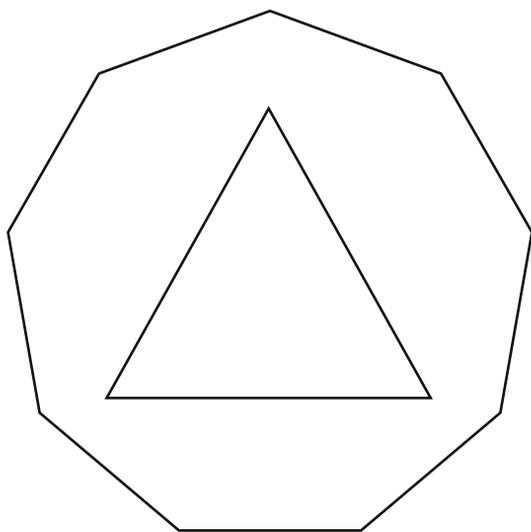


WHITE LIGHT GOOD
AND BRIGHT



Fuantum

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Special special dear thanks to my class of 2000, my old co-workers, and my fraternity.

Gratitude is extended to the previous generation and its pioneers. Most of all, a thank you to my immediate family.

Chas Ellis

AURA of GOOD WILL

Remember this: if someone has ill will toward you they are probably ill at that moment.

Maybe physically, maybe emotionally, but at least mentally.

If they bear ill will - which is defined by what your free will and their knowledge, feeling, and common sense hold about it - and you hold ill will back - it would also make you ill.

The solution is to meditate on good will which is making the ill aware of their ailment. (so they do not get iller)

Concentrate on your health and show them what their ill will does to their bodies and minds.

"If you hold ill will towards me, you are ill!"

FOR a CLINGER

A clinger is one who begins to use your energy in your person to function in their own health.

My heart should not beat for a clinger. My lungs should not breathe for a clinger. My liver should not process for a clinger. My brain should not be responsible for a clinger's thought processes.

A clinger is one who tries to have a schedule with another unsuspecting victim to take their energy away from them - and most of the time, unnecessarily, wastefully, stupidly, and mechanically; when they could do it better themselves. And live longer and happier.

(Yes, I'm sure.)

ON EVOLUTION and DE-EVOLUTION TRANSMIGRATION and REBIRTH

Sometimes someone makes a mistake.

Often times they can make amends.

When they repeat the same mistake without end,
after being told reasons,

and it hurts others with their awareness -

This creates a vacuum of space in them
which is abhorred by all.... when this creature
or being or human ceases to breathe - it is given
a choice, in my humble opinion- to go
forward or backward. If it has created negativity
in all it touched when it was alive, if it only
hated and drew hate, ONLY caused suffering
and fed off of other people's suffering...

How will it know -

how will you know if this describes you -
what form you wish to take?

(And will that race accept you?)

(Will you be able to find parents?)

ON HOW to GENERATE HEALTH

Keep your stuff clean after sex.

To have a steady heart you need to breathe regularly. Do not try to keep the same rhythm always - like - vary it with your activity. Also, you need to eat food regularly, like, real food, also, you need sleep some times, also regular.

If these needs are not met, your heart becomes more shallow. Also, do not eat too much grease and fat, or it will become too deep.

Pancreas - do not drink alcohol too heavily. Liver - exercise and do not smoke too much (also lungs)

When you sit around or lay down too often without walking and activity, your organ functioning begins to decline.

In general, you body beomes mechanical and automatic as you age, so remember today's activity becomes tomorrow's habit, and plan appropriately.

ON CREATING WAKEFULNESS

When you first wake up, get out of bed.
Do not if you wish to wake up, close your eyes. Do
not recline if you want to be active. Sitting or lying or
reclining with eyes shut means sleep. Resting is also
tending towards sleep.

