TURBO-SUSLIK

HOW TO STOP
FUCKING YOUR MIND
AND
START LIVING

DMITRI LEUSHKIN

...Once there was a story...
About a beautiful enchanting garden
Hidden deeply within
Secrets of eternity lay waiting for you
To reveal mysteries of transcendence.
These gifts however were granted
Only to those brave enough
To descend into their own cave of chaos
And confront trials of tribulation Survive
this – change forever.

(Hypnotica, "Sphinx of Imagination")

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Introduction

Thank-Yous and Acknowledgements

To all people who ever strove for Freedom and who have contributed to the creation of all mental work techniques available today;

To the creator of "TFT" **Dr. Callahan**, also to the creator of "EFT" **Gary Craig** (USA);

To the creator of "BSFF" **Larry Nims** (USA);

To the creator of a series of brilliant techniques including "PEAT," "DP-4" and other Spiritual Technology Methods — **Zivorad Slavinski** from Serbia;

To the author of "The Resolution Of Mind" – **Dennis Stephens**;

To **Strannik** for great ideas and material for processing;

To the author of "Processing of Games" **Usachev A.V.** for several precious ideas without which the system would be less effective;

To **Oleg Zuravski** for a perfect idea of combining direct work on the subconscious mind with any effective techniques;

To all members of the work team with the code name "**Susliks**," who worked with me on new techniques, supported me, shared my progress and failures and went through all the "ups" and "downs;"

To my beloved wife **Oksana**. This book wouldn't even exist without her.

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Unofficial part:

Everything written in this book is a reflection of my personal experience from working with the described techniques and the combined experience of tens of thousands of Russianspeaking people who have used this book and the described techniques since it was first published in the Russian language in 2008. I lay no claim to the absolute truth and do not say that my view of the subject is the only true one; I only describe my purely **practical experience** and experience of people familiar to me who practiced the techniques described in the book and shared their results and thoughts with me. It is quite possible that I may be wrong in something, that something can be done better and more effectively. However that is not important to me. I, just like the others, have received very real and extremely deep and serious results, and this fact allows me to conclude that the approach provided by me is effective for achieving certain results and for a certain group of people.

<u>I do not guarantee</u>, that with the help of the techniques described in this book that you will achieve some guaranteed, strictly defined results. It is likely to happen, but surely there can be no solid guarantees. As in the case of using other methods of working with the subconscious mind everything mostly depends on your initial condition – i.e. how deep in shit you are, how fucked up your "brain" is, how many "glitches" you have and of what kind, how much crap is dragged from the past, and how deep your self-understanding is. But the main thing is that the result depends on your readiness to achieve it; and what exactly the term "readiness" includes you may read in the following chapter.

If you have real, serious psychiatric problems, do <u>not use these techniques</u> on your own, but only with the consent and under the direct supervision of your attending doctor. Note that the techniques described in this book are NOT intended for curing or diagnosing any physical or psychiatric/psychological problems, or ANY health-related problems. I take absolutely no responsibility for anything which may happen to you as a result of using the techniques described in this book. By continuing reading this book you automatically acknowledge you have been advised of these precautions, are aware of the probability of side effects and undertake to assert no claims against me, in case you totally fuck up your "brain." In other words – think before you act. For people with serious psychiatric problems, as well as for fucking idiots who do not even understand what they are doing, <u>you are strictly forbidden to read this book</u>. Let me make this clear – this is NOT yet another masturbation about "selfdevelopment," this stuff is real, serious and can cause extremely deep changes in your life and psyche, and the process can be extremely disturbing, uncomfortable and painful, both mentally and physically.

In the process of work some re-stimulation of certain things is possible, which may (and most likely will) cause the return of different health problems, which are sometimes very painful (happily, it's a temporary thing), and also some negative emotional conditions, sometimes extremely negative. As you advance in "mind cleanup," the strength of your intention will most likely grow, quite drastically, that's why your intentions will fulfil much quicker, sometimes almost immediately. This includes both "good" and "bad" intentions, that's why a sequence of unpleasant (at first sight) events is possible in your "real" life. If you realize that you have created them yourself with your own intention (no matter conscious or not), you will be able to correct or avoid them, but if you, like the majority of people around us, blame other people or "circumstances" for your failures, it may be hard for you. So, if you are afraid of temporary difficulties or changes in your life, which will surely begin to happen as you advance in your work, then you'd better not start, go back to your safe warm zombiebox and continue sleeping.

In the process of work most of your "views" and illusions will disappear, and an emotional balance will be shifted to the side of quiet, emotionless, balanced state of mind and "I-don'tcare-ness." If you do fuss over your illusions or "views," your "life experience," your ideas about the world and about what is true and what is not, as well as your "snivels" and hysterics (which people take for "true or real emotions" because of their naivety and ignorance) – do not work with these techniques. You will also lose interest in any social games, and that may cause the disappearance of old motivations and goals. If your social position, society's opinion about you, and the illusion of your social actions are important and dear to you, then to avoid frustration do not work with these techniques. It should be noted that we are not talking about denial of money or material values, even though most likely there will be great changes in your relations with them.

The techniques described in this book are not intended for work with physical illnesses or their diagnostics. Despite the fact that certain diseases may disappear all by themselves in the process of cleaning your mind from "crap," as they are a direct consequence of its presence, I do not guarantee that with the help of the techniques described in the book you will manage to solve any health-related problems. Please, **use the services of professional medical workers to solve your health-related problems.**

Methods and techniques described in this book are intended for independent use only. If you are afraid to work on your own, not self-reliant, not ready for independent work or need a teacher, guru or trainer — do not work with these techniques. There will be no support, no help, no coaching, nothing. **You will be working all on your own.**

Use of the techniques described in this book is forbidden for people under legal age (in most countries, it is 18 or 21 years).

In general, use all the techniques described in this book at your own risk. In case you do not agree with any of these terms, simply stop reading this book.

A notice to women: if you are pregnant or nursing you are advised that your use of the techniques described in this book is strongly NOT recommended. During their use a discharge of a large amount of so called "mental masses" is possible, including those of negative emotional content (sometimes extremely negative), and which may negatively influence the health of your child. Additionally the volume of computations and transformations performed by the brain in the process of this work is so large, and the energy requirements are so serious, that even without negative mental health a fetus may be harmed. Use the techniques described in this book either before pregnancy or after the end of breast-feeding. Yes, I know plenty or pregnant or lactating women that use TurboSuslik, but they do it at their own risk and are perfectly aware of the consequences and dangers.

This system is not a system of Zivorad Slavinski, was not researched or tested by Zivorad Slavinski, is not related to "Spiritual Technologies" by Zivorad Slavinski in any way (except for the fact that some of the ideas included in the techniques of Slavinski, served as a starting point when creating the system). If you want to get processing according to the techniques of Slavinski, contact any PEAT Processor, as this system does not substitute it in any way and has absolutely different principles and goals.

Additionally, the system has no relation to Scientology and auditing or processing of any kind and is not intended to substitute or supplement them. The same is true with regard to any other kind of psychology, therapy or NLP.

Instead of a foreword — who this book is intended for

If you are among those who have finally realized that the source of all your life troubles and psychological problems is yourself, and nobody else – **you yourself**, i.e. everything that is called your personality, all that pile of crap in your head that is called views, beliefs, hangups, offences, psychological traumas, glitches, fears, your past, your expected future, your so called "life experience;"

If you understand that there is simply no alternative to throwing all this "stuff" in the garbage (of course, if you want to live and not to continue sleeping in this zombie world);

How to stop fucking your mind and start living

If the words "awareness" and "freedom from automatism" are not meaningless for you, and your desire for this very "awareness" and "freedom" burns you inside with unquenchable fire;

If you realize that "freedom" is an inward notion, and no outward wealth or circumstances will ever make you free;

If you want to finally start getting some real results and feel what this very freedom is – from the garbage in your mind, from duality, from labels stuck in your mind on everything around, from other people's views and beliefs you have picked up throughout your life while communicating with other zombies and as a result of social programming, from fears, glitches and hang-ups;

If you want to finally start living "Here and Now" instead of chasing a mythical "life later on" ("When I obtain the position of senior manager, my real life will start");

If you are sick of fucking your brain by digesting tons of esoteric and new-age literature, literature on "self-development" and "self-perfection," attending seminars and chewing on endless snivel on forums and in blogs;

If you are ready to **work** and understand that it's useless to expect freebies;

If you are ready to go through all your shit, face all your demons, all of the evil and horror that is inside of you and in your past, even in spite of any pain and suffering you may feel while doing it;

If you realize that no "guru-shmuru" or "teacher" will be able to give you anything to secure your freedom except for a good kick in the ass for you to finally lift your lazy ass up and **begin to do something** instead of chewing the fat;

But at the same time you don't want to give years to practices, meditations and reading all sorts of crap – then probably you will take an interest in the techniques described in this book.

But if you think that somebody else beside you personally is responsible for everything happening to you, or if you are not willing or ready to work, or if your precious snivel and personal tragedies (oh, oh, oh!) are dear to you, or if you want someone else to do something instead of you – to lay hands on your forehead and cure you or to give you a magic pill which would solve your problems or to take you by the hand and gently lead you through all the hardships to a happy and free "tomorrow," if you don't want to or are afraid to sort out tons of shit accumulated in your head through all these years, if you are afraid of suffering, pain and depression – then close this book, because you will only waste your time reading it.

Also, it would be better to do so for those who have no brain in their head and who will run to their favorite online forum to ask their favorite "forum gurus," puffed up like frogs with the feeling of their importance and wisdom, "please advise if it's worth working with this technique." It is not worth it, I can tell you right now. Do not even start – **if you don't have your own brain and enough responsibility to make an independent decision, then it's not for you.**

How to stop fucking your mind and start living

In brief, this book is for those who are willing, ready, and going to change, instead of chewing mental crap on forums and the Internet, and for those who will work and not whine, moan, chew their snivel or complain about injustice of the universe, evil people and bad techniques, that "do not work." So, this book is for practitioners – men and women, grandpas and grandmas ("better late than never"), who decide to take their "brain" **into their own hands** and begin to change themselves.

Creation of a new sect, group or church is not among the tasks of this book. No organization of seminars, training of some teachers, instructors, etc. is planned in the future. I am no teacher or trainer, I am an average guy. I simply fixed my "brain," because I want to live a full life. I don't dream of saving the world or making the human race happy or helping all "the suffering" – I'm not interested in that at all. But I know there exists a certain amount of people who need these exact tools. That's why I have written this book – a compilation of knowledge and **specific practical experience** which I have gained in the process of "mending my mind," and knowledge and experience of people who worked together with me. In brief, this book is not just another Way to some Happiness, it is simply a tool for work, and what is essential, for **independent** work. This is a key component requiring **individual independent work** with yourself without teachers, tutors, gurus, swami, instructors, etc.

I am sure that every person who really wants to mend his "brain" and is **ready** for it (that is, who does not only **talk** about how nice it would be to do this or that, and periodically spends a couple of minutes briefly "trying" some new techniques he has read on another website, **but who is really ready to work and change, and understands exactly what he does**), and is able to do it **by himself**. One must be ready to work independently and relatively quickly employing techniques that are not too difficult (though some problems may be difficult to solve on one's own, but nothing is impossible). These techniques will be described in this book in an extremely concrete way.

I do not promise easy solutions. Although reasonably quick changes are possible and even likely. But for sure there will be no freebies. You will have to work and you will also have to pay for the speed of changes. You will learn later, in the chapter about "snapbacks," what the "payment" is that I refer to. If you are ready for concrete work and probably certain difficulties, pain, suffering and frustration – continue reading. If you are afraid of difficulties or looking for freebies, or yet another interesting theory, or "an attended seminar with diploma" in order to fill your "attic" with more crap – just close this book now and get lost. This book consists virtually of practice only, and as for theories – you may find them on Internet.

And one more thing: to change or not to change your life – **it's your choice and your decision**, and I don't give a fuck if you prefer to stay in shit or to get out of it. I am not going to persuade or convince anyone of anything, to prove the rightness of what I do or the effectiveness of the suggested methods. You either take it and do the work or not. Here is my uncomplicated philosophy. Those who disagree, are dissatisfied or indignant in their sacred untouchable self-righteousness — go away.

I do not insist that this system in general is the most effective, the best one, etc. There are no "best" or "most effective" techniques in isolation from an individual and from the task. That's why this system is simply one of a great number of tools available nowadays, which can be very **effective for a certain category of people** who are ready to work with its help. If you

are a part of this category of people and will get results from such work, then great. As for everyone else – well, I don't care about them.

These techniques **will not be** effective for solving just one or two problems. These techniques are aimed at a cumulative transformative effect from processing of large arrays of mental material, and not due to single processes. Turbo-Suslik is a **system** that is intended for gaining **freedom**, and not for solving several small personal problems. If you are interested in the possibility of purging "a couple of glitches," use the BSFF technique or contact any PEAT processor, and he will help you do it quickly and effectively (in the majority of cases).

And finally, it was noticed that these techniques work best for those who have no way out. That is, if you are really so deep "in a hole" that there is the only alternative – either to kill yourself or to **fully** change yourself, and still you do not want to fall into the clutches of some new age sect of idiots "filled with love and light," crazy schizoterics and other peddlers of "Global Happiness," then you will get extremely serious results, and no side effects or temporary suffering will dismay you. You will bust your ass instead of fucking your brain and chewing snivels, and you will get quick and serious changes. And those who "sort of want to change," or maybe "think they should start some work on self-perfection one of these days," or believe that "it'd be nice to finally do something with oneself" will simply get no result with these techniques, because they will slow themselves down. Because they do not really want anything and only masturbate their brain out of boredom. So if you are really desperate, don't hurry to shoot yourself, give yourself 6-9 months, get to work and maybe you won't regret it, actually you may be happy you did. But before making a decision read this book to the end.

About the author and the origin of the system

At this point it's traditional to tell you how qualified I am and that I have been improving my unique developments for 20 years now and that I have received "the Direct transmission" from Swami Wivmeetonirvana during my satsang in his ashram in India, and that in the last 30 years I have been meditating hard and working on self-development, and that I have attended hundreds of seminars by senior experts, have received dozens of diplomas and certificates, have a 1000-hour practice as an awesome "processor" and that I am a member of international organizations and the author of 43 books, translated into 82 languages. These declarations would eliminate any doubt or distrust about everything I will present further on and you'll assume that I'm a really cool dude, a member, a guru, etc., and therefore everything I write is cool just because **I** have written it.

But I have decided to deviate from this parade of my credentials and tell you the truth.

My name is Dmitri Leushkin. At the moment I live in Saint-Petersburg, Russia. I'm 49 years old at the time of this writing, married (happily), with 1 child. I'm an average person, almost like your "everyday Joe." I am not a psychologist (thank God!) and not a psychiatrist. I don't even have a higher education. It is just that one day I understood that I needed to do something with my "brain," because it was impossible to live the way I was anymore. I hit the skids, and the direction of my life was quite clear – towards deep and probably physical annihilation, possibly suicide.

The funny thing is that in truth, I have been interested in, and have worked more or less persistently on questions of "self-development," "spirituality" and other shit of that kind for the last 20 years, if not more. Now I can see that it was only a waste of time – primitive and dumb masturbation of the mind. After reading hundreds of books, listening to gigabytes of audio, engaging in endless idle talk on forums and blogs with other sad masturbators just like me, and attending seminars – I realized it all gave me absolutely NOTHING for real problem solving. It all was just another portion of mental crap and another bunch of some concepts. I was sort of becoming more and more well-read, "learned" (at least it seemed to me) more and more, and all of that was virtually useless. And the quickening approach of a total fuck-up sort of told me – dude, you're on the wrong path.

The first step to recovery (at least, partial recovery) was the acceptance of the fact that my "brain" needed to be mended. That it was me and no one else who had driven me to this shit, and that it was me who had created it, and if so, then it had to be me who got myself out of it. I realized that **nobody** but me is to blame for what was happening to me (and even the word "blame" in itself is basically inapplicable here – there is a notion like "personal responsibility"). The only way to do something to purge that deep shit was a clean-up of the junk in my "brain," which had created this very deep shit in my life.

Then followed a search for effective working tools and application of the found tools. The first series of tools consisted of various "things" for "re-programming" of oneself. Hypnosis and self-hypnosis, "affirmations" and "saturating yourself with love," generators of binaural beats, various technical things – the result was almost zero in a long-term perspective. Then I understood the uselessness of attempts to cover old walls with fresh paint, because this paint would sooner or later come off and reveal all the old horror, large as life. And then I came to the idea of deprogramming, i.e. removing of crap from one's mind instead of attempting to mask, remake or repaint this crap, and only this work with techniques of deprogramming finally gave me a long-awaited, serious, appreciable result.

The first one was EFT (Emotional Freedom Technique), created by Gary Craig from the USA. A nice thing, but dreary – for those who are not ready for total restructuring of themselves it may be quite good, though. It was EFT with which I started to peck at the first deposits of shit in the past, since I understood, fully by intuition, that without solving of past problems I could not expect any normal present. Of course, there were certain results, but work proceeded rather slowly and drearily (and painfully – try knocking on various points of your body with your fingers for 4 hours daily).

And so I wanted something more simple and effective, and then "in a magical way" my tenacious hands got a hold of "BSFF" – a method of direct work with the subconscious mind, created by Larry Nims from the USA. I began hard work with BSFF and had worked through a relatively large pile of shit in my head. At the same time I realized that my ideas about the amount of this product in the head of a standard homo sapiens was way too underestimated and on the basis of my own experience and experience of other people I have written a book about BSFF. Since then it has been spreading all over Russia and was even published "in paper" in the Russian language.

BSFF was much faster and easier than EFT and did certain work, but it was too dreary to dig up hundreds of problems, which were also too hard to solve. Again there was a search, and again "in a magical way" I got information about a system by a genius Serbian psychologist

and the real Master – Zivorad Slavinski. In the same magical way I attended a workshop by Slavinski in Kiev (Ukraine), where I learned "these things." I began to apply his system on myself at first, and work proceeded considerably faster. Quality of life started to change rather appreciably. Processes of Slavinski are probably among the most powerful techniques available nowadays for working with **individual** problems, and the only thing that didn't suit me about them was their speed.

You see, I'm a rather lazy guy. I soberly realized that in order to gain real freedom I needed to work through not only a hundred problems, but to fully restructure my personality. I wasn't, however, prepared to spend tens of years in "working on myself," because, shoot, work is one thing, but there is life to live, too. Of course, I want it all and I want it now. I would like to find something that would let me achieve it in weeks and months. Well, I can devote a year or two of my life to daily 1-2-hour work, but to sit for years and to dig illusory problems – I got fed up with stuff like that when working on BSFF.

And of course, my wish to find something equally effective, but only "easier and faster" was awarded again. My good friend Oleg Zuravski, a very clever guy, who at that moment also worked a lot on himself with the techniques of Slavinski, made a supposition, ingenious in its simplicity, that in BSFF, as in **any** other psycho technique, real work is performed by the subconscious mind anyway. And if so, then we are our own doctors, because we can optimize and automate all of this stuff.

Inspired by this supposition, my knowledge of BSFF, ideas of Slavinski, and a whole lot of techniques and methods known to me by that time, I began the development of a new system, ensued by several months of fine-tuning, enhancement and, of course, testing on "guinea pigs" and first of all on myself. And at that very moment real, fast and strong

changes started within virtually weeks, and sometimes their depth and speed made me feel funny (states of mind, flashes of enlightenment, changes whizzed like a landscape outside a train window). "A pipe dream" came true!

The results from the work described above has been condensed into this very book you are reading now. From now on everything depends on you – whether to take the techniques, work and get results, or continue suffering, chewing snivels and complaining about your life. In this book I describe a tool **tested by my personal experience and experience of tens of thousands of users in Russia and all over the world**. It offers large development potential, and whether you apply it or not – is up to you, because your life is fully in your hands. It's up to you to decide.

Theory

About the system

Techniques described in this book form a basis of a well-coordinated system, which enables one (on condition of a person's readiness) to achieve considerable progress in one's psychological state, worldview and relations with the surrounding universe in recordbreaking short time (several months).

All these techniques are based on principles of direct work with the subconscious mind by means of programs previously given to the subconscious mind. From this point they have something in common with BSFF, of which you have probably heard or even practiced this system more or less effectively. However, there is a number of radical differences from BSFF both in the work strategy and in the ways of processing mental material by the subconscious mind.

Let's begin with strategy. **Use of this system as a tool is aimed to stop fucking one's brain and transfer directly to life as a process. Look at the book's name: "How to stop fucking your mind and start living."** And the way of reaching this state of mind consists of the following parts:

1. Liberation from the past – that is, **full** processing of **all** negative moments in the past, all traumas, offences, various roots of presently existing problems. Finally the past for a practitioner ceases to exist as reality, becoming what it really is – just a collection of historical records, and not a frightful cave full of demons. One important thing here is that this is not about suppression of past incidents and traumas connected with them or about forgetting of the past or hiding it "deeper in the secret corners of subconscious mind." We're talking about **real** processing of all incidents, leading to removal of "the emotional charge" from them, which will make it possible to consciously and easily forgive and let go of everyone and everything that used to be. After this, all traumatic episodes can be summoned up as often as you like. You may go through them, recollect them, etc., but it will evoke nothing but boredom and perplexity like "why the hell do I need to dig up this old crap." Full processing and deliverance from the past is one of the main guarantees of psychological health, freedom and self-consciousness at present. A lot of consideration is given to working with the past. By the way, the future will disappear along with the past, and it will be absolutely real to live "here and now," it won't take any special efforts or exercises, and will come itself simply as a result, if you let it happen.

2. "Depolarizing of the mind" — gradual neutralization of various "polarities" present in one's mind; as a result, the nature of perception will become less evaluative, and you will learn to see and accept the reality as it is, without endless labels that one's mind puts on everything around it. Polarities will be discussed more in the following chapters.

3. Emptying of the mind – throwing away **each and every** view, idea, belief, notion about oneself, world and its functioning, about people and ways one's life should and should not be lived, etc. All these things are nothing but illusions, for some reason or other taken by us from other people or dreamed up by ourselves, and which

determine filters of our perception, which in turn determine our whole life. As we fill our mind with this crap, we are limiting ourselves more and more, driving ourselves into a smaller and smaller box. Purging the mind of fears, disbelief, old views, old knowledge, limiting decisions made some time ago, etc. is of top importance in the system.

4. "Integration of the personality." Personality of an average modern human being is divided, split into thousands of parts, or "sub-personalities," which have become "separate" in the process of life as a result of various events. Why expect integrity when "a standard person" is just a collection of various "sub-personalities," acting automatically at certain moments on the basis of external irritants? You're correct, there is no integrity. Integrity is possible only when there is no subdivision. And this is exactly disappearance of subdivision and recovery of integrity that happens gradually over time as a result of application of this system's processes.

Here a very important note should be made. We don't "erase" anything from our brain – there is absolutely no destruction of memory or brainwashing. All memories will still be available, but the emotional charge will be removed from them, and that will reduce them to simple historical records, which they really are. Views and beliefs cannot be erased with a magical eraser, but when the emotional charge and its feeding roots are removed from them, they become a useless pile of crap, which a person throws away as usual ravings and rubbish. Emotions do not disappear, but automatism of emotions disappears. That is, they no longer break out completely by zombie-autopilot, like it happens with the better part of people around. If desired, any emotions of a whole emotional spectrum can be experienced, but the fact is that a practitioner prefers to be in an emotionless, neutral and balanced state of mind. It is only a question of choice and energetic reasonability.

As for tactics, the following moments should be marked here:

1. **Practice, practice and some more practice**. Problems are solved by means of real work with them – namely processing of the root of problems and all the material included in them instead of chewing on mental bullshit like "Angels make me happier and happier day by day" or "the divine light burns all bad things in me" – if you are interested in this kind of junk, you'd better not even start working with these techniques, because with this system you will need to work like a dog and periodically dip into your own mental shit. And note that digging "in shit up to your elbows" is not an end in itself, but only a temporary stage, and the techniques are only a tool for cleaning your mind. The goal of the process is freedom from this very shit, but it can be reached only by means of going through it. We have passed through it, have freed ourselves, now let's go and live and enjoy life.

2. **Use of the subconscious mind as a tool for working** — virtually all work on processing of material is transferred to the subconscious level. Our subconscious mind processes the material that we order it to process by given parameters and algorithms. Some people may start being picky, saying that only work at the conscious level is supposedly the only possible way of really solving problems. Let us leave the beliefs of these theorists on conscience. I use only practical experience and real results. It should be noted that consciousness will still be necessary when working. Careful attention to one's states and ability to transform "I

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feel bad" into "I feel bad because…" By the way, here is one curious thing: key moments of processed material that we need to understand, as well as certain experiences, understanding and awareness, often come to the conscious level by themselves, simply during processing. Like, **real** causes why you did this or that, and these insights are often priceless!

3. **Maximum automation of processes is** by using a larger number of automatic programs for the subconscious mind. Basically, the following scenario becomes possible – in the evening you start several different programs processing different layers of problems, then you go to bed knowing that your subconscious mind works in the background on automatic mode. It should be noted, that automatic botsprocessors do not completely clean out your crap, and you will need to work on some problems from some other sides, but nevertheless bots drastically simplify most routine operations and enable you to remove huge loads of "smalls," which couldn't be coped with by other means (when working manually).

And finally, here are the requirements of a few practitioners:

1. Full, unconditional **acceptance of personal responsibility for everything** happening in your life and to you. If it is absent, there is no sense to even start working, because this condition is the main one. Regardless of "surrounding hostility," this is you and only you who have chosen this and not another scenario of your life, and you have "attracted" or created all these events into it. As a matter of fact, in the process of digging up your problems you will see yourself – it's you whose beliefs and views have formed your reality. In the process of digging up a problem that has tormented you for ages it can be quite amusing to break through to an absolutely clear moment in your early childhood, when you personally made a certain decision, and to see with absolute clarity its influence on your future life situations. Unforgettable impressions, let me tell you... So, I repeat it once again – you either take responsibility for your life and change it, or don't take it and remain in hell and continue to exist as a victim. It's your choice.

2. **Total abstinence from mental masturbation** and philosophizing in favor of merely practical work on problems. That is to say, if we have a problem, we don't go on Yahoo answers and write things like "Oh, folks, please help me, I don't know what to do, I feel soooo desperate." Instead of that we take this problem in our hands and process it. If we can't understand something in this book, we simply work according to the given techniques until everything is clear in practice, but we don't go on a forum and ask for help or explanations.

3. **Readiness and willingness to go through everything** we meet in our way when we have a real insight into ourselves. Believe me, inside of every person there are lots of things which may, and probably will shock you. However, you need to go through them, process them, accept and love yourself despite all of these things, because it is the only way to achieve steady psychological health and freedom. Stan Grof once said: "True courage lies in the willingness to undergo this awesome process of self-confrontation, not in a heroic pursuit of external goals. Unless the individual succeeds in finding his or her true identity within, any attempts to give meaning to life by

manipulating the outside world and external achievement will be a futile and ultimately self-defeating, quixotic crusade." Nothing to add here.

4. Readiness and willingness **to throw all mental crap into the dustbin**. This also has to do with all your "personality" as such – there is no freedom from "glitches" and limitations **without** removal of the old defective personality, and if it's not clear for you, then your freedom is out of question, you may only expect partial recovery. However, after you see the real contents of your mind (see above), questions like "to leave or to throw away" will be unlikely to appear, as the answer will be too obvious.

