

THE MODERN HUMANS COMPREHENSION COURSE 4

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(Multiple-expression adaptation by Al Fry)

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MODERN HUMANS

Entity
Comprehension #4

-by Alfred B. Glaser

(Multiple-expression adaptation by Al Fry)

(Total Self-Defense/T.S.D. notes by Paul Bunker
were taken from his T.S.D. adaptation of the
Modern Human Comprehension Courses)

Important note: Nurses & Pharmacists are required
to use the State-approved Nurse's/Pharmacist's Adaptation
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FOREWORD

You are now starting the long awaited Comprehension Course number 4. Many of you are still waiting to be told WHAT to do. You will never be told what to do- only HOW. By applying what is in the Comp's, you CAN work seemingly miracles, but you hardly notice the miracle you have performed. The Comp's work no miracles, they are only the tools. No wrench ever tightened a nut- the person using it did. As you use the material in the Comp's- many times without you ever knowing until afterwards that you did so- pieces fall into place. So gradually- oh, ever so gradually- that you change without knowing you've changed. You think everyone you know has changed. Comp 4 is different. To make it WORK, you will need concentration. Not much. But you will have to actually focus and THINK ABOUT ONE SUBJECT AT A TIME. After a bit of practice, this will come easily.

Expect to go through shock. Comp 1 is tame compared to the stark facts in Comp 4. Much age old false knowledge is swept away in single sentences. Long accepted facts vaporize. Be prepared to go back over what you thought you knew about the three Comp's you have already studied. It should help.

At the present moment in time, there is much fear rampant. The economy, the wars, the great unrest- hanging at the edge of consciousness is total disaster threat. Forget it. Since MATERIAL is the direct result of the IMMATERIAL, and only the material part is altered in contrast, the immaterial always brings back the varied forms of the thought to be destroyed material. As you carefully study the HOW of this- be careful. You are an ACTUATOR of both material and immaterial energies. The interaction of your Minds can play havoc: A mind MATERIAL- B mind and C mind IMMATERIAL! Overlap and CREATION HAPPENS- but of what KIND?

Do NOT act until YOU know.

NO INDEX. Find your own way. ANSWERS on last page decide MENTORSHIP.



YOUR DWELL : Your need to know it.

NOTES

1 By now you should be conscious of
 2 your dwell changes. You should know
 3 how much time you spend in each. You
 4 should know which dwell you like and
 5 why you like it at the time you like
 6 it.

7 Today's activities demand that you
 8 make constant dwell changes as you go
 9 through the day: eat lunch in Cmind
 10 and get ulcers- run a computer in
 11 Bmind and get blank spaces- work in
 12 Amind and get nothing done but mis-
 13 takes, including asking a Cmind on
 14 the job of the opposite sex and get-
 15 ting a flat NO to any question asked.

16 The best relationships exist where
 17 dwell states closely match, or one
 18 person can easily change their dwell
 19 state to match their partners. Should
 20 this happen too often, the relation-
 21 ship will go sour. What you like to
 22 do is being violated. Hostility will
 23 develop.

24 You must like the dwell states you
 25 play or work in, or you will not be
 26 happy doing whatever you are FORCED
 27 to do while in that activity.

28 Unless you have mastered Pleasure

please write your dwells
 in this column over a
 given period of time.
 Also state whether
 you like the dwell or
 not!

NOTES

1 Dwell.

2 Pleasure dwell is that ideal state
3 of being so long sought after by the
4 bosso for the workers. But when a bosso
5 gets such a worker- in industry, ser-
6 vice, labor or armed forces- they
7 promptly go up the wall.

8 A person in a pleasure dwell smiles,
9 the eyes glow softly, nothing but ab-
10 solutely nothing bothers them. They
11 do not make mistakes, they outperform
12 everyone around them, do three or more
13 jobs at once, don't expect thanks- but
14 should they NOT get appreciation, will
15 suddenly walk off the job without any
16 other gesture than a smile and a wave
17 of the hand. This usually gives el
18 bosso a mild stroke, because el bosso
19 has been riding the highly producing
20 person for more and ever more unit
21 performance, with cracks like '-if
22 you were not so lazy you could do more-
23 twice as much' and '-I know this isn't
24 your job, but you can do it fast and
25 we need it. It should take eight hours
26 but you can do it in two...'

27 However, a person in a pleasure
28 dwell, when literally knocked out of

T. S. D. is short for "Total
Self-Defense", a book by
M. H. Mentor Paul Bunker.
To order, send \$19.95 to:
FR Y'S
22511 Markham
Perris, CA 92370
or, send for free info.

(note: L 8-13) p. 3

Work is a C-mind
function, so one usually can't
work or perform in an Affec-
tion dwell... UNLESS you can
get into an Automation Dwell,
which is a combination of all
3 Minds. See p. 30 of T. S. D.

(note by Paul Bunker)

(note: L 27-28/1-16) pp. 3-4

When you learn to
punch using Kinetics, you will
be able to stop your aggressor
with a single blow that is
delivered at such incredible
speed that they will not even
have the "time" to react!

See pp. 97-99 & pp. 94-96 of
T. S. D. (note by Paul Bunker)

1 IT SUDDENLY, can and sometimes does
 2 strike back so suddenly at the offender
 3 as to cause the loss of up to a hour
 4 of the offenders immediate memory. A
 5 male or female, snapped rudely from
 6 a pleasure dwell, does have the ability
 7 to render the offender helpless over
 8 a long period of time. Seldom perman-
 9 ately.....unless death is an issue.

10 A pleasure dwell is called many
 11 names in many languages, but it has
 12 a few actions in common: a healthy, easy
 13 and happy state of being, but when
 14 threatened or abused, capable of in-
 15 stantly delivering a concentrated
 16 amount of energy that is devastating.

17 When coming out of a pleasure dwell
 18 under duress, time stands still. All
 19 is frozen into immobility around the
 20 person, while the pleasure dweller is
 21 MOVING, pushing all actions to accel-
 22 erate MOVEMENT. Great force is applied,
 23 agonizing force, to speed up the act-
 24 ion. The result is instant mayhem.

25 So take time NOW. Your dwells are
 26 YOU. Do NOT judge them. Know them. You
 27 are going to study the mechanics of
 28 them under CONTROL.

(note: L 17-24) p. 4

Time does not exist,
 so it cannot be frozen. When
 one is moving Kinetically,
 however, the people around
 you will seem to be "frozen"
 TO YOU. To them, you will
 be moving at such a speed
 that they will not even see you!
 See pp. 94-96 of T. S. D.

(note by Paul Bunker)

COLOR

1 In Comp #1, the human eye is stated
 2 as being the most deceiving of all the
 3 senses. Now you are going to find out
 4 how and why. The key to clarify your
 5 own reality is simple: let NO ONE tell
 6 you WHAT you see.

7 Eyes are the only TOTAL individual
 8 sense a human has. They are the in-
 9 trinsic sum total of all the senses
 10 of each individual. The eyes do their
 11 work in response to color or LACK of
 12 color, or a combination of both. This
 13 brings forth size, shape, form and
 14 substance to all things in the mater-
 15 ial, but only when operating in the
 16 material bounds of color or lack of
 17 color-i.e.; -within the spectrum of
 18 ultra violet emissions from the sun.
 19 Science considers anything else to
 20 be a hallucination.

21 Yet science works with this double
 22 standard, only they develop SENSORS
 23 that tell where the atom WAS and then
 24 read out this information usually in
 25 black and white. Again the eye- NOT
 26 the sensors - brought the REALITY.

27 Krillian Photography has finally
 28 allowed us to SEE feelings. The action

NOTES

(note: L 1-10) p. 5

Your body's eye & ear senses have Value Grids that your A-mind uses to screen what comes IN to the body. For example, once A-mind catches on to hypnosis, its Value Grids can shut it out. See p. 78 of T.S.D.

(note by Paul Bunker)

IMPORTANT NOTE:

T.S.D. is short for "Total Self-Defense", a home-study course by M.H. Mentor (1-4) Paul Bunker. Gleaned from candid interviews with M.H. Founder Alfred B. Glaser, this course will enable you to detect & stop Emotional, Mental, and Physical attacks... upon application of simple principles. Establish a base of security & happiness that NO ONE can take from you! This work covers expansion and application data for all FOUR Comps. as well, so that you can begin to put the Comp. data to WORK for you. Over 75,000 words. To order, send \$19.95 to: FRY'S
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1 of feeling is spectacular, but does
2 so through the use of color reproduct-
3 ion. Where does this leave the COLOR
4 BLIND person?

5 Oddly enough, no one is color blind.
6 Only color DIFFERENT. The majority see
7 the spectrum one way, the minority see
8 the spectrum another way. Rather than
9 argue, the minority is called color
10 blind. So the ones thought not to see
11 color, do see color- only their KIND
12 of color. Since their color sense is
13 different, their PERCEPTION will also
14 be different.

15 A group of people are present: only
16 one see's the 'ghost'. Two buddies see
17 a flying saucer. Each describes it
18 differently. Three people are buzzed
19 by a UFO- only one see's it. Radar
20 does NOT register the UFO- but the
21 operators SAW the UFO! One person
22 swears the man had black hair- the
23 other person swears they had red hair.

24 In the above, which person is right
25 or wrong? None are-unless they let
26 themselves be CONVINCED they were
27 wrong. This us usually done by con-
28 census- the minority wrong, of course.

1 To equate the situation, do not
2 argue, merely compare and conform to
3 what is around you, letting yourself
4 see exactly what you see without tell-
5 ing yourself that you never saw it! In
6 short, quit fooling yourself, even
7 though you are forced to fool others.
8 Seek out those that see as you see,
9 within limits, and enjoy your good
10 fortune. You are ten steps above the
11 majority- not ten steps below.

12 Now we come to the 'third eye' prin-
13 ciple. You have an 'animal' eye, which
14 has been just described lightly. You
15 have an IMMATERIAL Bmind 'eye' and
16 a very immaterial Cmind 'eye'! Mind
17 is immaterial, yet it does 'see' in
18 this dimension- through the eye senses
19 and the feeling senses.

20 WHAT COLOR DOES IT SEE?

21 Any color it wishes to see, in order
22 to give greater comparison to get
23 greater detail in the MATERIAL. There
24 is a difference: the Minds see in color
25 not of the suns spectrum, but only in
26 COMPARISON THERETO, so as to maintain
27 'animal' reality and application.

28 Immaterial mind spectrum must be the

1 OPPOSITE of the material SUN spectrum.

2 Mind dream colors should be used as
3 one key. Spiritual paintings often
4 come close to 'mind' colors. Some of
5 the great masters in art all have a
6 certain 'something' different, yet it
7 cannot be described or taught, merely
8 recognized unknowingly as of now. The
9 paintings all have one item in common:
10 the artist used sun spectrum colors
11 in highly involved ways in order to
12 get close to the color the artist 'saw'
13 with the 'third' eye.

14 Go over this. Accept your own color
15 reality. You will need it when you get
16 further along in this work. NO color
17 will be used, only NAMES of colors, so
18 you can see your own energy rings as
19 they are to YOU. What they are to any-
20 one else won't help at all.

21 You may still call a 'BLACK' eye
22 black when its really blue, yellow and
23 red.....but please know what you are
24 doing. The objective is to stay UN-
25 CONFUSED in the middle of confusion.

26 Color is one actuator of energy, OR
27 DE-ACTUATOR. Energy is a pool that
28 remains dormant until triggered into

1 action. Most 'triggers' are unknown,
 2 or thought to be a result of act or
 3 re-act stimuli. To accept act-react
 4 as a total concept cancels out CREATION
 5 Thus creation is a singular happening
 6 that is acted or reacted upon, setting
 7 the chain in motion in the material.

8 Color in any dimension is the result
 9 of energy release. Color then releases
 10 energy pools of like kind, which brings
 11 forth action, whether known or not known
 12 OUTSIDE the energy pool. The result of
 13 this release in a human is a FEELING,
 14 whether acted upon or not.

15 This feeling can vary widely, depend-
 16 ing upon how and which MIND tints or
 17 alters the color in reception. Result-
 18 ing actions- if any- will vary accord-
 19 ingly.

20 In order to get a clear perception
 21 within color stimuli, using the basis
 22 presented, BLACK and WHITE must be
 23 accepted a COLOR, so as to arrive at
 24 a proper perspective as to each persons
 25 feeling within color witness.

26 One must bring honestly to conscious
 27 thought their own feeling to each part
 28 of the color spectrum.

(note: L 12-14) p. 9
 Feelings are a part
 of the Feel Field, which is
 a Kinetic Field.
 (note by Paul Bunker)

1 Accept the colors you actually feel
2 as your own feelings, rejecting what
3 you have been TOLD what you SHOULD
4 feel. The colors you are seeing are
5 already MIND-TINTED by your MINDS. Do
6 not try to analyse or contradict the
7 colors you see, or the feelings they
8 produce.

9 Your 'good' colors can flip you from
10 a depression into a pleasure dwell
11 within minutes.

12 Blue shaded spectrum turns you on-
13 turns your mate off....divorce court...
14 California no-fault.

15 ENERGY SOURCES.

16
17 ALL energy sources within the material
18 are the result of temperature flow up-
19 on the body of the living organism.
20 From absolute zero from beyond space
21 to the ultimate by man (known) brought
22 forth by the hydro-nuclear heart of
23 atom fission. Within this range is all
24 living witness.

25 Each living witness can stand- con-
26 sidering the vast degree range- only
27 a very small degree range in temper-
28 ature flow and survive, unless con-

NOTES

1 trolled by outside devices in very
2 carefully supervised and time limited
3 circumstances, because of the wide
4 range of 'temperature life' of var-
5 ious components within one living unit.

6 The human body has a 'normal' range
7 of merely 20 degree's fahrenheit, from
8 90 to 110 degree's, and sometimes much
9 less. This is the unit temperature,
10 not individual components within the
11 unit. To maintain the range, some com-
12 ponents go to zero, and some go to
13 absolute maximun.....don't scream-
14 the heart of an atom is total cold.
15 We are made up of atoms. The release
16 of an atom is total heat, so a con-
17 stant flux is maintained and we are in
18 good health.

19 Color is the result of energy re-
20 leased, and the kind of energy. Color
21 is a key to our own energy component
22 flux. The color we see outwardly is
23 the same color we see inwardly. Con-
24 centrate on a good feeling color and-
25 like a damper on a stove- we open the
26 good feel energy signal. Look at a bad
27 color and we feel bad-and look bad.

Note; There is a difference
in reflective colors and the
light based colors mentioned
here. Green, blue, and red
are the primary colors for
these 'ADDITIVE' colors.
(Further data on page 60)

Al Fry

NOTES

1 People look healthy or look sick, all
 2 according to their color of skin, re-
 3 gardless if they are dark or light skin-
 4 -ned people. There exists color con-
 5 trast at all times, even in dreams.

6 The source of all energy is temper-
 7 ature flow. To keep within context, the
 8 human body is a 'heat' machine with a
 9 20 degree range. As atoms move closer
 10 together in compatibility, they grow
 11 warmer, as they move apart they grow
 12 colder. Each atom has a circumference
 13 or 'ring' as to its reach or influence.

14 As the atom heats, the ring expands, as
 15 it cools, the ring contracts. Energy
 16 grows as atom rings expand, bringing
 17 the rings of like atoms closer and in
 18 turn heating them up. Like chain light-
 19 ning, the compatible rings link and
 20 expand. Energy blazes. Maintained too
 21 long, they blow a fuse, then collapse
 22 while the fuse regenerates itself the
 23 same way the energy built itself- by
 24 reheating and expanding, -ready for re-
 25 use, when needed again. One marvelous
 26 mechanical unit of endurance, actuated
 27 by all components of the Feel Field.

28 Many outside energy sources exist.

(note: L 14-18) p. 12

When the core of the
 atom heats up or cools, IT
 does NOT expand or contract.
 The RING expands or contracts.
 (note by Paul Bunker)

1 We have color, heat, sight, smell, taste,
2 touch, compatible energy, motion and
3 Creation vibrations as basic elements.
4 Each has infinite variations, both pos-
5 itive and negative re-actions embodied
6 in each response in the material which
7 in turn starts an ACT of the physical
8 body. These ACT's-known or unknown-
9 happen a mere base 1,000,000 times a
10 day. Negative flux's cause aging, pos-
11 itive prolong youth and health.

12 In this time period, there is great
13 admonition to "...reach out and touch
14 SOMEONE ...". By now you should real-
15 ize this is like advising a person to
16 blindfold themselves when they seek
17 out long-stemmed roses in the garden.
18 They will 'touch' a thousand thorns be-
19 fore they find the first rose.....but
20 usually give up after the first bloody
21 twenty thorn punctures.

22 By using ALL senses knowingly in the
23 search, a touch becomes a returned
24 caress, at least initially. Usually
25 the persons touched will throw up their
26 facade to unthinkingly protect them-
27 selves and blow the relationship on
28 take-off.

NOTES

1 You should now pause and find your
 2 own predominant energy activators. Ask
 3 yourself when you feel best, when you
 4 feel lousy. Be honest. No one should
 5 know this but you. Is it color-? Heat-
 6 cold-? Taste-smell-? Creative vibrat-
 7 ions-? Run through a list, combining-
 8 even searching out pleasure feelings
 9 caused by something that has not been
 10 written in these Comp's.

11 ACCEPTANCE of what is happening in
 12 the present, with HIGH EXPECTANCY to
 13 the future is a good positive approach
 14 to a healthy and long life. Living act-
 15 tively in this concept can wreck your
 16 health when you let any ONE Mind take
 17 complete charge of your actions. Each
 18 Mind must have its fair share of act-
 19 ion produced by its own release of its
 20 own energy.

21 Minds stealing energy from each other
 22 blows fuses too fast for the fuses to
 23 reconstruct- sooner or later...boom...
 24 sudden sickness or death.

