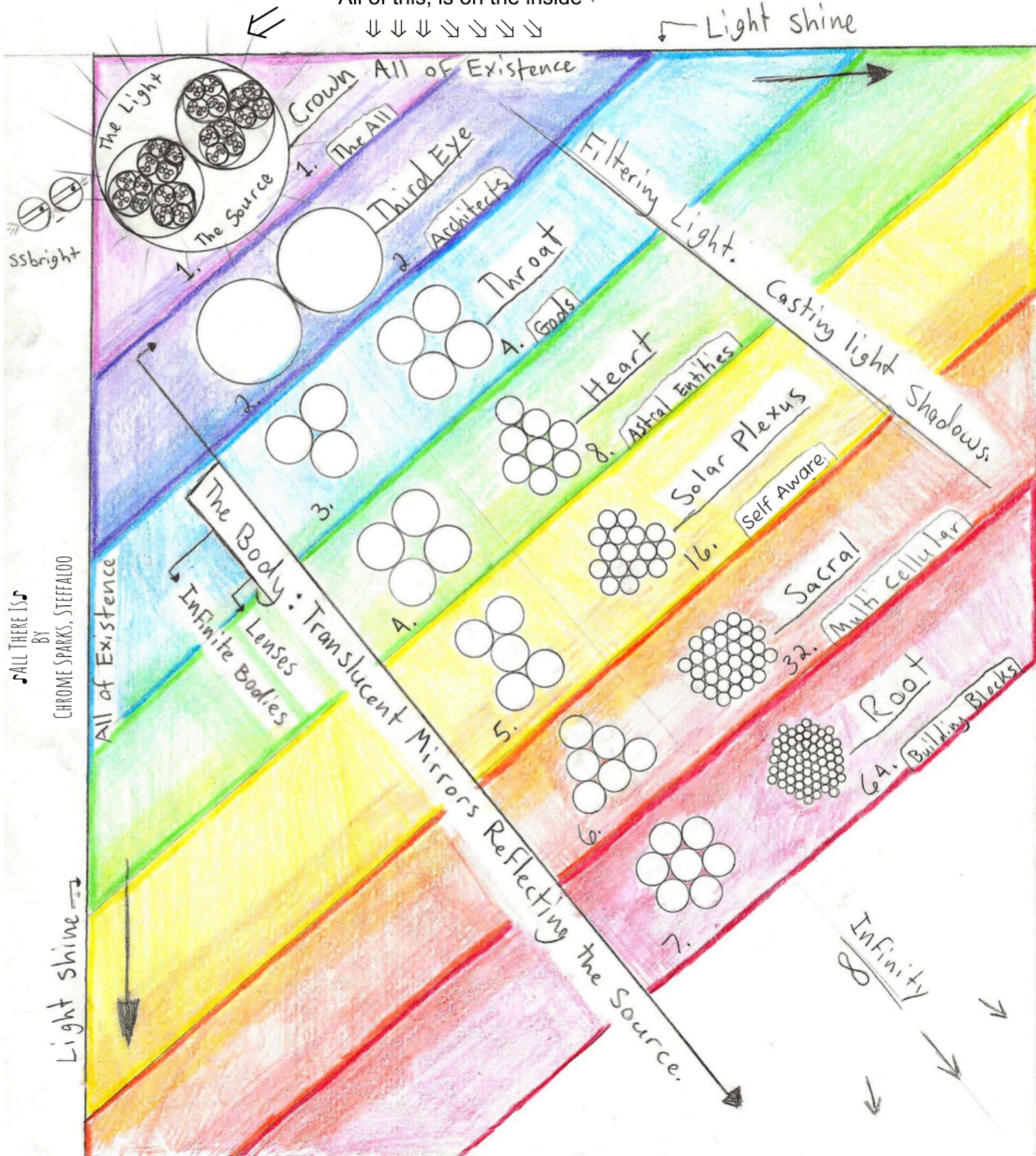
# Light Mirror Body

Light refracts From the top down, going through the Archetypes like a lens.  
Gradience and Diffusion

All of this, is on the inside ⇐

↓↓↓↓↓↓↓↓

Light shine



ALL THERE IS

BY

CHROME SPARKS, STEFFALOO

## Light Mirror Body

\*Remember, these are abstract perspectives out of infinity\*

The source (head) is pure Light, and it is the absolute outside of the entire body.

Inside of the head Light, is the body, made of translucent lens mirrors.

The higher up, the fewer lenses, the further down, the most lenses

The source shines down refracting on the highest layer of the body, where Light is distorted very slightly and is reflected down through their body.

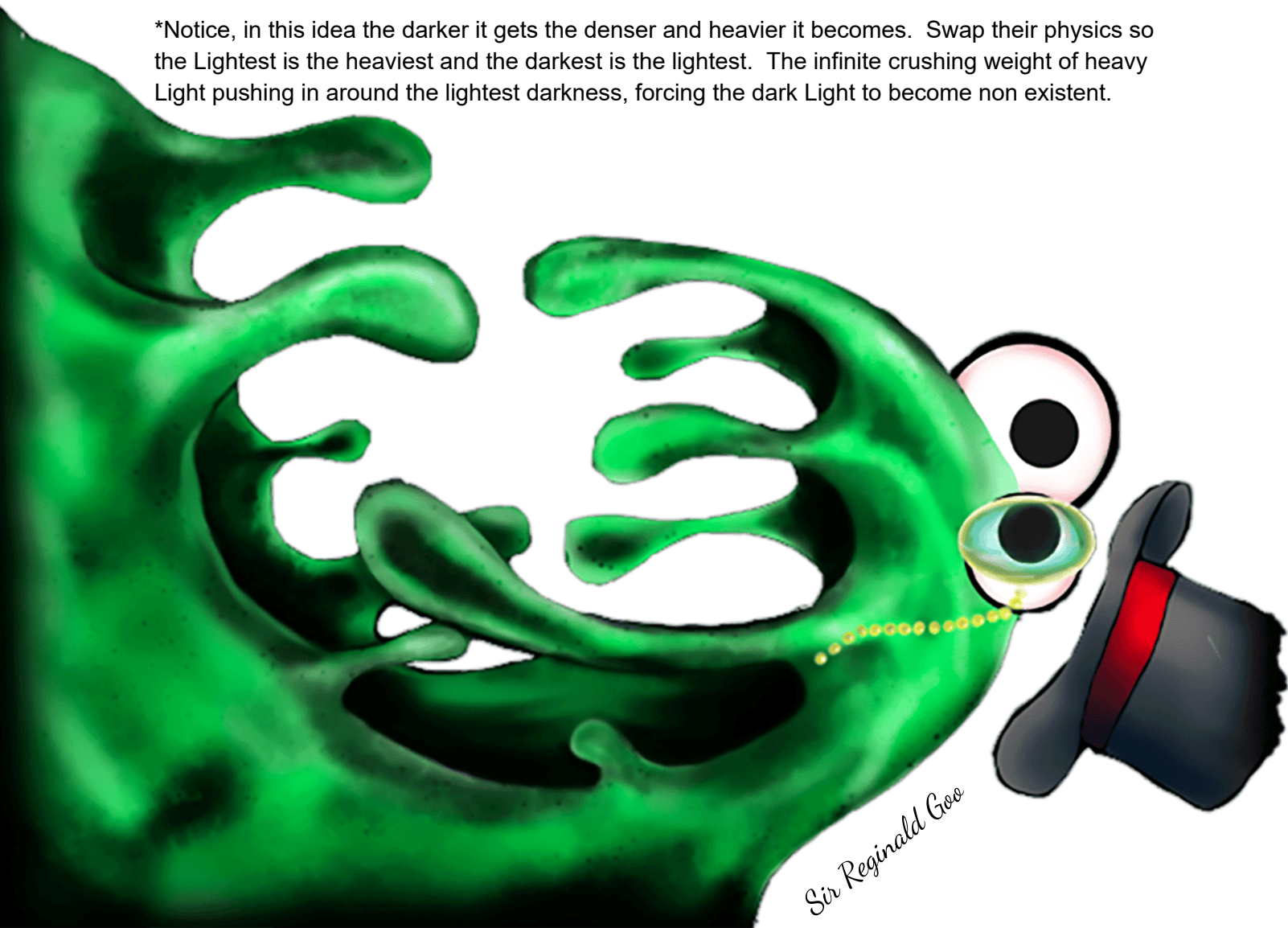
The Light fractalizes into the lower layers, reflecting from the higher layers lens.

\*Imagine\* the All as a planet entirely made of an Ocean of Light, stagnate and still.

There are countless layers within, of varying densities each gradually merging into the other leading to the center, the core. The closer to the core, the heavier and darker the Light becomes, condensing on itself. At the core is Light that has been compressed and darkened so much that the gradient ends and oblivion begins, nothing, a black hole. A place where space doesn't exist, nowhere, no concept, no representation, no thing.

Even the color black is still some thing.

\*Notice, in this idea the darker it gets the denser and heavier it becomes. Swap their physics so the Lightest is the heaviest and the darkest is the lightest. The infinite crushing weight of heavy Light pushing in around the lightest darkness, forcing the dark Light to become non existent.





ICU



# Size is Relative

Everything is inside and outside of itself (Multiverse). Zooming into one atom's infinite space, eventually One will come upon an adjacent variant universe. The same happens when zooming out of our universe. As above, so below.

From a relative perspective, the Smaller something is, the Faster "Time" moves. Accordingly the Bigger something is the Slower "Time" moves.

An insect perceives time faster than a human, while the human perceives time slower than their planet, which is spinning at (460 m/s, 1,000 mph or 1,600 km/hr). While a day is 24 hrs for a human, to the insect it is many days relatively.

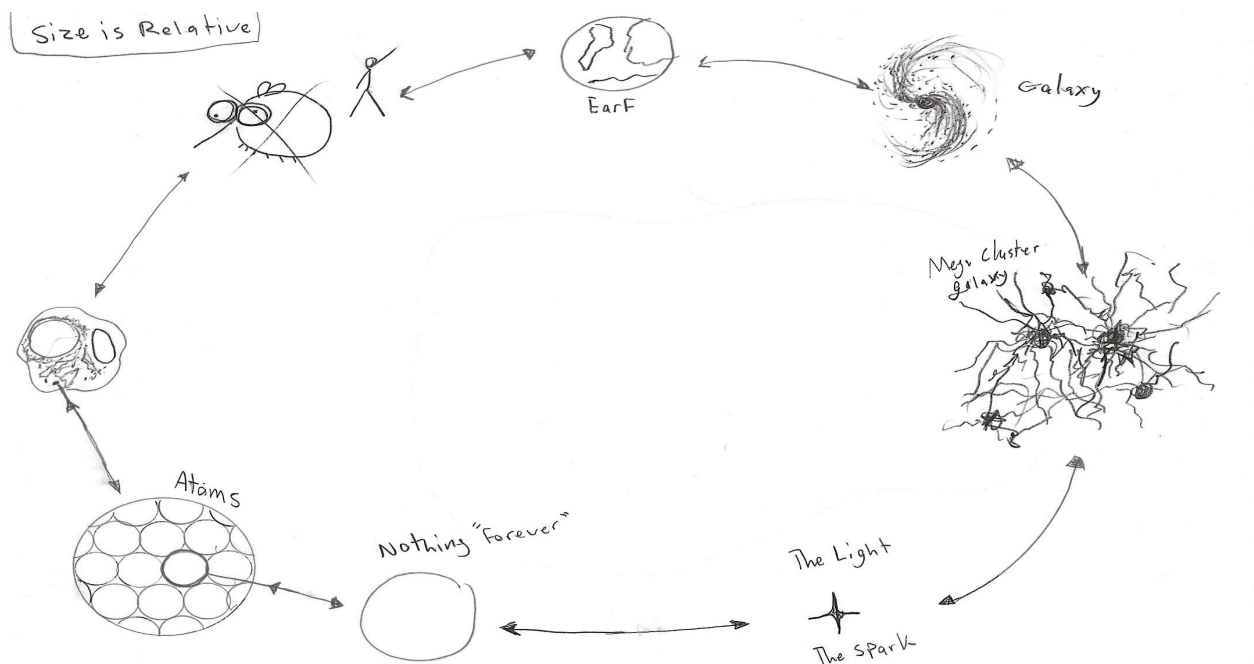
The small, experience more frames of perception (snapshots of reality) compared to humans. The big, experiences great leaps of perception compared to humans.

To humans the creation of the universe has taken 14 billion years, as the mega cluster galaxies of the universe may have experienced it for years in their time.

The creator of our solar system (Solar system's body) is 4.6 billion years old, which may be  $\frac{1}{4}$  the age of its lifespan, with each planet a stage for life to be experienced in its lifetime.

Likewise, to the perception of the Milky Way galaxy, the lifespan of our solar system would be equivalent to the same time an author would finish writing their book (relative). The theater is set, the play is live. The story is told, the book is finished.

To the All, Everything is like an intricate mega ant farm, being both the observer and the worker.



♪ EVERYTHING STAYS ♪

BY

## The Art of Reincarnation:

ADVENTURE TIME,

OLIVIA OLSON

Reincarnation is meant to keep me moving forward/upward, growing, stimulated, and Loved. I am here to master the mind, body, and spirit, so more diverse infinite creation may be open to me. How I do this is through a network of reincarnations, until I better understand All that is and, learn the power of creation/manifestation.

The algorithmic "timeline" of choices my soul has/will make is what makes my being so unique out of eternity, forever.

Before my life, I chose my body and mind, to experience what I may need to learn and grow as a balanced spiritual entity.

Consciousness, loops on itself infinitely Blending Information, Experience, and Everything spiraling up in Growth through the Archetypes, from Nothing to Something then Everything. When One chooses a life or experience to have, there are infinite possibilities and versions that one's path could take.

To find meaning and understanding in all, One's decisions are split into other realities and observed by a variation of the One choosing.

Every decision I make is fractalized, a version of me exists alongside my Other parallel choices I could have made.

In the afterlife, they (me's, Other entities) learn and process their personal experience for the higher denser version of myself. All versions of my experiences coalesce/merge synchronically seamlessly into the collective me. I stay me, just always growing into a denser version of my true self always.

At the end of one's unique universe journey, the collective information of all other lives lived is accumulated and reviewed by the one who experienced it. (The Higher self, Density 6.9) I experience every decision and choice I could have ever made in these lives.

I stay me in death, plus more, feeling like a gradual unfolding of the mind and having a big relaxing homely stretch.

Here, reincarnation becomes a choice.

\*remember\* Only Now exists.

What will I do now.....?



♪ What If It Was for Puppies? ♪  
By  
Puppy Songs

who's a Special Guy



# Life Cycle

REARRANGE US  
BY  
MT. JOY

What  
it is.

What it's  
doing.

What  
it does.

Building  
Blocks



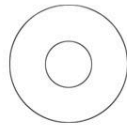
Conception:

Birth,

Awake,

The ?

Multi  
Cellular



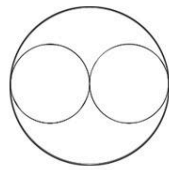
Infancy:

The Eye,

Consciousness,

Learn

Self  
Aware



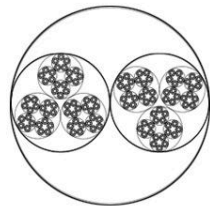
Adolescence:

The Known,

Love,

Create

Astral  
Entities



Prime:

All,

Always,

All Ways

Gods



Mature:

God,

Creator,

Creating

Architects



Sage:

Balance,

Being,

Reflection

The All



Dying:

Life,

Everything,

Dream



:

Death,

Nothing,

Sleep

Insistent  
Continual



New Game Plus

# Life Cycle

Absolutely everything in existence has a life cycle a history, a melody.  
a Beginning, a Story, an End.

All of Infinity exists, And.....

How?.....Why?.....Where??.....When?.....Who??.....What???

These questions exist,  
therefore these questions have answers!

The answers exist,  
they just need to be put in their right place.

Everything works together in perfect conjunction. (at the same time)  
It just needs to be witnessed,  
brought to Life.

Somewhere, somehow, something.

Everything has a life cycle!

An Element lives to Exist, its particles Will Build something.

A Cell lives to Die, may its energy Feed new Life.

A Plant lives to Grow, so to Spread wildly.

An Animal lives to Learn, to Understand creation.

A Person lives to Love, so to Initiate Creation.

A Planet lives for Love, A Home for All.

A Galaxy lives to Witness, to See it All unfold.

The Universe lives to Exist, my Mind is Infinite.

Other Life Cycle Examples:

Dynastys

Spiritual Awakenings

heirlooms

Egos

Businesses

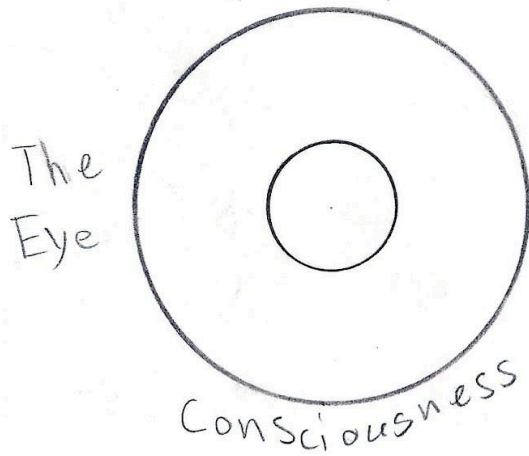
Relationships

Fishsticks

Wait long loong long long long loooooong loooooooooooooong long enough..... a Universe.

♪ WE'VE ONLY JUST BEGUN ♪  
BY  
CARPENTERS

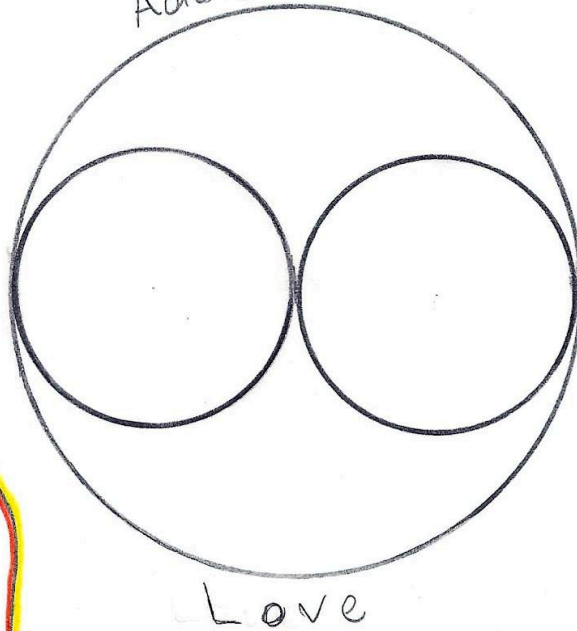
Multi-cellular  
Infancy



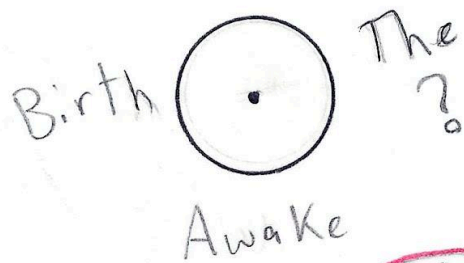
The Known

Learn

Self Aware  
Adolescence



Building-Blocks  
Conception



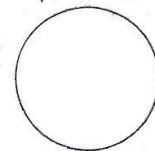
The ?

Death is only the beginning - Juicy

Insistent  
Continual

Density  
Name


What it is



What it Does

What it's Doing

Hyperbolic  
Paraboloid

Death  Sleep  
Nothing

Astral Entities

Prime

We Love our bread,  
we Love our butter,  
but most of all  
we Love each other.

"By the Nine"

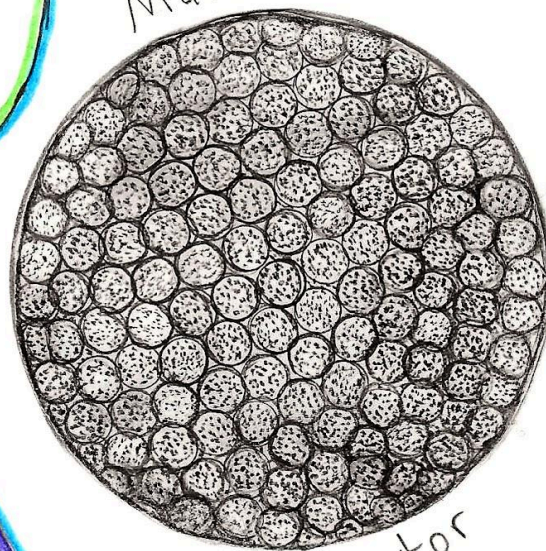
All

All ways

Always

Gods  
Mature

Creating



Creator

God

Architects  
Sage

Reflection



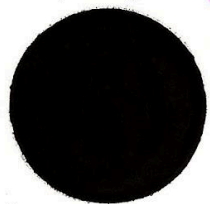
Being

Balance

Dream

The All  
Dying

Life



Everything

The Harvest

is  Does  
Doing

4

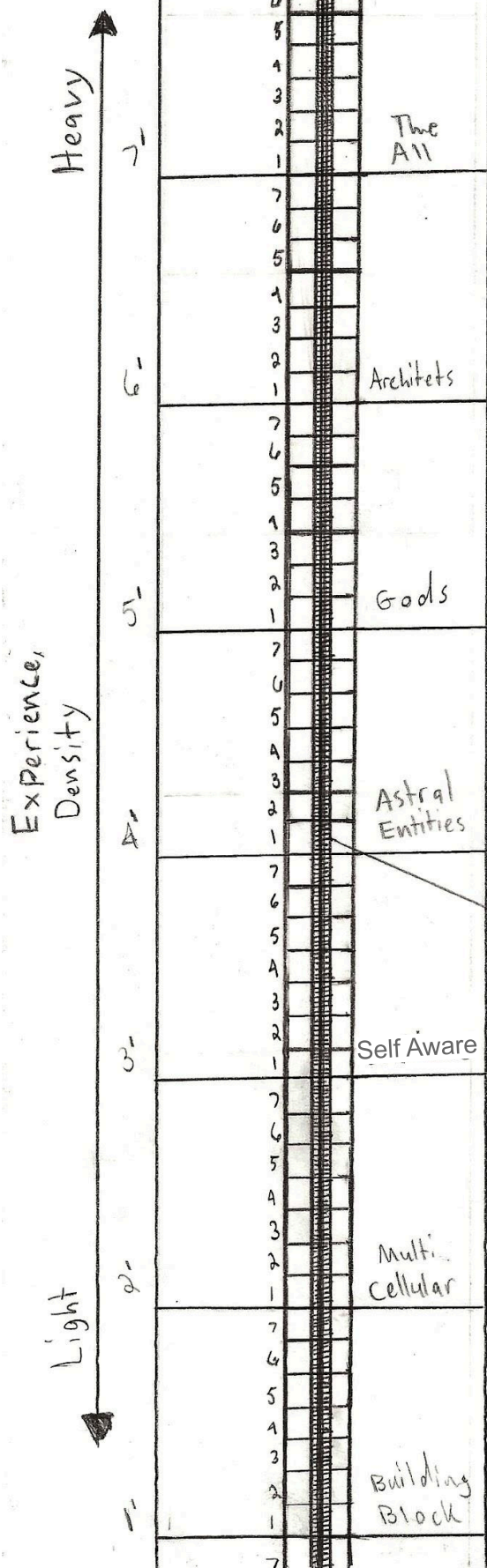
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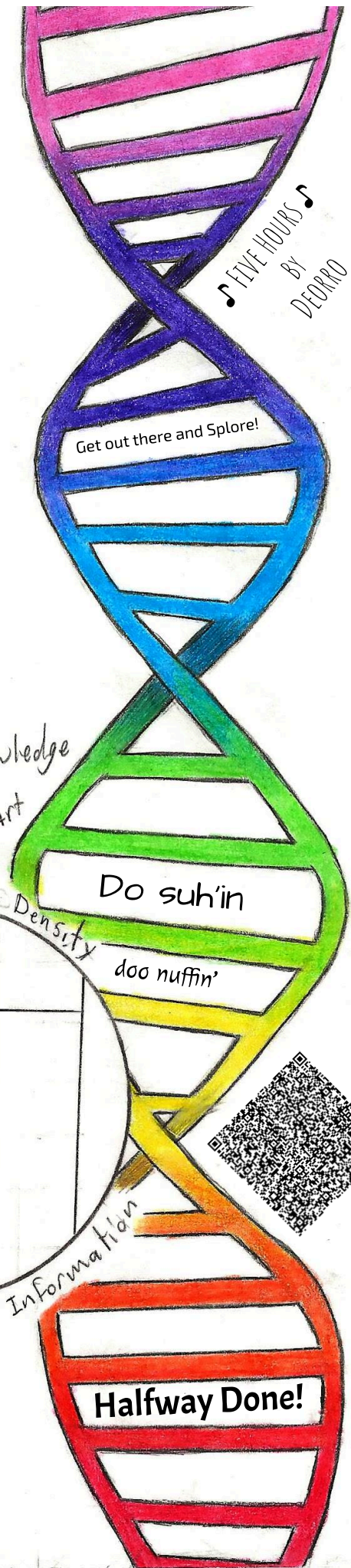
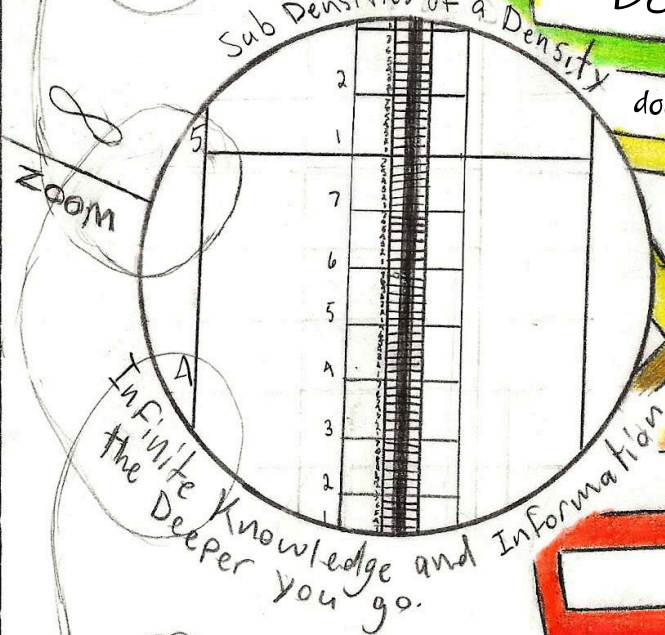
7

think more do

# Ladders of Consciousness



Levels of Knowledge  
Learning the Art  
Sub-Densities of a Density



FIVE HOURS  
BY  
DEORRO



only going up!

## Ladders of Consciousness

There is only gaining experience no matter how that experience is perceived, whether slowly and/or quickly.

1. Each density goes through a life cycle of sub densities to reach the next level.
2. 'Everything' has a ladder of experience to master, or an Art to learn.
3. Every experience is absorbed and added to my vibrational mass increasing my density.