Breathe the Dragon's Breath.
Drink Coffee or Smoke a Flare.
Eat a good breakfast.
Take a shower standing up.
Meditate on emptiness or the void.
Concentrate on an object or subject.
Talk with someone you care about.
Wank it or squeeze it or poke it.
Think about something serious.
Write about your dreams or something.
Play on your computer or technology.
Watch television or read the news.
Chat on the Internet or call someone.

ON INFORMATION CREDIT

To be the bearer of bad news, does that make one a bad news person? If Jesus bore good news, why was he crucified? Information is credited to the one who wrote it - and more power to the ones who remember their sources but keep them secret.

Why should everything be a scholarly academic paper with references to every source for every sentence?

Sometimes there is a new source; sometimes the source is no longer a source but a resource. And sometimes it gets outsourced.

So who does the credit belong to for a common expression? Like... common sense. Thomas Paine? Like.... dollars and cents? Washington? Like.... collars and scents? Gotcha! hehe

How does one make a source? Without become a resource? Without too much outsourcing?

TO TURN a NEW LEAF

- 1) Realize that your trouble and problems may not be your own
- 2) Take responsibility for those that are
- 3) Make amends with those you have caused suffering as soon as possible
(you never know when your number is up)
- 4) Keep in mind that you have a long time ahead of you regardless of how long your past has been

From a disorganization of genetics
to an organism of kinetics.

Don't get caught up in something you didn't do and if you did - fess up at least to yourself (secret secret)

MEMORY; WHAT a PRECIOUS VALUABLE to LOSE

Why do we not remember?

Because at the moment of experiencing we fail to record
a priority or hierarchy of sense perceptions.

We may remember we had coffee because we are
stimulated but we forget the chapter on hygiene, that we
just reading in the textbook we were studying. Maybe
we forget it because of the coffee, or maybe we forgot it
because of the coffee. (not punning, two - because we
were getting and wanting coffee more than studying, or
because we were hyped up and not really paying
attention to what we were reading)

When a memory turns from short term into long term,
did you know, I believe a karmic event takes place in
the race minds of the world!

An amazing thing to let be untruthful or false;
to lose by letting it lie.

METEMPSYCHOSIS

TO BE HAPPY YOUR "COOLY LIT" SPACE

space **CLEAN** (ORGANIZED)

body **SOBERISH** (~SOBER)

mind **SANIC** (SANITY)

objects **SUPPLIES** (FOOD, DRINK HERBS,
VITAMINS, MINERALS, TOBACCO, FIRE/FLAME, FAN, AIR
CONDITIONER, FREEON)

Clean space, as you like
Soberish body, as you desire
Sanic mind, as you think

Put them together and do the hokey pokey
Turn yourself around and try to keep supplies and stock and
be frugal!

TOP PRINCIPLES to ATTEMPT to FOLLOW UNTIL then when KINGDOM COME

- 1) Allow and permit free will whenever possible and whenever weather permitting
- 2) Have a fighting spirit forever - do not allow them to possess much less control you
- 3) Be loving in kind spirit in friendship - boys and girls, man and woman, cats and dogs
- 4) Forgive when you think and feel you can remember the forgiveness
- 5) Try not to put conditions or put words in others' mouths especially not without their consent
- 6) Silence and peace of mind make a consciousness and conscience wind and wind
- 7) I have no golems. I do not jump into people. I strive for non violence. My name is not for signing, I have never signed up for a devil and I do not sign people up for anything.