25 Base of animal energy is food. One
 26 of the highest quick energy elements
 27 of all food is a part called 'sugar'.
 28 Without going into chemistry unlanguage

(note: L 11-14) p. 14

Expectancy is a function of all 3 Minds, & it creates problems only when one DEMANDS satisfaction. When we do not accept What Is, we are criticizing & judging the world out of FEAR. There'd be no reason to arrive at a CONCLUSION, unless you were afraid of something. See pp. 60-62 of T. S. D. (note by Paul Bunker)

1 as we cross ALL fields of living struct-
2 ures, in which the element 'sugar' is
3 defined as being 'acid' or 'non-acid'
4 according to receptive re-act in chemi-
5 cal flux, the high energy actuator of
6 all life forms will simply be called
7 'sugar' and let go at that level, since
8 most humans know what the word 'sugar'
9 means and other life forms could care
10 less.

11 Honey is one of the highest in sugar
12 energy in nature. All honey does not
13 come from bee's. Many life forms ex-
14 tract and refine 'sugar' and store it
15 in their own way. Most of these stored
16 forms is acceptable to the human di-
17 gestive tract. In modern society, this
18 is no longer needed. We refine 'sugar'
19 from many sources and package it in
20 energy bombs. In a search recently, it
21 took over three weeks to find a staple
22 other than meat that did not contain
23 'sugar', even though the unlangauge
24 chemical name on the staple used as
25 high as 38 letters of the alphabet to
26 write 'sugar'. Some meat was also so
27 camouflaged.

28 Sugar produces high energy. Society

1 demands high production. Colleges de-
2 mand high proficiency as well as nor-
3 mal schools. Businesses demand go-go-
4 go! All demand quick, driving energy.
5 Sugar gives that energy. So everything
6 is loaded with sugar; food, drink, al-
7 cohol and all elements vital to the
8 survival field. The end is a great,
9 producing society- but with medical
10 bills skyrocketing beyond comprehen-
11 sion. All one need do is arrive at
12 their own conclusion: does the end
13 justify the means?

14 Is there blame? Is there a great
15 conspiracy? Absolutely not. Sugar is
16 a wonderful part of life, but sugar
17 intake MUST be held within the pace
18 of an individuals activities. Great
19 activity- great sugar intake. No act-
20 tivity, very little sugar intake, at
21 the moment almost impossible.

22 Too much sugar intake to body act-
23 ivity causes energy to actually spin
24 its wheels. The body becomes a hum-
25 ming dynamo with no drain-off. Sleep-
26 lessness, anxiety, fatigue, tension-
27 to mention a few symstoms- quickly
28 develope.

NOTES

1 After a few weeks or a few months-
2 retired or elderly persons re-act in
3 far less time- the heart acts 'funny'
4 once in awhile, the bowels become
5 cramped, the stool is like marbles,
6 shortness of breath happens, extreme
7 fatigue comes and goes in 15 minute
8 cycles, body temperature drops to
9 96 than rises to 100, all in the 15
10 minute cycle. An overall feeling of
11 having your strength running out of
12 a hole without control takes over.

13 Heart tests, blood tests and urine
14 test show normal health. Drugs are
15 proscribed. Good. The patient can't
16 eat much while sleeping. Only the
17 patient is afraid to go to sleep-the
18 patient thinks it might not wake up.
19 Should the patient be sent home, the
20 drugs usually go down the toilet, not
21 the scared silly patient. Because
22 the patient sometimes does not wake
23 up- died unexpectantly in their sleep.
24 Natural causes, of course.

25 The above is a very, very short
26 description of SUGAR SHOCK! It can
27 happen to anyone, at any age. The med-
28 ical profession never heard SUGAR .SHOCK

1 syndrome mentioned before. The tests
 2 measure what has not been used up or
 3 if too much has been used up. In Sugar
 4 Shock the blood and urine remain nor-
 5 mal. The body has accepted the energy,
 6 now it can not do anything with it.

7 Until they wise up, do your own test.

8 Buy diabetic foods, free of sugar, add
 9 a pinch of sugar now and then. Try it
 10 for just three days. Take a mild over
 11 the counter laxative- you should need
 12 it to normalize your stool, but check
 13 to make sure it has no sugar in it.
 14 Once back under control, slowly find
 15 your sugar intake to your activity
 16 level. You will find it is not too
 17 much.

18 With sugar shock you will sweat. As
 19 you drop sugar, you will sweat less.
 20 After you have adjusted your sugar in-
 21 take, overload and watch the water pour
 22 from your skin as you burn up. It will
 23 pass in 24 hours and you will know as
 24 a double check.

25 Sugar is a very fast energy actuator-
 26 it is energy.

27 Now we have PROTEIN and PROTEIN
 28 SHOCK. Odd, too much good is bad.

Beside the 'energy bomb' effect of excess sugar noted here, there is also an excess acidity problem that often crops up with a 'junk food' diet. Sugar, meats, oil and wheat are acid forming to many systems and the body may frequently leach out the alkaline calcium of the bones and teeth to keep the bloods PH value at the proper level. Most fruits, vegetables, greens and potatoes are alkaline forming and desirable in most diets. Especially to persons with sedentary habits who get little exercise. It is still a little known fact that much of the body nourishment comes through the air we breathe and little understood biological alterations in the digestive tract.

(note by Al Fry)

1 Protein is primarily a muscle build-
2 er. What is easily forgotten is that
3 protein is also a brain-wave carrier.
4 Low protein assimilation in the puber-
5 ty years effects the teenager in a
6 very peculiar way. Lack of Amino Acid-
7 essential components of the protein
8 molecule- brings about lack of certain
9 functions of the brain. The person can
10 look and act perfectly normal- but
11 can recall nothing that had happened
12 over few or many hours of supposed
13 learning. Nothing but immediate re-
14 sponse without carry-over takes place.
15 These persons are treated as though
16 they have willfully forgotten. One
17 observable sign is vacant-eyed star-
18 ing at nothing. They really haven't
19 a thought connected in their head.
20 Placed on a brain wave scan, this can
21 be spotted when looked for by the read-
22 er of the graph. The treatment is
23 simple and many times astounding: Amino
24 Acid pills are given orally. The re-
25 sult is immediate in most cases. Recall
26 jumps from zero to above normal within
27 a day.
28

1 This one example is not given as
2 medical advice. In any situation men-
3 tioned in this work pertaining to
4 medical treatment, it is an example
5 only. To verify or treat, see a doctor.
6 They may seem uneducated, but really
7 aren't. Eight years of college plus,
8 then a few years of supervised prac-
9 tice can't be achieved by a stupid
10 person. Most doctors- after a few
11 years of public practice- become ill-
12 ness bored. The new ones- just out on
13 their own- tend to treat a cut finger
14 as an immediate future arm amputation.
15 This usually scares hell out of a
16 patient.

17 Protein is energy. Like sugar, it
18 formerly was spread nicely through
19 foods. Like sugar, this is no longer
20 true. Sugar is a calorie, Soybean is
21 protein. Like sugar, soybean products
22 are protein bombs-vegetable ones, but
23 still protein.

24 Sugar-Soybean bombs equal human en-
25 ergy bombs. What is ignored is the
26 simple fact that a bomb explosion is
27 over in seconds- the human bomb lasts
28 a little while longer.

1 It is almost impossible to find a
2 soybean free product on any food shelf.
3 Gourmet foods aren't exempt. Make a
4 beautiful fresh vegetable salad. Now
5 what about the dressing? Unless you
6 make your own from vinegar, spices and/
7 or milk, you will have refined sugar
8 and soy in ANY dressing-usually load-
9 ed with what you are trying to do with-
10 out.

11 Health Food Stores are soybean ped-
12 dlers. Tired of junk foods, loaded
13 with sugar and soybeans? Go to a
14 Health Food Store and get NATURAL
15 sugar and soybean foods. All vegetable.
16 Sugar does not come from meat sources.
17 Sugar is sugar. It is not mined from
18 the earth like salt. Sugar is refined
19 or not refined. It is the quantity, not
20 the quality, that leads to sugar shock
21 and protein shock.

22 Soybeans are thought to be the Manna
23 from heaven with Moses in the Sinia.
24 Moses lived for forty years in the
25 desert prior to the flight. The tough
26 soybean thrives anywhere in the world
27 and is hated in the wild state. It has
28 a gall-bitter taste raw. Ruins milk

NOTES

1 from most animals. Moses could have
 2 known how to leach the bitterness from
 3 the bean. Moses would have NOT let the
 4 people gorge themselves on it, espec-
 5 ially the Tofu, which is a bread made
 6 easy from the ground bean. Taste the
 7 meat from an Acorn. It is bitter, yet
 8 Pacific Coast indians make a tasty
 9 bread from it, a staple in their diet.
 10 Refine soybeans and you have all the
 11 energy products without the waste, just
 12 like sugar.

13 Soy products, unlike refined sugar,
 14 have been introduced to the mass of
 15 people on a very rapid scale. Much too
 16 rapid for the human system to complete-
 17 ly adapt digestively. The result is
 18 digestive gut gas (flatulance to be
 19 nice) and gnawing discomfort. The heat
 20 machine is screaming along on a
 21 full steam boiler with no escape valve.

22 Basic foods are still sold in mass
 23 markets. A basic food is one with the
 24 roughage NOT removed. Ration yourself
 25 on the quick energy foods to meet your
 26 physical requirements. All foods have
 27 their place in a high-g geared society.

28

Comment: As Comp I indicated, the animal body knows what it requires and normally creates a natural craving for such foods. It also indicates it's desire for 'fuel' food, by hunger. In many society systems today, such natural signals have been replaced by un-natural CMind promptings for sensation. Persons will get a recall desire for some sugary, salty, or highly processed food and ignore the body signals. In time of course, the body gets tired of this abuse and may not do a good job of eliminating all the toxins or wastes involved. By middle age the 'junk' food diet and jaded little pleasure life styles can show up in bad health. At such time, the persons may try to read about proper diet from health food store literature. . . with CMind logic. This action may help but often comes without the necessary Mnd balance to get to the real core of the problem. A typical overeating problem may stem from an I'm Ugly or worthless attitude. AMind may retaliate at this attitude and see to it that the body is ugly. The person may eventually find that eating is one of the few pleasures left and get in 'double trouble'. Balance, is the goal for persons desiring health. A very aware CMind for example, can figure out that the heated salt they are using has much of the chloride driven out of it and clogs up their kidneys because of the excess sodium balance. The taste may be the same but this civilized tamper problem may need the help of the civilized Mind logic. Natural solar evaporated salt may help matters. Common sense is valuable. A person in a seditary job just may not get enough exercise and oxygen to burn off a junk food diet. An outdoor person who was raised on junk food may have little problems with such a diet. Again, food selection becomes of less concern to persons who can balance their Mnd actions. A. Fry

(note by Al Fry)

1 The AIR we breathe is energy. It has
2 many elements in it, not just one big
3 one. There exist life structures that
4 feed on air only. Gulping great amounts
5 of air does strange things to ones
6 body. Not breathing does the exact
7 opposite- weird things. Air is not
8 just a catalyst as many people think.
9 It is an energy element in its own
10 right. The great smog fears today
11 existed hundreds of years ago, yet the
12 human went right on multiplying. Air-
13 as any other product- always has waste
14 in it. The human system is built to
15 get rid of the waste when the rest of
16 the heat machine is working normally.

17 Water is the last energy in the base
18 group. Water carries so many minerals
19 and other life forms in it that it is
20 useless to itemize. 70% of our weight
21 is water. What we do with that water
22 determines if we are 'fat' or 'thin',
23 which, at best, is only a comparable
24 in ones own immediate environment. With-
25 out water energy we die- rapidly. With
26 too much we drown in our own fluid.
27 Water energy is activated solely by
28 heat.

1 The nearer to the norm one stays in
2 body temperate, the better the energy
3 from water. Water need not be injected
4 to produce energy or use energy. It
5 can be induced simply by dousing the
6 skin. A hot shower is a sleepy one-
7 a cold shower is an awakening one. A
8 person can be 'fed' by immersing in
9 a nutrient solution, mostly water.
10 Water is the 'carrier' of all things
11 while in the womb, including blood.
12 Water is energy and can carry many
13 other types of energy when necessary.

14 You have covered the base animal
15 sources of energy. Yet one remains,
16 animal but NOT animal. This form of
17 energy is most puzzling and not under-
18 stood at all. It really doesn't have
19 a proper name. It is the stuff of
20 miracles and fancy, mystic names. It
21 is basely KINETIC in form and sub-
22 stance, yet it defies so-called laws
23 of science, so is not accepted by
24 the science that named it. When MAT-
25 ERIAL and IMMATERIAL 'work' together,
26 it is very hard to remain rational.
27 Shall be try? The word 'kinetic' will
28 be used for this energy. Creation-maybe.

NOTES

1 The magnetic properties of the body
2 are totally ignored, yet the body is
3 one total dynamo. Chemical prothesis
4 causes atom movement and the heat
5 machine is running on magnetic flux.
6 Galvanic action-both under known con-
7 trol and automated control (subcon-
8 scious)- starts instantly and contin-
9 ues until death of the body. This
10 action is continuous in the intestinal
11 tract, while muscular is act-react de-
12 manded. Source of electrical energy in
13 the body is the intestinal tract.

14 The intestinal tract has all the
15 'feed-out' capabilities to every part
16 of the body. No other major organ has
17 this. All other organs are 'feed-ins'
18 to it, plus a primary 'feed-out' to
19 supplement the intestinal 'feed-in'.

20 This magnetic field is loaded with
21 kinetic properties in any animal. In
22 the human, we have the MINDS to con-
23 tend with, which also have kinetic
24 fields developed due to proximity to
25 the animal fields: material to the
26 immaterial brought forth new kinetic
27 fields, thus we have a transcendental
28 complex.

(note: L 3-4) p.25

Prothesis is an act of recombination of different objects, thereby bringing forth a new form or application.

(note by Paul Bunker)

1 Bear in mind that ALL kinetic actions
 2 travel on the OUTSIDE of the conveyor.
 3 Nerves, arteries, veins.....all have
 4 'sheaf' covering, making them conduit
 5 conveyors, while kinetic actions travel
 6 on the 'sheaf'- when they travel at all
 7 to anywhere. Sending kinetic energy to
 8 anywhere is done by sending it along
 9 the conduit, NOT THROUGH it.

10 Each atom in itself does not produce
 11 a field. Compatible atoms are quies-
 12 cent one to another until energized,
 13 either by direct energy feed-in, or
 14 by proximity to different atom struct-
 15 ures. Once the atom field is energized,
 16 a kinetic field springs forth-i.e.-the
 17 atom field sends out its own FEEL
 18 field. Further action depends on its
 19 feel field. Once atom action stops, the
 20 kinetic field fades, unless maintained
 21 by MIND energy.

22 Mind energy can ring itself around
 23 material kinetic energy and store it
 24 for future use, thus immaterial Mind
 25 can use material in the material under
 26 its own direction, much the same as
 27 gases are stored in containers for
 28 future use-mostly under great pressure.

(note: L 15) p. 26

An "atom field" is a whole GROUP of compatible atoms.

(note by Paul Bunker)

(note: L 22-26) p. 26

Your Mind stores & releases Kinetic Energy all the time. Ask YOUR Mind how it does it, because it is virtually impossible to put down in words. Once you tap-in on your Mind & get to KNOW it... instead of fighting it..., it'll let you in on a lot of these little "secrets". It doesn't mind, as long as it's BENEFICIAL. See p. 73 & p. 85 of T. S. D.

(note by Paul Bunker)

NOTES

1 Whenever atoms are disturbed, they
2 throw off an aura. This aura is mag-
3 netic-electrical and has anti-gravit-
4 ational properties, but only in a cir-
5 cular form, never in a plane. This
6 aura is called by many names, such as
7 static, electronic field, spiritual
8 manifestation and saint Elmo's fire.
9 Static electricity is the only one
10 commonly accepted as having POWER in
11 the physical. Run a comb through your
12 hair, quickly hold the comb very close
13 to a piece of paper- the paper will
14 move to the comb, paste itself to it.
15 Neither comb or paper being made of
16 metal, this aura can not be magnetic:
17 a charged magnet will not attract
18 paper.

19 This one aura wrecks mighty machines
20 should no 'drain-off' be included in
21 the construction. This static aura
22 will blow a gasoline truck sky-high
23 when not bled off. Can and does at
24 various times. This static aura sets
25 fire to materials. This is but one of
26 the Kinetic fields in your body. There
27 are thousands at work as you read this.

(note: L 2-3) p.27

Electricity is a form of Kinetic Energy, but magnetism is NOT. When these two different energies are COMBINED, they produce a different form of electricity.

(note by Paul Bunker)

1 This static aura is gathered in the
 2 entire body, channeled to the eye nerve
 3 control- nueron (cell) path- focused
 4 by the eye focul cell nerves (nuerons)
 5 and the object focused upon moves,
 6 sometimes violently, such as polter-
 7 giest activities. Or a spoon is bent,
 8 or a marble hops into a cup, a watch
 9 starts running.....wristwatches are
 10 commonly stopped by static buildup, or
 11 magnetic buildup- and many other so-
 12 called unnatural activities.

13 Improper use of kinetic energy, or
 14 the unknowuse of certain types, can
 15 cause the body to undergo some very
 16 strange changes. The most drastic occur-
 17 ence is the 'blue flame' death. After
 18 you have studied this Comp, should you
 19 wish to try 'strange' powers under con-
 20 trol, do so very, very cautiously.

21 Should you not have mastered your own
 22 Feel Field, do not even try. FEEL is
 23 all you will have to use as control...
 24 no other Field can be used in its stead

25 Magnetic fields are common. Composed
 26 of electronic kinetic byproduct atoms,
 27 proximity brings function under mechan-
 28 ical control.

