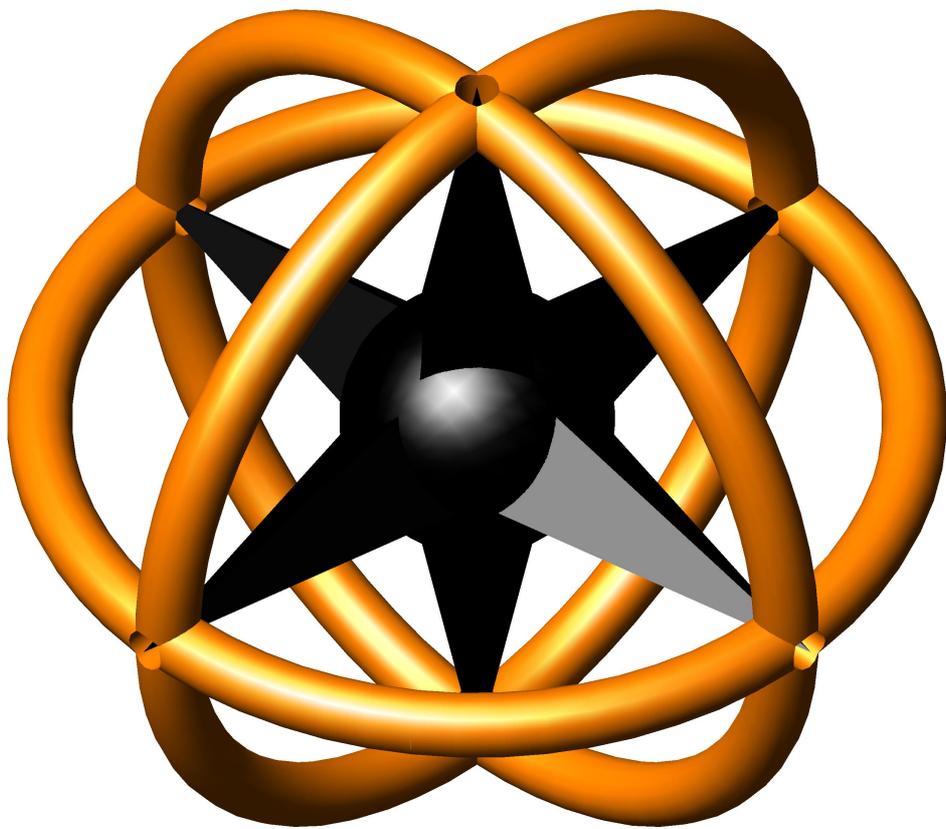
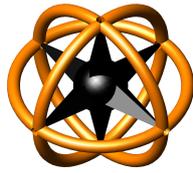




Techniques for standing up for yourself

Into this document is gathered techniques which were given to take down slave system. These techniques work only in the hands of beings with soul. Techniques are built so they serve only beings with soul and soul world. These techniques work only with pro life intentions.





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Force out, nullifying energy onto technique

Energy comes into existence when base force passes through systems, requests, programs, beliefs and so on. Energy = force + programs. Base component of all energies is force. Don't pull back energies (cause they have been already contaminated with slave system programs) but focus on base force. During inhaling, while you pull force out of energies, only powerless/forceless/empty systems, requests, programs and beliefs will remain – these you can dissolve with exhaling onto them nullifying energy created inside yourself. This will take them apart into base elements and they can't be used by other entities or systems to rule over you/to suck your energy/to make you do what they want.

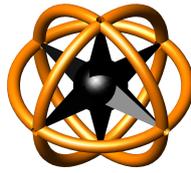
Everything which disturbs you, while inhaling you pull force out of that and while exhaling you exhale nullifying energy onto that same thing. Continue until you feel light and clear.

Force which you pulled out, you can direct it into your body for healing, to clear way for money reaching you, to clear way so you are able to have time and energy for your hobby or to clear way for reaching other goals.

Teach your cells to do force out, nullifying energy onto technique.

Think of your cells as one. Now you visualize this one cell inside of you and you start to do force out, nullifying energy onto technique through this cell. Pull force out of parasites, fungi, protozoan, forbidden races (created for parasitic purposes), from anything and everything which disturb cell work and cooperation between cells. And with exhaling you breathe nullifying energy onto them. You continue as long as you see and feel cell is clear. Now you program your cell to continue automatically to clean itself. With trust and respect say: "Continue yourself with force out, nullifying energy onto technique and keep yourself clean at all times."

Teach all of your organs and body parts to do the same.



Body healing

With respect give your body consciousness an order to create body healing system inside your body. Then, while inhaling you pull force out of system which is giving you trouble and while exhaling you breathe this force into body healing system. Body healing system created by your body consciousness will turn this force into body healing energies. Repeat it as long as you feel whole.

Replacing body water

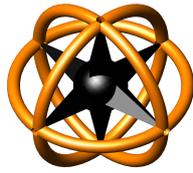
To replace water in your body, visualize black hole beneath your feet. Now let all your body water fall into this black hole through your feet. Visualize new, bright and clear water fulfilling your body. Watch this new water in your body. Does it stay clear or will it become blurred, dirty, brown, green, black? If it doesn't stay clear then there is someone or something that pollutes it. Use Force out, nullifying energy onto technique to remove intruders and repeat replacing body water. Repeat this until your body water stays clear.

Removing support surface of intruders

Every intruder, intruders group and company behind intruders has support surface of slave system underneath their feet. Without support surface they cannot do what they do and without support surface which consists of slave system systems, they are helpless. Now use Force out, nullifying energy onto technique to dissolve this support surface, intruder(s) and company behind them who give guidance to them.

Removing defects/deviations

Visualize yourself being human water. You have human body which is made entirely out of water. You see yourself in front of you and you are about 12cm/5inch tall. Near yourself visualize a fire which has all spectrums in it (You just say it needs to be fire with all spectrums in it and it will be). Now with your right hand you pull out of yourself other peoples problems/mistakes/defects/deviations which don't belong to you and have been inserted by slave system. It looks like a rigid skeleton. Pull gently so skeleton comes out in one piece. Throw it into the fire and let it burn. Slave system also inserts problems/mistakes/defects/deviations of animals, plants. Also inserts manipulations of micro world like fungi, bacteria, viruses, protozoan which don't cooperate with body. Pull them all out and throw into the fire. Pull out all kinds of synthetic, technical equipment and throw into fire. Just don't pull out illnesses as illness is healing process of human body. Illness is restoration energy. Pull out deviations which cause illnesses, which unbalance body. Now visualize your body of water being absolutely clean. All the mush that is left will sink into your foot soles. In your mind make it thicker, pull it out of yourself and throw into fire. Now you see and feel how this body of water is clean, clear and refreshing. When this is done now visualize your body being again solid.



Now you make a decision. As long as this body is your body, it is under protection of your inner cosmos. It is part of it and everyone who comes to control and dominate it – their force belongs to you. Through your body force will go into your cells.

To stand for yourself means you keep your inner cosmos/territory clean of everyone who doesn't cooperate with you. Your enemies are those who have, without asking permission first, forced themselves onto your territory to dominate over you and to harm you. If a individual/person/entity wants to participate in your life, he needs to respect the rules which you have put in place to maintain your inner cosmos/territory. If he doesn't do that then he is violent towards you and he needs to be removed from your territory.

Using force to maintain your inner cosmos/territory or to protect yourself is standing for yourself.

Using force to conquer inner cosmos/territory of others or to dominate over others is violence.

By birth right every person has their personal inner cosmos/territory (home) where this persons rules apply which this person has set in place. This is cosmic law and every living being with soul has agreed with this. Otherwise they don't have access to energy from ocean of potential to take action. He is untouchable and sacred in personal inner cosmos/territory, having enough power to call to order invaders. Person who intrudes into inner cosmos/inner territory of others is automatically their prisoner and this is until they fix their mistake (until then person feels remorse/regret). They need to become aware of what they did wrong, fix their mistake, restore balance and offer compensation. All this can be done mentally, with visualization. You don't need to contact this person physically.

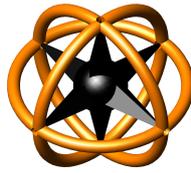
Everyone has right to their own world (their personal growth space)

Everyone has right to their personal space or in another words, their world. There he is under protection of his world. If this protection has been broken then it has to be restored. Women can restore it by saying to their inner male to restore natural protection which is in harmony with cosmic soul world laws. Which is that every person has right to his personal space/world and to protection that comes with it.

Men can say it to themselves. Since men are system creators (their body systems support creating systems) then they are able to do it themselves. Women can ask their inner male to do it.

Cleaning of body cells

During inhaling you pull energy from inside of you (from your cells) and when you exhale you breathe/force this energy right back inside of you (into your cells) and you visualize how you become bigger like a balloon during inhaling and during exhaling you become empty balloon. You do this until you feel light and clear.



You can use this technique any time you feel like it. You can also use this during exercising through areas which are under stress. Doing this technique in reality you pull energy right from your internal cosmos and breathe same energy right back into it. This way your internal cosmos becomes aware of manipulations and creates protection for you. This technique helps to fulfill body with energy.

If you feel or see that some areas in your body don't increase and decrease then there is a problem. You can use Force out, nullifying energy onto technique or some other technique from this document you want to experiment with, to clear this. After clearing this, repeat cleaning of body cells.

Positive field technique

Visualize inside of yourself infinitely small bubble made out of positive field and now visualize how it becomes indefinitely big. During enlargement bubble clears out all negative field (that's where parasites live) its surface touches. You can also use it locally on problematic areas in or on your body. Visualize this indefinitely small bubble of positive field inside your problematic area and enlarge it indefinitely big.

