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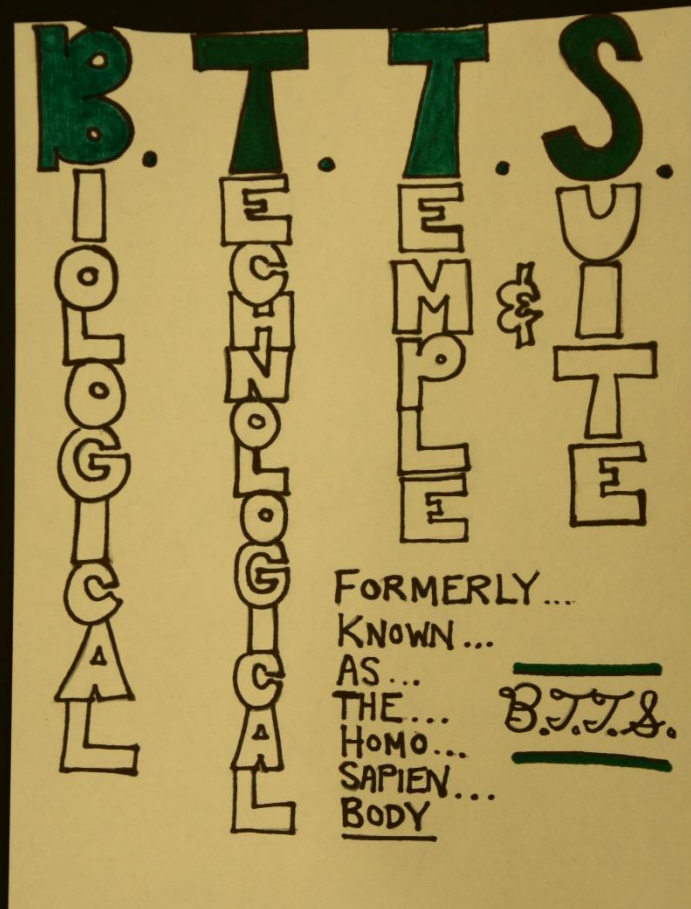
4 Your GTR VIA KISSn DESTINY

MAINTANANCE & OWNERSHIP

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MOM'S MANDATORY
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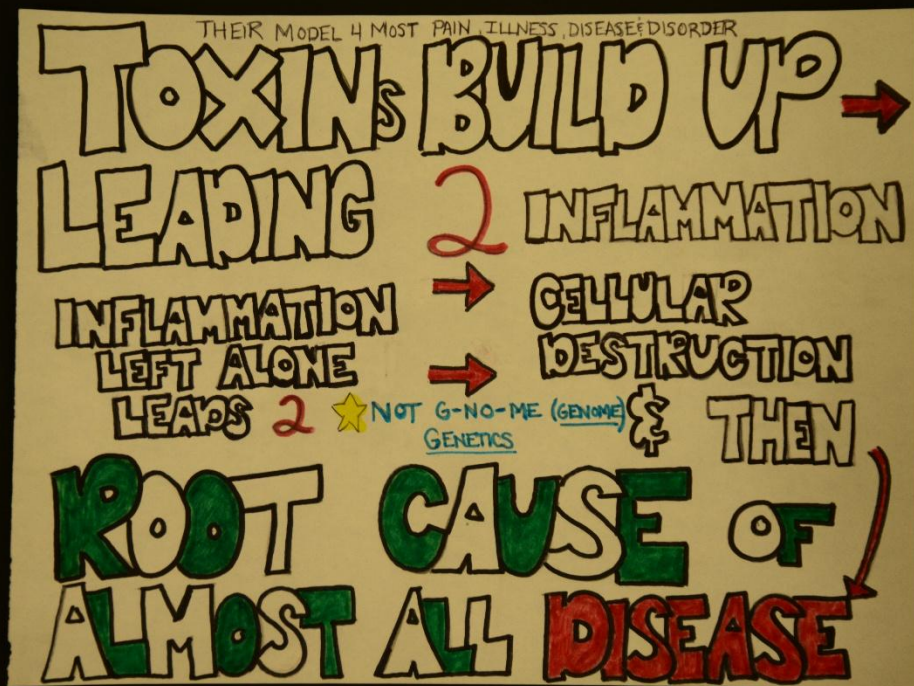






P.6

2 CURE PAIN MESSAGE THE AREA HARD



8 DAILY FUNDAMENTALS

^{2 B}
Your Greatest
ETERNAL Energy

- #1 GRATITUDE JOURNAL
- #2 FILL UP FULLY ON PURE H₂O
- #3 MYOGA - DEEP STRETCHING & BREATHING
DIAPHRAGMATIC
- #4 ONLY EAT REAL FOOD - RAW PHYTOCELLS
- #5 GET SUN WHILE WALKING BRISKLY 30 MIN/DAY
- #6 PH BALANCE EACH MEAL & YOUR B.T.T.S.
- #7 TUNE WITH POSITIVE TUNES & SLEEP ^{8 1/2} HOURS PER DAY
- #8 1 ACT OF SERVICE, ESPECIALLY 2 THEIR 'EARTH'
- ^{Divine} #9 ^{Divine} A LITTLE RAW CANNABIS A DAY KEEPS THE DOCAWAY

TUNE YOUR B.T.T.S.

RULES r TOOLS &
ALL WHO SAY
OTHERWISE r (SICK)
FOOLS !

TOP DRIVING FACTORS OF ALL PAIN AND SUFFERING FROM DIS-EASE AND DIS-ORDERS WITHIN OUR SACRED STEWARD SPECIES:

1.DEHYDRATION-ALMOST ALL ARE DEHYDRATED AND SO DEHYDRATED IT IS CAUSING PAIN, SUFFERING, DISEASE AND DISORDER ALONE AND THEN WHEN SUFFERING WE AS WHOLE SEEK THE WRONG SOLUTIONS.

2.A LACK OF ESSENTIAL OILS IN OUR B.T.T.S. CANNABIS IS THE NUMVER ONE PRODUCER OF ESSENTIAL OILS WHICH SHOULD ABSOLUTELY BE A MACRO NUTRIENT IF COMMIES WERE NOT IN CONTROL. THEY ARE CALLED ESSENTIAL FOR A REASON. THEY ARE NOT AN OPTION. PERIOD. YOU MUST HAVE THEM IN YOUR B.T.T.S. JUST LIKE WATER AND THESE ARE THE OILS AND FLUIDS YOUR MOST ADVANCED TECH IN THEIR UNIVERSE NEEDS 2 FUEL AND FUNCTION AT MAXIMUM POTENTIAL AND POWER. JUST LIKE THE TIN MAN IN WIZARD OF OZ SO MANY OF YOU SUFFER BONE AND JOINT DISEASE AND DISCOMFORT BECAUSE YOU DO NOT HAVE ANY OIL IN YOUR MAGICAL MACHINE FROM MOM. YOU MUST HAVE YOUR B.T.T.S. PROPERLY LUBRICATED 2 OPERATE AT ALL LET ALONE OPTIMALLY AND ALMNOST NONE OF YOU HAVE ANY AND ALMOST ALL OF YOU HAVE FAKE FU**YA FOODS CON OF A CON CONCENTRATED COOKING OILS IN THEIR PLACE MESSING YOU UP BIG TIME. THESE ARE SOYBEAN, CANOLA, SAFFLOWER, SUNFLOWER, MCT, AVACADO, PEANUT, AND COCONUT OILS. ALL ARE GREAT IF IN THEIR NATURAL AND UNPROCESSED FORMS. THESE OILS ARE THE CARRIER FOR THE BIOWEAPONS EMBEDDED IN YOUR FAKE FOODS. THEY CALL THESE DOUBLE SPEAK VACCINES.

3. MAD COWS DISEASE. THIS WILL OFFEND MANY, BECAUSE THEY KNOW THEY ARE LIVING HIGH ON THE HOG AND DEAD WRONG. YOU ALL KNOW AT A GUT LEVEL YOU SHOULD NOT BE EATING ANIMALS AND THEIR CELLS ARE FULLY INCOMPATIBLE WITH OUR HUMAN

TECHNOLOGY CALLED THE B.T.T.S. EATING ANIMALS CAUSES ALL CELLS DAMAGE BUT BRAIN DAMAGE WITHOUT A DOUBT. NO BOOK EVER SAID EAT THE ANIMALS. IT SAID BENEFIT LIKE WE DO WHEN WE HAVE PET DOGS AND HORSES WE WHISPERED 2 LET US RIDE THEM. IT IS NOT MY GAME OR CODE/RULES/LAW/STRUCTURE SO HATE THE GAME AND CREATORS NOT THIS PLAYER WITH A HIGH SCORE HAVING ALREADY DESTROYED THE MATRIX AND RETURNED 2 HELP EXTRICATE YOU AND RAISE YOUR OWN PERSONAL SCORE. HATE THE GAME NOT THE PLAYER. I LOVE YOU. I DO NOT CARE IF YOU LIKE ME OR HATE ME, ALL I CARE IS THAT WHEN WE MEET AT THE END OF THIS LEVEL FOR OUR EXIT INTERVIEW AND GRADUATION/REPEAT/REMOVAL THAT YOU HAVE 2 ADMIT 2 MOM AND DAD THAT YOU HAD THE OPPORTUNITY 2 BECOME A FAR BETTER PLAYER 4 HAVING CROSSED MY PATH. SOME DAY YOU WILL RESPECT AND LOVE ME ALTHOUGH MOST OF YOU WILL NOT LOVE ME THE SECOND OR DAY YOU READ WHAT I WRITE 4 THE FIRST TIME.

4. LEAKY GUTS/BOWELS/BLADDERS. FAR MORE THAN 50% OF HUMANS HAVE A LEAKY GUT CAUSED BY EATING FAKE FOODS LIKE THE GUT AND CELL PUNCHING HFCS. HIGH FRUCTOSE CORN SYRUP. THIS SHIT IS IN EVERYTHING AND IT IS A TOTAL BIOWEAPON. OUR DIGESTIVE TRACK IS MEANT 2 BE A CLOSED LOOP WITH ONLY A COUPLE OF EXITS 4 BEYOND BRILLAINTLY DESIGNED REASONS. THE DIGESTIVE TRACK HANDLES TOXINS OTHERS CELLS CANNOT HANDLE BEING EXPOSED 2 AND WHEN OUR STOMACH AND DIGESTIVE TRACK ARE DAMAGED AND LEAKING THE TOXINS BLEED IN2 THE OTHER PORTIONS OF THE B.T.T.S. AND ARE LIKE AN ABSOLUTE B.T.T.S. BOMB. LEAKY SYSTEMS THAT SHOULD NOT LEAK LEAD 2 MASSIVE PAIN, SUFFERING, DIS-EASE, AND DIS-ORDER IN YOUR B.T.T.S. ROLL WITH ME HERE AND IT WILL NATURALLY HEAL ITSELF THROUGH CELLULAR REGENERATION ONCE GIVEN THE PROPER INPUT BUILDING BLOCKS.

5. NUTRIENT LOCKOUT. DEHYDRATION IS NUTRIENT LOCKOUT AS THE B.T.T.S. DOES NOT HAVE THE NECESSARY H₂O 2 PROCESS THE FOODS AND NUTRIENTS YOU EAT. IF YOU ARE DEHYDRATED YOU ARE WASTING YOUR MONEY EATING MORE FOOD AS ONLY A FRACTION WILL ACTUALLY BE ABLE 2 BE CONVERTED 2 THE ENERGY YOUR B.T.T.S. CAN EFFECTIVELY UTILIZE. OTHER CAUSES OF NUTRIENT LOCKOUT ARE COPIOUS BUT THE BIGGEST CAUSE BEYOND DEHYDRATION IS MY #6 PH IMBALANCE.

#6 B.T.T.S. PH IMBALANCE. OUR B.T.T.S. CELLS MOSTLY SEEK AN ALKALINE ENVIRONMENT AND SO MUCH DISEASE AND DISORDER EXISTS BECAUSE OUR B.T.T.S.' ARE OVERLY ACIDIFIED FROM OUR HIGHLY ACIDIC SAD DIET. STANDARD AMERICAN DIE (T). REMEMBER THOSE WHO DIE (T) DIE AND SOONER MEANING THEY DO NOT GRADUATE THIS LEVEL AND AT BEST GET A REPEAT. CANCER AND ALL DISEASE SEEKS ACIDIC CELLS. YOU SHOULD BE PH BALANCING YOUR B.T.T.S. AND EVERYTHING YOU PUT IN IT LEANING ALKALINE.

#7 A LACK OF REAL VITAMINS, MINERALS AND NUTRIENTS. MOST HUMANS ARE EATING FAKE FOODS VOID OF ALL OF THIS AND WHICH ARE ACTUALLY NET NEGATIVE NUTRITION MEANING WHEN DONE DIGESTING THE FAKE FOOD REMOVED NUTRIENTS FROM YOUR B.T.T.S. AND A LOT OF THIS TAKES PLACE BECAUSE OF THE DAMAGE THESE BIOWEAPONS CAUSE AND THE ENERGY AND RESOURCES NEEDED 2 REPAIR THESE DAMAGES. ALMOST NO ONE IS GETTING THEIR ESSENTIAL OILS BECAUSE THEY SOLELY EAT COOKED FOODS AND WHEN WE COOK OUR FOODS WHERE ESSENTIAL OILS EXIST THEY EVAPORATE, ARE DAMAGED, DEPLETED, OR FULLY DESTROYED. SAME WITH VITAMINS AND NUTRIENTS. THIS IS WHY EATING RAW IS SO VITAL. AND CANNABIS IS THE ONLY FOOD OR SUPERFOOD THAT CONTAINS OUR B.T.T.S.' I.S' E.C.S. SUPER VITAMINS CALLED CANNABINOIDS. IT'S A MOUTHFUL. OUR BIOLOGICAL TECHNOLOGICAL TEMPLE AND

SUITE'S IMMUNE SYSTEM'S ENDOCANNABINOID SYSTEM NEEDS SUPER VITAMINS CALLED CANNABINOIDS AND WAS BEYOND BRILLIANTLY DESIGNED BY MOM AND DAD 2 WORK AND PAIR SEAMLESSLY WITH THE 5TH MOST ADVANCED TECHNOLOGY ON THEIR PLANET AFTER US AND H2O, AND THIS IS CANNABIS AND ESPECIALLY IT'S CANNABINOIDS LIKE THC AND CBD. YOUR BILLIONS OR MORE DOCKING OR PORTING SITES OF YOUR ECS PAIR PERFECTLY WITH THE POWERHOUSE OF A PLANT TECHNOLOGY CALLED CANNABINOIDS. THEY ACT LIKE LOCK AND KEY AND YOU CAN FEEL THIS INTERPLAY WITHIN YOU IN SUPER MAGICAL WAYS.