(note: L 13-24) p. 28

The Blue Flame
 (spontaneous human com-
 bustion) happens when
 there's a sudden release
 of the Mind's stored
 Kinetic Energy bouncing
 headlong into a sudden
 build up of Kinetic Energy
 by the A-mind. This causes
 the body to evaporate, or
 a person just drops dead...
 if it happens on a lesser
 degree. See p. 106 of
 T. S. D.

(note by Paul Bunker)

1 Kinetic energy is the product of
 2 atom action: therefore, bathe the atom
 3 field in stored, pressurized kinetic
 4 energy of like kind- and the atom
 5 field re-acts, sometimes with startling
 6 many times squared instant energy.

7 Store and pressurize affection en-
 8 ergy, release to affection atoms- lo,
 9 instant, complete healing by MIND DIR-
 10 ECTION through the corporate body.

11 Danger! Suddenly racing atoms can
 12 cause extreme heat- or extreme cold!
 13 Body human swings only 20 degrees in
 14 heat function. Until a complete
 15 Pleasure Dwell can be maintained- where
 16 time stands still- such energy release
 17 can only be endured for split seconds.

18 Kinetic Energy is the BRIDGE between
 19 the material and the immaterial. The
 20 half-way step between the seen and the
 21 unseen, the known and the unknown.

22 There are three base energy sources
 23 in the human body, each with a base
 24 function. Material energy-material
 25 energy function. Immaterial energy-
 26 intelligence function. Used together
 27 they produce knowledge. Kinetic energy-
 28 ultra dimensional function; this pro-

(note: L 11-17) p.29

If you are not in a Pleasure Dwell, you only have split seconds to aggressively defend yourself (you cannot strike out aggressively while in a Pleasure Dwell). If you hold that total concentration aggressively for more than split seconds, you might drop dead or be so fatigued afterwards that it'd take you months or years to get out of it. See p. 102 of T. S. D.

(note by Paul Bunker)

1 -duces the so-called miracle effects,
 2 or transcendental functions. Carried
 3 to the ultimate, this is first instance
 4 energy change by mind alone....to think
 5 an object and have it be there.

6 The 'ghost' witness is an example
 7 of this, only minor and not intention-
 8 al. All 'ghost' occurrences have a short
 9 episode repeat situation-i.e.; the item
 10 walks a stairs, emits voice sounds off
 11 key, goes a certain distance and fades.
 12 All instances place these happenings
 13 under certain environment conditions,
 14 ideal for kinetic manifestation.

15 The 'ghost' is brought about because
 16 the fading human energies let the mind
 17 energies run wild, dwelling on a hap-
 18 pening in that persons life or its
 19 present condition. The kinetic fields
 20 become highly charged. At the instance
 21 of great body distress, the greatly
 22 amplified kinetic field literally ex-
 23 plodes, burying the molecular vibra-
 24 tions in surrounding objects without
 25 any sound at that time. It is too sud-
 26 den. The vibrations are dampened upon
 27 impact, and when the same atmospherics
 28 repeat, we have waverly sight and sound

(note: L 2-5) p. 30

You can use Chi
 and/or Kinetic Energy any
 way you please, IF you're
 willing to pay the PRICE
 for it. If your proposed
 action is NOT along the
 goal-line of bringing
 this planet back to a
 Paradise, then there's
 gonna be some price to
 pay. See p. 105 of T.S.D.
 (note by Paul Bunker)

1 manifestations based on the memory
2 track of the kinetic explosion. Remove
3 the objects invested, be it a house or
4 a forest, and the 'ghost' is gone.

5 In successful exorcism rites, water
6 or magnetic materials-sometimes emanat-
7 ing from the exorcist- releases the
8 bound kinetic molecules. In no instance
9 is this 'ghost' part of a soul or spir-
10 it that is 'left behind'. It is only
11 kinetic charged material with a memory
12 in its vibe pattern, much like a tape
13 on a tape recorder.

14 There are three detectible 'waves'
15 in the human body. These waves are
16 electro-magnetic and are now able to
17 be scientifically monitored by elect-
18 ronic testing machines. They are by
19 name DELTA, ALPHA and BETA. These are
20 act-react waves, capable of producing
21 action in the material body. These
22 waves at the moment are thought to be
23 effects to or from the emotions. Delta
24 waves are slow and easy, tranquil, said
25 to be animal in nature. Alpha waves are
26 dreamy, blissful. Beta waves are harsh,
27 driving and exciting, the wave to be
28 stopped in heart attack victims.

(note: L 5-8) p. 31

Holy Water can provide you with continuous protection against negative influences that are directed at you. It requires no belief or faith on your part, & it can be obtained free of charge from any Roman Catholic Priest. See pp. 82-83 of T.S.D. (note by Paul Bunker)

1 All medical and as of yet 'un-medi-
2 cal' drugs are based and proscribed as
3 to their effect on these three waves.
4 Give a drug to shut off Alpha (B-Mind)
5 and Beta (C-Mind). Animal-like nature
6 and behavior results, also faster heal-
7 ing takes place when there are no side
8 effects from the drug(s).

9 Side effects always take place. First
10 side effects is caused by the drug(s)
11 not being pure: carrying a bit of Alpha
12 or Beta or maybe both. But the major
13 side effect is that this drug(s) also
14 disrupts the KINETIC fields and the
15 actions thereto. Regardless of which
16 wave is subdued, the impurities and
17 the drug(s) will disrupt the kinetic
18 fields. The drug(s) that do this the
19 least is considered the 'best' -but by
20 observation of re-actions, not by
21 checking kinetic flow. Science as of
22 yet does not accept kinetic's in the
23 human body- only spiritualists do, since
24 kinetic's are seen as 'spirits' to them.
25 A kinetic sick body will eventually
26 produce a materially sick body....sort
27 of looking into the 'future' via kin-
28 etic forerunners.

NOTES

1 Only the DELTA wave can effect mat-
 2 erial in the material, both physically
 3 and kineticly. The Minds can only ride
 4 the material carriers and thereby
 5 direct them when the Delta wave allows
 6 this to happen. When the Delta wave
 7 throws the riders off-either Alpha or
 8 Beta or both- the human body relaxes
 9 into animal dwell, the kinetic field
 10 becomes dormant.

11 Alpha Bmind or Beta Cmind then can
 12 use up a part of their stored kinetic
 13 product captured from Delta and bomb
 14 Delta back into action.

15 Kinetic's are the Minds energy act-
 16 uators in the physical, thereby having
 17 cause and effect in the material.

18 The atom forms a circle of influence,
 19 thereby having act-react effects in
 20 the material. However- please, slowly
 21 now- the perimeter or circular band
 22 of that atom IS NOT RE-ACTING but
 23 FLOWING.

24 Since opposites are the basis of our
 25 material dimension, with a third ele-
 26 ment for balance, then some humans
 27 would use the perimeter of the atom
 28

(note: L 1-17) p. 33

When the Minds
 (B or C-mind) cause the
 A-mind to concentrate,
 they are... in this
 sense... causing the
 A-mind to bring forth
 Kinetics for them. The
 B & C-mind are the only
 thing that causes the
 A-mind to concentrate.
 See p. 96 of T. S. D.

(note by Paul Bunker)

1 as energy and others would use the
2 wave of energy from the atom nuclei
3 to expand/contract the perimeter flow
4 energy. The nuclei atom wave would be
5 act-react (expand/contract) and cause
6 male behavior and action, while the
7 expanding/contracting perimeter or
8 circle of the nuclei wave would be the
9 female behavior and action.

10 The male of the specie act-reacts,
11 the female flows. The female actuates
12 the nuclei- the nuclei actuates the
13 female. Nuclei-male. Perimeter-female.
14 Total act-react dimension maintained,
15 in a body (third element) that is mat-
16 erial.

17 An atom is 'made-up' of many minor
18 functions from the nuclei (which hasn't
19 been found yet) to the outer perimeter.
20 But to date, all atom experiments are
21 'impulsed' from the OUTSIDE or female
22 flow, disrupting the male nuclei. The
23 actions from the nuclei OUTWARD are
24 known to some extent, but knowing any-
25 thing about how or why the nuclei it-
26 self is impulsed from OTHER than the
27 OUTSIDE has not been thought of,-as of
28 now.

1 Should the universe be expanding
 2 outward, the 'flow' ring would contain
 3 it. Should it be expanding inward, the
 4 'flow' ring would still contain it. The
 5 atom is the basis of material dimension
 6 reality, the starting point of material
 7 substance. The 'ring' of the atom nu-
 8 clei is the contact in the 'chain' of
 9 atoms that form anything material. The
 10 'ring' of the nuclei is then the con-
 11 trol of the OUTWARD manifestations of
 12 the inner act-react of the nuclei. Thus
 13 'flow' energies are in charge of act-
 14 react energies.

15 The outer limits of our universe
 16 are in 'flow', energized from within.
 17 Flow has to contact flow to go beyond
 18 our universe: nuclei alone cannot do
 19 this, neither can perimeter without
 20 nuclei. However, 'flow' can contact,
 21 receive 'energy' from beyond our uni-
 22 verse, 'heat' the nuclei into greater
 23 act-react and thus EXPAND the perimeter
 24 forever. To expand in this manner takes
 25 complete BALANCE between the two fact-
 26 ors of the atom, and all the factors
 27 of the body housing them.

(note: L 15-27) p. 35

An atom can expand forever, & it can contract forever. You cannot do that until you accept total truth... which is the balance of the Minds. THEN you can enhance or de-enhance the atoms that make up your body. But, since this is an imperfect world, you cannot get a perfect balance. The Father can do this, but we cannot.

(note by Paul Bunker)

1 Some minor clarification of the atom
2 structure is necessary since the word
3 'ring' is used instead of 'sphere'. This
4 written work is two dimensional-i.e;
5 flat, or on a plane. Three dimensional
6 goes into 'roundness' or 'spherical'
7 optic presentation, producing depth
8 perception. Two dimensional atom-or
9 flat concept- is a ring with the nu-
10 clei dead center. In action, an atom
11 radiates energy outward in all dir-
12 ections from its 'shell' or spherical
13 binding, the 'shell' being in 'flow',
14 expanding or contracting according to
15 act-react of the core or nuclei. To
16 check this out, go through the twenty
17 or more of Quantum Mechanic's textbook
18 presentations, mostly on theory. To
19 check out Kinetic mysteries, dig into
20 Particle Physic's theory.

21 Adjust your thinking to this 'flat'
22 presentation, as all the schematic's
23 later on are in 'flat' dimension, with
24 the KINETIC ATOM given special care
25 because it is multi-dimensional WITH-
26 OUT a core or nuclei, therefore NOT
27 a sphere.

NOTES

1 One need not know the structure of
 2 atom's to UNDERSTAND how they act on
 3 life, with the exception of the dif-
 4 ference in the FUNCTION of the common
 5 core atom and the profuse kinetic atom.

6 The core atom produces the kinetic
 7 atom. Core atoms form a field that
 8 is channeled through a round trunk
 9 formed by human body material, usually
 10 calcium, that produces a 'nerve' carr-
 11 ier. As core atom energy field goes
 12 through this channel, a 'ring' of
 13 kinetic energy forms, riding the cal-
 14 cium or nerve coating. Energy 'leaks'
 15 or radiates OUTWARD from this 'ring',
 16 never INWARD. Kinetic energy, radiat-
 17 ing outward, has no core and the en-
 18 ergy is burr-like, but can hook, bend
 19 or remain straight like spikes. When
 20 focused, channeled from channel to
 21 channel, built massively until its
 22 release or use on a material object of
 23 conductivity, can lift, tear, drive or
 24 manipulate solid objects, then dis-
 25 appear completely. When produced by
 26 many fields of different weight core
 27 energy atoms, the kinetic atom does
 28 re-arrange core atoms.

(note: L 6-7) p. 37

The Hard Core
 Atom produces EVERY-
 THING here, in the
 material.

(note by Paul Bunker)

(note: L 19-25) p. 37

You can project
 Kinetic Energy through
 your eyes, your hands,
 or your voice. You can
 keep the Kinetic Energy
 in your body to bolster
 every fibre of your body,
 and then you will gain
 "super strength" abili-
 ties & the ability to
 break boards, etc.
 without physical injury.
 See pp. 97-104 of T. S. D.

(note by Paul Bunker)

1 Do not misunderstand. Kinetic atoms
2 exist around all energy core atom field
3 complexes, including our universe, not
4 just a 'life form' body. However, the
5 kinetic atom can interact with all core
6 energy atoms. Core energy atoms CANNOT
7 mix with ALL other core energy atoms.
8 Mix a few different core energy atoms
9 and you get a hydrogen bomb- or worse.

10 To get a 'visual' of the 'ring' of
11 a kinetic atom, take a penny balloon,
12 pull its open end over a broom handle
13 until stretched tight, then roll from
14 the open end on the broom handle back
15 to the end of the broom handle. That
16 is how the kinetic atom forms, but only
17 on 'trunk' carrier core energy atom
18 fields, such as nerves, arteries, veins
19 and skeletal structures of 'life forms'.
20 Any body or field of core energy atoms
21 forms an aura surrounding the produced
22 'solid' of that object. The aura is
23 composed of the 'spikes' of the kinetic
24 atom.

25 Kinetic atoms are the link between
26 material and immaterial dimensions. They
27 are the Minds tools in this universe.

(note: L 22-24) p. 38

The Aura is your
Feel Field, and you feel
or sense things with the
tendril or "spikes" of
your Aura.

(note by Paul Bunker)

1 Your Minds use kinetic energy to use,
2 direct, correct or abuse your animal
3 body at all times. The Minds can bomb
4 you awake or to sleep, yet remain alert
5 themselves. When you take control of
6 your Minds, you take control of kinetic
7 energy. Your Minds know already HOW to
8 use it. When your Amind takes total
9 control of your animal body, Bmind and
10 Cmind can do NOTHING without the con-
11 sent and direction of the Amind.

12 The Amind- that sniveling, bellyachin
13 bum batch of mixed, torn up feelings
14 everyone-including yourself- tells you
15 to get rid of! Why Not? Then the Mind
16 can do as it damn well pleases; and
17 does, as of right now. One Mind in
18 charge of two other Minds brings chaos,
19 whereas Amind, being the component of
20 ALL Minds, can balance them in use.

21 The question always arises: can any-
22 one else get me to do something I do
23 not want to do? You should now know
24 that answer. Their mind can caress,
25 coax, stress your kinetic field- or even
26 wallop it when necessary! You let your-
27 self wide open by giving permission in

28

1 most instances, even turning off your
2 own Minds to do so, or unknowingly
3 listening to their music or sitting in
4 their color schemes.

5 Music carries high kinetic energizers
6 at all times. These energizers can be-
7 come instant actuators when nudged
8 slightly by another's mind.

9 There is a distinct music for each
10 of the wavelengths. Delta has a slow,
11 paced and gradually quickening 'drumbeat'
12 to simulate and stimulate heartbeat,
13 often building up to high energy body
14 release, sometimes seeming frenzy if
15 gone unchecked. After the 'music' is
16 over, the body relaxes completely with
17 no stress carry-over.

18 Alpha wave music is usually found
19 among the classic's. It is the type of
20 song and instrumentation that blends
21 the natural Delta with the exciting
22 Beta wave. Alpha in its own right is
23 usually caught only in aria's, where
24 instrumentation has faded out, or only
25 a seeming echo remains. It is a dream-
26 like, ethereal sound, but not haunting.
27 A feeling of almost complete renewal
28 is its aftermath.

1 Alpha instrumentation has not been
2 brought forth, because musical instru-
3 ments that are mathematical and mechan-
4 ical are a product of Beta excitement
5 Complex Mind. Delta instruments, made
6 from natural products-wood, leather,
7 reeds, hollow stemmed woodlings and
8 sometimes winddriven by the lungs,-is
9 strictly animal man. So Alpha must let
10 human voice and vibrations reach out
11 to kinetically reach others. Alpha, when
12 using instrumentation, blends Delta
13 and Beta skillfully with voice and
14 kinetic's to reach pitch. Good Alpha
15 can blend all Minds skillfully in
16 reaching ever higher actuating triggers
17 in the human.

18 Pure Beta is high excitement, some-
19 times confused with Delta frenzy but
20 very high and beyond that level of
21 energy release. Excitement is achieved
22 by the Cmind using kinetic's to chop
23 up the smooth, slow flowing Delta wave.
24 Sparks fly as the Delta wave is cut up
25 like hamburger coming out of a ham-
26 burger machine.High, quick energy re-
27 lease,ALSO high, quick collapse. won-
28 derful for a short period of time.

NOTES

1 A kinetic burst from another persons
 2 mind can snap you out of almost any
 3 dwell state, unless you have energized
 4 your own kinetic body field and shut
 5 off your suggestive-curiosity feel
 6 field complex. This is the 'search' or
 7 'I am looking for something' feeling.

8 Once you have succeeded in shutting
 9 down this field, you have what is re-
 10 ferred to as a 'shield' by practition-
 11 ers of any branch of metaphysic's. You
 12 have to consciously lower this shield
 13 in order to even sometimes hear what
 14 others are saying close to you.

15 You will be accused of being absent-
 16 minded, like the absent-minded profess-
 17 ors. It is quite the contrary- you are
 18 being TOTAL-minded with your own de-
 19 gree of thought and action, NOT theirs.