About the subconscious mind

The key in the proposed system is a concept of so called "subconscious mind." There exist several dozens of explanations of a thing called "subconscious mind," yet none of them can be called entirely correct. Alas, none of the grand sages have ever seen this very "subconscious mind" with his own eyes, and all talk about the subconscious mind in modern science remains at the level of guesswork, assumptions and retelling of someone else's books, and nothing more. However this fact doesn't prevent bearers of these assumptions from considering their opinions the only true ones and puffing their cheeks, but never mind them…

The simplest and most transparent explanation of the subconscious mind is probably the following one: "the subconscious mind is an unconscious system of the psyche." This seems to be indisputable, and as for mechanisms of how this thing really works, opinions vary, and sometimes cardinally. They range from a notion of the subconscious mind being a dumb moron which needs two months of explanations to understand what we want from it, to a notion of the subconscious mind being almost a god. Is there truth somewhere in between? Nobody knows. In my opinion, nobody at all understands the true nature and ways of the subconscious mind's functioning, and all clever concepts are merely schematic theories about how "this thing" could function in principle.

To be honest, the more I work with the subconscious mind, the less I understand what it is and how it works. However it doesn't prevent me from successfully taking advantage of the **concept** of the subconscious mind. That's why I simply use a more or less approximate model of this very subconscious mind, which lets me solve the issues I challenge, and not worry if I have modelled the subconscious mind correctly or not. "The proof is in the pudding," as Englishmen say, i.e. practice shows if a given model works or not.

And now I will let myself describe the key moments of **my concept, or model of the subconscious mind** and explain why I have chosen them.

So, in my model the subconscious mind is kind of a genie, a personal servant fulfilling **any** fantasy of the bearer. One can say that according to my model, we're awesomely lucky to have a subconscious mind. It can do virtually anything, and the limit of its possibilities depends only on our choices.

The subconscious mind is a superpower computer, which is at everyone's disposal. What can one do with it – its possibilities are so high, that it's just difficult to imagine. And it seems that at this point there is no disagreement among different "teachings," and the better part of the differences have to do with the ways of interaction with this "thing."

At first, it is necessary to discuss the "morons" school of thought; its followers think that the level of the subconscious mind approximately corresponds to the mental level of a 3-5 yearold child, and that's why it is rather dumb and also hard of hearing. The followers of this school repeatedly, loudly and distinctly say to a "stupid subconscious mind" exactly what they want it to do (for example, with the help of so called "affirmations"), and the results can be disputable, to say the least.

Then, there exists the "machinism" school of thought – they consider the subconscious mind to be a stupid machine, namely a "bio-computer," which does everything according to a quite determined program and meanwhile lacks any signs of intellect, so God forbid someone confuses a digit or a letter in a program – immediately everything will be blown to kingdom come, and the sky will tumble to the ground.

Basically, I partly agree with the last model. According to my model, the subconscious mind is also a bio-computer, however its "mental capacity" seems to be much higher to me, than is imagined by the followers of the second model, to say nothing of the first one.

Which approach is correct? Perhaps any approach is correct – both the first and the second, and any other one. As I have said, the subconscious mind is just an ideal servant, a personal genie, which can fulfill **all the** fantasies of the master. If the master is sure that the subconscious mind is a dumb idiot, which needs two months of cramming with hypnotic tapes to catch on, it will be so. If the master is confident that every letter and every digit is critical and that the program will freeze up with every error – all of this will be given to the master by a "magical genie" of the subconscious mind, exactly as he has ordered. **Any** concept of subconscious work will be confirmed, because this is the function of a genie – **to serve his master faithfully**.

I don't claim my model of the subconscious mind to be truer or more detailed than any other one. My plans don't include detailed research of action mechanisms of the subconscious mind. I don't need it and am not interested in it. The only question which interests me is whether my model enables me to get the results I need or not. Practice proves that my model really enables me to get certain results I'm interested in, and therefore it can be recognized as a working one for the good of the business. So, my model includes:

1. As I have said, subconscious mind is an ideal servant and does everything its master has ordered. That is, it will practically prove rightness of **any** of the bearer's concepts – about the world, about himself, about the ways of functioning of the universe, about the meaning of life, happiness, etc.

2. The subconscious mind is a filter of perception. You perceive only things that pass through subconscious mind, and what you perceive it already filtered and colored according to available filters. Things that don't pass through filters we simply don't perceive.

3. The subconscious mind keeps a full record of absolutely **all** events in your life (and not only your life), including thoughts, emotions, images and sensations in the body in any moment of time. Correlation of events and causes of problems or any states, is also well known to the subconscious mind.

4. In general the subconscious mind creates your personal universe according to rules "hardwired" in it. I won't cram you with theories about how it works, because I don't know it myself, and actually I don't give a fuck. The main question I'm interested in is whether **it** works or not, and if yes – then what I will get from it. One can endlessly hold smart conversations about "assemblage point," "the Eagle's emanations" or "quantum soup of equiprobabilities" and about the subconscious mind being merely

an observer, sorting out this "soup" to a certain "strip" or "configuration" which is later perceived by the bearer of subconscious mind as reality, or about the "law of

attraction" – I leave this pleasant pastime to those who like exploring "the mysterious" and drawing yet more "schemes" in their heads. I need **results.**

5. The subconscious mind is much more "clever" than the thing we call "consciousness" and which is often conscious of no damn thing. Being our faithful servant, the subconscious mind is able to work various miracles – at first, it can solve our problems and perform inner transformations of the "psyche" quickly and effectively. But then again – only within the limits we set, because, I'll say it again, the subconscious mind is our faithful servant.

6. We can more or less distinctly explain to the subconscious mind what we want to get from it, and then send it to carry out the assignment. Of course, it won't run to the next shop for you to get beer, but it is still able to automatically process some mental material while you're asleep.

7. Its capacities are really huge, that's why we can load it with work "up to its ears," successfully using all the functions it has, like "multitasking," "multithreading," "automatic load distribution," "processing speed control," etc.

8. **Any** techniques aimed at personality transformation – basically work **with the subconscious mind**, and various "things" used in this process (like touching acupuncture points in EFT) are merely push-buttons starting some processes. And if so, why not transfer these processes specifically into the subconscious mind and use all of its capacities instead of performing some rituals, since it's subconscious mind that does all the real work anyway. Well, I am not being original here – Larry Nims said this years ago when he created BSFF. :)

Techniques proposed in this book are based exactly on this model. It works – and no wonder – simply because the subconscious mind is our servant and does what we want. And now imagine what can be done with it for "self-development" and solving of our problems… This is what we're going to do. And the result – if you let it happen – may surprise you.

"Reprogramming" vs. "deprogramming"?

Programmers programmed and programmed, but couldn't program it out
(a tongue twister)

Basically, all approaches to working with "brains" can be can be one of two: reprogramming and deprogramming. Later I will express my opinion on this matter.

Reprogramming is a range of various attempts to change a person by means of neural induction of new behavioral models. These are affirmations, hypnosis, "subliminal audio programs" of any kind, etc. A new behavioral model is being embedded one way or another. However, some nuances exist. In the majority of cases during reprograming the reasons and roots of the initial problem are not removed. To put it picturesquely, we're trying to cover old, chapped, shabby and previously repainted walls with new paint. Yes, for some time it will

have a newish and quite decent look, but think of the time when this paint is worn out. And it will wear out, that's for sure. And when it does, all the old horror will be revealed, as large as life, and will make itself fully known – "so, dude, you were trying to hide me? It won't work – here I am, large and ugly."

This is one of the reasons why currently popular affirmations are inefficient in the long term – the problem itself is not removed, and when you stop sustaining affirmations with repetitions, old models may return (and they often do). Of course, you can torment yourself and your subconscious mind with constant repeating, and it will take pity on you and accept implanted behavior models, but there may come a day when you will have to pay in full. The problem is still there and still not solved! It has simply moved aside and masked itself, and one day it will hit you between the eyes with its full power to teach you not to torment yourself again.

There also exists an approach of another kind – I would call it "deprogramming." This is real work on solving one's problems. Instead of masking them or "learning to live with it" you face a problem and simply solve it – that's all. There's no problem anymore, and you go on living. And this solving of a problem is not "overpowering oneself" or using some "strength of will" crap like "I must be stronger than this problem" or "real men shouldn't give way to problems." Those tactics belong to the field of reprogramming, and specifically – to the field of raping oneself in all holes in the most rude way instead of solving problems. Besides, solving of a problem is not chewing it over, not keeping eyes glued on it and not any other kind of mental masturbation on the topic of a problem, which some people pass off as real work.

No, in the case of deprogramming it is merely a specific work process of contemplating a problem, finding its reasons and removing them one way or another. Examples of the "deprogramming" approach are BSFF, EFT, dianetics auditing and any psychological systems, where a person really **removes the cause**, and not only masks it with "new behavior models." And when all the crap that formed a problem is cleaned out from your "brain," it may be a time to think about new behavior models if you wish. But until that time it would be a ceaseless war between the old and the new in your head (and the old will win in the majority of cases, because it is stronger). However, practice proves that all these "new behavior models" are useless, it's enough to only clean your brain of crap. Why litter it again after you've cleaned it with such ado?

"And what about quitting smoking and alcohol by means of hypnosis?" you may ask. Well, look at those poor folks, they've quit drinking, but personal problems that were the cause of the alcoholism are still not solved! And heaven only knows, where they will strike one day, but if they strike someone, I wouldn't like to be in their skin.

Well, to make a long story short, I'm not interested in reprogramming, though I can easily suppose it may be an effective method of solving some particular problems for certain people at least temporarily. I'm interested in **freedom**, and freedom without cleaning the closets in one's head is unfortunately impossible. Only a full cleaning of the closets in one's head can bring lasting results, which won't fail with time. Therefore, all of the techniques I use and describe here belong to a category of **deprogramming**, according to my classification. We're emptying our mind tank, but we're not repainting its contents or trying to make a silk purse out of it.

A tale about the "Root Episode"

An amazingly large number of people waste years in a silly pastime they call "search for the root episode." For some reason a lot of people believe that there is a "root" episode, which can be fixed up, and then **all** of their current problems will be automatically fixed as well. Some people search for birth and pre-birth traumas and think that once they free themselves from these traumas, their life will begin to shine with new colors and everything in general will become a thrill. With this in mind, some people dig up "previous lives," endlessly watching meaningless cartoons, created by their masturbating mind, about events that supposedly took place "in previous incarnations." Some people are searching for some "family karma" and trying to get rid of it, believing that everything will become "cool" once they do it. All of them do it without cleaning out the shit accumulated **in this life**, and **none of them** ever get the real, lasting, serious result. Instead they get only comparatively scant results and their lives still "don't work."

Basically, the tale about "the root episode" is advantageous to many people who are trying to sell you their services or books in exchange for your money. "Coaches" of various kinds and other financially interested folks carefully maintain the confidence of people, that once they find "that first episode," everything will be changed in a magical way – chicks will come flooding into your life (or a "prince charming' will appear), money will begin to flow into your pockets, you will gain success and respect. You only need to strain yourself once and find **this very episode**, and then everything will surely change. You pay money, find another "root episode," process it somehow. For a short time everything is changed and seems to be easier, but in a week you will slide into the old pit.

Only a few people understand that this tale about the root episode is just a tale, myth, zilch. There are thousands of "root" episodes, and each of them has "more root" than the last one. And it's useless to search for "that final one," that after it's processing will change the whole world for you. This understanding usually comes to those, who have already spent some time processing of their mental shit and are aware of the real extent of the situation.

Well, my friends. In this system we give up the very idea of some root episode, processing of which will "make everything right." It doesn't mean that these root episodes don't exist at all – of course, they do exist. And there is shit dragging on from previous lives (or, to put it better, in what you believe to be a shit dragging on from "previous lives"), and "family karma" is passed on from one generation to another (though not in the form that you imagine), prenatal and birth traumas, and traumas of the early childhood (that's the most serious and hardest to get on to stuff!) – all of this exists, all of this influences us, all of this should be processed, and without exception. But don't cherish illusions, that after processing of "this one and that one" you will become free – for this purpose you will need to process everything. **Absolutely everything.**

This is the approach we're using in the system described in this book. We're not concentrating on a mythical root episode, but working with the **whole mass** of mental material. We're cleaning out **all** shit which can be cleaned out, or at least we try. We're processing all of our past – including what you believe to be "previous lives," too (by the way, processing of material from "previous lives" is usually performed automatically in the process of using bots, it is incorporated in their algorithm). This approach – "carpet bombing," "total clean-up," "take no prisoners" – provides a more or less stable and serious result within a

comparatively short time period. If this approach doesn't suit you, and you prefer to continue digging in a futile search for "only that root episode" – then this system is not for you, and don't waste your time on it.

1. The past, skeletons in the closet and freedom

In my opinion, ANY psychological health improvement is generally based on processing of one's past and removal of the whole **"charge"** present there and postulates created some time ago (see Glossary in the end of this book). It's surprising, that many of those so called "spiritual seekers" fully ignore this consequence and only try to develop something in themselves and supposedly grow in some direction, meanwhile being torn by their glitches from childhood, automatic reactions to external irritants, rooted in relations with parents, and other skeletons in their closet. They constantly lose their temper, because their "growth" doesn't happen and because it is difficult in general, but they never come up with an idea to look at the roots and origins of most of their problems – that is, from the past.

Virtually every person had a more or less traumatic childhood. One can find only a few families, where parents don't humiliate and traumatize their children, or at least where they give them enough love and care. Somewhere I saw statistics saying that on the average about 85% of families in the USA are "dysfunctional" in that sense. I don't think the situation is better in Russia. Most likely it is worse due to a range of socio-economic and political reasons. Humiliation, abuse, lies, manipulation and a general lack of true love and care is an absolutely normal situation in most families. Even if children are not beaten and humiliated physically, moral humiliation, lies, manipulations, pressure and suppression are present in the majority of families. It's quite natural that children adopt these behavioral patterns of their parents and do the same in their families, often not realizing what, in general, is happening to them ("normal people," as it may seem). According to Louise Hay, "We are all victims of victims." And she was absolutely right. By the way, here you've got real "family karma" in action – mental shit of your parents is passed on to you, and they have received it as a present from their parents, and so on…

Childhood is not the only source of psychological traumas. Every person in our society has traumas aplenty. First youth with its faithful hopes, school with its dumbification and dull stupor, and then there are tough guys and bullies to deal with. Then there are experiences with military service, one's job, and conflicts with other "victims." All of this has its effect. All of this is stuck in one's mind. It doesn't disappear and gives rise to various phenomena – from nightmares to irrational fears. This is how people suffer from past traumas, offenses and other incidents for years and decades…

The majority of people are naïve enough to think, that "the past cannot be retrieved," and in general, "why rake over old ashes – the past is forgotten." There is nothing further from truth. The past is not forgotten. It is impossible to forget the past. Everything that has happened to you during your life, every second, every look, touch, sound – all of it is written in your "subconscious mind." Once you touch these traumas, they will revive and hurt exactly as much as they did the first time. The motto of the past is "nobody is forgotten and nothing is forgotten," and you can convince yourself of this truth, if you only dig up any traumatic incident. All of this will "come out," as large as life, with all emotions and periods of "freaking out." Though, maybe 40 years have passed since that time, and you thought everything had been forgotten. No. It is not forgotten, and its intensity hasn't decreased. Emotions were simply suppressed in order to protect the psyche, and probably the incident has been "moved to a distant corner of the memory," but it hasn't disappeared.

"So what," some may say, "let it just continue lying there so long as it doesn't stink." Alas… regardless of how deep it lies, it does stink. And though the smell may become imperceptible with time (because people very easily get used to anything), its influence may still be very strong. I'll repeat that again. The majority of problems you have now are rooted in the past. It's silly to try to solve the problems of today, not to speak of trying to reach some "spiritual development," when your past is still not adjusted.

An unadjusted past resembles the following today:

- Automatic reactions to external stimuli and absolute unconsciousness caused by past feelings. You are on total, 100% zombie autopilot and you automatically react to external stuff...

- Health worsening every day – do you think that all those offenses, unforgiveness and blame you carry on your shoulders will have no effect on your body? 95% of diseases are of psychic nature, as they used to say in Russia (and were absolutely correct) – "nerves are the root of all diseases." And now imagine what this psychic poison from the past does to your body;

- Low self-esteem. All those loads of blame and shame for your behavior in the past, as well as blame and shame implanted by parents and society for the purposes of control and manipulation, which the majority of people have (often unconsciously), deplete your self-respect and love for oneself;

- Self-sabotage. Blame and shame from the past are the most powerful "brakes" of any development and treatment. Subconsciously you're sure that you don't deserve changes, and consequently, even with a verbally proclaimed wish to change you subconsciously sabotage all your attempts, as well as attempts to help you. And meanwhile you often suffer from discord – on one hand you want changes, on the other they "won't happen for some strange reason;"

- Low personal efficiency – it is no wonder since your energy and attention are dispersed on thousands of episodes in the past. How should one find dynamics and development? Pray to God to reach pension age and to die peacefully…

Don't we pay too much for the piles of old shit in secluded corners of our memory? Isn't it time to purge it? I think that the past should stay only in the archive. I find no sense either in living in the past or in endless suffering from things passed a long-long time ago. Just think about it – why Don Juan (from Castaneda's books) considered full recapitulation of one's life one of the main stages of a magician's development? Do you think he had nothing better to do? No, he clearly understood that lucidity of mind and effectiveness cannot be reached today without getting rid of the past. What "magic" can belong to a person torn by thousands of inner unconscious traumas and offenses from ancient days? And what fucking progress and self-perfection can one talk about? There can be only a heroic struggle with one's glitches without any hope to win.

Haven't you had enough? Isn't it time to put an end to this crap? Isn't it time to send it where it should be – to the archive? And finally take a deep breath and go on living – without this idiotic load of old decomposed corpses on your shoulders?

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Remember – working with the past is given the foremost attention in the system described in this book. If you do not agree – don't even start working with these techniques, because nothing good will come of your work. So, working with the past is one of the "pillars" this system leans on.

And don't worry that the past is too large – it is possible to process it effectively and rather quickly – we are talking about months here, not years... But when all the past is junked, when all our offenders and offenses are really forgiven and released, when there is nothing "traumatic" left in the past, which might cause some negative reactions and emotions, the result will be absolutely real. I have achieved it, others have achieved it, and that means you can achieve it, too. I can't promise it will be easy, and you will have to work, but the goal is surely worth the trouble. Yes, you can live without monsters from the past tormenting you.

2. Polarities.

The second pillar of the described system is work with so called "polarities." Polarities are "opposite" concepts, titles, identifications and labels used by our mind. In general, polarities are a basis of the average person's worldview and determine his life to a large extent.

Polarities provide a basis for the evaluative nature of perception and fragmentation of the world. Instead of perceiving the world as a whole, as it really is, a person divides it into parts by means of polarities. For example, "good – evil," "beauty – ugliness," "danger – safety," "freedom – restraint," etc. Perceived external irritants are automatically sorted by the subconscious mind according to their seeming belonging to a polarity, and the obtained result causes an automatic reaction to that very irritant (of course, external irritants are assessed according to a much more sophisticated mechanism, and it is based not only on polarities, but polarities play an important part there). What freedom of reaction can one talk about, if the whole incoming stream is automatically divided on the basis of hundreds and thousands of polarities present in our mind…

In general, I find no sense in deepening into the theory of polarities and their influence upon our life – there are dozens of books written about it. You may read Ken Wilber's "No Boundary" or Slavinski's "The Return to Oneness" if you wish to entertain your mind. I personally am more interested in the practical aspect of the subject – is it possible to do something with polarities present in one's mind, and do it fast enough and without real pressure.

It appears to be possible. In order to neutralize polarities – that is, to destroy partition between them, which exists only in our mind. Many techniques can be used, though only a few of them can do it quite effectively. One of the best ones, because of its simplicity and effectiveness, is the DP-4 technique by Zivorad Slavinski, and the results of its use are quite impressive. Within several minutes any pair of polarities can be neutralized, i.e. any partition between its poles will disappear, with full awareness and a feeling of unity between the poles.

Methods described in this book are partially based on the approach of Slavinski (theoretical explanation of the working principle of the techniques can be found in the corresponding chapter), but (and this is where their main difference lies) they move all of the work to the subconscious mind, and this enables one to achieve results at considerable speeds while simplifying the process itself. But with these methods the result is not instantaneous – neutralization of polarities by the subconscious mind is stretched out in time and not felt as sharply, as in the case of using DP-4.

With the help of the described techniques one can neutralize very large amounts of polarities within a comparatively short time period. Even if you don't strain yourself too much and "merge" about 20 polarities a day, which will take less than an hour of working, it's possible to process more than 600 polarities within a month. This result is virtually unachievable by means of any other techniques.

As a result of neutralization of polarities in large quantities you will understand and feel that polarities are illusions existing only in the mind of a percipient. In truth there is no fragmentation. The world is one. Perception will be less evaluative; some things will simply cease to worry you, which is quite natural, if there is no difference between poles. This state

is rather interesting in itself and leads to many discoveries and insights, but it's not an end in itself, and only one of many work stages. There are also a lot of interesting ways to use the process of neutralization ("merging") of polarities, which will be described later in this book.

3. Emptying of the mind. The human mind as a barrel of shit.

A usual homo sapiens, who has never touched the contents of his mind, doesn't even imagine how many things are "stuck" there. Once you seriously start any processing connected with digging into subconscious material, things that will come out from there that may make you clutch your head and ask – where did I get all these things from?

Alas, my dear friends, the truth is the following: the human mind is a giant mega-barrel of stinky ugly shit. You can easily convince yourself of this, if you start processing. The things one can find there! There one can find hatred toward people and all the world (carefully concealed by an individual at the conscious level and often not recognized at all), and unacceptance of oneself, the world, people and reality, and simple hatred toward oneself, large amounts of hang-ups, irrational beliefs and views, the majority of which don't even belong to the bearer and were "copied" thoughtlessly from other zombies, in the process of upbringing (or social zombification, better call it that way), as well as from various books and other media.

Besides, the human mind contains absolutely breathtaking deposits of disbelief, doubts, scepticism, as well as tons of offenses, unforgiveness, blame, spite, irritation, millions of labels we're sticking on all things our attention is directed at (a dork, a dangerous one, a beauty, a jerk, a pig, an asshole, etc.), a crazy number of fears – we're afraid of everything one can fear, from death to life, and in between there are orderly rows of other fears: to be criticized, to be alone, to lose love, to be useless, to be blamed, to lose face, etc. – hundreds of various big and small fears.

There are huge volumes of pain, frustration, decisions made some time ago, most of which are not even remembered now, but are having an effect so far and are not cancelled. They continue to feed thousands of limiting views of any kind, such as: "I'm not able to earn money" to "I'm worthless, and I will never be loved." What "personal effectiveness" can one talk about, if a person – a standard "Homo Sapiens" of the Western world – is seriously psychologically sick? And meanwhile all people consider themselves "normal," but this norm, if you dig it, will reveal all its rotten nature, a crazy aggregation of fear, hatred and stupidity.

Strictly speaking, why expect normal, sane people to exist, if from the earliest childhood on every day they have been stuffed with crap from every side for 16 or more hours? You know, the "GIGO" (garbage in – garbage out) principle still stands. All these megatons of dread daily and hourly fed into our brains by society (in the form of both mass media and parents, teachers, congeners) simply cannot pass without producing the same dread at the exit. Poke your finger at anybody – with a very rare exception of people who have gotten concerned with the repair of their "brain" – and you will hit a man who is simply mentally ill, full of contradictions, inner problems, hang-ups, etc., even if outwardly he is beautifully dressed, smells tasty and smiles widely, and cannot see and doesn't realize these problems.

Alas, alas, alas… A sick society consisting of sick members is bringing up new sick members and from early childhood fills them with hatred, disbelief, fears, shame, blame and limitations. If you think of society as a metaorganism, this is the best strategy, because "at the output" we have more or less obedient zombie-slaves who will serve their "master" – the

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System, and all their attempts to "stir" or "protest" will be safe for the System anyway, because all of them are useless without radical alteration of oneself and lead nowhere but to shuffling within the society or probably to moving to some other layers of this System.

For candor's sake it should be noted that it seems like the level of awareness nowadays is starting to grow little by little, and it gives certain hopes. More and more parents begin to understand, how important it is to bring up children in the atmosphere of love and acceptance, and how important it is to support them, and not to press on them from early childhood, as it is often done in the majority of families. More and more people understand that the best gift for children is good psychic health of their parents, who will not pass on defective patterns of their ancestry to their children. So, in general, we do observe some "positive" trends in society. However, on the society scale these phenomena are still so insignificant, that society stays sick, and looks very much hopeless...

I am not exaggerating or dramatizing – this is the picture that will meet the eye of **anybody** who starts to work on his mind, with his subconscious mind and who starts to trace the real reasons for his problems. If there were no ways to do something with this horror, then there would be no choice but to take a gun and shoot oneself, since it's too gloomy. But that is not necessary because the situation is not hopeless, and every person who is ready to move to another level is quite able to get a handle on his "demons" and "monsters." And besides, it's good that you can do it quickly – in several months, not years. It is also easy enough (though it will take a lot of effort and moreover, it may be painful and unpleasant at certain stages). And the main thing is that one can do it by oneself, independently and without any gurus, swamis or teachers.

As you probably understand now, there is nothing to be left there – it is important to sweep out absolutely all things "stuck" in one's mind. This is according to the "take no prisoners" principle. Don't be afraid that love and kindness will disappear – don't worry, these are things of another level, there are none of them in one's mind, there is only crap and ego-shit in one's mind. So then, in this system one of the key requirements is to empty the mind of all these awful things, and what is most important – it is really achievable. And how – this is what the book is about. And if you do it, in some time you will understand the real meaning of the phrase Don Juan said to Carlos Castaneda – "to find balance between horror of being a human being and delight of being a human being." And one day you'll probably understand that all this horror is not your true nature, it's just an illusion...

4. Integration and defragmentation of the personality

The "Personality" of an ordinary person is fragmented to a truly impressive degree. According to estimates of some "experts," a standard personality contains several thousands of so called "sub-personalities" or "personality aspects" according to Slavinski's terminology. These are some "parts" of us which have split off as a result of some painful experience during life, in order to protect the psyche from traumas, and various automatic models of reaction, and even things unfamiliar to you. When an "average person" says "I" about himself, he actually names a mass of different parts and sub-personalities, so it would be more correct to call himself "we."

By the way, it should be noted that this is exactly the reason why there are words "we," "us," "our" used in absolutely all processors instead of "I," "me," "my." This way we make it clear

for the subconscious mind that during processing of material it has to work at all levels, with all sub-personalities and parts, and not only with the part which is "central" and active at the moment.

Transformation of "we" into "I" is what we'll be working on in the process of using these techniques. It should be noted that there are no special individual processes or bots aimed at the processing of personality aspects. Integration will take place gradually, as various material is being processed. Mechanisms of integration are built into both baseline modules of processors and virtually all bots of the higher level. This way the work is being done during processing of almost any material, and little by little a practitioner begins to feel that he is being integrated into "one." It's difficult to say how long it will take to do this transformation, but it will be several months, not years.

It stands to mention that integration of the personality is happening simultaneously with increasing of the Void within, which itself is quite an interesting feeling. On one hand, a practitioner feels the increasing integrity and non-fragmentation, on the other – "Void" inside oneself increases. There is no conflict between these things, they get on well with each other and will probably give you a lot of interesting insights.

Due to the fact that we're not working with individual techniques for integration and defragmentation of the personality, and are doing this part of the work "together" with the rest of it, I find no sense in deepening into this question. As you advance in processing, you will understand and feel everything yourself.