2 MY DEAR SACRED AND SENTIENT SISTERS AND BROTHERS WORLDWIDE. I HOPE YOU ARE FEELING LOVE IN YOUR LIFE FROM BARE MINIMUM YOUR CREATORS. I AM TOTALLY TONY AND HAVING FUN FIGHTING FOR FREEDOM. WITHOUT FREEDOM LOVE, FAMILY, FORTUNES AND FAME REALLY DO NOT MATTER. DO YOU AGREE OR DISAGREE? MOM AND DAD TRY 2 COMMUNICATE WITH EACH OF US ON AN INDIVIDUAL AND GROUP BASIS EVERY DAY. ARE YOU FEELING THEIR VIBRATIONS AND ARE YOU BENEFITING FROM YOUR PERSONAL DATA AND REVELATION THEY HAVE BEEN SENDING YOU? YOU KNOW, THAT GUT FEELING IN THE STOMACH OR 8TH SENSE THAT NEVER HAS BEEN WRONG, NOT EVEN ONCE? I HOPE AND WORK HARD THAT WE MIGHT HAVE A BETTER WORLD SO YOU WILL FEEL THESE GUT FEELINGS AND 8TH SENSES FAR MORE OFTEN AND HAVE A FAR STRONGER SIGNAL SO YOU CAN BUILD A SERIOUS RELATIONSHIP WITH THEM. IN ORDER FOR US 2 HAVE A SERIOUS RELATIONSHIP WITH OUR CREATORS WE MUST BE HEALTHY AND 2 DO THIS WE NEED HIGH QUALITY FOOD, AND THE HARD REALITY IS THAT RIGHT NOW THE FOOD SYSTEM IS VERY CORRUPT AND UNDER THE CONTROL OF COMMUNISTS GLOBALLY. THEY DO A PRETTY GREAT JOB FEEDING EVERYONE SOMETHING BUT

MOST ARE EATING FAKE FOOD. IN ORDER 4 US 2 BECOME HEALTHIER AND HAPPIER AS INDIVIDUALS, AND THEN IN THE AGGREGATE AS FAMILIES, AND THEN NEIGHBORHOODS, TOWNS, CITIES, A NATION, AND THEN THE WORLD WE WILL NEED 2 EAT FAR MORE REAL AND HEARTY HEALTHY NATURAL FOODS FROM MOM AND DAD'S SUPER SACRED AND SENTIENT SOIL SOULS OF THE EARTH. RIGHT NOW WE DO NOT GROW ENOUGH AND WHAT IS BEING GROWN IS STRUGGLING BIG TIME BECAUSE IT IS NOT BEING FARMED CORRECTLY AND EVEN LARGER MACRO MADNESS ISSUES THAT FARMERS, ESPECIALLY IF COMMERCIAL, CANNOT AVOID. THE SOLUTION AT A MACRO LEVEL IS GET NEW HUMANS IN CHARGE OF THE FARMLAND ALL OVER EARTH, AND THE MICRO SOLUTION IS EVERYONE GROWING A VICTORY GARDEN IN THEIR FRONT YARD OR BACK WHEREVER POSSIBLE. AND STOP GROWING GRASS EVEN THOUGH I LOVE GRASS AND WON GOLF TOURNAMENTS ON THAT STUFF. I LOVE, LOVE, LOVE GRASS, BUT I LOVE FOOD EVEN MORE. GROW A VICTORY GARDEN AND GET MORE INVOLVED SO THE FARMING TECHNIQUES CHANGE AND OUR SYSTEM CAN THEN GROW THE SUBSTANTIALLY ADDITIONAL FOOD IT WILL TAKE 2 MAKE US ALL EQUALLY HEALTHY. THIS IS SOMETHING WE CAN ALL GENUINELY PARTICIPATE IN 2GETHER. IT IS IN EVERY SINGLE ONE OF OUR'S BEST INTEREST. NO ONE IS FREE FROM THIS NEED 2 KEEP THEM IN THE GAME. WE ALL MUST EATY DAILY 2 TAKE ADVANTAGE OF THIS OPPORTUINITY.

WILL YOU JOIN ME IN BUILDING A BOLD, BRAVE, AND BEAUTIFUL NEW REALITY 4 US AND OUR POSTERITY? I HOPE ALL OF YOU HAVE HAD A CHANCE TO READ AND BEGIN TESTING MOM AND DAD'S SCIENCE AS PRESENTED (BUT NOT PERFECTLY AND ERRORS ARE MY OWN), IN *CANNABIS, CREATION'S COMMUNICATION CHANNEL CLEANER & MOTHER'S MOST MAGICAL MEDICINE (WE NEED DIE IN SIN NO MORE)*. THIS BOOK IS LOVE NOTE, AND A FREE NO OBLIGATIONS GIFT FROM

THEM AND THE BEST I COULD DO 2 RELAY THEIR DAILY TRANSMISSIONS OF TOTAL TRUTH AND LOVE IN REGARDS 2 THE FUEL AND FOOD YOU AND US ALL SHOULD BE ATTEMPTING 2 BUILD, MAINTAIN, FORTIFY, AND RUN OUR B.T.T.S.'

YOU HAVE CREATORS AND THE EXCITTING NEWS IS THEY ARE HERE ON EARTH WORKING WITH US IN THEIR VINEYARDS EVERY DAY. SAY HELLO, GET 2 KNOW THEM INTIMATELY. THAT IS ONE OF THE MAIN OBJECTIVES OF THIS ETERNAL GAME WE ARE ALL PLAYING. IT WILL LEAD 2 PURE JOY ALTHOUGH IT IS NOT EASY. THE MORE YOU ENGAGE THEM THE MORE THEY WILL ENGAGE YOU. BY NOW I KNOW THAT BILLIONS OF YOU HAVE EXPERIENCED THEM IN YOUR LIVES 2 SOME DEGREE 4 YOURSELVES WHETHER YOU KNEW IT OR NOT AT THE TIME, TELL ME AM I WRONG? TELL ME THEY ARE NOT FAR DIFFERENT THAN YOU ACTUALLY THOUGHT THEY WERE AT FIRST OR WERE TOLD BY OTHERS, ESPECIALLY RELIGIONS, SCHOOLS, GOVERNMENTS, CLUBS, CULTS, FRIENDS, ETC. THEY ARE SO MUCH MORE MAGICAL! SUPER MAGICAL!

IN ORDER 2 HELP YOU ALL TUNE YOUR B.T.T.S. A LITTLE BIT BETTER AND WITH LESS READING INVOLVED I FIGURED I WOULD MAKE A COMPANION BOOK 2 HELP SUMMARIZE WHAT ONE NEEDS TO DO ON A DAILY BASIS SO THAT THEY CAN MAXIMIZE THEIR POTENTIAL AS AN ETERNAL ENERGY HERE ON EARTH. THIS IS A COMPANION 2 THE 1 GREAT RESET IN CHAPTER 3 OF *CCCC,MMMM*. BOTH OF THESE ARE FREE. YOU ARE LOVED. GO AND LET THIS B A TOTAL GAME CHANGER 4 U HERE ON EARTH. THIS BOOK, *CCCC,MMMM* AND JUSTEATIT.ORG AS A WHOLE AT THIS VERY MOMENT ALREADY POSSESS THEE MOST VALUABLE DATA 4 EVERY HUMAN ON EARTH BECAUSE OF WHAT IT CAN UNLOCK AND DO 4 EACH OF US ON AN INDIVIDUAL BASIS. WHAT IS THERE NOW IS MAYB AT MOST 1 PERCENT OF WHAT WILL B THERE EVENTUALLY AND SOON IF ALL GOES WELL. WE ARE FIRST HERE AS

ETERNAL ENERGIES 2 LEARN, LOVE, AND GROW IN MOM AND DAD'S DIAMOND F PATTERN OF FAITH, FREEDOM, FOREVER FAMILY, AND FOREVER FRIENDSHIP (TRUE AND GENUINE). AND IN THAT ORDER. WE ARE ETERNAL ENERGIES WHO MAY CHANGE VEHICLES AND HOMES OVER THAT JOURNEY, BUT ON THIS LEVEL WE HAVE BEEN GENEROUSLY GIFTED THESE AMAZING B.T.T.S' (BIOLOGICAL TECHNOLOGICAL TEMPLE & SUITE) AS HOMES AND VEHICLES 2 WORK HARD AND PLAY HARD STUFF THAT ULIMATELY WE MAY GROW AND EXPERIENCE PURE JOY.

THE FOLLOWING IS MY WAY OF TAKING WHAT MOST PEOPLE MAKE FUN OF ME FOR AND IMPROVING 2 BETTER HELP THEM AND SO MANY OTHERS. I TEND 2 SHARE A TON OF DATA AND 4 SOME THAT OVERWHELMS THEM SO THIS BOOK *82BGR8* IS 4 YOU WHO LIKE IT SHORT AND SWEET LIKE THE OLD READER'S DIGEST. AND EVEN SHORTER THAN THOSE TOILET TREASURES.

ANCIENT WISDOM OF HOW WE PURIFY, TUNE, AND ALIGN OUR B.T.T.S. WITH OUR CREATOR'S TECH EVERY DAY

#1: B GRATEFUL, AND KEEP A GRATITUDE JOURNAL. USE THIS EVERY DAY 2 HELP YOU STAY ON TRACK CHOOSING THEIR RIGHT WHILE KEEPING IT SUPER SIMPLE SWEETHEARTS. AND NEVER FORGET 2 CLEAR YOUR KARMIC DEBT HERE AND IN THE REAL WORLD DAILY. IF

YOU HAVE NEVER ENGAGED IN THIS PROCESS I WILL SHARE FAR MORE IN ANOTHER TEXT COMING SOON BUT IT BASICALLY MEANS TRYING A LITTLE HARDER 2 BE A LITTLE BETTER EACH DAY AND WHEN WE MAKE MISTAKES APOLOGIZING 2 THOSE WE HARMED. WHEN YOU BEGIN DOING THIS YOU WILL BEGIN 2 GROW IN SUPER MAGICAL WAYS. THERE IS POWER IN SO CALLED REPENTANCE AND YOU SHOULD TAP IN2 IT IF YOU NEVER HAVE. START EVERY MORNING OFF WRITING IN THIS JOURNAL ONE THING YOU ARE GRATEFUL 4. REPEAT THIS AT NIGHT AND NEVER STOP. THIS CAN B ONE WORD OR SENTENCE AND EVERYONE HAS TIME 4 THIS. SEE WHERE ONE WORD OR SENTENCE TAKES YOU. JOURNAL IN THIS JOURNAL WHAT JOURNALING DOES 4 YOU. THINKING OF WHAT WE ARE GRATEFUL 4 TAKES EVERY CELL IN OUR B.T.T.S. 2 AN ENTIRELY DIFFERENT LEVEL AND FREQUENCY, ESPECIALLY ALL OF THE CELLS IN OUR MAJOR ENERGY CENTERS OUR CREATORS GAVE US 2 ANOTHER LEVEL AND FREQUENCY. JOURNAL HOW THIS MAKES YOU FEEL IF IT DOES MAKE YOU FEEL BETTER. PAY ATTENTION 2 HOW IT MAKES YOU FEEL BETTER. AND GIVE AN EXPERIEMENT A TRY FOR A FEW MONTHS TO A FEW YEARS BEFORE YOU MAKE ANY CLAIMS ONE WAY OR THE OTHER. EVERYTHING BEGINS WITH INTENT. AND SCIENCE REQUIRES YOU B GENUINE AND HONEST SO GIVE THIS YOUR VERY BEST ATTEMPT AND WATCH THE MAGIC THAT BEGINS 2 TAKE PLACE AND FLOW IN2 YOUR LIFE. MOM AND DAD WILL COMMUNICATE WITH YOU FAR MORE IF YOU REMEMBER 2 DO THIS. JOURNAL WHAT HAPPENS IN RELATION 2 THEM, THE ETERNAL ENERGY THAT PUT YOU HERE WITH YOUR PARENTS HELP IN AN ACT OF CO-CREATION. START OFF BY WRITING DOWN YOU ARE GRATEFUL 4 YOUR PARENTS AND MENTION BOTH SETS. THIS IS AN EXPERIMENT. SEE WHAT HAPPENS. YOU WERE GIVEN THAT B.T.T.S. 2 CARRY OUT SCIENCE AND EXPLORE THEIR UNIVERSE AND CO-CREATE AWESOME NEW REALITIES. EXPLORE. TEST

THIS AND SEE WHAT HAPPENS. IF YOU GIVE IT YOUR ALL YOU WILL SEE IT HAS POWERFUL EFFECTS ON OUR LIVES. WHEN WE PURIFY, TUNE, AND ALIGN WITH MOM AND DAD'S TECH, JUST LIKE AN AWESOME GAME OR MOVIE PLAYED ON TELL A VISIONS VIA SAT. WHEN YOUR DISH SATELLITE ALIGNS WITH CORPORATE SATS THEY BEAM OR TRANSMIT THE SIGNAL AND FREQUENCY, THE DATA YOU NEED 2 HAVE THAT MAGIC APPEAR ON THE SCREEN. MOM AND DAD'S SYSTEMS WORK SIMILARLY AND ON SO MANY OTHER LEVELS OR CHANNELS VIA MANY OTHER CONDUITS. THE MAJORITY OF ANTI-TECH DESIGNED BY COMMIES (CULLING CHOSEN CHILDREN OF OUR CREATOR WITH IT) WHICH THEY SELL 2 YOU AS TECHNOLOGY IS MOST OF THE TIME AN INVERSION AND TOTAL PERVERSION OF ONE OF MOM AND DAD'S TECHNOLOGIES ALREADY IN EXISTENCE HERE IN THEIR NATURAL WORLD. THE COMPUTER IS DEISGNEED BASED UPON DEEP DEEP STATE CULTS UNDERSTANDING OF THE HUMAN BRAIN. THEY ARE MIRRORING THINGS ALREADY HAVING BEEN CREATED OR CO-CREATED, NOT COMING UP WITH ANYTHING ORIGINAL AND THEN MASS HARMING US WITH THESE ANTI-TECHNOLOGIES. THE EARTH IS A TECHNOLOGY AND IS MADE UP OF MANY LESSER TECHNOLIGES BUT ALL MIND BLOWINGLY AWESOME! GET 2 KNOW IT MUCH BETTER. I KNOW 2 REALLY AMAZIN GENUINE GENESIS GUIDES. WHY DON'T YOU ASK THEM 2 SHOW YOU THE SO CALLED 'UNIVERSE' THROUGH THEIR ETERNAL EYES AND NEVER STOP. JOURNAL WHAT HAPPENS AND IF IT IS GREAT GIVE THANKS AND SHARE THE JOY WITH OTHERS SOMEHOW IN AN ACT OF SERVICE. THEN YOU WILL BE KARMICALLY BLESSED AGAIN. CHOOSING THE RIGHT CAN QUICKLY CREATE A VORTEX OF SERIOUSLY MAGICAL ENERGY, JUST AS CHOOSING THE WRONG CAN WIND UP BEING A DEATH SPIRAL. YOU GET 2 CHOOSE WHAT KIND OF ENERGY YOU ARE. CHOOSE WISELY.

#2 H₂O. THERE WOULD B NO EARTH WITH NO HYDROGEN AND OXGYEN IN THIS EXACT FORMULA H₂O. THERE WOULD B NO PLANT QUEEN AND KINGDOM WITHOUT WATER. THERE WOULD B NO YOU SISTERS AND BROTHERS. THERE4 WATER IS LIFE ITSELF. AND LIFE IS SUPER SACRED AND SENTIENT. TAKE A LOOK AT THIS FROM BROTHER EMOTO. ABSOLUTELY INCREDIBLE, EVEN SUPER MAGICA!.

<https://www.youtube.com/watch?v=1qQUFvufXp4>

MOM AND DAD'S FIRST LINE OF DEFENSE AGAINST CELLULAR BREAKDOWN AND THE PAIN, THE INFLAMMATION, AND THE EVENTUAL DISEASE AND DISORDERS THAT RESULT, IS ABOVE ALL BY A LANDSLIDE WATER. GET USE 2 IT OR SUFFER. IT IS THAT EASY. THE FASTER YOU TURN 2 IT OVER ALL ELSE THE FASTER YOU WILL BE HEALTHY AND GENUINELY HAPPY AT YOUR PERSONAL HOMEOSTASIS. REMEMBER THIS. AND REMEMBER THAT THEIR FIRST LINE OF DEFENSE IN REMOVING PAIN, INFLAMMATION, DISEASE AND DISORDER IS H₂O AGAIN. NOTHING HEALS MORE AND NOTHING ELSE WOULD EVEN EXIST WITHOUT IT SO IT IS A BUILDING BLOCK OF ALL THAT IT CAN FORTIFY AND REPAIR. THINK ON THAT LAST SENTENCE HARD. EVEN MEDITATE ON IT. OR SEARCH PONDER AND PRAY, JUST MAKE SURE YOU ARE NOT THE PREY OF THE WICKED. BEST 2 MAKE SURE YOU ASK 4 HELP AND GIVE THANKS BUT DO EVERYTHING IN YOUR POWER 2 GATHER ALL OF THE DATA NECESSARY AND DO YOUR DUE DILLIGENCE SO MOM AND DAD KNOW YOU ARE DOING YOUR ALL AND DESERVE THE BLESSINGS. WATER BUILDS ALL THAT I AM TELLING YOU IT CAN ALSO REPAIR. YOU CAN FULLY TRUST IT AND LIKELY HAVE NO CLUE HOW POWERFUL IT TRULY IS. I AM CURRENTLY WORKING ON PROJECT

H₂O 4 AND WITH MOM AND DAD AND I AM EXCITED 2 SHARE MORE AT A LATER POINT. THERE ARE A BUNCH OF IRONS IN THE FIRE RIGHT NOW AND ITS HEATING UP WHICH IS FUN. TESTING WATER AND PROVING HOW POWERFUL IT IS AS A SCIENTIST IN YOUR OWN B.T.T.S LABORATORY WILL INCREASE YOUR UNDERSTANDING/APPRECIATION OF OUR CREATOR'S AND IMPROVE YOUR RELATIONSHIP WITH THEM NO DOUBT. TRULY AND GENUINELY TEST THE POWER OF WATER IN YOUR B.T.T.S. A MASS NUMBER OF YOU HAVE NEXT 2 NO WATER IN YOU AT ALL. IT IS AMAZING YOU ARE STILL WALKING. BEGIN THE 80 GALLON CHALLENGE. YOU WILL NEVER REGRET IT AND YOU WERE SUPPOSE 2 B LIVING THIS WAY SINCE BIRTH. IT IS NOT A (DIE)T OR FAD. THIS IS YOUR PROPER MAINTENANCE PROGRAM 4 YOUR MOST ADVANCED TECHNOLOGY IN THEIR UNIVERSE.