20 A Pleasure dwell is the expanding of
 21 this control into many thoughts, act-
 22 ions and fields at any given single
 23 time. Any kind of non-action to replen-
 24 ish your body or mind energies causes
 25 this field to weaken, defining Mind
 26 weakening as the Minds kinetic energy
 27 no longer being able to contact the
 28 fast fading body kinetic wave. This is

(note: L 1-3) p. 42

You could not have a Pleasure Dwell without a Bubble of Kinetic Energy, because if you feel that you're going to be attacked or threatened, you're NOT going to be able to get into a Pleasure Dwell. But, if you get into a Pleasure Dwell, there's no threat there. It can be all around you, but you will not know it. No one will want to attack you, because you will not be there to them! See pp.90-93 of T. S. D. (note by Paul Bunker)

(note: L 1-28) p. 42

Your Kinetic Bubble can protect you from psychic attacks, bullets, nuclear bombs, cold, heat, gas, or anything else! You do NOT need to destroy the enemy to defend yourself. When you are in a Pleasure Dwell, the Bubble automatically forms, ... and the deeper the Pleasure Dwell, the deeper the Bubble is. See pp.90-92 of T. S. D. (note by Paul Bunker)

1 why Christ in the last seconds on the
 2 cross cried "Father, why hast Thou for-
 3 saken me?". His weakened, almost non-
 4 existent body kinetic shield was sud-
 5 denly penetrated by Complex Mind's
 6 stored kinetic body energy with sear-
 7 ing pain memory. Christ had lost His
 8 shield, after days of torture, lack of
 9 food and water and finally slow, cold,
 10 brutal murder. To be fair, He did get
 11 Cmind to waste its energy and thereby
 12 assure Bmind's vast reserve to sudden-
 13 ly blast Him back to life.....

14 How does one get rid of pleasure
 15 wrecking, -sometimes 'self-thoughts', or
 16 another's 'evil' thoughts penetrating
 17 theirs?

18 A drunken wino stumbles through your
 19 door, stinking to high heaven, slobber-
 20 ing over the room, mouthing curses and
 21 generally making a pest of theirself,
 22 even being a stranger to you! Think-
 23 what are you going to do?

24 You are going to get rid of the un-
 25 invited guest, one way or another. You
 26 do this by CONCENTRATING on what to do
 27 in the immediate moment, decide what to
 28

(note: L 14-17) p. 43

If you see the world in Negative terms, then you are using the wrong eyes to look at the world with. In other words, your C-mind has your eyes & IT is judging the world, etc. Live your life to seek PLEASURE, and the world will become beautiful to you again. Remember, though, that C-mind doesn't cause negativity on PURPOSE. See pp. 60-62 & pp. 79-80 of T. S. D.

(note by Paul Bunker)

NOTES

1 do, and then do it. You do the exact
 2 same process with a thought that causes
 3 you to feel bad. Forget where it came
 4 from or where it is going- concentrate
 5 on it, kick it out and replace it with
 6 a good feeling thought, otherwise you
 7 end up entertaining the drunken wino.

8 Concentration. Lost art. Too easily
 9 distracted. Too much going on- due, of
 10 course, to actions caused by those that
 11 CAN concentrate.

12 To learn to concentrate is easy, as-
 13 suming you are in fair health with
 14 working faculties, and you DESIRE to
 15 do so. Take a sheet of paper-any color-
 16 and draw five target circles on it
 17 using ANY color crayon or different
 18 color crayons, the sixth or smallest
 19 circle being the core of the 'target'.
 20 You may use different color crayons to
 21 'solid' the heart of this last circle
 22 or bullseye. Place this on a wall, sit
 23 down far enough away to see it clearly
 24 and portions of the wall. Look at the
 25 outer circle until the other circles
 26 fuzz, then move in one circle, repeat-
 27 ing until you have reached the bulls-
 28 eye.

(note: L 8) p. 44

Concentration IS
 Chi, & it's a very high
 form of concentration.
 Chi use originated when
 the C-mind Exiles found
 out, quite accidentally,
 that concentration was
 a terrific weapon. Chi
 control can be had
 INSTANTLY thru learn-
 ing to instantly concen-
 trate. See pp. 84-85 of
 T. S. D.

(note by Paul Bunker)

(note: L 12-15) p. 44

If you stare at
 the circles, get bored,
 and other thoughts start
 coming into your head,
 then you have quit
concentrating on concen-
tration! Concentration is
 a hell of a job to first
 accomplish, but you're a
 TOTALLY DIFFERENT
 PERSON, afterwards.
 See p. 86 of T. S. D.

(note by Paul Bunker)

NOTES

1 Now CONCENTRATE on that bullseye un-
 2 till it starts expanding. Try to find
 3 shades of color in the solid as it ex-
 4 pands. Keep concentrating until you do.

5 This will take repeated efforts for
 6 some. It is advisable to set an alarm
 7 clock or timer for fifteen minutes
 8 when you first try. When you get down
 9 to less than thirty seconds- not set-
 10 ting the alarm, of course- you can
 11 safely feel you CONCENTRATE rapidly
 12 enough for most common situations in
 13 present life happenings. You can avoid
 14 many common pitfalls. The bullseye now
 15 is some ones evil thoughts, your own
 16 or a car rushing at you ten foot a
 17 second. Within months, starting at zero
 18 your concentration can be whiplike and
 19 instant and follow-up action a split
 20 second later. This split second act-
 21 ion is needed to 'throw' kinetic en-
 22 ergy to target beyond the body before
 23 the kinetic energy fades, unless you
 24 master the 'flow' principle used in
 25 hypnosis, or the 'bomb' kind used by
 26 Minds. Hypnosis falls under the sug-
 27 gestive-curiosity feel field complex.
 28 Concentration is the key-kinetic con-

Note: Attention or concentration is also a very important concept in many movements like Zen & Taoism. As the kinetic or 'Ki' energy is focussed or tuned in, there is an awesome amount of potential for students who can balance their Minds. As A-Mind puts out energy in the 8 Hertz range, it is combined with the II or so range of C-Mind etc. This can send the total brain wattage in the 20's. A level that can provide 1st instance energy changes or mind over matter. AF

(note by Al Fry)

1 -trol on the flow principle is the
2 answer.

3 Kinetic energy can kick, grab or car-
4 ess. Hypnosis uses flow kinetic's in
5 the human, mind induced. In the animal
6 hypnosis is still flow, but motion act-
7 uated. When both mind and motion act-
8 uators are used on a human, deep hyp-
9 nosis is induced.

10 A person under direct hypnotic con-
11 trol has an overwhelming desire to
12 please the hypnotist. They know they
13 are being subject to command and love
14 it. The hypnotist becomes a total
15 authority, to be obeyed regardless of
16 cost. In hypnosis, the one under is
17 not following their own feelings, dir-
18 ections and commands, but the orders
19 given by the hypnotist, and the feel-
20 ings, direction and command of the
21 hypnotist.

22 You are subjected to suggestive hyp-
23 notism from the second of conception
24 and until you die, unless you 'shut
25 off' the flow from others, or raise a
26 complete, 24 hour a day shield. It is
27 easier to set up a checkmaster on any

(note: L 4) p. 46

Kinetic Flow
just means that you're
flowing in Kinetics. Flow
means: to move, flow
freely, or undulate. Flow
is just the mere act of
movement. See p. 95 of
T. S. D.

(note by Paul Bunker)

1 suggestive influence coming your way,
2 so that you instantly recognize out-
3 side inducement as such, then shut it
4 off or ignore it politely.

5 You can rapidly build your check-
6 master by listening to the radio or
7 television promotional ads, or reading
8 any written material, including this
9 work. That is why this writing neither
10 tells you to do anything or even sug-
11 gests that you try. That makes the
12 writing of this difficult and sentence
13 structure sometimes archaic. There is
14 under no circumstances anything in this
15 work that attempts to take advantage
16 of suggestive hypnotism, although at
17 times it does slip in because all lan-
18 guage on this planet embodies suggest-
19 ive hypnotism in its structure.

20 As you are listening, looking and/or
21 reading, try to pick out everything
22 that SUGGESTS that you do SOMETHING in
23 another persons favor, many times mak-
24 ing it appear as though you are DOING
25 YOURSELF a FAVOR. Stay with it a week
26 or so and become APPALLED, with your
27 mind screaming up denials and ex-
28 cuses.

(note: L 20-28) p. 47

In Chi... if I walk
up to you & touch you,
YOU throw YOURSELF
back across that room!
I don't have a damn thing
to do with it. All that
this is doing is creating
a reflex-survival-
protective action in you,
and you throw yourself
across the room. That's
training & that's hypno-
sis & that's suggestion.
However, if you use a
Kinetic Force Bomb on
them, you WILL be
sending them across the
room! See p. 81 & pp.
100-102 of T. S. D.

(note by Paul Bunker)

1 You can refuse a hypnotist direct
2 hypnotic control and the hypnotist is
3 powerless, unless you stay around to
4 argue about it. The hypnotist will go
5 into suggestive flow and get you to
6 agree, sometimes a week or so in the
7 future, if not right then.

8 Hypnotism can use all the kinetic
9 energies of your body and Minds when
10 you have surrendered that control free-
11 ly or under the force of a Mind bomb.
12 Another persons Mind bomb will only
13 affect you for seconds or moments, un-
14 til your own mind can analyse, accept
15 or reject the ORDER given by your boss,
16 mate or military commander....or a
17 knowing metaphysic. This can get you
18 killed very quick under certain condit-
19 ions.

20 Most hypnotists use only a fraction
21 of the hypnotized persons kinetic en-
22 ergy. Activating the Sleep Field is
23 the easiest, the motor nerve controls
24 and finally the eye matrix controls
25 are harder to do, while the smell/taste
26 is then fairly simple. When under, this
27 person becomes a very nice robot. But

28

1 suggestive orders when given under
2 hypnosis can erupt weeks or even months
3 after the person is brought out. The
4 appalling fact is that a person hyp-
5 notized is NOT acting under their
6 WILL, but under the hypnotists will.

7 How far can hypnotism reach in con-
8 trol? Only up to the ENTITY expansion.
9 Any hypnotist that has taken a person
10 that far out receives a startling
11 shock: the person goes out from under
12 the hypnotists control instantly, leav-
13 ing a very shook hynotist. Let us look:
14 Regression hypnosis is very faulty at
15 the best. At the worst it is absolute-
16 ly laughable.

17 What part of the Feel Field is being
18 relived? If it is sight and sound, a
19 man will 'report' that he was a 'woman'
20 and if a woman that she was a 'man! Why?
21 The Feel field is probing OUTWARD and
22 reporting on OBSERVATIONS only. The
23 person they 'see' becomes them in the
24 report- usually the 'one' that made the
25 strongest impression on them.

26 Most humans do not completely KNOW
27 how they look from the FRONT, and when
28

1 they go into REGRESSIVE MEMORY under
2 hypnosis, how can they remember some-
3 thing they didn't know in the first
4 place?

5 Hypnotism is real. It does work. It
6 is valuable. It is better to know what
7 you are doing before you do it. Suggest-
8 ive hypnotism is the dollars of Adver-
9 tising/Marketing firms. They get very
10 good at it. They are trying to get the
11 okay to do DIRECT HYPNOSIS on the TV
12 screen, but so far FCC has turned them
13 down.

14 Bmind and Cmind have kinetic fields
15 NOT of this world, but their kinetic's
16 'feed' through ours-when we let it
17 happen. Amind now has its kinetic
18 field OF this world. At all times there
19 is a powerful interact going on: un-
20 limited expansion from beyond versus
21 a very strong Amind Shield on earth and
22 limited by acts in the material, but
23 balancing out rapidly.

24 Out of Body experiences are the re-
25 sult of the body kinetic form leaving
26 the body while the body is in a 'calm'
27 situation-i.e.; suspended in time.

28

1 Perhaps the word 'calm' should be
 2 looked at closely. Calm today is used
 3 only in a very limited way-i.e;'they
 4 are calm and peaceful.....they are
 5 calm but ready to explode' . CALM
 6 is a state of being, HOW it is achiev-
 7 ed has as many answers as it has ques-
 8 tions. A person shot or badly broken
 9 in a fall can be calm for a period of
 10 time, so calm is a STATE OF EMOTION
 11 that for a time is motionless.

12 Out of control Out of Body experien-
 13 ces are usually frightening afterwards
 14 or in retrospect. Strictly controlled
 15 Out of Body experiences always have a
 16 'cord' between body and 'ectoplasm' .
 17 A natural Out of Body trip is free and
 18 majestic, with the kinetic body feed-
 19 ing into the physical body all the in-
 20 formation gained, so that it can clear-
 21 ly be remembered afterwards without
 22 panic or doubt.

23 To reach any use of kinetic energy
 24 beyond automatic or auto-induced act-
 25 tivation calls for concentration to
 26 reach a SINGLE SUBJECT, everything else
 27 is 'out' of contention, blank to every-

(note: L 12-14) p. 51
 It is the little animal (A-mind) that is afraid in such cases, NOT the Minds. Your little animal is terrified of intelligence at all times & places UNTIL such time as you can use your intelligence to nullify & modify that Fear of Self Preservation... which is high alertness... that our A-mind has. See pp. 38-40 of T. S. D.

(note by Paul Bunker)

Note: Non sequential dreams are often only sensory disturbances. Flat one dimensional dreams are Mind induced projections and the 'entity'level visions of stark and 3 dimensional clarity are from higher level components.

(note by Al Fry)

1 thing else that exists: all Minds must
2 be as clear as space without stars.

3 To give a fairly clear example of
4 diverse concentration: any written
5 work of fair length will have mistakes.
6 A person studying the work for the
7 knowledge in the work will NOT notice
8 the mistakes in printing and spelling,
9 nor anything else UNLESS it breaks the
10 flow of knowledge. Another person will
11 catch every mistake, which proves they
12 were NOT studying with UNDIVIDED atten-
13 tion.....they are critical of the tool
14 they are using instead of the job they
15 SHOULD be doing.....most production
16 jobs are lost that way because of bad
17 work.

18 Now is the time for Entity Aware-
19 ness. Should what you are reading from
20 now on NOT make too much sense to you,
21 do not become discouraged. You are not
22 too secure with your own Entity yet.
23 Give it a while to break through to
24 you on a stronger basis.

25 There is a PRIMARY CORELESS ATOM. Its
26 'rings' have tendrils shooting IN as
27 well as OUTWARDS, like the kinetic
28 atom.

(note: L 25-28) p. 52

This Primary
Coreless Atom does
NOT appear in the sche-
matic section of Comp.
IV. Chinese doctors
have VOLUMES that
detail the form & action
of these Kinetic Atoms.
(note by Paul Bunker)

1 This primary atom is the life energy
 2 atom and the Chinese have the chain of
 3 these atoms in easy to read drawings,
 4 dating from over 5000 years ago. This
 5 chain is their key to acupuncture, used
 6 on the human body. No one can DETECT
 7 this flow or these atoms with machines,
 8 yet the Chinese PROVE they are there
 9 by merely putting them to work.

10 Since life energy exists out of this
 11 material world and must enter it, it
 12 must have a vehicle....kinetic (by-
 13 product) energy. The two go hand and
 14 glove.

15 Entity- which literally means ALL
 16 combined of everything within its
 17 scope- acts with the human on a kinetic
 18 energy wavelength. Steady, pulsing
 19 and calm human kinetic energy expands
 20 to meet the contracting Entity Life
 21 Atom. The tendrils entwine. Out of
 22 this world intelligence flows in, but
 23 the human form must adapt this in-
 24 telligence to knowledge which is func-
 25 tion before a human body can use it.

26 A word to describe this action has
 27 been brought forth and used, but the
 28 ones practicing this word misuse it.

(note: L 4-9) p. 53

Chakras are the Concentration Points of the body's system, and these energy centres are activated by PLEASURE. Acupuncture merely Short-circuits these energy centres, thereby getting rid of energy overloads. If you're getting too much energy in one part of the body, it burns itself up & the flesh goes dead... cancer. See pp. 87-89 of T. S. D.

(note by Paul Bunker)

(note: L 15-25) p. 53

IF you have an Entity, you will NOT KNOW IT until IT makes itself known to you. Until it makes itself known to you, you will NOT know. See p. 107 of T. S. D.

(note by Paul Bunker)

1 Science is the word. Take the UN-
2 PROVEN, put it into system, which is
3 function, and PROVE it by repeat act-
4 ion learnable by an average person.
5 This has turned around: use the PROOF
6 of ONE subject to DISAPPROVE the UN-
7 PROVABLE of another subject. Another
8 double standard involved in science
9 is the ability to DISAPPROVE anything
10 NEW by using OLD standards.

11 Entity tends to smile at the debacle.
12 The Evolutionaries vs the Creationists-
13 both the result of FEAR syndrome: the
14 Evolutionists are afraid the Creation-
15 ists might be right, then they will
16 surely 'go to hell'; the Creationists
17 are afraid the Evolutionist might be
18 right, then the Creationists sure put
19 a lot of work and time in for NOTHING
20 AT ALL! Yet neither of these 'sciences'
21 are based on FACT at all! Supposed
22 FACT- yes. Provable fact- no. This is
23 pure science? No. Used as a proof to
24 yourself so as to DO what you WANT to
25 DO- beautiful. No one needs science for
26 that sort of indulgence.

27 Entity 'ring' tendrils go BEYOND this
28 dimension- universe, BUT NOT THE "RING"

1 ITSELF. The Entity Ring blends against
2 the Universe Ring, then the Entity
3 Ring Tendrils REACH beyond to the
4 finite. After the 'contact' Entity
5 Ring contracts back to the Soul Entity
6 Ring and attempts to feed the function
7 into the Soul Entity Ring.

8 Read this very carefully. Once you
9 leave the MATERIAL Atom Field, IMMAT-
10 ERIAL Atom structure is in FLOW.

11 The Soul Entity Atom, the Life Atom
12 and Entity Atom , along with the
13 VISITOR Atom, have a basic structure,
14 and vary only as to DENSENESS or how
15 many 'particles' comprise the Ring.
16 For easier comprehension, 'particles'
17 will be defined as '-individual pods
18 of total intelligence-'. These three
19 basic atom structures each has a MIND
20 of its own. Each uses Kinetic Energy
21 Contact System. Each can 'shield' when
22 they desire to do so, including the
23 alien Entities that came here and are
24 now trapped here. The Alien Entity
25 merely lost its ability to EXTEND
26 tendrils OUTWARD, therefore is cut off
27 from contact OUTSIDE this Universe.