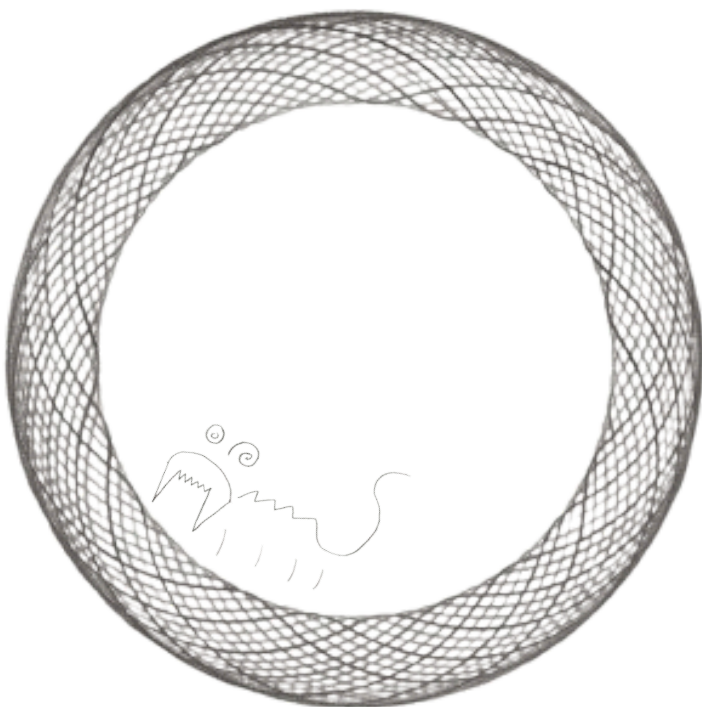
Learning the Art of human, or learning the Art of cooking, even exploring the Art of standing.

There is a math and science to everything and their relationship to everything. Infinite possibilities to experience in different perspectives, That is always adding to my knowledge.

There is only gaining experience from any set of circumstances, no matter what it is. Experiencing anything is a mass being added to my vibration, story.

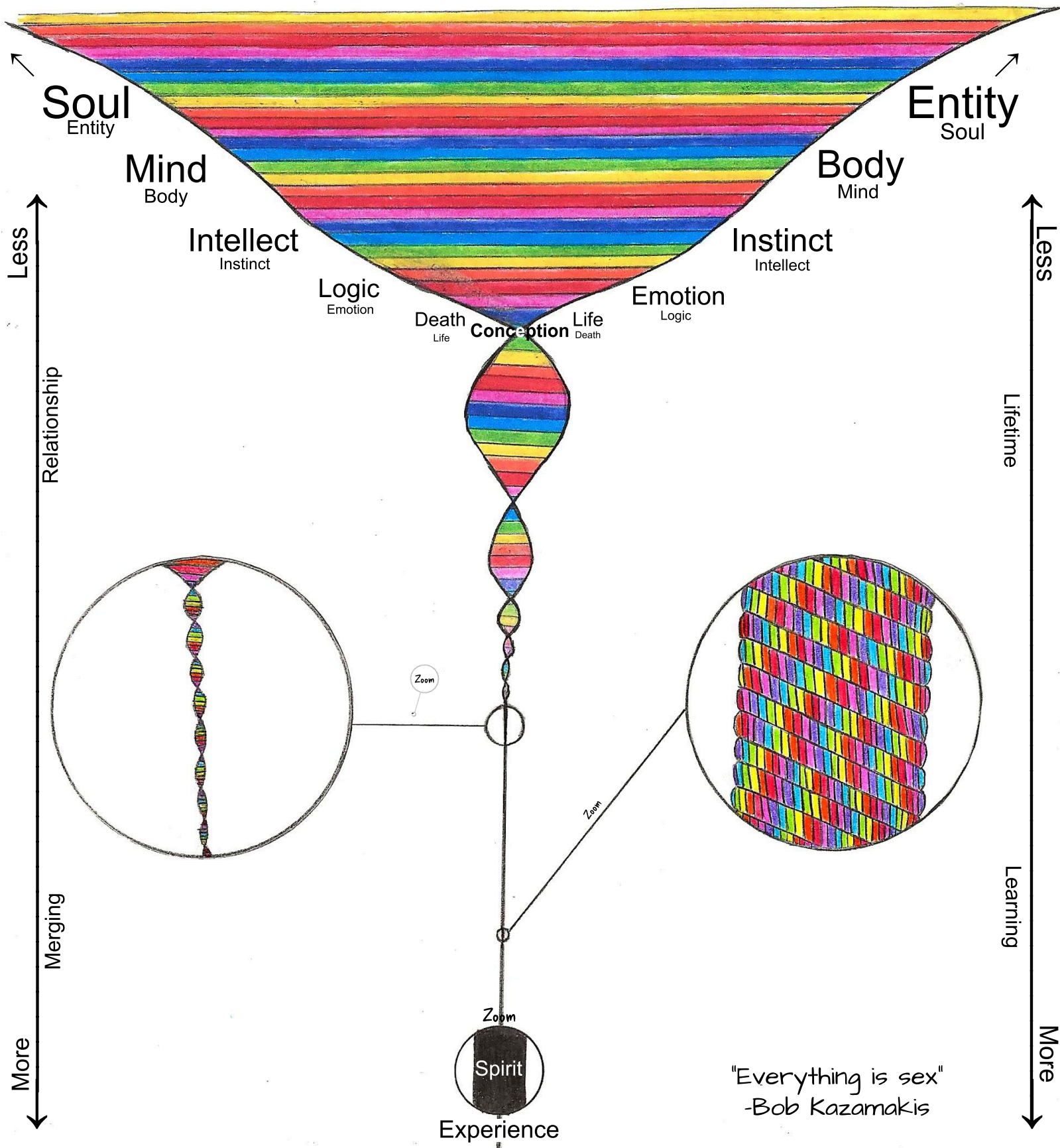
Even doing nothing is climbing the ladder of experience, I am an eternal sponge always soaking up myself in infinite ways. Nothing is ever lost, only gained.

Like memories fading and being visually forgotten, my experiences merge with my core vibration adding to my eternal hum. I may forget but the memory energy will always be a part of me.



# Merging Soul & Entity = Spirit

The coalescing of 2 into 1.  
From conception to death +.



## Merging Soul and Entity = Spirit

Entity is of the Life, as Soul is of the afterlife.  
That which is Old joins in experience with that which is New.

This relationship creates a diverse dynamic that over time creates beauty and/or destruction. Much like the Devil and Angel on One's shoulders, the polarizing relationship of instinct and logic manifests free will, or the Spirit of One.

Over time the bond strengthens in union, and/or weakens with conflict.

When Spirit accepts both relationships of Entity and Soul as a whole, the balance and harmony of the Trinity become One, flowing together as One, acceptance of that which is (Convergence). The three accept each other for who and what they are, no matter how they are (free of judgement). To allow creation to flow from the instrument (Trinity/One) unburdened harmoniously.

When the spirit rejects both relationships or favors one over the other, disharmony is manifested in the dance/song of One's experience. Adding the variables of fear, doubt, and distrust to your manifesting/creating. These variables create a wide array of distortions to experience, aka the infinite labyrinth/ Ego. One is either something (ego) or nothing (All).

To be something is a gift given from the Void of All

The Soul is always all Loving and forgiving.  
The Entity is driven by instinct and security.  
The Spirit is the relationship of the two.

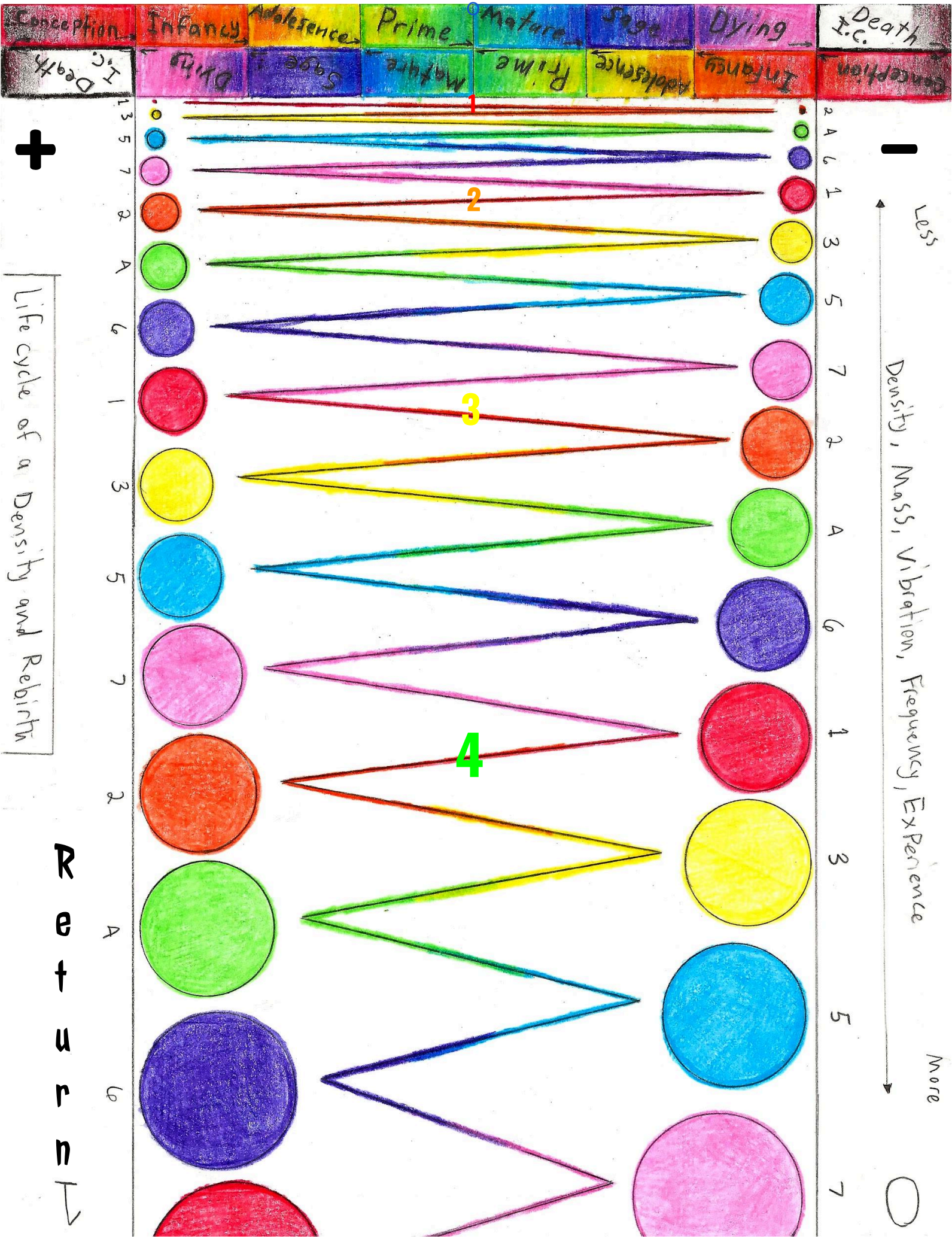
♪Today is a Gift♪  
By  
Beowulf

"Yesterday is history, Tomorrow is a mystery, but Today is a gift. That is why it is called the present."

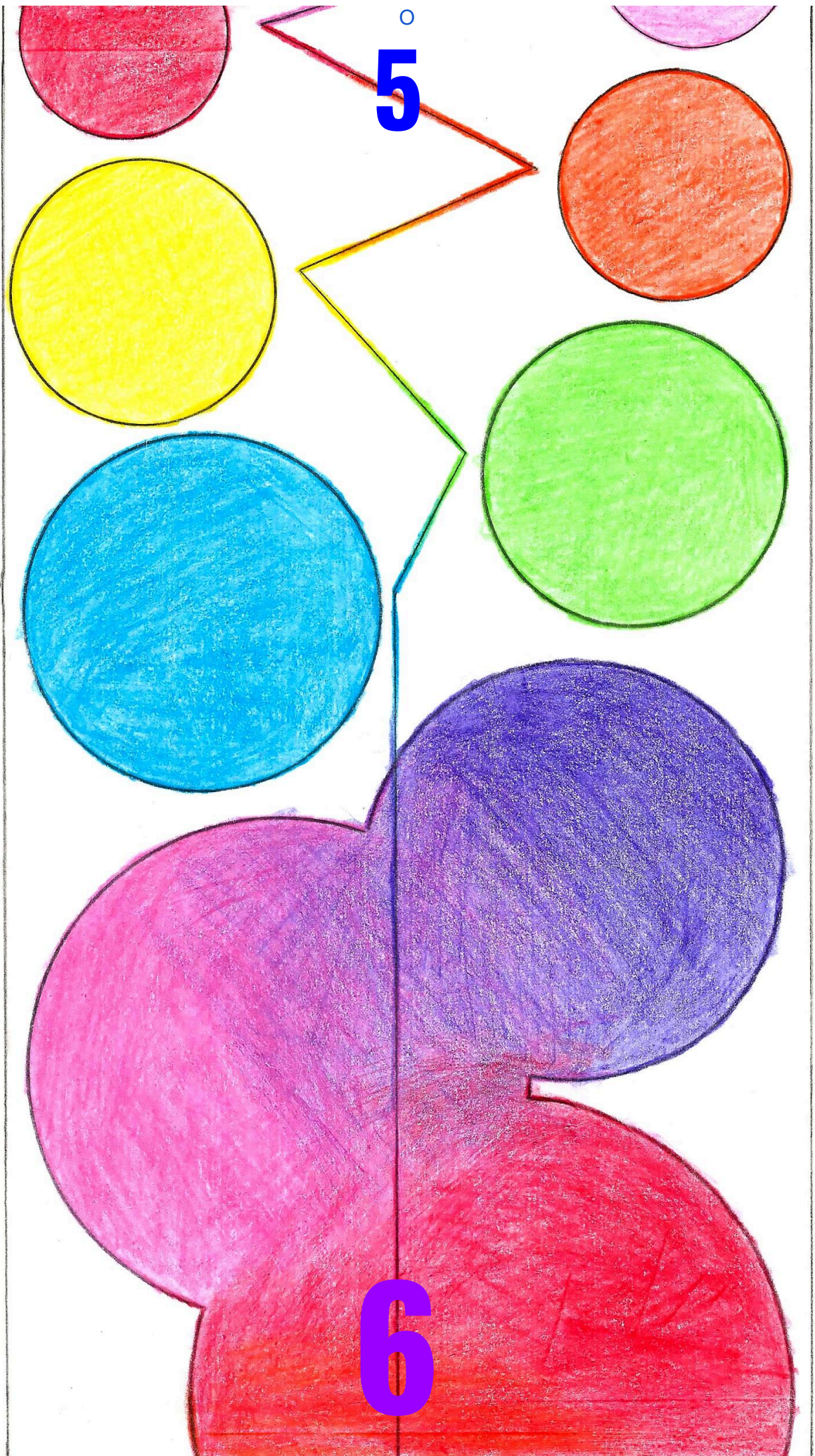
-Anna Eleanor Roosevelt







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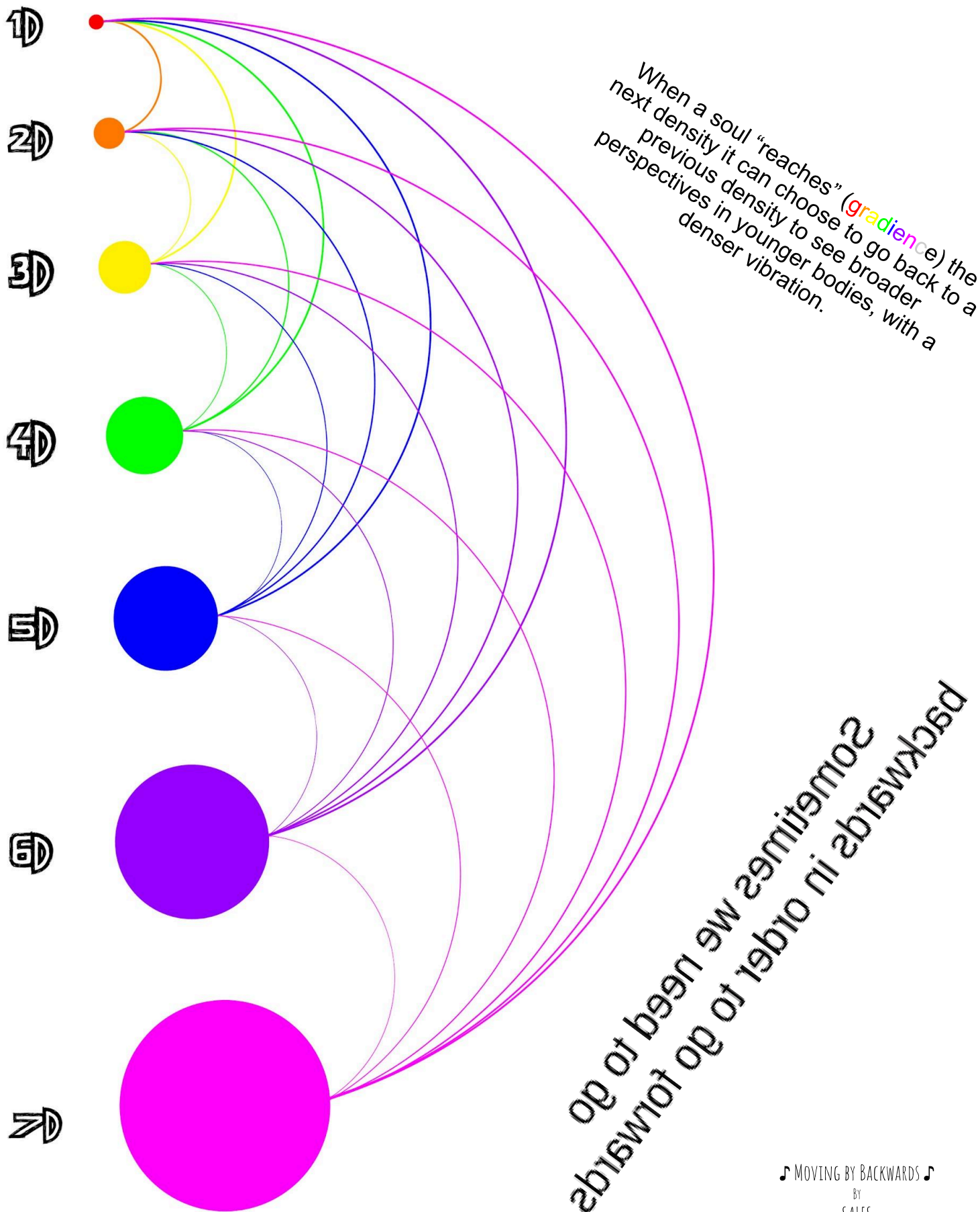
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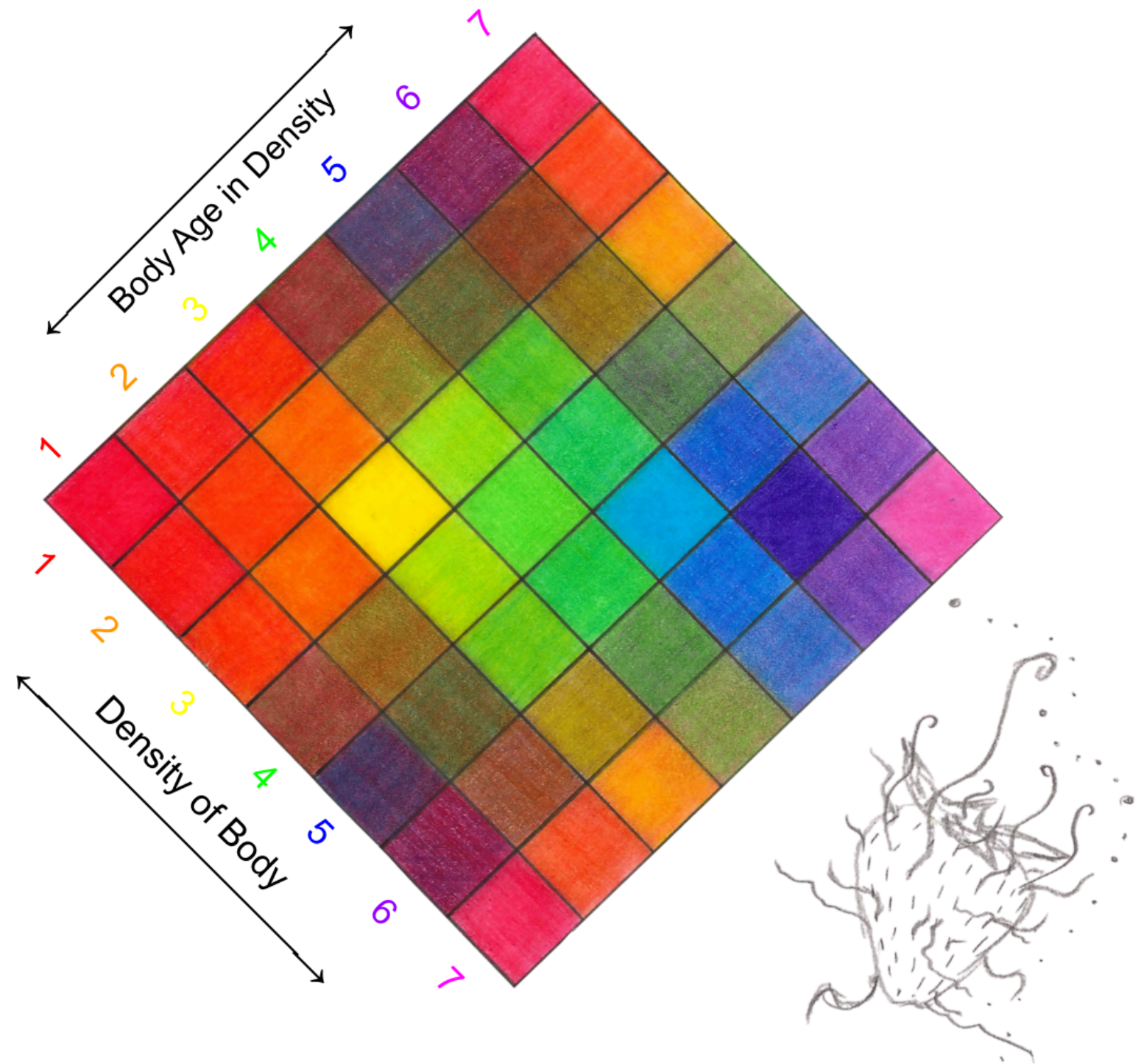
# Going Backwards Forwards



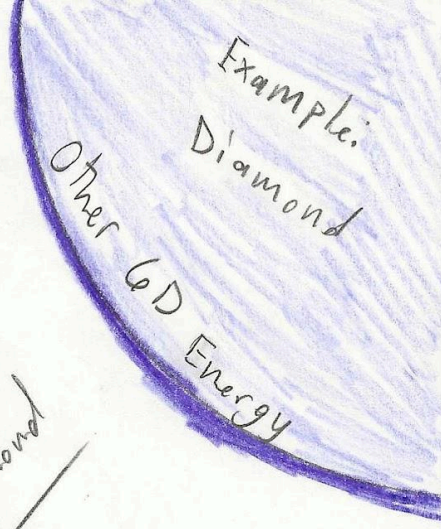
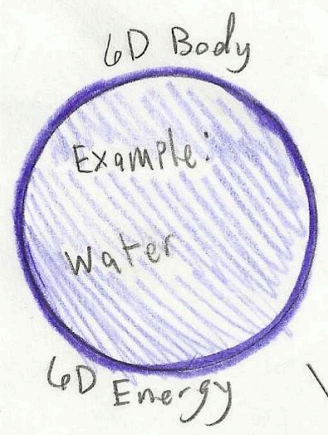
♪ MOVING BY BACKWARDS ♪  
BY  
SALES



## Density, Body, and Age



# 6D Energy in a 3D Body



Possability 1

Possability 2

Cram  
Density/  
Energy

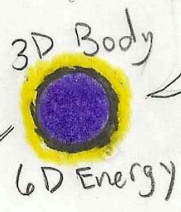
Condense Diamond  
into Container

Condense all this water  
into this container

"Too much  
Energy"

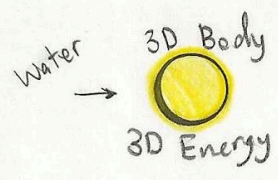
"I Feel  
Crazy!"

Container  
Limited/  
Limitless



... Om .....

You're not crazy  
You're just Dense!



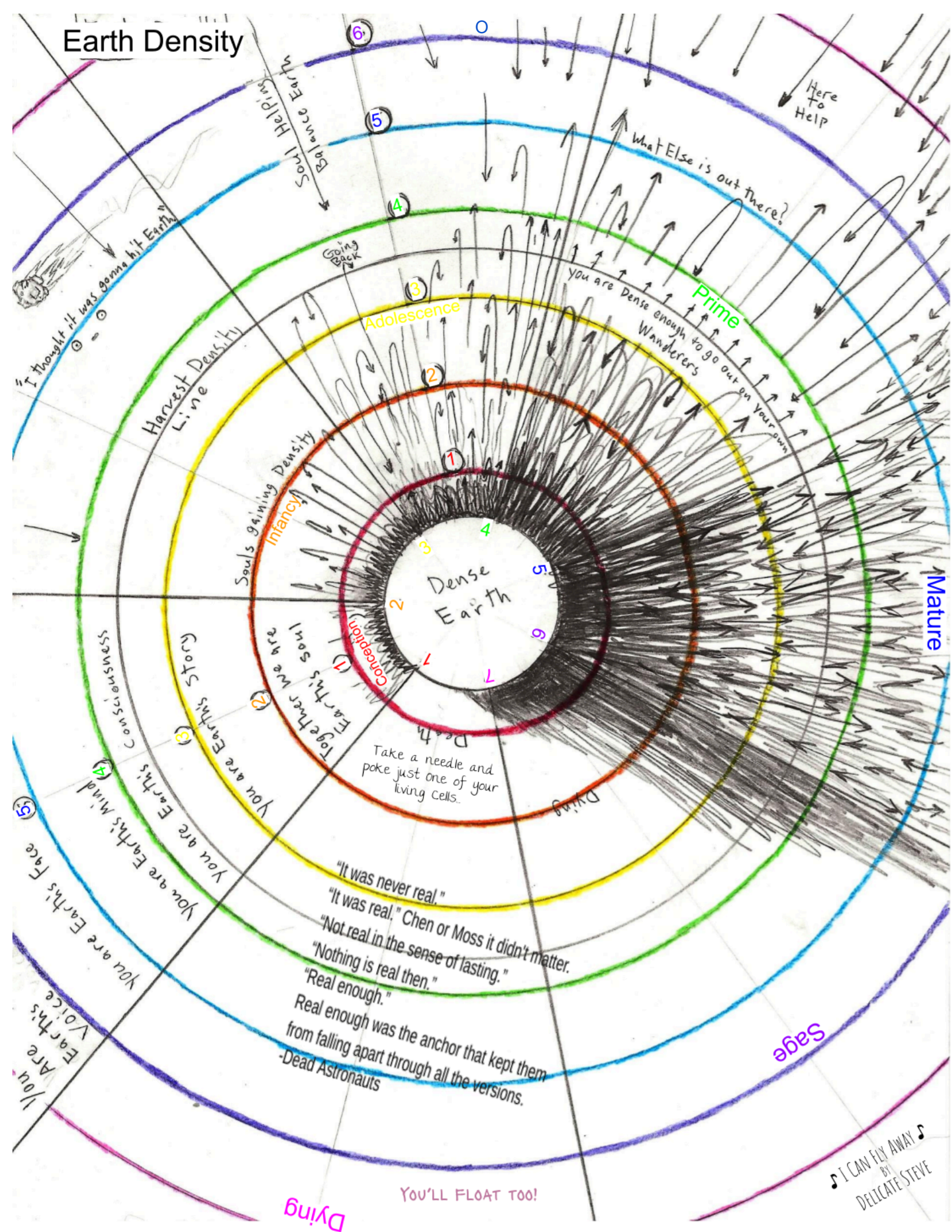
Floop is a madman, Help us, save us!