Instructions for the subconscious mind

Use of so called "instructions" for the subconscious mind is the main principle of this system. As I have already said, the subconscious mind "remembers" absolutely everything we have experienced during our life. All correlations between all our states, decisions, views, beliefs, problems are also known to the subconscious mind. It would be silly not to use such a powerful thing for working with one's problems. In my opinion, we are very, very lucky to have such an amazing thing – the subconscious mind. If we didn't have it, then the situation would be probably hopeless for those who want to get free. But with such a powerful tool we're able to solve virtually any problems.

So, the subconscious mind is our servant, our personal genie; it's a powerful computing system and the assembler of our universe in general. "Hey, human being, you can use me for your pleasure. But try be specific when speaking out your wishes." The concept of instructions for the subconscious mind is based exactly on this assumption. We tell the subconscious mind what exactly we want to get from it, then we start a task ("click" on a "button"), and watch the subconscious mind performing its task.

This is exactly the principle, on which the BSFF system is based – we provide the subconscious mind with a clear and distinct instruction containing information about what it shall do with mental material we're paying our attention to. This instruction includes explanations on how it (the subconscious mind) shall process this material, then we only need to find a problem to work on, say a magical word which runs a subconscious process, and here we go – the subconscious mind rushes to perform the task.

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In the system described in this book the work is based on the same principle. At first we provide our subconscious mind with a distinct instruction describing all its actions after we point to a problem and launch the task by pronouncing a "magical word." It is easy to do – we read an instruction **once**, aloud or silently, and it's enough for the subconscious mind to "understand everything" and to add an instruction to its armoury. Some people are afraid that they will not be able to remember the instruction at one dash or that they will forget it, but all these arguments are just another type of useless masturbation of our ever-doubtful mind; in reality, the subconscious mind doesn't just remember everything, it memorizes everything immediately, instantly and for good.

Thus, after reading an instruction once, aloud or silently, we point to a problem with our attention and say a phrase defined before, and then our subconscious mind begins its manipulations. From this point of view, the system described in this book is not different from BSFF, but basic differences lie in the methods of processing of mental material by the subconscious mind. In BSFF the subconscious mind was ordered to "remove emotional roots" of problems, and in the case of the described techniques the work is done more specifically.

For example, a certain instruction for the subconscious mind is performing only processing of polarities for the purpose of their "merging" (i.e. neutralization). The whole mechanism of neutralization is defined in the instruction, as well as all things that shall come out "at the output" of the process. In the instruction for processing of problems, one can find also a very detailed algorithm for working with mental material, but unlike instructions for neutralization of polarities, the instruction for processing of problems includes a much larger amount of operations for processing (it will be described in detail in one of the following chapters). Basically, this instruction is by way of being a "macro" consisting of a large amount of instructions of the lower level, each of which is processing its own part of a problem.

This is the possibility of using "macros" that is the "sweetest" thing about this system, since it enables one to set difficult, ramified, multilevel procedures for working with whole layers of problems – not even with one particular problem, but with loads of problems at once. For example, we can set a program to process all cases in our life when we had some negative feelings, as well as all our ideas and views that were the cause of it, and also all consequences, and all decisions we got out of these episodes. And in addition we can process attitude of all people related to those episodes towards this material and towards us (see the chapter about "Circular processing") and even forgive all these people (automatically!), and all of this can be done in a fully automatic, background mode (even when sleeping), using references to modules-processors defined earlier for processing of their portions of this heap.

There appears a possibility to process large volumes of material comparatively easily and quickly. For cases which needed weeks and months (if not years!) of "manual" digging before, we can now make a "macro" for processing all of this material at one operation. Of course, there are certain limits and nuances, which will probably make this procedure less effective than manual processing of absolutely all "things" included in this material, but on the other hand, the profit in time and simplicity which we get as a result of automation is much more important for me personally. After all, some unprocessed remains can be cleaned out manually later, if any. Or it is possible to write an individual macro for them and to start it before you go to bed…

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Thus, the system described in this book is based on three principles as technical methods used:

- Use of modules-processors, i.e. instructions for the subconscious mind intended to explain the algorithms of processing of material to the subconscious mind;
- Use of macros describing methods of processing of large arrays of mental material with the help of modules-processors;
- Automation of processing and its transfer to the subconscious mind for the purposes of simplicity and speed.

You will need to pay for convenience and large volumes of processed material with delayed results of processing, that is to say, it will take a while for them to become visible after the end of the process, for example, several days or weeks. However, I don't consider it a big disadvantage – don't worry, the global changes will be so serious that you won't need any instantaneous results. :)

Snapbacks

There was a time when all was good,
Was very good and things like that
Then: bang! And all so bad,
Becomes so bad and things like that
V. Gorohov

The word "snapback" stands for a "side effect" of psychical reorganization, taking place as a result of the work with the subconscious mind, which is usually a sharply negative state of mind – for example, malice, irritation, apathy, tiredness, depression, disbelief and despair. There may also occur physical "snapbacks" in the form of breakdowns and an absolute absence of life energy (when you lie on a bed and don't care if you're going to live or to die), or in the form of nausea, vomiting, activation of diseases, etc.

Scared, huh? Don't jump to conclusions – read the chapter to the end to make a conscious decision if you need it or not.

The term "snapback" was first used in 2006 to describe "side effects," when we first started to work with BSFF (though the phenomenon of a "snapback" itself is known to many "followers" of various systems). It turns out that considerable and fast shifts in awareness and worldview don't come for free – you have to pay for them with "snapbacks." A "snapback" is a situation, when after a certain breakthrough you get dramatic "swinging back" and some "negative" material "flooding" your mind. At that moment the majority of "followers" get puzzled – how come, we should only be getting better and better, then why the hell do we feel worse? At this stage a lot of people gave up the work on themselves, as they were stupid enough to think that all things flowing from them are of external nature, and that they have appeared as a result of using the techniques. And these people didn't realize that all this shit coming out of them is exactly what their personalities are made from.

There is nothing "external" there. The direct and naked truth is the following: something can "flow" from a person only if it is present in him. Wayne Dyer (a famous American spiritual and motivational speaker and the author of many books) has a favorite metaphor about an orange, and he constantly uses it in all of his books and lectures. Say, if you squeeze an

orange, what will flow from it? Exactly, orange juice. The same thing with a human being – he can only ooze things he has. And what does he have? He has tons of shit which have been put into him from the moment of his birth. Once, during the work, you remove the top layer of your mind's contents – and there will surface another portion of things that have always been there, but not noticed and disguised by the mask created by your ego. During fast processing this mask is torn off, and the real nature of human personality is revealed, as large as life – malice, hatred, intolerance, greed, aggression. Unfortunately, such is the prevailing nature of personalities of so called "normal" members of our civilization. But then again, why expect love and acceptance, if no one has ever taught them such things, and their parents were victims, too? Anyway, this topic belongs to the corresponding chapter (see "Human mind as a barrel of shit"), and at the moment we're more interested to learn what can be done with this "stuff."

I don't claim my explanation of nature of "snapbacks" to be the only true one. I'm not even sure it happens this way, because we work with a model, interpretation, and not with a real phenomenon. I know that there exist other explanations of "side effects" of any kind, appearing during the work on oneself, and it's quite possible there are a lot of good and correct things there… But I personally don't give a damn about it, because it's uninteresting for me to dig the nature of shit which these "snapbacks" are. I'm interested to do certain work, get rid of shit and go on living. And I wish the same to everybody.

Now it is necessary to understand several principal things in order to make future processing easier.

Firstly, all this shit is the building material of your personality. But it's not the real you, therefore you shouldn't identify yourself with it. **Shit is not your true nature** – it's only the illusive material of your ego.

Secondly, you can't fight against it. War against yourself is the most stupid idea. You are doomed to failure in a war like this. And then, try to understand – this ego and all the shit forming it are just a part of your personality, and then it's silly to try to confront it and to fight against it. The only thing you can do is to accept the presence of this material in you, i.e. to say – yes, I am what I am, this is my shit, but I love myself anyway. Don't try to eradicate it in yourself. You need to accept and **process this shit quietly, in the course of work** – and watch it decrease little by little. Additionally "snapbacks" should become more and more rare (well, not exactly like that – they will become more and more manageable, and you are more and more used to them to the point that you won't even notice them anymore.)

Is it possible to avoid "snapbacks" in general? This is a difficult question. In general, "snapbacks" seem to be an indispensable attribute of any technique of digging into mental deposits, which includes real work and the achievement of real, fast results. I heard about the existence of "snapbacks," when I was interested in neurohacking and various "things" for influencing one's brain – for example, in a manual for a neuromagnetic brain stimulator I was fooling with at the time there was a line – sometimes there may occur so called "snapbacks" – these are exactly our "snapbacks." In the case of NMS it was prescribed to decrease the frequency of brain stimulation sessions. The book: "I've Changed My Mind" by Alex Ramonski about neurohacking at physical and pharmacological levels, contained a direct warning of "snapbacks" during really fast changes, explained as reversions to old conditions,

when nothing seems to work, depressions occur, etc. So, everywhere you look, you will see "snapbacks," and especially in cases of fast and effective work.

One can decrease the number of "snapbacks" and their strength, if he does it slowly and gradually. For example, I know a person who runs not more than two automatic "processors" a day, before going to bed, and doesn't experience any "snapbacks" (on the other hand, I know a man who feels awful even with two "bots" a day – so it depends on the individual). As for me, I used to run about 15 processes simultaneously, and on the next day I was laid up. But I knew what I was facing and I knew that these "snapbacks" are merely a temporary phenomenon, just convulsions of the ego caused by the destruction of its small and dear world. I was prepared for it and interpreted it only as a part of the work, and eventually I saw that they are as illusive as the personality itself and its fake problems. So, if you're afraid of "snapbacks" – work slowly. Or don't work at all – nobody forces or asks you to.

By the way, there is another mean type of snapback – "snapback with disbelief" – it seems that "nothing has been processed at all" and "all problems came back," "no work has been done in reality," and you were just wasting your time with this system, and tormenting yourself in vain. These are very nasty things, bringing tons of doubts and disbelief with them, and they have the only task – to disable your wish to go on and continue working. You don't need to be a Solomon to guess who is to profit from your ceasing the work on yourself – this is your old friend, the ego. And from time to time it makes small "coup attempts" in order to keep you from working. At first it looks quite natural, but when it is gone, you'll think of this condition and realize – god, am I an idiot to believe in such things?

Here is a short list of states you may experience, being in a "snapback":

- I'm hopeless, there is too much shit, it will never end, it's impossible to process it, it keeps on flowing... Depression (guess who whispers it in your ear?);

- The system doesn't work, it's broken, nothing is being processed, I've wasted my time in vain (the same author);

- Apathy, everything is meaningless, life is meaningless, there is no reason to live, a deep and painful depression (quite a disgusting state which may last for many days, and sometimes even weeks! This is how your ego "suffers");

- Everything is back! All the things I've processed are back again! It doesn't work! (isn't it clear yet, who tries to persuade you to keep still and not to move a muscle?);

- The techniques don't work any longer, I need to find something more effective, I've hit the ceiling of the technology ("give it up, you better go and masturbate your mind" – your ego whispers);

- I hate everyone, people, the universe, this fucking Earth and all these lousy, disgusting worms – Homo Sapiens (now the real face of our ego reveals itself). This type usually becomes apparent at the later stages of work and, as any other "snapback," will be processed and will pass, though it may be unpleasant and shocking;

- The mind can't be overcome, it's impossible, shit cannot be removed at all ("keep still and don't move a muscle," or "OBEY!");

- Malice, irritation, everything is annoying (your ego is raging);

- Everything hurts, everything is falling to pieces, I am sick (in the process of digging you've "touched" something which has re-stimulated diseases).

And there are some other ones. The ego's style is not very diverse, that's why the choice of states is rather limited and includes only variations of the above. Unfortunately, when you're in a "snapback," it's very easy to lap it all up and come into a period of "freaking out" – I did it myself thousands of times. Luckily, if you continue processing instead of chewing snivels, it will pass. And one more thing – strong "snapbacks" usually appear before a leap to the next level of awareness. The stronger a "snapback" is, the longer and the more painful it is – the larger the next leap is. Of course, this is only if a practitioner goes through this "snapback" and doesn't chicken out and turn off the road. By the way, ceasing the work usually removes a "snapback" in some time, but one can also get stuck in a position when the most part of "the old" is already dead, and none of "the new" is born yet, and one can suffer in this state for a long time, moping around just like a piece of shit in a hole. And so I personally advise you not to stop until you reach at least the stable state of "Great I-don't-care-ness." Those, who stop at early and middle stages, sometimes get stuck in futile mental masturbation in search for "more effective techniques;" they blame "bad, ineffective techniques which made them hurt" and personally D.Leushkin, who "deceived" them, when they were only a couple of months away from a qualitatively new state of being. Unfortunately, such people also exist – and there are quite a lot of them; however, those are their personal problems I don't give a fuck about.

There occur also "constructive snapbacks" – these are any of your problems, exploding in your face in the form of a momentary burst. This type of a "snapback" is a great opportunity for processing, because material is usually coming out by itself, you only need to be quick enough to write it down. But then, in that state of mind you often lack awareness (at least at first) to find true reasons for this state in yourself, and a person is only suffering and blaming everything and everyone. But when he calms down, reasons and roots usually either become apparent to him or become much easier to find – and then to process.

In all candor, I want to say that the majority of ordinary people permanently live in this type of "snapback," but these "snapbacks" are suppressed and smoothed (look around – everywhere one can see permanent suppressed irritation, and the same malice and hatred, even if they're thoroughly hidden). Suppression leads to accumulation, then an automatic explosion takes place (any family conflict, street quarrel, road rage, which may be caused by the slightest external irritant). Since an average person's self-awareness is close to zero, and he doesn't have effective techniques, he can't understand the reasons for the explosion (which certainly are in his head) and continues to chew this "slow snapback" until the next explosion, and so on. But our "explosive snapbacks" often lead to understanding of reasons and their processing, so it is kind of a gift to a practitioner, enabling him to see and process some "matured" material.

In case of relatively fast processing (when at the average you run 2 bots a day + processing of 1-2 problems a day), the first 3-6 months (at least) "snapbacks" may come all the time and

it may seem that shit is endless – it resembles a solid range of suffering, pain, irritation, depressions with periods of awareness and joy between them. This stream will gradually decrease after about 6-8 months, small gaps will appear in it (though a person may have already given up believing that the flow of shit will cease), it will be easier to breathe. At that time the roots of large, "fat" individual problems will start coming to light. Then the number of "snapbacks" and their strength will gradually decrease, they will become more "gently sloping," but anyway it still can shake you so badly that you'll wish it never happened – so that you don't relax too early. :)

"Snapbacks" in the field of events deserve special attention. There may be cases when a complete chaos will start around you – only troubles everywhere. It doesn't happen too often (thank goodness) and not with everyone (for example, I have experienced it many times, but I know a few people who never have), but if it happens – analyze the situation and find out **what exactly you have created it with**. Most likely you will gather a bundle of fears, stupid views and beliefs (such as "I shouldn't meddle in it, I will be punished" and other bullshit of this kind), and contradictory wishes. There is no sense to look at this stuff and cry, that's why you just need to process all the things you've created the situation with; this is you who have created it, so you must sort it out. You eventually have to get used to responsibility for everything happening in your universe, because kindergarten is over and you're moving into adulthood.

Thus, in order to cope with various "snapbacks" more easily, of course, if they occur (it is assumed that you, like me, prefer fast and real results instead of chewing on snivels for years), it's worth remembering the following rules:

1. A human being is an interesting creature. Consciousness ceases noticing problems that have stopped bothering it. Suppose today you're in a state of freaking out because of a certain problem, it is on your back, and then you process it, and it disappears. In some time an average person will have the following reaction: "so what, nothing seems to have changed," but nobody notices the absence of the problem which was spoiling your life a week ago. This is why our ego can successfully "fool" us with the impression that nothing has been processed and nothing has changed. That's why an important moment in the work will be the following one. **Keep a journal of your states** and problems being processed by you. It will be very good to read all the crap that was torturing you a couple of months ago, and all the questions such as "it works – it doesn't work" will cease.

2. **Remember**. If you feel bad – it's a "snapback." If nothing seems to have been processed – it's a "snapback." If everything seems to be hopeless – it's a "snapback." If you feel like you've "hit the ceiling," and there are no shifts in your work – it's a "snapback." If it seems that there is too much shit in your head and you will never manage to process it – again, it's a trivial "snapback," this is your ego trying to fool you again. Make a poster and put it in plain view, so that you will always remember who is really in charge for "snapbacks;" maybe then you won't feel like believing them (though I have to confess – even knowing it all I had periods of freaking out and sometimes got deceived by "snapbacks," but every time I was astonished by my own stupidity after a couple of days when it is over).

3. If your head begins to fill with a large amount of **words like "everyone," "never" "always," "nothing" and other similar generalizations** – for example, "<u>all people</u> are assholes," "<u>everything</u> is bad," "<u>nothing</u> has been processed" – it's a very good indicator that you're in a "snapback."

4. **Process "snapbacks" always and without exception**. At first, accept it as is. For this purpose you may use "Formula for Antagonistic Motivation," like in Slavinski's works. Put 2 fingers of any hand on the middle of your chest and repeat "even though I feel bad now and I feel that everything is hopeless, I fully and completely love and accept myself, my body, my personality, as well as the fact I feel bad and everything is hopeless." When you feel that you accept this state at least a little bit, simply write down on paper everything you think and feel about this state and in this state and process every sentence with "Process it" processor (see the corresponding chapter). Besides, there is an automatic processor of "snapbacks," which is provided later in this book. Sometimes it doesn't work as quickly as one expects, but in general it can help. Useful hints about other methods of removing an annoying "snapback" can be read in one of the following chapters.

5. **Understanding of the illusive nature of "snapbacks"** can be of considerable help. When you're in another "snapback" – just ask yourself, "**who** is suffering?," and try to find the one who is suffering ("Why, who? Me, of course!" is not accepted as an answer). Look for that suffering part in you – and it's quite possible that "snapback" suffering will soon turn into laughter, when it turns out that there is no one who suffers!

6. **Don't forget about your body and brain** – at the physical level. Do sports activities if you are able. Drink a lot of water – at least 2 liters of clean water a day during processing! This is VERY important. I really cannot stress enough how much of a difference consuming proper amounts of water makes! Take a shower and wash your hair after intensive processing. Take good multivitamins, paying special attention to vitamins in the B group. Standard multivitamin complexes contain a very limited amount of vitamin B, that's why it may be a good idea to buy special "Bcomplexes." It is strongly recommended to take fatty acids ("Omega-3") and vitamin E. Depending on your weight, 2-4 capsules a day will provide you with a daily requirement of "Omega-3" acids and vitamin E, and those, in turn, will enhance the work of your brain and cardiovascular system in general. Use some good phosphatidylserine-based brain support complexes (an example would be "NeuroPS" by Puritan's Pride – tried by many Russian users and with good results), to have at least 300 mg of phosphatidylserine daily. Add some more good brain supporting stuff, like "Neurozan Plus" by Vitabiotics. And don't forget about cleaning your organism – remember, as you advance in processing, "various" shit may come out also at the physical level, therefore it's utterly important to care about your nutrition, **to clean your bowels**, to watch over the condition of your liver and kidneys. Don't forget about your body when working with your brain! In fact, your body is your best friend in this battle, don't neglect it.

7. **Take the responsibility.** I'll say it again, some processes may result in very unpleasant, hard "snapbacks" with strong depressions (sometimes extremely strong) and other negative emotional states (in reality these are only games of your ego, but

it doesn't make them less unpleasant). If you're not ready to endure them and to go through them or are afraid of them – close this book right now and forget about it. Nobody forces and asks you to work with the techniques described in the book, but if you've decided to work with them, have some brains to take responsibility for it and to understand that you may have "snapbacks." Use your own brain and think what you're getting into, and whether you are ready to pay the price for what you get. It doesn't mean that you will constantly suffer and so on, but if you work hard and get a "snapback" – have enough courage to take responsibility for it, accept it and go through it.

8. I'll remind you once again. **Everything you feel when you're in a "snapback" is a lie.** These are not your emotions and feelings; it's just your ego showing you another shit movie. Don't draw any conclusions when you're in a "snapback," wait until you come out of it and get a qualitatively new state and understanding. **It is silly to draw any conclusions about the world, yourself and techniques when you're in a "snapback."**

And in the end, here's a bit of blue sky. Firstly, not everyone gets "snapbacks" (or at least not everyone gets deep, painful "snapbacks"). I know several people who can't even imagine what this thing is, though they process very much. In general, "intellectual workers" with severely suppressed emotional spheres sometimes suffer less from "snapbacks" or don't suffer at all. Secondly, the more you process, the less shit stays in your head and the easier you breathe. With time your ego may begin to act less directly and produce more sophisticated "snapbacks," but by that time you will be much more aware than at the beginning, and won't let it fool you. You know, there may come a day, when it will seem that the techniques don't work, since there are no "snapbacks." You will miss them. That's a paradox. Luckily, it is only a temporary state of so-called "plateau" which will pass, and you get your beloved "snapbacks" again :)

And by the way, there is one more thing. The first phase of the work also contributes much to reduction and neutralization of "snapbacks" in the future. Emotional balance will be much more stable after processing of polarities and emotional clusters, and it will be harder for your ego to "plunge you into a snapback." So, don't neglect working at the first stage – today's "slackitude" may lead to trouble when you start working with automatic processors.

So, are you scared now? In truth, it's not necessary that you have such awful "snapbacks" – as I've said, it is very individual and depends much on the speed and on the person. The faster you want to move on, the bigger the risk is. Weigh your readiness to endure temporary discomfort and compare it with your wish to get freedom. And make the decision yourself.

Among other tasks, this chapter is intended to warn those who are not ready for this work – various whiners and cry-babies – and to scare them away from this work. They'd better not start, because they will get a lot of reasons to whine. And for those who are really ready for working, but might have gotten scared a little bit after all the described "horrors," I will share a poem by Yosano Akiko:

"They told me that the road I took would lead me to the Ocean of Death; and from halfway along, I turned back. And ever since, all the paths I have roamed were entangled, and crooked, and forsaken..."

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No "snapback" is able to do anything to a person who has decided to go all the way to his Freedom. If you are ready to do anything to achieve it – even to die or to go mad – you will just laugh into its face. Because you're stronger than it is.

And in the end I'll remind you once again:

Any "snapback" is a fake, created by your deceitful mind. Don't believe it.
"Philosophical" aspects of the system

> *…there will come a time, when decent people will consider it shameful to spot their brains and brains of the others with metaphysics, dialectics and other shit, a total of which is philosophy*
>
> *(Surat, "Self-portrait with cut head")*

Though I've been trying to avoid the usage of any kind of "philosophy" in this book, I will have to add a certain amount of it anyway, mainly so that future users of the system do not cherish illusions. But I will try to reduce its amount to the most possible minimum, so I don't contribute to poisoning your mind with various mental vomit such as philosophy etc.

So, I have already said in the introduction that this system is a tool and not a path. **The only purpose of working with these techniques is to stop fucking your mind and to begin living your life.** It includes the following parts: depolarizing of the mind, i.e. neutralization of polarities providing a basis for the evaluative nature of perception; emptying of the mind from automatic reactions based on beliefs, knowledge, views, postulates and decisions made some time ago and other bullshit (this is actually the main task, since both polarities and the past are nothing more than illusions); and integration of the personality, its defragmentation and achievement of integrity (simultaneously with gradual disposal of the personality, at least partially).

I can promise you for sure that, as a result of working with the techniques, a practitioner won't find "the meaning of life," won't reunite with the "Divine Self," won't learn "the secrets of the universe," won't get "inspired with overpowering love and divine light," etc. The only thing which is more or less probable to happen is cardinal decrease of the level of mind fucking by a practitioner. But if you think that working with these techniques will enable you to progress in the direction of some "great spirituality" – you will fail, because you'll see that there is no place to come to, and then you will see there is nobody to come there either. And with time the word "spirituality" in your usual sense will begin to make you want to vomit, because a large mass of illusions surrounding this concept will simply disappear. You will understand how badly a human brain is crapped with talks about "spirituality" and you will be shocked. Perhaps, then the real and not fabricated "spirituality" will start for you, and it will be absolutely different from the one you imagined before…

It is highly unlikely that you will begin to love absolutely all people as a result of using the techniques, and it's unlikely that you will be cheerful and in a great mood all the time. If you want "overpowering love and constant bliss" – go to any sect or new-age "master," you will be stuffed with this product up to your ears. It doesn't mean that you will hate people and be

gloomy all the time – of course you will not, no way. Simply don't expect that you will be always in a great mood and chirp happily. You may still have negative emotions, but you will get out of them much more easily (however, there may be long negative periods, connected with "snapbacks," but you should remember that this is not your normal state of mind, but only a "snapback"). As for most people, after you learn them well (mainly by your own example), you will simply take them as they are. Then you will understand why Don Juan recommended Castaneda to "leave people alone."

It's useless to expect a hammer to lead you somewhere. It doesn't lead anywhere – it's intended to be taken in one's hands and to break asphalt with. The same with the system described in this book – **it leads nowhere**. It's just a tool for cleaning out the illusive material of the mind. Whether you will be happier because of it is hard to say. Most probably you will be getting disappointed as you advance in processing of mental material, because you will realize the illusive and meaningless nature of many things which previously formed your worldview.

It will be especially difficult for enthusiastic schitzoterics and new-agers, "woven of love and light," who are "fighting with darkness" and "approaching light." Techniques described in this book are associated mainly with a kind of the "Middle Way," which implies absence of aversion to anything, and absence of forcible attraction of anything. Or, as Lester Levenson, the author of the Sedona Method, said – "No attachments, no aversions." So, if you're a follower of so called "positive thinking," your views will be getting seriously damaged as your understanding of global unity and absence of any difference will be growing. If you are one of these exaggerated "loving everyone and shining with light" ones, think twice before you set about the work, because there will be no way back. Not to speak of the feelings these "shining with light" ones will experience, when the real contents of their minds, which were covered before with a thick layer of the illusion of "good and love," will begin to flow during processing.

Besides, irreversible damage will be done to all the esoteric knowledge and views you have. Processing of any views leads to their fast and effective neutralization – you yourself will understand much about things you previously considered the only true ones (that is, you'll understand that you just masturbated your mind with a bunch of lies). In order to achieve real freedom it's **necessary** to process all your views without exception. Any "truth" which can be put into words is false by default and is to be processed. Perhaps, you will reach states that cannot be expressed by words, but there's no guarantee it will happen (although it is very likely).

The system doesn't **give** you anything, but it removes a lot of things. A personality itself is gradually disappearing – but not in the sense that a person is becoming an idiot, blowing bubbles, or a zombie (you are already a zombie and can't become more of a zombie than that), but in the sense of increasing the "void" within. A person feels that he's becoming a more and more void structure, and Pelevin's phrase about a person as "the aggregate of perceptive elements of void nature" at the certain stage of work it will become clear not only at the mental level, but at the level of the whole being. Of course, this is the state which is the goal of many "followers" of various schools, but an "average person" may get scared or fall into depression, being new to this state.

More and more self-identifications will fall off, until a person is not able at all to call himself someone or something, even the void. Perhaps, then you will begin to approach the feeling of your "True Self" – then all "false selves" will fall off. But don't cherish illusions that this system will give you this very "True Self" – you can find it only by yourself and only in yourself, and not somewhere on the side. However, I have to warn you – your "True Self" will be absolutely different from the one you've dreamed up before on the basis of crap derived from schitzoteric books.