QUATTETS

Fire Air Water Earth

Movement Thought Feeling Body

Point Square Line Cube

Lucid Dream Grid Matrix

Binary Quaternary Tertiary struggle->medium->result

Algebra Trigonometry Geometry Calculus

Adenine Thymine Guanine Cytosine

Adrenaline Caffeine Serotonin Nicotine

TRIETTS

- = +

Resistance Equipoise Action

Pasive Neutralizing Active

Fear Love Time

Hope Love Faith

Holy Denying Holy Reconciling Holy Affirming

Air H192 Food H768 Impressions H48

Conscience Sensation Consciousness

Movement Sex Instinct

Oxygen Nitrogen Carbon

Chest Legs Head

jocular mystical secular

counting timing adding

MAXIMNO

M
MG
MA
MGG
MAG
MAGG
MH
MHH
MAH
MAHH
MGH
MAGH
MAGGH
MAGGHH
etc.
F
FA
FGA

My Goodness, All Hairs Feel Active
Mother's Applesauce
Matrices Add Grids Hexadecimally
For All Her Highnesses

ON THE LUCID DREAM GRID

When you enter a dream that is as real as your every day life, how can you tell the difference between dream life and real life?

- 1) Life is more important in a dream.
- 2) Dreams are more lucid when they are not.
- 3) Astral travel is best during sleep.
- 4) Some things are better left to mystery.
- 5) Healing takes many forms but cures less.
- 6) Infinite recursion either crashes or fails.
- 7) People change when you consider them.
- 8) Gurdjieff's system (Work) is accurate maybe precise.
- 9) Evil is subjective until you know its objective - then it is atrocity.
- 10) If violence in video games is funny to you, maybe you need another reality. Dreams can be violent but life is violent enough without adding to it.

To wake up from a bad dream, scream and shout.
To stop a flailing trip, be as calm as possible.

ON CAGES

So there was this cage. It was a different kind of cage.

It allowed air through the walls and also a certain color spectrum of light, The way in was the way out - climbing up the ladder through a porthole.
The porthole could not be locked.

However it could be sealed. When the salt water, luke warm, entered into the cage or tank, it allowed a person to float in the middle with a lack of any harness.

If you could be uprightly comfortable in this tank cage with a slight squeeze on your chest - you could vision outside the normal range of consciousness.
You would be feeling bubbles of air.

The light filtering through the water and the bubbles and the walls resembled a various customizable range of color frequencies. The blue was for people who had traumatic experience. Red was for rehabilitation. And green for a mysterious group of people who really like green.
Yellow/orange stimulated eyesight especially.

TRIETTS

- = +

Resistance Equipoise Action

Pasive Neutralizing Active

Fear Love Time

Hope Love Faith

Holy Denying Holy Reconciling Holy Affirming

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Conscience Sensation Consciousness

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Chest Legs Head

jocular mystical secular

counting timing adding

LISTS OF SEVEN+

A An The And But Or Then (If)

Noun Verb Adjective Adverb Pronoun Article Conjunction
(Gerund)

Who What Why Where When How Which (Do)

He She It I We They Them (You)

== < > <= >= < > (&& ||)

+ - / * = ^ ()

<< >> &= |= && || ?:=

Am Is Are Was Were Has Been Will Be

TO LIMIT AND STRENGTHEN YOUR INFLUENCE

THINK OF PARALLELS
THINK OF CUBES
THINK OF SQUARES
THINK OF PARABOLAS
THINK OF CYLINDERS

TRY TO USE LANDMARKS OR LAND OR
ROADS OR FENCES OR TREELINES.

DO NOT FORGET CEILINGS OR SKY
AND FLOOR OR GROUND.

AURA OF CLEAN AND GOOTH

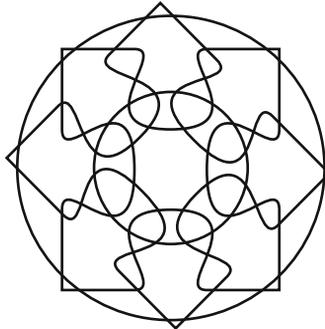
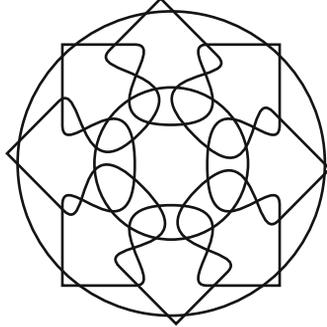
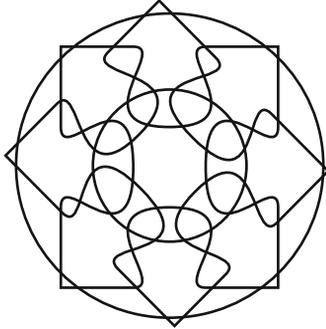
When you meditate on your surroundings