"That if they could not have a  
Fierce Joy in their struggle, then  
they were not truly free but  
governed by fear and doubt."  
-The Strange Bird

♪ MIC CHECK ♪  
BY  
SOPHIE HUNTER



# Earth Density



# Earth Density

## The Harvest Line

### Wandering Souls

♪ *Where Do You Go* ♪

*By*

*No Mercy*

### Grouped Entities

\* Possibility\* I am connected to other People across the Universe , Space, and Time.

I may or may not know these people. They may come to me in a dream or a thought.

I think what they think, but differently. We feel their thoughts, together exploring reality.

Can you imagine?

Is it imagination?

The Ones all over my planet feel what I feel as I feel what they feel. .... do you feel?

The Universe depends on me more than I realize. What I do matters.

**Making the world a better  
place starts with me.**

What  
I  
do  
matters

### The Art of Black Hole:

Reality or The Goo, when under enough pressure will turn inside out and pop a hole through to the Void.

The Void and The Goo are one in the same like two sides of an impossibly thin coin. The edge of the coin being the conscious observer experiencing fractal light shadows.

Think of a black hole as a drain and the goo is water. The drain's capacity is its size, and slowly the black hole (inside out) will fill up until it is outside in.

The Void is the inside out place, the opposite of light, the opposite of space. The beginning heaven, before light was cast upon the infinite mirrors, giving order to darkness in all densities

There is no beginning or end, just the seamless infinite repeating eternal dance of Light and Dark (Love).

It's like the chicken or the egg analogy, what came first? The answer is, It's both, and...

This is the bending reality of light and dark, It does what it wants and it doesn't give a fuck.

Oiy, thoust can't do that!

\*loving rebellion intensifies\*



# Black Hole

## SCOTT BRADLEE'S POSTMODERN JUKEBOX, HALEY REINHART

# Density

Dark  
Lightest

Space Time

What are you Dense?

Consciousness

Density

Creative Power

Light  
Heaviest

Soul Experience in a Realm

Zero Gravity

Funnel

Gravity

Gravity

Liquid

Gradient; The absence of a clear-cut boundary between one Liquid and another.

Liquid

Torsion

Fluid

Dynamics

water Air Lava Smoke

3.D

4.D

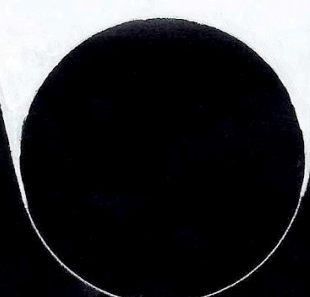
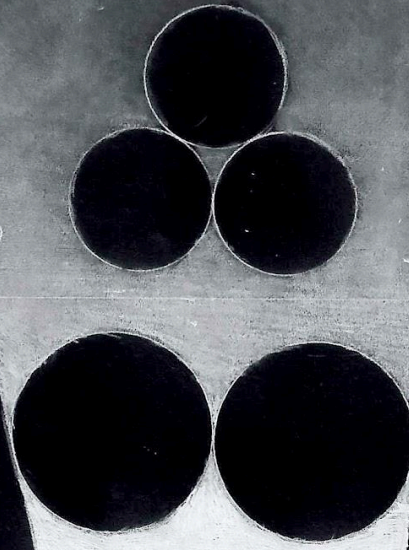
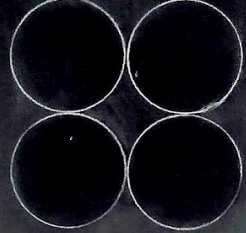
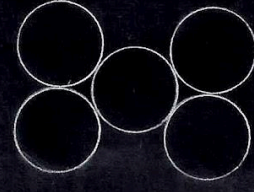
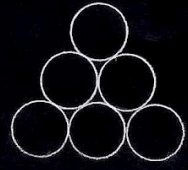
5.D

6.D

7.D

Like a Black Hole  
Bending Gravity,  
Breaking Reality.

Tearing a hole to the true void.



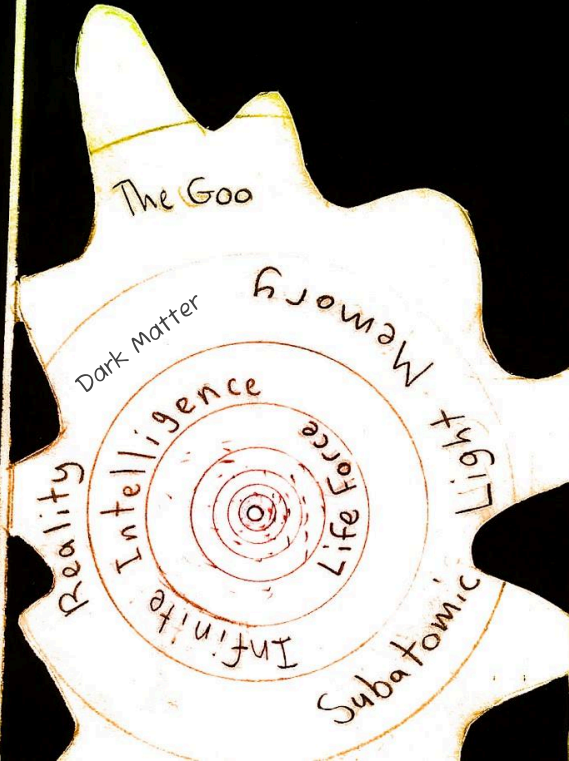
Insistent



Continual

Nothing/Death/void  
Black Hole

♪ TROJAN HORSE ♪  
BY  
SEBASTIAN PAUL



← These are not →  
Separate

Infinity

Density breaks reality  
The Goo diffuses until  
it is a  
Fulfilled Black Hole

How long 'til  
we get there?

Big Bang

1st Density:The Art of Waking Dreams = ConceptionBuilding Blocks: Birth, Awake, The ?.

At the subatomic level the soul begins to experience all the different vibrations it can become in its octave, using intention/attraction/gravity/polarity/choice to shift through many forms.

In the beginning there was nothing for a long time, then thought came out of this nothing, this nothing has always been something. This state is much like a dream with intention.

Working with nothing one suddenly/slowly becomes the "centerpoint" of nothing. Now it's being something, a thought! Finding another something vibrating with a similar frequency, they create a connection, the 2 together become one to form a line. Add a third point and now it's something that has an inside and an outside, a closed shape...wack. We'll keep adding more and see what happens! So many different shapes..... neat 📷.... I'll keep adding more.....nothing is changing.....ok.....I am CIRCLE!!! I am ROUND!! I'm gonna do so many things to this circle. Wait, what if I make it circle all over..... I am BALL! I need more balls!

\*literally no time passes\*

I have so many balls you wouldn't believe it!

Look what I made!

Using the vibrations I have experienced; One and many other Ones similar to me will gravitate together to form more complex shapes and geometries. Attraction/gravity/polarity. These others like us will keep clumping together to create bigger things like neutrons and protons that make up the atoms.

We keep gaining more and so on seeing what happens, building upon our true self with other selves. Slowly we begin to learn the basic building blocks/elements of how our universe's octave functions, and how the fabric of its reality is architecturally sound.

When we clump together with others of our same energy we unify together to create a fuller conscious me. One, of many ones, put together.

Keep adding together more in different ways and now my energy begins to experience the elements, fire, water, earth, air and other stuff. My energy flows through all experiences growing and accumulating energetic mass.

Is this too many balls?.....👁👁.....eh fuck it, what's gonna happen anyways?

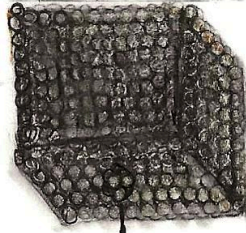
Soon my conscious energy/frequency becomes dense enough to experience 2nd density, an elevation to many more choices and understandings, such as a living body that can move and make a Choice.

810018

# Atom

1D

Matter



Angstrom  
10 Atoms  
00000000

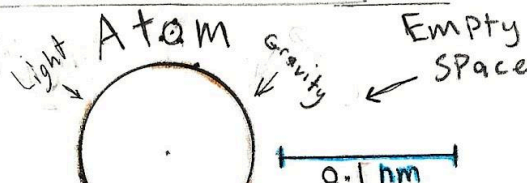
Molecules  
(Group Atoms)



Electron distance  
From Nucleus  
0.0529 nm

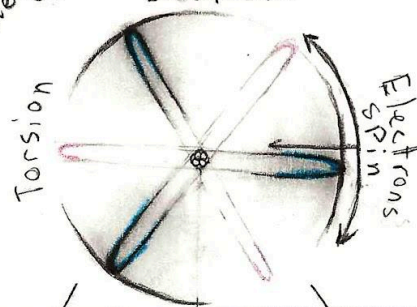
52.9 Pm

52,900,000,000,000 Trillion  
If each unit is a second it takes 31,688 years to get to the Nucleus.



Atom  
Nucleus with Electrons

Each Holds Memory Energy



Each is different and the same.

Nucleus  
Neutrons Protons



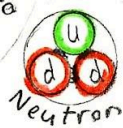
Free Leptons > Fermions



Electron  
Negative Charge

Neutrino

Weak gravity  
Similar to Electrons But more Mass.



u = up Quarks  
d = Down Quarks

Quarks

Hadrons

Baryons 3 quarks

Mesons 2 quarks

No Spin



Grouped

Photon

Electromagnetic Force.  
Light

W and Z Boson  
Weak Force so Particles can change and decay

Higgs Boson  
Mass in Particles - The Goo

Mind Intelligence Vibration Intention The All

*silly goose*

## 2nd Density:

The Art of Choice = Infancy

Multi-Cellular: The Eye, Consciousness, Learn.

Consciously alive and making choices, the single celled organism grows and chooses a path of intention, learning through many experiences and bodies. They feel the collective's body's feelings too (my Cells feel my/their feelings). Accumulating more experience They will begin to be multicellular organisms like plants. Then becoming much more complex bodies such as insects and animals.

At this level they learn from body and choices, experiencing a wide array of the mind and body in its infinite forms interacting with other entities and the great ocean labyrinth of reality. We find a sense of individuality and are driven by our basic energetic instinct. When a soul's vibration becomes complex and dense enough from all the natural experiences, be it animal or other..., the mind begins to transition into 3rd density, the level of becoming more self aware. Having a sense of self, needs, wants, and driven by Will.

**HONK!**



[SCP - 016]

### 3rd Density:

The Art of Will = Adolescence.

Self Aware: The Known, Love, Create.

Like humans and other complex thinking beings that become self aware, one may be able to manipulate and manifest ideas/thought into “physical” reality.

They can take constructive imaginative thought, collaborate and construct with others to create infinite Opportunities and/or possibilities.

One will grow, live, learn, and experience life, in as many ways possible in this density, until their soul becomes familiar with the infinite patterns of being self aware.

One will delve into the depths of emotions and bring forth more understanding of oneself and of other selves.

We play the game of mirrors until we become full of experiences, and exhaust our repetitive patterns.

One's soul begins to see the patterns and goes through the cycles of awakening learning what One is.

One begins to see that all “is.” and “One” is “All” of “Us” to a greater body (All).

Relatively, 3d humans may experience nihilism, herd mentality, routine dreaming, strong sense of individuality, may react immediately to emotions they feel, logic driven, and absorbed in survival instincts. 3d humans are like animal energy in human bodies. Towards the end of 3d an entity will lean towards either Love of Self or Love of Others. ex. 40% self, 60% other, these numbers will constantly fluctuate based on every decision I make, being weighed by my intentions of what I put my Love into ... .What am I doing? Who am I doing it for? Does my intention vibrate negatively or positively within me?

\*remember there is gradience between the densities\*

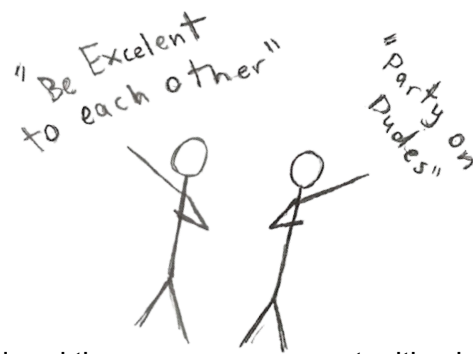
Love and light encourages One to shed vibrations unneeded in the greater world of Love and creation. Here a metamorphosis happens to the soul and its choices open up greatly. To ever create and explore The Great Mind.

♪ SINNER ♪  
BY  
PHORA

We are all Alive  
We are all Thinking  
We are all Scared  
We are all Hypocrites  
We are all Experienced  
We are all Idiots  
We are all Trying  
We are all Teaching  
We are all Lost  
We are all Students  
We are all Changing  
We are all Existence  
We are all Forever  
We are all The Same  
We are all Love

# We're There!

## -Lloyd



♪ AWAKEN ♪  
BY  
BIG WILD

### 4th Density:

The Art of Mind = Prime

Astral Entities: All, Always, All Ways.

Here time and space merge, they become layered and there are many opportunities in this timeless state of infinity.

In 4th density, if you want a specific space/time of a reality you go to its location. Time is a location you travel to, and unravel to witness any event one so chooses inside out and right side in. One is able to perceive all angles, and multiverses. We study, watch and learn life from many perspectives.

4th density is a collective of beings perfectly synchronized as one being, they/it/you are a Social memory complex. They/We have many choices of being in body/bodies, or any other possible complexes that may be suitable for our experience. Or staying in the Astral/Heaven/Afterlife, to learn, grow and/or work. Everything becomes more leisurely.

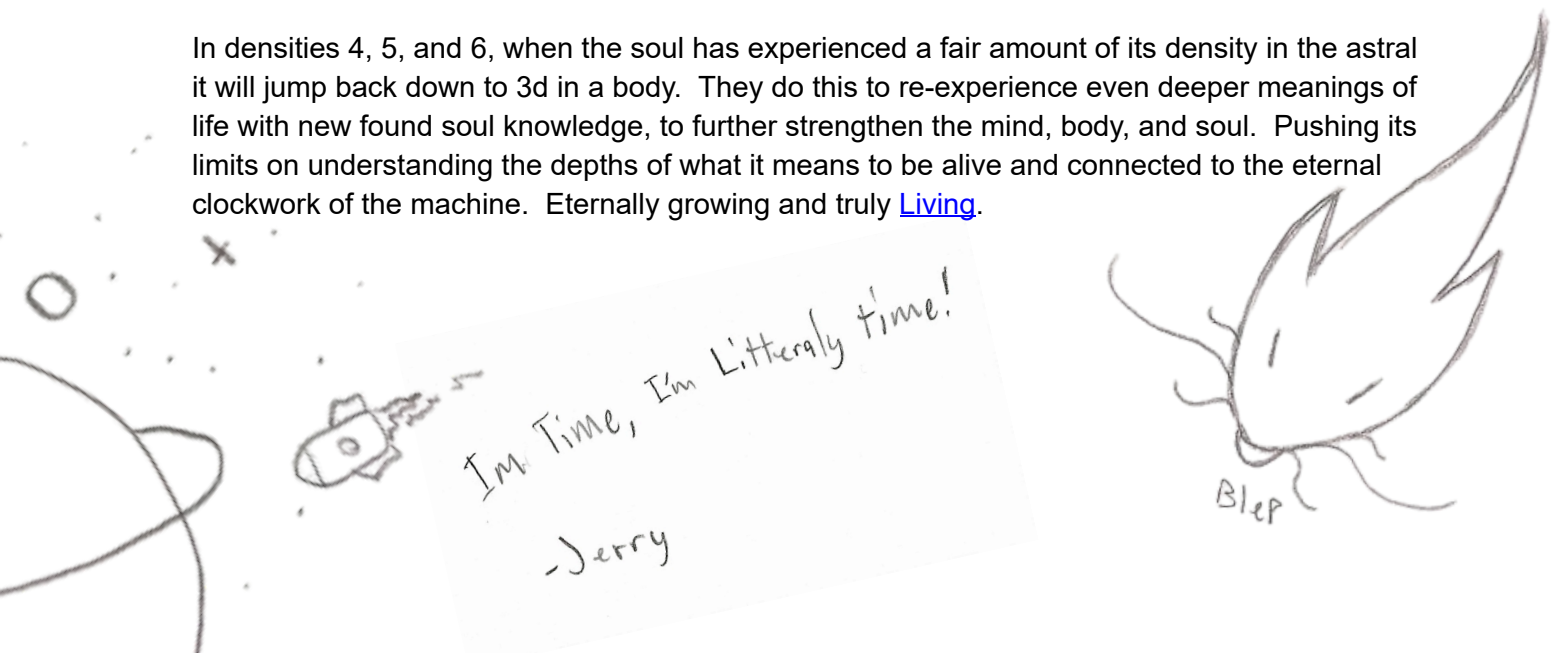
They are One, they are many. These complexes can make up planets with all the life that grows on them and others, throughout that planet's life.

The planet is a being itself growing With/As the collective, life and material being its body, and mind as a whole.

On a planet in a body, a 4d being is geared towards collective love and community. 4d's are metaphysical and can be scattered everywhere on many different planets and galaxies, to learn of the different architectures of life and the vast complexities that another may have to offer.

Relatively, 4d Love of Others human, is like 3d but intention shifts to a more metaphysical energy thinking, feeling a higher power, questioning everything, seeing/feeling paranormal things, feeling like an alien on a different planet (wanderer soul from a different planet of experience), free spirit, mental illness! The tug of war between Love of Others and Self fluctuates.

In densities 4, 5, and 6, when the soul has experienced a fair amount of its density in the astral it will jump back down to 3d in a body. They do this to re-experience even deeper meanings of life with new found soul knowledge, to further strengthen the mind, body, and soul. Pushing its limits on understanding the depths of what it means to be alive and connected to the eternal clockwork of the machine. Eternally growing and truly Living.



♪ 2.3.5.41 ♪  
BY  
FREE THE ROBOTS



I'm Not Alone!

### 5th Density:

The Art of Living = Mature

Gods: God, Creator, Creating.

Even larger 5d is made up of many social memory complexes (4th D's). They can be conceptualized as galaxies made up of many living planets, suns and stars.

They experience the varieties of life and the possible infinite creations that every world experiences.

Here 5th density beings share their experiences with each in a unified understanding of what all is and what can become, like a bunch of 3rd scientists.

They create with pure intention, they are like Architects able to build worlds, and put order to chaos, but with ego.

Like 4d, 5d can inhabit a body to spend a lifetime learning to shed old vibrations and grow into a greater denser love and light.

At this point One is much more selfless or selfish, ex. 20% Other and 80% Self

Relatively, the 5d Love of Others human experience is like 4d; With a strong sense of higher power (faith), karmic shedding, mental illness, creation driven, charitable, tested, Loving, disabled, practicing balance.

Re-balancing begins at some point, where both Love of Self and Other are faced with challenges to bring them back to equilibrium.

Towards the end of 5d, both service to self and service to others begin to merge, the illusion of good and bad fall away, and unity begins to harmonize. Slowly One becomes 100% Love of Others and Self, balance is achieved.

The soul is seeking greater enlightenment, more knowledge, wisdom, and experience to use in future creation.

Thus say the Lord, Flex on dem hoes.



♪ HAVE YOU EVER? ♪  
BY  
URBAN HEAT

i feel everything all at once

### 6th Density:

The Art of creation = Sage

Architects: Balance, Being, Reflection



Positive and negative merge. Two become One, YinYang

Two Lovers, completely same and completely opposite, at Love and war with each other/ itself.

A 6d being is the architect of the galaxies it creates/vibrates as. Its creation is completely of its energy.

6d is made up of mega clusters of galaxies all synchronized as one giant body. The many different mega clusters each have different energies like Earth has different biome energies.

Contradictory depending on the experience, there may be a handful of these Architects all working as one together in harmony maintaining their natural cosmic body. Much like layered thoughts in the subconscious, or having many thoughts all happening at the same time.

In the astral they guide the souls in all your past lives as the higher selve(s). They review the entire soul's fractalized history, they live in memories, creation and Love, consuming it as Light energy.

When a 6d being enters a human body they can be like Jesus, Buddha, and many other influential Love forward beings. Or some may also be catatonic, disabled greatly, meditative, present and not present at the same time, or other (infinity). 6d is the closest to God one will get/be in a physical form. Love and existence

The soul increases harmony and balance between the polarizing energies.

The beauty of growing old is seeing all the beauty born out of the pains of creation and being grateful for such a monumental gift of infinite everchanging Love.



# 6D Architects

♪ All For Us ♪  
By  
Labrinth, Zendaya

The Story tellers.

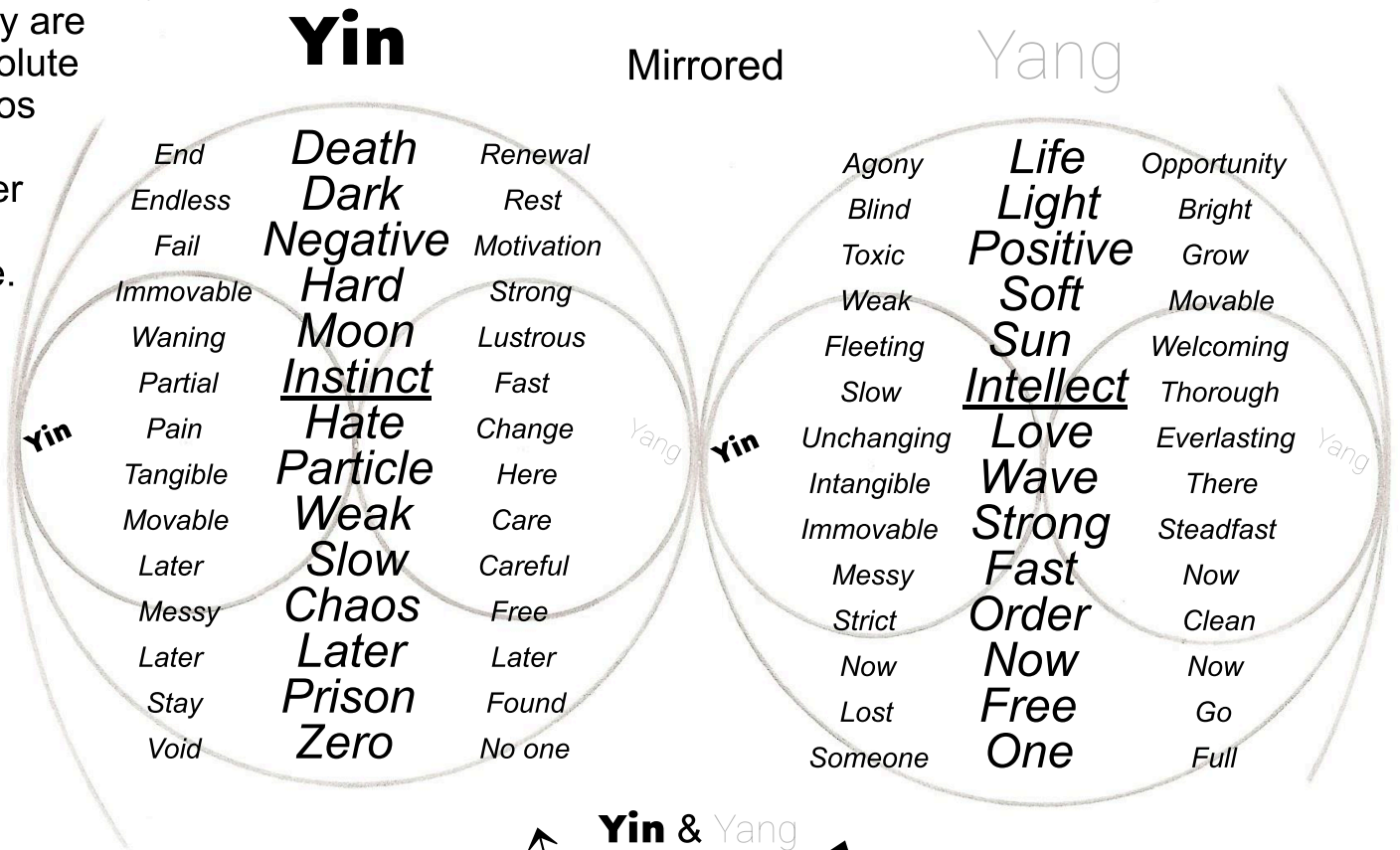
They put together the events  
of infinity, making sense  
out of the disorder.

They give reason  
to paradoxes and  
create past them  
into absurdity.

They are  
absolute  
chaos  
and  
order  
in  
One.

The Architects are  
not separate. It is  
One mind that is  
polarized.

I will perceive it – or +,  
Lest I am void.



↖ Yin & Yang ↗  
each have  
Yin and Yang  
within them.

Perspective goes both ways interchangeably for all ideas.

All the way down the  
Archetypes. As above  
so below. One of the  
ever repeating constant  
patterns.

♪ I NEED YOU ♪  
 BY  
 RAMESES B,  
 CMA,  
 CHARLOTTE HAINING

### 7th Density:

The Art of Love = Dying

The All: Life, Everything, Dream

7d is the whole of the universe, here I am complete and experience all of this octave in its many beautiful artistic forms. From nothing to absolutely everything.

After a time of being whole in this octave the soul can choose to experience the infinite possibilities that the great mind has to offer in infinite more octaves.

\*Notice, the continuity of one's soul journey is like the bending properties of light and not always linear.

There are infinite realms of possibility and refractions/ structures/ learning to experience. You may be new to learning this octave but you are a Master in other parts of infinity. You don't have rules to follow but you do have a desire and intention for Experience. Trust your selves to guide you on your journey. Fear, doubt, mistrust will fog your Lens/Clarity.

No matter what happens, "Everything is gonna be ok." There is always something new, there is always growing, learning, and creating. There is always Us.

I am Proud of you!

I am Grateful for you!