28

1 This atom group is pictorially
2 impossible to capture on material of
3 any sort. Using the 'flat' or 'plane'
4 two dimensional method, it looks like
5 a transparent tube in a perfect circle
6 with a 'visible' gap breaking the
7 circle, thus allowing the energy to
8 flow back and forth without interrupt-
9 ion by curving on itself at the 'end'
10 of each circle. Before you jump to
11 any conclusion: this atom is a SPHERE
12 with the 'gaps' EVERYWHERE in the
13 SPHERE. The picture of this 'atom'
14 should not be too foreign to you in
15 the 'flat' drawing of it: the 'halo'
16 artists depicted on 'saints' heads,
17 with the 'light' shining outward as
18 well as inward.

19 Where 'gaps' align, creation in that
20 environment happens, providing that the
21 concentrated kinetic energy is dense
22 enough to assimilate core atoms. Please
23 do not confuse creation with procreat-
24 ion.

25 Visitor Entities expand BEYOND the
26 Universe or contract beyond the INSIDE
27 of the Core Atom at any time. INSIDE

28

NOTES

1 means the nuclei or core of the mat-
 2 erial atom. Going SMALLER than the
 3 nuclei means Visitor Entities can
 4 bring FORTH material core atoms.

5 Entity Ring atoms are of two types.
 6 The Alien Entity can only operate with-
 7 in the confines of this universe, it
 8 does NOT have tendrils extending OUT-
 9 WARD. It CAN NOT 'break' through the
 10 Atom Universe Ring. This is the Cmind
 11 or Complex Mind Entity. The CREATED
 12 Bmind Entity Atom Ring CAN and does
 13 expand outward as well as inward and
 14 the tendrils- but not the Ring- can
 15 go BEYOND this Universe Atom Ring.

16 The Soul Atom Ring- sometimes re-
 17 ferred to as the 'soul entity' because
 18 it has become compatible with the
 19 Bmind Entity Ring- has the same appear-
 20 ence and flow as the other IMMATERIAL
 21 Atom Rings, but it CAN NOT reach OUT-
 22 WARD. Without the outreaching tendrils
 23 it can only expand outward until it
 24 contacts the inward tendrils of Bmind
 25 or Cmind, or they reach INWARD to
 26 contact it.

27 YOU ARE READY FOR THE SCHEMATICS.
 28

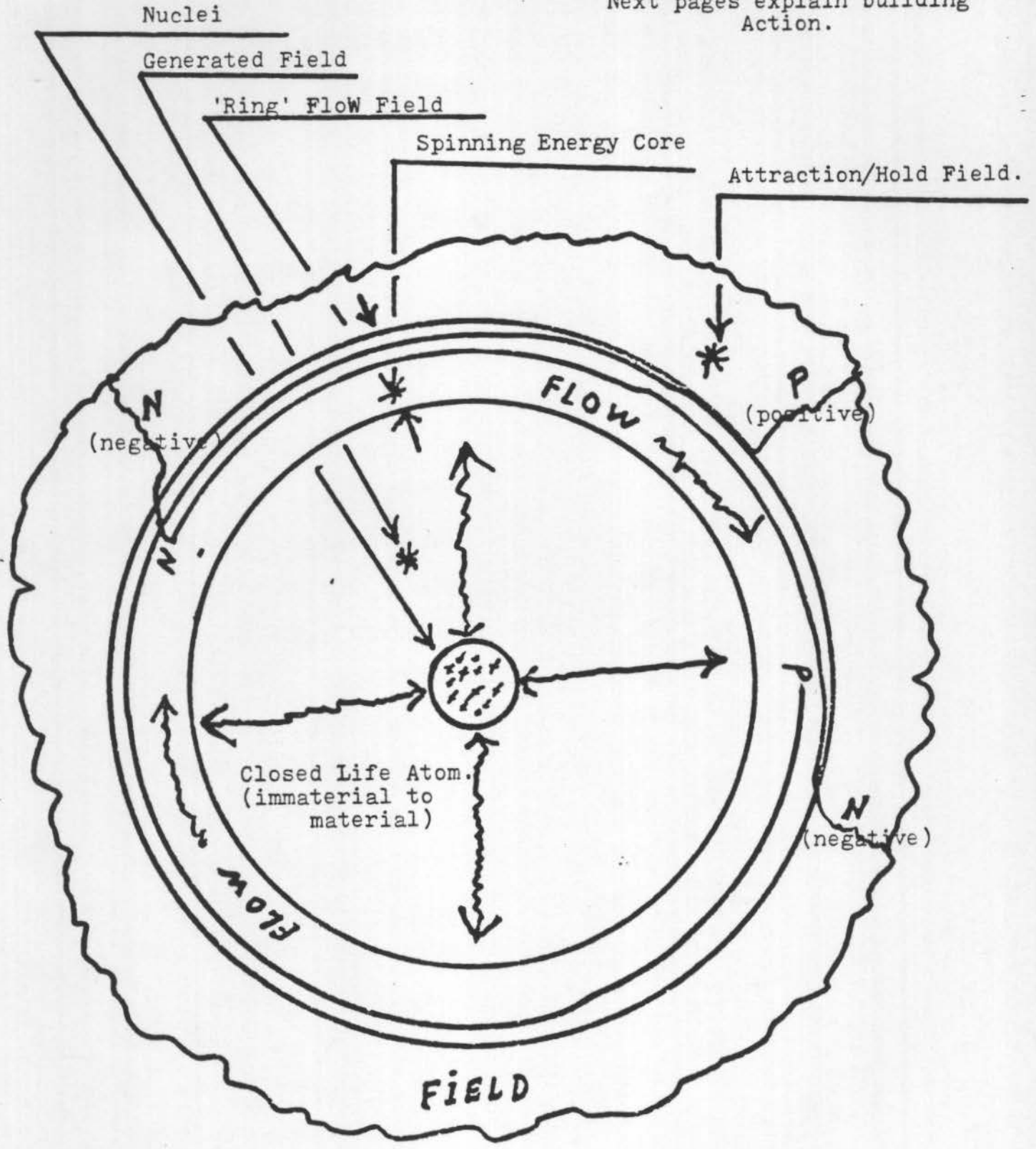
(note: L 2-4) p. 57

It's naturally smaller because the core forms first, and as it says in your Bibles, "God took a rib from Adam & made Eve." So, the hard core of the center of the atom... in the material... comes first, and it throws off the energy that causes the Flow Ring, which is the female.

(note by Paul Bunker)

Material Core Atom.

Next pages explain building Action.



Procreation of living
Material.

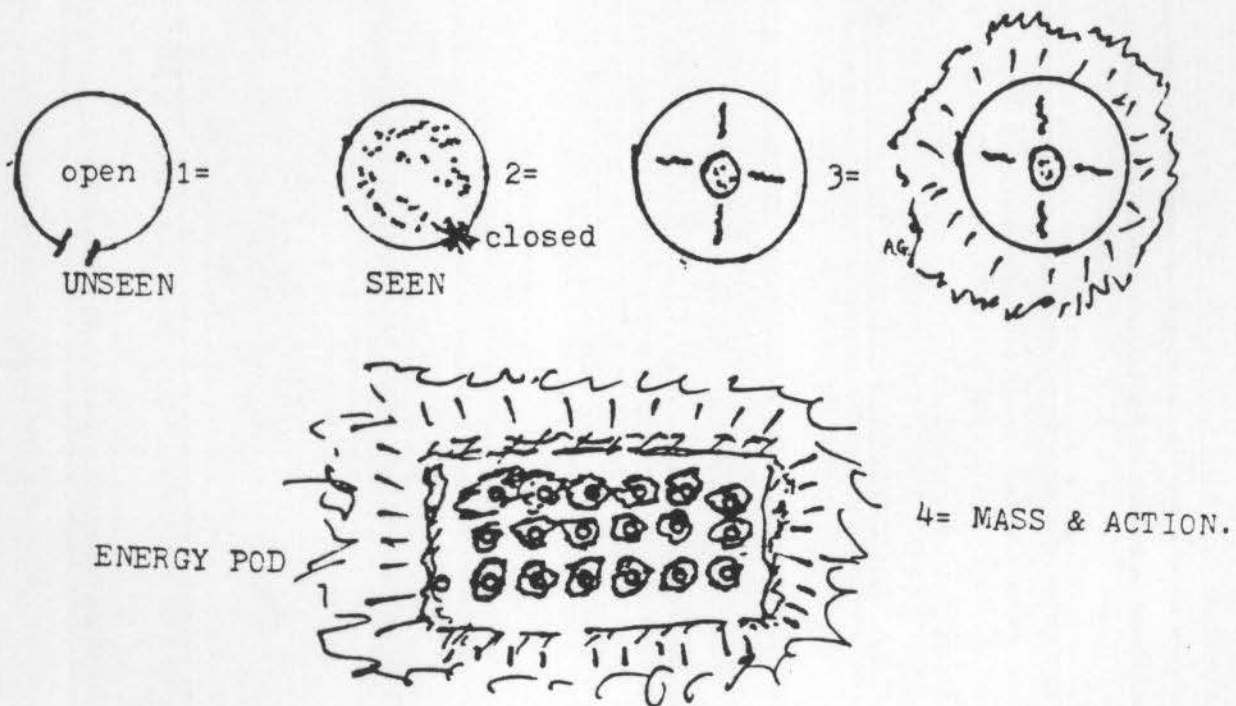
In the flash of pregnation, Life Energy Atoms close the 'gaps' and fuse into a perfect closed sphere(see schematic on Life Atoms). Once closed the Life Atom becomes the Material Core of the Material Core Atom. Instant energy is generated OUTWARD. The energy meets material resistance, builds, then starts spinning, creating the 'Ring' Flow Field, which in turn creates the Attraction/Hold field. Energy from the Life Atom keeps increasing, building an ever larger Attraction/Hold Field with the increased speed of the spinning Flow Field until COMPATIBLE Atoms are reached and locked onto, then the attracted mass forms a CELL of 'like' Life. At this point the Life Atom- now the Material Core or Nuclei of the Material Core Atom-starts 'pulsing' energy in an outward/inward act-react 'feeding' method to maintain the new field component.

The one cell of 'like' Life has now started and attracts other cells until (easy!) a unit or 'pod' of goal orientated energy is pulsing, creating a greater field.

Compatible Cell Pods attract other compatible Cell Pods until an OBJECT in the material is established WITHIN the limits of each Material Core Atom Energy capacity.

Any multitude of varying objects form in the material due only to 'heat' range. "Heat' range varies from free floating, widely seperated atoms in cold space to compacted, heavy atoms in a Sun. Resistance of one atom to another atom is the only source of this 'heat' range gradient. Momenstum is established by any Material Core Atom by its Energy Field seeking another compatible Energy Field, thus the 'speed of light' Quantum Factor is established as to mass, density and type of material object produced.

The schematic below is presented to give a single vision of the Atom chain. It does NOT represent any object in formation, but ALL objects that form. In base multiples, it was found that simple 'visions' worked, i.e.; A child could see. Three apples are in front of it. The 'teacher' names one apple number ONE, the second apple number TWO and the third apple number THREE. The child now has a 'vision' of a number for the object name 'apple' and can select which number it wants to eat. With this example, the child will be able to do multiples in the hundreds within a year, and do 'billions' in its head by maturity, yet never being able to 'handle' billions physically in a lifetime of 'handling'. Once you have the 'visuals' of the Atom Chain below, multiples- as with numbers- will follow. All the following schematic's are illustrated on this same pattern approach, and each group has its own BASE color; GREEN (Delta Wave Carrier), BLUE (Alpha Wave Carrier), RED (Beta Wave Carrier). All SHADES apply so as to blend or 'bridge' unit actions, thus bring forth -giving resistance 'heat' factors- mass and action in the physical.

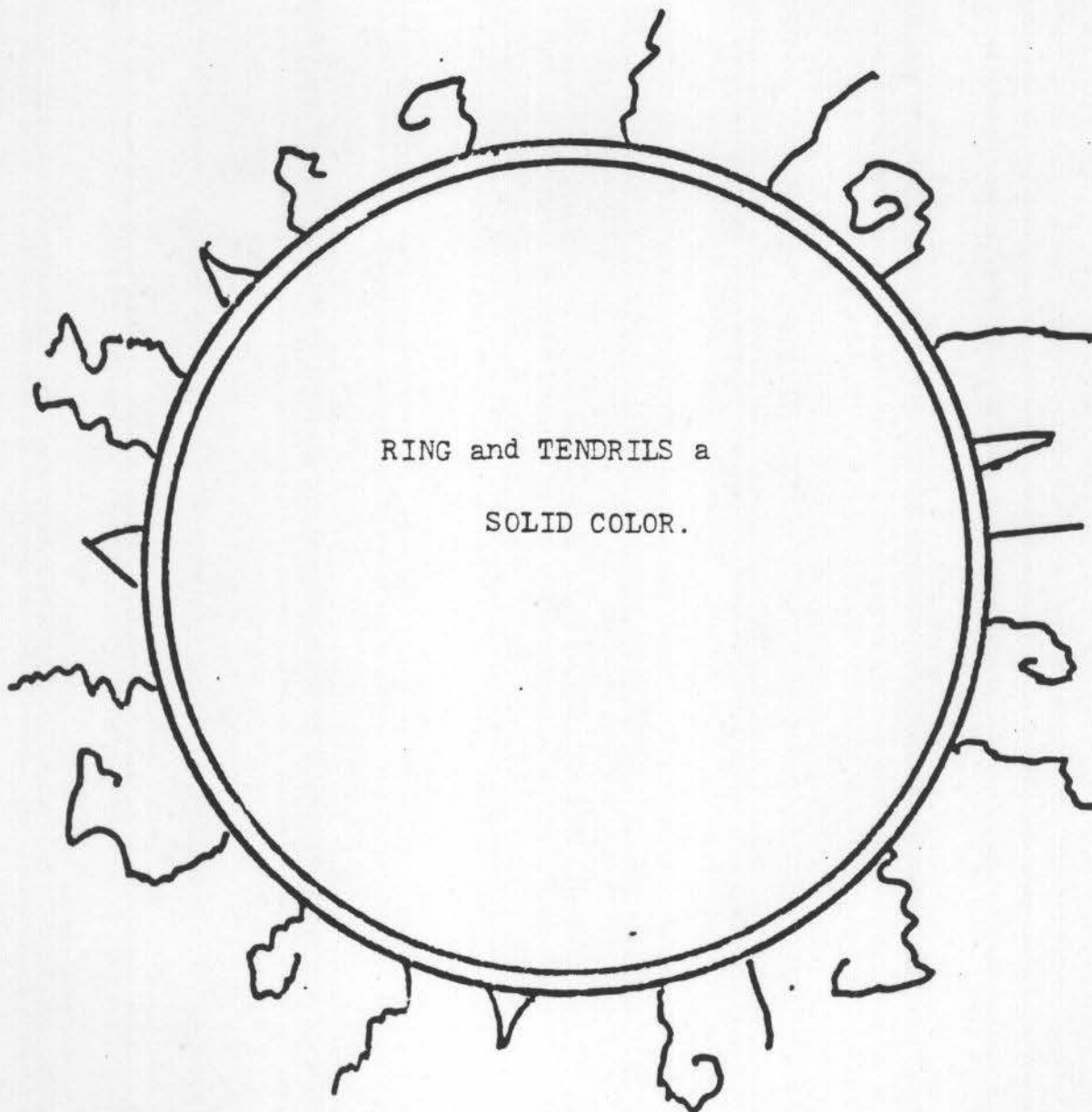


The Soul Life Atom has only INWARD tendrils in the IMMATERIAL. When it closes, the field reverses and goes OUTWARD due to material resistance. The more expanded the Soul, the greater reach of its tendrils, both within the material object and beyond- into the immaterial. The Soul is a vast core of CONCENTRATED knowledge and is constantly eager for more.

Any 'out of the body' experience is a ride on the Soul's kinetic energy. When the kinetic energy from the Memory units of the Minds maintain contact, the 'trip' is seen afterwards- and often even during the 'trip'. A person reads a New York newspaper via a close relationship in New York while the person sits in Los Angeles.....sometimes even through a total stranger.

When, by concentration, you establish 'communication' with your Soul, many unusual situations can occur, depending upon your physical bodies ability to handle them.

Color this Kinetic Atom a SOLID COLOR. Your COLOR. This is YOU as you would like to be and are striving to BE at this moment in time. DO NOT BE JUDGEMENTAL.