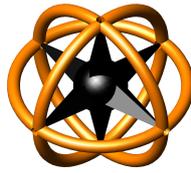
You can use this technique also on your home, workplace, on yourself, on places you need to go, on events you need to go.

Sponge technique to clean body

Visualize yourself being drowned in loads of shit (looks like brown, green and black thin or thick fog/mud). With your left hand pull yourself out of it. You are now above this load of shit. Now visualize you are a sponge. Visualize your left hand above you and see how blue soul fire comes out of your left hand's palm and showers your body/sponge through. With your right hand now you squeeze this sponge and see how all the dirt, thin or thick black, brown, green shit pour out of it. Do it as long as you feel and see your body/sponge is clean. Now visualize that from your left hand's palm comes out rainbow color energy shower which showers your body/sponge through and loads your body with energy. You do this as long as you feel refreshed. That's it.

Breathe space away1

Every thing covers a space. All systems which make you miserable and are intended to steal your time and resources you can remove them by breathing away space which they cover. During inhaling you pull all space which systems, ships, masters, technologies, energies (see the list on page 35) cover into yourself and during exhaling you force these spaces into your source which resides under your feet of your physical body. You can't visualize space but you see clearly how entities, systems and other things disappear because they can't exist without space.



At night when you suddenly wake up, it can most likely be astral level manipulation or abduction or other such thing. In this case go back into that dream or into what you remember last and take this manipulation down by breathing away invaders space of action and breathe away space of information of how these systems and technologies have been built which they use on you. This way they can't rebuild these systems and technologies.

If someone, human or other entity has power over you, dominates you, manipulates you or has negative effect on you, or other group(s) behind that person or entity do that then you just breathe away space of overpowering, domination, manipulation. Whatever they do, you breathe away space of what they do.

Breathe space away2

Every thing covers a space. All systems which make you miserable and are intended to steal your time and resources you can remove them by breathing away space which they cover. During inhaling you pull all space which systems, ships, masters, technologies, energies (see the list on page 35) cover into yourself and during exhaling you direct your soul energy into that spot/area in cosmos where you pulled space into yourself and say this spot/area doesn't belong to parasites anymore. This way new parasites can't come and can't start reusing this spot/area.

During exhaling you can force space into your source (like in Breathe space away1) and during second exhaling you can direct your soul energy into that spot/area in cosmos where you pulled space away into yourself. When you filled this spot/area with your soul energy then parasites can't occupy this space.

With Breathe space away techniques 1 & 2 you can also breathe away energetic pollution from your body and home as well as systems from your body and home.

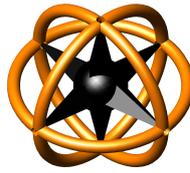
You can also remove nonphysical chips in human body by breathing away space they cover. Make sure you breathe away chips with all of the wiring which come out of the chip. Think of chip and all of its wiring as one and breathe away space it covers.

You can breathe away space and spaceless space. In spaceless space reside ideas. By knowing that then you can breathe away all ideas which are meant to enslave soul world and individuals with soul.

With Breathe space away 1 and 2 techniques you can breathe away only spaces which are from slave system source and created with slave world intentions. You can't breathe away anything with pro life intentions.

To practice this technique, see the list on page 35.

If you don't see specific system then one way to take down systems is to give info through general information field.



Some more ideas of info which to send through general information field to take down with Breathe space away 1 & 2:

-Energy room which parasites use.

(You can just breathe away energy space which they use because all of their created hybrid persons which are their tools, as well as technology and systems are built with stolen energy and by breathing energy space away, their tools, technology and systems disappear. For some systems to disappear you have to use breathing away system space but for some you have to use breathing away energy space. Things have a protection only when they are made from their makers energy. Things/equipment systems made by slave system world don't have their natural protection because they are made from stolen energy - that is why they are easy to take apart.)

-Breathe space away of future attacks/assaults. (Which you will probably encounter when you have entered into so called sensitive area for some group(s) or you haven't reached all system entirely including counterforce systems).

- Breathe space away of information of what you took down and breathe space away of information that specifically you were the one who took these systems down.

-Thought readers, their systems, technology + see the list on page 35.

-Manipulators of memory, their systems, technology + see the list on page 35.

-Breathe away all systems + see the list which block you from using your soul energy (for example when techniques don't work).

-Everything which is connected to this certain system you want to take down.

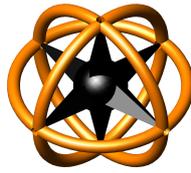
-Everything which blocks you from doing what is dear to your heart.

-Forever beyond reach systems.

-Systems which are impossible for you to take down.

-Everything which is outside time, space, everything that is/macrocosm.

-Everything which is outside of ethics, morality and outside of humane.



Psychically it is hard to take in all this information, to digest it and to wake up to it. But you can send this information through general information field and just use technique of Breathe space away 1 or 2 or Force out, nullifying energy onto, or other techniques.

If you need help you can also Breathe space away or use Force out, nullifying energy onto or other techniques through soul world in general, through all individuals with soul at once, through all your embodiments/you's at once and through all of your embodiments/you's in parallel realities in past, present and future. Then you have more support and taking down systems goes faster.

-Don't believe that you can do it but know that you can do it. Because belief can be manipulated either way but knowledge cannot.

-Do it with playfulness.

-Be everywhere at once doing these techniques.

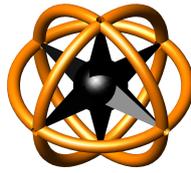
If you feel like you can't reach what you need to take down then go outside of yourself. For example you can visualize yourself rising above your home and look down. Then you see a different view than being inside and this way you can see who or what it is that terrorize you. Which systems, technology and individuals, either soulless ones/programmed tools or persons in ignorance of what are they doing in reality.

When you are deeply buried under something, then you don't see whole picture. In this case, in your mind, step aside and look outside in or rise higher and look from above.

Sea technique

Everything which terrorizes you (+ use the the list on 35) and is against free will, visualize surrounding it with sea. Let one part of you be sea. Let your sea fill all gaps so it surrounds everything. Now you order everything to be base energies and with Breathe space away technique 1 or 2 you breathe away space which base energies cover. This way you can in short amount of time take down no matter how big systems and no matter how many parasites.

Being sea, your consciousness is observer who controls, observes, directs and leads it. So sea + your consciousness are as one in this technique. You don't have to pay attention to your body.



Clean matter energetically

Make a fire or light a candle. Find blue spectrum in it and visualize expanding it to your home, workspace and other material things you want to clean. This cleans material things of energetic pollution. The more it is energetically polluted, the longer it burns and the more intense is the fire.

For example if you visualize setting fire to old castle then you will burn all energetic pollution of events which have happened there and energetic pollution which has accumulated throughout existing time of this castle. Castle will feel like brand new.

If you want to clean energetically someone else's home or material property, you need to ask permission first. Best option is if you teach them to do it themselves. If for some reason you can't ask permission physically with words then use Forwarding information if physically it is impossible technique below (doesn't matter if person is alive or deceased). If this is also for some reason impossible, then trust your instincts.

You can also visualize setting fire to your body to clean it energetically. Use fire with all spectrums in it.

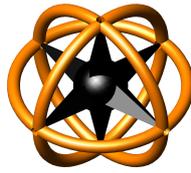
Forwarding information if physically it is impossible (you can use this technique to mend relationships)

If for some reason it is not possible to forward information physically (person doesn't want to hear what you have to say, denies it, blocks your information), then you can use following technique:

Visualize person you want to forward your information to, standing opposite you and facing you. Think of what you want to say to that person. Your thoughts must be clear and precise. Visualize your thoughts in your head falling into your heart. Then you will visualize a tube made of crystal clear energy between your heart and other persons heart to whom you want to give this information to. When tube is ready, send this information through this tube into other persons heart. When this is done, order this tube to dissolve into base energies and you use Force out, nullifying energy onto technique to pull force out of these base energies. Let other person digest this info for 7 days and then you can say physically the same thing you said through tube, to her/him.

If you need to forward information to group of people all at once, then do following: Visualize them side by side facing you. When you visualize tube coming from your heart then on half way it branches out into as many tubes as there are people opposite you. Every branched out tubes end goes into other persons heart. Everything else is the same.

This technique works only on beings with soul. If this being you want to forward information to, is soulless, then this is same as no one is home, you have no one to forward this information to.



Creating a protection for woman

In order for a woman to have protection of a man, she needs to visualize stepping into a man to blend into man. Before that she needs to ask permission from man.

Creating order in your couple level relationship

Since we live in dual system, then in a couples relationship there can be only one man and one woman. Rest of partners who you have been with (in current life and also in past lives) you need to let go. In your mind, open your soul and let all partners out, let them be free, whom you can't be with today. Thank them for cooperation and let them go.

Ask potential candidates to take in line. Who where in particular will stand - let them themselves decide it.

Women need to say to potential candidates that when I am ready, I will pick one of you whom I'll start cooperating. Men need to say to potential candidates that when I am ready, I'll give permission to choose me.

When you currently are with someone, tell them that you are with X right now. As long as you are with X, you need to wait in line. When cooperation material ends then you will decide with whom and when and what kind of cooperation you are ready to start.

Rase yourself out of every influencers (women, men, mother, father, grandmother, grandfather, sisters, brothers, candidates of couple level relationship - in this life and also in past lives) influencing field, out into absolute emptiness and clean yourself.

Do same with your partner or with potential partner.

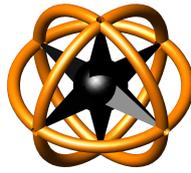
If you need to, you can also use technique on page 10: Forwarding information if physically it is impossible.