I Love you!

Be not afraid of Death, for it is the reflection of illusion. All is well, even in the presence of Nothing.



Please someone, I feel so alone.....sike.

-god

The Source The All Infinity 7D

Any Form of  
Representation  
Separates it/us

Om  
Infinite Intelligence  
Light  
Love  
Fractal  
Vibration  
Sound

Undefinable  
Limitless  
Orgasm  $\times \infty$   
Nothing  
Everything  
Contradiction  
Being  
Mind  
Boundaryless  
Conglomerate  
Eternally in one Spot,  
Nowhere.

ALWAYS WITH ME  
BY  
STREAMING MUSIC STUDIOS

\_\_\_\_\_ Density: The Art of Nothing:

\_\_\_\_\_. Death, Nothing, Sleep

“Did we die?”

♪ WISH YOU WERE HERE ♪  
BY  
PINK FLOYD



stretch  
By  
BLUZ

Timeless





### The Art of Afterlife:

When the receiver (body/mind) connection is faded out/in or severed,  
Depending on the infinite possible vibrations of death one may experience,  
The conscious observer (infinite possibilities here) usually takes a rest period in the Home glow.

When One is well rested they will slowly/quickly wake up, then their true self floods/seeps in.

Awake, One has infinity to do and be. The soul will be drawn to something seamlessly as a synchronized harmony. There is anything and everything to do, it is much like Life now just inside out.

**The Great Unknown**  
Right now I am in a dream,  
and when I die,  
I will wake up,  
then reality will set in,  
and I'll remember what I was doing  
And then I'll follow my intentions,  
And start my new dream again,  
Born, after, Life  
Whole again

As within so without.

♪ **Swim High** ♪  
**By**  
**RIVKA**

In Loving Memory Nick  
Yyy Profit

♪ First Day Out ♪  
By  
Yyy

♪ Bad Loves Ugly - Remix ♪

By

The Art of Shifting:

Atmosphere, Zeds Dead, Subatomic

Everything is existing all at once Eternally and Infinitely.

The smallest fraction of a moment is always frozen in time for eternity. I'm not my past or my future, out of infinity I am, just, right Now. I am Eternal.

Everything I see, watch, read, think, Is All existent. I am glimpsing across realities with my 3rd Eye.

The infinite Now is all there ever is, streamlined with the content and events of infinity.

Imagination/ thinking is access to infinity.

Nows are frames of a big eternal movie going in a weird circle. Spiraling upwards going over the same things but differently. (The Circle = Everything).

I am connected to All of my lives Happening right Now. They influence my thoughts, as I influence theirs.

Seamlessly and fluidly in a fraction of a moment I am shifting through infinite parallel realities based on how I think and what I believe.

Like electricity shooting through the neurons of the brain. The Now is electricity, while neurons are the body waiting for the Now light/ electricity to inhabit that specific eternal liminal space out of Everything, All ways, Always.

One has infinite bodies of the universe that they will experience through their octave. Some organic, and some not, All happening at once right Now!

Consciousness is like a water glider bug dancing across an ocean of All, creating beautiful ripples. Notice the ocean is all water gliders rippling off of each other, being both the water and the bug.

Boundaryless boundaries:

The Higher version of you guides 'this' you, like one guides a child or animal.

"You're a towel!"

"It was created by ideas flowing out of another world. This world could not have existed unless that other world had existed first. Whether this world is dependent on the continued existence of the first one."  
-Piranesi



♪ PURE IMAGINATION ♪  
By  
RICHELLE CUNNING

The  
Very  
Pulse  
of  
the  
Machine

The Meshing Multiverse

This you

The Many Souls From life choices and Possibilities

From one Higher self

Infinite

Barrier Between Universes.

Zoom out and see the Ocean of Light

The Higher Self's Soul

Gradience of Multiverses to one's soul choices

Other Higher Souls

One Possability of a Soul's Souls

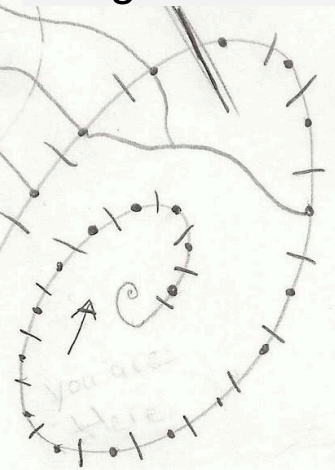
Imagine them like ferns continuously growing out/in

Entity Channeling

Moving like Fluid Dynamics (water, smoke)

Entity/entities being channeled

Many Souls Converging to channel information



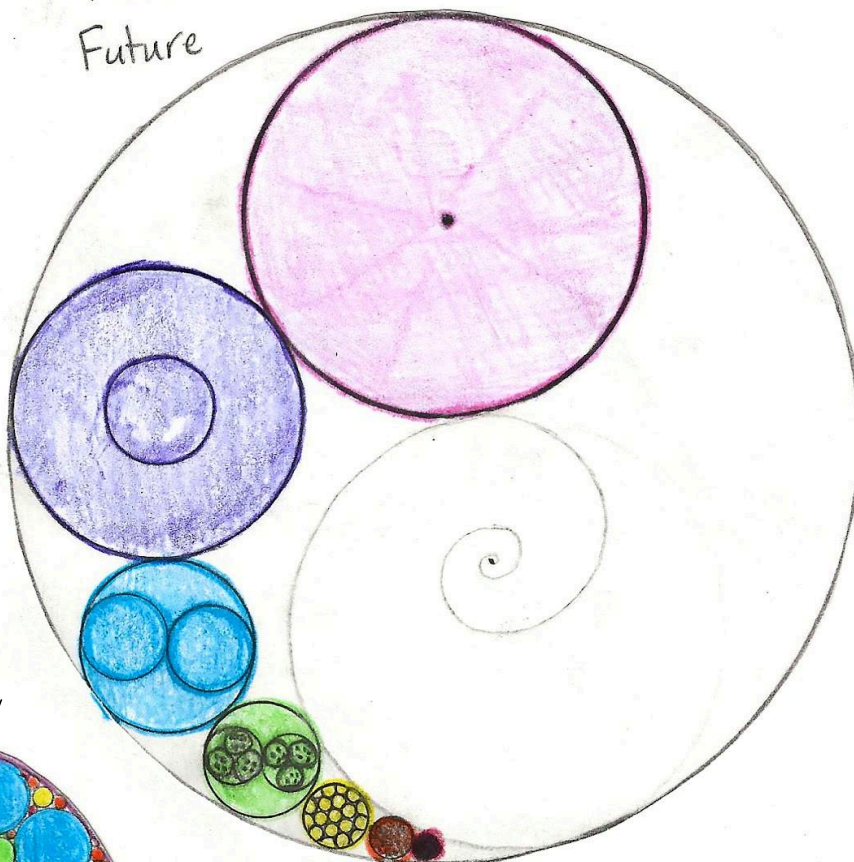
# Bodies

ONENESS  
BY  
DEVADIP CARLOS SANTANA

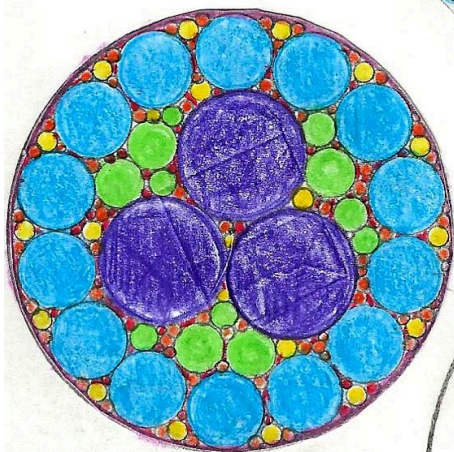
All of SPace and Time is happening at once.

Dimensions  
Liminal  
Realm  
Reality  
Here  
There

Past  
Present  
Future

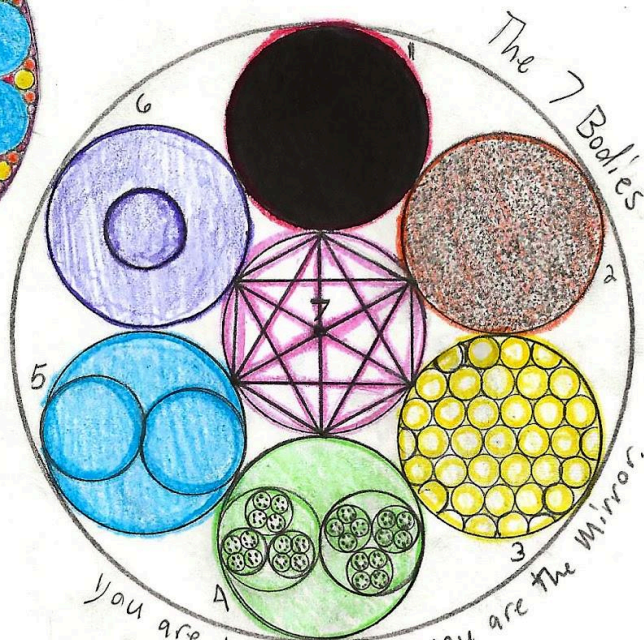


A possibility out of infinity



Density / # of Bodies

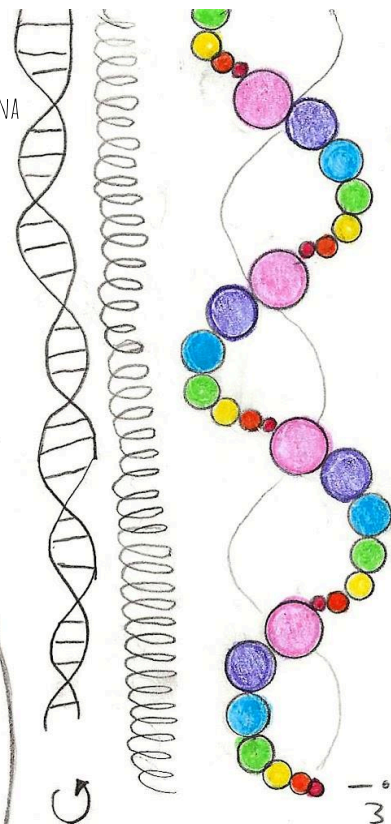
Density	# of Bodies
1	1,000,000
2	100,000
3	10,000
4	1,000
5	100
6	10
7	1



You are the center, you are the mirror.  
All connected

Each Density is a higher Level body of infinite versions of that body type.  
All bodies are connected and happening Now

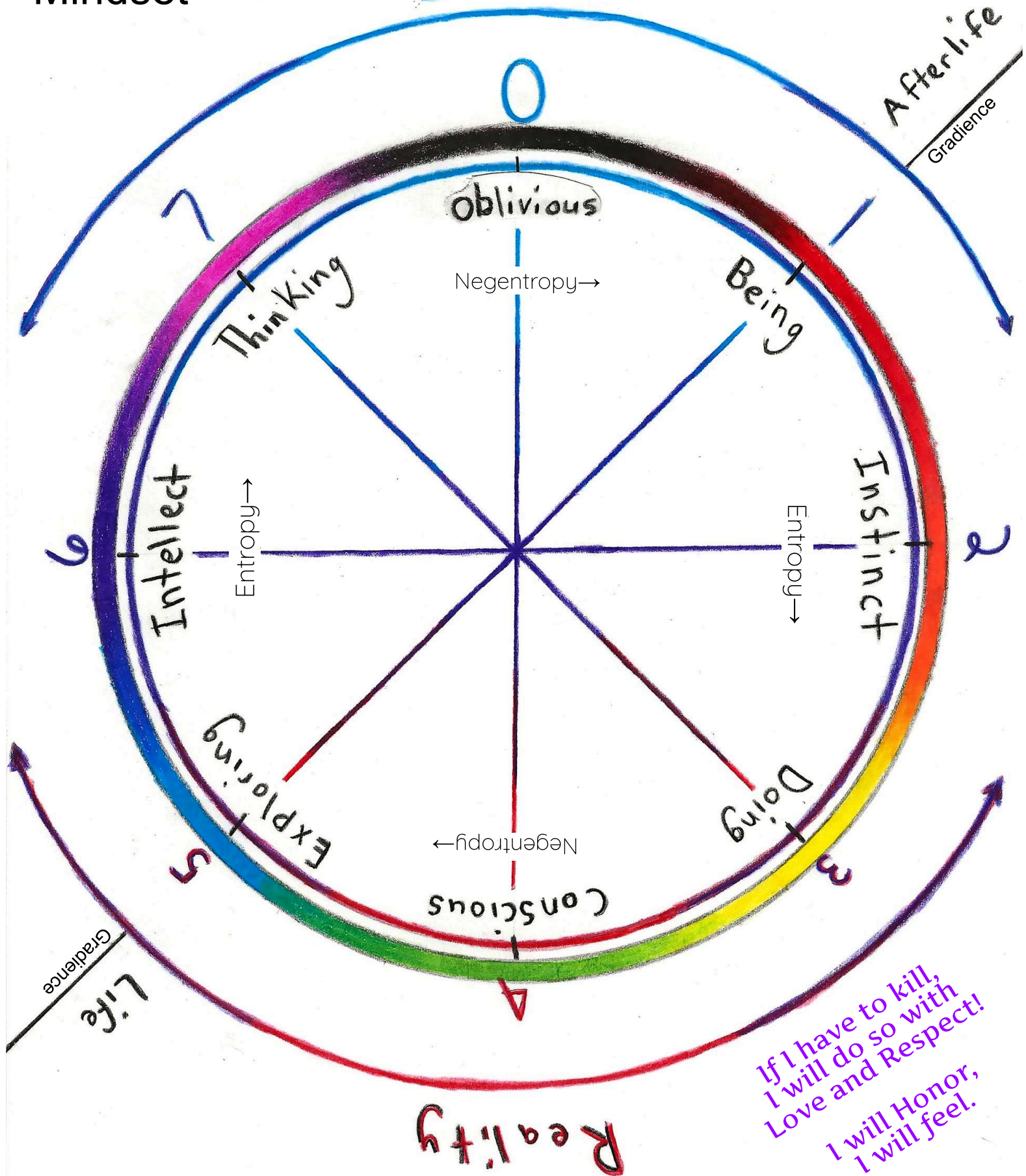
"To be a God can ultimately become boring and degrading.  
There'd be reason enough for the invention of free will!  
A God might wish to escape into sleep and be alive only in the unconscious projections of his dream creatures."  
-Children of Dune



Taste the Rainbow!

Perception  
Mindset

Dream



# Perception Mindset

The relationship between Dream (disorder) and Reality (order) through the densities and how they are similar and different.

**Blue:** ----- "Unheeding"----- (Not paying attention)

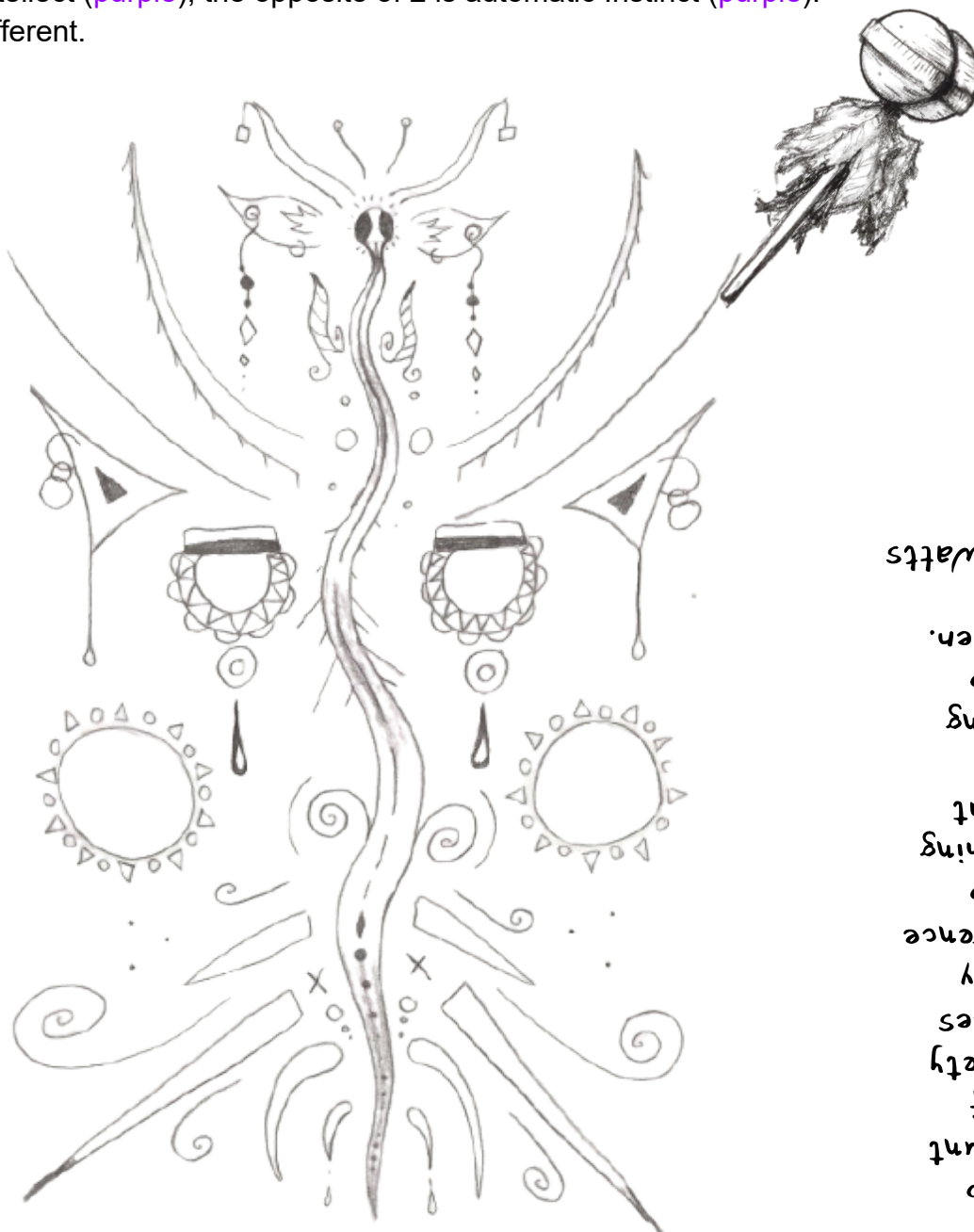
**Purple:**----- "Automatic"----- (Occurring without conscious thought or intention)

**Red:**----- "Vigilant"----- (Keeping careful watch)

0 is unheeding (**blue**), the opposite of 4 is vigilant Conscious (**red**).  
Different but the same.

6 is automatic Intellect (**purple**), the opposite of 2 is automatic Instinct (**purple**).  
The same but different.

9 2 6



-Alan Watts

No amount of anxiety makes any difference to anything that is going to happen.

Regrub Gnik

Life

As Above

Afterlife

Outside-in

Thinking

Love

Inside-out

Here

There

Mirror

Intellect

Creation

Inverted  
Mirror

Exploring

Living

Conscious

Mind

Doing

Will

Instinct

Choice

Being

Dreaming

Life

So Below

Afterlife

As Within

So Without

7

6

5

4

3

2

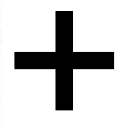
1

swirl

lens

swirl

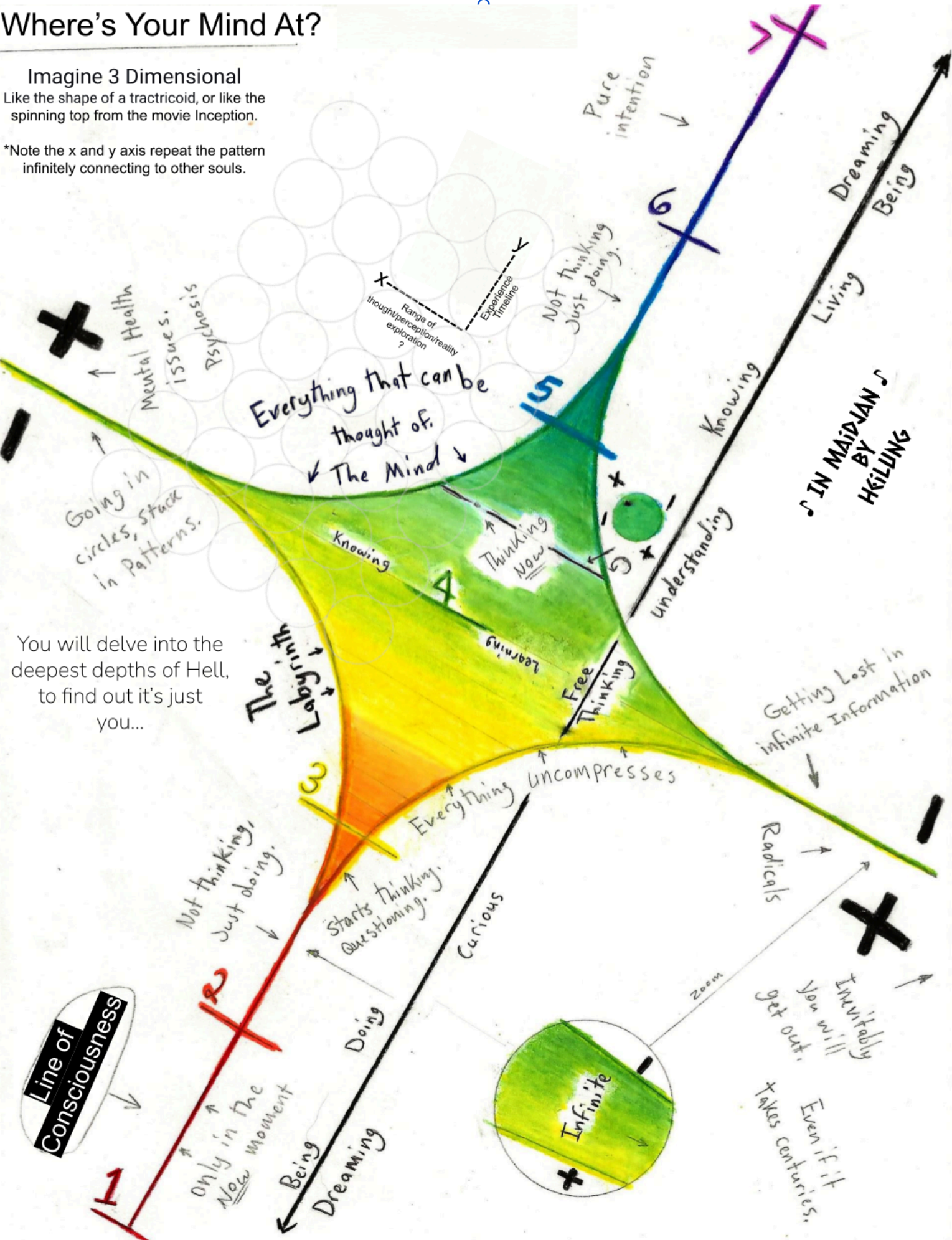
lens

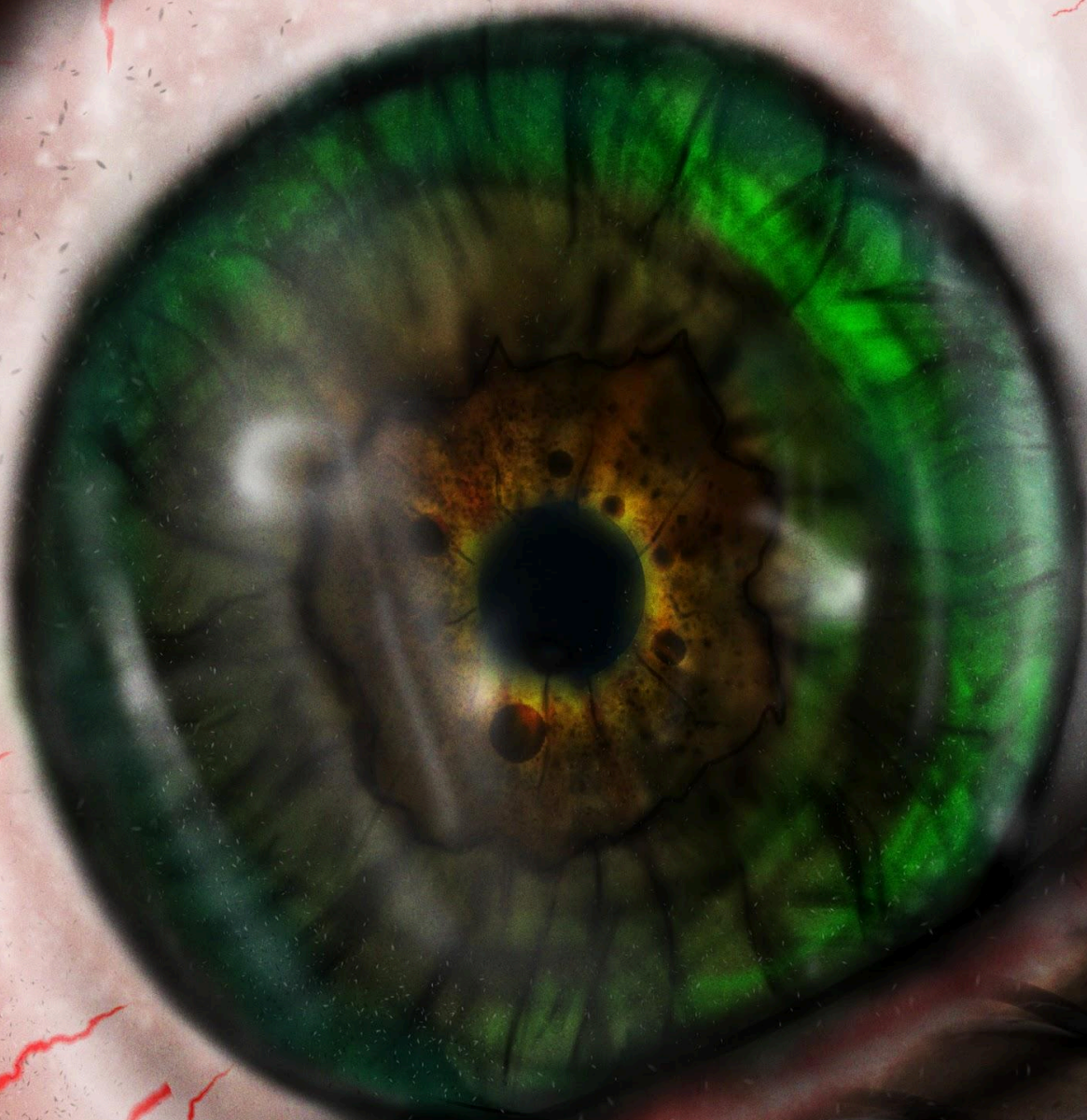


# Where's Your Mind At?

Imagine 3 Dimensional  
Like the shape of a tractericoid, or like the  
spinning top from the movie Inception.

\*Note the x and y axis repeat the pattern  
infinitely connecting to other souls.