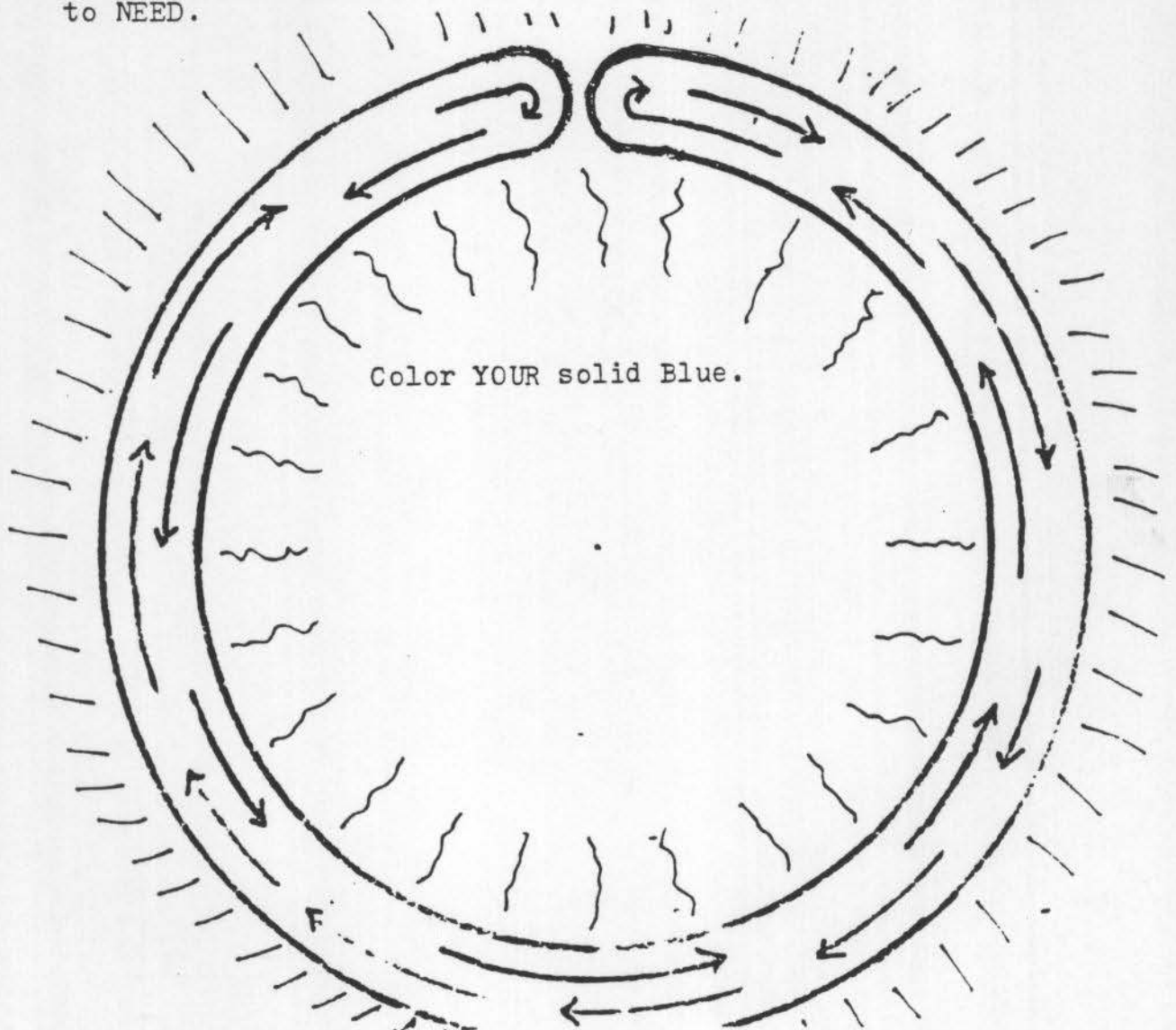
Entity Life Atom
Immaterial.

In this Universe, the Immaterial Life Atom is SPHERICAL, except in extraordinary situations, but it does FLOW on an ENDLESS concept. Should it Mass its intelligence and go into an OBLONG, single TUBE shape Mass, it can and does travel through ALL Universes. The TUBE ends merely merge into FLOW-LINE, or the All That Is. See Visitor Life Atom schematic.

There are TWO distinct Entity Life Atoms in this Universe that SELDOM come into the Material: The Bmind and the Cmind Entity Life Atoms. Only the Soul Life Atom freely TRANSITS.

Whenever a Bmind or Cmind comes into the MATERIAL in body form, world turmoil results, so it is preferred that Entity Life Atoms MERGE with Soul Life Atoms for better control and balanced use, at CONCEPTION.

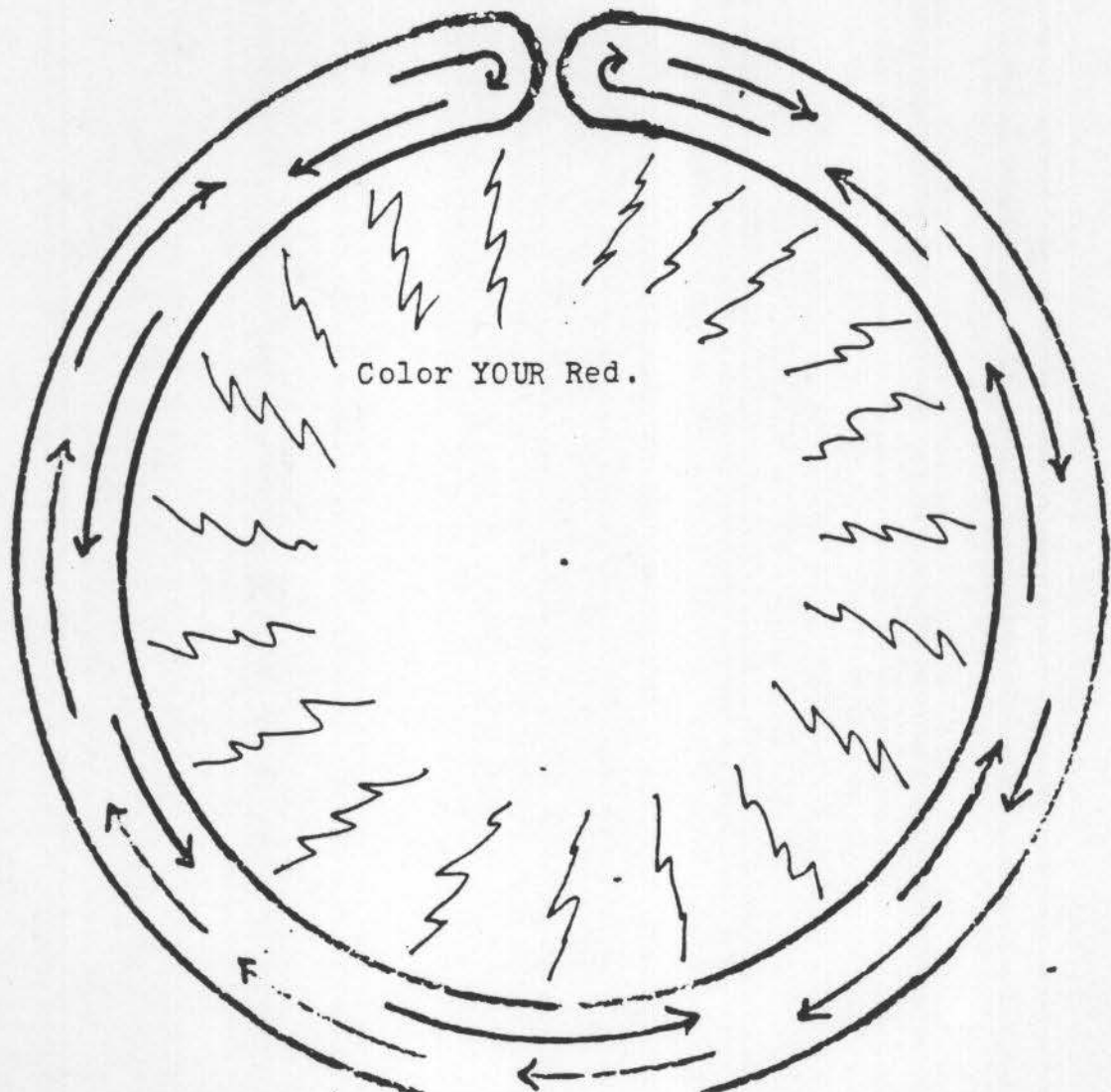
The Immaterial Life Entity Atom below is Bmind. It is a solid blue. You pick your own shade. This Atom has TENDRILS going to the OUTWARD as well as the INWARD. It can expand its tendrils BEYOND this Universe: It can contract itself down to enfold the Hard Core Atom. It has total TRAVERSE of this Universe. Its ENERGY goes BEYOND the total energy of a Universe when needed because of denial within choice. It can and does freeze multimillion man armies in midstride, then transits the settlement in time and balance to the future. Its KINETIC field is awesome when necessary. Its Intelligence is in direct proportion to NEED.



This is a Cmind Life Atom- Immaterial. Its color is solid red. Its Tendrils reach only INWARD. The OUTWARD tendrils and KINETIC field were STRIPPED from it upon its violation decision and now is the HALO around the earth described in Comp # 2. It has NO contact beyond this Universe and exists totally on its imprisoned intelligence and energy.

Being now OF EARTH, it is the LORD of this earth among the earthbound. Its intelligence- which is of yet incomprehensible to the average human- is the originator of the CONFLICT SYSTEM of human advancement, which to it is RIGHT in its own RIGHT.

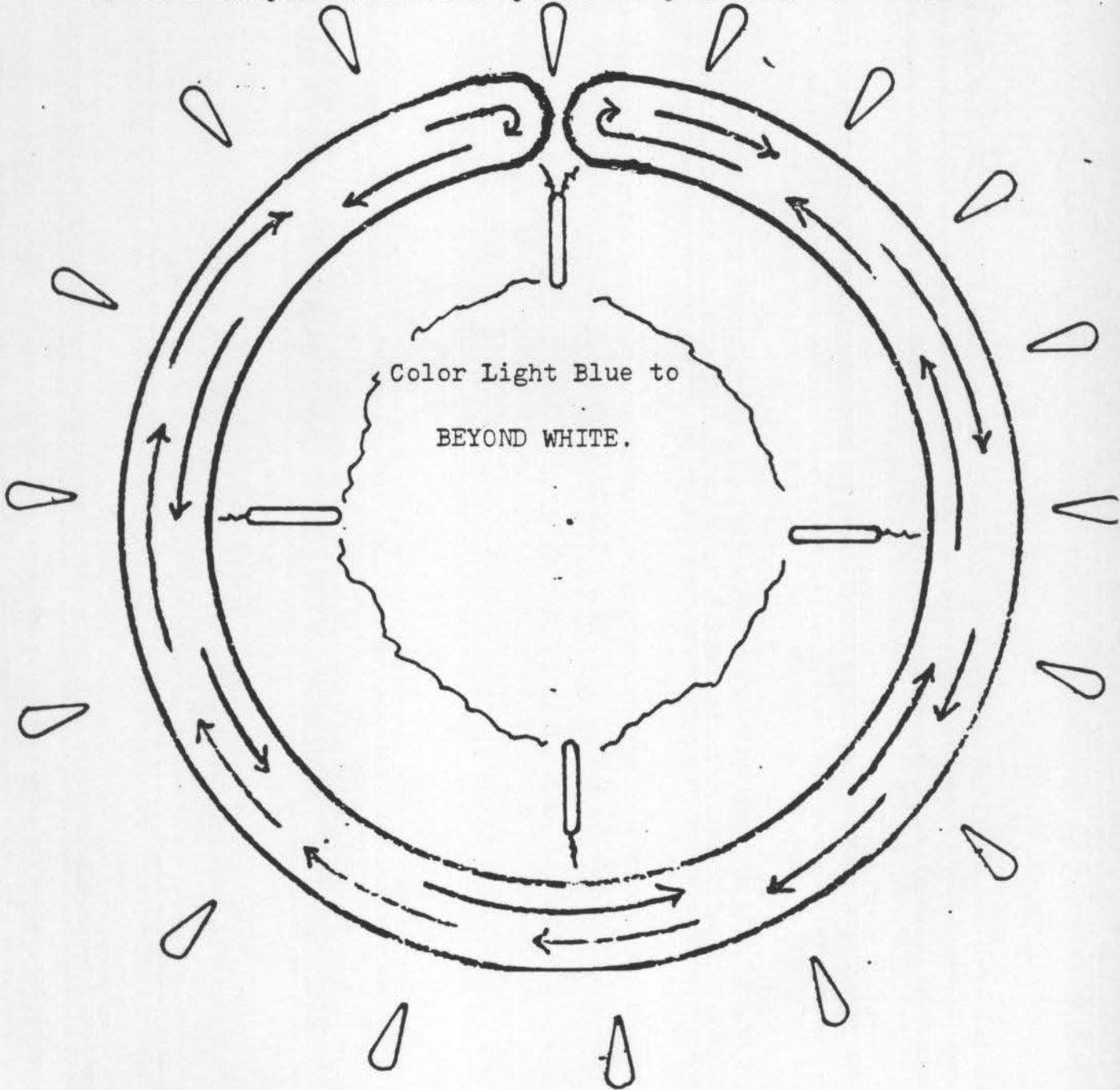
Without OUTWARD tendrils and Kinetic field, it CAN NOT tube itself: it can NOT reach FLOWLINE. It has no OUTWARD 'pull' to its sphere. It can close down and smash Hard Core Atoms. It has lost free traverse. Cmind 'visions' are frightfull due to distortion and red hue scramble, while its geometric technological manifestations are inspiring, brilliant and concept perfect, -without EMOTIONS interfering, that is.



IMMATERIAL VISITOR ENTITY

Life Atom.

Direct link to all intelligence. Light blue to beyond white. No human on earth could tolerate this Atom in the Material element in full energy, few can tolerate Kinetic CONTACT BEYOND A FEW SPLIT SECONDS. Its energy goes beyond that of all massed suns of all universes. Its power of decision is full and final. While in this Universe, it permeates ALL structures with energy at zero output- unless NEEDED. A "COMPUTER" FROM BEYOND ALL STARS, it is NOT told and does NOT tell WHAT to do; IT DOES IT, based on a choice mechanism that is infallible beyond infallible, yet is a total part of you for all of what you call eternity, should you 'know' it or NOT.

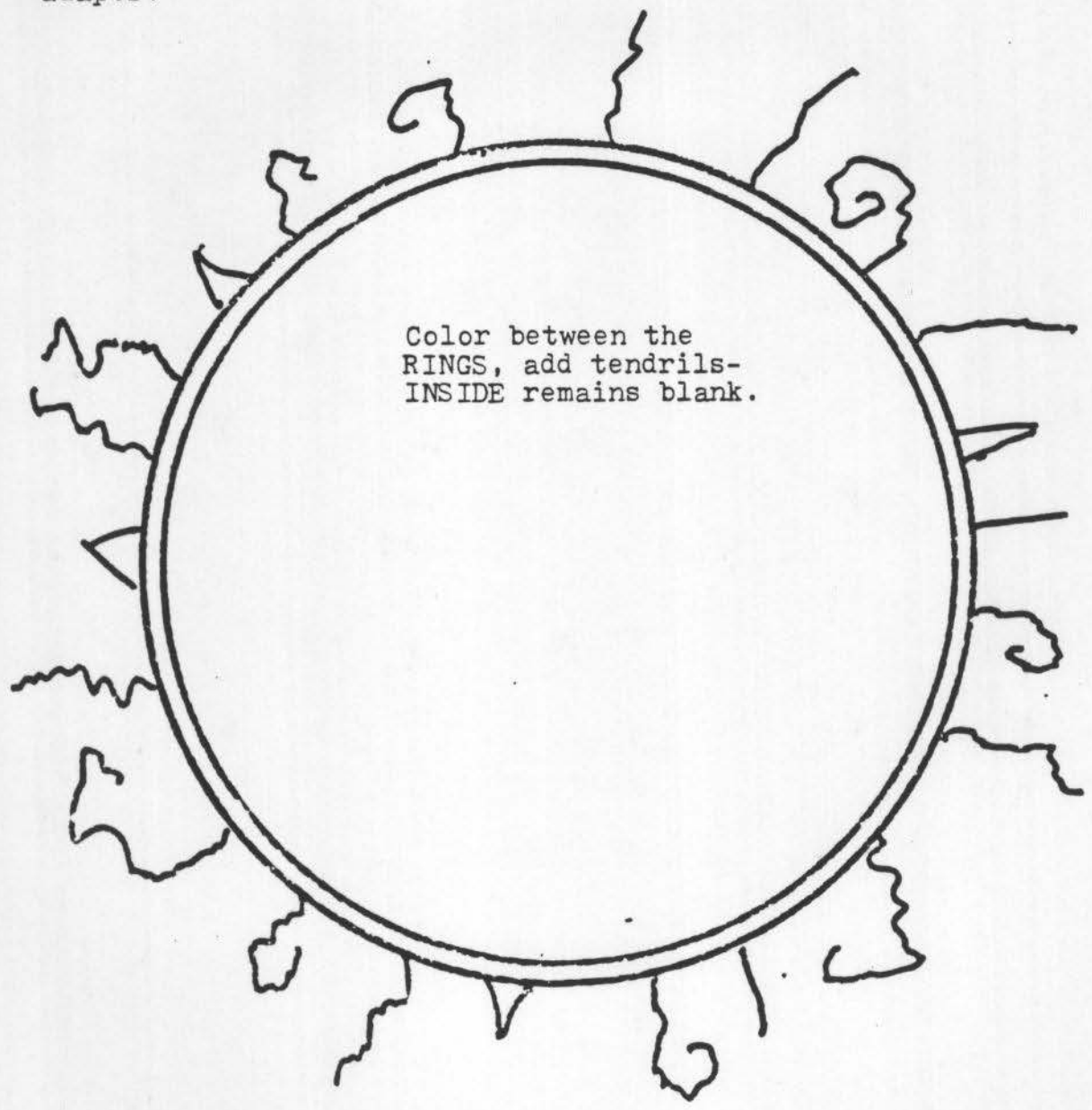


Kinetic Atom.

The Kinetic Atom is useless in the Material World unless it is MASSED. At POD size it starts Mass. As it flows along the action, it grows. Physical action or Thought Action, when CONCENTRATED on a single TARGET or GOAL, grows rapidly. This squares IMPACT when target or goal is contacted. Remarks such as- "...I've just had a thought that bowled me over..." -are often heard, or- "...what did you hit me with- you're not that strong-..." -come from a suddenly floored opponent.

This Kinetic Atom comes in ANY shape- long, round, humped or convoluting- but is always HOLLOW inside. It will HOLD action as long as your CONCENTRATION will HOLD, then flashes into nothing, unless its VIBRATION is deeply impregnated into certain types of common materials. The VIBRATION then stays, repeating itself under the same re-occurring conditions. Another type of its manifestation is explained under Entity Life Atom.

Color the kinetic atom below with your colors, using crayon. It should be a combination of green, blue and red, but need NOT be. This is the 'color' of your aura at present. Aura's do change as influences come to bear and the emotional field adapts.