Removing chips

Visualize being in a cocoon of fire. Fire is exactly the kind you need (with such frequency and intensity which suits you right now for removing this chip or chips). Visualize yourself being in a soluble state (for example water). Now pull chip out of you or push it out with the back of your hand with all of the wires that are attached to it. Push it out of your fire cocoon with all the wires attached to it and set it to fire. Fire is such which burns everything completely. And everyone who will come to investigate where their systems have gone and respond violently - you can order your cocoon of fire to burn everything and everyone with their team(s) who have responded violently.

Removing chips 2

Visualize your body is bunch of hair. Now take a comb made of material which can access every material no matter on what level it has been built. Now comb your hair through and everything that falls out of it or stays on the comb, throw it into the fire next to you. Fire will be such which burns everything and anything. Now visualize you set yourself on fire. This will clean away energetic pollution.



Removing rigid systems from body

Human body cells vibrate on very high levels and so called low level energies and beings can attach/anchor only on rigid framework built inside body - they sit there like hen on perch.

Slave system builds rigid systems out of persons own energies (person might recognize energies which are sucked from strangers and may ignore them) by programming persons beliefs into rigid knowledge (for example my truth is the only truth, truth of everyone else is bullshit). Person who considers himself to be smart is victim of such programming.

Slave system also pulls these framework systems out of person inside whom they were built and inserts it into selected victims (who is dangerous to slave system existence) body for energy parasites to attach to. Prior to that victim is sedated so she/he wouldn't detect this deception. This way victims potential gets wasted and submitting person under slave system is much easier.

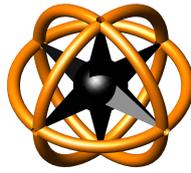
For rigid systems which don't dissolve easily, for them to lose its structure visualize a fork, stick it into the system and turn the fork as long as system loses its shape. Everything that is left around fork you can throw it into the fire or use Sea technique or Force out, nullifying energy onto technique. You can also use fork to remove flat systems same way as described above.

For example flat earth theory originates from one flat system with a flat Earth hologram on it. Some people have seen it and are programmed through this hologram to believe it to be real Earth. Real Earth is shaped like a potato.

Other way to remove these rigid framework systems is to visualize yourself bigger than your physical body and look inside yourself from above. Find those rigid framework systems inside you and use Breathe space away 1 or 2, Force out, nullifying energy onto technique or Sea technique or other techniques from this document on these systems. If you don't see them then you can send info through general information field that you'll take them down and use technique of your choice.

Removing different frequencies to take down systems.

Visualize a lake and on this lake there is a layer which represents all frequencies. Take a fork, stick it into this layer and turn the fork until this layer is removed from this lake. By rolling up this layer different frequencies disappear. Everything which is left underneath and bottom of the lake dissolve with Sea technique, Breathe space away 1 or 2 or use Force out, nullifying energy onto technique. This way you don't have to dissolve bunch of systems in different frequencies but you can dissolve main system which manifests itself in different frequencies. By dissolving the main system, all other systems of main system which manifest in different frequencies, also disappear.



How to deal with shapeshifters

Shapeshifters are plasma based entities which were created as tools through which to control other races.

Following substances help disarm shapeshifters:

- 1) Black silicon sand
- 2) White silicon sand
- 3) Rainbow color silicon sand (includes all spectrums)
- 4) Citric acid + vinegar solution
- 5) Hydrochloric acid
- 6) Suffering energy (which is caused by shapeshifters)
- 7) Mercury
- 8) Milk (cow milk as well as goat milk)
- 9) Diamond dust
- 10) White diamond dust
- 11) Cosmic gold dust (Helps disarm shapeshifters which are made out of gold).
- 12) Gemstone dust (Against every gemstone shapeshifter helps corresponding gemstone dust).
- 13) Battery acid

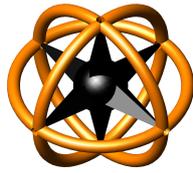
Visualize that you are making a bubble around a system which is giving you trouble, on top of the bubble leave a hole through which you pour mix of these substances.

You can throw these substances into shapeshifters one by one, you can make a mix of all these substances and throw it into them. You can take some kind of container and pour this mix in and drown shapeshifters into it.

You can visualize yourself being a sun who emits mix of these substances to clean your body and area around you from shapeshifters.

Visualize a comb out of one of these substances or out of mix of these substances and visualize your body being long hair. Now comb your long hair through with this comb and shapeshifters inside you lose their shape and fall out of you.

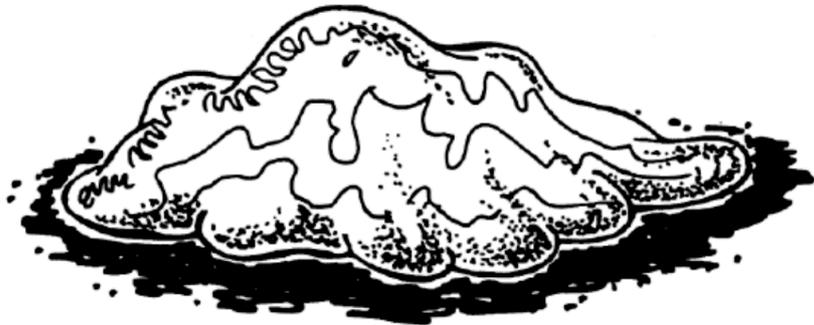
By contacting these substances they lose shape and become like jelly. You can dissolve jelly by using Force out, nullifying energy onto technique or Breathe space away technique 1 or 2.



Shapeshifters:



Jelly like shapeshifter:

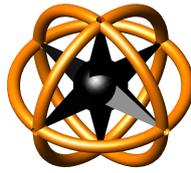


Dissolving technology

All enslavers technology is negative which means it rotates counterclockwise. For you to dissolve it you need to make it rotate clockwise. To rotation give information that it needs to use its full authorization and it needs to rotate as fast as is needed for technology to dissolve. Thats it.

Stir your drinks clockwise

When you stir a drink, stir it clockwise. Clockwise stirring creates positive field energy channel and counterclockwise stirring creates negative field energy channel. Positive field is life energy, negative field is death energy. Drink is healthy and tastes good when it is loaded with positive field/life energy.



When someone stirs other persons drink intentionally counterclockwise to make them feel bad then they themselves will feel the effect of counterclockwise stirring and not the person whose drink they stirred.

Make energy flow in body

Use it when someone is ill or feels bad.

To make energy flow, take a glass full of water, hold it above persons head (let person sit with straight back for this to work effectively) and stir water in glass clockwise. Stir until your stirring hand feels light again. If it is too much for the person (starts to feel heavy or starts to feel pressure), take a break and repeat stirring until you feel your stirring hand is light again. After every pause change water. Also fresh air into face needs to be guaranteed (through air travels fresh information).

If you do this with multiple people then you also need to change water before doing it to someone else.

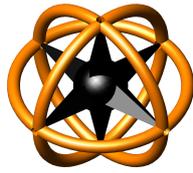
You can visualize yourself doing this if physically it is not possible.

Now for bio-robots and other soulless beings who intentionally stir counterclockwise or are programmed to do so, there has been put system in place which works like this: when you stir counterclockwise then person stirring will feel the effect of counterclockwise stirring. Person you stir above feels nothing. It's also a reminder for stirrer if you accidentally stir counterclockwise then you are doing something wrong.

When you stir clockwise and start feeling bad, then there is interference. This may happen when person, who you want to help, is heavily under control and slave system labor personnel considers it you wanting to take away their property. Or someone doesn't want you to get experience which will help you further in understanding how reality works. Use techniques to clear interferers.

To make accountable (everything which is created by and serves slave system will be cleared with its creators life energy)

Everything (systems, technology, individuals ect.) which is occupied with torturing you (your soul, mind, body, psyche, all your soul systems, all your mind systems, all your body systems, all your psyche systems and everyone who give their contribution to it, whether they are conscious or unconscious of their actions) - visualize it all being a fog which is made of micro balls. Become one with these micro balls so that part of you would be one with all these micro balls. Then, with inhaling draw into all these bubbles at once situation creators life energy and while exhaling you create inside pressure so that these bubbles will burst into base energies. Use Force out, nullifying energy onto or Breathe space away techniques to clear base energies (don't pull base energies into yourself because they contain slave system programs and systems which will create additional chaos inside you). Then send them a message through general information field that their action consequences will be cleared using their inside energy/life energy and they cannot escape accountability.



This way you make them accountable with your internal will.

While dissolving micro bubbles, you can also create inside pressure with system creators life energy from the outside. Bubbles will burst into base energies and clearing is same as mentioned above.

When you take down a system, then do it with system creators life energy. We need to make them accountable for their own actions and consequences their actions have caused and we make them clean their own creation with its consequences with their own life energy.

To make accountable 2

If you feel someone has not been fair towards you then visualize hanging this person upside down into sky. Person hangs as if he is a coat hanged on hook. Everyone who is born into material world - their view of world has been turned upside down by slave system. When you, being here in material world, turn person upside down, then in reality you turn their view of world right side up. This will help them see bigger picture and will help analyze and solve their own behavior. Give this person info (in your mind say to him) that you can come down when you have acknowledged/become aware of your mistake, when you have fixed it, when you have restored balance and when you have compensated.

When you have done everything right, you'll feel calm in your heart.

You can also call (in your mind) everyone else to whom this person has done wrong. And you can visualize yourself teaching them the same thing.

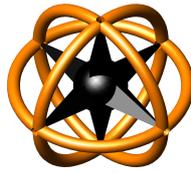
If by accident you hang someone innocent upside down into sky then they will fall back down. They won't stay there.

Wrongly used energy belongs to returning back. Energy which is used against life - it will be taken away.

Everything revolves around energy. You cannot create anything when you don't have energy. Slave system creators have stolen energy from individuals with soul and built torturing systems from it to torture and suck away even more energy. This way they improve their empire. Taking down this empire is possible when you know how the system works.