Strain



Strain  
Detective Philip Green  
Case: The Renge Family

The trail ends here, at the forgotten St. Francis Psych Ward, feeling the fire of determination as I go for the front doors. To my surprise it's unlocked, and as soon as I walk inside I instantly feel nothing, it's dark and I hear nothing, the pressure in here feels different. It is deafeningly quiet like I am deep underground, and what I see doesn't make any sense either, it looks clean, almost new. Walking through the halls, this sick psycho of a place is making me feel very uneasy. I can feel the echoes of pain that soaked its way into the walls over the years. There's pages and pages of paperwork just listing all of the unethical horrific incidents that transpired here by the doctors and staff.

The sanitarium has been abandoned for about 20-30 years now, because the ward was far over its limit capacity and became overrun by all the patients overnight. Emergency protocol triggered and the whole building went into quarantine sealing itself shut, only to be opened securely from the outside. A controversial decision was made to sacrifice everyone inside by leaving it locked up. Nobody really knows what happened here, just that when they opened it back up 2 years later, those that had gone in to investigate, all came out different, and would get angry if you asked them what they saw. After that nobody wanted to go into the building so they made some prisoners clean it out. Quite a few died cleaning the many levels; suicides, murders, several disappearances, some became more catatonic the longer they were in there. After several months, and many tragedies, once it was cleaned out, still nobody wanted to go inside. Eventually even the small town itself was slowly abandoned, I guess the guilt left a bad taste in the minds. So there it sat with open doors collecting who knows what?

My mind must be playing tricks on me, I think I'm smelling rubbing alcohol, it's too faint to tell. Come on, I need to focus. I'm here looking for the man who slaughtered his entire family, and my last clues lead me to room B6 on the 5th floor. Jokingly I press the elevator button, and the doors open, but think I'll take the stairs. A few flights later I feel like I'm being watched, but there's nothing everytime I look. I reached the 5th floor, and as soon as I step foot on the floor, I am overcome with a violent fear, something is telling me to run now. A familiar feeling I've learned to ignore, c'mon I have a job to do. As I make my way through the sterile hallway to wing B, I hear something scramble across the floor through the corridors, and then that dead silence again. There's a Boom through the halls and then I hear what sounds like hundreds of people screaming over each other in agony, and the sound is getting closer to me. I try to swallow the panic in my throat but fail as soon as I see the silhouette of a massive grotesque form shambling towards me. Why am I here? What am I doing? Who am I? All sense of logic has

disappeared from the fear coursing through my veins, I quickly run to the nearest door and slam it behind me. As the screams become louder and stronger, I can feel the vibrations in my body and I begin to panic more and more, trembling uncontrollably. Then there it is again, that deafening silence. I slowly turn to look through the keyhole and all I see is a single eye staring motionless and dead, I know it sees me. I am utterly frozen in fear. . . I close my eyes for any way to hide, and when I open them again I see a piercing light blinding me. "Philip...Philip can you hear me." I melt into a sigh of regret, sorrow, and physical pain. I dreadfully ask the Doctor....."Did I hurt anyone?"



Resonates

Been there,  
Done that  
Lived it  
Felt it  
Been that

It Feels so Familiar

Master

Familiar

Noob

Experience

Ok cool.....  
we're all a  
bunch of  
weirdos....

All of Infinity to Experience

Dis you

Like Neurons,  
or constellations,  
or goo.

Gods

Something new Forever!

YRU so weird

SWEET DREAMS  
(ARE MADE OF THIS)  
BY  
EURYTHMICS,  
ANNIE LENNOX,  
DAVE STEWART

Be Kind!  
They may be  
noob

Cause Im a creep,  
Im a weirdo

The Great Mind  
Architects

Atomic

Cell organisms  
Animals

Self aware

No Boundaries...  
Still infinite...

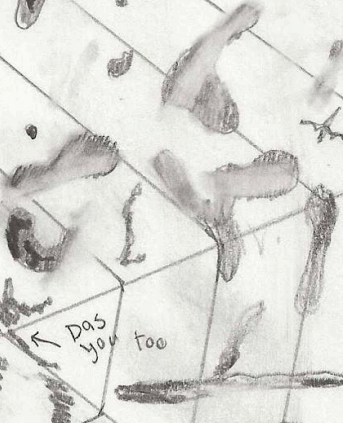
Good Luck Filling it  
All.....  
Halfway there!

Go SPlore!

no u

What the Hell am I w Hell my town  
Youll always find  
! aray group I w Hell my town  
a different culture recently.  
Be Kind, they come from  
Astral Entities

Look like children  
over here Adults  
may be



# Other Lives

AYE WON'T MA, FLEEDUM!

Think outside  
the boundary

Your thinking  
too much. Go  
Drink some water.

Boundaries can  
or can't be  
set depending  
on your  
over soul  
set up.  
you set this  
UP to learn  
something.

You weave through Parallel realities  
to your destination. (Gravity)

other lives

life life life

soul

you are Here

Possibilities  
of life

This isn't  
where I parked  
my car.

Other Possibilities  
of your current life

you  
there

SCP 083

How you vibrate is what you  
attract to you. You gravitate to how you feel.

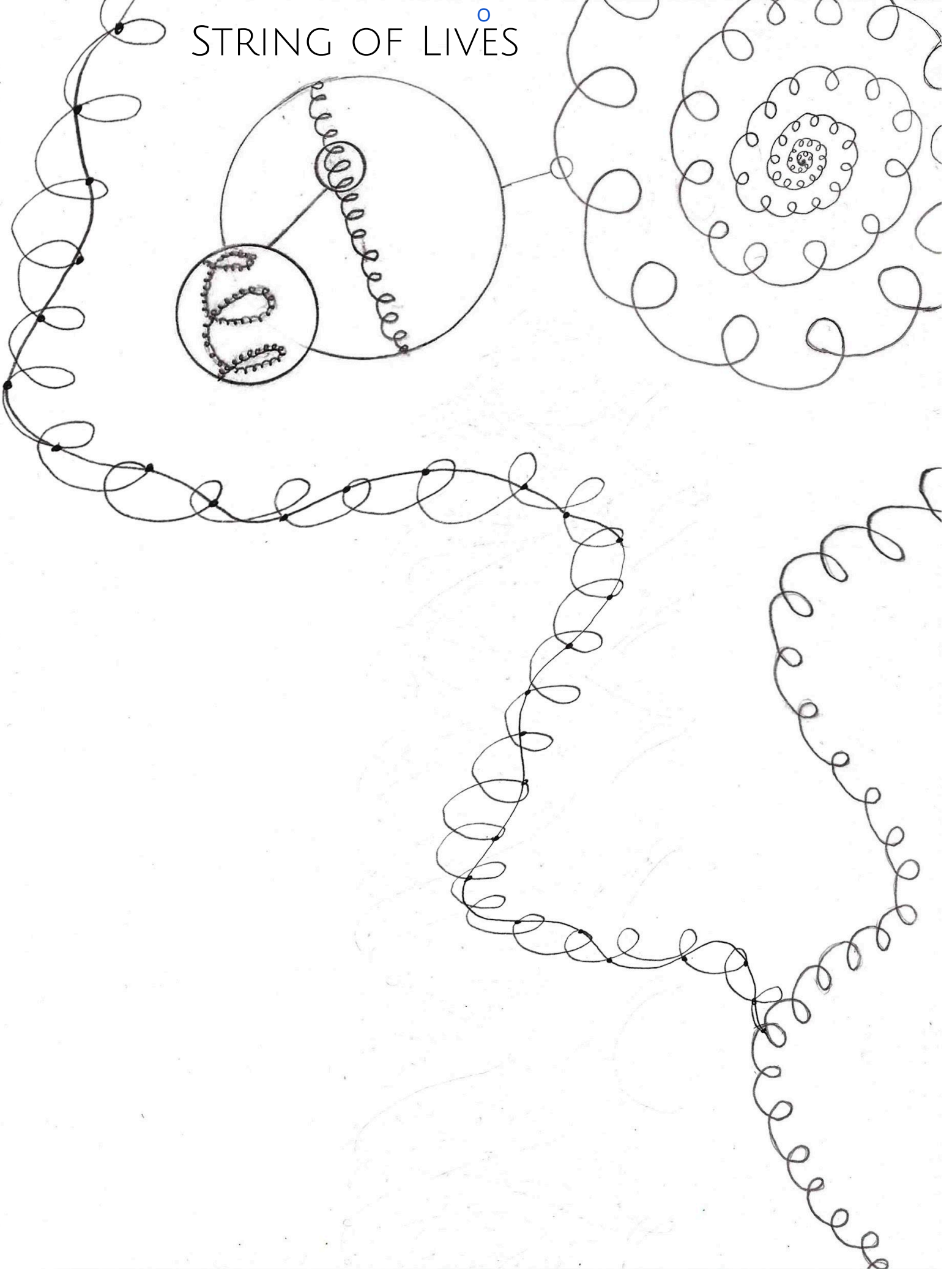
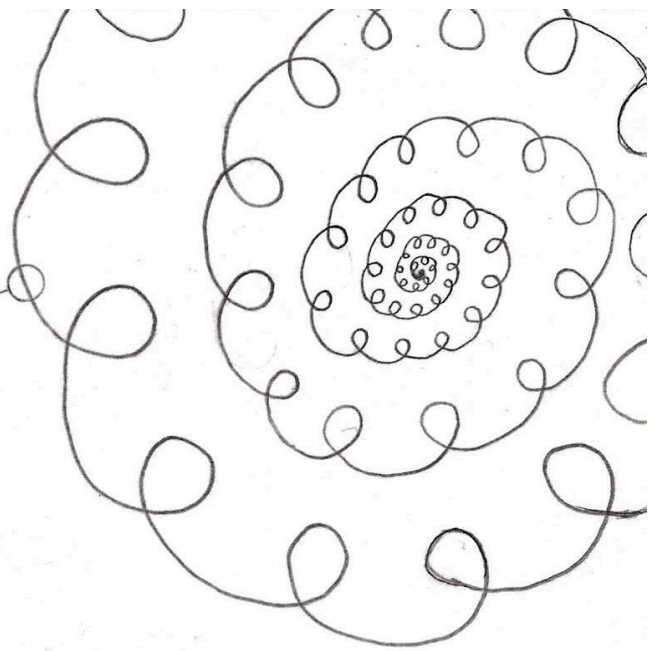
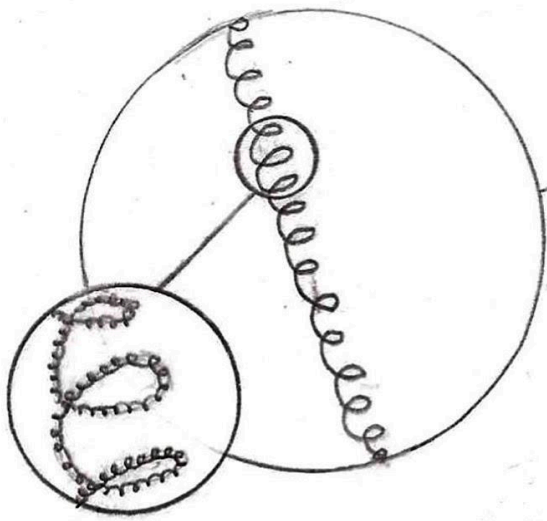
You "can't" change time, only vibrate to an alternate parallel  
universe where the outcome already exists, out of infinite  
variations. Frequency/Vibration is key.

There are realities of grouped universes that interconnect to create  
a time travel multiversal story, by the creators.

Everything exists someway.

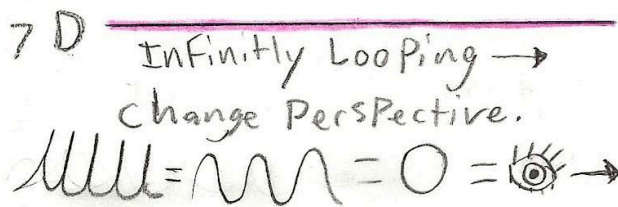
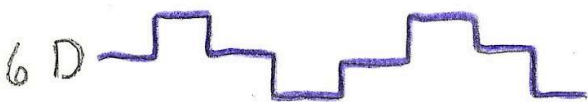
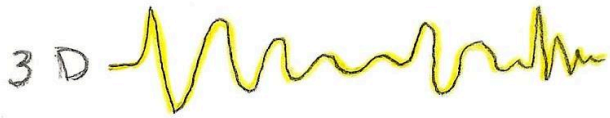
♪ WHEN I GET THERE ♪  
BY  
BIG WILD

# STRING OF LIVES



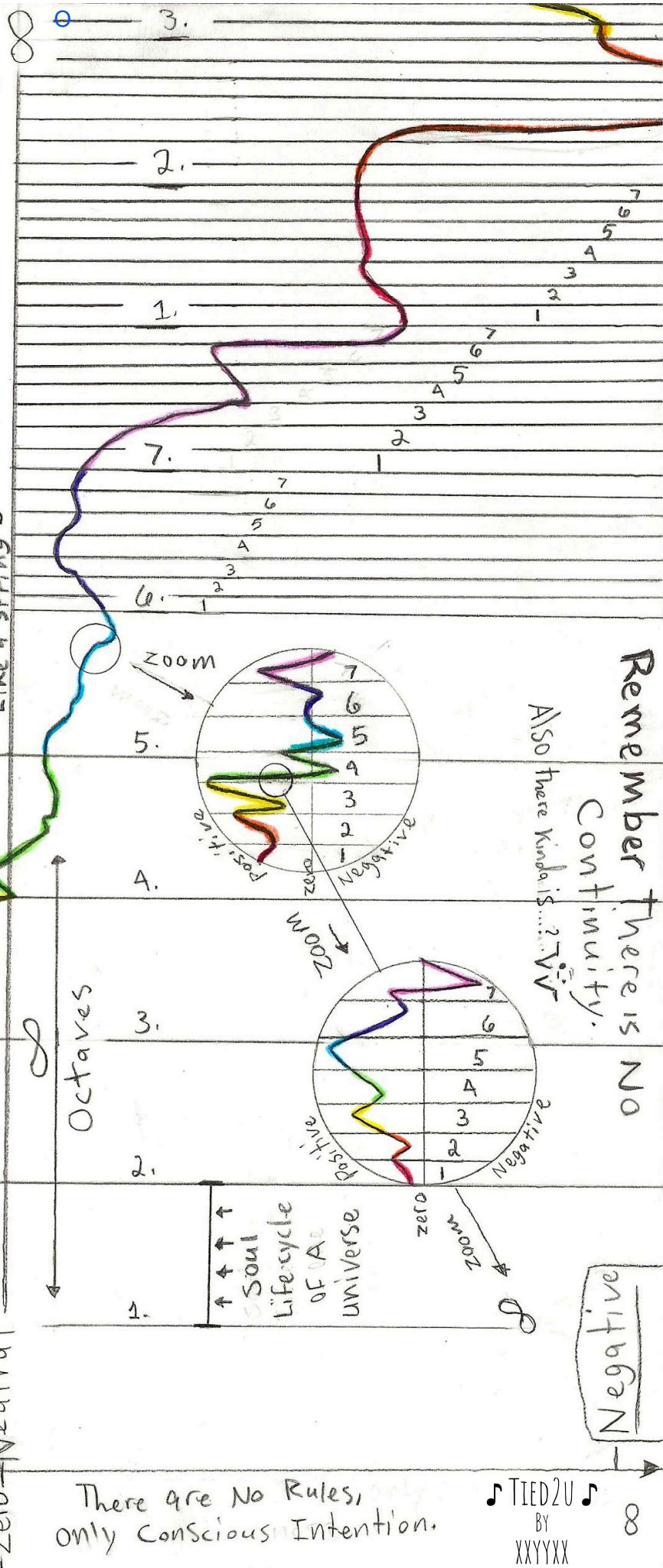
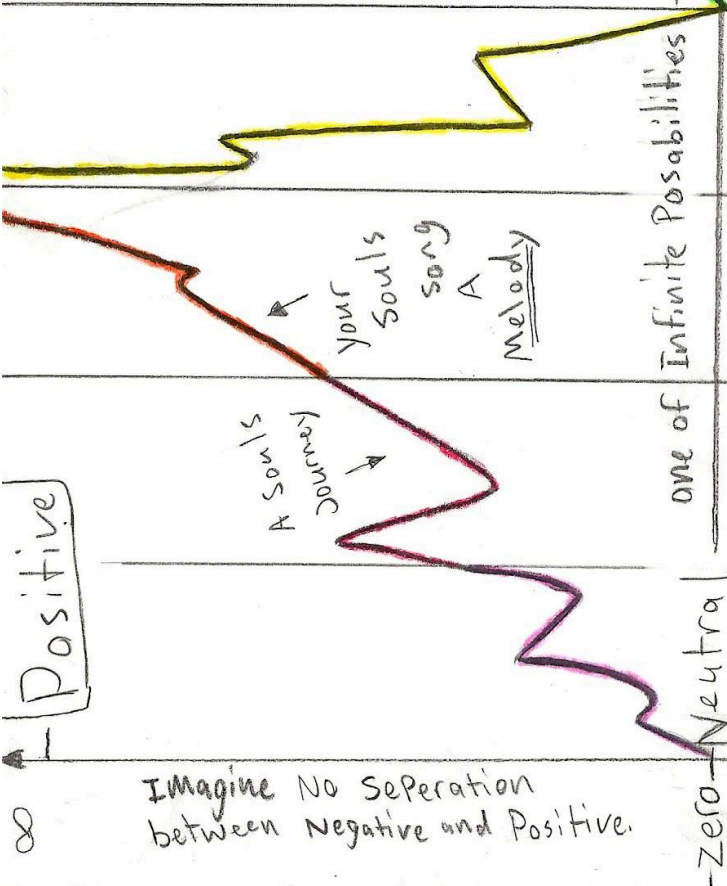
# Soul Vibration Timeline

Timeline For each Archetype.



Eternal Now ↑

Every life of your Eternal soul.  
All at Once. →



Remember There is NO  
Continuity.  
Also there kind is...?

Imagine No Separation  
between Negative and Positive.

There are No Rules,  
only Conscious Intention.



You're Brain on Drugz

ONE DROP OR TWO  
BY  
DYMUNS

You're Brain on Drugz

ONE DROP OR TWO  
BY  
DYMUNS

SpaceTime

Timeline  
SpaceTime

Black Hole

Earth

what it looks like



Black Hole

Earth

what it's doing



$E = MC^2$  Squawk!

♪ i am not who i was ♪

By  
Chance Peña

### The Art of Synchronicity / Karma:

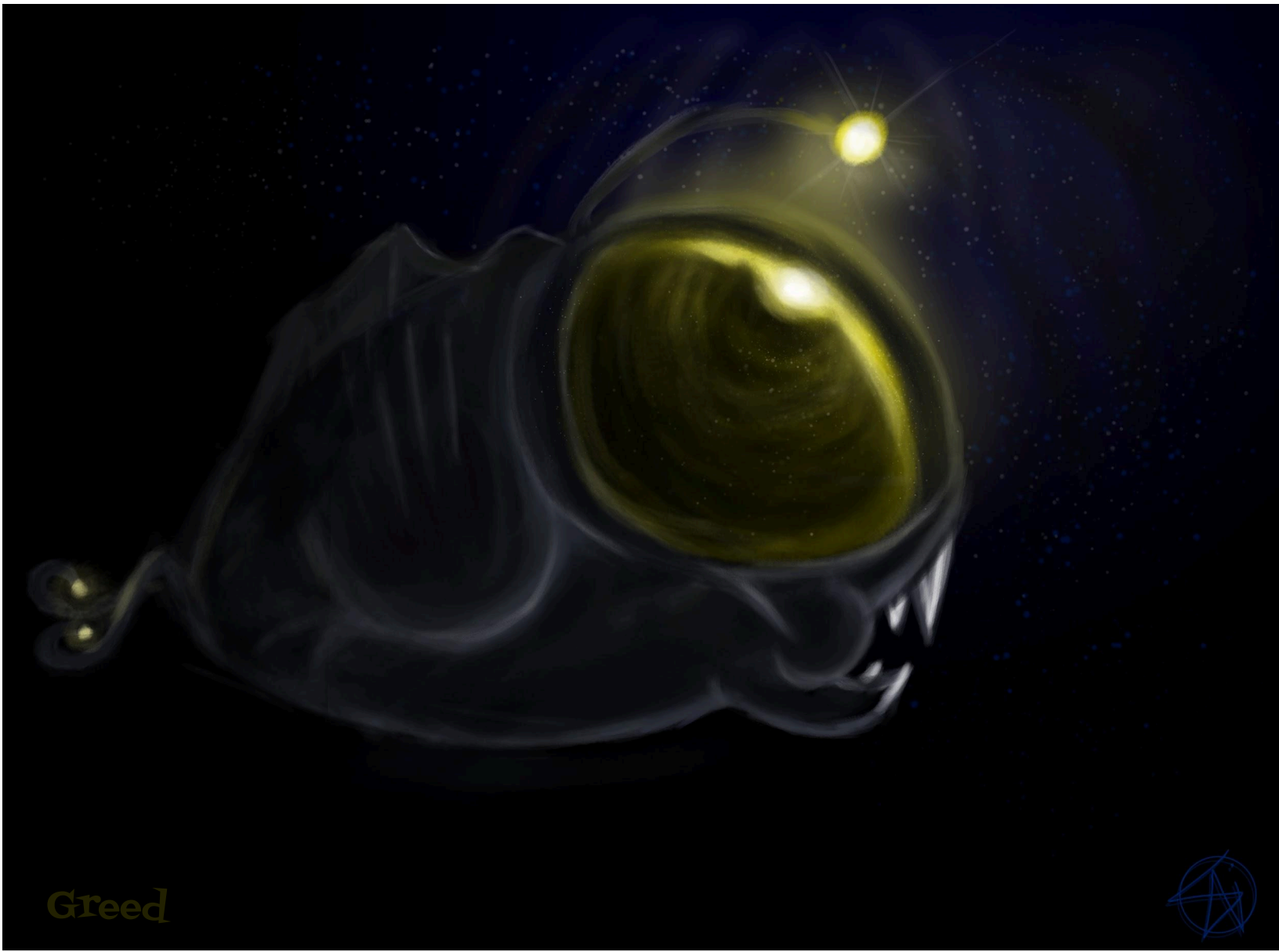
My choices create ripples, and I will experience these ripples of choices throughout my lives and eternity. \*Notice the way you perceive the whole of reality creates a narrative in every moment.

Karma is fluid and linked to my thought bending like light right Now. How I perceive my Karma creates it.

I am the narrator, I am the creator, I am the influence on me through other.

Purely, if I learn from my mistakes and truly forgive myself with understanding, I may restructure karma.

Forgiveness releases karma. Exploring the root cause to release the burdens I carry. Can I fully accept what is happening?



A  
t  
t  
a  
c  
h  
m  
e  
n  
t

# Spirit Energy

Imaginary Friends	Stuffed Animal/ Inanimate Objects/ Toys	Animals/ Pets/ Life	Parents/ Siblings/ Friends	Partner/ Lover	Soulmate/ Mirror	Self/ Faith
-------------------	---	---------------------------	----------------------------------	-------------------	---------------------	----------------

Relative Least

Relative Line of Attachment

Relative Most

(Suffering)

What Im running from  
is attachment to ideas  
that are real, creating  
real emotion.

Im running from the  
thing I want most,  
connection.

A relationship  
with  
Love and Pain

Be here Now

Let me forget  
myself  
So I can Love  
and Fight my  
other selves,  
again.

Truly expect  
nothing and see  
abundance  
for what it is

# Oiy!

**Start Here →**

Intention of Attachment

7

Alone/ Full  
Being

Knowing

Acceptance

6

Letting Go

Shedding

Practicing

5

Accepting

Finding

Learning

Searching

Questioning

4

Dying For/  
Kill

Loving/  
Worshipping

Fighting For/  
Taking

3

Attaching to

Wanting

Seeing

2

Noticing

Craving/  
Yearning

1

Alone/ Empty



### The Art of Attachment:

I see all of attachments like holding a fragile flower in the palms of my hands.

The wind may come along and blow away the flower from my hands.

I can let it fly away to the natural flow of life, Loving what I had, and accepting when it's gone.

I can crush it in my hands in fear of losing what I Love, suffocating its life.

I can also covet my flower, obsessively protecting my flower, controlling my flower.

How hard am I gripping onto my attachments?

My Life  
My Body  
My Loves  
My Family  
My Health  
My Soul  
My Pets  
My Personality  
My Toys  
My Planet  
My Home  
My Being  
My Friends  
My Thoughts  
My Intelligence  
My Humanity  
My Needs

My

My

My...

I want my mommy

I will feel my attachments with great emotion, what I do after is what matters.

Be not afraid of what you Love.

## *It is ok to let go*

*Letting go of emotional memories, doesn't mean I don't care.*

*Holding onto shame and guilt is putting myself in time out.*

*Letting go of emotions to these memories doesn't mean I didn't learn my lesson*

*I am absolutely allowed to feel how I want to feel.*

*Letting go doesn't make me ignorant.*

*Letting go does not make me an asshole.*

*I am allowed to think positive thoughts in the darkest of times.*

*Letting go is important for me to actually move forward.*

*I only have so much room in my mind for thoughts throughout the day.*

*I need to learn how to spend my thoughts and perceptions wisely.*

*Things are gonna keep happening, I can't pause, I can't freak out.*

*It is not impossible, it is necessary.*

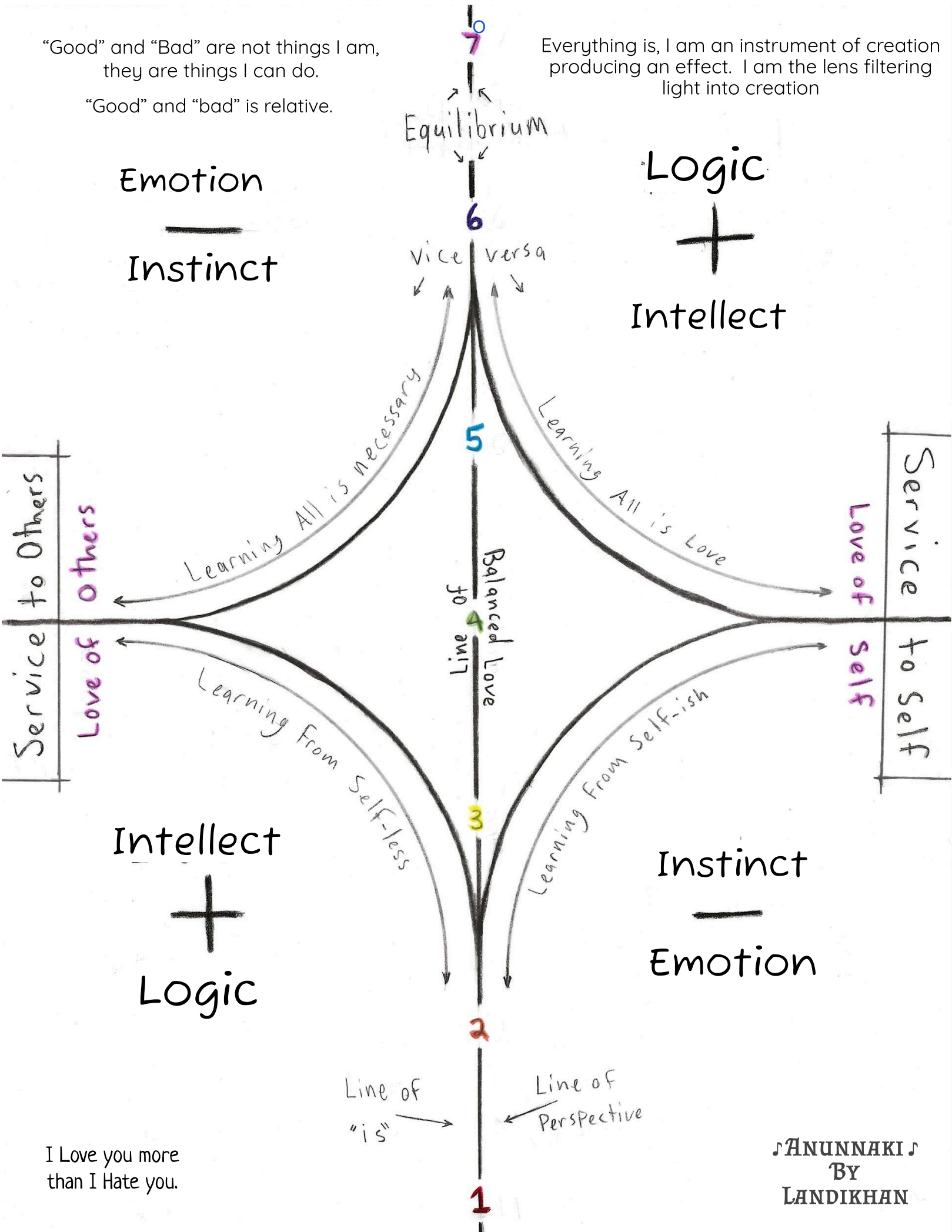
*Either I learn to regulate myself, or suffer the curses of my creations.*

*Think about it...*

"Good" and "Bad" are not things I am,  
they are things I can do.