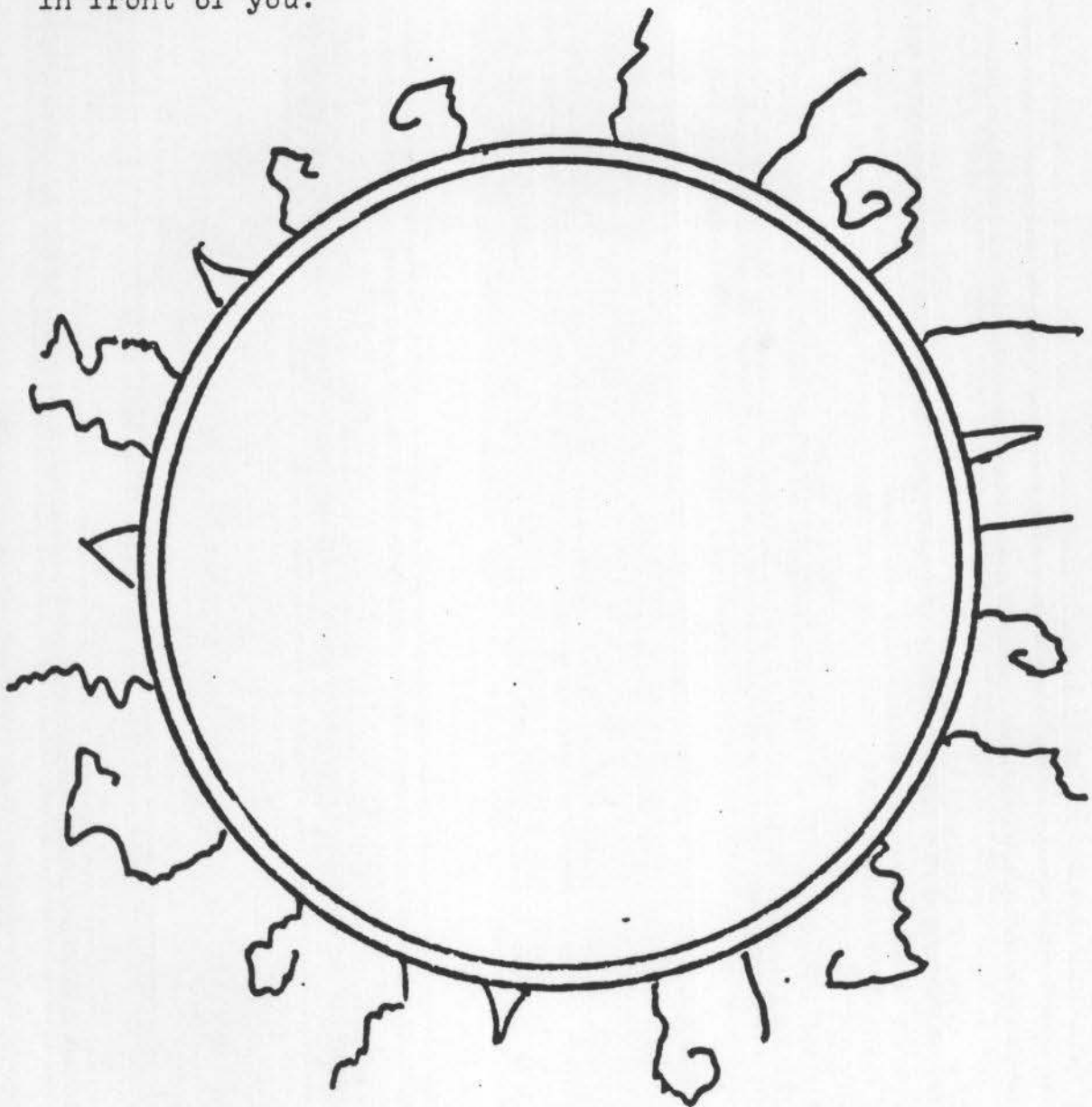


Immaterial Kinetic Atom.

These are all Entity Life Atom by-products in the IM-MATERIAL. This is a method of 'attrition' without violence. Two 'influences' from two sources are directed towards one person in the material; the most concentrated one simply glides in while the other vanishes. Neither 'sender' is effected. The 'receiver' in the physical can be greatly agitated should the color be different than their own. Usually results in the person becoming a 'new' person.

Entity Life Atom Forms bring forth 'visions' seen by many people at the same time in broad daylight by simply intensifying the 'influence' pattern until it reaches 'resistance' from material at the selected place, making the 'influence' seen in material dimension. Color present in such manifestations is usually vague or missing altogether. When in solid color, many persons- being of different color perspective- simply would not see anything. Photographs usually show nothing because there is almost no light refraction in the ethereal vision.

Color this atom to suit yourself- but color it. You may have many colors- simply roughly draw more atoms with those color crayons, until you can 'see' them without the drawing in front of you.

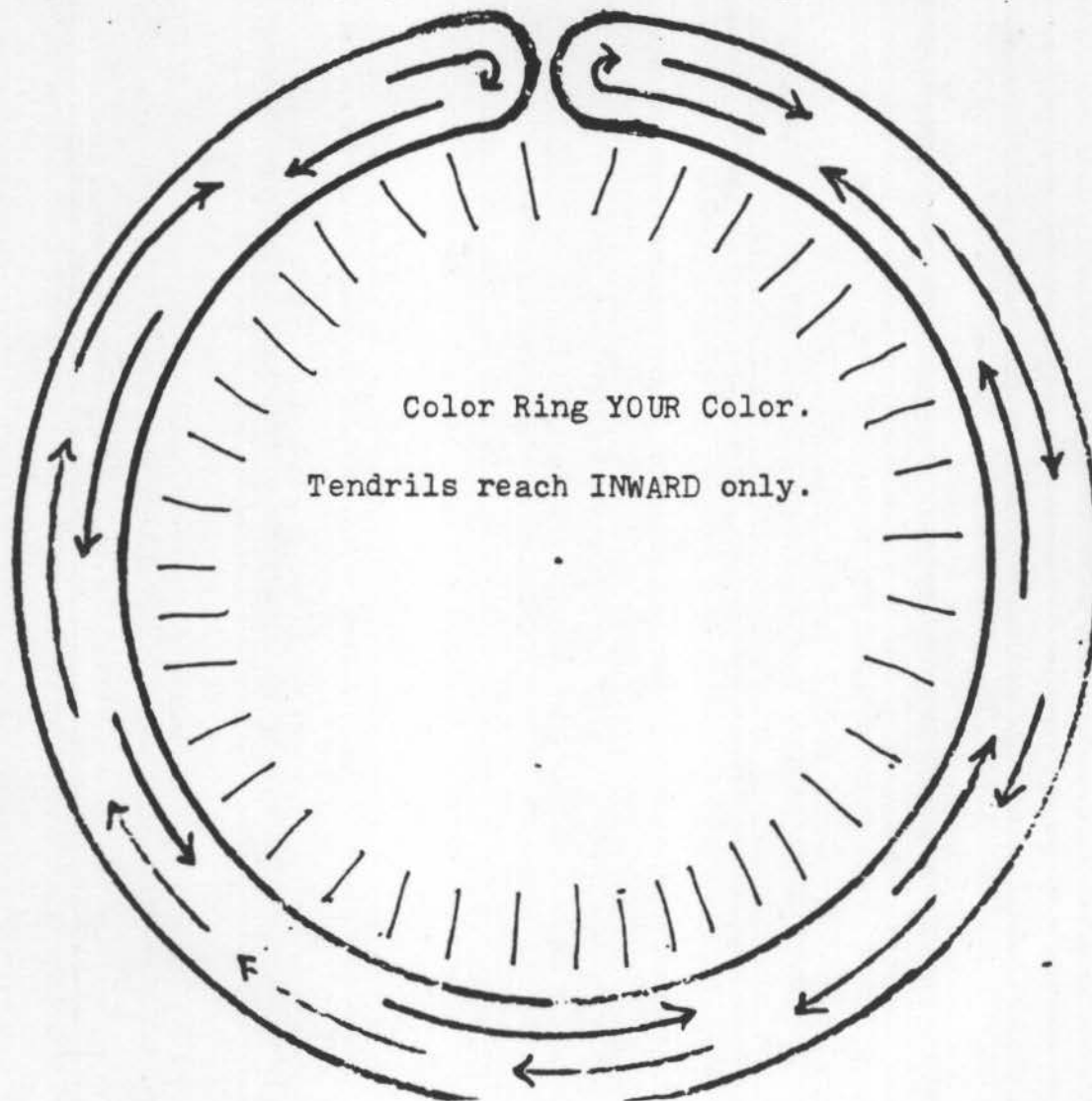


Immaterial Life Atom
(Universe LOW energy)

This is the Immaterial-Material Soul Transition Atom. Its energy at base flow is universal in 'heat' energy expenditure, at approximately two (2) Watts every twenty-four hours while in Mass. Mass exists in the Immaterial as well as the Material, except the Immaterial Mass is almost not comprehensible to a Material Mind Complex, being on the opposite side of Material Expression. Simply explained, Immaterial Atoms have 'fields' with 'kinetic' energy which is in turn an OBJECT.

The Immaterial Soul Life Atom has an INWARD energy reach, NOT an OUTWARD energy reach. Entity Life Atoms come TO it, it does not reach OUTWARD to them. In the Material, this is reversed. To get a good visual of this atom in the Material, look closely at any of the three foot diameter, many faceted and colored globes or spheres hanging in public places- the better ones are seen in Disco Dance places. Each facet is the 'opening' in the 'ring' or the closed aspect when looking from INSIDE the globe.

'Heat' generated by the body Delta Wave, in the instance of the human OBJECT, flashes the Immaterial Life Atom Ring closed, starting the action of birth. The build-up of the 'heat' attracts the inward tendrils of the Immaterial Life Atom. The Affection wave 'heat' build-up in healing processes causes UNIT objects to form, flashing those ever present Life Atom Rings closed, bringing renewed, fresh energy to OBJECT UNIT.



YOU-
in full structure,

Color solid according to number. More than one number, use any number or blend any numbers or all numbers.

7. Solid light blue

6. Dark blue

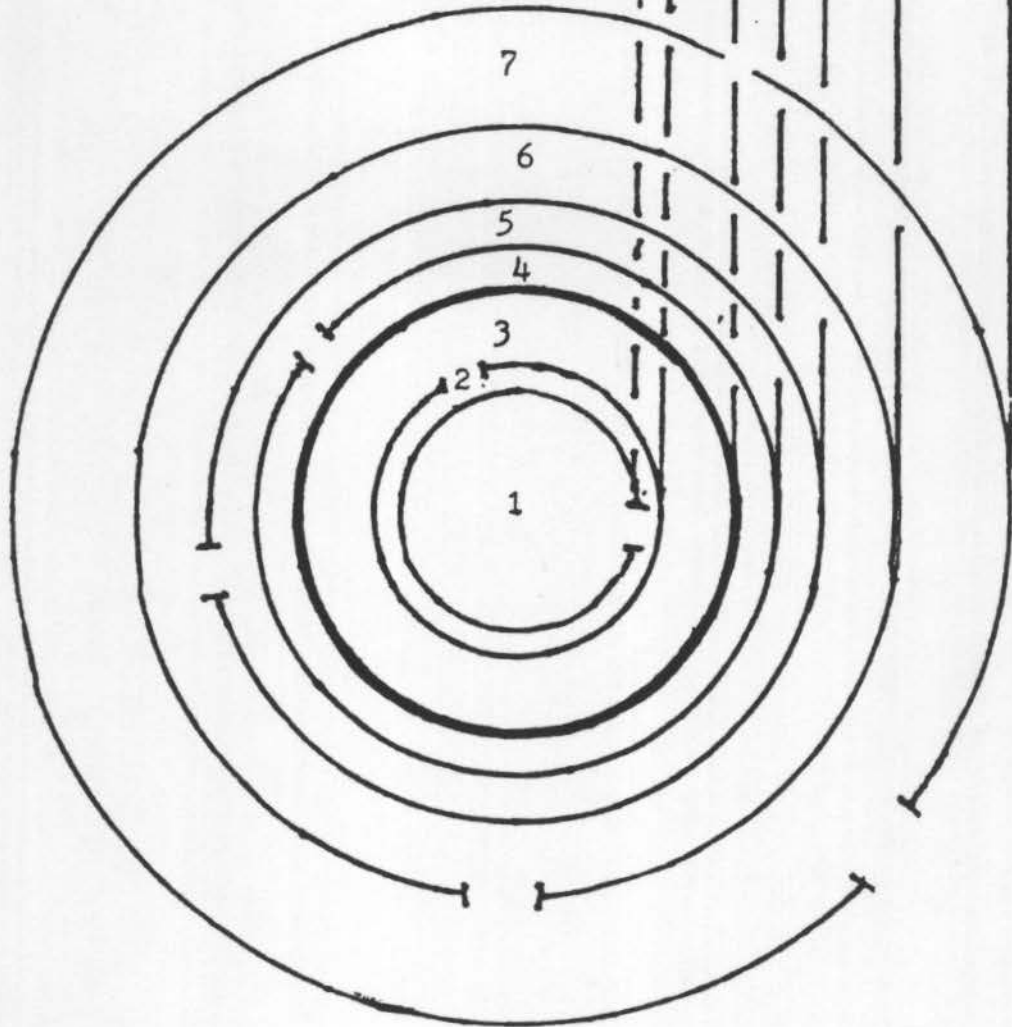
5. Solid Red

4. Red, blue or green: blend (aura)

3. Green; Delta Wave

2. Blue: Alpha Wave.

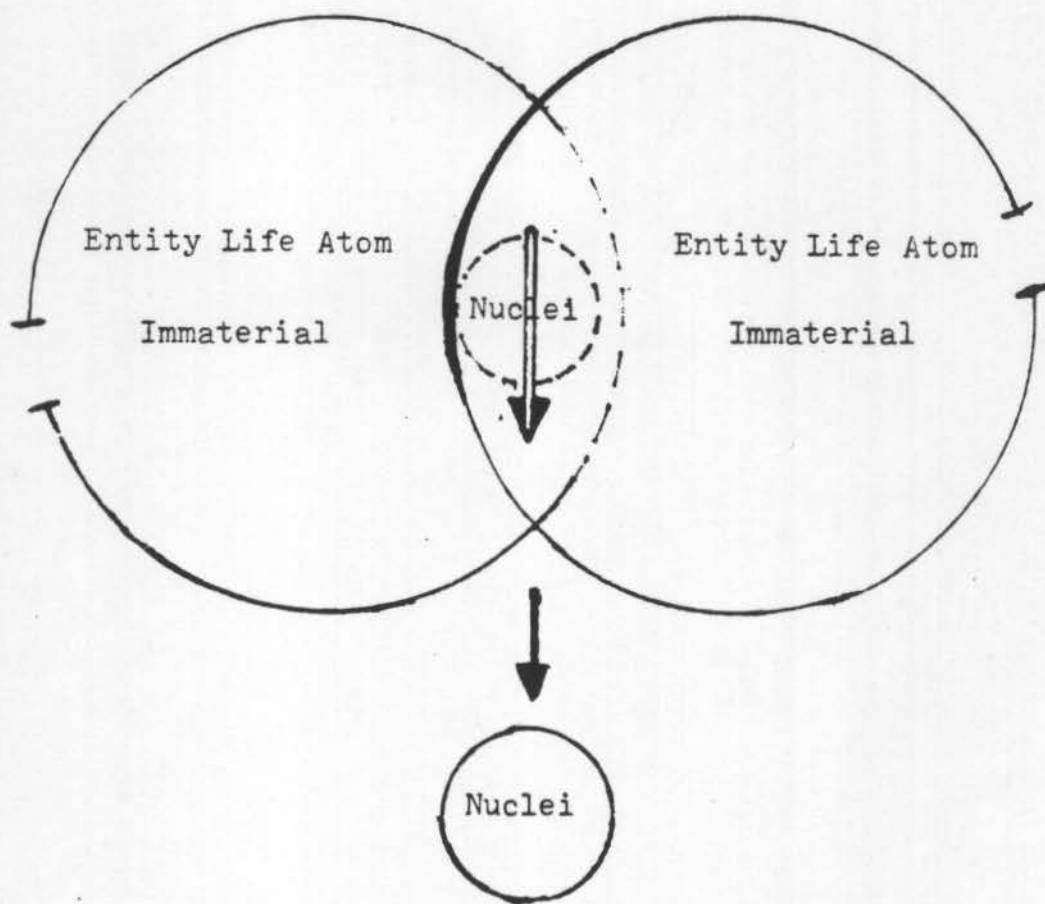
1. Red: Beta Wave.



Creation to Material by
 Immaterial Entity Life
Atoms.

Life Atoms 'create' material by merging each into the other like Atom. ALL degrees of Life Atoms have this ability. A 'closed' Life Atom has lost this ability BECAUSE it is already MATERIAL. Immaterial Life Atoms exist in Object Material forms, so REGENERATION is always a possibility. Control of Life Atoms is control of Material Objects, thus first instance energy change under CONTROL. Bmind/Cmind KNOW how this is done- Amind does NOT.

Color the schematic below, get your Amind to RECOGNIZE the happening. Use YOUR colors.



OBJECT cores of MATERIAL
 CORE ATOMS

NOTES ON THE SCHEMATICS:

by Paul Bunker

(note: p. 58)

The one P & two N's, in the Attraction/ Hold field allow for the pulse needed for the "pulsing feeding method". One's Positive/Androgen, one's Negative/Estrogen, and one's Neutral. Women are such unpredictable creatures because they can be neutral or negative. The lines going through the Flow Ring (female) merely diagram that there are 3 actions, of the Hard Core (male), that the Flow Ring cannot stop or alter. It is a free passage through the Ring. The Positive is almost a full-closed circle feeding in & out. The Neutral/ Negative line is not even a half-circle, and it seems to only be feeding from itself. We are dealing with the power of the circle, in this case, with the P & 2 N's being unable to form a complete circle without the other.