In the process of working there may occur some transient states, when you haven't found your "inner pivot" yet, it is still covered by a layer of shit, but you have already lost things you could grasp by in the external world – views, meanings, motivators. You may face boredom, apathy and depression caused by the meaninglessness of everything – don't forget that it's only one of the stages you need to go through. This is just one of the landmarks on the path to reality as it is and not as it was dreamed up by us before. It doesn't mean that you will find "new meanings" or "concepts" – no, on contrary, you will get used to, and understand, a Truth, but unusual character of that Truth will for some time be bothersome and maybe even painful. Well, that is the price you pay for Freedom...

Think twice before you decide to work with the described techniques. For some people it may be better to fall into the sweet illusion of "being woven of love and light," "unity with the world and God," "the great mission on Earth," etc. shit, and to blow joyful bubbles on social networks – at the same time feeling great "individuality," "uniqueness" and "goodygoodiness" (not to suffer from understanding of your real contents). The system described in this book is metaphorically a kind of the red pill Morpheus gave to Neo, but the thing is, "Nebuchadnezzar" doesn't really exist, and there is no Zion out there… It's a serious choice, and for some people it would be better to take the blue pill instead of the red one, because sleeping is much sweeter. I'm not kidding – everything in this book, in spite of an overall humorous style, is **deadly fucking serious**. The choice is up to you.

Practice – Phase 1

Phase 1 will take you approximately one month of independent work, and its task is to lay the foundation of subsequent successful progress with the use of more quick-firing, automatic techniques. In the first phase we form a stable base for further reduction of subjective division of the surrounding world, duality and evaluative nature of perception; for growth of emotional balance and further work with the past, as well we are getting you used to the processing as it is.

In the first phase the work is being performed in three areas (all of them are obligatory and should be covered in order to advance successfully in the future). This is working with polarities (neutralization of polarities according to the list, as well as neutralization of all of your personal polarities), with emotions from "emotional scale" (the first step of reaching emotional balance and neutrality) and very basic clean-up of the past with the help of your first automatic bot-processor.

Optionally, if your body and mind withstands the stresses, you can gradually begin to process some of your existing problems manually, in order to gain experience and to train your skills. However, this step is not obligatory and can be skipped in Phase 1, if you are not inclined to deepen into the problems at this stage.

In the next chapters all three obligatory areas of work for the next month will be discussed in detail.

About an unusual way of loading processors

It is necessary to make a small, but important note. Techniques described in this book are notable for the unusual approach as to the way of "downloading" processors into your subconscious mind. That is: readers don't get the processors themselves (i.e. baseline modules performing low-level processing of mental material, for example – "Merging" and "Process it" modules, described later in the book). They get an instruction for the subconscious mind, which contains only a "**link**" to a processor. A processor itself is in my subconscious mind (i.e. author's), and the subconscious mind of a reader simply "takes" all the content from it (so, this is a kind of "Client-Server" architecture where the author is Server, and you are a Client).

There are several reasons of this decision. The main one is to protect the "know-how" and complexity of the system itself – because, you know, the main processor consists of 7 modules, as it will be described in the corresponding chapter, and each module contains several pages of text with its own instructions for the subconscious mind. All of this is forming the proposed system, effective and easy-to-use, but complex in its structure, and I don't think it's necessary to reveal it to a reader in its entirety, and my practice of working with people according to this system has showed that it's unnecessary – working in the "client-server" technology is not less effective and is much easier (proven by tens of thousands of people who successfully worked with Turbo-Suslik since 2008).

The second and equally important reason is to protect the system itself from time-wasters and mind masturbators. You see, a normal, average person can take what I have to offer, and successfully apply it in his work and get incredible results. Masturbators and brainfuckers of various kinds will – if they have specific information on structure – start changing tools, naively thinking that they "know what they are doing" but in reality they will get into more and more of a mind masturbation maze and instead of results they might get if they used proven tools, they will get into an ever-lasting maze of mental fucking and NO results. To successfully construct your own tools, you need to have a good understanding of what is going on in the human mind and how it works, and none of them possess such knowledge. What tools can come out of a dysfunctional, masturbating mind? Right – dysfunctional tools. In reality, you will most likely be able to build your own tools based on mine – but it will take time to learn and get used to the system. So, I decided to give people a perfectly working, strong, proven instrument, and cut off brain fuckers – they are not here to solve problems anyway, merely to masturbate their minds. So, consider this step as yet another filter to filter out idiots, and leave only people who really need it and will use it.

Metaphorically speaking, if you need a hammer to do some work, I will give you the hammer, and that's perfectly good for this work. If you are willing to find out about molecular structure of the hammer, the kind of steel that was used to make it, exactly what wood was used in the handle, how the handle was made and so on – then I consider you a brain-fucker and I understand that you are merely a time-waster and do not need RESULTS. See the difference between a person who needs results, and a person who "likes the process" and don't care that much about results? This system is ONLY for those who need results. Brainfuckers, tire-kickers, time-wasters, theoreticians and other masturbators – go away.

As for the non-traditional way of "loading software" – a little bit of history should be added here. When I was beginning to work with BSFF, I read interesting things from Larry Nims

mail-list. It was written that many psychologists working with their clients with BSFF noticed: it's absolutely unnecessary to provide a client with a paper containing instructions for the subconscious mind. So, Larry Nims, the author of BSFF, a very experienced professional, repeatedly demonstrated the following trick in public – for a moment he waved a print in front of a client, and it turned out that the subconscious mind could fully learn the instructions! High-speed reading is not the thing here, as there were a lot of printed pages. It was just that it (the subconscious mind) really learned it. It was tested – always with 100% results (testing was performed with the help of so called "muscle testing" or "kinaesthesia," and, besides, the result of the uses can be considered definite evidence of learning).

From good to better! One of the practitioners said that he simply took a client by the hand and said, "my subconscious mind will now give all the instructions to your subconscious mind." It worked 100%. Or, what is even more interesting – a doctor said, "And now my subconscious mind will receive instructions which are printed on a paper I've forgotten at home in a drawer." And again tests showed 100% learning.

And then I finally began to test this system and received evidence that it's true – the subconscious mind of a client really receives all the necessary data for working by means of "direct transfer" from my subconscious mind (it was still with BSFF). One of the theories that explain how this works, is this: in truth, we are all One, that is, the universe is one, and dissociation is an illusion. And if so, why be surprised that information can be transferred between two parts of the One?

In general, technologies of this kind are not new to many "followers" of various schitzoteric schools which are using "new age" things. They have things like "opening of the channel," "initiation," "connection" and "direct transfer" here. So, you can consider my instructions for the subconscious mind a kind of "initiation" and "direct transfer" "from my subconscious mind to your subconscious mind" (don't get me wrong – I am not into any esoteric shit and "descended masters" bull, I am very practical and down-to-Earth, but for simplicity's sake I use this explanation). So, don't be surprised, when you read the instructions for processors' installation – I have chosen exactly this way consciously and on purpose, and the reason is explained above.

And now a few words about wording. As I wrote before, instructions for the subconscious mind contain words "our," "we," etc. instead of "I" and "my." These are not misprints or mistakes. As I wrote before, every "usual person" is fragmented to a great extent. There is no single "self," but there is a heap of various "parts of the subconscious mind," "subpersonalities," "personality aspects" and other "stuff." When an instruction for the subconscious mind contains wording like "we," it means exactly the sum total of all this stuff as a whole, and all its parts. In this way, we tell our subconscious mind that it has to process all parts, sub-personalities, aspects, etc., including dissociated or fragmented ones.

Processing of polarities

As I wrote before, neutralization of polarities is given an important role in the described system. It provides a gradual shift of worldview from evaluative and polarized to nonevaluative and non-dual. In the long term it influences not merely "philosophical worldview," but it also removes a certain amount of psychological problems and automatic models of reaction, the reasons of which are polarization and division. Besides, there may

suddenly disappear some automatic models of reaction which we had no intention to process with the help of the techniques; with neutralization of some polarities these models may become irrelevant and may fall off by themselves. This process is very interesting, and I would recommend a practitioner to be attentive and watch the changes in his perception and behavior.

At first, I would like to discuss the theory behind the process of neutralization. The world knows quite a large amount of techniques which can be used for "neutralization of polarities," according to the words of their authors. In the majority of cases neutralization, however, is not permanent, i.e. after its initial period, when the integrity of neutralized polarities can be felt, they "run to their places" again. The reason for this lies in the fact that only a few techniques are concerned about the removal of **mental charge** between polarities; most of them simply try to unite them only mechanically.

One principal thing should be noted here. Polarities are separated in our mind and nowhere else. In reality, there is absolutely no separation, no conflict in nature. And separation in one's mind exists only because of the presence of certain mental "charge," which keeps polarities apart. Therefore, this is the removal of the "charge" between polarities that can guarantee permanent neutralization of them. Once you do it, the polarities will stick together by themselves, without our participation. Why? Because, in reality, they are **already** one, and their separation is only an illusion existing in our mind. It can be illustrated by the example of two magnets with their opposite poles facing each other. Magnets attract each other and tend to stick together, but if we put a "charge" between them – a matchbox, for example, they will stay separated. Once you remove the "charge" – magnets will stick together, because it's their natural property. The same with any polarities – once you remove the mental charge existing between them and separating them, they stick together without any effort on our part.

This is how techniques giving a permanent result work, unlike that "quickie" with mechanical joining or mixing of polarities. One of the best techniques for working with polarities is "DP-4" by Zivorad Slavinski. It is a really effective technique, which enables one to remove a charge existing in a polar pair (the mental charge, which separates polarities), quickly (within 5-10 minutes) and effectively. As a result you will not only understand that this pair of polarities has always been inseparable, but it will also move to the level of feelings, and this is where neutralization begins to influence your life and behavior. DP-4 has a lot of advantages – in the form of an instant result, that is to say, we really feel the merging of polarities as soon as it is achieved, and it gives unforgettable effects and (sometimes) powerful insights. But there is also a couple of small "drawbacks," particularly the fact that it's difficult to "merge" more than 5-8 polarities in succession, simply because the achieved positive feeling doesn't contribute to further working, since a person "feels good" enough without any more merging.

Besides, the process is performed with closed eyes, requiring certain concentration, and that limits its use in situations when it's impossible to work in such a manner.

Techniques proposed in this book (in particular, "Merging" processor for neutralization of polarities) are based on the approach inherent in techniques of Slavinski. The principle of their operation consists in the **removal of a charge between polarities** that leads to their independent merging, but the process is moved to the subconscious mind, which, in an automatic background mode, performs the search and removal of this "charge," until

polarities are neutralized. The advantages of such an approach are its ease of use and the possibility to work virtually everywhere, even when driving a car, since no concentration is required. Besides, we can "load" our subconscious mind with more work, than was possible with a "face-to-face" approach to neutralization of polarities. That is to say, we can "upload" into our subconscious mind a list of polarities to neutralize and go to bed with no worry, knowing that it will manage its job. The disadvantage is the absence of an instant result – there are no vivid states and flashes of inspiration, no wonderful insights, because the subconscious mind needs some time to process polarities and to subsequently integrate changes.

As you can see, each technique has its advantages and drawbacks, and you just need to ask yourself – what do I want to achieve with the help of this work? I personally am interested not in the process itself, but in the resultant changes in my life and worldview. That's why I consciously abandon bright feelings of "face-to-face work" in favor of automation and ease of use of the "subconscious approach." In fact, this is what this described system is based on.

Let's proceed to the description of things the subconscious mind does, when it is performing neutralization of polarities by our order.

Firstly, the subconscious mind finds and removes the whole "charge" (which may be in the form of emotions, mental pictures, bodily sensations and logical constructs) which "separates" polarities in our mind. The direct result of it is "merging," i.e. neutralization itself. But the process is not finished yet. The next thing the subconscious mind does is a process of checking against "ecological compatibility" – i.e. against absence of internal resistance to performed merging. If such resistance exists, in the future there may appear an internal conflict, and we don't need internal conflicts – we already have enough of them. The subconscious mind processes this resistance, again with the help of the method of removing a charge between polarities, but this time "a feeling that polarities we've been working with are merged" and a "resistance to merging" appear as polarities here. When removing a charge between them, the subconscious mind removes resistance and the inner conflict. After that the subconscious mind takes the next important step – it checks for any concern that polarities will "get unstuck" again in the future, and if such concern exists, the subconscious mind processes that too, in the way described above, until this concern disappears.

After these procedures are performed, neutralization is virtually complete and permanent, but, to crown all, checking against resistance from other people should be performed. For example, we have just merged the "love and hatred" polarity, and if we ask ourselves – "if there are people or beings which may be against it and block this neutralization," we may realize that our mom or grandma might be really against it for some reason. Of course, it's possible and even likely that our mom or grandma does not give a fuck about our neutralization of some "polarities," but we have a "model" or a "projection" of mom in our mind, and this model "does care" (in general, it is well known that we do not deal with people "as they are," but with our ideas about them). Resistance of this "projection" should be processed – and for this purpose so-called "circular processing" is applied, which is described further in the corresponding chapter. In brief, at the moment we can say that we identify ourselves with our mom and process "on behalf of her," processing her resistance to the fact that we've "merged" some polarities. After this, if there are no more objections from

other parts of our personality, the work can be considered done and the neutralization permanent.

And this whole lot of actions will be performed in our subconscious mind fully automatically and in a background mode after we point our attention to a couple of polarities and use the word "**Merge**." This word starts the process described above. After we run this process, we can go off on our own business – to have some tea or, for example, to go to bed, and our subconscious mind will automatically do all the things I've described above, and with time (from minutes to days) a polarity will be completely neutralized and changes integrated.

Of course, we can check if this neutralization has been really performed or we've just fooled ourselves. It can be easily done. In a week or two you can try to neutralize a processed polarity with the help of the DP-4 process. We won't be able to do it – we will find out that the polarity has been already neutralized. Or, you can try to mentally try to see if they are different or not – you won't feel the difference, although your "normal logic" will say there should be one... At first I paid a lot of attention to checking, but soon enough I understood that there was no need to waste time on it – neutralization is guaranteed, if not in 3 days, then in a week or two (depending on how deeply this polarity is rooted in our subconscious mind and influences our life). So we don't need to worry about it, and simply feed bundles of polarities to the subconscious mind and watch gradual changes.

"Merging" processor is given in the next chapter. You need to read it only once, aloud or silently (doesn't matter), and then it will be installed into your subconscious mind permanently. In addition to the procedure of "merging" of polarities the processor contains mechanisms of auto updating (in case an updated version ever appears), as well as a mechanism of blocking in case a dishonest user will attempt to "hack" mechanisms of the Turbo-Suslik system, to damage them or to infringe copyright. In this case all processors will be automatically blocked immediately, and any further work for this person will be finished forever. Of course, a normal, sane person will not do any of that, but among schitzoterics there can always be found some crazy idiots (just visit any online esoteric forum and you will see lots of them)… For these people I have supplied the system with protection which cannot be evaded or hacked, because the subconscious mind of a client controls him so that he does not "play a trick," and it's impossible to cheat yourself. But, like I said, you as a normal person, that came here to work and get Freedom from your problems, should not be concerned about it.

A list of polarities to process is also provided in one of the next chapters. A practitioner should work with polarities until he reaches a state when any new polarity is integral when you look at it, that is, when any polarity, even the one we have never worked with, will be already neutralized when you point your attention at it. Besides, you will also come to realize that "polarities" don't really exist – these are only illusions, mental structures, along with their separation. After it you may stop bothering yourself about working with polarities and leave the "merging" process for more practical tasks, which will be described in this book in one of the following chapters.

"Merging" processor

This instruction needs to be read aloud or silently only **once**, from the words "instruction for the subconscious mind" to the words "the end of the instruction" inclusive, and then your subconscious mind will accept it as a guide for action. You don't need to re-read, "refresh" it, etc., your subconscious mind "gets" it immediately and remembers forever. This is very similar to BSFF, and actually some wording has been taken from BSFF because it is very difficult to put it any better than that (kudos to Larry Nims!). The technical details of the use are in the next chapter.

Instruction for the subconscious mind

The beginning of the instruction. This instruction is for you, OUR subconscious mind. This instruction installs a protocol for processing of polarities called "Merge." Starting from this moment, all previously given instructions related to "Merge" protocol in its earlier forms should be considered invalid; all the work with "Merge" protocol should be performed only according to this version of instruction. If any polarities are being processed according to an older version of the protocol, they should be transferred to processing according to a new version of the protocol, starting from this moment.

As soon as WE direct OUR attention to polarities which WE want to neutralize with the help of this protocol, WE will pronounce or think of a special key word ("Merge"), and you will perform fully independent and automatic processing in a background mode with the help of "Merge" procedure, made by Dmitri Leushkin. If necessary, you will contact the subconscious mind of Dmitri Leushkin and receive the newest version of this procedure from it.

Once in every 6 months at random time you will contact the subconscious mind of Dmitri Leushkin and check if there has appeared a newer version of this instruction. In case it has appeared, you will automatically update the existing version with a newer one, having received it from the subconscious mind of Dmitri Leushkin.

You will signal the start of the processor mechanism after pronouncing the key word defined above with the help of yawning of OUR body.

OUR subconscious mind, you will always do everything that WE have described in this instruction, starting from this moment, regardless of what state, what circumstances, what situation or what mental or emotional state WE are in, or which polarities WE want to neutralize with the help of this protocol. And WE thank you and are deeply obliged to you and respect you for always being OUR faithful servant.

The end of the instruction.

How to neutralize polarities

A short chapter which covers merely technical aspects of working with polarities.

Neutralization of polarities with the help of the "Merging" processor is very simple. You take any polarity from the list, for example, "Love — hatred." You pronounce (aloud or silently – it doesn't matter) "Love," then "Hatred," and then the word "Merge." You repeat "Love-hatredmerge" **until you yawn** or 10 times (whatever comes first), then you proceed to the next polarity or go off on your business.

At the very beginning of the work with a certain pair of polarities it may be quite useful to try to actually **feel** polarities, and not to only "thrash" them mechanically. So, in this given case it would be great if you could try to feel the love itself (i.e. what is love for you? What emotions does this concept arouse? What thoughts or maybe feelings are in your body?), then to feel the hatred (what is hatred for you? What emotions, thoughts and feelings does this concept arouse?), and only then you should pronounce the word "Merge." This is not an absolute requirement, since the subconscious mind will neutralize this pair anyway, even if you "thrash" it mechanically and thoughtlessly; but if you manage to feel them at the very beginning, at the very first time, duration of processing and integration will be reduced, and effectiveness of the process will increase. Certainly, the list contains polarities which will be difficult to feel (these are mainly things of a complex philosophical type), so if you can't feel a pair – don't worry too much.

Those who want to have fun may repeat "Love-hatred-Merge" not until they yawn or 10 times, but to the bitter end. It may take 1-5 minutes, or more, or may never come, depending on an individual. The feeling of polarities' merging usually comes either in the form of understanding that they don't really exist (i.e. both polarities are just an illusion, an empty mental construct; this happens especially often during processing of "philosophical" polarities), or in the form of a feeling that they are really single or that they are the same. However, as I said, it is absolutely non-obligatory, and it doesn't speed up integration of changes, and only serves as some kind of entertainment. You will get bored with it after a while. In general, no matter whether we perform "merging" until "real" neutralization (i.e. the one that we can feel), or leave this task to the subconscious mind, neutralization will be done anyway, in 5 minutes or in 5 days. This is absolutely unimportant – during the work we're interested in the general cumulative effect and in the general result, and not in the immediate "bliss."

In the case of polarities of the "me and something (or someone)" type (for example, "me and my mom"), the work is being performed in the same way, that is, by means of repeating "Me and my mom – Merge" until you yawn or 10 times. Issues of using "Merging" processor for "merging" yourself with others (or generally with various interesting things) will be discussed in one of the following chapters.

In all candor, it's necessary to say that there is an easier method – an automatic "merger," which is provided in the Appendix at the end of this book. You can load it with a list of polarities to process, and then just start the process and go to bed or go off on your business, but I **strongly don't recommend** using it before at least 2/3 of the list is processed. Manual work in Phase 1 is utterly important and provides the basis for your future successful progress. Please, don't neglect it.

Processing of problems

The next processor widely used in the system is **"Process it"** module. It is used for working with any problems, states, views, emotions – in general, for working with absolutely any mental material of virtually any type. This is an absolutely all-purpose module, which will be widely used in the future both for manual processing of material and for fully automatic processing of material in many bots-protocols.

The principle of its use consists in the following. When we direct our attention at a problem (the word "problem" hereinafter will mean any mental material we want to "sort out"), we provide the subconscious mind with a command in the form of a phrase "Process it," and the subconscious mind begins to work with this material and to perform certain actions with it according to the algorithm described in the instruction. In fact, "Process it" is somewhat similar to the BSFF processor, and is applied in the same way, but its principal difference is its mechanism of working with problems. The next chapter deals with a description of the mechanism.

Meanwhile, I'm going to dwell on the scope of use of this processor. As I have already said, we can apply it to <u>any mental material</u>. Negative emotions, "unpleasant thoughts," any views and beliefs of any kind, episodes of the past, any emotional states, and even somatic pains, such as headaches (though with certain limits, so if you feel some pain, take some treatment and don't just repeat "Process it" in the hope of a miracle). As in the case of BSFF the work is being performed by means of "showing" a problem to the subconscious mind and saying the phrase "Process it." For example, "I hate this motherfucker – process it" or "I am not able to become successful – process it."

At this stage a lot of people who have read a lot of "clever books" about affirmations usually start to object loudly, saying: "we shouldn't give such negative affirmations to our subconscious mind! It will accept them as an order and will intensify the negative state." Well, listen, in this system we don't work with affirmations **at all**. Those phrases with negative material that we use are only a **definition of a** problem. That is, we say roughly the following: "Subconscious mind, there is a problem called "I hate Dave" – please, process this problem." Nothing is being suggested, nothing is being programmed in the process of such work; we define a problem and say "Go!" to the subconscious mind, and it begins to sort out the problem shown to it. Those who have read a lot of "clever books" may stay unworried about embedding of "negative attitudes" – in essence, the system described in the book is not aimed at programming, but at deprogramming, destruction of attitudes, emptying of mental material. As for your beliefs derived from "clever books," I recommend to process them with "Process it," just as any other bullshit.

Principle of operation

"Process it" is, in essence, a kind of a "macro" starting a whole lot of procedures in the subconscious mind with one key phrase; the purpose of these procedures is the processing of chosen mental material. The processor itself contains 7 different modules, a part of which has been created on the basis of procedures by Slavinski, the other part consists of my own unique techniques and synthesis of other authors' ideas. This chapter covers a brief description of procedures being performed by this module, to make it clear for you what exactly will happen in your subconscious mind.

How to stop fucking your mind and start living

To make it simple, let's suppose that we're processing a hypothetic problem called "I hate Dave." So, we pronounce the phrase "I hate Dave," defining a problem that needs to be processed for the subconscious mind, and then immediately start "Process it" processor. Then the subconscious mind begins to perform the following actions:

1. It searches the records of the past for the episodes which were the source of the problem being processed (obviously there is some sort of cause for this hatred, and it was born in some episodes in our past, and that's what the subconscious mind is looking for). Then it processes these episodes, removing an emotional charge present in them, with the help of special processing modules. Details are absolutely unimportant – the main thing you have to understand is that the charge is being removed from the episodes of the past which became the reason of this material or state we're processing.

2. It attempts, as far as possible, to divide the initial problem into sub-parts (so called "aspects of a problem") and process each of these parts with its individual process; it speeds up processing and enables it to achieve better results. By the example of our hypothetical problem, these may be the following parts: "His laughter drives me bonkers," "I don't like his mother," "What a pushy bloke he is," etc. The issue of fragmentation of a "large-format" problem for better processing is well described in the book about BSFF written by Larry Nims. So review his book if you are interested. However, in this case it's unimportant – the subconscious mind attempts, as far as possible, to do this fragmentation automatically for us, and then treat each found part in order to "discharge" it;

3. The subconscious mind attempts to find and process all decisions and postulates ever made by us, that are related to this material and its parts somehow; all our judgements of these decisions and postulates; all our conclusions related to this material and its parts, as well as decisions and postulates made by us, with the help of individual modules intended for it. The purpose of this action is to search and process <u>decisions and postulates</u> which were made some time ago and are probably already forgotten, but still continue to influence our life, even though we don't realize it. In this given case of our hypothetical problem it may be a decision made at the age of 4 – a decision to stay away from red-haired people, since our uncle with such hair frightened us once and caused hysterics. The decision has been made and forgotten, but it still continues to act at the subconscious level, contributing to our hatred to red-haired Dave. Of course, this decision should be processed and

   neutralized in order to achieve the real solution to the problem;

4. The subconscious mind is searching for and processing all opinions, views and beliefs we have in relation to this material, its parts, all people and beings participating in it, as well as all people and beings which participated in its creation, maintenance and possibility or impossibility and methods of processing this material. In this part, as you can see, the work is performed at the level of views and beliefs – about the problem itself and about all the people supposedly participating in it;

5. Then, the subconscious mind processes all aspects of our personality which are somehow related to the creation of this problem or are the consequence of it. Now the

work is being done with the help of a processor called "Turboaspect" – this is basically a very modernized emulator of a famous process called "Aspectica" by Zivorad Slavinski. Those who are interested in "Aspectica" may easily find materials on this technology on the Web, and after you read it (or maybe perform several processes by yourself), you can receive proof of its competent approach and effectiveness. In the case of "Process it" there is an attempt to transfer all the work on processing aspects (i.e. parts of our personality, "sub-personalities") to the subconscious mind. Therefore, when we say "Process it" with respect to a problem, a part (or parts) of our personality related to the problem are also being processed. As a result of this processing, a sub-personality (an aspect) is integrated into the "main part of the personality" and ceases existence, and **the cumulative effect of the work will become apparent with integrity, increasing with time, and decreasing inner fragmentation of a practitioner;**

6. Then, the subconscious mind processes all offense, unforgiveness, blame, complaints and other negative emotional charges which we have in relation to us, other people and beings, other objects, as well as of higher powers, god, world and reality in general, related to this material and its parts. I suppose, everything is clear at this point – we remove any offence, rejection and complaints about ourselves or anyone who (in our opinion) has any relation to the problem being processed;

7. Then the material itself is being processed with the help of several different processors;

8. And finally, the last stage of the work is a procedure which is well-known to some followers of various schools and is widely used in BSFF and other techniques of this kind. Theory says that after processing of material, when it has been fully removed, a "hole" is formed in our "energy body" or in the system of our bodies, and it's located in the place where the material was present before processing. In order to prevent "sucking in" of something new (and maybe bad) into this empty place by the formed vacuum, the "hole" is filled with white light in the imagination; in this way it is "closed," and the place where some new negative mental material could be "drawn into" is closed and removed. I wouldn't judge the correctness of this statement (I personally know at least one much more convincing explanation of the principles of this phenomenon), but if practice is anything to go by, processing which includes this step (i.e. "filling an empty place with light") is subjectively more effective than processing without this procedure. And since the subconscious mind performs its work in a background automatic mode anyway, why don't we add this task to its list of tasks? I don't need any digging of theory, I need a real practical result, and as of

the things really happening there – whether a "mock-up" (an artificial mental "structure") is made in the place of the removed mental masses, or whether energy holes are filled, or whether "angels send their rays from heaven" – I don't give a shit. And I hope neither do the readers. We want results, not theories.

As you can see, after you pronounce the phrase "Process it," the subconscious mind starts to perform a whole bunch of different processes, dividing a problem into parts and processing it from many different sides. To put it precisely, from the majority of sides, because it would also be useful to embed the mechanism of processing of "resistance to processing this

particular problem" (sometimes called "self-sabotage"), of "concern that the problem might come back," and also to perform "circular processing" on behalf of all participating people. However, it is done, but not at the level of a processor. It has been decided not to include processing of these things into "Process it" processor itself, but to put it into "bots." Therefore, processing is performed from all sides, but a part of the work is done by the processor, and the other part is done by a bot. As a result, we get an utterly effective mechanism for working with any mental material.