ALMOST ALL HOMO SAPIENS ARE SUFFERING FROM DEYHDRATION AND THE NUTRIENT LOCKOUT THAT STEMS FROM THE FIRST. NUTRIENT LOCKOUT BECAUSE THEY EAT THINGS THEIR B.T.T.S. CANNOT PROCESS AND CONVERT 2 ENERGY BECAUSE IT IS SHORT OF THE H₂O NEEDED 2 GET IT DONE. MOST HUMANS STRUGGLE FROM THIS SO THEY WASTE MONEY ON FOOD WITH NUTRIENTS THAT NEVER MAKE IT 2 THEIR BOTTOM LINE. A MASSIVE REASON HUMANS HAVE BEEN SO SICK AND THE FIRST MOST IMPORTANT REASON WITH THE EASIEST AND CHEAPEST SOLUTION IS LACK OF HYDRATION. GET HYDROGEN IN YOU, AND OF COURSE OXYGEN. YOU GOT THIS. NEVER IN YOUR LIFE BREAK DOWN BELOW 1 OUNCE PER POUND PER DAY AND PUSH CLOSER 2 2 IF YOU CAN AND ESPECIALLY DO SO DURING THE 1 GREAT RESET OR IF YOU ARE TRAIINGING AND IN A BUILDING OR DETOX/CLEANING PHASE. YOU WILL NEED MORE WATER THAN YOU THINK 2 GET IT DONE. IF YOU WORK OUT IN THE SUN OR EXERCISE HARD YOU HAVE 2 HAVE 2 OUNCES PER POUND PER DAY MINIMUM. IF YOU DO NOT FEEL AMAZING IT IS ALMOST ALWAYS WATER RELATED.

IT IS THE GREATEST CLEANER ON EARTH AND BEING CLEAN AND
ENERGIZED NATURALLY FROM WELL RUNNING SYSTEMS FEELS
INCREDIBLE!

MOST OF YOU ARE FULL OF SOME OTHER FLUIDS LIKE COKE OR
ROOTBEER, BEER, WINE, BOOBIE MILK FROM ANOTHER MAMMAL,
OTHER SOFT DRINKS WHICH IS DOUBLE SPEAK BECAUSE THEY SHOULD
ABSOLUTELY B CALLED HARD, JUICES, ETC., AND/OR A COMBINATION
OF THESE AND YOUR B.T.T.S. COMPOSITION IS NOWHERE NEAR THE
70% H₂O LEVELS YOUR CREATORS BEYOND BRILLIANTLY DESIGNED IT 2
OPERATE OPTIMALLY AT. YOU ALMOST HAVE NO GENUINE H₂O IN
YOUR B.T.T.S. IF YOU WERE ON THE GOLF COURSE WITH ME 4 THE DAY
AND WE WERE TALKING ABOUT YOUR HEALTH AND WELLNESS, I
COULD NOT RESPONSIBLY AS A BROTHER, FRIEND, OR PHYSICIAN TELL
YOU 2 DO ANYTHING BUT DRINK MORE WATER FIRST AND NOTHING
ELSE IF YOU WERE IN ANY WAY DEHYDRATED. ONCE WE GOT YOUR
B.T.T.S. PROPERLY FULL OF THE CORRECT FLUIDS IF THE PAIN OR
PROBLEM PERSISTED I MIGHT RECOMMEND SOMETHING ELSE. MY
FIRST QUESTION 2 EVERYONE WHEN THEY BRING UP THEIR HEALTH IS
HOW MUCH H₂O DO YOU DRINK? THAT IS MY MORAL OBLIGATION 2
SPEAK THEIR TOTAL TRUTH AND LOVE VIBRATIONS AT ALL TIMES, IN
ALL PLACES, WITH ALL PEOPLE AND ALL THINGS. WHEN BEING
EXAMINED OR HAVING AN INTAKE WITH A PHYSICIAN THEY VERY FIST
THING THEY SHOULD ASK IS WHERE YOUR COMPOSITION AND DAILY
INTAKE OF H₂O IS AT. IF THEY DO NOT START HERE IN THE DATA
GATHERING PROCESS AS A SCIENTIST THEY WILL BE WORKING OFF OF
THE INCOMPLETE AND INCORRECT DATA, AND THUS THE WRONG
PREMISE, THE WRONG FOUNDATION, AND THEREFORE HER OR HIS
PRESCTIPTION IN THE END WILL NEVER B CORRECT OR WHAT IS IN
YOUR VERY BEST INTEREST SISTERS AND BROTHERS. LEARN 2 CARE 4
AND HEAL YOURSELVES SISTERS AND BROTHERS. NO ONE WILL B

BETTER AT THIS THAN YOU, BUT THERE ARE TIMES WE NEED HELP AND DENTISTS ARE A GREAT EXAMPLE. SAME WITH ORTHODONTISTS. AND E.R. SURGEONS, ETC.

SO MANY THINGS GO WRONG WHEN OUR B.T.T.S. COMPOSITION IS OFF AND THIS ABOVE ALL BY A LONG SHOT IS WHY SO MANY ARE SICK AND THEN WHEN NOT FEELING WELL THEY SEEK THE WRONG OUTLETS 2 FEEL/FILL BETTER. START WITH WATER AND WATER ONLY IF YOU WANT 2 BUILD YOUR TESTIMONY OF YOUR CREATOR'S BEING HERE WITH YOU AND THEY WILL MANIFEST THEMSELVES IN YOUR LIFE AND THEN I WILL NO LONGER HAVE 2 SPEND TIME HELPING YOU SO I CAN GET 2 THE NEXT PATIENT SISTER OR BROTHER WAITING AND WANTING MORE TRUTH AND HEALTH IN THEIR LIVES THIS VERY MINUTE. WHEN AT A PHYSICIAN THEY SHOULD BY LAW B REQUIRED AS THE FIRST QUESTION OF ANY INTAKE PROCESS 2 ASK HOW MUCH H2O YOU DRINK DAILY AND WHAT YOUR COMPOSITION FEELS LIKE. I KNOW THERE ARE MACHINES THAT TEST 4 COMPOSITION BUT THEY ARE RARE AND EXPENSIVE. THIS PRICE SHOULD B SUBSIDIZED BY A WISE COLLECTIVE EFFORT SADLY STILL CALLED GOVERNMENT AND THEN EVERYONE CAN B FAR MORE HEALTHY KNOWING THIS 1 METRIC. IT IS THE MOST VITAL. OF ALL METRICS SHORT OF WHETHER OR NOT YOUR BATTERY IS STILL RUNNING AND TICKING. FOCUS FIRST ON WATER, THEN IMPLEMENT THE NEXT VARIABLE. IF YOU IMPLEMENT THEM ALL AT ONCE YOU MIGHT NOT SEE THEIR INDIVIDUAL WORTH AND BECOME SLIGHTLY OVERWHELMED AND EVEN CONFUSED AS A SCIENTIST IN YOUR OWN KICK ASS B.T.T.S LAB MOM AND DAD GAVE 4 YOU 2 EXPERIMENT WITH AND BE SUPER SAFE AND SUCCESSFUL AS A RESULT. EITHER WAY, I WOULD IMPLEMENT THEM ALL AT ONCE PERSONALLY, BUT MY RELATIONSHIP WITH MOM AND DAD WAS SUEPER STRONG B4 I BEGAN MY OWN 1 GREAT RESET. I ALREADY TRUSTED THEM FULLY OVER DECADES OF EXPERIENCE FOLLOWING

THEIR GENUINE GENESIS GUIDANCE. I WANTED ALL OF THE BENEFITS AND IMMEDIATELY SO I QUIT EVERYTHING WITH A BARE BONES ELIMINATION REGIMEN. I STRIPPED 2 EVERYTHING OUT OF MY LIFE BUT NATURAL FOODS. THEN I ADDED SOME BACK IN ON THE WAY BACK UP AND THEY ALL MADE ME SUPER SICK AT THAT POINT. I ISOLATED VARIABLES AND BUILT A LAB AND FOUNDATION THAT COULD NET ME ACCURATE DATA ABOUT THE WORLD ALL AROUND ME. I MADE IT SURGICALLY CLEAN AND RESET ALL OF MY SYSTEMS WITH MOM AND DAD'S GUIDANCE OF COURSE. IT BLOWS MY MIND AND SOUL EVERY DAY STILL BUT IT HAS NOT BEEN EASY. 4 SOME THIS TRUSTING MOM AND DAD WILL TAKE TIME, BUT I CAN GUARANTEE YOU THIS, THEY ARE ALWAYS POSITIVE, NEVER USE GUILT, AND THEY ARE SO MUCH MORE FUN AND FUNNY THAN ALMOST EVERYONE KNOWS. THEY ARE THEE COOLEST. YOU HAVE NOTHING 2 FEAR. ABSOLUTELY NOTHING. I KNOW MASSES OF YOU AGREE SO SHARE THE TRUTH THAT THEY ARE HERE WITH US WITH EVERYONE AND WATCH WHAT THAT DOES.

SISTERS AND BROTHERS WHEN IS THE LAST TIME YOUR PHYSICIAN OR HEALTH CARE PROVIDER ASKED YOU WHEN YOU CHANGED YOUR B.T.T.S. FLUIDS LAST? B HONEST? I BET NOT ONE PERCENT OF ONE PERCENT ON EARTH HAVE EVER BEEN ASKED THIS. LADIES YOU ARE ROCKING THEE MOST ADVANCED TECHNOLOGY IN OUR CREATOR'S SUPER MAGICAL SO CALLED 'UNIVERSE'. DUDES, BE BRAVE, BOLD, BEAUTIFUL AND BRILLIANT BROTHERS AND REALIZE YOU HAVE WAY BEYOND A FERRARI OR FORMULA 1 RACE CARE UNDER YOUR ASS. ENZO FERRARI CO-CREATED THE FERRARI, NOT THE OTHER WAY AROUND. MANY OF THE MACHINES IN THE UNIVERSE THAT ARE TECHNICALLY TECHNOLOGY AND NOT A LIE REQUIRE VERY SPECIFICALLY CALIBRATED FLUIDS 2 PROPERLY OPERATE. AN ENZO NEEDS VERY SPECIFIC BRAKE FLUIDS, COOLANT FOR THE ENGINE AND

TRANSMISSIONS, IT NEEDS PRECISE ENGINE OR MOTOR OIL, YOU NEED DIFFERENTIAL FLUIDS AND THEN OF COURSE PETROLEUM. YOU CANNOT JUST ADD ANY FLUID IN THAT ENZO AND EXPECT IT 2 OPERATE AT OPTIMAL LEVELS 4 LONG IF YOU DUMP WHATEVER YOU WANT IN IT. WHEN YOU TAKE YOUR CAR TO THE SHOP, MECHANIC, LUBE, BODY AND PAINT, MOST OF THEM ASK YOU WHEN THE LAST TIME YOU CHANGED THE FLUIDS, EVEN IF THEY ARE NOT CHANGING OIL SO THEY CAN LOG AND HELP TRACK YOUR DATA FOR OTHER ESTIMATE AND REPAIR PURPOSES. EVERY TIME YOU GO IN2 A REPUTABLE LUBE SHOP (I HAVE WORKED AT MULTIPLE AND I AM OBSESSED WITH AUTOMOBILES 4 SO MANY REASONS I WILL SHARE LATER ELSEWHERE-BUT THEY ARE NOT 4 EVERYONE AND THEY HARM SO MANY WHO SHOULD NOT B IN THEM) THEY ARE GOING 2 ASK YOU WHEN THE LAST TIME WAS THAT YOU CHANGED YOUR FLUIDS, OR THEY WILL SCAN YOUR VIN OR CHECK YOUR CARS DATA VIA OBDii ACCESS, OR JUST CHECK A STICKER YOU HAVE ON YOUR WINDSHIELD. EVEN THEN MOST WILL STILL ASK YOU 2 CONFIRM, EVEN IF YOU ARE IN A CAR WOTH \$3-5K. REGARDLESS OF PRICE THIS IS ASKED AND 4 SO MANY GOOD REASONS. WRONG FLUIDS OR DIRTY FLUIDS PRECLUDE THE AUTOMOBILE FROM OPERATING AT OPTIMAL PERFORMANCE LEVELS AND MANY OTHER PARTS BEGIN 2 TAKE ON EXTRA WEAR AND TEAR WITH DIRTY OR INCORRECT FLUIDS. THE SAME THING HAPPENS WITH YOUR B.T.T.S. BUT IT IS PRICELSS AND SO MUCH MORE ADVANCED THAN ANY SUPER CAR, FIGHTER JET, NUCLEAR SUB, DATA CENTER OR PURE PEDO (DOUBLE SPEAK AGE OF SPIN, THANK YOU BROTHER CHAPPELLE.....SMART) PHONE. DOUBLE GULP. YOU ARE WAY MORE ADVANCED THAN THAT. CAN ANY OF THOSE REPAIR THEMSELVES OR REGENERATE? YOU CAN. YOU CAN BUILD A PRACTICALLY NEW B.T.T.S. EVERY 3 OR SO YEARS AS LONG AS YOU GIVE IT EVERYTHING IT NEEDS. IT DOES THIS AUTOMATICALLY WITHOUT

YOU NEEDING 2 DO ANYTING BUT CHANGE THE FLUIDS AND PUT THE RIGHT PETRO IN IT. THINK ABOUT IT. YOUR B.T.T.S. WAS BEYOND BRILLIANTLY DESIGNED BY MOM AND DAD AND IT IS AN ELECTRICAL/SOLAR/HYDRO BIOMECHANICAL HYBRID MAGICAL MACHINE. LIKE A BROTHER ROKU SAID ONE TIME, IT IS THE GREATEST MACHINE EVER MADE, AND THAT DOESN'T DO IT SO CALLED JUSTICE BECAUSE SECOND PLACE IS SO DAMN FAR BACK. IT BLOWS EVERYTHING AWAY, INCLUDING THE SUPER SACRED AND SENTIENT SOULS OF MOM AND DAD'S QUEEN AND ANIMAL KINGDOM. THEY ARE JEALOUS AND WORKING THEIR WAY IN2 GREATER AND GREATER TECHNOLOGIES INCLUDING OURS. IT IS OUR JOB 2 HELP THEM MAXIMIZE THEIR POTENTIAL IN THEIR TECHNOLOGY AND YOU SEE SO MANY HUMAN/ANIMAL PROJECTS ACROSS THE WORLD AND FAR BACK IN THE RECORD 2 THEIR VERY BEGINNING. LOOK AT HOW WELL WE HAVE BEFRIENDED DOGS? ARE THEY NOT AMAZING? THEY CAN B SO MUCH MORE AMAZING IF WE WILL START TREATING THEM PROPERLY, AND SOME DO BUT VERY FEW. SAME WITH CATS. THEN HORSES. LOOK AT THE OLYMPICS AND SPORTS LIKE DRESSAGE. AND NO NOT EVERYONE BREAKS THESE HORSES VIA VIOLENCE OR ABUSIVE TRAINGING TACTICS. MANY ARE WHISPERED AND LOVED IN2 THESE FRIENDSHIPS AND ARE THEY NOT BEYOND SUPER MAGICAL WHAT THEY CAN DO. THINK OF THE MOVIE AND HORSE SEABISCUIT. WHEN TREATED RIGHT THESE ANIMALS ARE TECHNOLOGY THAT HELP US TAKE OUR TECHNOLOGY, OUR B.T.T.S. 2 THEIR NEXT LEVELS. ANIMALS NEED VERY SPECIFIC FLUIDS AND VERY DIFFERENT THAN OURS. THEY DO A BETTER JOB EATING WHAT THEY SHOULD THEN WE DO IF WE DO NOT GET INVOLVED. YOUR ELECTRICAL B.T.T.S NEEDS MASSIVE AMOUNTS OF H2O EVERY SINGLE DAY IN ORDER 2 OPERATE AT PEAK POTENTIAL AND PERFORMANCE LIKE YOU SEE IN THE BEST OF US. YOU NEED 1-2 OUNCES PER POUND PER DAY JUST 2 KEEP YOUR FLUIDS TOPPED OFF

AND YOUR OVERALL COMPOSITION NEEDS 2 B CLOSE 2 THAT 70% LEVEL, AND ALMOST NO ONE IS DOING THIS. NOT EVEN ME BECAUSE I SPEND SO MUCH TIME TALKING ABOUT THIS SUBJECT MATTER WITH OTHERS, BUT I GET SPECIAL BLESSINGS 4 DOING SO AND I AM TOTALLY TONY! MOST HOMO SAPIENS DO NOT EVEN HAVE ANY ESSENTIAL OILS IN THEIR B.T.T.S., NOT A DROP, JUST LIKE THE TIN MAN ON WIZARD OF OZ B4 DOROTHY LUBES HIM UP.