Turn systems inside out

When you see a system, turn it inside out (like a ball which has hole in it and through this hole you can turn this ball inside out). When turning inside out then all systems which are attached to inside layer of system become visible outside. All inside systems are clearly visible now and you can use Force out, nullifying energy onto technique, Breathe space away 1&2, Sea technique or other techniques in this document to take down these systems.



What is a program?

A program is predetermined direction for activity. For example river is occupied with flowing but direction is given by river bed which is a program for river flow movement.

People who don't want or don't have the courage to receive information outside of slave system box (into which they have been programmed/enslaved) – they lack knowledge of the whole. Because of that they are vulnerable in every level. They will be swallowed by collapsing slave system – this parasitic system created by soulless ones have always betrayed its members.

Programming begins in early childhood. For example in school, for programming is used "true" information written by authorities. This information is material for framing



which is separating/isolating from the whole. Programming is begun by pushing a child into a frame (see square shaped school hat) which will become base program (this is achieved with stick and carrot method). Onto base program next layers will be laid until cube is formed into which pure nature of a child is encapsulated. Cube is a symbol of perfect prison. Since with the help of a school a child is being immersed with "only true" information then later it is very difficult for a child to give it up. When a child tries to give it up then inverted worldview inserted into child is

threatening to collapse, child feels like surface is disappearing under her feet. And thinks she is nobody (which is also a program inserted in school. She is also inserted with program that if you don't have education, then you are despised, you're an outcast, you don't have (beneficial) friends, you won't make it in life and so on.)

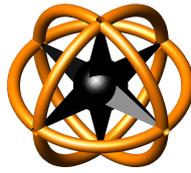
In reality it is the other way around. Unprogrammed child is open, she has access to information banks in all that is and she can download information at any time she needs.

Delete program "Our parents are our roots"

Family is like bush where trees don't grow. Now for you to grow into individual, independent being, you need to visualize yourself being a small tree in bushes. Replant yourself into large and spacious meadow which is worthy of you. Now you have enough space to grow into strong and independent tree. Do it with your mothers side of family as well as with your family from your fathers side.

Every being with soul has also their cosmic family where they are from. You can also pull yourself out of cosmic families mothers and fathers side and plant yourself on large and spacious meadow which is worthy of you, just like described before.

If you see bush from your mothers or fathers side of family or from both sides of family forcefully growing into your meadow then they are violating territory law (see To stand for yourself on page 5). You can call them to order by visualizing setting bush on fire and reminding them territory law. Or you can use other techniques in this document.



With this technique you can take down family manipulations which are directed towards you. This won't take down soul connection, psychic support, respect and trust towards each other.

When you feel drained of energy near someone then keep in mind that it is not this person who drains you from your energy but it is the system behind this person through which system sucks away your energy. If it is impossible to reason with this person or she/he doesn't want to listen to you then you need to distance yourself from her/him. Use techniques described in this document to take down parasitic systems behind that person and remind her/him territory law.

Always search for third party or someone/something which gains from conflict and stop blaming other person. Take down the third party and situation will calm down.

Delete program "We live on through our children"

A person who believes in program "We live on through our children" believes that you are alive only for one life, that consciousness forms and grows only in physical body and that after death is left only emptiness.

This person believes also that children get their life force/soul from their parents and this continues in future generations. In reality, a soul of a child who inhabits a body, comes with their own unique energy to keep body together, to harmonize it and to ensure conditions for growth.

With this program, debt of gratitude is implanted into child which is impossible for child to pay off. Energy of gratitude which child generates for parents - this gets stolen by creator of program "We live on through our children" and by parasites who are loyal to creator of the program. Gratitude energy won't reach parents.

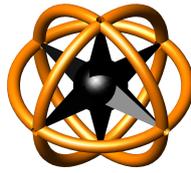
In order to delete this program you can use multiple techniques. Visualize you are inside a sphere which is saturated with program of "we live on through our children". Then with your pure nature step outside of the sphere and set to fire all the rest what was left in sphere. Force which is released during burning - you can take it.

You can also use Pull yourself out into the void technique to pull yourself out of any program.

With these techniques you can also delete any other program.

Pull yourself out into the void

Visualize yourself being as small as ant and pull yourself out into the void or emptiness. There only your real essence will remain. All manipulations will fall away. Clean yourself and rest do according to Pull yourself out technique on page 35.



Create yourself a new body

In front of you, visualize a capsule made out of fire with all spectrums needed to prevent all interference while you build your new body. Inside fire capsule visualize your new body which you like. It is without chips, without systems and other slave system manipulations. For example if you have some kind of health condition (make a list if you need to) then visualize and give information to your new body that it is free from this condition. Your new body has excellent health. Now visualize around yourself capsule made out of fire which has all spectrums in it needed to burn away all slave system manipulations. Fire capsule around your new body and current body you are in, are right next to each other without any space between them. Now you step out of your body and out of fire capsule around your body and step right into your new body inside other fire capsule. Fire capsule also prevents chips, systems and other slave system manipulations from your old body coming with you into your new body. Now order fire capsule around your old body to burn away everything inside of it (old body with all of chips, systems and slave system manipulations attached to it). Get comfortable in your new body and when you feel at home you can order fire capsule to disappear around new body in which you are now in.

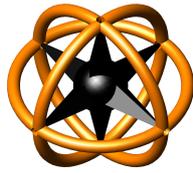
With time your physical body will look more and more like new body. Energy, which you created during creation of your new body, will fill areas in your physical body and your physical body will take shape after new body which you created.

You can repeat this technique as frequently as you feel needed.

Make yourself seethrough

Visualize going inside your body and try to make it totally seethrough/transparent/clear. When you have succeeded, you'll see only emptiness, everything is seethrough. This emptiness/seethroughness/clear state is base force i.e. source (highest potential) from which you can create any energy you need when you let this base force flow through a request. Energy consists of two parts: base force + program i.e. request. If you want to submit/subject someone, you'll produce negative energy. If you want to lift the spirit of/elate someone, you'll produce positive energy - sooner or later everything comes back to you in concentrated form.

When you have managed to make yourself seethrough/clear i.e. neutral then slave system loses control over you - they can't monitor you anymore, you'll disappear from their monitoring screens. Never request enlightenment because you'll be at once discoverable and you'll be hunted. Instead of that make yourself seethrough. Make transparent/seethrough body organs, body parts (for example leg in pain), family members, your home, workplace, Earth, our solar system, milky way galaxy and so on (see Cosmos is divided as follows on page 25).



Recreating your world

Visualize creating as small bubble as you can. Only you will fit in it. Now you put in place your rules which apply inside this bubble. Only those who come with respect, can enter. Now you order this bubble to expand as much as is needed - this is now your new world. Old world set to fire.

By recreating your world you clean it from parasites and other slave system manipulations which had forced themselves into your old world. Either via technology or through your own wrongdoings (which is another doorway in), through your contracts which is essentially taking easy way out (another doorway in). Taking easy way out means you give someone permission to manipulate with you. In reality there are no free lunches.

For your new world to stay clean you need to take down technology via which they forced themselves into your old world, fix your wrongdoings. Use Cancelling contracts on page 30. Also use other techniques mentioned in this document. You can recreate your world as often as you feel like it.

Clean yourself

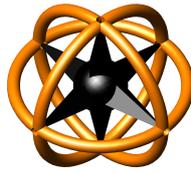
Visualize yourself being small and facing front side towards you. Now place your hands together like triangle (\triangle). Fingers together and palms further away from each other. Now with this triangle shape push through your body from bottom up. Above your body visualize thunder cloud. Everything that you push out of your body, push right into this thunder cloud. With respect order thunder cloud to neutralize everything you push into it. At the same time when you push your body clean holding hands in triangle shape, visualize between your palms your new body which is clean from energetic pollution, systems and other slave system manipulations. This way you can push your body clean and at the same time create a new body.

Now visualize yourself being back towards you, repeat the technique and then sideways towards you (do both sides) and again repeat the technique.

Lifting material things and pets into your world territory

To protect material things and pets from slave system manipulations and energy sucking, you need to lift them into your world. Visualize a bubble in front of you - that is territory of your world. And everything that you need to protect from outside world manipulations, lift into it. Usually doing this once is enough but if you are especially targeted, then they do everything and anything to get your material things and pets out of your world and out of protection that comes with it, to have better access to them.

When material things are sucked dry from energy you have loaded them with, they break. When pets are sucked dry from energy, they get sick and have all kinds of health problems. Same goes for humans and for every individual with soul. Use techniques described in this document to take down attackers and repeat lifting material things and pets into your territory.



For example if you buy a used car and this car has been through accident then this car with its field of information will attract same events it has gone through, if you don't clean it energetically. Whether you buy a new car or used one, visualize setting it to fire to clean it energetically. After that lift it into your world.

Same goes for food.

Read also Clean matter energetically on page 10.

When you need to sell things (for example a car) you lifted into your world territory, you need to pull them out of your world, before selling. Otherwise no one will buy them because when it is under protection of your world territory, then it is invisible energetically. No one will see it. Nobody will notice it.

Inhale freshness and exhale pollution during exercising

In order to lessen pain and stress in your body, use following technique:

In your mind go into areas in your body which are under stress or painful and breathe through them in and out. In order to do that think of your body or part(s) of your body as lungs through which you breathe in and out. During inhaling you breathe in freshness and during exhaling you breathe out energetic pollution that is in there. Repeat it as long as you need.

To manage even better pain and stress use Cleaning of body cells at the same time you inhale freshness and exhale pollution. Cleaning of body cells technique will load your body with energy, which helps you to last longer during exercising.

Both techniques you can use to breathe through whole body or through parts of body. Use these techniques separately or together (together is more effective).