As in the case of "Merge," "Process it" includes a mechanism of automatic updating in case I get new, advanced versions, as well as protection from any attempts to "hack" the system, which immediately "cuts off" all processors and all processes started before for "shrewd and deceptive" people. This does not in any way affect its effectiveness for any normal, honest user, so you don't have to worry about anything.

"Process it" processor

This instruction needs to be read aloud or silently only **once**, from the words "instruction for the subconscious mind" to the words "the end of the instruction" inclusive, and then your subconscious mind will accept it as a guide for action. You don't need to re-read, "refresh" it, etc., your subconscious mind apprehends it immediately and remembers forever. The instruction itself is very simple:

Instruction for the subconscious mind

*The beginning of the instruction. This instruction is for you, OUR subconscious mind. This instruction installs a protocol for processing of mental material called **"Process it."** Starting from this moment, all previously given instructions related to **"Process it"** protocol in its earlier modifications should be considered invalid; all the work with **"Process it"** protocol should be performed only according to this version of instruction. If any material is being processed according to an older version of the protocol, it should be transferred to processing according to a new version of the protocol, starting from this moment.*

*As soon as WE direct OUR attention to a material that WE want to process with the help of this protocol, we will pronounce or think of a special key phrase (**"Process it"**), and you will perform fully independent and automatic processing in a background mode with the help of **"Process it"** procedure, created by Dmitri Leushkin. If necessary, you will contact the subconscious mind of Dmitri Leushkin and receive the newest version of this procedure from it.*

Once in every 6 months at random time you will contact the subconscious mind of Dmitri Leushkin and check if there has appeared a newer version of this instruction. In case it has appeared, you will automatically update the existing version with a newer one, having received it from the subconscious mind of Dmitri Leushkin.

You will signal the start of the processing mechanism after pronouncing of the key phrase defined above, with the help of yawning of OUR body.

OUR subconscious mind, you will always do everything that WE have described in this instruction, starting from this moment, regardless of what state, what circumstances, what situation or what mental or emotional state WE are in. And WE thank you and are deeply obliged to you and respect you for always being OUR faithful servant.

The end of the instruction.

Processing of emotional states

The next important part of Phase 1 is working with a list of emotions. You are to process a list of emotions and emotional states with the help of "Process it." The list is in alphabetical order, it has been compiled from various sources on the internet, and you will have to work on this list in Phase 1.

I will try to explain the principle of this procedure. When we process each of the listed emotions and emotional states, we process roots causing automatic appearance of such emotion in response to some standard external stimuli, as well as parts of our personality which are responsible for these automatic reactions. As a result, we achieve more freedom of emotional sphere from automation, that is, we can experience any emotions of this scale without getting stuck in emotion, or getting stuck minimally.

By the way, as you advance in working (not in Phase 1, but in general), you will be getting much less stuck into emotions, until you will be able to get unstuck immediately (within minutes or even seconds) after experiencing a negative emotional state. Today you can get absorbed in depression or offense and continue chewing on it for several days, weeks or even months, but as you get more and more advanced in this system, this time will be considerably reduced, until there will be virtually no "time lag," when you'll be able to switch from offense and depression to joy and laughter within minutes (I am talking here about "normal" state, not "snapbacks" where you can get seriously stuck for a long time). Processing of the "emotional list" is the first step to such results.

In some time after processing of a large number of emotional states from the list, you may be surprised to find yourself more in the neutral emotional state, when you experience neither positive, nor negative emotions, but only some "zero," neutral and balanced state. This may be unusual at first, it may seem (to those who have not experienced it before) rather strange, and you may begin to worry that something is wrong with your "emotional machine." Everything is okay with it, you will see it by yourself in the future. You don't lose the ability to experience any emotions, you simply begin to do it more rarely in an automatic way.

Please note that processing of the emotional states given in the list doesn't guarantee that you will not experience them anymore in the future. An issue of permanence of changes will be covered in the corresponding chapter, for now I can only say that the real emotional scale is much more diverse and contains much more emotions than those which are given in the list. So don't be surprised, if in the future an emotion "knocks you down" and don't ask indignantly: "what the hell, I have already processed it." Nevertheless, you will be getting less and less automatic reactions, and you will see it for yourself. Processing of the list of emotions will be the first (and very important) step on your way to emotional freedom.

Once again: we are not eradicating emotions! Our goal is to remove an automatic, unconscious emotional reactions. Please understand the difference between an automatic, unconscious emotional reaction, and being fully aware while openly and consciously feeling emotions, which is our goal. :)

How to process emotions? It is very easy. They are listed in alphabetical order, so just start with letter "a" and go from there. You take an emotion (or an emotional state) from the list, pronounce it (aloud or silently – it doesn't matter), while trying to feel this state. You can then say "Process it" and repeat this until you yawn (or, as in the case of "Merge" processor, 10 times), then you can proceed to the next emotion or go off on your business. For example, "Despair – Process it" – repeat until you yawn or 10 times. It is very easy, as you see.

In fact, that's all. The whole list can be easily processed within less than a month. Speed of processing (i.e. the number of processes which can be safely performed simultaneously every day) will be covered in the corresponding chapter a bit later (see "Work plan"). Please,

remember that processing of the emotional scale is an obligatory part; it cannot be avoided or discounted. The whole scale should be processed, including the positive part of it. It is a really important part of the work, which lays the foundation for future work. Emotions can be processed simultaneously with processing of polarities, they don't interfere with each other, and the main thing in this work is to choose your own, individual pace of working and to avoid overworking.

Cyber-Zivo – a bot for basic cleaning of the past

Cyber-Zivo is the simplest, basic bot-processor of the very basic level, the purpose of which is cleaning of your past at the initial stage according to a defined algorithm. This algorithm was originally defined in the works of Slavinski and adapted by me for automatic processing. The bot is set for 30 days, during this period it has to finish its work according to a program, and then it will switch off automatically. This bot works at night, when you're sleeping, in order not to overload your day perception with work. **It needs to be started once, at the very beginning.** You don't have to switch it off in the morning and switch it on again in the evening – it will start automatically, when you're asleep, and will do its work, the algorithm of which is described in the text of the protocol that you can find below.

Due to a large amount of crap present in your mind at the initial stage, the results of its work will not be so immediate and evident, so there will be no explosion of joy and flashes of inspiration, though you may notice its work by secondary indications. These indications include dreams – after protocol is started, you will probably begin to see strange dreams. They may contain characters from the remote past, those who you have forgotten from a long time ago; and maybe you will have a feeling that something is really being processed while you're asleep. Perhaps, you will wake up with a clear feeling that a certain part of your life has been cleared, or that a certain situation doesn't torment you any longer, or that you have forgiven someone and don't take offense with him, or something else of that nature. Though I met some people who had no dreams and noticed no indications that Cyber-Zivo was working, but that doesn't mean it didn't work for them. In general, all people are different, and everyone may have different results, but anyway the bot will perform certain work and switch off as it should. It's meaningless to reactivate it after the end of the work, since it has done its work, i.e. has fulfilled the assigned task.

The meaning of using Cyber-Zivo is to perform initial clean-up of the past (anyway later we will have to work much with the past, but this protocol does its part of the work). Besides, the subconscious mind and body are being adapted and prepared for massive use of automation in the future.

Launching of Cyber-Zivo is performed in the same way as all bots and will be started in the future – you read the protocol (aloud or silently – it doesn't matter) **once**, then you start the process by repeating the phrase "Cyber-Zivo start" until yawning. If no yawning comes after 10 repetitions – leave it alone, it has been started anyway. "Cyber-Zivo" protocol itself is on the next page. You can start on the very first day of working with this system, and it will work on automatic mode.

Cyber-Zivo protocol

*These instructions are for you, OUR subconscious mind. Starting from the moment of activation of the processing mechanism described in this instruction, after WE pronounce the special key phrase (**"Cyber-Zivo START"**), you will perform fully independent and automatic processing using **"Process it"** protocol, of all and any material in OUR past (both in this life and in all previous lives), in OUR present and in OUR future (in this life and future lives), including processing of all reasons and roots of the material, as well as consequences of the material. In this instruction the material implies the following:*

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1. *Any distrust to OUR subconscious mind, any fear of working according to this protocol, any distrust or doubt about the possibility and results of processing the material according to this protocol and with the help of the subconscious mind in general, any unwillingness and resistance to working with the material according to this protocol – this type of the material will be processed in the first place*

2. *All episodes of the past (in this life and in previous lives) and of the future (in this life and in future lives), in which WE have experienced any humiliation, offense, injustice of any kind, as a result of actions of other people, beings, circumstances, the world and the reality in general, and as a result of OUR actions, no matter if WE remember them or not*

3. *All episodes of the past (in this life and in previous lives) and of the future (in this life and in future lives), in which WE have experienced aggression, cruelty and physical violence of any kind from other people, beings, and also in which WE were witnesses of such actions against other people and beings, no matter if WE remember them or not*

4. *All episodes of the past (in this life and in previous lives) and of the future (in this life and in future lives), which contain any negative emotional charge, no matter if WE remember them or not*

5. *All episodes of the past (in this life and in previous lives) and in the future (in this life and in future lives), experienced by US in OUR dreams, which contain any negative emotional charge, no matter if WE remember them or not*

6. *All episodes of the past (in this life and in previous lives) and of the future (in this life and in future lives), in which WE did things which were bad, shameful or wrong in OUR opinion, including words WE said to other people, OUR intentions, physical actions of any kind which WE feel ashamed or guilty of or felt ashamed or guilty of, no matter if WE remember them or not*

7. *All and any emotional charges WE have towards other people or beings, no matter if WE remember them or not and if these people or beings exist or existed in reality,*

   were figments of OUR imagination, virtual characters on the Web, participants of OUR dreams, characters in books or any other printed material, films, TV or radio programs

8. *All and any charges WE have towards other people, which WE have ever wanted to possess some similarity to in the past, or want to possess some similarity to in present, or which WE envied or envy for some reason, or whose parts of the body WE would like or want to have, or which WE want to be, or which WE still miss, no matter if WE remember them or not, if these people existed or exist in reality, were figments of OUR*

imagination, virtual characters on the Web, participants of OUR dreams, characters of books or any other printed material, films, TV or radio programs

9. *Any of OUR compulsive (involuntary automatic) wishes, habits or aspects of OUR personality, which WE have or had in the past (in this life and in previous lives) and will have in the future (in this life and in future lives)*

10. *All OUR ideas, views, opinions, beliefs, decisions, postulates, dreams and fantasies, in any way related to the above material*

11. *All OUR fears and concerns, in any way related to the above material, which WE have or had in the past (in this life and in previous lives) and will have in the future (in this life and in future lives*

12. *Any emotional charge present in any of OUR past feelings, no matter if these feelings were experienced during this life, previous or future lives, and no matter if WE remember them consciously or not*

13. *Criticism, blame, unforgiveness of any kind or any other type of negative attitude to OURSELVES, other beings, people, the reality and the world in general, in relation to any of the above material of the protocol.*

Besides, during processing you will identify yourself with all organs of OUR body one by one, and perform processing of the above material in case it is present in OUR organs.

This mechanism of processing will be deactivated and this instruction will cease acting automatically, when all the above-listed material WE have is processed by you with the help of **"Cyber-Zivo"** *protocol. If necessary, WE can temporarily stop processing after WE pronounce the key phrase* **"Cyber-Zivo STOP."**

You will perform processing of the material for US in a fully automatic and independent mode, while WE are asleep, and without any harm to OUR sleep and functioning in the awake state. You will perform all the work on processing of the material as mildly and painlessly as possible. You will also process any distrust about the possibility and results of this processing, and any fear related to this processing, and any negative emotions or emotional states, as well as any resistance that WE may have against this processing, with the help of **"Process it"** *protocol.*

All the work according to this protocol will be performed by you within **30 standard days** *or less from the moment of initial activation of this mechanism. You will perform load distribution for OUR body as evenly as possible, in order to prevent overloads. You will signal the start of the processing mechanism and its stoppage, after WE pronounce the corresponding key phrases defined above, with the help of yawning of OUR body.*

OUR subconscious mind, you will always do everything that WE have described in this instruction, starting from this moment, regardless of what state, what circumstances, what situation or what mental or emotional state WE are in. And WE thank you and are deeply obliged to you and respect you for always being OUR faithful servant.

The end of the instruction.

Big list of polarities

A large composite list of polarities for neutralization (more than 400) is provided below. The procedure of neutralization is simple – To review: **you pronounce the first polarity, then the second polarity, then the word "Merge" and repeat it until you yawn.** For example:

Love – hatred – Merge
Love – hatred – Merge
Love – hatred – Merge
Love – hatred – Merge
Love – hatred – Merge

Let's suppose, at this moment you yawn – OK, the process has been started and you can proceed to the next polarity.

If yawning doesn't come after 10 repetitions, proceed to the next polarity; anyway, the subconscious mind will neutralize this polarity in some time. When you pronounce polarities (I'll remind that it doesn't matter if you do that aloud or silently), it would be good if you could try to feel these polarities, at least, at the first time (when you pronounce them for the first time). However, this is not a requirement, so don't get really stuck on it.

There is no need to repeat processing of polarities processed before. In other words, after you start processing a pair of polarities (by means of the above procedure), it can be struck off from the list, and you don't need to return to it. There is no need to restart the process of neutralization of the same polarity several times – it won't speed up the process and won't bring you anything but headache and additional load on your brain. I'll repeat that. We start neutralization of this polarity (by means of the above procedure) only once, and then we forget about it, it will be processed in due time.

At the beginning I wouldn't recommend to process more than 10-15 polarities a day; later, as your body is getting adapted, it will be possible to increase the pace – but anyway, judge by the reaction of your body and avoid overworking. If you body says "it's enough" for today – it's really enough. The issue of volumes of processing will be dealt with in more detail in the chapter "Work plan." If you don't understand a certain polarity at all (i.e. it sounds like absolute rubbish and nonsense to you) – then just skip it.

Polarities are given in the alphabetical order. All of them can be easily processed within a month at most.

The list:

ability (to do something) —
disability abnormal — normal
indifference — sympathy absolute
— relative abstract — concrete
acceptable — unacceptable
acceptance — rejection

acceptance of someone else's points of view — unacceptance of someone else's points of view accessibility — inaccessibility active — passive activity — passivity adequate — inadequate advancement — retreat all — nothing altruism — egoism always — never analysis — synthesis anxiety — peace anxiety — tranquility appearance — disappearance approaching to a goal — moving away from a goal arrival — departure attack — counter-attack attraction — repulsion attraction to people — rejection of people balance — compulsion beauty — ugliness beginning — end belief — disbelief benevolence — hostility better — worse big — small body — mind body — spirit boredom — interest change — stagnation chaos — order charisma — dullness cheerful — tired cheerfulness — gloominess clean — dirty communication — silence conclusion — beginning condensation — dissolution confidence — doubt
confidence about the abundance of the universe — fear that you will receive nothing confirmation — denial consciousness — body consciousness — instincts consciousness — materiality consciousness — unconsciousness contempt — respect control — freedom correct — incorrect creation — destruction danger — safety
darkness — light day — night decent — indecent
dependence — independence depth — surface
difference — similarity difference — agreement
dissatisfaction — satisfaction distrust of people —
trust of people divine — ordinary dominance —
submission dork — charmer dream — reality
dynamics — statics earthly — divine effort — apathy
effort — rest emotions — lack of emotions emotions
— mind emotions — reason emotions — void
energetic — inactive enlightened master — moron
enlightenment — ignorance entering experience —
avoiding experience enthusiasm — apathy eternity —
moment everybody — nobody everything depends
on me — nothing depends on me existence —
creation existence — non-existence expansion —
compression extrovert — introvert faith — knowledge
far — near fear — courage fear — peace fire —
water folding — unfolding forever — temporarily form
— formlessness formation — disappearance forward
— backward fragrant — malodorous freedom —
depression freedom — fate/karma freedom —
responsibility freedom — slavery freedom —
submission freedom — lack of freedom
fresh — sluggish front —
back full — empty fullness
— emptiness
fundamentality —
shakiness future — past
generous — mean genius
— madness gently sloping
— steep god — devil good
— bad good — evil
gratitude — ingratitude

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greatness — smallness
happiness — grief
happiness — sadness
hardness — fragility heavy
— light hell — heaven here
— now here — there high
— low honest man —
swindler hopelessness —
hope horizontal — vertical
hot — cold hunger —
satiety
I am bad — I am good
I am not good at anything — I am good at everything
I am the source — I am not the source
I am unique — I am like everybody else
I exist — I don't exist
I must — I want
I must be right — I am not right
I want to be aware — I don't want to be aware
I want to communicate with people — I don't want to communicate with people
I-don't-care-ness — enthusiasm ignorant people — wise people illusion —
reality indifference — involvement infinitely small — infinitely large initiative—
inactive inner world — outer world inside — outside intellect — emotion
intellect — instincts interest — boredom interest — indifference intuition —
consciousness irritation — acceptance
joy — sorrow joyous — angry knowledge —
action knowledge — ignorance lack of self-
confidence — self-confidence laziness —
willingness to act lechery — chastity left — right
left hemisphere — right hemisphere life — death
light — darkness lightness — heaviness limited
consciousness — unlimited consciousness
limitedness — limitlessness literacy — illiteracy
localization — non-localization logic — creativity
logic — emotions logical thinking — creative
thinking long — short love — aggressiveness
love — fear love — freedom love — hatred love
— loneliness love — pain love — power love —
refusal love of people — hatred of people luck —
misfortune lucky — unlucky male — female man
— woman
material — emptiness material
— immaterial material —
spiritual material world —
spiritual world material world —
subtle world matter — energy
matter — void me — abundance
of the universe me — Buddha

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me — complete enlightenment
me — eternity me —
everyone
me — extraterrestrial
intelligence me — galaxy me —
intuition me — life me —
movement
me — nothing me — others me —
people me — someone else me —
subtle worlds me — the whole world
me — unity me — universe me — void
me — world merciful — merciless
minus — plus misfortune — good
fortune monotony — diversity motion
— immobility motion — rest motion —
stopping moving — staying multitude
— uniqueness must do — don't want
to do must — must not my —
somebody else's my father — my
mother my wishes — somebody else's
wishes mysticism — narrow-
mindedness nature — civilization near
— remote negative — positive
negative emotions — positive
emotions noble — ignoble nobleness
— baseness noise/sounds — silence
now — later observer — observed old
— young optimism — pessimism
others are right — I am right panic —
tranquillity part — whole passion —
spirituality past — future path — goal
peace — aggression peace —
disorders peace — fear peace —
power people — animals perfection —
imperfection permanence —
transience permanent — temporary
permission — prohibition point — space point —
three-dimensional object poor — wealthy positive
— negative positive element — negative element
positive polarity — negative polarity possible —
impossible poverty — wealth power —
helplessness power — impotence power of the
night — power of the day presence of thoughts —
absence of thoughts present — future present —
past present moment — eternity progress —
degradation proof — disproof prudent — imprudent
quickly — slowly reason — consequence
reasonable — hasty relationship — loneliness
relaxation — stress resoluteness to do something

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— postponement responsibility — irresponsibility
right — wrong saint — sinner salted — unsalted
sane — insane satisfaction — displeasure scream
— silence security — insecurity sensible —
thoughtless sentimentalism — heartlessness
separateness — integrity seriousness — light-
mindedness severity — mildness shame of failure
— delight of victory shining — dim short life —
eternity should save one's face — shouldn't save
one's face silently — loudly silly — enlightened sky
— earth small — big something — nothing
something has to be done — nothing has to be
done sorrow — joy stability — changes
stability — shock standing — lying straight — curved strength —
weakness structured — unstructured subject — object subtle humor
— vulgar humor success — defeat success — disappointment
successful — unsuccessful sun — moon sweet — not sweet
symmetric — asymmetric sympathy — antipathy talent — lack of
talent teacher — pupil teaching — knowledge the one who knows —
the thing which is known the world is bad — the world is good the
world is dangerous — the world is safe the world is unfair — the
world is fair theory — practice this world — other world thrifty —
thriftless to agree — to disagree to be — not to be to be always
conscious of oneself — to be never conscious of oneself to be aware
of the essence — to see the surface to be flexible — to be fixated on
to be united with one's roots — to be separated with them to begin —
to stop
to believe everything will be OK — to disbelieve everything will be OK
to bless — to curse to forget — to remember to get results from
"Turbo-Suslik" — to get nothing from "Turbo-Suslik" to give — to get
to have a higher purpose — to live without a purpose to have a
possibility to choose — to have no choice to have results — to have
no results
to have results of processing — to have no results of processing
to have time — to have no time to know — not to know to know
everything — to know nothing to know one's predestination — to
not know one's predestination to give a gift— to take a gift to
possess everything — to possess nothing
to remember — to forget
to see — to understand
to stay — to leave to
survive — to die
to survive — to give up to take — to give to take
responsibility — to reject responsibility to throw — to
pick up to turn pale — to turn red to win — to lose to
withstand — to give up tolerance — intolerance top —
bottom topical — non-topical tragedy — comedy true
memory — illusive memory truth — hallucinations truth
— lie uncertainty — certainty uncertainty about the

future — certainty about the future understanding —
misunderstanding unity — duality unity — separation
unity with others — isolation unpleasant — pleasant
unwillingness to change — willingness to change
unwillingness to live — enjoyment of life unwillingness
to live — lust for life
up — down usual people —
enlightened people victory —
defeat victory — loss virtual world
— real world visibility — invisibility
void — the whole world vulnerability —
invulnerability war — peace wealth —
poverty weekdays — holiday white — black
wish to be approved — wish to approve wish
to be lonely — wish to be with everyone
wish to be loved — wish to love
wish to be with people — unwillingness to be with people wish
to control — wish to release control wish to control the others
— wish to be controlled by the others wish to debate —
unwillingness to debate wish to have love — wish to give love
wish to live — wish to die wish to move — fear to move wish to
move — unwillingness to move wish to win approval — wish to
express approval wish to work — unwillingness to work wise
man — stupid jerk

Emotional states

I'll repeat it again – processing of emotional states included in this list is a part of Phase 1. I remind you that the work is performed in the following way: you take an emotional state from the list, pronounce its name (aloud or silently), while trying to **feel** the emotional state itself at least slightly, then you say (aloud or silently – it doesn't matter) "Process it" and repeat the process until yawning (or 10 times); then you can proceed to the next state in the list.

An example – let's process a state "Depressed." Say "depressed" silently (or aloud), while trying to feel this state at least slightly, then say "Process it." Repeat it until you yawn. Like this:

Depressed — process it
Depressed — process it
Depressed — process it
Depressed — process it
Depressed — process it

Let's suppose, at this moment you yawn – you proceed to the next state or go off on your business if you are finished for today. If there is no yawning after 10 repetitions – proceed to the next state, material will be processed anyway. To be honest, you don't even need to repeat 10 times – it will work with just one time, and all this repetition business is needed for your ever doubting mind. The subconscious mind doesn't need repetitions and understands everything right the first time, but your mind will need some time to get adjusted and to start

trusting subconscious abilities and the power of the system in general. So, at this stage, it is better to repeat until you yawn or until 10 times, whatever comes first. :)

There is no need to repeat processing of material that was processed before, in other words, after you start processing some emotional state (by means of the above procedure), it can be struck off from the list, and you don't need to return to it. There is no need to restart the processing of the same state several times – it won't speed up the process and won't bring you anything but headache and additional load on your brain. Once again: we start processing of this state (by means of the above procedure) only once, and then we forget about it, it will be processed with time.

At the beginning I wouldn't recommend to process more than 10-15 "states." Later, as your body (and mind) is getting used to this work, it will be possible to increase the number of states being processed, judge by your reaction and the reaction of your body.

Start processing with the state of the letter "a;" as you advance in processing, proceed towards the states starting with "z." If some "emotional state" doesn't mean a thing to you, don't try to force yourself, just pass it and go to the next one on the list.

Negative emotions list

abandoned
abrupt
abused
accused
aching
achy
adrift
afflicted
afraid
aggravated
aggressive
agitated
agonized
agony
agoraphobic
alarmed
alienated
alone aloof
ambivalent
anguished
animosity
annoyed
antagonistic
anxious
apathetic
appalled
apprehensive
argumentative
arrogant
ashamed
at fault
attached
attacked
attacking
authoritative
avoiding
awful
awkward
bad
baffled
banished
barren
bashful
beaten down
befuddled
belittled

belligerent
bereft
betrayed
bewildered
bitter
blaming bleak
blindsided
blocked blue
blushing
boastful bored
bossy broken-
hearted brutal
bugged
bulldozed
bullied
bummed out
burdened
burned up
captive
careless
cast off
censured
chaotic
chastened
cheap
cheapened
cheated
cheerless
clingy closed
clumsy cold
combative
comparing
complaining
compromised
compulsive
conceited
condemned
condemning
condescending
confined
conflicted

confounded
confused
contemptible
contentious
contracted
contradictory
contrary
controlled
controlling
covetous
cowardly
crabby
cranky
craving
crazy
crippled
critical
criticized
cruel
crushed
crying
cursed cut
off cynical
debased
deceitful
deceived
defamed
defeated
defensive
defiant
deficient
defiled
deflated
degenerate
degraded
dejected
demanding
demeaned
demoralized
dependent
depraved
depreciated
depressed
deprived
derided
desecrated

deserted
desolate
despair
despairing
desperate
despicable
despondent
destitute
destroyed
devalued
devastated
difficult
diminished
dirty
disappointed
discarded
disconcerted
disconnected
disconsolate
discontented
discouraged
discredited
disdainful
disgraced
disgusted
disheartened
dishonest
disillusioned
dismal
dismayed
disorganized
disoriented
disparaged
disparaging
disrespectful
disrupted
dissatisfied
distant
distorted
distracted
distraught
distressed
distrustful
disturbed
dominated
doomed
doubtful
down
downcast
downhearted

drained
drawn
dread
dreadful
dreary
dull
embarrassed
embroiled
empty
enraged
envious
estranged
exasperated
excluded
exhausted
exploited
exposed
failure
faithless
fake
fatigued
faultfinding
faultfinding
fearful
feeble
fidgety
filthy
finished
flighty
flustered
foggy
forgetful
forgotten
forlorn
forsaken
fragile
fragmented
frantic
frenzied
fretful
friendless
frightened
frigid
frowning
frustrated
fuming
furious
glaring
gloomy
glum

grieved
grim
groaning
grouchy
grumpy
guarded
guilty
gullible
haggard
harassed
hard
hardened
harsh hasty
hateful
hatred
haughty
haunted
heartbroken
heartless
helpless
hesitant
hindered
hitting
hopeless
horrible
horrified
hostile hot-
headed
humiliated
hungry
hurried hurt
hurtful
hypocritical
hysterical
ignorant
immature
immobile
immobilized
impaired
impatient
impotent
impoverished
imprisoned
impulsive in
a bind in hell
inadequate
incapable

How to stop fucking your mind and start living

incapacitated
incensed
incompetent
inconsiderate
inconsistent
indecisive
indignant
ineffective
inefficient
inept inferior
inflexible
infuriated
inhibited
injured
insecure
insensitive
insignificant
insincere
insulted
insulting
intimidated
intolerant
invaded
irate
irresponsible
irritable
irritated
isolated
jealous
jittery
joyless
judgmental
jumpy
lacking left
out let
down
lifeless
limited
listless
livid
lonely
lonesome
longing
lost loud
lousy low
mad
malicious

maligned
manipulated
manipulative
masochistic
materialistic
mean
mean-spirited
melancholy
menaced
mentally deficient
miffed minimized
miserable
miserly misgiving
mistreated
misunderstood
misused mixed
up moaning
mocked moody
morose
mortified
mournful
muddled
naive
narrow
nauseated
negative
neglected
neglectful
nervous
no energy
obnoxious
obsessed
obsessive
obstinate
obstructed
off off-
kilter
offended
offensive
on edge
opposed
oppositional
oppressed
out of sorts
outcast
outraged

overbearing
overlooked
oversensitive
overwhelmed
overworked
overwrought
pained
panicked
panicky
paralyzed
paranoid
pathetic
peculiar
perfectionistic
perplexed
persecuted
perturbed
pessimistic
petrified
phobic phony
pitiful
poisonous
powerless
prejudiced
preoccupied
pressured
provoked
punished
punishing
puny pushed
pushy put
down
puzzled
quarrelsome
ranting
rattled
reactive
rebellious
recoiling
regretful
rejected
remorseful
remote
reprimanding
reproved
repulsed
repulsive
resentful

How to stop fucking your mind and start living

reserved
resistant
responsible
restless
restrained
restricted
retaliating
revengeful
ridiculed
rigid risky
robotic
rotten rude
ruined
rushed
ruthless
sad
sadistic
sarcastic
scared
scattered
scoffed at
scolding
scorned
scornful
screaming
secretive
seething self-
absorbed self-
castigating self-
conscious self-
critical self-
denigrating
self-
deprecating
self-hating
serious shaky
shallow
shameful sharp
shocked short-
tempered shot
down
shrill
shunned
shut down
shy sick
sinful

slammed
slandered
slighted
slouching
slow
sluggish
slumped
small
smothered
smug
sorrowful
sour
spiteful
squirming
stagnant
stern
stiff stifled
stilted stingy
stonewalling
stony
stressed
stubborn
stuck
stumped
stupid
suffering
suicidal
sulky sullen
superficial
superior
suspicious
swearing
tactless taut
tearful
temperamental
tense
terrible
terrified
territorial
thoughtless
threatened
thwarted
ticked off
tight timid
tired

tormented
tortured
touchy
trapped
trembling
troubled
turned off
twitching
unable
unappreciated
unbending
uncaring
uncertain
uncomfortable
undecided
undesirable
undisciplined
uneasy
unfair
unforgivable
unforgiving
unfriendly
unhappy
unimportant
uninterested
unmindful
unorganized
unpleasant
unprotected
unreasonable
unresponsive
unsettled
unsure
unthankful
unwanted
unwelcoming
unwise
unworthy
upset uptight
used useless
vengeful
venomous
vexed
vicious
victimized
vindictive
violated
violent

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vulnerable

wanton

wary

washed up

wasted

weak

weary weepy

withdrawn

woozy worried

worthless

wounded

wrong

wronged

yearning

yelling

Positive emotions list.