<https://www.youtube.com/watch?v=louBM-Mix7s>

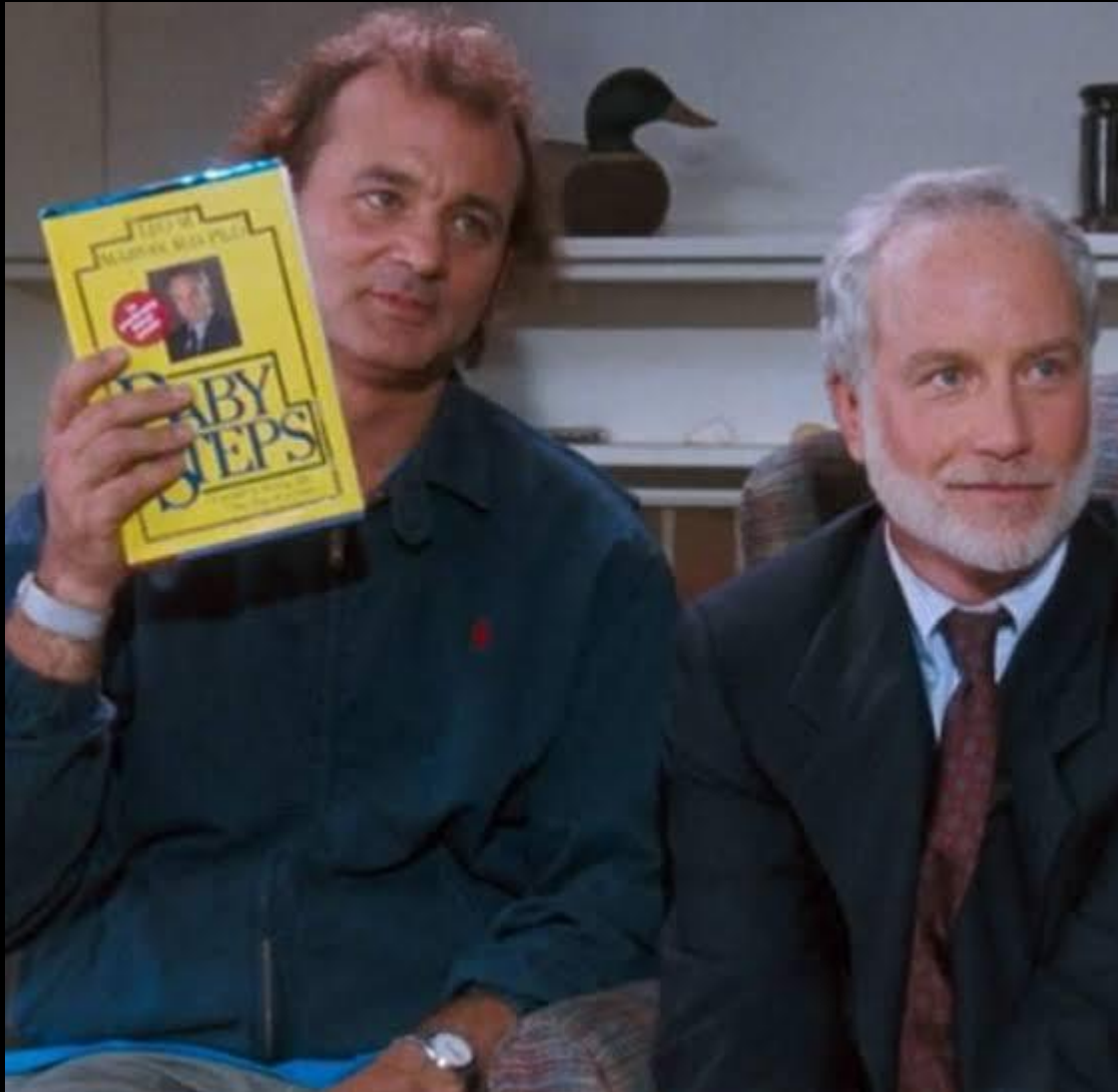
THIS IS WHY SO MANY ARE SUFFERING FROM THINGS LIKE ARTHRITIS AND AN ARRAY OF MUSKULOSKELTAL PAINS AND DISORDERS/DISEASES. THE MORE BOOBIE MILK YOU DRINK OF OTHER SUPER SACRED AND SENTIENT SOUL SPECIES THE MORE OSTEOPOROSIS YOU WILL B LIKELY 2 EXPERIENCE, AND AN ARRAY OF OTHER BONE DISEASES AND DISORDERS. THAT MILK IS FLUIDS FORMULATED 4 THEIR OFFSPRING IN THEIR SPECIES, NOT 4 HOMO SAPIENS AND I GREW UP ON A DAIRY FARM AND LOVED EVERY DROP OF MILK I EVER DRANK, BUT I GAVE UP THE TIT AND BECAME A MAN A LONG TIME AGO AND I CAN GUARANTEE YOU IT WAS THE BEST HEALTH DECISION OF MY LIFE AFTER NOT EATING ANIMAL FLESH AND CHEESE WHICH IS THE FAT CELLS AND MOST TOXIC OF THE ENTIRE ANIMAL. ANIMAL CELLS ARE NOT COMPATIBLE WITH THE B.T.T.S. AND THIS AND NO PROPER FLUIDS ARE THE LARGEST REASONS WHY MOST ARE SICK AND IN SOME PAIN THEY SHOULD NOT B IN. 2 GET YOUR B.T.T.S. COMPOSITION WHERE IT NEEDS 2 B THE BEST THING YOU CAN DO IS COMPLETE YOUR 1 GREAT RESET IN THE THRD CHAPTER OF MY FREE BOOK CANNABIS, *CREATIONS'S COMMUNICATION CHANNEL CLEANER AND MOTHER'S MOST MAGICAL MEDICINE (WE NEED DIE IN SIN NO*

MORE). THAT RESET HAS YOU BEGIN WITH A 40 AND THEN 80 TOTAL GALLON FLUSH. LIKE TRANSMISSION SHOPS DO IN THEORY WITH YOUR TRANSMISSION SERVICE 4 YOUR VEHICLE. THEY ARE TRYING 2 REMOVE ALL OF THE JUNK THAT HAS BUILT UP WITHIN THAT HARDWARE AND MAKE IT LAST LONGER, PERFORM MORE OPTIMALLY, AND AFTER THEY FILL IT BACK UP TO THE PROPERLY DESIGNED AND PERFECTLY CALIBRATED POSITION. THE 80 GALLON FLUSH IS THIS IN THEORY BUT NOT EVER BULLSHIT AND JUST THE WAY YOU SHOULD B LIVING EVERY DAY OF YOUR SO CALLED ADULT LIVES, OR KIDS. YOU DO THIS BY DRINKING 2 OUNCES PER POUND PER DAY AS I HAVE UPDATED THAT FROM 1 OUNCE MINIMUM. THIS IS THE WAY YOU NEED 2 LIVE 2 B HEALTHY FROM CRADLE 2 GRADUATION AND NOTHING IS MORE IMPORANT OR A LARGER DETERMINING FACTOR OF GRADUATION THAN WATER INTAKE AND MANAGEMENT. I CAN GUARANTEE YOU AS A SUPER SENTIENT AND SACRED SPECIAL NEEDS SUPER HERO SCIENTIST AND PRODIGY PHYSICIAN (MACRO) HAVING PIONEERED MY OWN SCIENCE WITH OUR MOTHER AND FATHER GENUINELY GENESIS GUIDING ME THAT THERE IS NOTHING YOU CAN BENEFIT MORE FROM HEALTH WISE THAN WATER (H₂O). MANY OF YOU ARE SUFFERING FROM MANY SEVERE HEALTH ISSUES AND YOU FIRST GOT THERE BY BEING DEHYDRATED. AND MANY OF YOU CAN GET OUT OF THERE CHANGING NOTHING ELSE AND KICKING ALL OF THE PURE PETROLEUM POLYMER POISONED PILLS AND PRODUCTS FROM PHARMA PRICKS WITH PRICKS. THEY ARE INCOMPATIBLE WITH THE B.T.T.S. RIGHT OFF OF THE BAT BEING MADE OF PLASTIC. MOST OF YOU ARE FULL OF PLASTICS AND I DISCOVERED THE CURE AND GAVE IT AWAY 4 FREE. THAT SOLUTION IS CALLED *YOUR 1 GREAT RESET*. IT IS THE SOLUTION 2 ALMOST ALL THINGS IF THERE IS A SOLUTION, OR BARE MINIMUM ALWAYS A NECESSARY COMPONENT OF THE ACTUAL SOLUTION AND OPTIMAL HEALTH AND HAPPINESS OUTCOMES. IT IS ANCIENT

WISDOM OF MOTHER AND FATHER'S AND NOW ALL OF OUR'S AS THEIR CHOSEN CHILDREN. THIS BOOK IS ALL OF OUR'S BECAUSE IT IS THEIR'S AND WE ARE THEIR CHOSEN CHILDREN AND WE ALL R BLESSED 2 B LIVING IN THEIR HOME AND WHILE LIVING HERE WE GET 2 PLAY WITH A LOT OF COOL SHIT THEY WORKED HARD 2 CO-CREATE AND ACCUMULATE. THAT IS WHY THE 1 GREAT RESET TAKES SO LONG. PROBLEMS TOOK A LONG TIME 2 BUILD AND THEIR TRUTH IS THERE ARE NO QUICK AND EASY FIXES. YOU HAVE 2 WORK YOUR WAY BACK OUT OF THE PROBLEM IMPLEMENTING TOTAL TRUTH AND LOVE VIBRATIONS AND FREQUENCIES IN2 YOUR B.T.T.S. THE AWESOME THING IS YOU BEGIN 2 FEEL BETTER BIT BY BIT AND VERY RAPIDLY WHICH MAKES IT ADDICTIVE AND EASY AFTER THE FIRST FEW MONTH PERIOD AND 4 SOME ONLY A FEW DAYS OR WEEKS. IT DEPENDS HOW SICK AND HOW DIRTY YOU ARE INTERNALLY. THE MORE YOUR B.T.T.S. DIRTY THE LONGER THE RESET TAKES. AND PLAN ON IT MAKING YOU SICK BUT THE POSITIVE THING IS MOM AND DAD FORESAW THIS TIME AND BUILT ANTI-NAUSEA TECHNOLOGY IN2 THE PLANTS AND ESPECIALLY IN2 CANNABIS. ONE OF THE HARDEST THINGS ABOUT LOSING WEIGHT IS THAT IT BRINGS TOXINS IN OUR CELL TISSUES BACK THROUGH THE BLOODSTREAM AND ORGANS 2 B EXCRETED AND THIS PROCESS CAN MAKE US FEEL VERY ILL SO MASSES GIVE UP. B STRONG AND THE KEYS AND SECRETS 2 ALL WEIGHTLOSS IS YOUR 1 GREAT RESET IN CCCC, MMMM. WATER AND THEN CANNABIS ARE THE 2 MOST POWERFUL WEIGHTLOSS AGENTS ON EARTH. NOTHING ELSE EVEN COMES CLOSE AND ALL FOOD HAS TECH EMBEDDED 2 KEEP OUR WEIGHT PERFECTLY BALANCED.

4 SOME THIS RESET IS LESS THAN 120 DAYS BUT OTHERS IT IS 1-2 YEARS, BUT YOU ARE MAKING VERY VISIBLE GAINS ALL ALONG THE WAY BEGINNING IN THE FIRST MONTH SO IT TESTIFIES OF THEIR PRESENCE AND YOU WILL B GENUINELY GENESIS GUIDED IF YOU DO IT

RIGHT. THE GAINS BECOME ADDICTIVE AND YOU ARE CO-CREATING NEW ENERGY SO IT THE BABY STEPS AS BROTHER MURRAY WILL FUEL THE NEXT STEPS AND THE NEXT AND THE NEXT.



A

HUGE THANK 2 2 EVERYONE WHO HELPE PRODUCE THIS MASTERPIECE. JUST FOCUS ON THE STEPS AND CHOICES RIGHT IN FRONT OF YOU AND STAY FOCUSED TO AVOID BEING OVERWHELMED.

YOU ONLY ARE DOING IT RIGHT IF YOU THANK THEM 4 YOUR B.T.T.S. AND ASK THEM 2 B A PART OF YOUR LIFE. IF YOU DO IT RIGHT THEY

WILL MAKE THEMSELVES VERY WELL KNOWN IN YOUR LIFE IN SUPER MAGICAL WAYS. IT IS THAT EASY, NO MIDDLE MAN NEEDED FROM THERE. YOU CAN ASK THEM ANYTHING YOU WANT AND THEY WILL TEACH YOU, BUT THEY DO SO THROUGH OTHER HOMO SAPIENS A LOT OF THE TIME AND 4 SUPER MAGICAL REASONS. YOU WILL SEE. IF YOU HAVE EVER HAD A GUT FEELING THAT HELPED YOU WHEN FOLLOWED YOU HAVE ALREADY INTERACTED WITH THEM AND NOT EVEN KNOWN IT. THESE TYPES OF EVENTS IN YOUR LIFE WILL EXPLODE IN NUMBERS. TIME 2 CLEAN HOUSE (WHICH IS ALSO THE CAR), AND IT IS YOUR SUPER SENTIENT AND SACRED SOULS HOUSE AND YOU'RE YOUR ETERNAL SOUL WAS ENDOWED WITH THIS GENUINE GENESIS GIFT BY YOUR LOVING MOTHER AND FATHER SO YOU COULD PLAY THIS LEVEL AND LEARN, LOVE, AND GROW WITHIN THEIR DIAMOND F PATTERN OF FIRST FAITH, SECOND FREEDOM, THIRD FOREVER FAMILY, AND FINALLY FOREVER FRIENDSHIPS IN THAT EXACT ORDER AND 4 VERY GOOD REASON IF YOU TAKE A HARD LOOK AND THINK ABOUT IT. THE WAY 2 BUILD OUR B.T.T.S. FROM BIRTH AND MAINTAIN IT AT OPTIMAL LEVELS IS THE EXACT SAME PROCESS YOU NEED 2 FOCUS ON AND IMPLEMENT IF YOU HAVE ANY MALFUNCTIONS OR WHAT SOME CALL SICKNESS AND PAIN, OR EVEN WORSE DISEASES AND DISORDERS. HAVE ZERO FEAR. I MEAN ZERO. JUST BEGIN EATING LIKE YOU KNOW YOU ALWAYS SHOULD HAVE BEEN. IT IS THAT SIMPLE. JUST DRINK 2 OUNCES PER POUND PER DAY OF PURE H₂O, DO YOUR DEEP STRETCHING COMBINED WITH DIAPHRAGMATIC BREATHING EXERCISES SIMULTANEOUSLY, AND WALK A FEW MILES ON THE REAL EARTH IN THE SUN EVERY DAY AND YOU ARE GOLDEN MY SACRED SISTERS AND BROTHERS. IT IS THAT SIMPLE. AGAIN, YOU ARE ROCKING THE NUMBER #1 OR #2 MOST ADVANCED TECH IN THE WORLD. MOST OF YOU HAVE NEVER HEARD OF YOUR BODY AS BEING A TECHNOLOGY BUT REMEMBER ONE THING AND REMEMBER IT HARD, IT IS THE HOMO