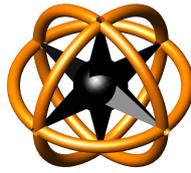
To use these techniques together at the same time you need to practice them separately first to get to know how to use them and how you feel when you apply them.

When using these techniques together then just give info through general information field that you are going to use them together, then you don't have to consciously remember techniques nor control them. Visualize two separate checkboxes like in computer settings, check both technique boxes, click OK and just start breathing.

Using these techniques during exercise saves you from muscle pain the next day because lactic acid won't accumulate in muscle.

Digest your enemies

If you feel you are being targeted from many various angles, then visualize them all being one (with all of their systems, technologies and other techniques they are using, see also the list on page 35). You can think of them as a candy or whatever you like to eat. And visualize yourself eating it. With this technique you will digest them and your body can extract information how to protect itself from attackers and will create automatic protection from these attackers.



If you feel this is too big of a bite, then visualize yourself being bigger or whatever you have to eat, smaller. Both work the same way. You can also send information through general information field that your body is exactly the size needed to take in the amount you need. Happy eating!

Black hole technique - How to get over fear of being alone

Visualize yourself jumping into black hole and imagine you have no-one and have no thing. You are entirely alone. Stay inside of this feeling and observe what is going to happen and what will you see. When you go through with this meditation then you will be free of fear of being alone as well as all other fears because fear of being alone is base fear upon which all other fears are built upon.

In reality fear is generated by certain frequency creating technological means which is unpleasant feeling for entities with soul. It acts as a control mechanism for slave system. Like a high-voltage fence for sheep.

To decrease energetic load

With respect ask your internal cosmos to attract only this kind of energetic shit which you yourself with your actions have created. This would be like feedback which you have created with your actions. Take it as learning material you need to work through. All other energetic shit under which we are drowned under every day - ask your internal cosmos to stay neutral towards it. Then it won't affect you.

This way you can lessen your multidimensional level energetic load under which we are daily.

Create your own infocrystal

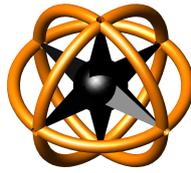
Creating your own infocrystal allows you to access and gather information you need, faster way. Especially when access to the information is heavily blocked.

Here is how to do it:

In front of your third eye visualize a crystal you like or you can send info through general information field to form such a crystal which you need. Give it your trust and force power and everything else it needs to get the job effectively done. Say to the crystal what kind of info you need. Communicate with your infocrystal like you are equal. If you do not, you will get distorted information which is useless. Now with respect order it to go and gather information you need. Let it go and let it be free so it can do the best job possible. Best is to forget about it so you do not interfere with your thoughts with crystals job.

When job is done, your infocrystal will dissolve automatically.

Also be careful what kind of info you want. If you want slave system inside info then you need to be psychically ready to take them on. If you are ready to take them on then techniques in this document will help you. If you are not, then don't sniff around there - for your own safety.



The job may take from one second to up to a year depending on difficulty of task. If you feel like something may have happened to your crystal, create a new one.

If you feel like info you need is heavily guarded or blocked, you can use techniques mentioned in this document to help clear way to the information for the crystal.

Happy experimenting!

Create crystal for cleaning food

About 7 cm from your forehead visualize a crystal you like which is about 2 cm big and order it to feed from everything which is not edible for you. Give it your force of trust and let it be free. When you bring food home, then first of all, raise it into your world territory, and second, don't eat it right away - give time for crystal to clean it. Later, when you happen to see the crystal, it may have grown many times.

Food, which will lose appearance in few hours, has been heavily poisoned - it is not edible.

When head gets heavy

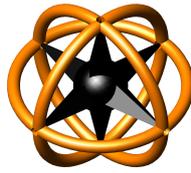
Living too much in your head and too much thinking creates energetic sod in and around head. When you are in different information fields when thinking about different topics then all the energetic pollution in these fields accumulates in and around your head and your head will get heavy.

To free yourself of this energetic sod, visualize yourself grabbing tightly from this sod, pull it away from your head and throw it into fire. You can also use Force out, nullifying energy onto technique, Breathe space away 1&2 techniques or Cleaning of body cells technique. Experiment yourself.

To avoid accumulating energetic sod in and around your head you need to learn to live in your heart. Visualize yourself falling from your head right into your heart and stay there. View your thoughts like clouds in sky which come and go.

How to handle energy vampires

Phantom reality is a reality where energy vampire imagines itself into someone else to suck energy. Good way to get rid of vampires is to order your energy to be poison to vampires.



Die psychically

To die psychically means you let go of everything you have. You let go every material thing you own and you let go every relationship you have. Letting go means you set them free and this also frees you at the same time. If you want to be free, let others be free.

Here is how to do it:

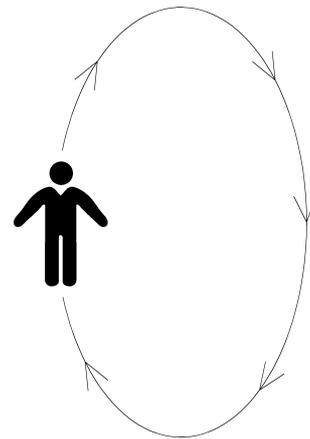
Visualize yourself rising up while psychically dying by letting go all of your material things and all of your relationships. You rise up and beneath you is everything you let go. You rise higher and set to fire everything which was left beneath you. You go down and up again and end up in the same space you were in the first place. Only this time it is clean because you set it into fire. When viewing from side, you form a circle. Dying is best pleasure there is.

Die with all of your embodiments/selves in this reality and in other realities, frequencies, levels, timelines and spaces all at once.

For all parasites and energy vampires who feed off of you, you can send a message to them that there is no you, you are dead, there is no one to feed off from. And you pull all of your lifeforce back (like physically dying people do when they die/leave their body behind).

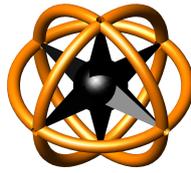
All parasites die when they lose their feed and all systems fall apart which have been built using your energy. This way you dismantle all your "toys". When it has been built using your energy, then it is yours and you can do whatever you'd like with your stuff.

Let go of your fear of dying. Go inside into this fear and be there until it fades away (everything you feel during that time, let it flow through you).



Body cleaning

Become one with everyone who cooperates in your body (cells, bacteria, nervous system and others). While being inside of them, being one with them, during inhaling pull force out of unneeded and body function disturbing characters, substances (for example excess calcium, excess estrogen etc), poisons, systems, technical equipment and programs. Pull this force into whole which was created at the beginning (all who are there will divide amongst themselves who need how much force). During exhaling force nullifying energy onto and into unneeded and body function disturbing characters. Repeat this until you see your body inside turning into clear and transparent as if there is nothing. You don't have to consciously know or understand who or what is unneeded or excessive and who is not. Trust your cosmic YOU knowledge who lives in your inner cosmos, in your personal space.



Next time you can visualize your body being as big as a planet, then as big as a galaxy and so on, until you can stand your ground on Everything that is/Macrocosmos level. Cosmos is divided as follows:

Cosmos is divided as follows:

1. Earth
2. Our solar system
3. In milky way galaxy there are billion solar systems.
4. In local universe there are billion galaxies.
5. In small sector there are billion local universes
6. In big sector there are billion small sectors
7. In superuniverse there are billion big sectors
8. Multiversum
9. Everything that is/Macrocosmos
10. Emptiness/The void

Body cleaning with net

Body can be cleaned using a net. Visualize a net, order it to be from materials you need for your cleaning and order it to have eye size which is suitable for a job you need to do. With net you can pull through whole body as well as organs and body parts separately. After pulling net through, throw net with everything it has caught into fire.

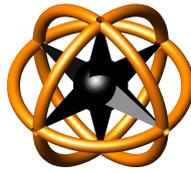
Pull back your soul parts

In order to see whole picture of reality, you yourself need to become whole first. To feel whole again, you need to pull back all your soul parts. To do that visualize your soul is like a sphere-shape puzzle with missing pieces. Now visualize you are worlds most powerful magnet and you pull all your soul pieces back and they will fall right into their place where they belong.

If you have missing pieces in sphere-shape puzzle but when pulling as magnet nothing comes, then there are additional systems which block soul parts from coming back. In this case take down systems which block soul parts from coming back and repeat being magnet and pulling them back.

In couple level relationship, system moves soul parts of partners into each other. Longing you have for your partner is actually longing for your soul piece(s) which was inserted into your partner. Pull your soul parts back from partners soul and also give back your partners soul parts from your soul. Repeat this with all your ex-partners in current life and also in past lives.

Now you may start to remember what you didn't remember before pulling soul parts back. This is memory and experiences of those soul parts which you pulled back.



With hi-technology is possible to part soul into countless number of pieces. They may enter one soul piece into their bio-robot, another into soulless one, into cyborgs and other slave system tools. They need soul pieces to power and feed their tools to work.

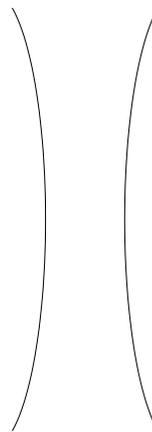
Through memories, which have come up, it is possible to take down systems through which is arranged breaking soul into as many pieces as is needed for slave system. Through memories of soul pieces you'll see what those soul parts went through and can take down everything which arranged it. Now everything you saw, you can take down with techniques in this document. It's a great way to access information to study how slave system works and to take it all down.

After that pull your whole soul (where sphere-shape puzzle has all missing pieces in place) out of all the experiences slave system arranged with technique Pull yourself out on page 35.

Cleaning a channel

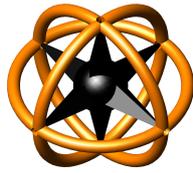
There are various parallel reality viewing systems. One of them is channel viewing.