Here I must make a small clarification. Some people are reluctant to process "positive" emotion states, because they are afraid that it will deprive them of positive emotions. Nothing is further from the truth! First of all, for true emotional balance, both poles of emotional spectrum should be processed – negative and positive. Then, please remember what exactly is being removed here – not emotions per se, but automatism in expressing emotions. We are working here to get emotional freedom from typical zombie-like 100% autopilot reactions – that's exactly how I can describe an emotional life of an average human being. I would call their emotional expression a hysteria, rather than a free, conscious expression. We are getting rid of this hysteria, of automatism, of your emotional conditioning.

It is true that as you proceed you may find yourself in a more grounded, balanced state, and this may seem at first like you have "lost emotions." But believe me – you have lost nothing besides your snivels and automatic hysteric reactions to external stimuli, that you used to mistake for "emotions." In time, on more advanced stages, you will be surprised by the tremendously increased capacity of conscious, free feeling of emotions, and purity of your emotional states. You will be able to ride an emotional roller-coaster if you wish – willingly and freely feel quite opposite emotions one after the other, all this in purity you have never experienced before. At this stage just trust me – "Turbo-Suslik" will tremendously improve your emotional capabilities way beyond any system of "Emotional IQ" can! Process everything, remove junk and enjoy the remaining unspoiled freedom and purity.

OK, here goes a positive emotions list in alphabetical order. :)

able absolved	analytical	calm capable
absorbed	appreciated	captivated
abundant	appreciative	cared for
acceptable	approved	carefree
accepted	approving	careful caring
accepting	assertive	cautious
accommodating	assured at	centered
accomplished	ease	certain cheerful
accountable	attractive	cherished
achieving	attached	clean clear
active	attentive	collected
adaptable	authentic	comfortable
adequate	awake	comforted
admirable	aware	committed
admired adored	awesome	compassionate
adversarial	balanced	complete
affluent	beautiful	composed
agreeable	believing	comprehending
alert	blessed	confident
altruistic	blissful	congruent
ambitious	bonded	
amused	brave	
	bright	
	brilliant	

connected
conscious
constant
content
cooperative
courageous
creative
credible
curious
daring
decisive
defended
delighted
dependable
desirable
dignified
discerning
disciplined
distinguished
dutiful
dynamic
eager
easy going
eccentric
ecstatic
edified
efficient
elated
elegant
elevated
emancipated
empathic
empowered
encouraged
energetic
energized
enthusiastic
euphoric
exceptional
excited
exhilarated
experienced
expressive
extroverted
exuberant
fair
faithful
fantastic
favored
firm

flexible
flowing
focused
forceful
forgiven
fortified
fortunate
free
friendly
fulfilled
gentle
genuine
gifted
glad
glowing
good
graceful
gracious
grateful
gratified
grounded
growing
guarded
happy
harmonious
healed
helpful
heroic
hesitant
high honest
honourable
honoured
hopeful
humble
humorous
idealistic
important in
control in
service
included
independent
individualistic
infatuated
influential
innocent
inspired
intelligent
interested
introspective

invigorated
invincible
invited
invulnerable
jovial joyful
jubilant
judicious
kind
learning
liberated
light light-
hearted
likable lively
loose
loved
loving
loyal lucky
magnetic
marvellous
masterful
mature
mediating
meek
merciful
methodical
mindful
modest
motivated
neat noble
observant
open open
hearted
organized
pacified
pampered
pardoned
passionate
patient
peaceful
perfect
persevering
pleasant
pleased
popular
positive
powerful

practical
praised
precious
prepared
present
productive
proficient
progressive
prosperous
protected
proud
prudent
punctual
purified
purposeful
qualified
quick quiet
radiant
rational
reasonable
reassured
receptive
recognized
redeemed
regenerated
rejoicing
relaxed
reliable
relieved
remembered
replenished
resolute
respected
respectful

responsible
responsive
restored
revitalized
rewarded
rooted
satisfied
secure self
accepting self
reliant
selfless
sensational
sensible
sensitive
serene
serenity
settled
sharing
simple
skillful
smooth
soothed
spirited
splendid
stable
steadfast
strengthened
stimulated
strong
successful
supported
sustained
tactful
teachable
temperate

tenacious
tender
thankful
thoughtful
thrilled
tolerant
tranquil
triumphant
trusting
unconcerned
understanding
understood
undisturbed
unhurried
unique united
unselfish
upheld valiant
valuable
valued
virile
visionary
vital
warm
wealthy well-meaning
willing
wise
wonderful
worthwhile
worthy
yielding
zealous

Work plan

Within the next month (it's supposed that you have consciously made your choice and decided to start serious work with the proposed techniques) you are to do the following:

1. "Merge" all polarities from the list provided in one of the previous chapters;

2. Process all emotional states from the list of emotions provided in the previous chapter;

3. Let "Cyber-Zivo" work in a "free floating" mode for a month (actually you only need to read it and launch it, that's all that is required from you, the thing will do the rest of work all by itself)

All nuances of these processes were described in this book before, and I find no sense in repeating them. Now I would like to dwell on the issue "how much should one work," i.e. to define the amount of material that can be safely processed each day.

There are no standards or rules here, because all people are different. As the saying goes, one man's light supper is another man's poison. Someone may fall half dead after the processing of 10 polarities, and someone may stay laid-back after 50 of them. When I was beginning, I used to process about 20 polarities from the list every day, and about 20-30 emotions from the list of emotional states. I also used "Merge" procedure during the day for "merging" of me and everything that fell in my hands – my relatives, various people, cats and dogs, stars and clouds, alkies and street toughs, which brought considerable increase of the feeling of Unity with the world and some unexpected nice bonuses. Meanwhile my irritation about various types of people, such as street toughs, etc., gradually lead to their disappearance from my life – for some reason they began to move along some other trajectories, which don't intersect with mine. And with the help of "Process it" I used to process diverse emotional material which appeared during the day. In this way, I had 50-70 polarities (including 20 from the list) + 50-70 various "things" to process with the help of "Process it" every day. By the end of the day I was usually very tired, sometimes almost like a sucked orange, even though I didn't do any hard work (except for polarities and working with "Process it").

So, then the issue of how much one should work in order to not "go up the flume" remains flexible. In the previous chapters I recommended to start with 10-15 polarities and 10-15 emotions a day. Look at the reaction of your body and brain in 2-3 days. If your efforts flow like "water off a duck's back" then you can gradually increase your pace little by little. Don't try to immediately start with 50 polarities a day and 80 emotions – it may be too hard for your unprepared body and mind. Gradually your body will adapt to loads, and you will be able to process larger amounts of material. But always "keep your hand on the pulse" and listen to your body – it (unlike the masturbating mind) doesn't lie. If you have a distinct feeling that you've had enough of processing for today – it means that it's really time to stop. If you've worked too much, take a "day-off" and don't process at all. Sometimes, when I was too tired from processing, a bottle of beer in the evening would help me, but I am far from recommending to you that you drink alcohol in order to relieve tiredness. By the way, speaking about alcohol – after a while, unless you don't stop working with your "glitches,"

you will most probably cease taking it. Actually, I don't know of a single advanced practitioner that still drinks alcohol, even though few of them were hopeless alcoholics.

Let's return to the topic of the work plan for the next month: you may decide to work much with "Merge," neutralizing some of your own polarities, which are important personally for you and are related to your life. Besides, "merging" of yourself and other people has a very positive impact on relationships and your worldview in general. Issues of "advanced merging" will be covered in an individual chapter in the second part of this book.

So, "merging" of polarities is a very interesting and fascinating pastime; soon it will become unnecessary to work with polarities according to the list, but you may still continue to merge yourself with various interesting things, sometimes with absolutely wonderful results. However, it will be your own task to choose candidates for "merging" with yourself. This is not a requirement at the first stage of working, but an absolutely optional pastime. At the first stage you have the following minimal-program – you need to process the whole list of polarities, but if someone really wants to go beyond the scope of this task and to "merge" himself with the rest of the universe – I can't forbid it. The only thing you have to remember is – don't overwork.

Now as for working with your own problems. I wouldn't recommend being too keen on it at the first stage, for several reasons. Firstly, the work is being done much more briskly with the help of bots, and you won't be able to work with them until you have processed both lists (polarities and emotional clusters). Secondly, digging into your problems at this stage may be too heavy a load for your body, since you are also working with polarities and emotional clusters. But I can't forbid you to do it, if you want to. The recipe is still the same – don't overwork, and if you feel that you are working too much, you'd better leave processing of problems for later stages and concentrate on the things you have to do at the first stage – polarities and emotions. Everything else can wait.

How to stop fucking your mind and start living

What will be the result?

It's simply impossible to say something concrete about what will be achieved by a practitioner after a month of working with material in Phase 1. All people are different, the amount of mind crap and its composition are different, readiness and understanding are also different for everyone. It's only possible to speak about things which are more or less average, which are experienced by the "majority" of people – while being aware that you are not guaranteed to feel the same. I have encountered absolutely opposite experiences – from "I don't feel a thing" (mainly a problem of "victims of intellect" like programmers and other "intellectuals," who have suppressed their emotional sphere and have placed their intellect upon a pedestal) to "Wow, that's fucking unbelievable!"

That's why, instead of giving you promises or teaching you how it "must be," and programming you for suffering, if this "must be" is not achieved in your case, I will just say nothing. Think for yourself and judge by your own state. I can only say that I don't believe in "nothing has changed at all." If this is your experience, then you either didn't understand something or didn't pay attention to some things, or you have gripped yourself in the clutches of über-control of your mind so much, that your balls are ready to crack (of course, if you have them).

But in general, any achieved result will be "correct," whatever it is. So, set about the work and talk less. Of course, that's if you've decided to start it. :) Or, to be more exact, start working after you've read this book in full, as I don't want you to start anything without being fully aware of what is waiting for you.

Practice – Phase 2

Working with the past

The past is a trick of mind
(Surat, "Self-portrait with cut head")

Working with the past in Phase 2 of the system is one of the areas which should be given top priority, at least until the better part of the charge in the past events is removed. Don't worry – depending on the intensity of your work and on the methods you use (manual processing or bots), it's quite real to achieve this within approximately 2 months, to a greater or lesser extent, and in about 3-4 months your past will most likely stop disturbing you at all. Or, to be more exact, it will exist in the form of a dull archive record and will cause a reaction like "well, it happened, so what?" At more advanced stages (i.e. after 6-9 months of working) the concept of time may totally disappear, and you will not care to count days of the week, months or years (but that, however, will have no effect on the efficiency of working or social interaction – "social" time will simply become an illusion for a practitioner). States when time doesn't exist (and it actually doesn't exist in reality, time is only a social agreement) and you simply exist in the moment of "now," are real and absolutely achievable, as the experiences of the "Susliks" have shown.

On a large scale, your past is being processed to a certain extent every time you start virtually any of the automatic protocols, however, you should start with processing of main incidents and working with people who are most important to you. You will have to do a part of this work manually, and the other part can be put on the shoulders of bots. Anyway, the work should be started with the making of lists.

Making of lists

Those who are familiar with the works of Carlos Castaneda certainly remember the so called "recapitulation." This is the thing which was obligatory for all warriors, in order to free themselves from the past and to restore energy left in the episodes of the past. Recapitulation was a thing of the utmost importance, and every warrior spent a lot of time on recollecting his past – sometimes several years back. The beginning of any recapitulation was the making of lists, i.e. scrupulous recall and writing down of all events of the past, in which we interacted with other people. The process itself could take several months.

We will also begin our work with the past with the making of lists, but unlike those warriors of Mexico, we will not spend months on this pastime, and we won't spend years in a "box for recapitulation" – we have other things to do.

So, take a notebook and a pen and start to write things down. It's okay if you can't recall all the events at once – they will begin to come up gradually as you advance in processing. The more you work with the past, the better you will recall events. Something which is probably blocked in your memory now because of its painfulness may become available for processing over time, so don't worry, if you are not able to recall everything at the beginning of the work – it's quite normal. Recall what you can.

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Write it down briefly, marking the episode itself without writing a detailed story about your suffering. An example – "dad gave me a beating on my birthday in the 7th grade," "mother clipped me on the back of my head in front of everyone at the meeting," "we took away money from a boy at the age of eight," "that asshole touched my penis in a dressing room," "I couldn't get an erection when I was trying to fuck Jane," etc. We don't need detailed descriptions of episodes – the subconscious mind remembers them all, don't worry – since every breath, every move and touch are recorded in it. We need only "markers" – designations of episodes in order to "set" processors on these episodes later.

Try to cluster episodes around people – as much as possible. It means that if one person is connected with several episodes, group them separately from the others. This is being done so that later, after cleaning of these episodes, we would be able to "process" the person himself and to remove the charge remaining on him.

So, your task in the near term is to write down as many "charged" events as you can, especially painful ones and those connected with parents. By the word "charged" we mean an episode which has some "charge" – i.e. something "unpleasant" (an episode without a charge can be recalled and experienced any number of times, but it won't cause anything but boredom, but if you feel some discomfort when you recall an episode – it means that this episode contains a charge). You don't need to get into these episodes and re-experience them, feel them or anything else. You only need to write them into a notebook for further work, grouping them, as I have already said, around certain people, if it's possible.

The typical person can have an average of 300-800 charged episodes. In fact, the amount of at least minimally charged episodes is much larger – but many of them are so small and unimportant, that it's absolutely impossible to recall them. All these small things will be later processed when working with bots. I'll repeat it once again – don't worry, if you can't recall several hundreds of episodes at once – many of them will be recalled in the process of working, writing down or processing.

People, who say that they have absolutely no charged episodes, lie to themselves. It means that they have suppressed these memories, have rammed them deeply and poured concrete on them, and refuse point-blank to feel anything. It's definitely more difficult to work with such people, and only working with a large amount of automatic processors, which will gradually unblock their memories and process them, may help these poor guys. As for all other "normal" people, they usually have no problem making lists – if they really want to change themselves instead of just talking about it.

You should start with writing down the "biggest" and most painful episodes, which bring discomfort right now. Disappearance of a charge from them will bring considerable relief that will enable you to work further with greater enthusiasm. Little by little you will begin to write down small and insignificant episodes, such as "a bus driver was rude to me" or "couldn't get my change in a store from arrogant seller." One day you will understand that you have no more material for processing – that is, if you want to, you can certainly dig up another thousand of insignificant trivial episodes, but it will be just a waste of time. Then it will be possible to cease working with the past; by that time a large amount of charge will be processed, and it will be a little easier to "breathe." Or, to be more exact, working with the past will be put on the shoulders of bots, for processing of all material in an automatic, background mode, and lists will become unnecessary. However, in due time (2-3 months of

working, on the average) you may begin to recall some really painful, charged "basic" incidents (typically from your childhood), which determine your present problems to a great extent, and then, perhaps you will have to return to manual processing of these individual episodes.

You can process recorded episodes either as soon as you recall them, or later, according to the list. There is no generally accepted strategy here; everyone does it in his most convenient way. As for the method of processing itself – see the next chapter.

"Bang" and "Hoppo." Processing of incidents.

At this stage of working (it's assumed that you **have completed your work on Phase 1**) you should see the Appendix at the end of this book and read (i.e. install into the subconscious mind) two processors called "Bang" and "Hoppo." "Bang" is probably the most simple of all processors in this system. It is primitive, quick and effective. **Its only task is to remove a charge of any kind from the indicated material.** And a charge consists, according to Slavinski, of images, emotions, feelings in one's body and thoughts. And this processor, "Bang" removes a charge in the form of images, feelings in one's body, thoughts and emotions from any mental material shown to it. And it performs this work rather quickly, due to the fact that amounts of work are considerably less, than in a stuffed mega-processor "Process it." But then again, it doesn't dig as deeply and doesn't work with roots of the material, aspects of the personality, beliefs or views. However, it was created to be simple and fast.

"Hoppo" is a more stuffed thing; it has the only task of – forgiveness. It is a so called automatic "forgiver" of everything and everyone, or to be more exact, of the things this processor is being set on. It emulates an ancient Hawaiian technique of forgiving called "**Ho'oponopono"** (yes I know, these days there are a lot of books about it, you can even waste your time reading one, if you wish), which is slightly reduced and modified in comparison with the original one. When we work with the past, we will use "Hoppo" for the purpose of forgiving all characters related to an episode, including ourselves. Besides, the "Hoppo" processor will be used virtually in any protocol-bot of the "advanced" level, so this thing is useful in many ways.

I remind you that you have to read any of them only once, no matter, aloud or silently, and from that moment they will be installed and ready to be used. In the future, we will use them by directing our attention at the material for processing and by repeating the key word until yawning.

As applied to the procedure of processing of the past, it will be done in the following way:

You take the first charged episode from the list, mark it with your attention (i.e. think about it; as I have already said, you don't need to dig into it, it's enough to think about it), and "aim and fire" a processor. There are two ways to do it. You can use "Bang," and the episode will be discharged more quickly (often within several minutes or hours), or you can use "Process it," which will not only discharge the episode ("Bang" is included in "Process it," by the way), but will also do a lot of other useful things – for example, it will process decisions, postulates, views, beliefs obtained as a result of this episode, as well as (of course, as far as

possible) those parts of your personality, which were affected in this episode, and much more. As you understand, the amounts of data being processed here are incomparable. Therefore the results of processing of an episode with "Process it" may be postponed in time in comparison with results of "Bang." It's up to you to decide what is better for you. Perhaps, you will decide to quickly discharge the episode itself with "Bang" at first, and then in some hours to set "Process it" upon it… Think for yourself and work out your personal optimal model of working. My own way was always to use a full-blown "Process it" on everything regardless, and I think it gives the best results, but you decide for yourself. :)

What does this look like in practice? Let's suppose, we're working with an episode "The English teacher insulted me during a lesson in the seventh grade." At first you direct your attention to this episode in order to mark it for processing. Then you say (aloud or silently):

The teacher insulted me – Bang
The teacher insulted me – Bang
The teacher insulted me – Bang
The teacher insulted me – Bang
The teacher insulted me – Bang

You repeat it until you yawn or until 10 times. If yawning doesn't come after the 10th time, leave this episode alone and proceed to the next one — I'll repeat it again, the subconscious mind will accept this episode for processing anyway.

You can use "Process it" instead of "Bang," but remember – any considerable results may be achieved much more slowly. In half an hour or in an hour after "Bang," return to this episode and see if the charge is still there. The charge will be considerably decreased or will disappear altogether; as a result of it, this episode will become dull. If the charge is decreased, but it still exists, return to this episode on the next day and look again. In the majority of cases there will be no charge.

If the charge hasn't decreased – it means that you are clinging onto something and don't want to let it go. This is absolutely silly – to cling onto shit, not willing to part with it, and if you persistently behave this way, the system won't help you. Make a choice – either to live with shit, or to part with it, to let it go completely and unconditionally. If the charge doesn't leave – then you probably haven't made such a choice yet.

If the charge has decreased, but still stays in the episode after several days, it also means that you are clinging onto something, but probably to a lesser extent. Manual processing of resistance according to the following scheme may be helpful here. Write down all your resistance on paper – write everything you **feel** about this episode and its processing. You may make a list like this:

- I don't want to forgive them;
- They are bastards, they've hurt me;
- I can't let it go;
- I hate them all;
- I will never let it go;
- This technique is bullshit, it doesn't work;
- All of this is bullshit, I won't cope with it;

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- I am hopeless, and nothing will help me anyway.

Then process each phrase with the help of "Process it" until yawning (or 10 times, then proceed to the next one). For example:

I will never let it go — process it
I will never let it go — process it
I will never let it go — process it

…
until yawning or 10 times

Then again use "Bang" or "Process it" upon the processed episode. In the case of using "Process it" instead of "Bang" the result may be achieved considerably later, therefore you should check the presence of the charge not earlier, than in 3 days.

After processing of all episodes related to a certain person, it is necessary to process this person with "Bang," too. For example:

The English teacher— Bang
The English teacher— Bang
The English teacher— Bang
…
until yawning or 10 times

After it, this person should be processed with "Hoppo" that will perform the automatic procedure of forgiving. In the case of the teacher it will look like this:

The English teacher – Hoppo
The English teacher – Hoppo
The English teacher – Hoppo
…
until yawning or 10 times

And finally the last step is neutralization of polarities, where you and the person you work with serve as poles. For this purpose we use good old "Merge," and it will look like this:

The English teacher and me — Merge
The English teacher and me — Merge
The English teacher and me — Merge
…
until yawning or 10 times

It should remove negative charge from your relationship (even the former one) with this person to a great extent. After this you can proceed to other episodes, people and gradually move along the list, until it is fully processed. If you already "Banged" and have forgiven someone, and then recalled another unpleasant episode related to this person – don't worry, simply process this episode separately. Then, if you want, process this person once again with the help of "Hoppo." All processes are fast, each of them takes less than one minute, so

it's alright if you need to repeat a process once again – you're not unloading a truck of stones, in the long run.

Here an important notice should be made. The very fact of removal of a charge from an episode and from a person himself doesn't guarantee you won't get a "bummed" feeling again because of what happened. A simple example – your girlfriend has left you for another man. You processed all the episodes with her by "Bang," then you processed her with "Bang," then you forgave her with "Hoppo," then you merged with her with the help of "Merge." It seems that everything is okay. But when you think of how she could prefer another man, you get that "bummed" feeling again. At this stage some people begin to think that the technique doesn't work. It does work, but the thing is that you haven't processed this aspect of your relationship! Discharge of an episode had no effect on the material **created by your mind after the incident itself**! And by the way, you have created this "bummed" feeling because of her having preferred another man only after this story! That's why you should work with this thing separately – either with "Bang" or with "Process it," after you have written down all your feelings and thoughts related to this story, in detail, and have processed each of them. Then you will have nothing more to freak out about (I mean, about that particular relations, not "in general"). Additionally, various "painful loves" and similar crap of the fevered mind can be processed for sure, regardless of its intensity, and I've seen no exceptions. The thing is, integration of changes and stopping suffering may take some time, but like any disturbance of the mind, it can be cured. Of course, this is if a "patient" wants to get well. And if he doesn't, then this book is not for him.

By the way, as for "Bang" – it can be used for everything, including somatic diseases or emotional states, and not only for processing of the past. "Bang" is an all-purpose thing. The procedure of using it is absolutely the same for everything, i.e. you repeat "something – Bang" until yawning, where "something" implies the thing you are working with (for example, "headache – Bang," but not merely mechanically, but having directed your attention at this headache, and actually having intention to get free from it). You only need to remember that "Bang" doesn't dig deeply, that's why it is good for removing a charge from something, for example, episodes of the past, but for deep, multilayer and many-sided processing it is better to use "Process it."

And finally, less difficult and charged episodes can be "loaded" all together into an autoprocessor called "Auto-Castaneda," and you can start their processing, for example, before you go to bed. The processor will do everything – it will remove a charge from these episodes, and process the rest of the material, and even start "Hoppo" automatically for forgiving, and will perform the "circular processing" (it will be discussed in one of the following chapters), and will even "merge" you with the characters. You only need to make the lists of episodes and start their processing before going to bed, and the subconscious mind will do everything. However, speed of working, due to large amounts of processed data, is lower with bots than with manual processing of an episode with "Bang." But convenience is much higher. This autoprocessor can also be found in the Appendix at the end of this book.

Working with problems

*All your tragedies are
nothing but replaying of your tapes*

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(Luke Rhinehart, Transformation)

Some time will pass until you realize that, in fact, you have no problems (and you've never really had them). Until this moment you will have to work hard with them, while at the same time learning about yourself from various sides and discovering things you couldn't even imagine before. There are no problems that can't be solved. You can solve any problem sooner or later, if you really want it and are persistent enough. Some problems may be more difficult (and some of them are extremely difficult), others may fall to pieces once you touch them. But all of them can be solved. In the end, you will reach the state where there are no problems left. There may be some undesirable or unpleasant states, but those won't be problems.

However, don't expect that you will begin to sing like a carefree bird. There is no guarantee that the achieved state will bring you some incredible joy (and in general, constant euphoria is something abnormal, a symptom of some mental problems). You may feel neutral or sometimes even sad. Or you may feel pretty well in other periods. So, in general, don't expect nirvana, you won't reach it soon. However the degree to which you will be fucking with your brain and chewing on non-existent problems while subsequently transforming them into huge tragedies will decrease dramatically.

In order to simplify the work, you can "stuff" the special autoprocessor with heaps and lists of material, and start it before you go to bed. Of course, there is nothing exciting about manual processing of tons of crap, that's why at a certain stage you will have to think about using your personal processor for processing of lists (a simple and fine working processor of a "list type" called "Auto-Mary" may be found at the end of this book, in the Appendix). In general, I personally consider manual processing of material a boring and unnecessary waste of time, and I refer those who are interested in such a working mode to the book on BSFF. As for me, it's not interesting for me anymore, that's why I won't discuss any nuances of manual processing here. The real "appeal" of this system and its beauty is its possibility to automate the working process with the help of "bots," and this is the direction I advise you to move in. At this stage of working (after processing of "Phase 1" and "Phase 2") you can register at my website (the link is at the end of the book) and gain access to a whole lot of "bots" (there are more than 100 of them in the "free protocols" section), run them (gradually, of course, not all at once), watch the effect, feel the results and probably begin to make your own protocols for your individual problems and conditions.