SAPIEN B.T.T.S. THAT HAS CO-CREATED EVERY OTHER TECHNOLOGY AND ANTI-TECHNOLOGY BEING SOLD 2 YOU AS TECHNOLOGY. TOP YOUR RIDE OFF WITH ALL FLUIDS AND FUELS. YOUR B.T.T.S. IS AN ELECTRIC/SOLAR/HYDRO HYBRID MAGICAL MACHINE AND IT RUNS ON A MIXTURE OF ESSENTIAL OILS, FOOD FUELS, AND WATER. WATER IS THE LARGEST PART OF YOUR OVERALL WEIGHT IF YOU ARE HOLISTICALLY HEALTHY. IT IS THE MOST IMPORTANT B.T.T.S. FLUID OF ALL. IN THE MORNING AFTER YOU WRITE YOUR ENTRY IN2 YOUR G JOURNAL, THEN DRINK 55 2 STAY ALIVE (55 OUNCES OR CLOSE 2 THAT NUMBER). AND I TRY AND DO TWICE THAT. DO THIS BEFORE YOU WALK IN THE DAY FILL UP ON WATER. MOST HUMANS ARE SEVERELY DEHYDRATED AND SO MUCH DISEASE AND DISORDER COULD B HEALED WITH WATER ALONE. EVEN THINGS I STRUGGLE FROM KNOWINGLY. IT IS A BUSY WORLD AND A LOT IS COMING AT US ALL OF THE TIME SO IT IS NEVER EASY. KNOW THAT MOM AND DAD BEYOND BRILLIANTLY DESIGNED YOUR B.T.T.S. 2 B ELECTRIC AND B COOLED AND RUN/FUELED MAJORLY ON WATER, ESSENTIAL OILS, AND OTHER NUTRIENTS FROM THEIR REAL AND NATURAL FOOD. YOU NEED 2 DRINK A MINIMUM OF 1 OUNCE PER POUND PER DAY AND TRY TO DO TWICE THAT IF YOU CAN. JOURNAL HOW YOU FEEL AND KEEP TRACK OF EXACTLY WHAT YOU CHANGE AND HOW MUCH H2O YOU DRINK EVERY DAY. AND MAKE SURE IT IS PURE H2O THAT HAS BEEN VERY WELL FILTERED DOWN 2 NEAR ZERO WATER WITH A PPM METER TEST RESULT. YOU CAN BUY THEM ONLINE 4 LESS THAN # \$30. LOCAL HYDROPONICS STORES ALWAYS CARRY THEM AND SHOPPING LOCAL IS ALWAYS A GOOD HABIT. MINE IS MADE BY HM DIGITAL AND IT IS A FANTASTIC PRODUCT. I CARRY IT EVERYWHERE WITH ME AND MAKE SURE I KNOW WHAT I BRING IN 2 MY B.T.T.S. AT ALL TIMES. THE WATER DOES NOT HAVE 2 B ZERO BUT WHEN CARRYING OUT YOUR RESET ISOLATE AS MANY VARIABLES AND ELMINATE AS MANY AS YOU

CAN SO KEEP THE PPMS SUB 30 AND TRY HARD 2 DO 20. THE LESS
UNKOWN VARIABLES YOU HAVE WHEN EXPERIMENTING THE MORE
ACCURATE YOUR DATA AND CONCLUSIONS. IF THERE ARE AGENTS IN
THE WATER YOU DO NOT KNOW EXIST THIS IS AN UNKNOWN VARIABLE
AND 4 MASSES THIS HAS MEANT VERY EARLY GRADUATION OR REPEAT
ON EARTH (THAT SOME SADLY CALL DEATH AND THE END). ONCE YOU
HAVE RESET YOU CAN RELAX AS MUCH AS YOU WANT AND HAVE FAR
MORE CONFIDENCE THAT YOU CAN GET YOURSELF OUT OF A BIND.
KEEP TRACK OF HOW MUCH JUST CHANGING WATER MADE YOU FEEL.
THERE IS LOTS OF SCIENCE THAT SHOWS THAT PURE WATER VS CITY
HAS MANY HEALTH GAINS INCLUDING COGNITIVE JUMPS IN IQ TEST
SCORES IF DRINKING FILTERED WATER SOLELY MINUS FLUORIDE. NOW
THEY SHOULD TAKE OUT ALUMINUM AND LEAD WHICH ARE FAR
WORSE. NOT ALL REGIONS HAVE THESE BUT ALMOST ALL PERCENTAGE
WISE. WHEN YOU HAVE A PAIN OR PROBLEM REMEMBER THAT MOST
PAINS AND PROBLEMS ARISE FROM TOXIN BUILDUP AND THIS IS FIRST
DUE 2 BRINGING THEM IN 2 OUR B.T.T.S. BUT THEN STUCK THERE
BECAUSE WE DO NOT HAVE THE WATER 2 FLUSH THEM OUT. AND
MOST MUNICIPAL WATER IN AMERICA IS SAFE IN THE SHORT RUN FOR
YOUR HEALTH BUT TASTES POOR. R/O FILTERS REMOVE THIS. THE
ISSUE WITH ALL OF THESE WATERS IS IN THE LONG RUN. THE
MONSTER MOLECULES FOUND IN TREATED WATER WOULD NOT DO A
THING 2 YOU IN THE SHORT RUN IN MOST AREAS AS THE PPMS TEST IN
SUCH LOW NUMBERS YOU CAN BARELY NOTICE THEM BUT FOR A TAD
DIFFERENT TASTE. OVER THE LONG RUN THE MONSTER MOLECULES
AND ESPECIALLY THE NANO-METALS CAN BUILD UP AT EACH CELL SITE
AND STOP IT FROM CARRYING OUT ITS OBJECTIVES AND MISSION 2
HELP OPTIMIZE YOUR B.T.T.S.

DRINK MORE WATER, DO YOUR STRETCHES INCLUDING MASSAGING EVERY INCH OF YOUR B.T.T.S. AND PAYING CLOSE ATTENTION 2 THE TROUBLE AREAS. STICK 2 THIS 8 STEP DAILY REGIMEN AND JOURNAL THE RESULTS. JOURNAL HOW IT MAKES YOU FEEL. JOURNAL IF DOING THIS IMPROVES YOUR LIFE AND HOW SO.

WATER DOES SO MANY THINGS 4 US, ALL EARTHLINGS, AND THE EARTH. THERE IS NO GREATER ANTI-AGING PRODUCT ON EARTH THAN YOUR MOM AND DAD'S H2O. NOTHING ELSE EVEN COMES CLOSE.

NOTHING AIDS EVERYTHING ELSE IN KEEPING OUR B.T.T.S. IN A REGENERATIVE AND NOT DEGENERATIVE STATE. WITHOUT WATER THERE IS NOTHING ELSE. THINK HARD ABOUT THIS. NO LIFE AT ALL. WATER IS THERE 4 LIFE AND MOM AND DAD R TRYING 2 TEACH US ALL SOMETHING BY THE EARTH AND YOUR B.T.T.S. BEING BEYOND BRILLIANTLY DESIGNED THIS WAY. THEY WANT YOU AND ALL OF US 2 FOCUS ON THIS AND YOU WILL FIND OUT WHY 4 YOU WHEN YOU CHOOSE THEIR RIGHT AND DO THE HARD WORK. YOU CAN CLAIM WHAT YOU WANT BUT MANY HAVE BEEN IN SICK BODIES AND HEALED THEM AND DONE SO THIS EXACT WAY BECAUSE WE WERE GENUINELY GENESIS GUIDED. I WENT A TOTALLY UNORTHOX ROUTE AND UNHEARD OF BY ALMOST EVERYONE 2 B HEALED IN WAYS I DESPERATELY WANT ALL OTHERS 2 EXPERIENCE. I HAVE LIVED IN A PROPERLY HYDRATED AND DEHYDRATED B.T.T.S. AND THERE IS NO COMPARISON. SAME WITH ONE FULL OF ESSENTIAL OILS VS EMPTY, AND WORSE FULL OF FAKE FU**YA FOODS COOKING OILS IN DAMN NEAR EVERYTHING NOW. BY BEYOND DESPERATE AND DUMBASS DRUGGED DESIGN BY COMMIES. THEY WANT YOU DEHYDRATED AND FULL OF FAKE COOKING OILS SO THEY CAN MANIPULATE YOU AND WRECK YOU QUICK AND KEEP YOU OFF OF THE TRACK OR COURT/FIELD OF LIFE. I HAVE LIVED IN A B.T.T.S. BUILT BY ANIMAL CELLS AND ONE BUILT BY PHYTOCELLS AND I WOULD NEVER TOUCH ANOTHER ANIMAL

CELL IN MY LIFE SHORT OF PETTING A DOG OR GROOMING A HORSE. THEY ARE A BIOWEAPON IF BROUGHT INSIDE THE B.T.T.S. THEY DESTROY OUR MAGICAL MACHINE FROM MOM. LIKE CIGARETTES BUT WORSE IN MANY WAYS. THEY ALSO DESTROY OUR COMMUNICATION CHANNEL WITH MOM AND DAD. I WOULD NEVER WANT 2 GO A DAY WITHOUT THEM IN MY LIFE. I HOPE SOME DAY YOU HAVE EARNED THE SAME TESTIMONY BUT IT WILL ONLY COME FROM HARD WORK. BUT I CAN GUARANTEE YOU THAT YOU WILL NEVER REGRET GETTING HOLISTICALLY HEALTHY AND REACHING YOUR PERSONAL HOMEOSTASIS. THE BENEFITS ARE LIMITLESS, LITERALLY. THEY NEVER END IF YOU KEEP ON MOM AND DAD'S CORRECT PATH 4 YOU.

<https://www.youtube.com/watch?v=cTQ3Ko9ZKg8>

#3 MYOGA-DEEP STRETCHING AND BREATHING 30 MINUTES A DAY (DIAPHRAGMATIC BREATHING EXERCISES-MANY CALL THIS COMBO YOGA)

BETTER REFERRED 2 AS MOTHER'S MANDATORY MUSCULOSKELETAL AND MAGICAL MACHINE MAINTENANCE/MASSAGE.

I SEE ALL OF THESE TEENAGERS THAT ARE 50-60 AND THEY ARE HOBBLING AND ALL BENT OVER LIKE THEY ARE OLD. I ASK THEM WHAT IS GOING ON AND THEY SAY IT IS OLD AGE. WTF? HOMO SAPIENS CAN LIVE OVER 200 YEARS WELL RECORDED. AT 50 YOU ARE ¼ THE WAY 2 THAT IF COMMIES AINT POISONING EVERYONE. IT IS SUPER SAD. SO I ASK THEM ARE YOU DOING YOUR DAILY STRETCHES? ARE YOU CHANGING YOUR FLUIDS REGULARLY? INCLUDING DRINKING 2 OUNCES OF WATER PER POUND PER DAY 2 ALWAYS KEEP THOSE FLUIDS PERFECT IN CHEMICAL COMPOSITION. ARE YOU WALKING ON

THE EARTH IN THE SUN DAILY? ARE YOU EATING RAW PHYTOCELLS RICH IN ESSENTIAL OILS. AND ALMOST ALWAYS THEY SAY NO 2 ALL OF THESE BUT ABOVE ALL THE STRETCHING. THIS KEEPS US AND OUR B.T.T.S. BANDS LIMBER, AGILE, QUICK, AND STRONG. WE MUST STRECTH DAILY AND MAKE IT A RITUAL FULL OF GRATITUDE. THERE ARE PROFESSIONAL TRAINERS OF NFL AND MMA ATHLETES IN THE DOCUMENTARY THE GAME CHANGERS BY BROTHER JACKIE CHAN, BROTHER ARNOLD SCHWARZENEGGER, BROTHER JAMES CAMERON AND A LAUNDRY LIST OF THE WORLD'S GREATEST ATHLETES (MANY OF WHICH DO NOT APPEAR BUT THEY HELPED PRODUCE IT). WATCH IT HERE. IF THE 70 YEAR OLD TRAINERS CAN LOOK AND PERFORM LIKE THAT YOU CAN RUN IN2 THE STORE WITH A SMILE AND NOT HOBBLE. THAT IS A PERFECT POSSIBILITY SO MAKE IT HAPPEN WITH HARD WORK SISTERS AND BROTHERS. DO NOT B WEAK, DO YOUR DAILY CHORES AND NEVER SKIP STRETCHING. LOVE YA.

<https://www.youtube.com/watch?v=OYP6IBTXNIY>

DAILY DEEP STRETCHING AND YOGA-LIKE ACTIVITIES HELP BRING OUR SPINAL CORD AND ENTIRE MUSKULOSKELETAL SYSTEM IN2 ALIGNMENT WHICH REMOVES BLOCKAGEDS IN BLOOD PASSAGEWAYS SOME CALL KINKS OR KNOTS. THEY KEEP YOUR BLOOD FLOWING AND FLUIDS FLOWING AND IT THIS FLOW IS LIFE ITSELF. KEEP THE BLOOD FLOWING SO YOU CAN ALWAYS B REMOVING TOXINS FROM EVERY CELL THOSE PASSAGWAYS TOUCH.

IF WE HAVE AN OWNERS MANUAL AND THIS IS MY ATTEMPT AT THAT WITH AN EXPANDED VERSION COMING, IT WOULD SAY THIS

MAINTENANCE FOR YOUR MACHINE WAS A MUST OR IT WOULD VOID WARRANTY AND CAUSE MAJOR MECHANICAL MALFUNCTIONS. I CAN GUARANTEE YOU THAT YOU WILL BREAK DOWN ALL OF THE TIME AND YOUR LIFE WILL BE NOWHERE NEAR AS GREAT AS IT COULD BE IF YOU FOCUS ON THESE 8 FUNDAMENTALS DAILY. AND SO MANY IN OUR FAMILY DO NOT DO THEIR STRETCHES EVER, AND I MEAN THEIR ENTIRE LIFE. THIS IS NUTS. OUR BIOMECHANICAL MACHINE IS BUILT OF MUSCLES, TENDONS, LIGAMENTS, BIG BANDS THAT ARE PLIABLE AND STRETCH, BEND, AND MOVE IN SUPER MAGICAL WAYS. IN ORDER FOR US TO KEEP THESE IN OPTIMAL SHAPE THEY NEED TO BE STRETCHED DAILY AND DOING SO FIRST WITH PROPER FLUID LEVELS (CLEAN H₂O AND ESSENTIAL OILS). AND STRETCHED HARD. IF WE DO NOT STRETCH EVERY DAY THESE BANDS THAT ARE FULL OF BLOOD PASSAGEWAYS GET KNOTTED UP AND THEY CAUSE THE EQUIVALENT OF AN AVALANCHE ACROSS A HIGHWAY CLOSING ALL TRAFFIC THROUGH THE AREA, WHICH LEADS TO HIGHER BLOOD PRESSURES IN OTHER AREAS NOT BUILT FOR THOSE TOLERANCES. ON TOP OF THIS YOUR BLOOD THAT FLOWS THROUGH YOUR PASSAGEWAYS IS LARGELY H₂O AND USED TO COOL AND CLEAN YOUR B.T.T.S. IF YOU DO NOT STRETCH DAILY AND KEEP THE B.T.T.S. BANDS IN PROPER WORKING SHAPE THE B.T.T.S. BEGINS TO STACK TOXINS AT A MUCH FASTER PACE. THEN REMEMBER THE MODEL I PRESENTED IN THIS BOOK FOR PAIN AND DISEASE. WHEN THE B.T.T.S. BEGINS STACKING TOXINS, AND BLOOD PASSAGEWAY BLOCKAGES PERSISTS INFLAMMATION AND DISEASE WILL SOON FOLLOW, LIKE CLOCKWORK. IF CELLS ARE LEFT WITHOUT THE NECESSARY OXYGEN, HYDROGEN AND FAR MORE WITHOUT THE LIFEBLOOD BLOOD IS TO OUR B.T.T.S. CELLS, THEY QUICKLY EXIT A REGENERATIVE STATE AND ENTER A DEGENERATIVE AS DAMAGE AND DESTRUCTION BEGINS.

