

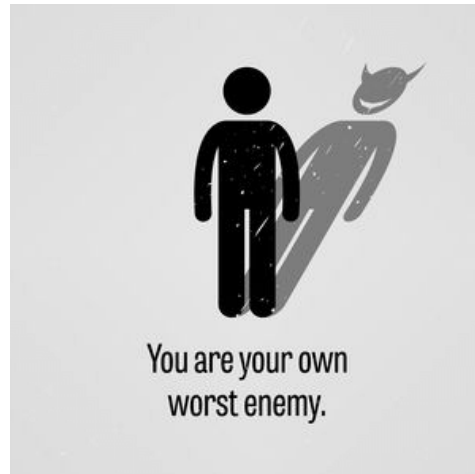
**Mind / No Mind**

**User Guide**

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Chen**

## Congratulations on choosing to learn more about Mind / No Mind!



This image and phrase is a misnomer. Now, you are aware that it is the energy of other people as well...

The purpose of this short document is to go into more detail on Mind / No Mind (MnM) and to help you internalize them. This will result in the elimination of your CONSCIOUS PRIDE. Although, it must be said that until you fully understand how we acquire dark energy, you may realize that you have acquired more – you may then need to vocalize out select statements. You may know who gave you dark energy consciously, or not.

There is no organization to join or formal group to belong to. This is not a CULT or CULTure with rules. It is simply freeing your mind (and heart) – to help you see things as they are, not as we imagine them to be or hope to be. All CULTs are run by a hierarchy of sorts. As you should already know, Mind / No Mind eliminates this hierarchy of power. At first on a personal level, then maybe on a family level if everyone agrees, if not, as more people accept it, on a larger level.

To accept MnM on a conscious level is just a battle between you, and anyone else you are connected to (Quantum Entanglement – QE). If you need help accepting these statements, then you can use the website contact form and arrange for a telephone or an in-person consultation.

Everyone has different experiences that have boosted their pride. Thus, your journey to eliminate it will be individual. My conscious pride was eliminated by life experiences combined with an analysis of why we are the way we are. The discovery of these statements came after a lot of wandering, traveling, reading a variety of books, and seeing things with my own eyes. While my past life experiences caused me to travel and wander a lot, it is unlikely you will have the same urge to travel anywhere near as much, so don't use my life as a model.

Here is an overall roadmap. The goal of this document is to help you complete the CONSCIOUS level. Once you have achieved that you will naturally go into the LEARNING phase. You may contact me then for additional guidance. Lastly, is the UNCONSCIOUS phase. None of the phases are more difficult than others per se, it is just something you either choose to do or not.

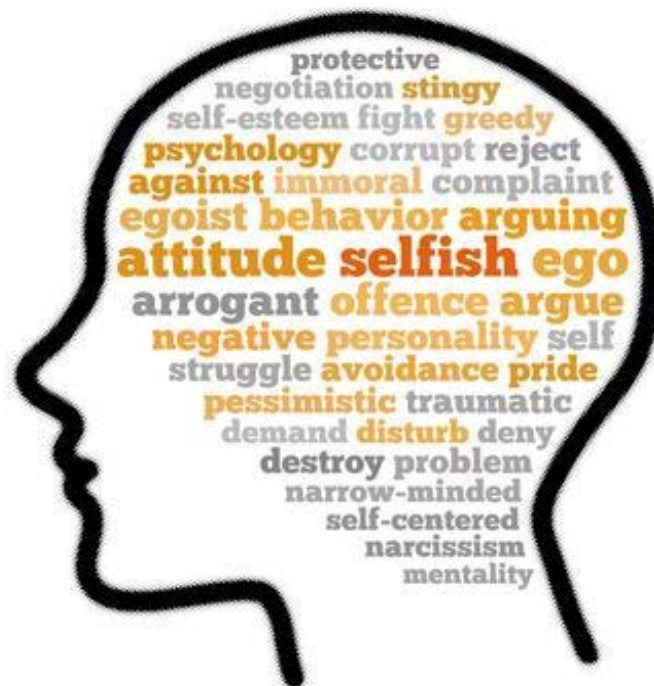
**Conscious (Basic)** – You are consciously able to verbally accept all 7 statements in all 3 variations. You have no problem screaming them out. You have felt a pressure change on your forehead. You have eliminated your conscious pride.