And here is the last thing. At a certain stage of working you will no longer need processors for processing of some problems. It will be enough to look at a problem or a state, i.e. to direct your attention at it, and it will dissolve and disappear. Then it will be more reasonable to continue working at the level of removing mental structures from your mind and increasing of your "fluidity" and "freedom," since the word "problem" begins to sound funny to you. When will it happen – it depends mainly on you, on how desperately you're grasping at your views. Views will be discussed in the next chapter.

Views and beliefs

After processing a large amount of problems I realized that, in reality, "the charge from past traumatic incidents" is by no means the main power that is creating and maintaining problems. Yes, of course, it plays an important role, and you have to work with it and sort it

out. But it seems to me, that the more important role belongs to various views, beliefs, and so called "knowledge" (a real piece of shit, I must say). In this scenario a person chooses a probability and makes an absolute truth out of it, (kind of like "I **know** it for sure" stuff). These are decisions we made some time ago, various postulates and other mental structures that exist only in one's mind, but, nevertheless, determine the entire life of an individual up to every event happening to him.

Negative views are the most harmful and disgusting ones – this is the stuff we firmly consider impossible, unreal, non-existent, crap, bullshit and so on. After a certain period of processing you will see it yourself, and even more – you will dig out loads of this shit. And you will see that this filth spoils your life and prevents you from having things you want – and you will understand, why Morpheus said to Neo, "You have to let it all go, Neo. Fear, doubt, and disbelief. Free your mind." In truth, views (doubts and disbelief are views too) are one of the main reasons why a potentially powerful being – a human being – leads such a miserable existence.

That's why my advice is simple. Process **absolutely all** knowledge, understanding, views and other mental crap. There is nothing in your mind that should remain unprocessed. All your views about some laws of the universe are only your personal ideas, which determine the development of your personal universe and your life, but by no means are they the real laws of the universe. If you consider them real, they will determine your reality. It seems to be clear, what to do with it. Throw away this shit. Why limit one's freedom and possibilities to certain contents of your mind?

So, take no prisoners, process everything without exceptions. One day you will distinctly see that everything, that you used to believe in, was just an empty illusion – but it has determined your entire life. You will understand that reality is illusive, and this understanding also needs to be processed, and you should do the same to any new understanding, until all concepts of reality disappear, and you begin to take it as is, beyond concepts, beyond "illusiveness" or "non-illusiveness"… After it all, clever talks about the nature of reality, "laws of the universe," some "rules," etc. will only make you want to vomit, because you will understand that each of these concepts is false and is only one of probabilities…

Contemplate and analyze what you believe in and whether you need it or not. All your beliefs turn into your life and events happening to you, so you'd better be careful when choosing beliefs and views. That's why at a certain stage it might be useful to accept the strategy described by Castaneda – "a warrior believes while not believing" – or, to be more exact, it will happen itself, because you won't be able to live differently. You will choose to believe in something in order to determine your picture of the world with it, but at the same time you won't be caught by it and will be aware of its illusiveness and sketchiness. Perhaps, at a certain stage you will enjoy "juggling" with various "reality maps," but in order to achieve such level of fluidity you have to process, process and process most of your beliefs and views. And then you will simply get bored with all this trifling and "juggling" of "ideas about reality" and will begin to live and take life and reality as is, without "pictures," "ideas," "maps" and so on. This is the goal of our work. To see the reality as it is. And yes it is absolutely achievable.

Practice shows that working with this system becomes absolutely useless if you don't process views, but grasp at some of them, because one day you will get stuck in a rigidly

fixed map of the world, and due to increased Personal Power after discharge of a large amount of shit and due to faster realization of intentions, you will begin to cement your reality very quickly and strongly and will brick up yourself in this reality for good or, at least, until you come to your senses and begin to process all views without any exceptions. Therefore, if you suddenly get the "understanding" of your "mission on Earth" with flashbacks from previous lives, etc., don't hurry to run and save the world – process this understanding and flashbacks like any other mental shit, or else you'll regret it when your subconscious mind organizes this "rescue mission" for you in reality.

In brief, I find no sense in long talks about views, beliefs and postulates – simply **process all of them without any exception**, and you'll be happy. Or maybe you won't, but anyway you will get less stuck in a fixed reality (created by you). Which is your main goal, in the long run, isn't it?

Circular processing

Circular processing itself is not used in this system. Or to be more exact, it is included in processors and automatic protocols, but I find no sense in performing it manually. However, for the reason that circular processing was mentioned before, I've decided to write some brief information about it, in order to explain its processes, and why it is "circular."

Circular processing is the processing of material on behalf of other people or beings, which are related to this material somehow. It is performed in order to guarantee that there are no things, related to a problem or some other material, which are left unprocessed. During this "circular processing" we are identifying ourselves with other people or beings, in turns, and are processing their attitude to this problem. This pastime may seem meaningless – like, how can we process something on behalf of someone? But, in fact, this process has a meaning, it's absolutely logical.

During circular processing we're not working directly with "that person," but with the "image" of that person in our mind. In general, any communication we have in our life is performed not with a real person, but with his model in our mind. Therefore, when we process a problem, there will certainly "come up" images of people related to the problem, which may have "their own opinion" about this problem, about our processing and about us in general.

The simplest example – we're processing a hypothetic problem "I hate my neighbor." Let's suppose we have processed it and then we ask ourselves – are there any other people or beings which might be "against it" or might have their own opinion about this problem? And we understand very clearly that the neighbor himself would be "against it." OK, we're doing "circular processing" – we're identifying ourselves with the neighbor (if you wish, you may experiment with it), for example, by putting our forefinger and long finger on the middle of our chest and pronouncing "I am no longer John, I am Mike, John's neighbor" – since this moment we're processing the material which is **supposedly** present in the mind of Mike, the neighbor (or, to be more exact, it is present in our mind, in the model of Mike, created by us). And here the material begins to come up:

John is a dumb jerk;
He always throws garbage all around the house;
What a fucking dork he is;
All of his friends look messy; His
cat always leaves droppings.
…

And so on. We're writing down the material, until it stops to coming, and then we process it (for example, with "Process it"). Then, if there is no more material in "Mike's head," we put two fingers on the middle of our chest and say once, "I am no longer Mike, I am John again." That's all, the process is over. You may use "Hoppo" to forgive John, while you're "in Mike," and then merge with John with the help of "Merge," and only after it, you may "get out of Mike."

In this way, we're removing the material that might block the solution of the problem in our mind, when, in our opinion, "we have already processed everything there." That's why Slavinski and some others recommend to do circular processing during any work – just ask

yourself, if there is anyone who is "against" it? If there is anybody – process them, no matter how absurd it may sound. When I used to provide a service of PEAT processor for clients, I had clients who identified themselves with really peculiar things during circular processing. For example, one of my clients found out during circular processing, that his dog was against the solution to his problem (well, that's how it worked in his head), that's why I asked him to identify himself with his dog and to process all the material on behalf of the dog. It turned out that his "model of his dog" (i.e. the notion he had about his dog) was against the food that his wife was feeding the dog with, and the process was successfully completed with the solution of the initial problem. As for me, I wouldn't mind if you identified yourself with a teapot or with aliens and performed circular processing on behalf of them – if there's a charge in one's mind, it's necessary to remove it, and it doesn't matter how absurd it sounds. In the long run, all problems are nothing but a heap of mental crap, and they are silly at their very root…

I'll repeat it once again, **we're not performing "classical" circular processing while working with this system,** since it's boring and dull, and we want it to be fun and fast. However, this process is an important part of any work, that's why **instructions for circular processing are embedded in both processors (both into "Merge" and "Process it") and most of the automatic bots (protocols).** Such an approach enables the fullest coverage of the material, leaving almost nothing unprocessed.

Now I think that the topic of circular processing has been already adequately covered and we will proceed to the next chapter. Those who have nothing to do and are willing to experiment with "manual mode" of circular processing may do it in their leisure time. I'll repeat it once again: when you use protocols, you don't need to use circular processing, as **it is already built into the mechanism itself.** The purpose of this chapter is to explain exactly how it works, that's all :)

Money beats the evil – about processing of money

> *— Oh, Master, I have forgone money!*
> *— Idiot, you've never had any!*
> *(A parable)*

A lot of people start working with various "techniques" for the primary reason – a lack of dough. And so they are looking for "secret methods," which might be applied in order to quickly change their situation for the better and to get money flooding coming in. Unfortunately, in the majority of cases money doesn't come, or it doesn't come in flocks, or its stream quickly runs dry, or these things happen all in one. The "seekers" run in search of yet another systems, watch new "spiritual" movies, read new books or masturbate their minds on new forums, so that one day they will exclaim, "Eureka!" – here it is, the philosopher's stone, and now money will surely begin to flow! And the story repeats again.

This happens simply because the mind is overloaded with mental crap, including bullshit about money. Money is one of three things, which are most charged with bullshit in this society. Two other ones are sex and "the meaning of life," and everything related to them. Money is incredibly mystified, enormously charged, people's heads contain huge loads of lies about money. If you really want to change your financial situation, first you need to throw away all these loads of crap about money, accumulated in your mind during your life.

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But this is not all. Money itself is only a result. The reason of its absence or presence is the whole personality and the whole way of life of a person in general, in all its senses. Therefore, any attempts to solve the "problem with the money" without solving the "problems of self" are doomed to fail.

Money (or, to be more exact, its presence or absence) is the result of interaction between a person and the environment, of relationship with himself and other people, of presence or absence of psychological problems, fears, etc. This is a huge aggregation of various stuff, and in order to solve the money problem with more or less guaranteed long-term and stable results, one needs to change himself completely. Strictly speaking, complete alteration of oneself and throwing away of all mental crap without exception is the goal of "Turbo-Suslik" system. Money is only a consequence of a healthy inner world and psychological climate, with an absence of fears, stupid ideas, presence of love for oneself and a feeling of value for one's life.

That's why there is no sense in working on the "money problem" until you have cleaned the closets in your head and have put yourself in order. Depending on the person and tools he uses, it may take several months, but one day you will feel that you are ready for money, and then you will get up, begin to **do something**, and the financial situation will change for the better.

And while you are "cleaning the closets" of your "personality" from things accumulated there, you may gradually begin to work with money, too – let these processes be simultaneous. At first, process all affirmations you have ever "loaded" into your mind before, in an attempt to change the situation. Simply write them down on paper or print them out, and process each of them with "Process it." Then write down on paper all your thoughts, ideas and views about money, and process them the same way. Process all of them without exception – there is nothing to leave there, because there is nothing but lies there, and if you find something of worth and not dreamed up or caught in the process of social zombification, don't be afraid to lose it, it won't disappear, only illusions disappear. These are illusions that we are getting rid of.

Then you can work with fears and concern – I tell you, it's hard to even imagine the amount of fears related to money. And this is not only bullshit like "Gangsters will take my money away." Try to imagine that you have 10 million dollars – and write down everything which will "come out" of you. And process every item with "Process it." It is very likely that you will be surprised and learn a lot of new things about yourself.

Then, another illusion that will result is "I don't deserve it" – these are "gifts" from childhood, and you have to process, process, process, dig, remove, eradicate them, until there is nothing left in your way. This includes fears, doubts, views, knowledge, decisions and postulates. Throw it all away – all of this is a lie, lie, lie. And if you are purposeful and systematic in working with your "personality," and at the same time process questions related to money, one day you will see how much crap related to money is present in people's heads, and how simple it is in reality. And this is the moment when your situation will begin to change – when there are no old illusions, fears, or obstacles left. Perhaps, by this time you will already understand that you don't need huge amounts of money, but only amounts which are necessary for your life, and they will appear without any problems. Or maybe the contrary thing will happen – you will decide that you are interested in much larger

sums of money, and will begin to earn them. Anyway, you will cease worrying about money or will worry to a minimum extent.

It is also necessary to say that the described tools for processing enables one to clear the deposits of mental crap around **any projects**. For example, you are going to start some new business and are full of doubts about it. Simply write down on paper everything you feel about the new project, and then process every item with "Process it," and then watch as the project turns from a heap of doubts, fears, uncertainty, etc. into a merely working question, which can be solved by **doing**. However, pro-activity itself is the result of working with this system, in the sense that you cease masturbating your mind and begin to **do** something. And those who do something, get real results, unlike 97% of people, who masturbate their minds. Small glitches, which come up at times, may be effectively removed with "Process it."

In general, it's better to process concrete things right away when they come up. If you deal on a stock exchange – trade for real money, not on a "demo" account. As soon as you open an account, carefully watch your feelings, emotions and reactions, write them down and process all of them. When you make money – also watch all your reactions and emotions, and when you lose money – watch them, too. The same with lotteries – play with your own, real money and not "just for fun." During any financial operations always track your states and the changes, all emotions, ideas and views coming up meanwhile – you may be surprised with the amount of various crap in your head, which determines your relations with money. Then, after some time you will be able to do things you wouldn't even dare to do before. For example, some crazy projects or unusual businesses. There is no guarantee that they will be profitable, perhaps you may lose some money. But it will move from the category of agonizing feelings to the category of "working nuances," and if so, your financial success will be inevitable, simply because you have decided so and will do so.

However, I have to warn you. If you want to use this system in order to "have more dough" – you'll be strongly disappointed. You will have to pay with the full change of your personality and rejection of the majority of things that used to seem "correct" (or, to be more exact, they will be deleted because they were an absolute crap). Meanwhile you will get "snapbacks," which may be spoiling your life. And when you really reach the level, at which you are able to make money – it's quite possible that you will lose your interest in money (which doesn't mean full rejection of money as is). So, I don't recommend to get into these "things." If you want to get millions, status, recognition, etc. – you will be disappointed. You'd better continue attending workshops on "self-perfection," "sending love to money," "working with the universal energy of money" and masturbating your mind in other ways, pretending you are "changing" something – it's much more pleasant.

Total Merging

Special consideration should be given to the use of "Merge" in life. "Merge" is a very easy-touse tool, which brings very serious results. Even when the work with polarities lists is done, it is worth retaining it in your arsenal and using it regularly.

As I wrote before, in the chapter called "Work plan," you can use "Merge" not only for merging of polarities found in the list, but for merging of everything that "falls into your hands." It's worth it to start with those who you communicate with in your life. At first, process people of the "first circle" – all your closest ones, i.e. your wife (husband), brother, sister, mother, father, children (if you have any) probably grandma or grandpa. It won't remove **all** your problems in communication with these people – don't be naïve. In order to achieve it, you have to process absolutely everything you may find irritating in them (with the help of classical "Process it"), but the quality of communication will become considerably better. When merging with already dead beloved people, you will understand that you have never parted with them, as you and they are one.

Working procedure is extremely simple – you repeat (aloud or silently) stuff like "Me and my mother – Merge" until yawning or 10 times (if you are one of those poor ones who never yawn). That's all.

Then you need to start merging with more distant circles of communication – these are relatives of the second and third circles (various uncles, aunts, cousins and "forty-second cousins") and friends. After them you will proceed to even more distant people, like neighbors, acquaintances and colleagues (including your bosses).

And after it you may safely merge yourself with everything which is not nailed down (and with nailed down things, too). For "the first fire" you may use those who get on your nerves and irritate you. Sometimes it's useful to combine working with the use of "Process it" and "Hoppo." An example – bums irritate you. At first you write down on paper everything you think and feel about bums:

- Bums stink;
- These are disgusting creatures;
- The scum of society;
- They have to be removed from this city;
- They only make trouble;
- I feel guilty when a bum is begging for money;

…

And so on, until the stream of the material runs dry. Then we process each of the written "aspects" of the problem with the help of "Process it" (in the same way as it was described for "emotional states"). Then we "forgive" bums with "Hoppo" protocol ("Bums – hoppo" until yawning or 10 repetitions). And finally – "Me and bums – Merge"…

Perform the same procedure for all other "irritants" and the ones you don't love – young people, old people, punks, cops, street toughs, criminals, prostitutes, etc. The amount of things irritating you in the outer world will be gradually decreasing, although there is no guarantee that after merging yourself with someone you won't be nervous about his deeds

(you have to process his deeds and your attitude to them). Anyway, your irritation in a "normal" state will gradually decrease, though in a "snapback" it may come up just as before. Besides, you will encounter people who used to irritate you more and more rarely – in a strange way they will move to their own, parallel orbits and won't come across your way, or it will happen much more seldom.

You can also merge yourself with everything you pay your attention to. Clouds, stars, space, river, water, rain, people on the streets, sky, birds, dogs, cats, cars – you can merge yourself with virtually everything. Every "merging" of oneself with something increases the feeling of your unity with the world, which is very pleasant and useful in every way. And though you will be still too far from the feeling of unity with the whole world, even such little progress at this first stage is very useful and important.

Basically, you can merge yourself with everything – even with the whole universe and stars and with all types and kinds of energy, and all types of knowledge and skills. There's no guarantee that after merging "Me and a skill of playing violin" you will start playing like Paganini, but if you are learning to play violin, the use of this trick (merging with a violin, with playing, with music, with a violin bow, with the teacher, with Paganini, with all great violinists) will help you remove a lot of resistance and brakes, which may make your learning considerably more effective.

You can also merge yourself with your problematic character traits, some negative emotional states and even somatic diseases (for example, a cold). Just try to feel, as deeply as possible, the "thing" which bothers you, try to single it out as distinctly as possible – to feel its color, size, age, mass, temperature, etc., and then do "Me and this thing – merge." Sometimes results may be very interesting and lead to quick changes of state.

And finally, you can merge yourself with everything from purely a utilitarian point of view. For example, your Internet connection is broken. You merge yourself with the Internet in general, with a modem (or with a network adapter, depending on the type of your connection), with your provider, with cables, etc., then "suddenly" the Internet begins to work. Or you are stuck in a traffic jam and begin to merge yourself with it, with cars, with a road, with other drivers, etc., and suddenly the traffic jam begins to disperse quickly. Or you're going to visit an official in order to get his signature and you know that this official usually provides his signature with great unwillingness. You merge yourself with the official, with the signature, with the document itself, and everything goes off smoothly, for a wonder (this is useful for countries with much bureaucracy, but in countries with a better working government it can be useful too!). Or you see a flock of pigeons in the street, you merge yourself with the pigeons, spread your hand and mentally offer it to the pigeons to sit on, and a whole lot of pigeons gladly sit on your hand creating wonder for passersby (I swear I have seen it myself!). All these experiments were carried out by other practitioners, and it worked for them, so you are free to create, invent, try – nothing is impossible!

You can use "Merge" not in the "delayed" mode, but in the "real-time mode" by repeating the procedure not until yawning, but **until real merging** of polarities. As I wrote before, it takes some time and may bring very interesting experiences and insights. And even though the system itself is intended for "delayed merging" and processing of large lists, merging in the "real-time mode" with an instant result may be a rather interesting pastime, at least, at the initial stage. Just don't get lost in this game and don't make it another mental masturbation.

How to stop fucking your mind and start living

In general, "Merging" is a fine thing and great fun, which enables you to do wonderful things. Of course, we need other tools for deep processing, and the results of merging yourself with various interesting things may be striking. I wish for you, that you get a lot of pleasure in the process of "merging"!

Bots

Of course, the strongest point and real beauty of this system is its possibility of almost fully automated processing of large volumes of information and full transfer of this work to the subconscious mind. I don't think it's necessary to spend one's time on digging heaps of shit, accumulated in one's mind; I prefer "pushing the button" and employing my subconscious mind to destruct all of this "stuff." Opponents may say that supposedly "only transfer of material from the subconscious mind to the conscious level is the guarantee of its processing and destruction," but experience of tens of thousands of people since 2008 tells us that it is not exactly true. However, if someone prefers digging in his mental shit for years, retrieving every small piece of it, smelling, touching and tasting this shit, and getting pleasure from this kind of "awareness" – I don't mind, it's his choice. But this approach is not interesting for me – it is much more interesting for me to remove all the crap as quickly as possible and to go on with my life.

So, the main feature of this system, which is most important for me personally, is the possibility to avoid digging, to "push the button" and to go off on your business, having put the job in motion in the background automatically by bots. If a few years ago (before 2008) someone would have told me that something like this was possible, I would have said – "hey, dude, you are crazy." Fortunately, it turned out to be not only possible, but very effective, too. Even though it is not as direct as one expects, the various small defects of the method don't influence its main advantages – the possibility of automatic processing of large amounts of material. Bots are probably the closest thing to the "magic pill," which has ever been invented.

Basically, every bot is a detailed instruction, which explains to the subconscious mind, what mental material is to be processed, how this processing will be performed and what the term of its completion is. After a user has read this instruction once, he only needs to start it by pronouncing the special phrase described in the instruction, and then he may go off on his business.

You have already met your first bot (from now on bots will be called **protocols**, because they are historically referred to as such) earlier in this book – I mean "Cyber-Zivo," which performs basic clean-ups of the past according to a certain algorithm. After you finish the second phase of the work (processing of the past after merging of polarities and working with emotional states list), you may register at the website and gain access to a whole lot of free protocols that work with views, fears and some problematic states. By the end of your work with them you will receive enough evidence about their effectiveness to continue working with protocols. This can be done by means of writing your own protocols (this is not too difficult, though requires a certain degree of understanding). My practice shows that sooner or later many people begin to write their own protocols, since it's rather difficult to cover all possible problematic states, which people may need to process…

All protocols, or at least the majority of them, except for some highly specialized ones, also process your past. That's why even without doing special work with the past itself, its burden will begin to ease gradually. You may also write protocols for some specific problems, states, views and even for processing of some certain people.

How to use protocols? It's very easy. You read a protocol (making sure you fully understand what you read) **once**, no matter, aloud or silently – it doesn't matter, and then you start it by repeating the start phrase given in the protocol until you yawn. **You need to start it only once**, there is no sense in starting the protocol again or starting it many times. It will only be a waste of your resources and will cause nothing but overloading of your brain and headaches. The purpose of working with protocols is simple – you read it, then you start it by repeating of a key phrase until yawning and go off on your business, and your subconscious mind is processing it in background mode… Isn't that just beautiful!

About protocols and totality of processing

At first, many people often ask the following question – I've started a protocol for processing of the wish for approval, but it still comes up rather often, what the fuck? Or: "all protocols say that the subconscious mind will process disbelief or fear; I run them, but periodically I still get into the state of disbelief or fear, does it mean that the protocols don't work?"

These questions are typical results of the naïve notion about the mind as if it were a carrot field, having a binary structure and working according to the "present-absent" principle. The carrot is either present or the carrot is absent. If you pull the carrot out, there will be a hole left where it was, that is to say, the problem will never appear anymore. But this is not so. The human mind is not binary, I'd rather say it's a multilayered interconnected system of extreme complexity and branched structure with millions of interconnections and interactions. Having pulled one "carrot" out, we only remove a certain small "piece" of this structure, and there is absolutely no guarantee that other parts of this "carrot," hidden somewhere in the depths of this intertwined stuff, won't sprout up from the ground. Therefore, in order to achieve some serious, real shifts, you will have to process **everything totally**, and not just "this small problem, but that one, and the ones we are avoiding."

The same principle underlies the strategy of successful work with protocols. **We are interested in the cumulative effect from a large amount of processing**, and not an isolated effect from a certain protocol. Moreover, as I wrote before, automatic bots can't clean everything – and, perhaps, you will have to remove some things manually, by dividing a problem into many aspects, and by processing each of them with "Process it" (or loading all of them into an automatic processor like "Auto-Mary"). The best thing about protocols is that they enable you to automatically remove large amounts of "small things" which it would take too long to rake manually. That's their strongest point. But don't think it's a panacea. Not at all. Protocols are just a very convenient tool, which helps to rake deposits of shit, but still a certain amount of manual work will also be necessary (though I know several people who work only with protocols and don't bother themselves with manual work, and they get quite impressive results).

My personal subjective appraisal of protocols' effectiveness is as follows: they remove (depending on the problem we're working with) from 50 to 80 percent of material, and you will have to spend your time on manual processing of the other part (manual processing implies, first of all, dividing material into various aspects, i.e. writing down everything you feel or think on the topic of a given problem, but it doesn't mean that you will process each of them individually, since you can load them "all together" in an automatic processor (for example "Auto-Mary," mentioned before), start it and go to sleep). And even after such processing, some problems may "drag on" for a long time and bother you with their presence, especially in case of large, ramified, "fat" problems from early childhood (gifts from moms and dads, you know, are very persistent, and it takes a lot of effort to remove them) or problems conditioned by the structure of your ego itself – they may annoy you as long as their cause, i.e. your ego, is alive. Some problems will be gradually decreasing and disappearing after processing of many things, which seem to be not related to them – this is how the intertwined, multilayered and interconnected nature of "brains" shows itself.

Therefore, despite the fact that the "Scary Night" protocol, available on the website, says that the subconscious mind will process **all** our fears, in reality, the majority of fears will still

crawl out occasionally here and there for a long time in the future. And despite the fact that in many protocols the subconscious mind is assigned to remove "**all** disbelief and doubt that we have," this disbelief and doubt will still be spoiling your life (especially in "snapbacks") until you finally get rid of them to a sufficient extent.

By the way, as for disbelief, I want to say the following – there are tons of it in one's mind. Disbelief and doubts are probably the fattest piece of shit of all in one's "brain," and you will have to beat it persistently and for a long time in order to shake it off. That's why a person periodically has "snapbacks," when he doesn't believe that the system works (though some days ago he was jumping with joy about the achieved results), when he doesn't trust his subconscious mind when he doubts that "it will ever end." If you encounter such things, remember – there are loads of disbelief in a person, no other material can be compared to disbelief in amount and strength. Disbelief is one of the main reasons that people are prevented from becoming powerful beings. But even disbelief, thank god, is not eternal and infinite – and it can be processed just like the rest, but due to its amount, it is very obstinate.

So, I'll repeat it once again. The power of this system becomes apparent, when we begin to work **for the general cumulative effect of many-sided processing**, and not just when we wait for the nirvana after starting the four protocols. Don't be naïve and don't expect something for nothing. The system works very quickly compared to all the rest, and brings considerable changes, but you will have to spend this time on real and intense work, and not on swinging in a rocking chair with your finger in your nose. Anyway, a lot of problems have so many sides, that you will have to "beat" them for a long time, until problems "say goodbye" to you for good once and for all. Don't be naïve and don't expect that shit, which was pouring non-stop into your brain for decades, may be completely removed by starting several protocols. You will **have to** work.

The strategy of using protocols

Protocols can be used in at least three ways. The first one is to launch protocols created by other people. Every day you can easily read and launch 2-3 protocols before you go to sleep and gradually receive quite measurable, concrete results in the form of general state and behavior change.

The second way is to write your own protocols for processing of some things. The correct way of writing them can be relatively easy to understand after you've worked with all free protocols, available on the website. Everyone can find a lot of his own topics for processing by analyzing things which spoil his life.

The third one is the use of automation for simplifying the work with your own material, i.e. problems. The simplest example is an autoprocessor working with lists, which I have already mentioned – "Auto-Mary." People, who work with BSFF, know how boring it can be to process aspects (parts) of problems, written down manually. That's why at least one part of this job, namely processing, can be put on the shoulders of automation. "Auto-Mary" enables us to do this work. Of course, you may combine all these approaches and launch both ready-made protocols and your own ones adjusted for your specific material, plus you may use "Auto-Mary" for your own lists of stuff, and this combined approach will probably be the best one.