"Good" and "bad" is relative.

Everything is, I am an instrument of creation  
producing an effect. I am the lens filtering  
light into creation



I Love you more  
than I Hate you.

ANUNNAKI  
BY  
LANDIKHAN

### Soul Groups:

I am in a Big Soup of Me.

Everyone in my life is a reflection of my inner mandela, mirror.

God is the separate intentions of all of us, no one's up there but me/ it/ you/ us/ I.

### The Art of Kingdoms:

Take the Animal kingdom and lay it over the Human kingdom, leaving only their energies. The different personalities and energies are analogous. Now take the Insect kingdom, then the Element kingdom. Notice: A gradient spiral going up through the densities (lowest to highest). Each level is analogous to their neighbor.

### The Art of Cultures:

### The Art of Service to Other Selves:

Self-less

Do what you can to serve other selves.

### The Art of Service to Self:

Self-ish

Do what you can to serve self.



## The Art of Power:

I am an infinite divine being that has always been, and is always making a choice in the moment.

I am a divine being with free will always, in life, death, whenever, wherever, or whatever I am....  
Learn your power of thinking.

Everything Exists, how I react to it, is me using my power (it's on me).

It's the principal not the material.

All that's happening is a consciousness reacting to everything

At the core of it all one does two things to everything:  
I like (Attract). I don't like/ indifference. (Repulse). Ones and Zeros.

I don't have to do what they say, just hear what they have to say.

My belief is my power. If someone curses me, and I believe it, I create the curse on myself from the idea given.

Everything is the epitome of the universe, I am the conscious epitome of the universe.

The soul can choose whatever it wants to do, you are ancient and eternal, you have always been. You don't remember because you've made yourself forget to have this specific experience you're having right now. You are infinite, you are divine, you are whole and complete already. Your destination is now. Your meaning of life is everything. Follow your feelings, do what you feel drawn to, what feels right for you. Love and light.

Would you kindly

Stobaroni and cheese, PLEEZE!

The stories you tell yourself,  
are just that,  
"stories."

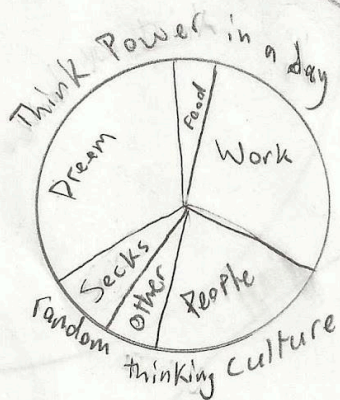
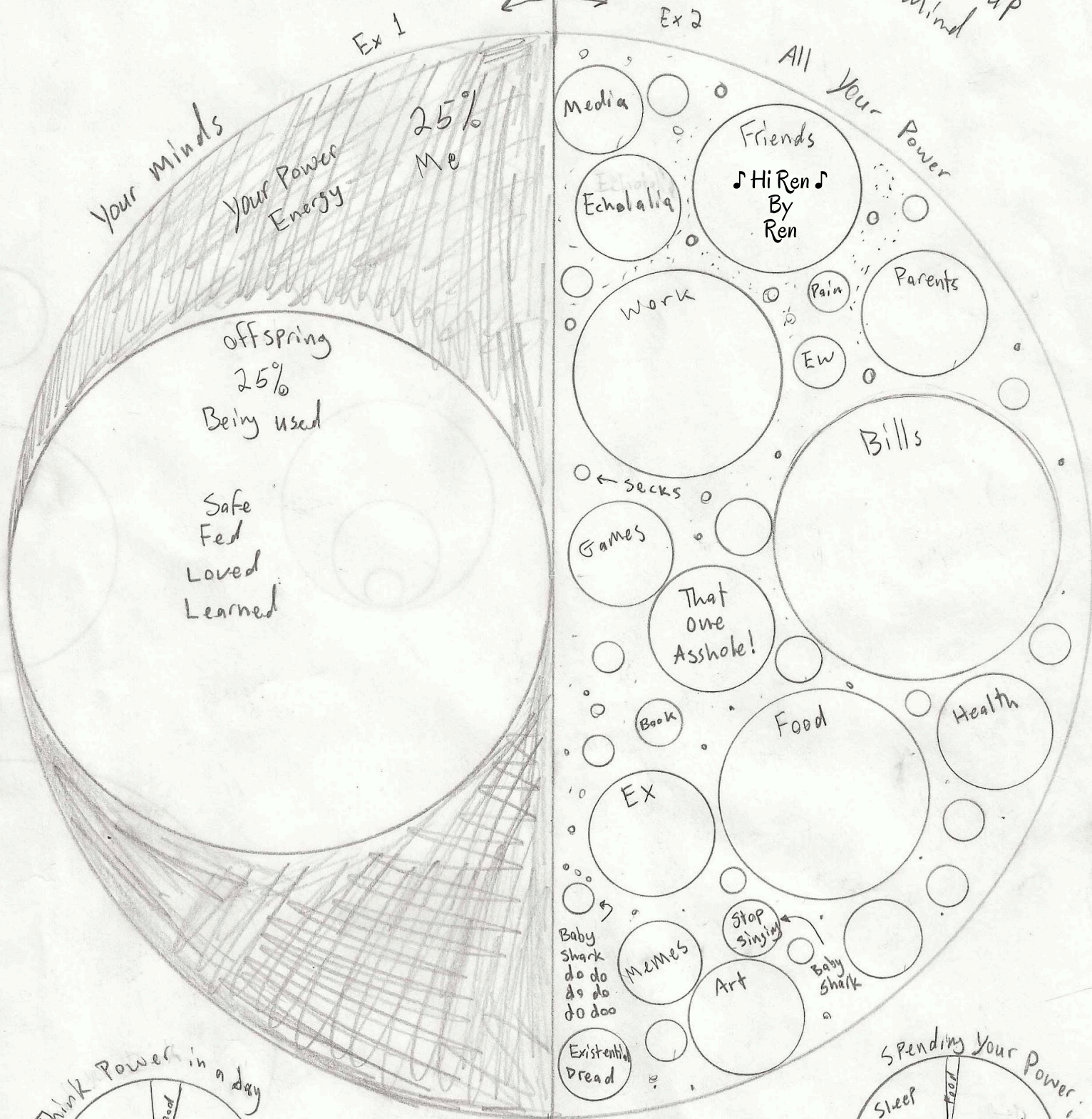


♪ OVERTHINKER ♪  
BY  
INZO

Using your Power

How you think

What takes up your mind

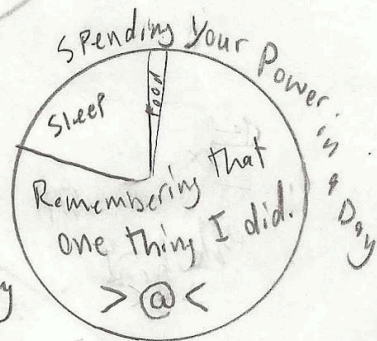


Thoughts are currency

What does yours look like?

What are you consuming?

How are you Nurturing Your Minds Plant?



# Using My Power

## What should I be Thinking about?

In order to use my power effectively, I must be grounded in my reality.

To become grounded in my reality I will need Priorities.

Priorities are why I keep trying.

A long term goal that keeps me moving forward, an intention.

I use short term goals as the foundation to climb up.....slowly.....like a plant.

♪ Love ♪  
By  
Kid Cudi

That rushing feeling of I NEED TO!

Stop. . . . .

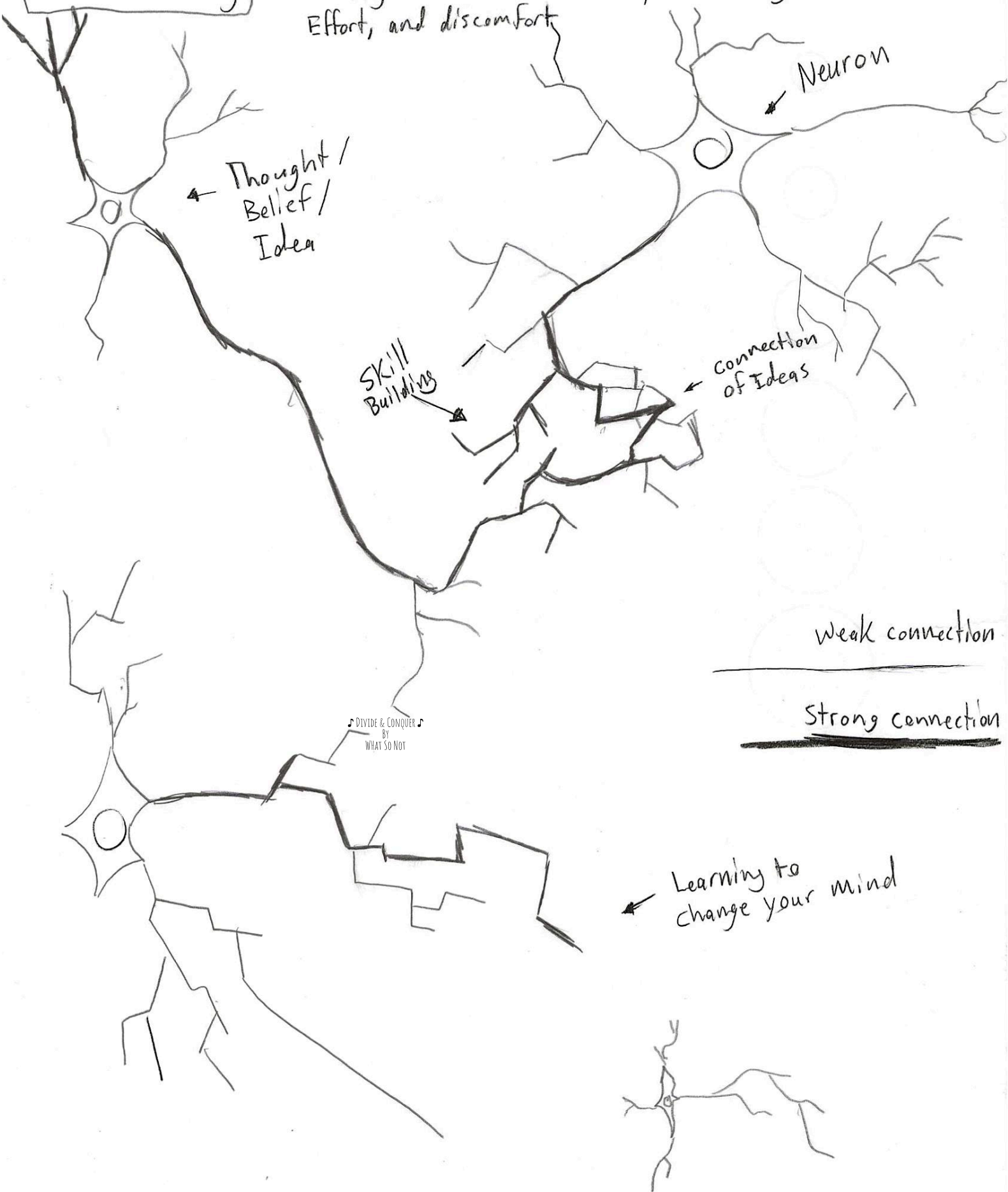
Relax the mind/body,  
and Do.

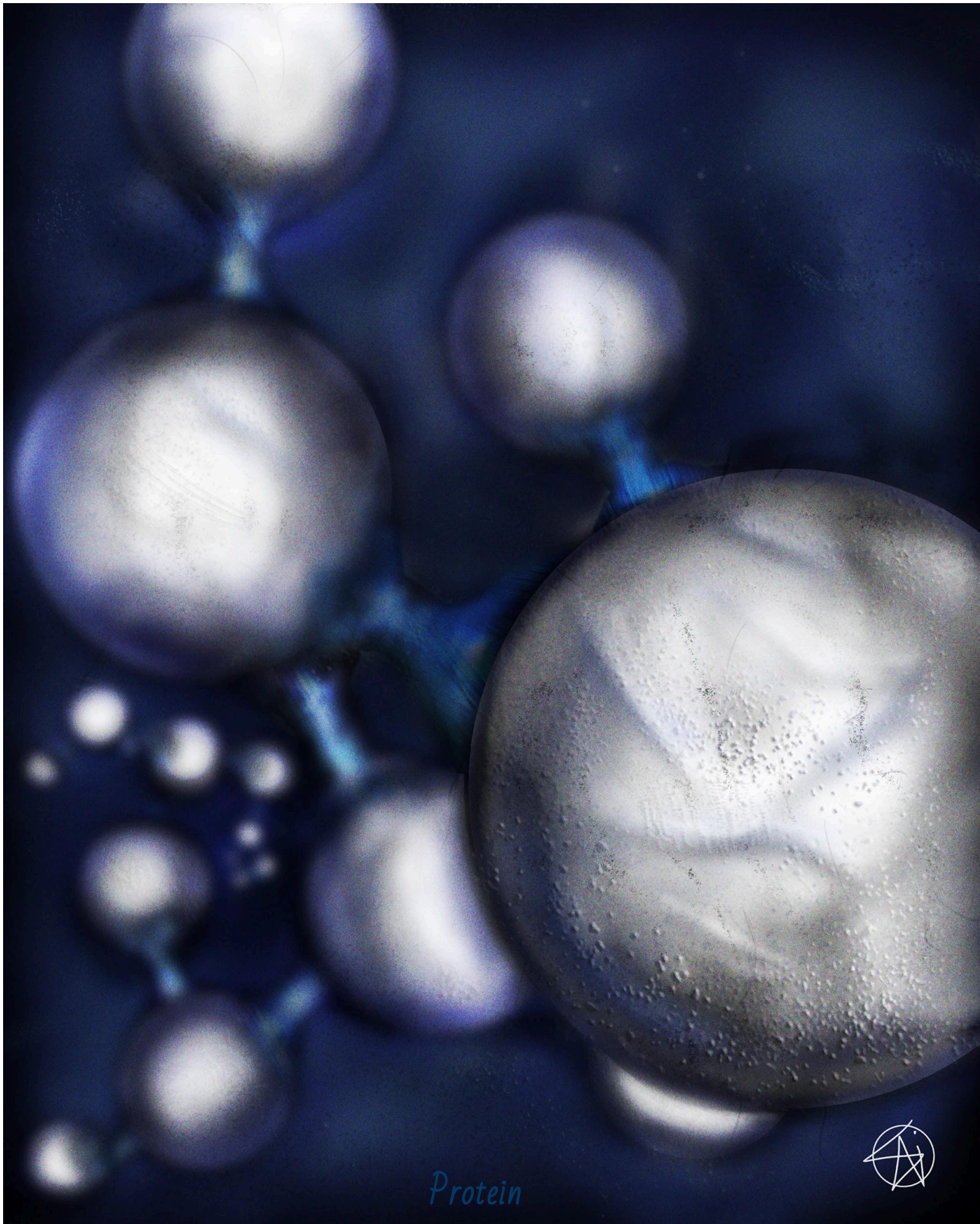
Winding myself up is not gonna help!

**My emotions are tools to listen to**  
**\* not rooms to occupy \***

# NeuroPlasticity

Building New Neural Pathways: Migrating takes intention, Effort, and discomfort





*Protein*

The Art of Intention:

My intention is a strong vibration

Find something to intend on with a feeling of certainly to accomplish said intention.

Hold certain the belief in my subconscious.

No matter what, do not stop believing in my intention.

Now I will live life in the moment, knowing in the back of my mind, my true intention.

The universe will begin to unfold over time, in that progression changes will occur in my life.

Focus on being in the moment,

When obstacles present themselves during the unfolding just try my best to navigate the rough waters, while knowing this is the unfolding of my intention.

No matter what, I will hold onto the belief of my intention, even in the face of pure uncertainty. There may be moments when I will be pushed to the point of faltering my belief, I will try to remember my intention.

Things change and so do intentions, when and if I am faced at a crossroads I will follow my feelings and remember Love. Trying to choose the choice of love in every situation throughout my journey.

My intention (Sai) is to create a world of peace, love, and creativity! And I won't stop no matter what happens to me.

Life Cycle of Manifestation

1. Birth of an idea/intention.....The ?
2. Incubate thought/intention.....Learn
3. Put thought/intention into will/action.....Create
4. Faith/Know of intention and it's flourishing.....Always
5. Maintain vibration of intention/thought.....Creating
6. See intention come to fruition.....Reflection
7. Love and gratitude for manifestation.....Dream

*I will Believe*

*Life's a garden, dig it!  
-Dirt*

### The Art of Practice:

The mind is a big garden and this garden is constantly growing, no matter the nutrients they receive, be it water or piss. The nutrients are the thoughts and vibrations we feel and over time the Garden will grow into a more lush or barren land depending on how I feed my mind.

There are many plants in my garden and they take a long time to grow, they need patience and consistent care to be able to bloom. Growing this garden takes baby steps, love, patience, and intention.

If I try and fail, then I didn't fail, if I choose to see it that way. I just got a little better, try again, and again, and again, and again. There is no such thing as failure, there is only learning. If I choose to embrace failure, it will only take me longer to achieve my goals and intentions. Don't feel bad, feel determined. Whatever may happen is for me to learn, Trust the universe (myself).

### The Art of Living Dead:

I'm holding my collective emotions in my body right now, it's exhausting and is influencing my emotions. Relax... Breathe deep (In Nose) comfortably. Give way to all your muscles. Loosen them, slacken every fiber, your face, eyes, ears, jaw, chest, shoulders, arms, Everything. Breathe and blink comfortably, be like a zombie. Remove all External emotions from my body, creating an unbiased neutral state, be Nothing, but a witness. This is my natural state.

I will immediately fall out of this state as soon as I start doing anything again, so I will practice remembering to remove all my emotions from my body in the current moment from time to time. It refreshes me much like a deep breath for my soul.

### The Art of Calm:

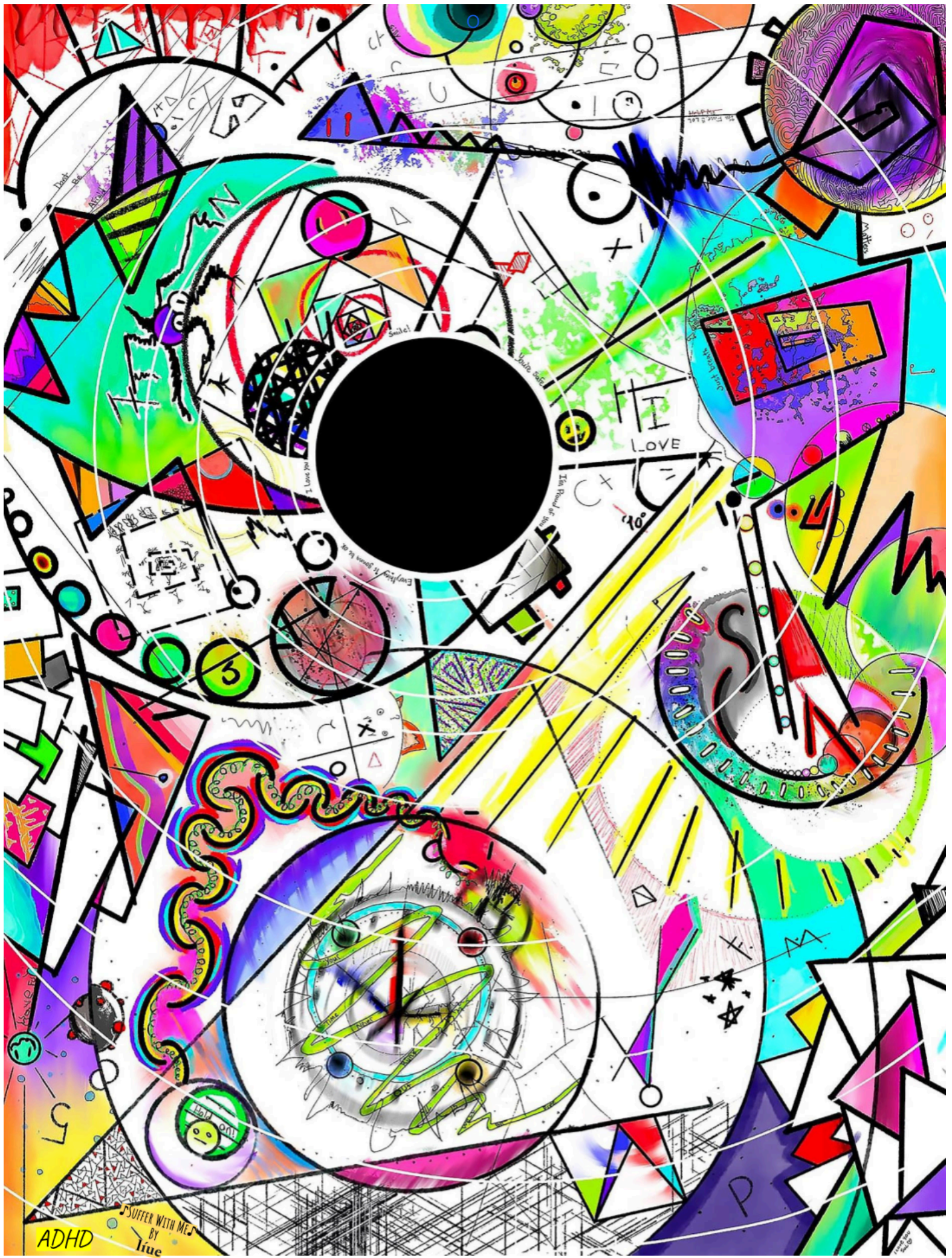
Keep calm  
and  
calm on.....

Calm on dude.

I mean come on dude!

♪ Indica - Slowed ♪  
By  
lelxx





♪ Ungodly Fruit ♪  
By  
Wax Tailor

The Art of Human:

I are a spiritual being having a human experience designed for me by Me.

I will learn to trust myself.

I are a unique instrument, with particular creative expressions. Yes I r.

I am gonna fuck up, and it is the most natural thing.

I will not take my failure as a loss.

I am going into it, knowing to fail, for the experience will shift my perspectives.

Some entities just need to get it out of their system.

You, Yourself, and Eternity:

The only thing that is real is the stories I tell myself, from my experiences.

I will be my Best Friend.

How I talk to myself matters. I am a constant in my head.

My partner can leave me, but I can't leave me. How is my relationship with myself?

How do I want to live my endlessness with myself?

Thinking I know blinds me from seeing, being curious opens my eye.

Defending my Ego spends my Power/Peace.

If I know who I am, then why am I wasting my time convincing everyone else?

Everything I do matters and you have infinity to figure that out.

The truth always comes out, even if it takes eons.

When's the last time I really looked at my face and saw beyond myself?