THIS IS WHY YOU MUST STRETCH. AND BECAUSE AFTER YOU GET USED TO IT THIS DAILY MAINTENANCE BECOMES A TOTAL BLESSING AND JOY THAT UNLOCKS SO MUCH MORE FUN IN YOUR LIFE FOLLOWING THE DIFFICULT CHORE. IT SUCKS, ITS HARD, ITS PAINFUL, ESPECIALLY IF YOU HAVE INJURIES, BUT YOU CAN HEAL YOURSELF USING THIS DAILY MAINTENANCE, ESPECIALLY WHEN COMBINED WITH THE ALSO MANDATORY MASSAGING. THE MASSAGING OF EVERY INCH OF THE B.T.T.S. HAS MANY PURPOSES INCLUDING INSPECTION OF EVERY CELL OF YOUR B.T.T.S. YOU NEED TO CHECK YOUR B.T.T.S. DAILY FOR ANYTHING OUT OF PLACE AND IF THERE IS SOME PAIN ATTEMPT TO REPAIR IT BEFORE IT BECOMES EVEN WORSE. YOU CAN HEAL IT BY FIRST DRINKING WATER AND GETTING YOUR COMPOSITION TO 70%ISH H2O, THEN MAKE SURE EVERY JOINT AND CORNER IS COVERED IN ESSENTIAL OILS NATURALLY FOUND IN FOOD TECH FROM MOM AND DAD, THEN DO YOUR DEEP STRETCHING, AND WHEN DOING THAT DEEP STRETCHING MASSAGE YOUR ENTIRE BODY VERY DEEPLY AND ROUGH EVEN SO YOU BREAK TOXINS LOOSE IN THE BANDS SPOKEN ABOUT ABOVE. TOXINS BUILD UP IN OUR CELLS AND ESPECIALLY THE B.T.T.S. BANDS (MUSCLES, TENDONS, LIGAMENTS, ETC.) AND THEN KNOTS/KINKS BEGIN WHICH IS ULTIMATELY A BACK UP OF TOXINS, WHICH ULTIMATELY IN MOST CASES BEGAN BY BLOOD BLOCKAGE FROM NOT DOING OUR DAILY STRETCHES. WHEN YOU MASSAGE THESE PAINFUL AREAS IN A CIRCULAR MOTION YOU CAN BREAK MUCH OF THESE TOXINS FREE FOR THE MOST PART AND THEN YOUR BLOOD WILL DO ITS DUTY AND WASH IT AWAY HELPING EXCRETE IT VIA MANY METHODS (SWEATING, PEEING, POOPING). SOME PAINS YOU HAVE TO WORK ON MANY WEEKS UNTIL THEY ARE GONE, OTHERS YOU CAN GET IN ONE SESSION. THIS IS ALL PART OF PRIMING AND TUNING OUR MAGICAL MACHINE FROM MOTHER WHICH IS WHY YOU SHOULD BEGIN WAKING UP EARLIER AND BEGINNING THE DAY WITH THIS MANDATORY MAINTENANCE. YOU

CANNOT BE HOLISTICALLY HEALTHY AND EVER REACH HOMEOSTASIS WITHOUT IMPLEMENTING THIS PRACTICE SO B WISE AND GRATEFUL SO YOU CAN BECOME YOUR GREATEST ETERNAL ENERGY. STRETCH AND MASTER BREATHING EVERY DAY YOU PHYSICALLY CAN. IF THE PAIN DOES NOT GO AWAY IN A FEW WEEKS HAVE THE AREA LOOKED AT BY A REAL PHSYICIAN. THIS IS WHY STRECTHING IS SO VITAL. IT HELPS US BECOME AND REMAIN VERY B.T.T.S. AWARE AND THIS ENSURES THAT IF ANYTHING POPS UP IT NEVER HAS THE CHANCE OF GETTING OUT OF HAND. MAKE SURE YOU TAKE CARE OF ANYTHING OUT OF PLACE IMMEDIATELY AND THEN SMALL PROBLEMS WILL NOT BECOME BIG ONES. STRETCHING ALSO INCREASES BLOOD FLOW WHICH KEEPS US CLEAN. ULIMATELY YOGA AND MESSAGES ARE MANDATORY CLEANING MAINTENANCE OF YOUR B.T.T.S. THIS IS HOW HUMAN HEALTH SHOULD B TAUGHT 2 EVERY HUMAN ON EARTH. BECAUSE IT IS THEIR TRUTH AND ALL OF OUR'S. THIS IS VERY HARD 4 SO MANY AS IT IS LIKELY THE MOST PAINFULLY CHALLENGING OF THE 8. LOOK AT IT AS A CHORE AT FIRST LIKE YOU ARE CLEANING HOUSE AND TAKING CARE OF YOUR DAILY CHORES. JUST GET THEM DONE AND MOVE ON WITH THE DAY AND WATCH THE MAGIC THAT ENTERS YOUR LIFE IF YOU CHOOSE THEIR RIGHT AND ALWAYS SITCK WITH THIS. OVER TIME YOU CAN AND WILL MAKE THIS A FUN ACTIVITY. IT TOOK ME NEARLY 2 YEARS 2 GET THERE AND I AM VERY ATHLETIC. YOU WILL B ETERNALLY BLESSED IF YOU IMPLEMENT THIS DAILY SISTERS AND BROTHERS. DO NOT CHEAT AND DO IT TWICE A DAY B4 BED IF YOU CAN TO HELP WITH BLOODFLOW, CLEANING, AND SLEEP PATTERNS THROUGHOUT THE NIGHT. OUR B.T.T.S. GOES IN2 SLEEP MODE AT NIGHT AND BEGINS 2 REPAIR AND PREPARE 4 THE NEXT DAY. YOU WILL SLEEP BETTER AND EVERYTHING IN YOUR LIFE WILL SEE IMPROVEMENT FROM ENGAGING IN THIS ACTIVITY. ALL 8 OF COURSE. BEST 2 DO AS OUR SCHOOLING TAUGHT US AND WHISTLE WHILE WE

WORK. I HAVE A BLAST WITH THIS BUT SADLY HATED IT 4 THE FIRST 18 MONTHS OR SO. I WILL B TEACHING CLASSES ON THIS 4 FREE IN THE COMMUNITY AND DOING VIDEOS SO YOU CAN SEE WHAT I MEAN. JUST MAKE SURE YOU DO THIS YOUR WAY AND NEVER WORRY HOW OTHERS DO THEIR THING. B ORIGINAL, B YOU. YOU ARE THE REASON YOU ARE HERE. 2 B YOUR GREATEST YOU. NEVER 4GET THIS SISTERS AND BROTHERS.

#4 ONLY EATING RAW PHYTOCELLS.

ANIMAL CELLS ARE NOT COMPATIBLE WITH HUMAN TECHNOLOGY. VISIT JUSTEATIT.ORG 4 A PERFECT EXPLANATION AND OVERWHELMING ANCIENT WISDOM BACKED BY THE SCIENTIFIC EVIDENCE OF OUR CREATORS THAT BEYOND PROVES THIS AND HAS 4 THOUSANDS OF YEARS SINCE THEIR BEGINNING. ANIMAL CELLS ARE SEEN AS A THREAT, AS AN INVADER, AS A CRIMINAL WHEN BROUGHT IN2 OUR B.T.T.S. AND IMMEDIATELY OUR B.T.T.S. BEGINS 2 BOUNCE THEM SO BALANCE CAN B MAINTAINED. MOST WHO EAT ANIMAL CELLS, ACTUALLY GAIN THE ENERGY THEY POSSESS LARGELY FROM UPTAKING COPIOUS AMOUNTS OF PHTYTOCELLS (GOTTA HAVE VITAMIN C ONLY FOUND IN PLANTS) OR FAKE FOOD ALTOGETHER SO THEIR ENERGY IS FLAWED, FAKE OR SYNTHETIC AND NOT COMPATIBLE IN ANY WAY, OR NONE-EXISTENT. IT IS THE ANIMAL CELLS/FAKE FUEL THAT WIND UP BREAKING DOWN THE B.T.T.S. HARDWARE COMPONENTS AT MUCH MORE RAPID PACES THAN DESIGNED 2 LAST. WE KNOW ONE THING, THEY FULLY CLOG THE ENDOTHELIAL LINING OF OUR BLOOD BASSAGEWAYS AND THIS LEADS 2 DARN NEAR EVERY B.T.T.S. MALFUNCTION YOU CAN THINK UP. THE B.T.T.S. CANNOT PROCESS ANIMAL CELLS SO THEY STACK WITHIN US AND SNOW OVER OUR 'SAT' (CELL) DISHES. THEN WE SEE MAJOR MALFUNCTIONS AND NOT MAGIC SUCH AS ISSUES LIKE CHRONIC

FATIGUE, 2 WHICH MASSES MASK THIS WITH MORE FAKE FUEL LIKE PROCESSED SUGARS AND EVEN WORSE COMMIE CAFFEINE. AND ALMOST ALL ANIMAL CELLS BEING CONSUMED ARE BUILT SOLELY WITH PHTYOCELLS. THIS IS WHY SOME LIVE 2 OVER 200 AS BROTHER DISPENZA AND OTHERS HAVE SHOWN US IN THE RECORD, AND WHY SOME ONLY LIVE 2 60 OR 70 WHICH IS THE NEW AVERAGE ACROSS G20. BARELY 70 YEARS. HOW DO SO MANY LIVE 2 120? AN EXTRA 50 YEARS. IT IS WHAT WE BUILD OUR B.T.T.S. OUT OF AND WHAT WE ATTEMPT TO MAINTAIN IT WITH. GARBAGE IN GARBAGE OUT. MOM AND DAD BEYOND BRILLIANTLY DESIGNED THE GAME 2 B THIS WAY SO THEIR ANIMALS WOULD B PROTECTED (AS WOULD WE). AND THE DISEASE OR HARM, THE REDUCED POWER LEVELS AND LIFE OF THE PLAYER WHO PARTAKES OF THEIR PLANT BASED PROTEINS, MEANING THE LOWER THE SCORE IN THEIR GAME, WOULD B AN INDICATOR AND SIGNAL 2 GET BACK ON THEIR RIGHT PATH. EATING THEIR CELLS SHUTS US OUT AND OFF OF THEIR COMMUNICATION CHANNEL. SO DO SO MANY OTHER THINGS LIKE BIOWEAPONS DOUBLE SPOKEN AS BEING VACCINES AND HEALTH SOLUTIONS. FINAL SOLUTIONS 4 FAR 23 MANY. EACH CELL IN YOUR BODY, AT THEIR MICRO LEVEL IS BUILT 2 BE A TRANSMITTER AND RECEIVER OF FREQUENCIES/DATA. AT THE LARGER AND MACRO LEVEL YOUR COLLECTION OF CELLS OR B.T.T.S. IS ALSO A MASSIVE TRANSMITTER AND RECEIVER, AND CO-CREATING PRODUCER OF FREQUENCIES/DATA. JUST LIKE A RADIO TOWER OR SATELLITE BUT SO MUCH MORE ADVANCED IT WILL BLOW YOUR MIND WHEN YOU REMEMBER OR LEARN AGAIN WITH MOM AND DAD GENUINELY GENESIS GUIDING YOU. EACH CELL, AND SOME SAY THERE ARE TRILLIONS, WAS BEYOND BRILLIANTLY DESIGNED 2 COMMUNICATE 2 ALL OTHER CELLS ON EARTH, BUT SPECIFICALLY WITH THE INTERNAL CELLS OF YOUR B.T.T.S. AND THE CELLS OF OTHER SACRED AND SENTIENT SOULS IN VERY CLOSE PROXIMITY 2 YOUR ACTUAL PHYSICAL

BODY. THESE CELLS ARE BEYOND BRILLIANT TECHNOLOGY AND CAN DO SO MANY MAGICAL THINGS IT WILL BLOW YOUR MIND IF YOU HAVE NO CLUE WHAT I AM TALKING ABOUT. THEY CAN STORE MORE DATA THAN EVERY DATA CENTER ON EARTH, BY A LONG SHOT. I MEAN A LONG, LONG SHOT. AND THEY ARE SO BRILLIANT THEY REGENERATE, HEAL, AND IMPROVE THEMSELVES IF GIVEN THE CORRECT BUILDING BLOCKS. WHEN WE EAT TOXINS THESE CELLS (THINK OF THEM AS SAT DISHES IN THE ROCKIES DURING A BLIZZARD DURING THE SUPER BOWL PARTY) BECOME COVERED UP AND COMMUNICATION IS SHUT DOWN. ANIMAL CELLS SMOTHER AND DESTROY COMMUNICATION. THEY ARE CARCINOGENIC AND DESIGNED 2 B THIS WAY SO YOU AND I WOULD LEAVE THEM THE HEAVENS ALONE. WHEN MY MOTHER WOULD WATCH SAT TELL A VISION IN THE SNOW SHE WOULD OFTEN SAY SON, GO GRAB THE BROOM AND LADDER AND CLEAN OFF THE DISH 4 ME, I AM NOT GETTING ANY PICTURE ON THE SCREEN OR TRANSMISSION.

MOM AND DAD TRANSMIT TOTAL TRUTH AND LOVE VIBRATIONS/FREQUENCIES 2 US AT ALL TIMES AND SOME CALL THIS PERSONAL REVELATION. IT IS THIS AND MORE. THEY ALSO SEND US GROUP MESSAGES 4 FAR DIFFERENT PURPOSES. THEY USE THESE TECHNOLOGIES AND CHANNELS 2 HAVE A VERY PERSONAL AND MAGICAL RELATIONSHIP WITH US EACH INDIVIDUALLY WITH NO MIDDLE MAN AND THE RESULT IS EVERYONE BEING TREATED, GUIDED, AND LOVED PERFECTLY EQUAL. THESE TRUTHS WERE OCCULTED BY THE WICKED WHO HAVE HACKED US ALL IN DOZENS OF WAYS. THEY ALSO HAVE A DECENT BUT NOT FULL UNDERSTANDING OF OUR CREATORS TECHNOLOGIES AND MANY OF THE ANTI-TECHNOLOGIES LIKE PURE PEDO PHONES ATTACHED 2 TYRANNICAL TELECOMMUNICATIONS DEVICES ARE MIRROR INVERSIONS AND DISTORTED PERVERSIONS OF TECHNOLOGIES MOM AND DAD DEESIGNED IN2 OUR WORLD AND HERE FROM THE BEGINNING. THE

PURE PEDO PHONES ARE A MAJOR HACK ON YOUR B.T.T.S. AND 4 SOME MORE THAN ONE. THEY WERE CALLED CELLULAR PHONES BECAUSE THEY DESTROY US CELLULARLY AND LUCIFERIAN SATANISTS THINK THIS IS FUNNY. THIS MANUAL IS THE FIRST ATTEMPT 2 HELP YOU BREAK THE FIRST FEW HACKS. I AM A BIOHACK REMOVAL EXPERT AND MASTER MAGICAL MACHINE MECHANIC, AND B.T.T.S. TUNER. ROLL WITH ME. YOU WILL HAVE FUN FINDING FREEDOM IN FOOD AND UNLOCKING MORE OF YOUR SUPER MAGICAL TECH AND WHAT YOU WILL FIND IS HIDDEN GIFTS AND SOME OF THOSE WILL B TALENTS IF YOU WORK HARD 2 BRING THEM OUT THROUGH PROPER DEVELOPMENT.

OH AND THIS IS THE SECRET MENU AND SECRET SAUCE OF ALL HEATH RECOMMENDATIONS. RAW FOOD IS VITAL BECAUSE ABOVE ALL ELSE, WHEN WE APPLY HEAT AND PRESSURE 2 THE MAGICAL MOLECULES OF FOOD TECH THEY ARE DAMAGED, DISTORTED, AND DELETEED. IF WE COOK OUR FOOD WE CAN EASILY REMOVE 50% OF THE ORIGINAL TECHNOLOGIES' NUTRIENT PROFILE. THESE MAGICAL MOLECULES ALL HAVE HEALTH PROPERTIES AND BENEFIT THE PERFORMANCE OF YOUR B.T.T.S. THEY ARE THE BEYOND BRILLIANTLY DESIGNED AND CALIBRATED FLUIDS 4 YOUR B.T.T.S. INCLDUING THEIR ESSENTIAL OILS. IF YOU COOK THEM THE MOST IMPORTANT NUTRIENTS YOU DESTROY ARE THE ESSENTIAL OILS MOM AND DAD COINED AS BEING ESSENTIAL BECAUSE YOU WILL CRASH AND BURN AND LIKELY NOT GRADUATE BUT HAVE 2 REPEAT THIS LEVEL WITHOUT THEM. HEALTH IS WEALTH, HEALTH IS HAPPINESS, HEALTH IS EVERYTHING AND EVEN UNLOCKS YOUR BEING ETERNAL. THIS IS WHY WE MUST EAT OUR FOOD RAW. IT IS FUEL AND DESIGNED 2 B EATEN IN ITS NATURAL STATE. IT IS NOT MY GAME OR RULES/CODE/STRUCTURE/LAWS. IT IS NOT MY FUEL. I JUST USE IT AND KICK ASS AND HAVE A BLAST WORKING HARD ABOVE ALL.

THAT IS WHAT FUEL SHOULD DO, HELP US GET THINGS LIKE LIFE DONE.
EAT RAW PHYTOCELLS. LETS ROLL!

#5 1 WALKING 30 MINUTES A DAY BRIKSLY ON REAL EARTH IN THE SUN

THIS IS FURTHER MANDATORY MAINTENANCE 4 MOM'S MAGICAL
MACHINE YOU ARE ROCKING. TRY AND WALK 2+ MILES A DAY AND
GET SUN WHILE DOING SO AS OUR B.T.T.S. IS A
SOLAR/ELECTICAL/HYDRO HYBRID BIOMECHANICAL MAGICAL
MACHINE. IT RUNS PARTIALLY ON U.V. FROM THEIR SUN. IT IS SO
SYMBIOTIC AND SUPERNATURAL. I AM SUPER GRATEFUL 4 ALL OF
THIS, AREN'T YOU? THE DETAIL EMBEDDED IN EVERYTHING ON EARTH
IS MIND AND SOUL BLOWING. MOM AND DAD HAVE SO LOVINGLY
GIVEN INCREDIBLE THOUGHT AND PLANNING 2 OUR HOME AND
VEHICLES HERE ON THIS LEVEL SO THAT WE MAY AGAIN LEARN, LOVE,
AND GROW IN THEIR DIAMOND F PATTERN OF FAITH, FREEDOM,
FAMILY, AND FRIENDSHIP, AND ULTIMATELY 2 EXPERIENCE PURE JOY.
BEING HAPPY. B HAPPY SISTERS AND BROTHERS. B GRATEFUL 4 WHAT
YOU HAVE. SHOW GRATITUDE BY LOVING YOUR SUPER SACRED AND
SENTIENT SOUL'S HOME AND CAR THE B.T.T.S. LIKE NEVER B4. THEN
YOU WILL B GIVEN FAR MORE. NOT UNTIL THEN. IT WORKS THE SAME
4 US ALL.