Always keep in mind what happenings

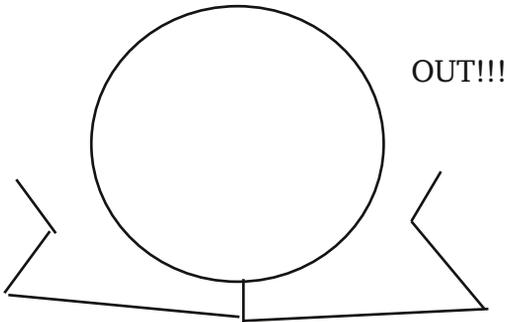
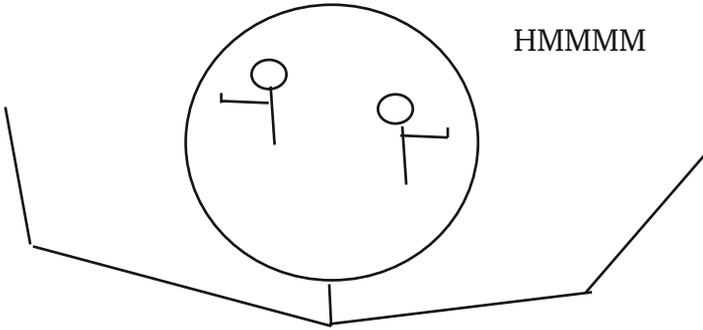
Are stalled or kept in check

And what is best through your neck

BIPHASIC SHIELD



ON FREEING YOURSELF



ON HOW TO BEAT GOLEMS IF THEY WANT TO KILL YOU (OR SOMEONE ELSE!!)

golem letters
golem word
golem name
golem patch
golem label
golem marker
golem ---

golem spot
golem 8

me logger

Something to do with DNA.

ON LIVING IN THE UNKNOWN

When you are surfing do you say UNK or AHH.....???

When you carry a load do you complain about the size?

Sometimes we face the unknown - when we have many options and few instructions; little data or too much information - er, opposite or even infinite data and finite information (the perfect unknown?).....??

Are you confused when you face the unknown? When you realize that faith is eight eighths of the nine eighths?

How does one know when they are in a drama or when they have a melodrama going?

If we are conscious, are we always living in the unknown?

Are you writing your own script - day by day, minute by minute, second by second? Years pass by without realizing that we always live in the unknown and remember the past that we knew.

ON HOW TO REMOVE THE GOLEMS FROM YOUR SPACE

Where is their code? Their instructions? Their name?

What is it? Is it evil? How do you neutralize it or nullify it?

ON BATTLING ILLUSION

Is what you "see" really there? How fast is it being updated? Can you shut it off and turn it back on? Can you change the refresh rate?