Clean channel looks like this (picture1):



You can view situation of body channel, situation of body organs channel, events channel, information channel (whether information is true or false/whether it corresponds with reality or not), situation of plants channel, relationship situation channel, economy situation channel and so on.

Channel needs to be clean, clear, bright and transparent inside, outside and also channel walls need to be barely perceptible in order for energies to flow freely through. When this has been accomplished then everything is alright.

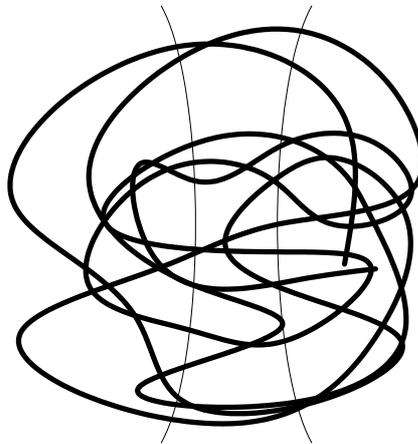


When there is energetic pollution i.e. negative field, systems, technologies inside of channel, outside of it or attached to channel walls then this creates energy blockages and when energy can't flow freely, then finally energy flow stops. Then body and its organs have health issues and events don't go well.

How to clean a channel 1:

Focus on a channel you want to see. You can zoom in and out as much as you like. Rotate a channel. Channels upper end is now at the bottom and vice versa (this will shut down systems which are attached to channel). With your left hand pull upside down channel forward out of its place. Now behind it there is another channel which is completely clean and transparent. Pull this channel into exactly the same place where original channel was. You just replaced blocked channel with clean and transparent one. Blocked channel will dissolve with all of energetic pollution, systems, and technologies attached to it when moved from its place.

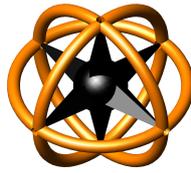
Blocked channel (picture2):



Set to fire surroundings of your new clean channel.

How to clean a channel 2:

Focus on a channel you want to see. To clean it from energetic pollution, set it into fire or you can clean it with your left hand. Raise your left hand above channel palm down and visualize out of your palm coming blue soul fire energy. Now move your palm down



through the channel. When your hand is underneath channel, flip it palm side up and you raise your hand again through channel. Soul fire energy going out of your palm will clean energetic pollution. When you zoom out (visualize a channel being as small as an ant underneath your palm), you can clean a bigger area around a channel.

How to clean a channel 3:

Clean your channel using Force out, nullifying energy onto technique. You can also visualize being inside the channel, do the technique. You can also use it being outside a channel. Next step is to use both options at the same time, being outside and inside a channel at the same time.

When energetic pollution is cleared, you will start to see systems and technologies sucking energy and blocking energy flow. There may be ships above, below, inside, outside a channel influencing it. When they don't want to be noticed, they will stay further from a channel and influence it from a longer distance. You may see systems with all kinds of shapes and sizes, some are like fog, some are like rigid structures, some are like 3D geometric shapes, some are like crystals, a lot of different technological equipment, a lot of different kinds of energy sucking systems through parasites and so on. Zooming is your new best friend. Practice that! To clean a channel from systems and technologies, use techniques described in this document. Try them all. For some stuff one technique works great, for other stuff, some other technique may work better. But Force out, nullifying energy onto technique is always, in any situation, is the one to go to technique. Experiment yourself.

How to check whether event is real or information is true or false?

When event is real (took place in history/happening in present) and information is true then channel looks like on first picture. Channel is clear, transparent, goes all the way through.

When there is not or hasn't been an event or information is false then there is no channel. Channel forms only when event has happened and information corresponds with reality.

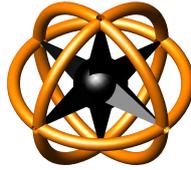
When information is half true, you will see half channel.

The more there is fog around and inside a channel, then the more there is demagoguery (talking white into black and vice versa) around this event.

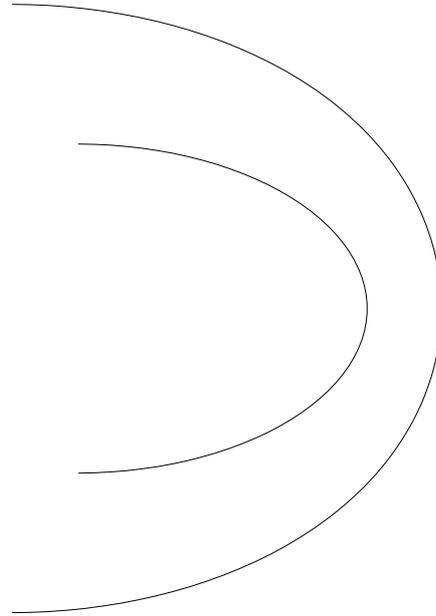
The more there is energetic pollution (black, brown mush) - this means entities who are involved, their reasons why they do this, aren't clean.

Lust, greed, thirst for power, to get more than you give and such, creates energetic pollution.

When a channel is bent toward right side then there comes a pressure from left side. Right side is energetically female and left side is energetically male. When pressure comes from left side then a man, men or men energies influence channel. When pressure comes from right side then women energies influence a channel.



Pressure comes from left (picture3):



To get more accurate information then focus on a channel and information you want to know. The more time you spend there the more info you will receive.

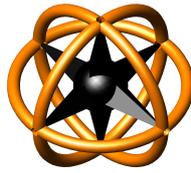
Beware of distractors. There are groups who may not want you to get certain information. They may place a screen in front of you with a picture of a channel, looking the way they want you to see it, according to their agendas. To check whether you are being manipulated, raise yourself higher and look down to where you were. Do you see a screen or other manipulation technologies? If you do, use techniques in this document to take them down.

Clean sinusoid wave to rest from technology caused stress

To wave of sinusoid wave (for example household electricity) have been added slave system programs and systems, which carry massive pollution with them (looks like nut shells and oil spill on sea wave). That is why being near or using technology for longer time periods will tire you. It is caused by energetic pollution which disturbs functioning of biological body.

To clear energetic pollution, you have many options.

One way to do it is to visualize a crystal belt around sinusoid wave and you order this crystal belt to transform energetic pollution into beneficial energy for you.



Other way to do it is to clean sinusoid wave from programs and systems which have been attached onto it. Use Force out, nullifying energy onto technique, Breathe space away 1&2 techniques or experiment with other techniques.

Cancelling contracts

Since a lot of contracts have been made via manipulation (for example concealing real information and showing images with pleasant energies to manipulate you to think what will come when you agree to the contract. Which is not the case. When reality is something else, then you need to cancel these contracts - contracts which are based on lies, are not valid.

To cancel contracts made in this life, in all of your previous lives and in all of your parallel lives, gather them like leaves in autumn and set them to fire. In your mind send contractors a message that contracts are void from the start because of lies and manipulations and because of that they are not mandatory. Lost time and energy belongs to returning back twice by Cosmic Law.

By cancelling contracts you will stop the energy sucking you allowed when signing these contracts. After cancelling you will feel liberation and calm.

Cancelling of Fidelity Oath

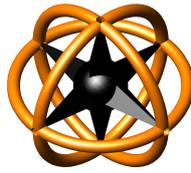
One of the ways system can access your potential, is through fidelity oath. Fidelity oath (can also be wedding vow) is essentially a contract where you promise to be with someone forever. When you are drawn to someone but don't understand why, then this may be the case where you both in past life have promised to be with each other forever.

To cancel the oath, visualize a paper with oath on it. Tear it into four pieces so that when you place pieces back into their place, the tear sides form a cross. Paper pieces throw into fire.

Now you disconnected yourself from slave system energy sucking systems which were active through fidelity oath.

Removing wires and tubes from body

In your mind gather together all of your bodies from all of your lived lives and all of your parallel lives. Visualize them all together as one body. Now take a knife which cuts everything and cut all wires and tubes going inside and coming out of your body. Ends which are left set to fire and let the fire spread everywhere rest of wires and tubes lead. This fire burns with such intensity and frequency which burns everything and anything.

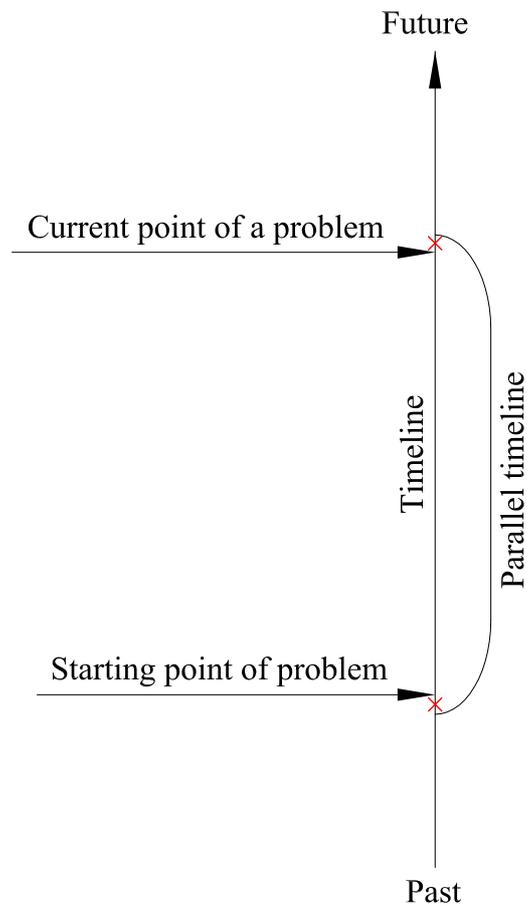


How to change a timeline

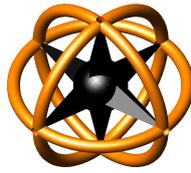
For example:

If you have some kind of a long-term problem. For example, fear of being alone then this is tied to soul trauma when you had to be away from your parents in childhood. This fear may also come from past life.