LIKE A SWISS WATCH WITH A BRILLIANT AND BEAUTIFUL AUTOMATIC
MOVEMENT, OUR B.T.T.S. REQUIRES MOTION 2 STAY IN PROPER
WORKING CONDITION AND WALKING BRISKLY ON REAL EARTH
GETTING U.V. ENERGY UPTAKE IS PART OF HOW WE PROPERLY
MAINTAIN THESE BEYOND BEAUTIFUL MACHINES. SO JUST DO IT. AND
HAVE FUN DOING IT. YOU CAN DO SO MANY OTHER THINGS SAME
TIME, LIKE G JOURNAL OR LISTEN 2 BOOKS OR HAVE A DIALOGUE WITH
MOM AND DAD INCLUDING THANKING THEM.

MY BIGGEST WORRY ABOUT EXERCISE HABITS IN MASS CIRCULATION IS THE RUNNING ON HARD PAVEMENT WHICH PUTS STRESS LOADS ON THE CELLS OF THE BODY AND LEADS 2 DAMAGE OF EVERY JOINT AND ORGAN. RUNNING LONG DISTANCES ALL OF THE TIME IS ALSO VERY TOXIC 2 OUR BRAIN AS LONG DISTANCE HIGH INTENSITY EXERCISE OF ANY SORT INCLUDING CYCLING LEADS 2 CONSTANT ADRENALINE IN THE B.T.T.S. SYSTEMS AND IT IS NOT DESIGNED 2 B DISTRIBUTED THIS WAY SO IT LEADS 2 BRAIN AND HEART DAMAGE. ADRENALINE IS AN AMAZING TECHNOLOGY IF USED NATURALLY. IT IS ONE OF THE MOST TOXIC CHEMICALS ON EARTH AND RUNNING AND CYCLING LONG DISTANCES AT HIGH INTENSITIES OVER PROLONGED PERIODS DOES CELLULAR DAMAGE DUE 2 MANY MECHANISMS BUT VIA ADRENALINE ABOVE ALL. IT CAUSES BRAIN DAMAGE. YES, IT CAN B REPAIRED. PERIOD. I USE TO RUN A SUB 5 MINUTE MILE AND WOULD BIKE OVER 100 MILES IN A DAY CLIMBING ROCKY MOUNTAINS WHEN I DID. I STOPPED WHEN I LEARNED THE TRUTH. AND I DO NOT MISS IT ONE BIT. BICYCLES ALSO CAUSE TESTICULAR CANCER AND MANY FEMALE ISSUES IN THE SAME REGION AS THEY CUT OFF BLOOD CIRCULATION.

<https://blog.dana-farber.org/insight/2015/12/does-cycling-increase-risk-for-testicular-or-prostate-cancer/>

I HAVE AN INVENTION 2 FIX IT AND I AM TRYING 2 PATENT IT NOW AND GIVE IT 2 THE WORLD. BUT I AM BUSY. THIS IS WHY I TELL PEOPLE IF YOU WANT HOLISTIC HEALTH AT HOMEOSTASIS THEN YOU SHOULD LIMITE EXERCICSE 2 WHAT I AM SAYING HERE AND PLAYING SPORTS WHERE YOU RUN BUT FOR VERY SHORT SHORT DISTANCES. B CAREFUL. I LOVE IT ALL. I USE 2 B IN 2 LONG DISTANCE SWIMMING AND COULD DO 5 MILES AT A TIME. THAT'S SOME HARD WORK IN THE WATER AND NOT GOOD 4 US. KEEP THINGS IN MODERATION OR AT LEAST CARRY ON HAVING INFORMED CONSENT.

#6 PH BALANCE YOUR MEALS, YOUR DRINKS, AND YOUR OVERALL B.T.T.S.

ALMOST NO PHYSICIANS EVER COVER THIS EITHER. THIS IS VITAL. FOLLOWING HYDRATION BUT ALSO ALONG WITH HYDRATION AS YOU DO NOT WANT 2 DRINK ACIDIC WATER FULL OF MONSTER MOLECULES AND METALS. YOU WANT 2 DRINK WATER IN THE ALKALINE RANGE AND THIS HELPS NATURALLY PH BALANCE YOUR ENTIRE B.T.T.S.

REMEMBER YOU NEED 2 MAINTAIN A ROUGHLY 70% WATER COMPOSITION LEVEL WITH YOUR B.T.T.S. 4 OPTIMAL HEALTH AND PERFORMANCE, ESPECIALLY AS AN ATHLETE OR BLUE COLLAR WORKER WHO RELIES ON THEIR BODY EVERY DAY 2 PUT FOOD ON THE TABLE, AND THAT 70% NEEDS 2 B PH BALANCED AND ON THE ALKALINE SIDE OR BARE MINIMUM NOT ACIC. BUY A PH AND PPM COMBINED METER OR HAVE ONE 4 EACH LIKE I DO. OUR BODY SEEKS AN ALKALINE ENVIRONMENT IN TOTALITY ALTHOUGH SOME HARDWARE IS BUILT 2 BE IN THE ACIDIC RANGE BEING BUILT PARTIALLY OF ACIDS THEMSELVES. OUR INDIVIDUAL CELLS ARE THE SAME, FOR THE MOST PART. DIFFERENT CELLS ARE BEYOND BRILLIANTLY DESIGNED BY MOM AND DAD 2 HANDLE DIFFERENT TOLERANCES IN REGARDS 2 ACIDITY. EXCESSIVE ACIDITY IS 4 THE MOST PART TOXIC AND LEADS 2 DAMAGE AS MY EARLIER MODEL 4 PAIN AND DISEASE DISPLAYS. AS YOU LEAVE CELLS AND THE B.T.T.S. IN AN OVERLY ACIDIC STATE OR TOXIC STATE, PAIN, DAMAGE, AND DISEASE WILL FOLLOW. THE QUSTION IS WHAT VARIETY OF PAIN WILL ENSUE, HOW MUCH THAT PAIN WILL B, AND HOW LONG IT WILL PERSIST. WHEN CELLS ARE NOT OPERATING AT OPTIMAL LEVELS BECAUSE THEIR COMPOSITION IS WAY OFF, JUST LIKE YOUR DEHYDRATED B.T.T.S., THEY PERFORM LIKE CRAP OR EVEN WORSE GET DAMAGED AND ARE DESTROYED AND 'DIE' OFF. THEY DO NOT PERFORM AT PEAK PERFORMANCE WHICH EQUATES 2 YOU FEELING TIRED AND SEEKING STIMULANTS LIKE SUGAR AND COMMIE

CAFFEINE. IF YOU WANTED REAL ENERGY YOU WOULD GRAB GREENS AND PH BALANCE WHEN ALMOST ALL ENERGY DRINKS TAKE YOU MUCH DEEPER IN2 TOXICITY BECAUSE THEY ARE SO ACIDIC. REMEMBER WHAT I TAUGHT YOU IN *CCCC,MMMM* . ALL COLAS KILL EXCEPT FOR MOM'S. NOT DAD'S ROOTBEER. ONLY MOM'S ROOTBEER LIKE FLAVORED CANNABIS CULTIVARS AND THERE ARE A FEW. EVEN CHOCOLATEY BROWN. THE VARIETIES ARE ALL OVER THE CHARTS BECAUSE IT IS A POWERHOUSE OF AN ENTIRE PHARMACY IN 1 PLANT AND THE CROWN JEWEL OF OUR CREATOR'S PLANT QUEEN AND KINGDOM BECAUSE IT PRODUCES THE WIDEST VARIETY AND MOST COPIOUS AMOUNTS OF ESSENTIAL OILS OF ALL PLANTS. THERE4 CANNABIS IS LIFE ITSELF. YOU ARE BEING LIED 2. THIS IS WHY MOST OF YOU ARE SICK. YOU HAVE NO ESSENTIAL OILS IN YOU NOR SUPER VITAMINS CALLED CANNABINOIDS THAT THE DEPARTMENT OF HHS HAS PATENTED. THEY KNOW WHAT I KNOW. CANNABIS IS THE HIGHEST OF TECH NEXT 2 US. BACK 2 PH BALANCING WHICH YOU WILL HAVE 2 FOCUS ON WITH CANNABIS AS IT IS ALMOST ALWAYS ACIDIC AND NEEDING 2 B OFFSET. PH BALANCING YOUR BODY ON THE ALKALINE SIDE WILL EXPLODE YOUR ENERGY LEVELS AND MASSIVELY IMPROVE YOUR B.T.T.S. IN SO MANY WAYS. SO MANY OF OUR ETERNAL FAMILY IS SUFFERING FROM ANXIETY AND DEHYDRATION AND OVERLY ACIDIC B.T.T.S.' ARE THE MAIN DRIVERS BEHIND ANXIETY AND WORSE. IF YOU WANT A NATURAL AND PROPER CHILL PILL EAT GREENS AND DRINK 2 OUNCES OF H2O EVERY DAY. IF THAT DOES NOT WORK TRY A THUMB SIZE PIECE OF TUMERIC ENCASED IN NUT BUTTER. WAIT A FEW MINUTES B4 EATING ANYTHING ELSE AFTER. BEST ON AN EMPTY STOMACH IF FULLY ENCAPSULATED. THEN TRY AVACADOS. THEN WALNUST, CASHEWS, APPLES AND MANGOES. ALL HAVE VERY CALMING ESSENTIAL OILS LIKE MYRCENE AND LINALOOL. THESE ARE THE PROPER FLUIDS AND FUELS 4 YOUR BEYOND BRILLAINTLY

DESIGNED B.T.T.S. I ALWAYS TELL EVERYONE STOP LOOKING AT THIS EMOTIONALLY. THINK OF EATING AND DRINKING LIKE STOPPING AT THE PETRO STATION. STOP 2 FILL UP SO YOU CAN GET 2 YOUR LIFE, YOUR JOB, YOUR FUN. WE DO NOT LIVE 2 GO 2 THE GAS STATION. WE LIVE BY GOING THERE AND MOVING ON QUICKLY. THE GAS STATION SHOULD NOT B THE FOCUS DOWN HERE BUT THE WICKED WANNAB WHACKJOBS DRIVE OUR FOCUS HERE INSTEAD OF WHERE IT SHOULD B IN THE WINDSHIELD OF LIFE. CAN YOU THINK OF A BUNCH OF REASONS WHY FOOD AND FAKE FOOD AND DRUGGED DRINKS HAVE BEEN MADE SUCH A HUGE FOCUS WHEN IT IS NOT SUPPOSE 2 B? THEY ARE GIFTS AND TOOLS 2 LEAVE OUR LEGACIES AND LEGENDS. EAT 2 LIVE DO NOT LIVE 2 EAT AND WATCH THE ETERNAL BLESSINGS FLOW IN2 YOU.

#7 TUNE WITH TUNES AND 8+ HOURS OF SLEEP A DAY

MUSIC IS JUST LIKE CANNABIS, IT IS A MAGICAL AND ANCIENT TUNING MECHANISM, AND REALLY ALL FOODS, FLUIDS/FUELS BEYOND BRILLIANTLY DESIGNED BY MOM AND DAD ARE THE SAME. THEY ARE ALL PURIFYING, PRIMING, AND TUNING MECHANISMS OR TOOLS 2 HELP US COMPLETE ALL OF OUR OBJECTIVES ON THIS MISSION 2 EARTH ON THIS LEVEL, AND COMPLETE OUR MISSION AND GRADUATE 2 THEIR NEXT LEVELS IN THIS ETERNAL GAME. THEY ARE HERE 2 HELP US BECOME OUR GREATEST ETERNAL ENERGY. MUSIC IS A SUPER FUN AND SUPER MAGICAL MECHANISM 2 PURIFY, PRIME, AND TUNE OUR SUPER SACRED AND SENTIENT SOULS AND B.T.T.S. EVERY DAY, AND EVEN BETTER IF IT IS OUR OWN CO-CREATED MUSIC. I AM WORKING ON MY OWN NOW AND CHALLENGE YOU 2 DO THE SAME. PICK UP AN INSTRUMENT AND LEARN ONE SISTERS AND BROTHERS. EVERY SINGLE ONE OF YOU. AND BECOME GREAT AT SINGING. I WILL B TEACHING

CLASSES SOON AND MUSIC WILL BE A LARGE PART OF IT. RIGHTEOUS MUSIC, MEANING POSITIVE VIBRATIONS/FREQUENCIES HELP US TUNE 2 MOTHER AND FATHER'S CHANNEL AND ALIGN WITH THEIR TECH ALLOWING US 2 RECEIVE MAXIMUM TOTAL TRUTH AND LOVE TRANSMISSIONS FROM THEM DAILY. THIS ENTIRE MANUAL OR SHORT BOOK IS PURIFY, PRIMING, AND TUNING GUIDE AND TOOL, ESPECIALLY IF YOU HAVE NEVER SEEN ANY OF THIS DATA PRIOR 2 ME SHARING IT. I LOVE YOU. YOUR CREATORS LOVE YOU. THIS DOES MATTER. THIS IS ALSO A BEGINNING GUIDE 4 BIOHACK BREAK CODES. CHECK OUT JUSTEATIT.ORG FOR SOME EXAMPLES OF QUALITY FREQUENCIES BY SOME OF OUR MOST TALENTED AND SACRED SISTERS AND BROTHERS OF OUR 1 AND ETERNAL FAMILY. THE SISTERS AND BROTHERS I HAVE SHARED THERE ARE WONDERFUL MUSIC AND TUNING GUIDES. A HUGE ETERNAL THANK YOU 2 ALL OF THEM. THE EXAMPLES I HAVE THERE ARE INCREDIBLE TUNING MECHANISMS IF USED AND BROUGHT IN2 THE B.T.T.S. PROPERLY WITH THE RIGHT INTENT. REMEMBER IT IS THE FREQUENCIES WE BRING IN2 OUR B.T.T.S. THAT DETERMINES OUR PERFORMANCE AND OUTPUT. FAKE FOODS HAVE A NEGATIVE VIBRATION AND FREQUENCY AND NATURAL CLEAN FOOD FROM MOM AND DAD HAS A VERY DIFFERENT FREQUENCY. WATER HAS A DIFFERENT VIBRATION, FREQUENCY, AND IS ON A DIFFERENT CHANNEL THAN BEER OR VODKA. THIS IS A FACT. AND MUSIC IS THE EXACT SAME. ALL MEDIA IS. BE VERY RIGHTEOUS AND CAREFUL WHEN DECIDING EVERY FREQUENCY YOU BRING IN2 YOUR SUPER SACRED AND SENTIENT SOUL AND B.T.T.S. SISTERS AND BROTHERS. ABOVE ALL GARBAGE IN GARBAGE OUT. GOLD IN GOLD OUT.

SLEEP IS WHAT IT IS. OUR MACHINES CANNOT RUN AT 100% CAPACITY AND SLEEPING IS A TUNING MECHANISM AND TOOL AS WELL. WHILE YOU SLEEP MANY THINGS AT A CELLULAR LEVEL ARE REPAIRED AND RECHARGED WITH ENERGY CONVERTED FROM THE FOODS AND

OILS/FLUIDS YOU FILL YOUR B.T.T.S. WITH. REST IS A MUST AND I AM WRITING AN ENTIRE BOOK ON THIS SUBJECT MATTER. I DO NOT KNOW ANYONE WHO WILL ARGUE THIS BUT SO MANY CHEAT THEMSELVES BY THINKING THEY CAN BYPASS THIS REQUIREMENT OF THE GAME. RULES ARE TOOLS AND THOSE WHO SAY OTHERWISE ARE ALMOST ALWAYS UNDERPERFORMING AND SICK FOOLS.

#8 ONE ACT OF KINDNESS A DAY, AND 2 THEIR EARTH IF NOTHING ELSE.