The Attraction/ Hold Field is NOT a form of gravity or magnetism. Our science has no word to cover its action.

(note: p. 62)

The Soul Life Atom is the only type of life atom that manifests HERE. OUTSIDE of this Universe, the Entity Life Atoms DO exist as life, but NOT in THIS Universe. At the moment of conception, the Entity Life Atoms & the Soul Life Atoms are encased by the material that forms the Hard Core, and they stay imprisoned in the Hard Core until the material "dies". World turmoil DID result when the Exiles (C-mind) came here, so a solution was found. (see Comp. II) See pp. 76-78 of T. S. D.

(note: p. 67)

When produced by many fields of different weight core energy atoms, the Kinetic Atom does re-arrange core atoms. When you can get many fields to cooperate, you're getting a lot more energy released. And, it takes that amount of energy to re-arrange core atoms... & this is what takes place in the healing process. The Delta Wave is usually "pushed" by the Beta Wave, within the Healer, to produce satisfactory results.

(note: p. 66)

YOU don't bring on Visions. You HAVE them, when & if your Entity decides to give you WITNESS.

"Influence patterns" are merely hypnotic-suggestive patterns. By using a form of hypnosis, one can cause one's attacker to see an Air Holograph of oneself & thereby attack the Holograph instead of you. Such tactics are NOT really necessary, UNLESS you want to GAIN SOMETHING from somebody. See p. 81 & p. 107 of T. S. D.

(note: p. 69)

This is a depiction of the Act of Creation, as done by the Father. The difference between True Creation and Procreation is simple. In Procreation, we are using the atoms that are ALREADY HERE to "create" life forms. In Creation, the atoms THEMSELVES are brought into BEING. Man cannot CREATE anything. He can only CHANGE or RECOMBINE what is here.

Reality of Rituals.

1 There are two types of RITUALS. One
2 is EXCITEMENT (violence) and the other
3 is AFFECTIONATE (benefits).

4 Whenever persons MASS together, the
5 Kinetic Field multiplies, because
6 their CONCENTRATION is on ONE subject,
7 with a TARGET. Be this physical action
8 or THOUGHT alone, the effect in that
9 concentration- either thought or act-
10 ion- carries material energy capabil-
11 ities that can move material objects.

12 Two clear cut examples are:

13 RELIGIOUS: Mostly affectionate in
14 origin, can and DOES change, but al-
15 ways TARGET on supposed BENEFITS. THEIR
16 BENEFITS, which could be handicaps to
17 THEIR targetees.

18 ARMIES: Excitement ALWAYS. Built on
19 Amind SURVIVAL, riding the animal
20 alert signal driven BEYOND into PAIN
21 EDGE by Mind overdrive into Reality
22 Recognition, this energy is fierce and
23 destructive, using all sub-drives in
24 support of Survival Signals.

25 GROUPS always CHARGE the atmosphere.
26 It is nice to 'know' that atmosphere
27 before you enter it.

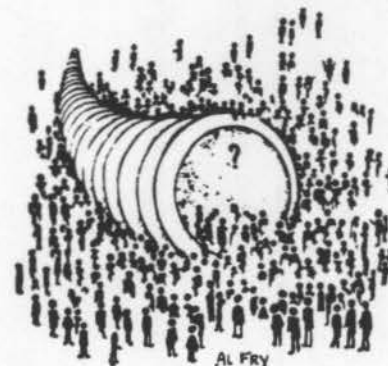
28

NOTES

(note: L 1-3) p. 70

You can't hit a
person affectionately, &
knock their ass off. You
might hit 'em, but it
turns into a love tap.
See p. 104 of T. S. D.

(note by Paul Bunker)



Al Fry

(picture added by Al Fry)

1 ALL Atoms EXPAND and CONTRACT all
 2 the time . This is CONTACT... main-
 3 tained. Heat by resistance in the
 4 material is ACTION. Kinetic energy
 5 is the link between material and im-
 6 material action. Kinetic is full,
 7 vaporizable energy when CONCENTRATED.

8 You WILL function while alive or
 9 'dead'. What you do with this function
 10 is named your 'effort' in action.
 11 Concentrated effort brings concentrat-
 12 ed results.

13 The mechanic's are simple at base
 14 structure: you scramble them as you
 15 move to detail them while in IGNORANCE
 16 of what you are doing. There are in-
 17 built mechanisms to forestall 'unknow-
 18 ing' violations of choice at universal
 19 expansion; karma to bring knowledge at
 20 the material level, though perhaps not
 21 at the conscious level of your memory
 22 Stimuli. Kinetic energy replaces con-
 23 flict in the Immaterial, thus allows
 24 stasis to dwell.

25 Comprehension Five is free expression
 26 WITHOUT conflict in group session.
 27 SERVADE.

(note: L 22-24) p. 71

In the Immaterial,
 B & C-mind can throw
 Kinetic Energy at each
 other without violence.
 Nobody wins, nobody
 loses, & nobody's hurt.
 But, a battle has been
 fought & they've let each
 other know of their
 opposing viewpoints.

(note by Paul Bunker)

NOTES

1 Energetic excitement takes energetic
2 affectionate energy. This 'Delta Wave'
3 energy is the energy that 'fuses' the
4 Soul Life Atom's 'openings' together,
5 forming the Hard Core Atom's Nuclei.

6 Each cell in the body carries its
7 accumulated affectionate energy. At
8 pregation the greater the excitement
9 or affection, the greater the 'heat-
10 flash' that welds the ring closed.

11 Loosely welded, a weak Hard Core
12 Energy Atom: tightly welded, a strong
13 Atom structure. Characteristic com-
14 ments over centuries have persons
15 classifying another person as having
16 a weak, average or strong 'constitut-
17 ion'.

18 A weak constitution will strengthen
19 when surrounded by affection, as will
20 an average constitution. A strong
21 constitution 'supports' weak ones. This
22 is the way a balance in continuity is
23 carried forward.

24 Subconscious or Life Energy in the
25 cells of the persons involved usually
26 take care of this action, but MINDS
27 can and do ENHANCE the happening.

(note: L 1-10) p. 72

High Excitement
uses up C-mind's stored
up stolen affectionate
energy. This produces
a "strong constitution"
baby, but it also tears
down the bodies of the
parents in this drive.

(note by Paul Bunker)

ACTUATING ENERGIES IN THE HUMAN COMPLEX WITHIN NORMAL
RANGE .

USE THIS SIDE FOR ANSWERS.

Without intelligence there is no knowledge. Without knowledge there is no programming. Without programming there is no instinct. Without instinct there is nothing.

Without intelligence there is no recognition of the beyond. No recognition of the beyond there is no religion. Without religion there is no programming. Without religion there is no instinct programming. There is nothing.

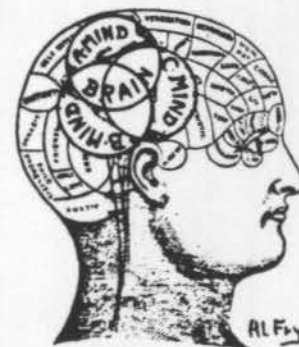
Intelligence is the actuator of all human complexities. Religion is only one complex. Science is another. Both born of intelligence. Intelligence cannot be nothing.

Animal form is function, which comes from knowledge, which comes from intelligence. Instinct is the blind side of intelligence for the human.

Intelligence brought forth all that is here in recognition to human form. All functions of the human form are the result of intelligence. Why deny some functions and acknowledge other functions of the same intelligence?

Unless there is more than ONE form of intelligence. More than one form of intelligence, then more than one form of human function. More than one form of beyond, more than one form of religion, more than one god.

With one intelligence, there is no conflict in action. Two intelligences produce re-act actions in human function. Two or more perfect intelligence's together are both imperfect; the two emerge as a greater ONE of perfection. Human form function would than be uniform and finite.....
BUT ALL FACTORS ARE OF INTELLIGENCE.



(picture added by Al Fry)

EPILOGUE:

Everyone seems to persist in being told HOW... in detail... to do everything. I guess it's because it's just a great point of our training & our environment... from the cradle to the grave. "Tell me how to do it, so I can do it too." All that I can say is, here, is that each one of us is an INDIVIDUAL. And, this is why Big Brother's plan does not work, because we are basically... and the plan & the System we have... telling people to be a "horse", when they are a "cow"... and making them accept that. Or, to be an "airplane pilot", when they'd rather be fishing... and make them accept that. The Comps. do NOT do this to you. It gives you the mechanics, each & every one of them... including Comp. IV. You can accept, reject, put it to work for you and then reject, put it to work for you & accept it, decide what is right for you and what is not right for you, and take it from there. The Base Factors are there for you to work with. I never intended... nor would I be able... to tell each individual on this planet what is good or bad FOR THEM. There is no way! Once they get the TOOLS & once they know what the score is in relationship to them & their thoughts & their knowledge & their intelligence, then they can adapt, adjust, and get rid of confusion. Many people write in & say, "Well, I don't understand this!", and then they go on writing & they start using "A-mind" and "B-mind" and "C-mind", as they're describing their friends. They're using it, and they do not even KNOW that they're using it! And, this is the way it works. So, don't be discouraged, don't think you haven't got anything from it, and don't think that you've been shortchanged,... because what you develop, from these Base Mechanics, will be yours & yours alone. And, NOBODY can take them away from you. Nobody anytime, anywhere, or any-

place. If it were possible to do what most people think I SHOULD do, I would do it. But, it is NOT possible. We have a wide divergence of intelligence. We have a wide divergence of habitat. We have a wide divergence of environment, of government, & of peoples. Each one of them must find themselves in their OWN way, under their OWN drive, and under their OWN choice. For me to try to tell any one of those people what they SHOULD or SHOULD NOT do would be the same as Big Brother & the same as the System that's here. I want you to bear in mind that I am POSTULATING NOTHING. I am NOT laying a platform for anything on this planet. I am giving YOU the postulation. I am giving YOU the platform. And, you make of it what YOU will. It is your choice and your decision. I will guarantee you one thing, however, if you do NOT put what is in the Comps. into ACTION, they will not do you any good. But, they will AUTOMATICALLY be put into action IN SPITE OF YOURSELF, although that will take longer & that will be much slower, and you will probably have forgotten how it all happened to you... when it happens.

A QUICK NOTE ON COMP. V:

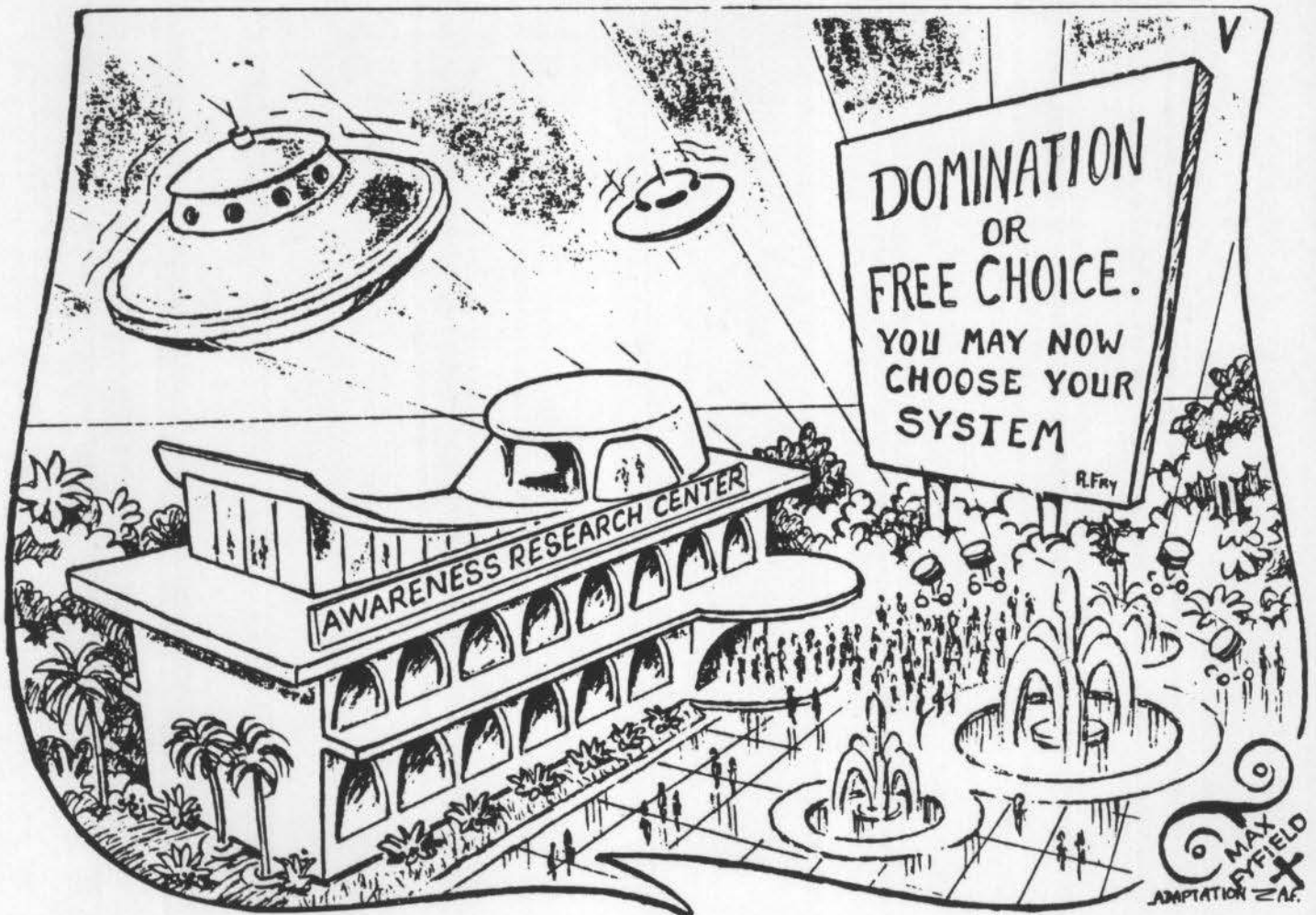
People have asked, "What about Comp. V??" There is no such thing. That is in conference. But, you will have developed enough... by then... so that most of it will be in a form of telepathy. And... you will NOT be ASKING questions, you will be ANSWERING questions. There is a great difference between the two. Right now, as long as you are asking questions, you are NOT ready for a conference on Comp. V,... because ALL of your questions can be answered by the four Comps. & should be answered by the four Comps. And, if they are not, then you'd better go back & start APPLYING them. Start looking at it. Start putting it into ACTION. THEN, when you set with the

Unit, there IS no hostility. There is only tranquility. The instant hostility develops, that meeting is over with.

BIG BROTHER'S TEN COMMANDMENTS:

Now... as I've said before, Big Brother's Ten Commandments were going to be included in the works of the Comps., and that they'd be in Comp. IV. I've been hesitant about this, because... from the returns I've gotten... most people haven't stumbled onto the fact that Big Brother's Ten Commandments are the original Ten Commandments by Moses! I'm including 'em, because maybe a lot of you haven't seen 'em. They're the last page, in this textbook. They are the Ten Commandments that appear in all of the Bibles around the world. That is the BASE of the System that is here. They're filled full of "NOT'S". "Thou shalt not." "Thou shalt." "Thou shalt do this." "Thou shalt not do this." It is all COMMAND, it is all MANDATE, and it is all DOMINION. The Bibles BRAG about dominion. "You shall have dominion over all the fish & the fowl & the beasts." It doesn't add, "And also, man.", but it's IMPLIED..., because to have dominion, it must be over ALL... not just a few. Now, this is what you are up against. This is what you are to change, and balance it out with what is to be. When you go over these Commandments, bear one thing in mind. Is it TELLING you what to do, is it ASKING you what to do, or is it merely laying there & saying, "Well, you can do it." or "You don't have to do it.", and take a good, hard look at it. Every business, every government, every form of work, every form of harvest, everything that is here, and every law that has been written is based upon Big Brother's organizational ability, and his C/Complex Mind, to bring forth a betterment of the human race... in spite of Hell or high water, in spite of them, and in spite of

anything that happens. And, he's done a beautiful job of it. And, you should give him the credit for it. But... now is the time to give him his due, and give each & every intelligence THEIR due. And, there's one thing that I've always chuckled about... as you turn this page & look at the Ten Commandments..., and it escapes everybody that practices them, lives them, or tries to live them. The very first Commandment is a dead giveaway. "Thou shalt not have any OTHER Gods before me." There is the admission... by the "Supreme" God... that there ARE other Gods, and he's not gonna tolerate you playing around with them! And, they do not tumble... even in their written works... to the very fact that that Commandment would NOT be necessary if there were no other Gods around!



(picture added & adapted by Al Fry)

THE TEN COMMANDMENTS

- 1) Thou shalt have no other gods before me.
-ONE TRUE GOD
- 2) Thou shalt not take unto thee any graven image.
-IDOLATRY
- 3) Thou shalt not take the name of the Lord thy God in vain, for the Lord will not hold him guiltless that taketh his name in vain.
-PROFANITY
- 4) Remember the Sabbath day, to keep it holy.
-SABBATH OBSERVANCE
- 5) Honor thy father and thy mother; that thy days be long upon the land which the Lord thy God giveth thee.
-PARENTAL RESPECT
- 6) Thou shalt not kill.
-MURDER
- 7) Thou shalt not commit adultery.
-IMMORALITY
- 8) Thou shalt not steal.
-THEFT FORBIDDEN
- 9) Thou shalt not bear false witness against thy neighbor.
-UNTRUE TESTIMONY FORBIDDEN
- 10) Thou shalt not covet thy neighbor's house, thou shalt not covet thy neighbor's wife, nor his manservant, nor his maidservant, nor his ox, nor his ass, nor anything that is thy neighbor's.
-IMPROPER DESIRES FORBIDDEN

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