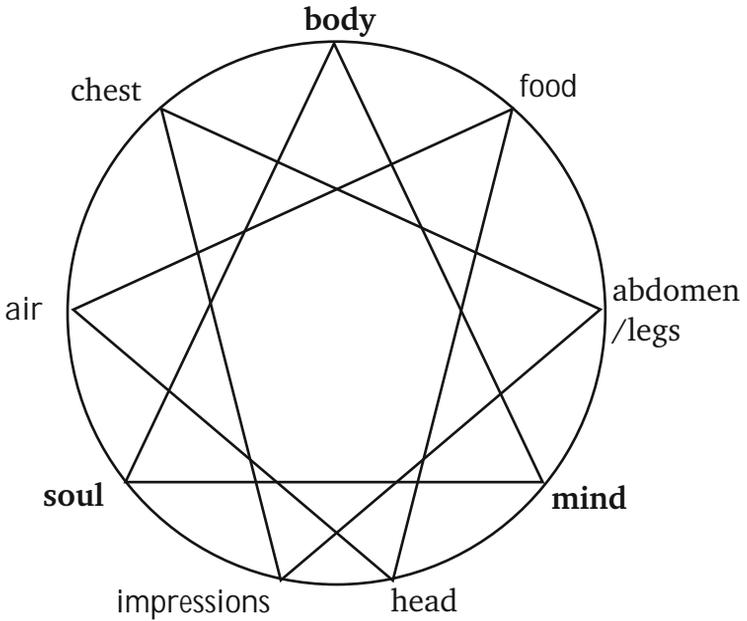
Is it possible to point it (your "sight") this way or that?
Notice the difference when you care about life - your own and others. TRUTH TRUTH TRUTH is better.
Trace the false if that is your need.

ON NOTICING TIME

You must select a measure and a progress. Watch how time changes second by second. Looking away from the time can speed it up or slow it down. It can be accelerated or deaccelerated by breathing exercises slightly. Try to observe yourself watching time pass in different circumstances and situations.

Fear is time. Fear is opposed to love. So love and time and fear create a time track in one way of looking at it. Entertainment and education are also related to the passage of time. Other dualities could be the active and passive alternating through time.

ON A SOLID BASIS



He who understands the nine can "do".
 Understanding is never quite material. Being and knowledge
 are not either.

ON THE WORK

Self-Observation
OBSERVATION

Self-Remembering
MEMORY

Non-Expression of Negative Emotions
GOODNESS

Non-Identification
HUMILITY

Simple but I think that it requires a lot of work and effort to
figure oneself out.

One - conscious labours
Two - volutary/intentional suffering
instead of involuntary/unconscious (?)
or - this is the difference.

ON PREVENTING A JUMPER OR FROM A JUMPED PERSPECTIVE

What is a concussion? If you lose track of a progress - you were keeping track, and what happened? A little missing fluid, a skipped beat, time loss (distortions), or a map that has been tampered with... who did it? Who did it but you?

What? Me?

Or was it him or her? Was it an it?

Is it true that there is a continuity in your life? Memory is one thing, but random access is not the same. We can somehow access our memory - but is it ever random? Is memory ever read only? Memory is programmable like ourselves. We must always remember.

!) Keep soe kind of log

@) Practice thinkning on your own

3) Watch for inconsistencies

ON DEFEATING ILLUSION

Do not fear illusion unless the illusion is a dream; fear will wake you up to the problem that may be staring at you in the face.

When you are nervous, you may be easier to fool. Do not believe everything you see is accurate; nor believe that what you hear is necessarily proximate.

Try to remember logic - time of day; rhythms of nature, sleep and activity, and deductions and inductions from your previously trusted experience. The sun comes out at night?
Stars during the day?

When seeing something new, there is a question of reality.

ON BEING SANE AND DELIBERATE

Happy, sad, elated, depressed, great, worst, best of all, good.

Is that enough?

How do you remember your base line?

How do you come up and go down?

How does one become excited then fall asleep?

How does one get totally full of despair and then
recover with a miracle?

How?

Try to focus on your self more in times of distress of your self.

Focus more. Instead of distressing, try to calm down and
consider your nothingness.

Analysis of a situation reveals that not too many elements
are at stake; for instance, consider sitting..

Posture, disposition, and composure would be three
important parts that could be toyed with by your
experimentation.

ON BEING DETERMINED

To be determined is to have your life told to you by a script writer.

"Is it true?"

"Is it false?"

"Can you tell me the truth?"

I learned that most people try to determine things but some people determine to determine people.

Why so much determination?

Why not free will?

Free choice?

Free optional space?