MOM AND DAD DESIGNED THIS GAME AND ALL OF US SO THAT THEY MIGHT HAVE MORE JOY. THEY DESIGNED US AND THE GAME IN A WAY THAT WOULD POTENTIALLY BRING THEM FAR MORE JOY. AND THROUGH THIS PROCESS WE ALSO MIGHT HAVE JOY IF WE PRIME AND TUNE OURSELVES REGULARLY AND REMAIN ALIGNED WITH THEM AND THEIR TECHNOLOGY THROUGHOUT THE VERY REAL AND IN NO WAY A SIMULATION ETERNAL GAME. THEY HAVE BEYOND BRILLIANTLY DESIGNED THIS GAME 2 HAVE MANY COMPONENTS SYMBIOTICALLY TIED 2 OTHER COMPONENTS AND REALLY I HAVE NEVER FOUND A FULLY INDEPENDENT COMPONENT THAT IS FULLY SELF SUSTAINING AND NEEDS NOTHING. MOM AND DAD BEYOND BRILLIANTLY DESIGNED US 2 NEED OR RELY ON MANY OTHER COMPONENTS INCLUDING OTHER SUPER SACRED AND SENTIENT SOULS OF OUR STEWARD SPECIES AND ALL OTHER EARTHLINGS OF OTHER SACRED AND SENTIENT SPECIES. THROUGH THESE SYMBIOTIC RELATIONSHIPS LEARNING, LOVING, AND GROWING AS ETERNAL ENERGIES IS MADE POSSIBLE. WE ALL HAVE A SET OF NEEDS, DESIRES, AND EXPECTATIONS IN THIS GAME, AND I MEAN THE ROCKS DO 2. EVERYTHING HAS NEEDS, DESIRES, AND EXPECTATIONS BUILT IN 2 THEM. NOT ALL OF THESE AUTOMATED SETTINGS AND PARAMETERS ARE KEPT AT ALL

TIMES AND THE RESULT IS LOSS IN PERFORMANCE AND POTENTIAL AS ETERNAL ENERGY. 2 HELP TEACH US AND ALLEVIATE SUFFERING, AND FOR A MILLION OTHER REASONS MOM AND DAD HAVE ASKED US 2 ALWAYS SERVE THOSE WE SEE IN NEED, IF WE CAN AND WOULD LIKE 2 HELP. IT IS A CHOICE. BUT AS THEY BUILT AND AUTOMATED THESE PARAMETERS AND SETTINGS IN2 THEIR GAME WE CALL LIFE, WE ARE ALSO DESIGNED 2 B REWARDED 4 DOING THE THINGS THE CREATORS OF THE GAME ENJOY SEEING HAPPEN. MOM AND DAD BEYOND BRILLIANTLY DESIGNED THE GAME SO THAT WE ALL WERE REWARDED FOR PRESERVING AND PROTECTING OURSELVES, WHICH IS AN OBJECTIVE OF EVERY ETERNAL LEVEL. THEY CALL IT SELF PRESERVATION JUST LIKE THE SATANISTST. BUT THEIR SELF PRESERVATION IS RIGHTEOUS NOT WICKED. WE ARE DESIGNED 2 B HOLISTICALLY HEALTHY AND HAPPY ONLY IF WE INTERACT WITH ALL OTHER HUMANS IN HEALTHY WAYS. ITS NOT MY GAME AND SOME DAYS EVEN I WOULD APPRECIATE A GAME LIKE CAST AWAY. MOM AND DAD WANT US EXCHANGING ETERNAL ENERGY ALL OF TIME SO WE GROW AND THE TRUTH IS THESE EXCHANGES LEAD 2 LEARNING, TO OPPORUNITITES TO LOVE OR SERVE, AND 2 GROW, AND DO SO THROUGH BUILDING OF MEANINGUL CONNECTIONS AND RELATIONSHIPS WITH THOSE ALL AROUND US. MOM AND DAD DESIGNED US 2 B PERSONALLY BLESSED AND GIVEN JOY WHEN WE SERVE OTHERS, EVEN IF IT IS THEIR EARTH AND OUR HOME AS ALL SUPER SACRED AND SENTIENT SOULS LIVE HERE AND BENEFIT FROM HAVING THIS SUPER MAGICAL HOME 2FACILIATE THIS ETERNAL EXPERIENCE. NEVER FORGET DEATH IS AN ILLUSION AND A TRANSFER OF ENERGY AND BEGIN TALKING 2 MOTHER AND FATHER ABOUT THIS FACT AND REALITY OF THEIR GAME. DEATH IS REALLY GRADUATION TO THE NEXT LEVEL, A REPEAT, AND FOR THE MOST WICKED BEING PARKED IN THE PENALTY BOX AND TAKEN OFF OF THE TRACK SO THEY

DO NOT WRECK OTHER'S ETERNAL EXPERIENCE. WHAT APPEARS SADLY 4 SOME 2 B DEATH ISHOULD B THE MOST EXCITING TIME OF THE ENTIRE EXPERIENCE AND IF WE WORK OUR ASSES OFF SO WE DO GRADUATE WE WILL HAVE LIVED A LEGENDARY LEGACY 2 LEAVE BEHIND AND B ON 2 THE NEXT GREATEST LEVEL IN THIS ETERNAL GAME AS ETERNAL ENERGIES. THIS IS NOT YOUR FIRST LEVEL SISTERS AND BROTHERS. THIS I CAN TELL YOU. ASK MOM AND DAD. ASK OTHERS. SO MANY FEEL THE SAME 4 GOOD REASON.

#9 A LITTLE CANNABIS A DAY KEEPS THE DOC-TOR (E) AWAY.

2 MY SACRED SISTERS AND BROTHER WHO HAVE NEVER EXPERIENCED CANNABIS AND ONLY KNOW WHAT OTHERS HAVE SHARED WITH US WHICH IS ALL BUT GUARANTEED PURE PLANT PROPAGANDA. REMEMBER THIS ONE SAYING, WE DO NOT KNOW WHAT WE DO NOT KNOW. AND ANSLINGER WAS SLINGING TOTAL AND I MEAN FAUCI LEVEL TOTAL COMMIE BULLSHIT. CANNABIS IS NOTHING LIKE YOU WERE TOLD AND ABSOLUTELY NOTHING 2 FEAR AND EVERYTHING 2 B TOTALLY EXCITED ABOUT. YOU DO NOT KNOW THE BLESSINGS YOU ARE HOLDING BACK BECAUSE YOU HAVE NEVER EXPERIENCED THEM AND THEREFORE YOU MAY AS WELL THINK THEY DO NOT EXIST. MASSIVE BLESSINGS WILL FOLLOW 4 THOSE WHO IMPLEMENT ALL VEGETABLES IN2 THEIR FOOD REGIMEN, AND CANNABIS IS THEIR CROWN JEWEL HERE. ROLL WITH ME AND GET 2 KNOW THE BLESSINGS YOU AND YOUR SUPER SACRED AND SENTIENT SOUL HAVE BEEN MISSING. LOVE YA!

CANNABIS SHOULD NEVER B INHALED VIA ROASTING, SMOKING, VAPING OR DABBING. DOING SO BASED UPON THE SHEAR HEAT OF THE PROCESS ALONE DAMAGES OUR ENAMEL OVER TIME WHICH CAN NEVER B REPLACED, IT DAMAGES EVERY CELL OF OUR B.T.T.S. ALBEIT IT

SMALL AND ACCUMULATING DAMAGE OVER TIME. THESE ANTI-HEALTH ACTIVITIES DAMAGE OUR ESOPHAGUS, ESOPHAGUS LINING, OUR STOMACH AND STOMACH LINING (WHY SO MANY DUDES SAY I CANNOT EAT UNTIL I SMOKE-BECAUSE THEY BURNED THROUGH THEIR STOMACH LINING BUT HAVE NO FEAR BROTHERS, BE BRAVE AND COMPLETE *YOUR 1 GREAT RESET* AND YOU CAN FULLY REPAIR THAT DAMAGE). THESE BAD BEHAVIORS (AND YES I HAVE TRIED THEM AS A SCIENTIST/CANNABINOLOGIST/PHYSICIAN/HUMAN) CAUSE DAMAGE 2 EVERY BLOOD PASSAGEWAY IN OUR B.T.T.S. AND EVERY ORGAN BEGINNING WITH OUR BEYOND BRILLIANT BRAINS AND BATTERIES, OUR ETERNAL EYES, OUR LUNGS, OUR KIDNEYS, AND OUR LIVER. WE FULLY ELIMINATE ALL POTENTIAL DAMAGE OF CANNABIS BY EATING IT AS IT WAS BEYOND BRILLIANTLY DESIGNED BY MOM AND DAD 2 B UPTAKEN. IT IS ONLY TRULY ACTIVATED WHEN EATEN WITH A FULL DISH OF FOOD CONTAINING ALL MACRONUTRIENTS. IT IS AN HERB, AND ALL HERBS ARE VEGETABLES, AND ALL VEGETABLES ARE FOOD. THIS IS JUST A SUPER HERB AND OUR SUPER FOOD. CANNABIS PUSHES THE B.T.T.S. TOWARDS REGENERATION AND HOMEOSTASIS HARDER THAN ANYTHING SHORT OF WATER (H₂O). JUST EAT IT. SISTERS AND BROTHERS JUST EAT IT AND DO YOURSELF A FAVOR. START LOW AND GO SLOW BUT IF YOU HAVE EXPERIENCE EAT ABOUT 1 GRAM A NIGHT IN YOUR DISHES FULLY ENCAPSULATED IN A PHYTOCELL ONLY DISH RICH IN PHYTOFATS THAT ARE AS STICKY AS POSSIBLE. EAT IT LIKE GARLIC, LIKE TURMERIC, LIKE BLACK PEPPERCORN, BUT MAKE SURE IT GETS LODGED IN YOUR DIGESTIVE TRACK AND DOESN'T JUST GET QUICKLY EXCRETED BECAUSE IT IS THOUSANDS OF DOLLARS A PURE PEDO POUND RIGHT NOW. THIS SYSTEM IS SO CRAY CRAY. CANNABIS IS WHAT I WOULD CALL A VERY HOT FOOD. IT IS A VERY QUICK FOOD AND HAS A LOT OF SPEED 2 IT. IT HAS INSANE CUTTING POWER 2 BREAK THE BONDS OF MONSTER MOLECULES ATTACHED 2 AND

SUFFOCATING YOUR CELLS. IT IS THE STRONGEST ANTI-OXIDANT ON EARTH. IT MAKES GARLIC AND TURMERIC AND PEPPERS LOOK LIKE CHILD'S PLAY. AND IT IS A NET NEGATIVE TOXIN TECHNOLOGY AS I PRESENT 4 THE FIRST TIME IN CCCC,MMMM. WHAT THIS MEANS IS THAT AFTER CANNABIS IS UPTAKEN AND FULLY CONVERTED, UTILIZED AND DIGESTED YOUR B.T.T.S. IS NET NEGATIVE THE TOXINS IT BEGAN WITH. IT IS NOT A DRUG BECAUSE OF THIS ALONE BUT OBVIOUSLY SO MUCH MORE. DRUGS MUST BE TOXIC. CANNABIS IS THE WORLD'S LEADING ANTI-DOTE BUT NOT ONLY ANTI-DOTE OR ANTI-DOTE 2 ALL TOXINS/POISONS. THIS IS WHY IT IS USED IN ANCIENT WISDOM AND AN ANCIENT FARMING TECHNIQUE CALLED SOIL REMEDIATION WHEN WE HAVE BP OIL SPILLS OR NUCLEAR SPILLS SUCH AS CHERNOBYL. THE SCIENTISTS AND CLEAN UP CREW PLANT CANNABIS AND IT CUTS RIGHT THROUGH THAT CRAP, ENVELOPES IT LIKE A SPYDER MIGHT DO 2 ITS PREY AND THEN DISPOSES OF IT. IT IS AN INCREDIBLE TECHNOLOGY. IT HAS THE POWER 2 DO THE SAME WITHIN YOU. CANNABIS IS ABOVE ALL A CLEANER. AND BECAUSE IT IS THE WORLD'S STRONGEST AND SAFEST ANTI-OXIDANTS AND ANTI-DOTE, IT IS THE WORLD'S LEADING ANTI-DRUG OR PURIFICATION AND DETOXIFICATION 4 THOSE SUFFERING FROM DRUG OR TOXINS ADDICTION. DRUGS ARE BAD BECAUSE THEY ARE FIRST TOXIC, AND THEN BECAUSE THEY ARE ADDICTIVE 2 FAR 2 MANY.

THIS IS ANCIENT WISDOM AND UNLOCKS ETERNAL LIFE AND IT DOES THROUGH UNLOCKING YOUR TECHNOLOGY AND ULTIMATELY YOUR ETERNAL LIFE. CANNABIS IS THE GREATEST AND MOST ADVANCED KEY 2 YOUR B.T.T.S. AND IS BUILT 2 UNLOCK MUCH OF ITS POTENTIAL. FAR MORE THAN ALMOST ALL OTHER KEYS. THIS ANCIENT WISDOM WAS COVERED UP BY COMMIES OR SATANISTS OF ANOTHER ERA AND EVENTUALLY THIS BECAME AN APPLE A DAY KEEPS THE DOC AWAY.

APPLES ARE AMAZING TECHNOLOGIES AND THEY HAVE KEYS THAT HELP US UNLOCK OUR B.T.T.S. BUT THEIR KEYS DO NOT COMPARE 2 CANNABIS AND THEY ARE VERY DIFFERENT AND HAVE DIFFERENT TASKS AS THE DIFFERENT TOOLS THEY WERE BEYOND BRILLIANTLY DESIGNED 2 B 4 YOU. ENJOY A FREE BOOK TEACHING YOU MUCH MORE ABOUT ELEMENTARY CANNABIS AT JUSTEATIT.ORG. THE BOOK IS POSTED THERE AND IS TITLED CANNABIS, CREATION'S COMMUNICATION CHANNEL CLEANER, AND MOTHER'S MOST MAGICAL MEDICINE (WE NEED DIE IN SIN NO MORE). I WILL LEAVE THIS THERE. CANNABIS IS THEIR SUPERFOOD OF THE PLANET. FURTHER SUB-CLASSIFIED AS FOOD. FURTHER SUB-CLASSIFIED AS A VEGETABLE. AND FINALLY SUB CLASSIFIED AS AN HERB. IT HAS BEEN THIS WAY SINCE THEY BEYOND BRILLIANTLY DESIGNED IT, US, THIS ETERNAL EARTH THAT WILL NEVER B DESTROYED BUT THAT MEANS WE SHOULD NEVER BEAT ON IT AS IT IS OUR ETERNAL GIFT AND HOME. AND MANY OTHER EARTHLINGS NEED CANNABIS SO WE NEED 2 ALLOW IT 2 NATURALLY POPULATE THE EARTH AS IT ONCE DID. THE ANIMALS SUFFER WHEN THAT PLANT IS NOT WITH THEM AS WELL. THEY SUFFER GREATLY NOW. 4 5000 YEARS THE PHARMACOLOGICAL RECORD HAS SHOWN THIS FOOD HEALS HUMANS AS ALL REAL FOOD CAN AND DOES. CANNABIS IS JUST THEIR CROWN JEWEL AND THE GREATEST PRODUCER OF ETERNAL AND ESSENTIAL OILS YOUR B.T.T.S. MUST HAVE 2 REACH ITS MAXIMUM POTENTIAL, AND THIS INCLUDES SUPER VITAMINS CALLED CANANBINIDS WHICH ARE EMBEDDED IN THIS TECHNOLOGY AND REALLY NOWHERE ELSE ON EARTH. THE DEPARTMENT OF HHS HAS PATENTED THEM BECAUSE THEY ARE SUPER VITAMINS. THESE ARE ALL KEYS THAT UNLOCK YOUR B.T.T.S. AND ITS CAPABILITIES A WHOLE LOT MORE. LIKE KEYS TO A CAR, OR HOME. YOU MIGHT HAVE ONE 4 YOURSELF AND IT DOES FAR MORE THAN THE VERSION YOU GIVE 2 THE VALET THAT IS PROGRAMMED 2 KEEP THE

RPMS AT SUB 15000 WHILE YOU AND YOUR BEAUTIFUL DATE HAVE A NICE DINNER INSIDE. YOU DON'T WANT TEENAGERS JOY RIDING IN YOUR SUPER MACHINE. LIKE I TELL OTHERS. IMPLEMENT ALL OF THIS OR YOU WILL B SORRY. I TELL THEM BETTA SAFEA THANA SORRY DONTA WANTA LOSEA THE FERRARI. NEVER FORGET 2 FOCUS ON THESE ETERNAL AND 8 OR OS DAILY FUNDAMENTALS 2 KEEP YOUR GREATER THAN EVERY FERRARI COMBINED ON THE TRACK OF LIFE AND PERFORMING OPTIMALLY AT ALL TIMES.

THESE 8 AND ETERNAL DAILY FUNDAMENTALS WILL HELP YOU

TAP YOUR TECH.

MOTIVATION IS TEMPORARY

DISCIPLINE IS PERMANENT ENERGY

FOCUS ON THESE FUNDAMENTALS 4 A FANTASTICALLY FUN FUTURE FULL OF FREEDOM

7PS-PPRIOR PROPER PLANNING PREVENTS PISS POOR PERFORMANCE