**Learning (Intermediate)** – A learning phase. This is a combination of experience and active learning. As you reawaken your spirit of learning, you will seek out documentaries and life experiences that will help heal you on the inside, understand our outside world better, and knowledge to prepare you for what is to come. How long this stage takes depends on your pre-existing knowledge base and life circumstances. There is a lot to learn and conventional wisdom to turn around and over.

**Unconscious (Advanced)** – In this phase you will take the next step and purge out all your repressed dark energy / feelings. This phase will start the **physical** process of unwinding your muscles and improving your vision and other health benefits. This will accelerate your self-healing capacity over time. How long this takes will vary from person to person. This requires a phone consultation at the moment. I want to be absolutely sure you are ready for this.

### Consciously you are going to erase

Anger, hate, loneliness, frustration, jealousy, bitterness, melancholy, hope, worry, insecurities, all fears, self-ishness, self-doubt, self-hate, self-anything. Any and all conscious dark energy / negative feelings.



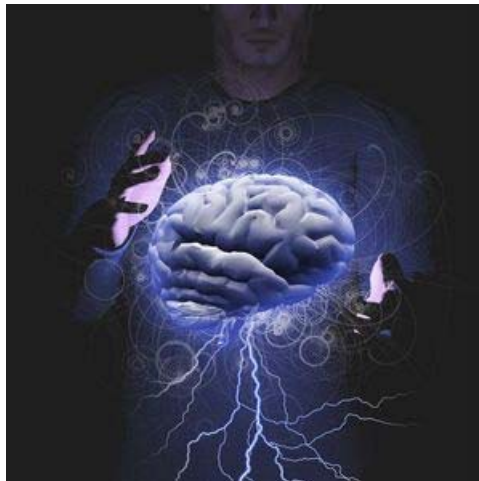
## Layers of Pride



One analogy toward knowing who you are at the very core is that of an onion. Just as one may peel the layers of an onion, you will be peeling back the layers of your own personality. The process happens, relatively speaking, automatically after you kickstart the Advanced level. Kickstart your healing process. Achieving Basic Mind / No Mind prepares you for this. As you peel an onion, you physically cry. The same will likely happen in the Basic and more so in the Advanced stage. You are going to cry out many of your repressed feelings – feelings that were repressed with food and drink.

## You're in control

Obviously, you can do this at your own pace. The statements are very simple. As Amanda learned in the book, some are easier than others to accept. Some may be very difficult.



## **Love is probably the hardest**

You already know the last statement that Amanda learns. This is the hardest.



## **Breaking Bad Habits**

We all have habits, and ways of doing things that have been built up over our lives. Prejudices, addictions – alcohol, smoking, junk food, any other drugs, sex, food, music. You are on your way to breaking these habits.



## Hypocrisy – Public vs Private

Who likes a hypocrite? We've all been there....this Basic MnM will get rid of much of your hypocrisy.



## Growing Freedom



As you continue on this path, you will gradually acquire more freedom – because you are freeing yourself from fear. One of the major ones is verbal fear. Sticks and stones may break my bones, but words will never hurt me. This will become true more and more.

## **Screaming out Mind / No Mind**

As noted elsewhere, you have to be able to SCREAM MnM OUT WITH AUTHORITY. Every single statement in all 3 forms. You must be able to scream them out while thinking of people close to you or other people whom you are not consciously aware of. The goal is to break their emotional grip on you. Get rid of their negative energy.



Edward Munch – The Scream

## **Voices**

Until we have peace we have voices in the back of our head. Quantum Entanglement. The goal is to silence them.



Have any more questions or think this short document could be improved. Send me an email.