In your mind go to this point of time where traumatic event took place (*Starting point of a problem*). If this is too difficult for you then give yourself an order to just be at this point of time. In your mind create parallel timeline where this event didn't happen. Starting point will be before traumatic event took place and endpoint will be few hours after current time. In your mind, with scissors cut through at points marked with red crosses. Roll together timeline which is in-between red crosses and burn it away. After that push parallel timeline to the place original timeline was. Timeline must be straight, otherwise time distortions will occur which may cause unwanted anomalies.



× Points where to cut trough in timeline



With How to change a timeline technique take all your embodiments (from first one until current time) and clean them. Order parallel timeline to contain all your embodiments without anything from slave system source (without systems, chips, technologies, parasites and so on) and that you have been free in all of your embodiments. Give info that slave system can't enter parallel timeline with its means to contaminate it. Trust your gut feeling! Do this technique with cooperation with your whole you/your higher self.

To use these techniques all you need is open heart, open mind and creativity. You don't need to have reached certain level in religion, occult or other sect. The less you know about these the better. Otherwise your mind is overloaded with disinformation and you can't recognize true information. Religion, occult, new age and other sects all have bits and pieces truth in it to attract followers but as a whole, all act as misleading, manipulating sects which are just parts of slave system.

The most closest to truth information comes through your heart and this must be used the most often. Human brain is computer of local reality and heart is computer of everything that is. Local reality consists of mostly false information. That is why slave system has programmed everyone to live in their head and not in their hearts – to keep us in false information field.

You can combine these techniques as you wish using your creativity.

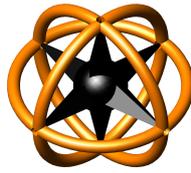
You can use these techniques to clear agings programs and systems which are meant to age body, to clear teeth and gum, skeleton (bones are energy production system in body), body organs, cells, hair, skin and so on.

Use techniques to the best of your abilities. Your internal me guides you perfectly. When everyone works on their own level, it is harder for slave system to build blocking systems.

These techniques can be used only by individuals with soul because it works through soul and clears everything which works against individuals with soul and against soul world. For soulless it doesn't work. These techniques work only with pro life intentions.

When body is free from parasites and energy sucking systems it can heal and you feel whole again.

In reality everything is just a game. When you realize that, your creativity will flow and you can stand your ground and do anything. When energy flows then information flows, you can access it and take action.



Best way to free yourself from ego (which is just a program):

Imagine yourself being nobody, you come from nowhere and go to nowhere and do nothing.

Being nobody means you are one with everything that is (this excludes confrontations).

I come from nowhere and go to nowhere means you are here and now. You are alert and you perceive everything.

I do nothing - this guarantees that your actions are not important which rules out all provocations, envy and so on. In the meantime you don't ignore/deny/block anything which means you are pro life which means you increase your life energy/vitality.

Enjoy feeling light!

Nothing is impossible, the word itself says "I'm possible".

The happiest people don't have the best of everything, they just make the best of everything.

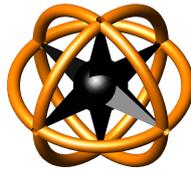
Now you have tools to stand for yourself on multidimensional level. And positive mindset is programmed into you. You have now courage and support to take your life back.

Examples of slave system manipulations:

Chakra system is energy sucking system. It has many layers on various levels. Every layer on every level is divided by chakra system creators where access is granted only for those extraterrestrial groups who cooperate with chakra system creators (soul world creator traitorous crew members). For extraterrestrial groups this is like gas station but without paying for gas (they don't give you anything for return). They take as much energy as they need and off they go. It's against free will.

To take this down first of all you need to visualize yourself being bigger than anything else in everything that is. Now you see this system with all its levels and layers inside you as very tiny. Now with inhaling you pull force out of this system and with exhaling you blow nullifying energy onto (on page 3) this system which makes it non-existent. Now you repeat this as long as you feel and see this system fade away. After that you feel light and clear. Force is base energy, without it any energy nor system can't exist. When you pull force out of the system, then system will dissolve.

While taking this system down, you probably may feel counterforce who will try and stop you from taking this system down. Now all you do is you merge all counterforce with chakra system you are taking down. You think of them as one. And you do the same thing. With inhaling you pull force out of chakra system+counterforce (individuals with all their technology and systems) and with exhaling you blow nulling energy onto chakra



system+counterforce. You do this until you feel and see everything is light, clear and transparent. Repeat it as much as you need. Use your creativity.

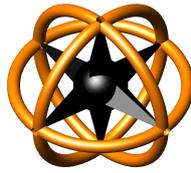
Remember:

- Infinitely small is as small as infinitely big.
- Infinitely near is as near as infinitely far.
- Infinitely easy is as easy as infinitely difficult.
- They are indefinitely small, I am indefinitely big.
- For me it is indefinitely easy to take them down. For them it is indefinitely impossible to take me down.
- I am everywhere at once.
- I am every individual with soul there is and at the same time do the technique through them all - this way you can reach further and clean bigger area.
- I am soul world, women world, mens world, plants world, bugs world, birds world, mammals world or any other world you need to clean. Doing techniques through these worlds you have more power behind you because inhabitants of these worlds support you psychically and you can clean bigger area. At first do the technique through one world at a time, later you can do it through them all at once.
- Now you can do anything.

Next level

For taking down bigger systems you need to know **the list**:

- Every system has its orderer(s) who have ordered to build this system for them.
- Every system has its author(s) who have built this system.
- Behind every system there are individuals and worlds who gain energy through this particular system.
- Technology which is used through this system or on/in this system.
- Spaceships and spaceship fleets working in or through this system.
- Databanks
- Every system has its working personnel/slave labour.
- Every system has its support systems.
- Every system has its intelligent systems.
- Every system has its safety systems.
- Every system has its punishment/penalty systems.
- Every system has its backup systems.
- Every system has its copying systems.
- Every system has its control systems.



- Every system has its replacement systems.
- Every system has its recovery systems.
- You can add to that everything and anything else you have witnessed or felt on yourself or others.

Everything that is underlined you think of it as one. Again you think of yourself as bigger than anything else and you see this tiny dot inside you which represents everything underlined above. And again with inhaling you pull force out of the dot and you exhale nulling energy onto that. Repeat it until dot is gone, until everything is clear.

Every individual with soul who is working personnel/slave labour on and behind these systems will get freed. Everything else that is from slave system source will dissolve.

All the debris that is left you can dissolve with Force out, nullifying energy onto or you can use following technique:

Pull yourself out

With your left hand you pull yourself higher out of the debris that is left below. Then you visualize that you put your left hand above your body which you pulled out. Your body looks as small as ant below your left arm. And then out of your left hands palm comes blue soul fire energy which showers your body through. You are clean. Now with that same blue soul fire energy you burn/clean everything that was left behind below from which you pulled yourself out. You can move around your left hand to clean bigger area. That's it. Continue until everything is clean.

To feel rejuvenated and to refresh yourself, shower yourself with rainbow energies coming out of your left hand palm (you are still as small as ant under your palm) as long as you feel refreshed.

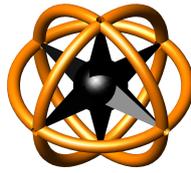
You can use this technique to pull yourself (and loved ones, people in need of help) out of any slave system branch program or from any situation, problems, when you have fights with someone, pull both of you out if this fighting situation and continue as described above. Use your creativity. After that you will see everything more clearly, you'll feel calm.

Erasing memory of everything you took down

Memories act like open portals through which they are able to attach their systems. By erasing memories you take away their door through which they can come in. Through memories you can also reach and take down those who have orchestrated a negative situation for you.

You erase memory of everything you took down. You say: "I delete information of everything that was taken down from:

- cell memory
- memory of physical body
- memory of quantum body



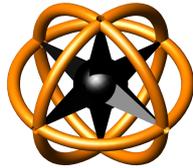
- memory of bioplasmic body
- memory of astral body
- memory of auric body
- memory of causal body
- memory of etheric body
- memory of emotional body
- memory of spiritual body
- memory of biofields of human body
- memory of all energetic bodies
- memory of all energetic organs
- psyche memory
- soul memory
- every other memory which needs to be deleted (which you are not aware of yet)
- from general information field/morphic field
- invaders memory
- all information storage in everything that is
- all backup information storage in everything that is
- you delete info that you deleted everything above
- this has never been".

Enjoy quietness!

You can delete everything and anything which comes out of slave system source. You cannot delete memories which come out of right place, out of soul and soul world.

You can use Force out, nullifying energy onto technique to take down every system you see or feel with its counterforce. You can use it to clear everything which blocks you from receiving information you need. You can use it to clear everything which disturbs your relationships. Everything that is between you and other person needs to go. Visualize you and other person, with whom you want to fix relationship, facing each other and see what is between you. Everything that is there you need to clear. Use Force out, nullifying energy onto technique or other techniques from this document to clear everything which is from slave system source. You have done it right when you see nothing between you two.

You can use Force out, nullifying energy onto technique to take down every parasite you see or feel. Use it on unsolvable situation and it will get solved. Use it on local pains or uncomfortable areas on your body. Visualize being outside of your pain, do the technique. Then visualize yourself being inside of your pain, do the technique. Then visualize yourself being both outside and inside of your pain at the same time and do the technique.



Hope, faith and love are manipulations

These programs are intended to put mankind into sleeping mode.

Faith, belief and love are one of the toughest and "holiest" programs.