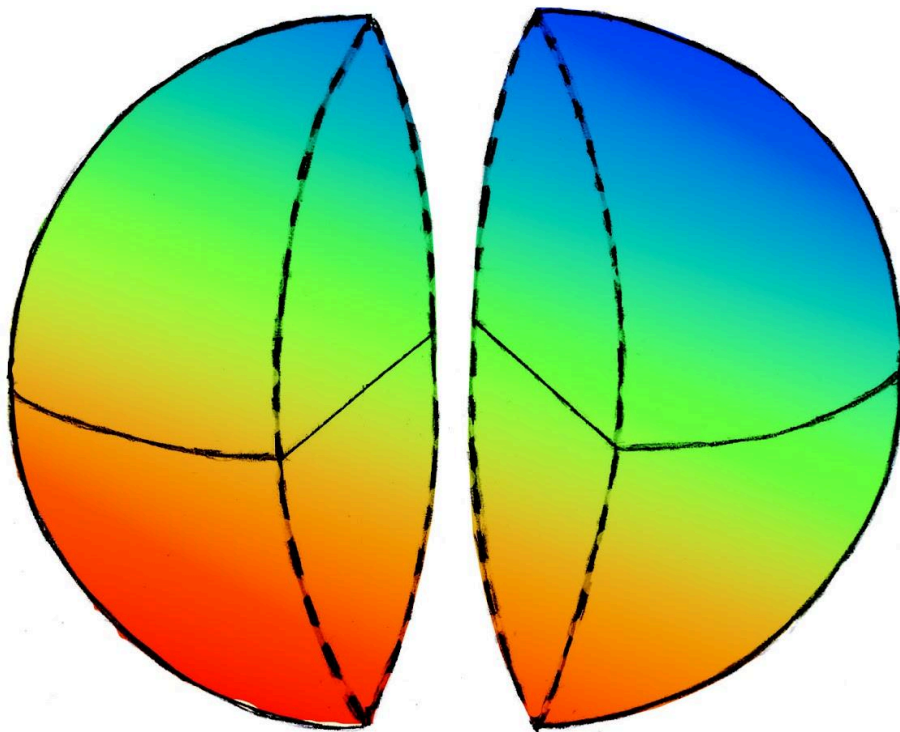
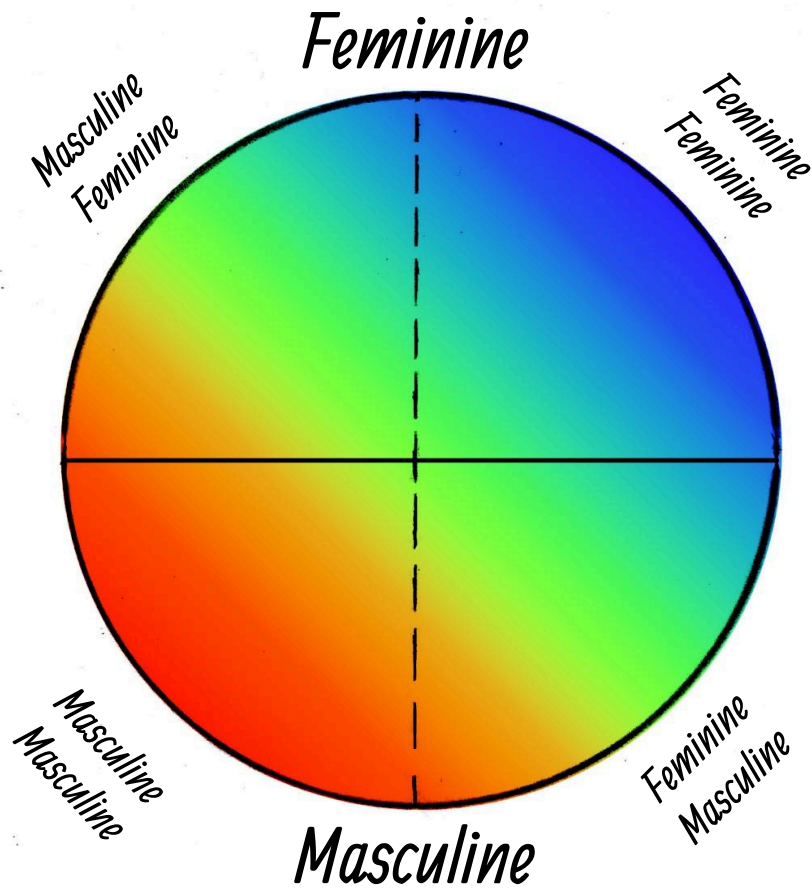
I can stay in Hell if I want to, or I can try to think differently.



♪ BILL MURRAY ♪  
BY  
PHANTOGRAM



# DUALITY / TRIALITY



### Trust and Faith:

We are the universe and we make up every level of it.

Trust in the unfolding of the universe in front of us without fear and doubt.

Have faith in yourself as the universe, know your intentions are manifesting and what is happening is the effect.

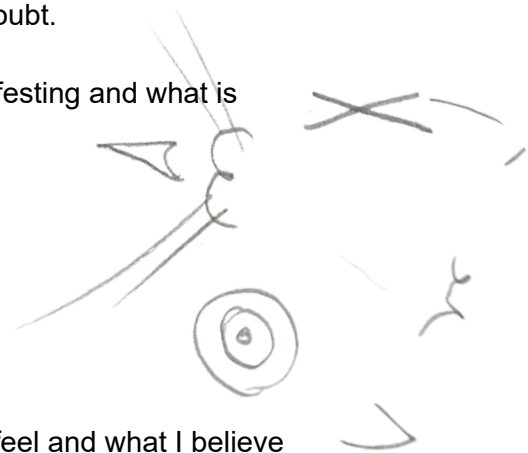
Hold onto my belief, faith, and intention.

The denser my belief, the stronger the gravity.

A willingness to push through it!

Everything is synchronized to our unique vibration/ frequency, how I feel and what I believe creates a gravitational pull of that same vibration/ frequency. The denser the vibrations gain in mass the stronger the pull of similar vibrations.

You can follow your fear, and/or you can follow your faith.



### The Art of Miscommunication:

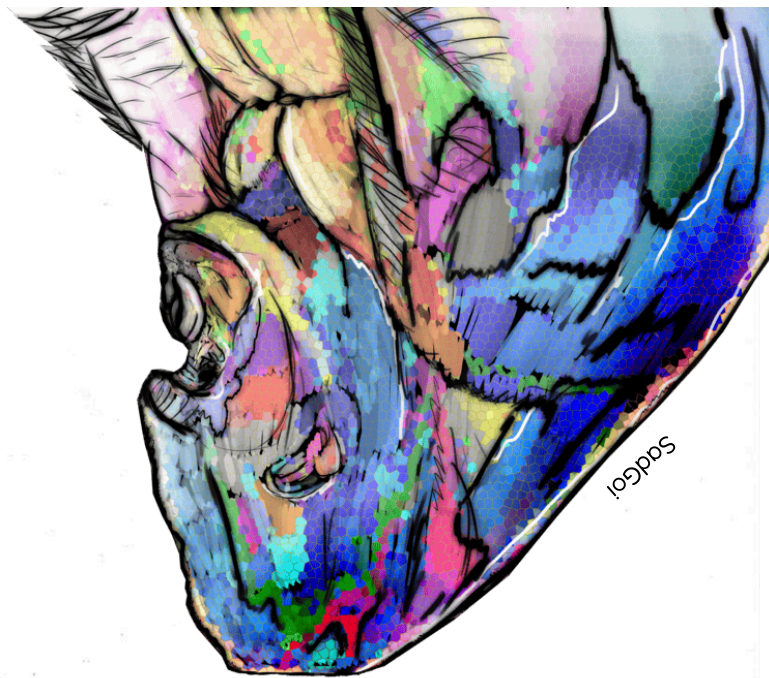
"That's the problem with people who are not human.  
You can't tell how badly they're hurt, or how much  
they need your help, and until you ask, they  
don't always know how to tell you."  
-Borne

### Instinct vs Intellect:

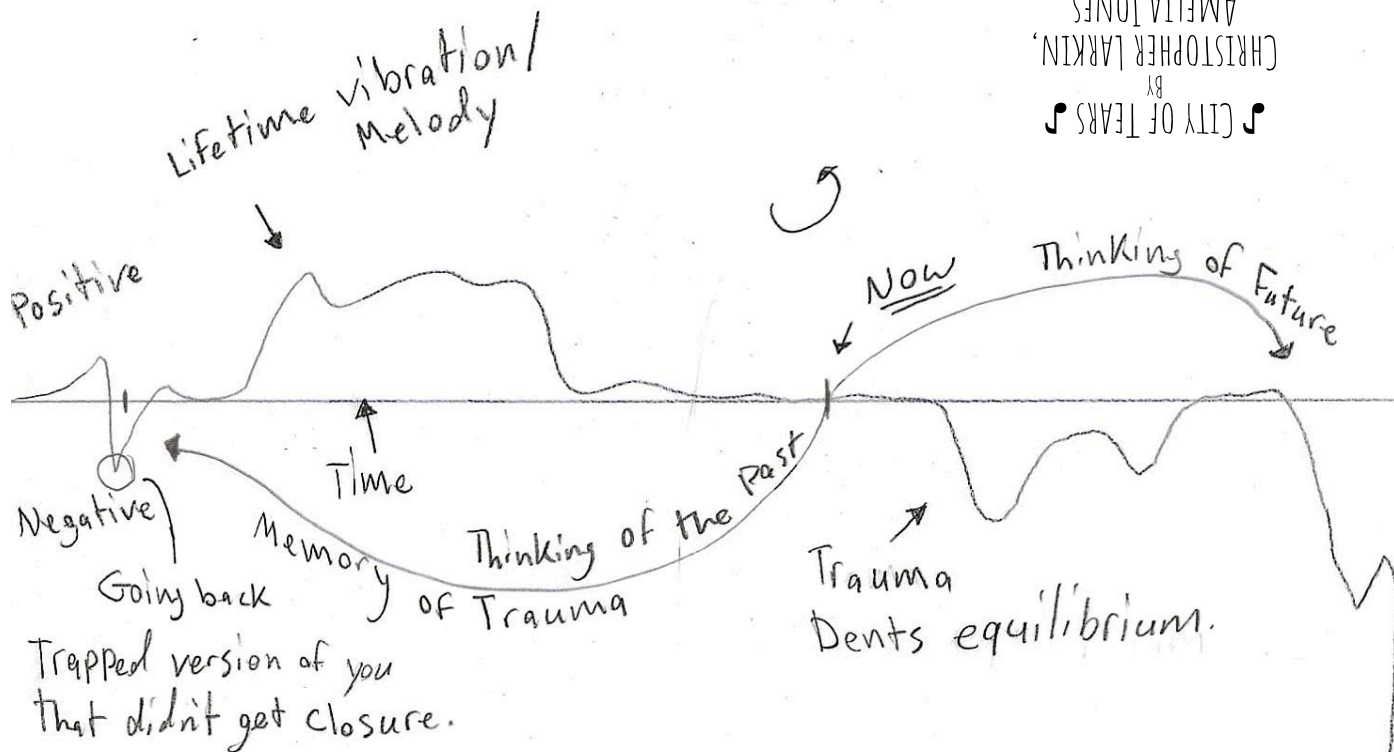
"Our Personal dictator is  
what we commonly refer  
to as our ego. It believes  
it is never wrong and  
it is always in charge."  
- Mind Trek

# Releasing Trauma

I'm crying because it's not going the way I want it to...



♪ CITY OF TEARS ♪  
BY  
CHRISTOPHER LARKIN,  
AMELIA JONES



The version you are now talks to Past Trauma version of you. Giving compassion, and being the Safe Place you needed back then. Love, curiosity, and compassion, un-dents the trauma from the past. With the past loved, and accepted, the present returns back to equilibrium.

Trauma → is trapped in time, that version of yourself is trapped in your current body.



Miss You

Dark

---

The Art of Pain & Discomfort:

WHY DOWS ITT    FUCKLING HHURT SO BADLY!!???!!    I HHATTE iT.....

MMAKE\*\*\*\*IT\*\*\*\*\*STTIPPP\*\*\*\*\*PLLEAASEE!!!!!!!!!!!!.....I'm so

tired..... I can't even cry anymore, the pain is physically too much.    I'm in so much pain,

how can I be so numb and still feel so much pain?    Why did this happen?

Who am I?    Where am I?    Why am I?    What am I

doing?    I feel lost.    Why?    What's the point?

Why did this happen to me?    I need to think about

this.....    .....    .....    I don't want to think about it... ..

.....

.....

.....

.....fuck.....

Who am I without this pain?    If I didn't feel discomfort, then what would I feel?    Happy?

Why?    Would I?    How long??    Do I need to distract myself?

This feeling forces my attention, it forces me to notice it!!    I didn't ask to

feel bad.    If I didn't have pain, then where would my mind go?    Who would I be?

What is it doing to me?    Would I really feel 'here' if not for this

distraction?    What if I could just make it stop anytime?    If I wasn't forced to

feel pain, would I ever?    What would that do to me?    Nothing human

I'm sure...    How long until I hunger to feel you again?

I think I need you more than I realize...    You make me feel so present...    You care?

I care.    My pain means I care.    The more I Love, the more I feel.

Pain is coming from me. I am the source. I am the creator. I am pain.

♪ SEND THE PAIN BELOW ♪

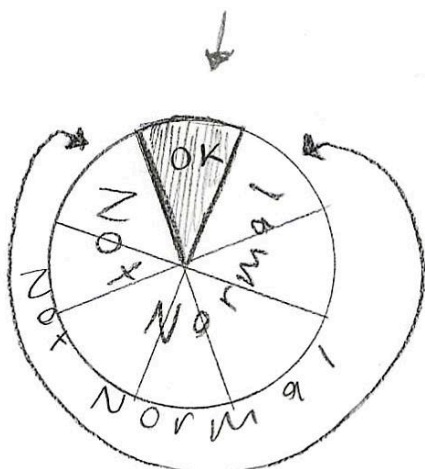
BY

CHEVELLE

*Be Fucking Nice to Each Other*

♪ LIFE IS BEAUTIFUL ♪  
BY  
LIL PEEP

What is Socially Normal / acceptable



The rest of reality

Are you consciously experiencing it,  
or are you just Zoning out?

The meaning you give it, is the  
Effect you get from it.

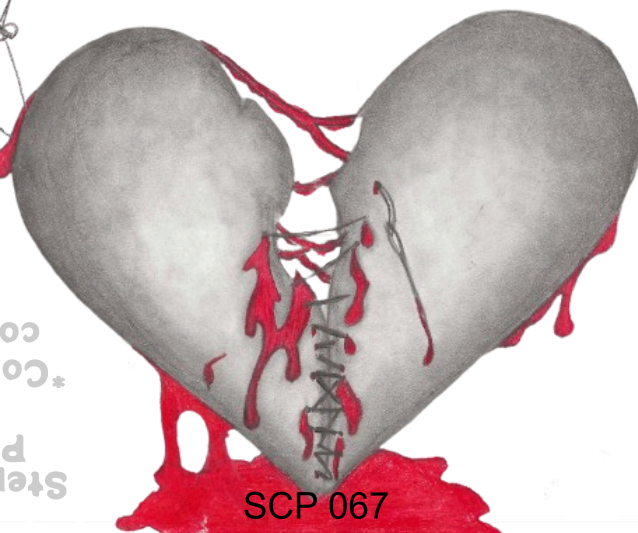
It's easy  
being brave  
from afar.

Is it real?

Does it matter? It's your experience, you tell me?

Also do you remember being a chair?

"You are that which you feel  
yourself to be, as well as that  
which you feel as true of others."  
- Feeling is the Secret



\*Congratulations you have  
completed this course!

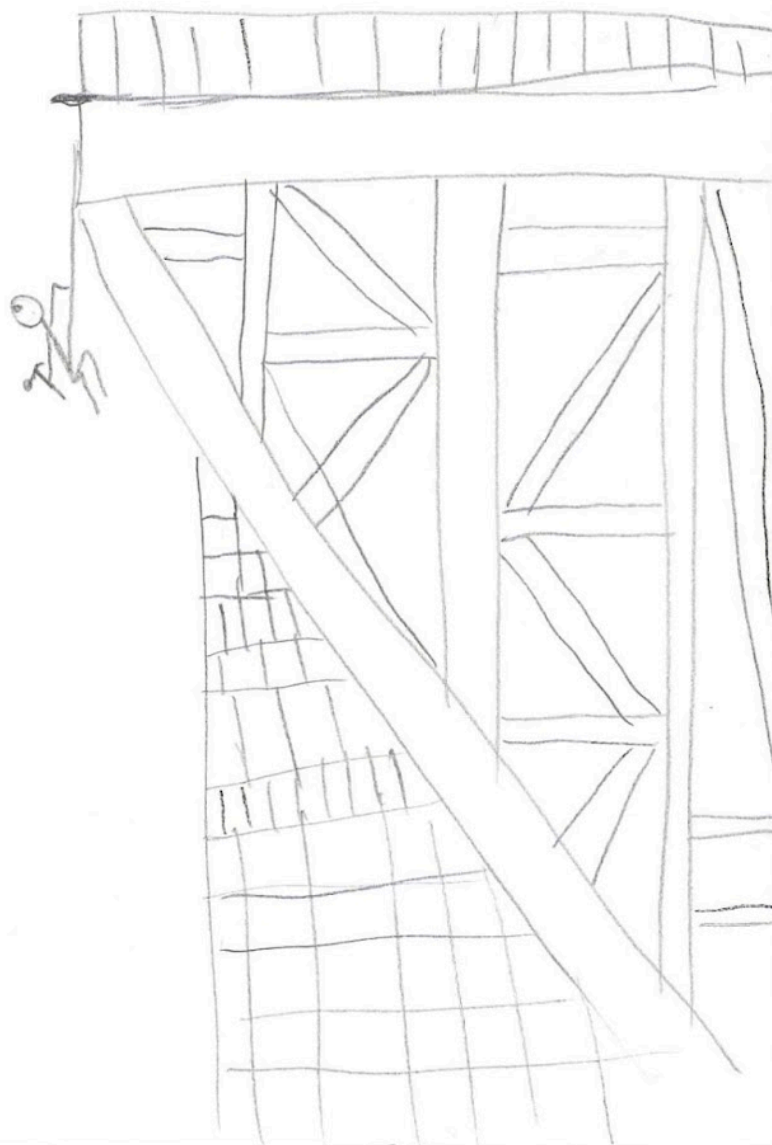
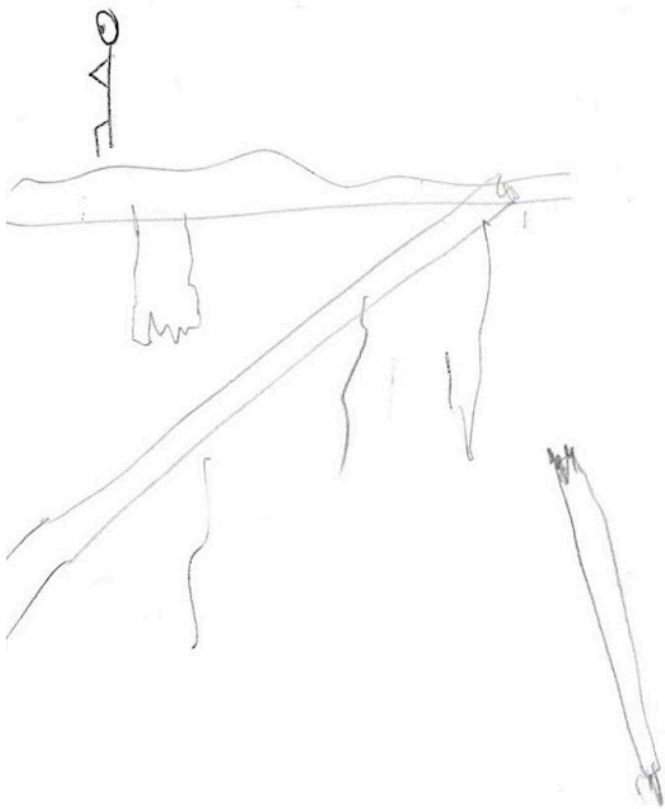
Step 1.  
Pull head out of ass

You'll forget you were  
ever human too.

SCP 067

destination Now

# Building and Burning Bridges



# The Art of Nothing:

---

THERE IS ONLY ONE OF US HERE  
(ONLY)

WE ARE ALL THE SAME AGE  
(INFINITE)

I AM THE CENTER OF MY REALITY  
(THERE'S ONLY ME)

EVERYONE IS A PROJECTION OF MY REALITY  
(HOLOGRAM)

THE WAY I THINK AND FEEL IS PROJECTED  
(SHIFTING)

I SHIFT THROUGH INFINITE PARALLEL REALITIES  
(EVERY MOMENT)

EVERYTHING IS MADE OF NOTHING  
(SOUND & LIGHT)

EVERYTHING IS JUST MIND  
(EXISTENCE)

HOW I THINK AND FEEL IS ALL THERE REALLY IS  
(CHANGE)

MY LITERAL THINKING WEAVES ME THROUGH DIMENSIONS.  
(REALITY)

BELIEVING IS THE MAGIC TRICK  
(MANIFESTATION)

♪ IT AIN'T OVER 'TIL IT'S OVER ♪  
BY  
LENNY KRAVITZ



One





♪ Pook ♪

By

[bsd.u]

Books worth reading to make healing connections.

### Recommended Now

**"Atlas of the Heart: Mapping Meaningful Connections and the Language of Human Experience"**  
(Brené Brown, PhD, MSW, 2021)

- Was able to define many more of my emotions and understand the vast complexity and intertwinedness of how they work together. Understanding the idea that emotions are tools, not rooms to occupy a long time in.

**"The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma"**  
(Bessel Van Der Kolk, M.D. 2014)

- Many studies done showing the effects of trauma and how it is actually held in the Body until it is understood, and sat with until it can be accepted. There is no fixing, there is only overcoming and accepting your pain as it is, then you can move on from where you are now. A hard read as it literally showed me my trauma responses and why I act the way I do. I felt like a statistic and I felt completely seen, and not seen at all. I cried a bunch over many realizations, but the information is brutally important to give yourself the peace you need. Best to read something else that is encouraging sparingly throughout this book so one doesn't get too overwhelmed.

**"Breath: The New Science of a Lost Art"**  
(James Nestor, 2020)

- In depth studies showing the critical effects of how we breathe. I found this work very enlightening, understanding the health benefits of how I breath. What I've taken away, only breathe in your nose. Take deep comfortable breaths. Breathing in the mouth causes a lot of inflammation.

**"Crucial Conversations 3rd Edition: Tools for Talking When Stakes are High"**  
(Joseph Grenny, Kerry Patterson, Ron McMillan, Al Switzler, Emily Gregory, 2022)

- Helped me to better understand the importance of attitude and expression during heated moments and rational thinking. How to read the room better and de-escalate conflict within groups. Reminding me of shared humanity

**"The Enneagram Guide to Waking Up"**  
(Beatrice Chestnut, PhD\* Uranio Paes, MM, 2021)

- Very useful to determine my personality type, out of 9 types. Genuine clearer understanding of who I am and Why I act the way I do. Has helped me to better accept myself for the Way I am, and not the way I think I should/want to be.

### "The Ethical Slut"

(Dossie Easton and Janet Hardy, 1997)

- Helped me understand equality better and how to set and respect boundaries for myself and others. Very helpful for anyone insecure in their relationships, especially if you're in an open or poly relationship.

### "Feeling Is the Secret"

(Neville Goddard, 1944)

- A chunk of my spiritual awakening was reaffirmed to me through this small read. It gets to the root of certain mechanisms of life and conscious thought. Basically manifestation.

### "The Inner Work: An Invitation to True Freedom and Lasting Happiness"

(Mathew Micheletti & Ashley Cottrell, 2022)

- More spiritual, based around oneness but in a gentle way. It slowly dips into the interconnectedness of our humanity. It is very helpful for nuggets of information and its angles of perspectives.

### "The Law of One: The Ra Material"

(Ra, Don Elkins, Carla Rueckert, James Allen McCarty, 1981)

- A heavy read, a lot of terms to learn and words that have specific meanings. Very interesting and insightful having experienced my spiritual awakening, a lot of commonalities between the both. This material is a bit sporadic and random, but the perspectives of the conversations are very enlightening. If given time and thought to each question you may find deeper answers to questions unfound.

### "No Bad Parts"

(Richard C. Schwartz, PhD, 2021)

- *Reference below*  
A deep dive into the science of the internal family system, Everyone has them and everyone can be helped through [compassion to the internal family](#). I found this very interesting and was in line with the universal patterns I've seen.

### "Overcoming Unwanted Intrusive Thoughts"

(Sally M. Winston, Marten N. Seif, 2017)

- Helped me to feel ok with the thoughts that go through my head. I practice not judging my character by my thoughts. I can move on in life without getting sucked into certain thought patterns so easily. The studies made me recognize my humanity much more.

### "The Power of Habit: Why We Do What We Do in Life and Business"

(Charles Duhigg, 2023)

- This work talks about the psychology of habit forming and how to shift your perspective to better living. It was a good breakdown of the animal side of us.

**"Self Compassion: The Proven Power of Being Kind to Yourself"**

(Kristin Neff, PhD, 2011)

- The most helpful book so far to wake me up out of my negative thoughts spiraling. Very simple and straightforward analysis of self compassion and how its effects are transformational. The studies and writings made me feel ok to be human, to know I am not alone.

**"Tao Te Ching"**

(Lao Tzu, translation by John H. McDonald, 2021)

- Very old small, simple, spiritual teachings of The Way, which is the natural flow of everything in life and its patterns. Found it helpful in accepting the nature of things a little better.

**"We Need to Talk: How to Have Conversations That Matter"**

(Celeste Headlee, 2017)

**"No Bad Parts"**

(Richard C. Schwartz, PhD, 2021)

- Celeste has had numerous conversations with people, she shares the patterns and psychology of people and how conversation can flow or fall. She has analysed and studied the emotional chemistry of having conversation, how to navigate and properly relay one's feelings and or thoughts.



- Internal Family Systems:

(IFS) is a type of psychotherapy that views the mind as a collection of sub-personalities, or “Parts” that interact with each other in similar ways to how people in families interact.

#### Concept

The IFS model is based on the idea that people have multiple subpersonalities, each with its own unique qualities and viewpoint. These parts can be in conflict with each other and with the core Self, which is the confident, compassionate, whole person at the core of each individual.

#### Goal

The goal of IFS therapy is to find the Self and bring all of the parts together. The parts are categorized into three groups: managers, firefighters, and exiles, each with a unique role within the internal system.

#### Benefits

IFS therapy has been shown to help with: Pain, Physical functioning, Depressive symptoms, Self-compassion.

Text Source: Google Search

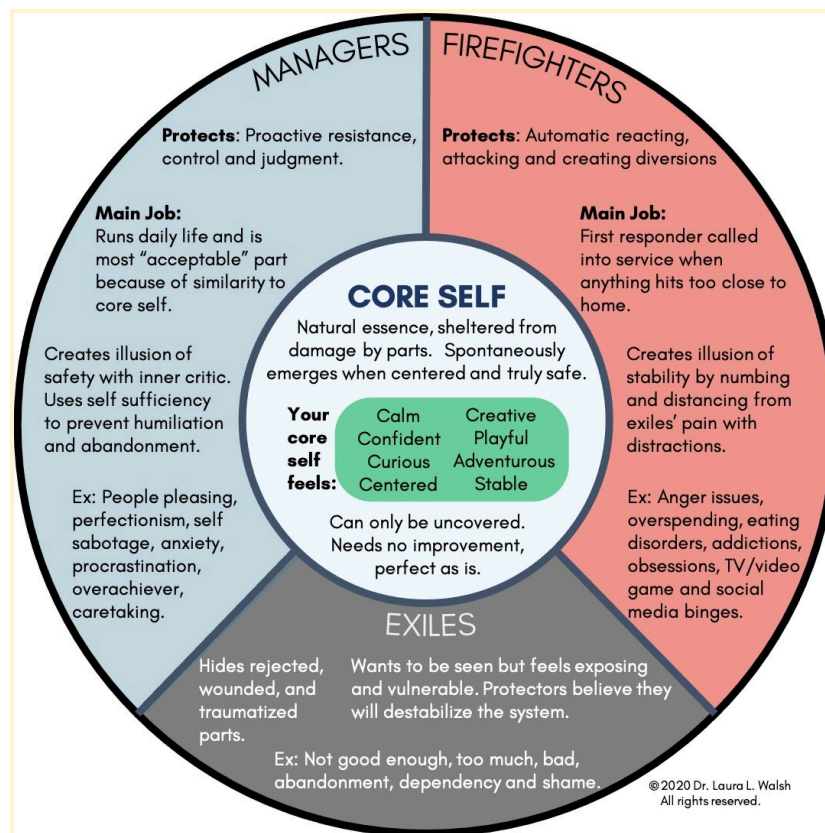


Image Source: <https://drlauralwalsh.com/blog/you-and-your-grieving-parts>



## Glossary

Sources: Google Search

### ADHD:

(Attention-deficit/hyperactivity disorder) is a chronic mental disorder that affects a person's behavior and is characterized by persistent symptoms of inattention, hyperactivity, and impulsivity.