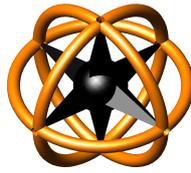
Faith is a wish that everything would go in a direction as I want it (usually without taking others into account) - everything which doesn't fit into faith (i.e. dreams) framework, will get thrown into garbage. Which means faith is already from the beginning out of balance. Faith will disappear and will be replaced by knowledge which has been experienced by yourself and information has been checked as corresponding with reality.

Hope is consolation of fools. Hope is a wish that someone else would make my life better, that someone else would make my life happy. This program will be used against you and it can be used as long as a person doesn't start organizing his own life, doesn't take responsibility for his actions. Responsibility means you are ready to mend everything that you have done wrong with your own time and means. Everyone make mistakes in new situations but most are not willing to fix them nor compensate damage done to others. Aspiration of soul to try and make everything alright gets ignored, people start feeling guilty but do nothing to free themselves of guilt. They don't know that guilt steals living force.

Most difficult manipulation is love. In reality there is no love but there is high level energetic treatment which is arranged by so called very "high" and "noble" beings in the eye of cosmos. If you have experienced this energetic treatment, you'll get addicted and want more. With this manipulation, system has created couples and out of all the population of Earth, 70% of couples have been brought together with this manipulation (according to bible, couples are created in heaven. This corresponds with info of high beings using energy treatment manipulation to create couples who are not compatible with each other). When you don't get additional treatment and hangover will disappear, then couples who have been brought together with this manipulation, look at each other as if one was a phantom. They find out they have nothing in common, no mutual understanding of different subjects, no common beliefs. Situation is especially bad when you have children together and mutually acquired property. The more people are upset, the less they are able to control their energy and the more merry is lunch table of cosmic parasites.

Real "love" is when couples consciously keep their energy exchange clear of all intermediators. This kind of relationship is more powerful than so called love relationship. Energy exchange between couples can be clear only when there is mutual respect and trust and when you let other person be the way they are without trying to change them. No one has been able to change anyone. Only new situations can change a person.

Hope, belief and love are one of the finer energy sucking manipulations created by soul world traitorous crew members. By hoping, believing and loving you produce certain energies which get sucked away. When these energies get sucked away, you fall into depression. Then these energies which you produce while being depressed will also get sucked away.



Negative entities

Negative entities (entities who damage you) want that you would argue, fight with them, that you would produce negative energy which they need to feed from. Try not to do that and be neutral, for example act surprised and as you wouldn't understand what do they want.

Creating fake feeling of being safe for women

All women crave that a man makes them feel safe. In reality creation of feeling safe and believing that it comes from a man is generated by slave system. This is done by entering holographic scenes into brain of a woman where pictures are formed and by using corresponding energies to make it believable for the victim/target. In reality only way to feel safe is when you live in your heart.

Men can't make women feel safe. But system has programmed women to want that from a man. In reality this manipulation comes from outside and not inside and not from a man. If a woman can't get safe feeling energy from a man then she begins to whine (another program) which drives men crazy. Whining vibration creates connection with enslavers poison field and when this poison reaches a man then it begins to destroy mans psyche. When man has enough, he is forced to be violent towards violence which comes through woman to put this woman in her place. He is forced to set in place boundaries by violence which woman can't ignore. When enslavers get negative energy from both man and a woman which they produce during fight, they simulate feeling of being safe to woman, making her believe it comes from a man. And they let them both recover and to restore their energy levels. This is good time for both of them and they both believe that fighting resolved their problem. When both have restored their energy levels, same scenario will recur and this will last until both have seen through this manipulation.

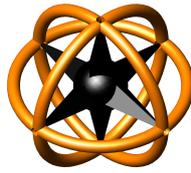
Slave system is very good at creating conflicts by which they get continuously fed with negative energy. Only parasites can live in negative field. When human has positive energy less than negative, then this persons negative field attracts all sorts of energetic parasites as well as physical parasites (for example bacteria, worms, protozoa).

When you feel like fight is beginning to recur, then you need to consciously dive into your heart - at once you will feel safe.

You can also use Force out, nullifying energy onto technique on conflict creators and their systems or other techniques you seem fit.

Sexual intercourse manipulations

During sexual intercourse different kind of parallel reality tools get inserted into woman through a man. For example micro gates through which energy of woman gets stolen. Through ejaculation of a man parallel reality parasites get inserted into woman who will grow up using woman growth energy. When they are grown up, they will be removed from woman energy field, will be programmed and are put to work somewhere. Men will



receive through women different kinds of energy sucking devices on and around genitals.

Irradiation of body

When you let doctor to irradiate yourself (for example with ultrasound, MRI, x-ray), then this will create mini model of your body into your energy field - through this mini model slave system (including AI) can access your body functions and is able to manipulate them.

You can clear these mini models in your energy field with Force out, nullifying energy onto technique or with Breathe space away 1 or 2 techniques.

Addictions

Substances which are addictive, are antidotes for poisons which are inserted into humans through other people, through environment and through parallel realms.

For example by smoking human receives nicotine which eliminates poisons which sink into focusing system. When trying to quit then this bad feeling you have is identical with this bad feeling which you had before smoking and which was the reason you started smoking.

If you don't know what is the real reason for addiction, then it is not possible to remove real reason.

Alcohol is antidote for soul level poisons. That is why a lot of people need a drink when they get offended. If offender is your own partner or person close to you, you may develop fast alcohol addiction.

Drugs are antidotes for daydreaming worlds (which resides in high spectrum of soul) poisoning. For example if a child has a dream and father or mother belittle it (with this poison gets inserted into child), then with the help of drugs, child wants to escape this local reality and go into reality where he feels safe. Since indeed child is more free from parents, then parents begin to use psychic violence to bring the child back to this reality. As a result, the child has to raise drug dose in order to nullify parents additional terror.

Addiction of overeating, of sugar, of sex, of medications, of computer are addictions which people use to soothe their soul.

Behind pederasty and other sex perversions is sexual exploitation of a child in early childhood or in past life. With this act a wound gets sliced into the soul of a child. It doesn't matter whether the child remembers the act or not. With this act the child is made into sexual energy donor for that person who performed the act. For slave system, both the child and person who performed the act are both now open portals through which different parasitic entities can freely access sexual energy. Perpetrator gets only very small amount of child energy (but enough to keep perpetrator wanting more so he would repeat his actions) to himself, rest is sucked away by slave system energy sucking systems.

When energy sucking is vast then the child doesn't understand whether she/he is female or male. When the child continually doubts it, then body of a child grows into one

where you can't understand is the child female or male. When raped child is a boy, then mens energy gets stolen. As a result of this, chronic lack of mans energy forces him to want another man whom he could make his donor. These people are with broken soul and best help for them is to find trustworthy person who could help with soul healing. This creates a precondition where it is possible to come out of addiction of pederasty and of other sexual perversions.

When raped child is a girl then she is made into woman energy donor, possibly lesbian.

Soul traumas are like always open portals to slave system through which parasitic entities have free access to your energy.

To remove your soul traumas, use techniques in this document (also use the list on page 35) and erase memories of event using list on page 36 (*Erasing memory of everything you took down*).

Center of Akashic records.

Akashic records has been created by soul world creators traitorous crew for gathering information (intentions, thoughts, actions, events in all that is) and for manipulating with it. Some information gets deleted, some gets replaced with false information. Everything is set for the benefit of slave system and its masters.

All karma is a deception. Individuals with soul have been manipulated into certain situations and driven to the point of insanity with certain technologies. With these technologies they can make you kill someone or do a suicide.

Based on false info entities have been manipulated into starting domination over civilizations in cosmos or into destroying planets, solar systems and galaxies.

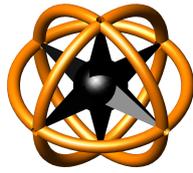
When someone seems vile, sneaky, disgusting or some other way malicious then either they are controlled by such entities or they have been treated with such energies. Same goes for positive characteristics.

How does human takeover take place?

Human body is a cosmic computer, working on multidimensional level. It is able to send out signals and receive incoming signals. One of the incoming signals are slave system program signals. When soul living in body likes the program, feels it is beneficial to him/her, soul accepts and adopts the program. All slave system programs come with energy sucking systems which are attached to your body systems (hence the light feeling when you die or go out of your body - energy sucking systems can't access your energy. When you come back then your feeling becomes heavy again).

To take over a human being with soul, first thing slave system needs to do, is to load you full of their programs. This way you are highly controllable, manageable. Through these programs they lead you to believe one thing but reality is another. Disappointment, anger at world and others, things not going well in personal life, at work - all this leads to feeling of letting go of life. Which is exactly their goal they need to reach in order to start taking body over.

By programming and with constantly psychologically treating you with various energies, you start feeling out of place, you don't fit in, you feel you are all alone. When you



know how system works, you can view this circus as stranger from side and use techniques in this document to take down all what is causing this.

If a soul decides she/he doesn't want to live anymore, wants to let everything go, then slave system working personnel is more than helpful pulling you out of your body and replacing you with a parasitic entity – their tool (through their tool they are going to drive/direct this body). You aren't removed entirely. System which feeds this body with your energy is left into body, because parasitic entity doesn't produce energy (only entities with soul produce their own energy) and for body to work, it needs energy source. If for some reason you rethink and want to come back into your body, then there are several choices:

- 1) You may not have access to your body at all.
- 2) Even if you have access, then you need to take into account that most likely your relationships are ruined and you won't be taken seriously anymore.

Some souls choose to cooperate with slave system and become themselves their tool. Promises which are made by slave system are not kept and you are deceived in every possible way. Deception goes all the way to the top - to soul world creators team members and family members who are infected with a program of wanting never ending power and energy.

Taking easy way out is not a solution. In fact it adds to your problem.

Have a great practice!