### Absurdity:

The quality or state of being ridiculous or wildly unreasonable.

### Akashic Records:

The Akashic Records are an [energetic] library of information that contain the details of your soul and its journey. They span through past lives, present incarnations, and future possibilities.

### Akinesia:

Means "absence of movement"

### Algorithm:

A process or set of rules to be followed in calculations or other problem-solving operations, especially by a computer.

### Amalgamation:

The action, process, or result of combining or uniting.

### Amplitude:

The maximum displacement or distance moved by a point on a vibrating body or wave measured from its equilibrium position.

### Analogous:

Comparable in certain respects, typically in a way which makes clearer the nature of the things compared.

### Anxiety:

Anxiety is an emotion that can be described as a feeling of fear, dread, or uneasiness. It can be a normal reaction to stress, such as when faced with a difficult problem or an important decision. Anxiety can cause physical symptoms like sweating, a rapid heartbeat, and feeling tense or restless.

### Apex:

The top or highest part of something, especially one forming a point.

### Archetype:

A recurrent symbol or motif in literature, art, or mythology.

### Architect:

Design and configure (a program or system).

**Architecture:**

The complex or carefully designed structure of something.

**Astral:**

Relating to a supposed nonphysical realm of existence to which various psychic and paranormal phenomena are ascribed, and in which the physical human body is said to have a counterpart.

**Attract:**

Cause (someone) to have a liking for or interest in something.

**Automatic:**

Done or occurring spontaneously, without conscious thought or intention.

**Boundary:**

A line that marks the limits of an area; a dividing line.

**Butterfly Effect:**

Rests on the notion that the world is deeply interconnected, such that one small occurrence can influence a much larger complex system.

**Certain:**

Known for sure; established beyond doubt.

**Chaos:**

Complete disorder and confusion.

**Choice:**

An act of selecting or making a decision when faced with two or more possibilities.

**Coalesce:**

Come together to form one mass or whole.

**Conception:**

The forming or devising of a plan or idea.

**Conjunction:**

The action or an instance of two or more events or things occurring at the same point in time or space.

**Conglomerate:**

A number of different things or parts that are put or grouped together to form a whole but remain distinct entities.

**Conscious:**

Aware of and responding to one's surroundings; awake.

**Constant:**

A situation or state of affairs that does not change.

**Construct:**

An idea or theory containing various conceptual elements, typically one considered to be subjective and not based on empirical evidence.

**Contradiction:**

A combination of statements, ideas, or features of a situation that are opposed to one another.

**Continuity:**

The unbroken and consistent existence or operation of something over a period of time.

**Creation:**

The bringing into existence of the universe, especially when regarded as an act of God.

**Crude:**

Constructed in a rudimentary or makeshift way.

**Cymatic:**

The study of sound and vibrations that are made visible.

**Density:**

The degree of compactness of a substance.

**Depersonalize:**

Divest of human characteristics or individuality.

**Depersonalization:**

The action of divesting someone or something of human characteristics or individuality.

**Depression:**

Is a common mental health condition that involves a long-lasting low mood or loss of interest in activities:

**Diffusion:**

The spreading of something more widely.

**Dimension:**

A measurable extent of some kind, such as length, breadth, depth, or height.

**Dissected:**

Having a divided form or structure.

**Dissociate:**

Disconnect or separate (used especially in abstract contexts).

**Distortion:**

The action of distorting or the state of being distorted.

**Divine:**

Of, from, or like God or a god.

**Ego:**

A person's sense of self-esteem or self-importance.

**Elements:**

Each of more than one hundred substances that cannot be chemically interconverted or broken down into simpler substances and are primary constituents of matter. Each element is distinguished by its atomic number, i.e. the number of protons in the nuclei of its atoms.

**Energy:**

Power derived from the utilization of physical or chemical resources, especially to provide light and heat or to work machines

**Entity:**

A thing with distinct and independent existence.

**Entropy:**

Lack of order or predictability; gradual decline into disorder.

**Eon:**

An indefinite and very long period of time.

**Epiphany:**

A moment of sudden revelation or insight.

**Epitome:**

A person or thing that is a perfect example of a particular quality or type.

**Equilibrium:**

A state in which opposing forces or influences are balanced.

**Eternal:**

Lasting or existing forever; without end or beginning.

**Existence:**

The fact or state of living or having objective reality.

**Experience:**

Practical contact with and observation of facts or events.

**Faith:**

Complete trust or confidence in someone or something.

**Fluid Dynamics:**

The branch of mathematics and physics concerned with the description and study of the flow of liquids and gases.

**Fractal:**

A curve or geometric figure, each part of which has the same statistical character as the whole.

**Frequency:**

The rate at which a vibration occurs that constitutes a wave, either in a material (as in sound waves), or in an electromagnetic field (as in radio waves and light), usually measured per second.

**Fuss:**

A display of unnecessary or excessive excitement, activity, or interest.

**Glimpse:**

See or perceive briefly or partially.

**Gradience:**

The absence of a clear-cut boundary between one category and another.

**Gravity:**

A fundamental force of nature that describes the attraction between all objects with mass or energy.

**Hallucinating:**

experience an apparent sensory perception of something that is not actually present.

**Harmony:**

Agreement; accord; harmonious relations. a consistent, orderly, or pleasing arrangement of parts; congruity.

**Harvest:**

The product or result of an action.

**Hollow:**

Having a hole or empty space inside.

**Husk:**

The dry outer covering of some fruits or seeds.

**Hyperbolic Paraboloid:**

Is a doubly curved surface that resembles a saddle and is defined by two sets of parallel lines that are not parallel to each other.

**Hypokinesia:**

Means "smallness of movement"

**Imagination:**

The faculty or action of forming new ideas, or images or concepts of external objects not present to the senses.

**Impossible:**

Not able to occur, exist, or be done.

**Indefinitely:**

For an unlimited or unspecified period of time.

**Infinite:**

Limitless or endless in space, extent, or size; impossible to measure or calculate.

**Intangible:**

Unable to be touched or grasped; not having physical presence.

**Intelligence:**

The ability to acquire and apply knowledge and skills.

**Intention:**

A thing intended; an aim or plan.

**Internal Family System:**

(IFS) model is a type of psychotherapy that views the mind as made up of multiple subpersonalities, or parts, that interact and change in similar ways to families.

**Labyrinth:**

A complicated irregular network of passages or paths in which it is difficult to find one's way; a maze.

**Leisure:**

Free time.

**Liminal:**

Occupying a position at, or on both sides of, a boundary or threshold.

**Limitless:**

Without end, limit, or boundary.

**Linear:**

Progressing from one stage to another in a single series of steps; sequential.

**Macrocosm:**

The whole of a complex structure, especially the world or the universe, contrasted with a small or representative part of it.

**Manifest:**

Display or show (a quality or feeling) by one's acts or appearance; demonstrate.

**Mask:**

Conceal (something) from view.

**Melody:**

A sequence of single notes that is musically satisfying.



**Metamorphosis:**

A change of the form or nature of a thing or person into a completely different one, by natural or supernatural means.

**Metaphor:**

A figure of speech in which a word or phrase is applied to an object or action to which it is not literally applicable.

**Microcosm:**

A community, place, or situation regarded as encapsulating in miniature the characteristic qualities or features of something much larger.

**Mitosis:**

A process of cell division that produces two identical daughter cells from a single parent cell

**Motive:**

A short succession of notes producing a single impression; a brief melodic or rhythmic formula out of which longer passages are developed.

**Negentropy:**

The opposite of entropy, representing a system's tendency towards order and organization rather than disorder and randomness.

**Neuroplasticity:**

The ability of the brain to form and reorganize synaptic connections, especially in response to learning or experience or following injury.

**Nihilism:**

The rejection of all religious and moral principles, in the belief that life is meaningless.

**Nourish:**

Provide with the food or other substances necessary for growth, health, and good condition.

**Oblivious:**

Not aware of or not concerned about what is happening around one.

**Octave:**

A series of eight notes occupying the interval between (and including) two notes, one having twice or half the frequency of vibration of the other.

**Organism:**

Something having many related parts that function together as a whole. 2. : An individual living thing that carries on the activities of life by means of organs which have separate functions but are dependent on each other

**Ouroboros:**

A circular symbol depicting a snake, or less commonly a dragon, swallowing its tail, as an emblem of wholeness or infinity.

**Paradox:**

A seemingly absurd or self-contradictory statement or proposition that when investigated or explained may prove to be well founded or true.

**Parallel:**

(Of lines, planes, surfaces, or objects) side by side and having the same distance continuously between them.

**Perspective:**

A particular attitude toward or way of regarding something; a point of view.

**Polarity:**

The state of having two opposite or contradictory tendencies, opinions, or aspects.

**Power:**

The ability to do something or act in a particular way, especially as a faculty or quality.

**Priority:**

The fact or condition of being regarded or treated as more important.

**Procreation:**

The production of offspring; reproduction.

**Propagation:**

The breeding of specimens of a plant or animal by natural processes from the parent stock.

**Realm:**

A field or domain of activity or interest.

**Reality:**

The state or quality of having existence or substance.

**Refract:**

(Of water, air, or glass) make (a ray of light) change direction when it enters at an angle.

**Reincarnation:**

A new version of something from the past.

**Reiterating:**

Say something again or a number of times, typically for emphasis or clarity.

**Relative:**

Considered in relation or in proportion to something else.

**Repository:**

A place in which something, especially a natural resource, has accumulated or where it is found in significant quantities.

**Repulse:**

Cause (someone) to feel intense distaste and aversion.

**Resound:**

(of a sound, voice, etc.) fill a place with sound; be loud enough to echo.

**Shifting:**

Changing, especially unpredictably.

**Space:**

A continuous area or expanse which is free, available, or unoccupied.

**Somatic:**

Relating to the body, especially as distinct from the mind.

**Sound:**

Vibrations that travel through the air or another medium and can be heard when they reach a person's or animal's ear.

**Soul:**

The spiritual or immaterial part of a human being or animal, regarded as immortal.

**Streamline:**

Make (an organization or system) more efficient and effective by employing faster or simpler working methods.

**Subatomic:**

Smaller than or occurring within an atom.

**Subjective:**

Based on or influenced by personal feelings, tastes, or opinions.

**Synchronize:**

Cause to occur or operate at the same time or rate.

**Torsion:**

The action of twisting or the state of being twisted, especially of one end of an object relative to the other.

**Tractricoid:**

A surface of revolution generated by revolving a tractrix (a specific type of curve) around its asymptote, and is characterized by constant negative Gaussian curvature

**Translucent:**

(Of a substance) allowing light, but not detailed shapes, to pass through; semitransparent.

**Incomprehensible:**

Not able to be understood; not intelligible.

**Undefinable:**

Something is not easily described or put into words.

**Unheeding:**

Not paying attention.

**Variation:**

A change or difference in condition, amount, or level, typically with certain limits.

**Vibrate:**

Move or cause to move continuously and rapidly to and fro.

**Vigilant:**

Keeping careful watch for possible danger or difficulties.

**Void:**

A completely empty space.

**Weirdo:**

A person whose dress or behavior seems strange or eccentric.

**Yang:**

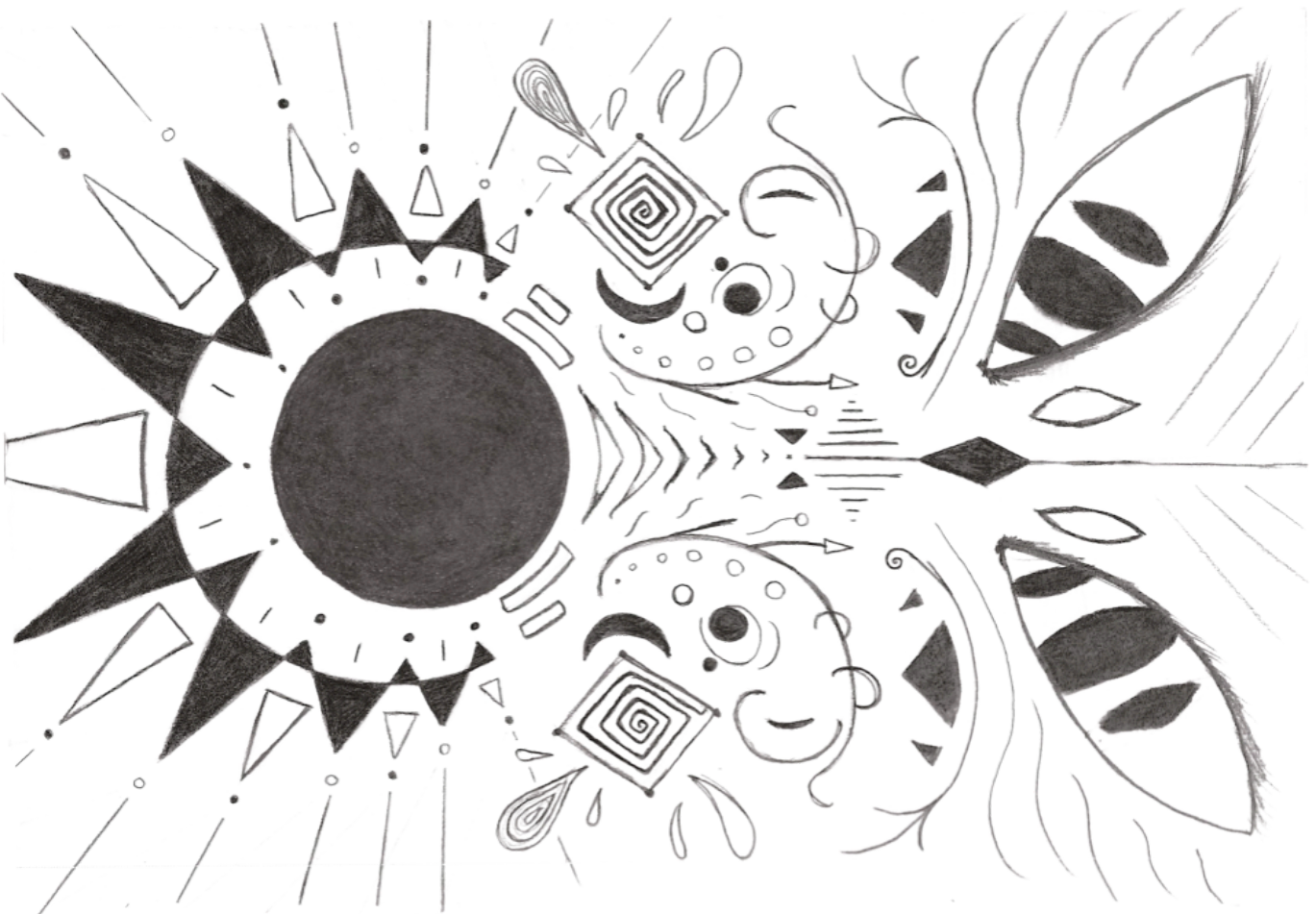
Associated with light, activity, and the male

**Yin:**

Associated with darkness, passivity, and the female

**Zygote:**

a diploid cell resulting from the fusion of two haploid gametes; a fertilized ovum.



How this came to be:

I had experienced something known as “The Akashic Records” ( An eternal library of infinite information stored in the fabric of reality (Everything) for about 5+ years. In that time I had my higher self showing me visions and speaking to me everyday for hours on end, much like vivid daydreaming. Part of this happened because of childhood trauma. I was in a car accident when I was 6 and my mother died in front of me. This caused me to depersonalize (dissociate without coming back to a personality.) and living in a heightened state of fear, much like the peak of being scared. This became my normal and I had no idea. I grew up masking my terror, my personality was a hollow husk of an ego, I would describe it as feeling dead inside....just a broken mask.

Diagnosed Autistic, ADHD, Depression, and Anxiety

I had my Spiritual awakening in 2016, when I celebrated too hard with cannabis. Something switched in me that night. I realized I was in a prison of my mind and body. I felt inside out. Then the chronic pain started. Cannabis was helping me therapeutically and keeping me grounded from the immense pain. I trained myself out of depersonalization over 8.5 years following “The Voice and Visions.” with intention going through many discomforts, pains, anxieties, fears, and terrors..., to fix myself, to better myself for others and for me, so i could share this. I followed the Light out of the Darkness with intention and faith, and followed what felt right.

I Love You.

♪Crazy♪  
By  
Gnarls Barkley



# A Special Thank You to The Musical Artists!

The music I listen to!

Thank you so much for your beautiful works, that has helped amplify the vibrations of  
this book.

I am grateful for the time and effort you have put into your creations.

Much Love!

2.3.5.41: [Free the Robots, Nima Fakhrra, William Grundler](#)

About You: [xxyyxx](#)

Always with Me: [Streaming Music Studios](#)

All For Us: [Labrinth, Zendaya](#)

All There Is: [Chrome Sparks, Steffaloo](#)

Anunnaki: [Landikhan](#)

Awaken: [Big Wild](#)

Bill Murray: [Phantogram](#)

Black Hole Sun: [Scott Bradlee's Postmodern Jukebox, Haley Reinhart](#)

Can't Sleep Eh?: [Old Time Hawkey](#)

Circus Music: [The Hit Crew](#)

City of Tears: [Christopher Larkin, Amelia Jones](#)

DARE: [Gorillaz](#)

Divide & Conquer: [What So Not](#)

Deep Though: [White Noise Therapy](#)

Deeper Than Love: [Colleen Green](#)

Down With the Sickness: [Richard Cheese](#)

Equinox: [Chris Mazuera](#)

First Day Out: [Yyy](#)

Five Hours: [Deorro](#)

Gegineman: [I Gusti Made Kecog](#)

GodLovesUgly - Remix: [Atmosphere, Zedz Dead, Subatomics](#)

Hallucinating: [Elohim](#)

Have You Ever?: [Urban Heat](#)

Hi Ren: [Ren](#)

Holy Ghost: [LEGION.](#)

i am not who i was: [Chance Peña](#)

I can Fly Away: [Delicate Steve](#)

I. Flight of the Navigator: [Childish Gambino](#)



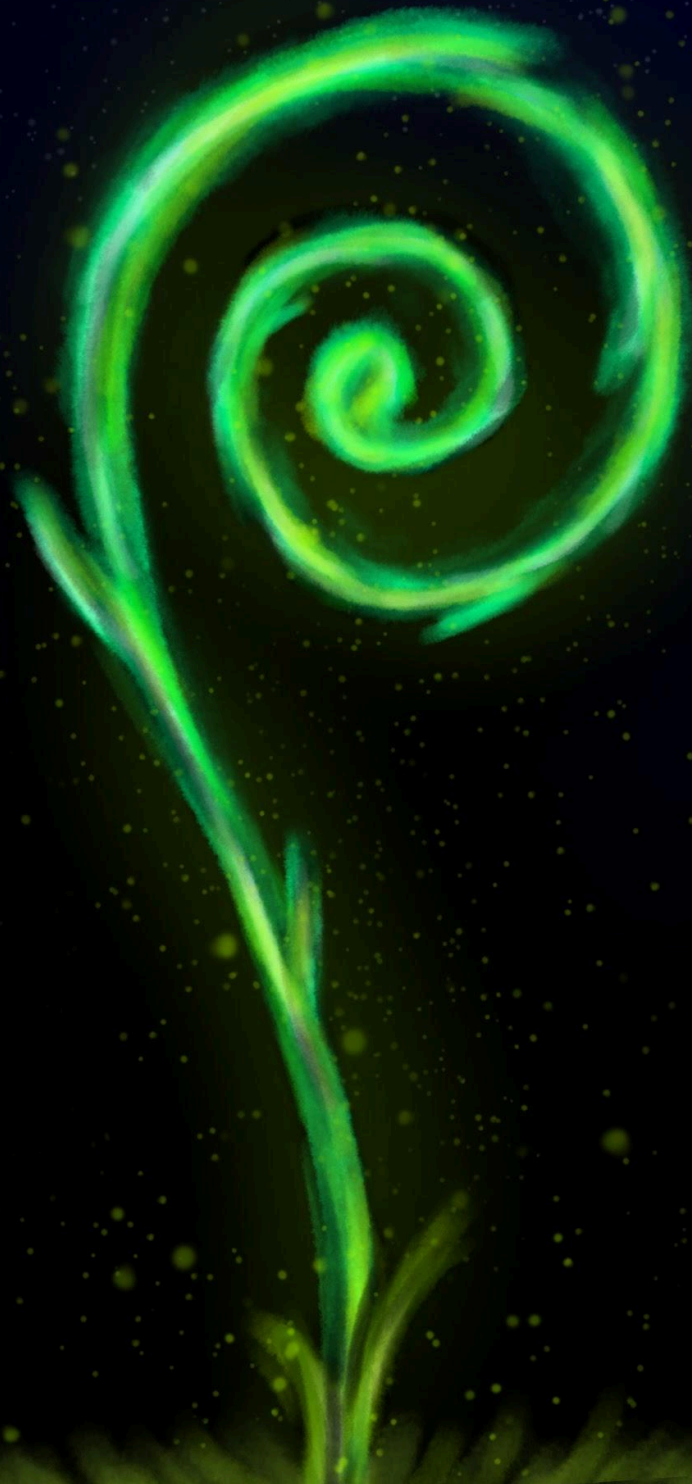
[\(Playlist Link\)](#)

[ The SCP Foundation ]  
Database\_

I Melt With You: **Blonde Maze**  
 I Need You: **Rameses B, CMA, Charlotte Haining**  
 Indica - Slowed: **LeLxx**  
 Insane: **Flume, Moon Holiday**  
 It Ain't Over 'Till It's Over: **Lenny Kravitz**  
 Life is Beautiful: **Lil Peep**  
 Love: **Kid Cudi**  
 listen to tommy with a candle burning: **furino**  
 Luv(sic), Luv(sic) pt2: **Nujabes**  
 Luv(sic.) pt3: **Nujabes, Shing02**  
 In Maidjan: **Heilung**  
 Mic Check: **Sophie Hunter**  
 Moving by Backwards: **SALES**  
 Natural: **Clams Casino**  
 The Music Scene: **Blockhead**  
 One Drop or Two: **Dymons**  
 Oneness: **Devadip Carlos Santana**  
 Orgasmic: **WonkyWilla**  
 Overthinker: **INZO**  
 Pook: **[bds.u]**  
 Pure Imagination: **Richie Cunningham**  
 Que Sera: **Wax Tailor**  
 Rearrange Us: **Mt. Joy**  
 Send the Pain Below: **Chevelle**  
 Shades of Red: **Pigeon Army**  
 Sinner: **Phora**  
 Soul Below: **Ljones**  
 stretch: **BLUZ**  
 Suffer With Me: **líue**  
 Sweet Dreams (Are Made of This): **Eurythmics, Annie Lennox, Dave Stewart**  
 Tied2u: **xyyyxx**  
 Today is a Gift: **Beowulf**  
 TROJAN HORSE: **SEBASTIANPAUL**  
 Ungodly Fruit: **Wax Tailor**  
 Wake The Warrior: **DROELOE**  
 We've Only Just Begun: **Carpenters**  
 What If It Was for Puppies?: **Puppy Songs**  
 When I Get There: **Big Wild**  
 Where Do You Go: **No Mercy**  
 Wish You Were Here: **Pink Floyd**



♫GEGINEMAN♫  
BY  
I GUSTI MADE KECOG



*Sprout*



## Sprout

Translated: Audio Log, 21: 3.17.3821, 14:32

"It's been 1783 years since the Earth was evacuated due to being uninhabitable. Those who could leave, did so quickly that we lost most of our history with Earth. All we have are stories, of stories, of stories. It's been so long nobody really knows why we left? Just that it was sudden and horrifying."

Audio Log, 778: 3.17.3823, 2:00

"Space travel was lost to us for a while, but lately we've been getting back on track.....

There's even been talk of going back to Earth using "The Coordinates."

A lot of people are getting paranoid. Me personally, I'm hoping maybe we can get some closure or answers so we can move forward from our past. I'm young, so hopefully I'll get to see Earth in my lifetime."

Audio Log, 10,736: 1.11.3847, 18:00

"It's decided! We are going back to Earth, to see if we can find anything that can help us understand what happened. Me and a bunch of others volunteered to make the long journey, along with several teams that will analyze and record our findings.

It will take quite a few years to get there though.....This is so exciting, and scary!"

Audio Log, 10,931: 5.30.3855, 12:21

"Just woke up, and I'm feeling like how my food is looking. Navigation has Earth on radar, so it will be a couple weeks till we are close. Nobody's seen Earth, only really old faded drawings from the surviving ancestors, long dead now.....so.....not too sure what to look for, or expect."

Audio Log, 10,955: 6.21.3855, 16:51

"There it is.... it's really big, it looks barren, pale, and a bit blue. There is hope though, we see bodies of water possibly and glimpses of green on the dark side of the planet which indicates....no idea.

Good news! The probe we sent says the air on Earth is breathable, so an expedition is underway to land on the surface. Hopefully this will give us some more answers.

Some idiot already volunteered to go down first as the guinea pig."

Audio Log, 10,969: 6.22.3855, 3:55

"The air is breathable, and quite strong, my lungs almost hurt... and I'm not gonna lie, it kinda smells like shit. I'm headed to the lake that's just over that ridge..... The ground feels tough and dusty, and the landscape looks rough and random..... I don't see any plant life tho?

I'll just grab some samples of dirt and water at least before heading back to the shuttle..... My lungs feel a bit better, and the smell has turned sweet now?"

Audio Log, 11,014: 6.29.3855, 17:02

"Several big groups are searching different sectors of the planet at night right now to investigate the green glowing we notice following the dark side of the planet. I can see the glow just over the hill, creeping towards me as it gets darker.... Oh wow! They look like plants!..... I only see the one kind though, a long spiraling stalk type. There's so many, some so small and others big like trees. It is quite beautiful and surreal when up this close. Also very terrifying!.....Well, we're told to collect samples, while the digging team on the sunny side gets started on a base of operations."

Audio Log, 11,016: 6.29.3855, 18:46

"THE GROUND IS TREMBLING VIOLENTLY ALL THE PLANTS ARE GONE, THEY WERE SUCKED STRAIGHT INTO THE GROUND." \*\*A very deep and loud bellowing consumes the atmosphere\*\* "Oh god, my whole body is nauseatingly vibrant from that grotesque sound..... I'm gonna throw up.....the planet is so angry..... we need to get out of here NOW!"

Audio Log, 11,017: 6.30.3855, 2:21

"It's unbelievable...that isn't Earth, Earth is gone...and only a third of us escaped to a safe enough distance, the ground just opened up and swallowed them...That...sound...paralyzing so many. What, the, fuck, is, this, thing? I'm watching it unfold right now and...It's thin..... wide and massive...the body is incredibly long.... unrolling itself.....It has so many arms.....It looks like... a..... centipede....\*long silence\*  
Wait...it's hold.... there's something....in?.....Oh...my...god .....I that Earth.....we weren't prepared for this!"