In general, the understanding comes with experience, and the only worthwhile advice I can give you is to work, work and work some more. There is no sense in exploring "what the correct way of doing this and that is" instead of doing the real work. All unclear things and questions become clear in the process of practical working. That's why, if you've decided to start working – simply start doing something. Those, who do, get results. Those, who discuss, can discuss it until kingdom come and their life never changes for the better. It's up to you to choose.

And here is another important note about working with protocols. It's not recommended to overload oneself with processing. 2-3 protocols a day is a more or less safe pace for the majority of people, but I personally don't recommend that you launch more protocols, as it's possible to "catch a bad snapback." So, you'd better not take the risk, as you may be frightened by "snapbacks," cease processing and deprive yourself of a chance to get out of shit. Usually when working with protocols, you don't feel any "snapback" or overload right after you launch a protocol (you may even get high from feeling of finally getting rid of some shit), or even in a day or two everything will be quite still. That's why the false feeling of a "free ride" may appear, and being happy with that, a person may overwork in order to get a heavy "snapback" in 3 days. That's why, in this work it's better to go nice and slow – little by little on a longer run is easier and better. Then there will be less load on your brain, and the results may come quicker in total.

Speed – when one should expect results

There are some very important nuances about this system. Firstly, the results are delayed in time; secondly, when you work regularly at the beginning, your general state may prevent you from "seeing" real results and making correct assumptions.

As for the delay in time – this is what you pay for the possibility of processing large amounts of "mental material" automatically in the background mode. This phenomenon, however, is well-known to everyone who works with BSFF – sometimes a problem, which is being processed, disappears not at once, but in a couple of weeks, for example, or in a month, and a practitioner is surprised to find out it's gone. The same thing happens with this system. Some problems may disappear quickly, others – only in a few days or weeks, some may annoy you with their presence for a long time and require a lot of approaches from various directions, which are sometimes not connected with each other. And some disappear – only on very advanced stages of work, usually those deeply rooted in the structure of Ego itself.

One of the most important conditions of successful work with the system is **processing instead of waiting for results**. Results will come with time, or you will get the understanding, of what exactly you need to process in order to achieve the result. People who "hunt for results" may become really disappointed, as they waste their precious time on waiting instead of working and acquiring the cumulative effect. Don't make the same mistake! Process and go on – and the result will either appear after a while, or it will become clear that you need to work on a problem from another angle. In general, the system is ineffective for solving of some isolated individual problems; it is very useful for total processing of everything which can be processed. And this is the approach that can bring really serious results – just process everything that is not nailed down and go on without waiting for the effect.

How to stop fucking your mind and start living

As for the general state of a practitioner during constant processing – at first, during the first 3-6 months, the general state will be closer to "the high workload of a processor" (i.e. your brain), tiredness and constant "snapbacks." Within the first 3-6 months (at least) shit flows in a continuous stream, which seems to have no end, that's why it's not always possible to feel any positive changes with such a background, especially if you're in a "snapback" – then your ego sings you a song like "you're only wasting your time, nothing has changed." In such a state it's silly to appraise the result. However, with the course of time, streams of shit will become weaker and weaker, there will appear small gaps in them, it will be easier to breathe, and the results will become apparent and unquestionable.

So, a practitioner only has to "roll up his sleeves" and work hard during the first 3-6 months. Of course, some intermediate results will be clear sooner than that, but due to the high workload of the "brain" at this stage and the instability of the state, it's not recommended to draw some global conclusions.

So, I'll repeat it once again. Don't hunt for instant results and don't wait for them. Work for the cumulative effect, process everything you can, and then the results will quite probably surprise you.

If you fail to process something

What do you do, if a problem resists processing? Does it mean that the system is ineffective? That's not necessarily so. It's just that some problems are much deeper and more ramified than one expected. The simplest example – a so called "lack of love for oneself." This is a huge, strong problem, which is rooted in childhood and consists of dozens and hundreds of small problems. It's silly and naïve to think that you can achieve any result after having written an instruction to the subconscious mind, like "remove any lack of love that WE have." This won't happen, but, however, some practitioners, at least at the initial stage, for some reason think that this is what should happen, and if it doesn't, it means that the system is bad. No, it's not bad, the thing is that there are many more roots to the problem and it is much more serious than a practitioner expected.

In part, this misunderstanding is connected with a widespread delusion about the presence of a "root episode" of any problem. I have sufficiently covered this topic in the corresponding chapter and am not going to repeat myself now, I only want to say that this silly idea has really spoiled the lives of those who wanted to free themselves from something, but couldn't do it, because they didn't understand how ramified and difficult the problem was. Instead of deeply and consistently working, they searched for supposedly "more effective techniques," which might have enabled them to remove the problem in one first dash. Even the best and most effective techniques existing nowadays are still not able to remove problems of such magnitude in one first dash and require a complex approach and many-sided processing of the problem.

That's why, if you fail to remove some problem – don't hurry to consider this system "ineffective" and to begin searching for "better techniques" – the reason is not in the tools. Just search for all the components of the problem, dig from all sides, be attentive, and learn to analyze problems and to divide them into aspects. Process all your childhood in detail and also process all – without exceptions – traumatic episodes connected with parents, as well

as "life lessons," views and sets received from them (and not only from them). It may be a long and difficult process, but if you want to achieve the result, you can't avoid it.

Another category of difficult problems are those which are the result of the personality itself, of one's so called "ego." For example, this is a negative attitude to the world and reality in general, or to people. It would be absolutely silly to expect that global things of this kind can be removed on the first try. In order just to minimize these things you need to process a lot of various problems and process the components of your personality. If you work seriously this kind of problem will gradually minimize in several months, so that it will be much easier to breathe. But to completely get rid of them, you will need to go through quite a lot of work and go into deeper stuff on higher, more advanced levels of work later, if you wish to. :)

My personal experience, and experience of thousands of "Susliks" indicates that the majority of problems can be sooner or later removed, and some of them – almost immediately. Persistent problems, connected with the ego, gradually move to the category of controlled states, which sometimes appear, but a practitioner consciously "catches" them and either beats them or watches with a smile on his face (like "look, this ego is masturbating again, and seems to have ants in his pants"). They move to the category of things which don't spoil your life anymore and don't cause paroxysms of self-reproach, since their source and principle is clear; besides, they decrease with further processing. So, if you encounter a persistent state, which seems to be impossible to process (at first sight), don't hurry to give up working and to surrender. Just leave this state alone and work according to the plan, and with time you will be able to return to this state at another level of understanding.

In brief, it's quite natural and normal. If there exists a certain amount of material which is hard to process, don't wring your hands and cry, if the problem fails to be solved at once. Don't run to the nearest sect, where you will probably be "zombiefied" in all holes, having concealed the problem or having masked it under a thick layer of "universal love and divine light." Just work, work and work. And in some time you will probably laugh at the fact you've ever had this problem.

How to stop fucking your mind and start living

An approximate plan of independent work

Depending on the approach you've chosen (that is, independent creating of protocols or use of the provided ones), the working plan may differ. Let's review the first way – fully independent work.

Firstly, process your past according to the list you have compiled (or at least, the main things). Small things can be processed later, but the main episodes, charged with humiliation, emotional traumas of various kinds, offenses, etc., have to be discharged. The way of doing it is described in the corresponding chapter.

Then, make a list of all your qualities which you don't like, various negative traits of character, habits and so on. For example, "intolerance to alcoholics," "acrimoniousness," "Internet-dependence," "need to attract attention," "hot temper," etc. For each one either write a protocol for autoprocessing or write down in detail all the aspects (components) of a problem and load this list into "Auto-Mary," or better yet, do both, for more total processing. Then proceed to the next problem or a negative trait, and so on.

In this way you will be gradually cleaning the "Augean stables" of your mind. With the course of time there will "surface" problems you haven't thought of before. They also have to be added to the list and processed, just like the other ones. Don't overlook large clusters of views and beliefs – they require an individual and special approach. An example – "all beliefs about money" (there are hundreds or thousands of them) or "all beliefs about what a man or a woman should or should not be and do" or "the meaning of life and everything connected with it." All of this is mental crap, and it has to be thrown to a garbage can. Process all of the views and beliefs you come across, without any exceptions, don't leave anything. Don't be afraid that the universe will fall to pieces because you have processed your beliefs – oh no, it's much more fool-proof.

Gradually you will begin to feel and understand, how exactly your beliefs determine your reality, and processing will begin to bring results at the plane of events. Inspired by the understanding of your power, you will begin to try influencing the matter directly, and all of your attempts will be futile. You will begin to feel hurt by the reality, by the subconscious mind, because, you see, they're still not controlled by you, though you've processed so many things. All these offenses, as well as revealed views about how "it should be," also should be processed. Constantly process any disbelief that comes up – as I wrote before, disbelief and doubts block up the mind totally, and their processing will take more than one month.

Pay attention to processing of views and beliefs about what you can or cannot do, and in general, any views, beliefs and knowledge about the world and reality. The less your head is filled with this shit, the broader the range of your possibilities and your "fluidity" will be. Don't worry, you won't lose the skills of driving a car or working with computers, but it's better to get rid of the views about the "structure of the reality" and about possible and impossible things.

In general, material for processing "comes up" all the time, so keep your eyes open and process it. Always have a notebook and a pen with you, so that you can write down the material which has come up for processing, or else you may forget it later.

How to stop fucking your mind and start living

The stages of progress

It's very difficult to standardize something like "digging in one's brain" and to say exactly how the situation will evolve in the case of each particular human being, simply because all people are quite different, the level of understanding and awareness is different, problems are different, and the level of grasping at problems is different. Even despite the fact that glitches, in general, are more or less similar at a certain level, it's just impossible to predict exactly how the work will be done in your specific case.

On condition that you work in the pace described above – which is, 1-2 protocols a day (before going to sleep) + 1-2 problems processed a day, you can expect that within the first several months of processing (at least) your life will be rather stressful. Perhaps, shit will flow in a continuous stream with rare breaks for "high awareness." "Snapbacks" will probably be your frequent guests, though not necessarily so – as I wrote before, there are people who virtually have no "snapbacks," so it's impossible to predict what will happen in your case.

You will probably (but not surely) occasionally get into some intermediate states, some of which may be quite interesting. For example, the state of "unity with the universe and all people." I want to draw your attention to the fact that these are so called "traps" on the way. Don't confuse these states with the "goal of the journey." All these states, in fact, are only the cartoons of your mind, another mental masturbation, and it would be a mistake to get stuck in them. In the process of working you will probably have various insights about the nature of the reality and the mechanisms of how the human mind works. Don't take them for divine revelations – these are also just temporary intermediate processes of your mind, i.e. usual mental masturbation. Check all understandings and "insights," obtained in the process of working, by further processing – as a result, crap will fall off, and the remaining part will be probably related to some truth somehow.

Gradually, after 4-6-8 months of working, you will probably notice that the streams of shit are decreasing, gaps appear in them, and it's getting easier to breathe. The periods of being tormented by "snapbacks" are a bit rarer, states may be positive and more stable, but deep problems may still resist processing. Don't panic, just work according to the plan.

In the future at a certain stage you may come to a state when all views, beliefs and concepts will fall to pieces once you touch them. Life may seem absolutely meaningless, and all the guidelines lost. Don't worry, it's also just another intermediate stage of working, which should be processed, and it will pass just like all the other stages. It will be a great mistake to stop in this state – having lost everything and achieved nothing yet, you will become an "easy target" for any sect, which can offer you (or, to be more exact, to offer your "suffering" ego) the "meaning." If you do it, you will not only lose the level achieved before, but will probably fall into the abyss of total zombiesectarianism. Don't make these mistakes and as I wrote in the chapter about "snapbacks," don't believe the things your deceitful mind says.

Perhaps, at a certain stage you will realize the deceitful nature of the mind, and you will understand that all your problems were trivially dreamed up. The deceitful nature of the mind may really shake your willingness to continue processing, as you will see how your mind wriggles and generates new material almost "on the fly," in real time. Besides, at this time you may be really bothered by the impossibility to become a "better person," and by the fact that you still can't understand something in this world and don't like certain things. However,

I wouldn't recommend that you give up processing at this stage either, because, despite everything, processing performs emptying of the mind, and it gradually becomes more and more quiet (when not in a "snapback," you will see it quite clearly). Perhaps, complete taming of the mind will be a difficult thing, but don't think about it now, just process everything according to the plan, regardless of states and thoughts projected on you by your mind. **As for this wish to be a "better person" and to "love everyone," you have to sort it out as quickly as possible** (if you haven't done it yet), or otherwise your suffering about the strange fact that you "can't love everyone" may really spoil your life. Process this wish – it's the same mental crap as everything else (and you will see clearly for yourself at a certain stage of working). Just let yourself be who you are, that's all. And those, who tell you that they supposedly "love everyone," just lie to you and to themselves, and with time you will see it as clearly as you see this text.

Little by little, if you don't get too frightened by "snapbacks," and don't turn off the road, and are not confused by the absence of some great progress in processing of some persistent basic "problems," you may come to a more or less stable state, which I would call the "Great I-don't-care-ness." You will no longer give a damn about many things, as you will understand and feel that, **in truth, there is no difference.** You won't even give a damn about the question of removal of some persistent states you couldn't overcome before, and then, very likely, a qualitative leap in the work will take place. You will no longer process in order to change something, but will process just because it is a right thing to do. In this state the degree of fucking your brain will drastically decrease, and you will be living a real life, without any artificial, dreamed-up "meanings" or underlying messages. You will live and let live, you will breathe the fresh air, listen to the birds singing, leaves rustling in a park or snow crunching under burrows, you will drink tea, hurry nowhere, let yourself be imperfect and let your "bad features" be.

This is the state we were striving for while processing. Hysterics, drama, anguish and heroism of the first months will disappear, and there will begin a quiet life without silly mindsets. What you will do in this state – that's another question. Whether you will continue digging into your brain with various "things" or you will give up processing – I don't know. As for "giving up" – I doubt it, because at this level working begins to be interesting and pleasant. Perhaps, someday you will come to complete deactivating or taming of your mind, or maybe you will come to complete freedom, awareness of your True Nature or enlightenment – or maybe you will not. When this happens, most likely you won't give a damn about it, because your real life itself will be quite interesting in its every second – if you let it be.

I'll repeat it once again – this is a very approximate scenario of what might happen. It may be useful for those who are stuck in some intermediate state and think that this is the end and there is nothing left after it. No, this is not the end, and a lot of things are left after it. I was there, in all these "holes," just like thousands of others. We've gone through all of this, despite everything, and have reached the "Great I-don't-care-ness" (and went on to much, much, much higher states!). And though this state doesn't include ecstatic rapture and allabsorbing love, angels don't sing their sweet songs and millions of bucks don't fall from the sky (what a disgrace!), we're not fucking our brain anymore (at least, not the way we used to) and are just living. Do you want this? Then start working.

And what will happen after it? Oh, what's the difference... Anyway, we will have a lot of fun!

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FAQ — Frequently Asked Questions

Q. Is this some kind of a sect?
A. Of course it is! A sect for those who take their liberation into their own hands and work at their own recovery.

Q. Is it NLP? Hypnosis?
A. No, it's not hypnosis – there is no trance either during the reading of instructions for the subconscious mind or during working. And as for NLP – yea and nay. Yes – in the sense that everything containing at least a single word is already NLP in some way, your whole world is NLP. But this is not NLP in its "classical' form, because the principles of processing are essentially different.

Q. What guarantees do you make about permanent results? What if I go out of my mind in a year?
A. No guarantees. Maybe you will go out of your mind. If you're afraid – move on. This system is not for you. It is for people who are ready for anything. For people who have made up their mind once and for all and won't go back, even if the result will be madness or death. Only actions of such people are effective and make sense; everything else is just hollow snivel chewing.

Q. You write that this system is only for those who are ready to transform their personality completely, but I wouldn't like, for example, to give up some of my beliefs. So does that mean I cannot use the system?
A. You see, you certainly can start work with it on some basic levels even without aspiration for any larger "freedom," and, in any case, get some results: to increase your emotional balance, awareness, tranquillity and acceptance to a certain degree. But, if past experience is anything to go by, that work would be much more effective if you're exactly looking for freedom and aren't clinging onto old worm-eaten beliefs and your illusion of yourself. If you're clinging, you may get stuck at a certain stage, being torn between desire of going forward and unwillingness of going forward at the same time. A conflict may be so intense that it will lead to heavy depression and so on. Therefore I emphasize – if you are not ready to transform yourself completely – you'd better not start working at all.

Q. I gave a link to your book on a forum in order to consult with professionals – and I was told that your techniques are not only bullshit, but they are even harmful!
A. Yes, they are absolutely right – these techniques are harmful for you. I've already written that a person who cannot use his own brain to tell him right from wrong, and to think for himself to decide whether he needs to work with these techniques or not and who requires the help of "experts-theorists," should NOT work with these techniques. Is there anything that remains unclear?

Q. Are your techniques suitable for everyone?
A. Definitely not! The audience is quite limited. The techniques are particularly unsuitable for any mind masturbators – perhaps, it's better for such people to engage some "meditations" or self-improvement workshops, there would be enough "food for endless thought." If you're a professional mind masturbator – do not even start. The exceptions are those who are sick to death with their mind's dictate and those who have decided to give up mind masturbation.

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They, in time, perhaps would come to a greater emotional freedom, and proceed, at least partially, from the "masturbating mind" into the "intuitive mind" (although it will not be easy either). These techniques are also not suitable for pompous snobs from "psychology," showoff "NLP trainers," various "cool scientologists" and other " fecesbook gurus," for the obvious reasons. And, of course, the techniques are contra-indicative for those who haven't taken responsibility for their own life and haven't accepted the decision to go through everything and to obtain the result. In short, these techniques are only for those who are ready to use them. These techniques will "chew and spit out" people who are not ready and willing.

Q. What does it mean "to be ready"?
A. To be ready to change completely – including throwing away all ideas, beliefs, views and so on. To be ready to go through the frightful and painful experience of facing oneself and through the impossible amount of shit in one's head. To be ready to take responsibility for one's life and one's decisions.

Q. Is your system the only way to reach the required state of mind?
A. Of course it's not the only one! There's nothing "exclusive," so any result may be reached in several ways. The question is that one of them may be faster and easier than the others, in respect to a certain person. The question is also in speed. There's a reason that "TurboSuslik" is named as such – the prefix "turbo" speaks for itself.

Q. Tell me, this is Zen, isn't it?
A. No, it's not "Zen" at all. Although states of mind and understanding reached at the advanced stages of work correlate with things Zen practitioners are searching for.

Q. You wrote that many ideals and goals would disappear. What will happen then?
A. Then, my friend, the only thing will be just to live your life! Not to fuck your own brain into thinking whether your way of living is right or wrong, whether you do the right things, but just live. Yes, "goals" will disappear; many of them will fall to pieces because of their idiocy. However, it doesn't mean a person abandons any activity. He may set a goal to start acting or to achieve some other goal – and all of that without mental masturbation; calmly and consciously.

Q. I am a Christian, I seriously believe in God and go to Church. Should I use the system?
A. I highly do not recommend it. During working with the system all illusions will disappear. Also, you will understand all of your psychological mechanisms, including all mechanisms of formation and maintaining the faith and religious states, during the procedure of processing. You will get painful disappointment in what you used to believe in, because you will **see** exactly how you came to religion and why. You'd be better off continuing to have faith in what you have faith in and enjoy it. However, if you are ready to lose all illusions and face the reality as it is – then why not?

Q. Will I become callous and cold-hearted?
A. No, but you'll stop chewing someone else's snivels for sure. And you'll stop listening to all sorts of someone else's crap about some mythic problems that are not worth a bean. Many people consider themselves very "sympathetic" – in reality, there is an plain sense of selfimportance and games of one's ego at the bottom of such sympathy. Kind of "Here I am, all sympathetic and caring" – plus, a person puts himself into the sufferer's place and starts

"jerking off" on the same old shit like: "Oh, I would suffer so much if it happened to me" and so on. Yes, your desire to help many people will pass, because you'll understand that, in reality, they've never needed any help and more – that they actually never wanted to change their dreadful situation! To be more exact, you will help them if you wish and won't help if you don't wish; and you won't torture your mind on this subject.

Q. Will I lose my emotions?
A. No, but your emotions will no longer be automatic when reacting to external irritants. You may freely feel any emotions, but the thing is that it will be absolutely natural for you to prefer staying in a calm, well-balanced and emotionless state. It is so unusual for an unprepared person (i.e. an average hysteric-neurotic person – almost every modern member of the "western world"), so that it even causes a concern like "probably, something is broken there." You'll take a fancy as you get accustomed. But if you're afraid of that, and prefer being hysterical – simply do not work with this system.

Q. Am I going to reach enlightenment?
A. How should I know? All I can say is just that after some months you won't give a damn about enlightenment and the search for it and you will just live and see the surrounding reality as it is. So when you hear about "self-improvement," "enlightenment" and so on you'll just give a laugh. And you'll throw away all of your "spiritual" books.

Q. Do you mean that I will become absolutely free in 3-5 months?
A. Where the fuck did I say that? An achievement of so-called "absolute freedom" **is not the purpose of this book**. A main purpose – by the way, it's really achievable – is to stop fucking your mind. After you've finally stopped fucking your mind and all the shit which used to be your ideas about "freedom" has fallen off – possibly, you will start moving in its direction. As for "absolute freedom" – the degree of freedom that you can achieve with this system is such that you cannot even imagine it, but the path is quite thorny, takes a lot of time and requires accurate and total processing of everything that is your "ego." This fruit is not for everyone. Are you sure you are matured enough for that "real freedom"? Well, we'll see in the process of your work.

Q. Is complete deactivation of one's mind the purpose of the system?
A. No, it's not. The purpose of the system is achieving the state when you stop fucking your mind (and by the way, the minds of others, too) and just start **living**. Deactivating of one's mind is not within the competence of the system. In all candor, it's necessary to mention that at more "advanced" stages of work (1.5 years and more) it will be possible to separate oneself from one's mind and to understand its real nature, but the path is quite thorny, although it comes down to just bland hard work. (there is no secret knowledge there).

Q. What's next, after the "Great I-don't-care-ness"? What is the final goal of working?
A. As soon as you reach the "Great I-don't-care-ness," it'll become clear for you, and all questions about the "final goal" will stand no longer.

Q. Isn't that just another masturbation, digging in illusions?
A. This is the understanding that often comes at a certain stage – that there are no problems in fact, all of them are illusive. Unfortunately, this understanding comes to an "ordinary person" not immediately, but only after he has successfully solved several hundreds of problems and has understood that it was he who had created these problems just for fun.

Q. But in truth, at the deepest level, nothing matters – it doesn't matter whether you're masturbating or cleaning up the shit…

A. And this understanding comes at a certain stage of working; you realize that absolutely nothing is important. But you can do something **just because** – just because you are sick of mental shit, and want it out. Other motivators won't influence anymore. Do you remember Castaneda's Don Juan saying: all paths lead to nowhere, one should choose a path that has a heart. So if, for some reason, a person likes to process "mind deposits" – this is great, let him process, if it's fun for him. As for me, for example, I get a bang out of processing. Somebody may like masturbating his mind, pouring out his thoughts on Fecesbook – for god's sake, I don't mind, let him masturbate. But me personally, I don't get kicks from this pastime. Is that clear?

Q. Maybe it's just a placebo, self-suggestion?
A. It's not just some kind of a placebo. It's a devilishly effective, powerful and easy-to-use turbo-placebo. Try to suggest something to yourself for a couple of months, then we'll see what you will say about self-suggestion and placebo. In fact, if we dig deeper – everything is a placebo. Each and every method of working with the mind – including psychology itself – is just a placebo. Human personality is a placebo. You and everything that you represent is just a placebo. Your entire reality is just a placebo. There is nothing that is not a placebo. Of course, "Turbo-Suslik" is just the same placebo as everything else in this world.

Q. It seems to me that all of your processing is only intense self-violence, but true selfcultivation is much finer and delicate.
A. Thanks for sharing your beliefs and excuses which you're dreaming up, but I'm not interested in them. If you don't like the described techniques, if they contradict with your socalled "ideals" and "beliefs" – just move on and don't play games with me and yourself. I will repeat – these techniques are for those who are working, not for those who are milling the air of illusions at the mill of one's ever masturbating mind.

Q. These techniques are too simple, and this is not right, it shouldn't be this way!
A. Yeah, and it should be ass backwards, spending 50 years, going through mad suffering, shouldn't it? Though, I don't mind – it's your life and it's up to you. If you want it ass backwards, with suffering, spending many years, enjoying the process – it's your choice, why not…This book is for those who are fed up with this suffering and this hole they are in. I'm not telling you that suffering or long-term campaigns are bad – no, in general, it makes no difference, because **nothing is important**, but such an approach doesn't interest me, and I've written this book for those who are not interested in that approach either.

Q. You think that stuff in the mind is shit, but in truth, even so-called "negative aspects of our personality" are our allies and bring a lot of good things to us, this is what Slavinski says and it's easy to prove experimentally with the help of Aspectica.
A. Oh, yes, you're right, all "negative aspects of our personality" are really our allies and at a higher level they aspire to "positive things." But it doesn't change the core of a subject. All mental material still remains as a pile of shit. Yes, it is our ally, so fucking what? Shall we lick it from all sides now? Process it and let's move forward…

Q. What bullshit. "My subconscious mind will "receive" exact procedures from Dmitri's subconscious mind"? What are you smoking?

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A. To be true, I don't give a damn whether you believe that it works or not. From a "scientific" point of view, I don't understand how it works either, but I don't give a fuck about that. It is important to me whether it gives a result or not; the rest is irrelevant. If you don't believe this theory – just miss the boat and go for a walk with your "views." It's your problem, not mine, so I am not going to prove anything to anybody and the explanation provided in the chapter "About an unusual way of loading processors" is more than enough.

Q. How can I load and start anything whatsoever, not knowing what exactly will be happening in my brain?
A. People who appreciate freedom more than their "beliefs," and who want to get rid of their mind's dictate – they work and obtain results. Those who don't believe – they miss the boat and continue staying with their problems. It's is as simple as that – it's your choice, it's your life and it's up to you to decide what to do with it and whether to use some techniques or not. So if you have a critical and sceptical mind – just close this book and forget everything written here. Besides, you load and start a whole pile of destructive and confining programs in your subconscious mind everyday with zombification by society – but, for some reason, you don't mind that at all…

Q. After all, what is the mechanism of your processors?
A. The operating principle was described in detail in relevant chapters, but you'll have to go without a concrete and exact mechanism. Besides, what will you get from this mechanism? Absolutely nothing but an illusion of control over your ego (control which, by the way, has never existed, doesn't exist and will never exist). Every day for dozens, hundreds of times you use stuff you know nothing about, but it doesn't prevent you from using it successfully and from getting results. But now, oh my, you need explanations! I could write that I'd received these mechanisms through a direct channel from my Ascended Teachers or that I'd connected and got a channel to Higher Intelligence, or other bullshit like that, and not bother myself with explanations even in such amounts that I have given here, so everybody would be satisfied and say: "Oh! If it's from Ascended Teachers, then yes, it's really serious business." But that would be a crap. There were no teachers, no universal mind. In brief, if you need the mechanisms and can't do without them – close this book and go away, because this book is for people who DO, not for those who are milling the air of unnecessary and senseless theories at the mill of one's ever masturbating mind (oops, it seems I've already written that somewhere…).

Q. What do you know about the subconscious mind? How do you know that the work with your techniques is performed by the subconscious mind? Do you even know what the subconscious mind is?
A. Nobody in the world has the slightest idea about what the subconscious mind is and whether it's correct to call it the subconscious mind, the shmubconscious mind, the throughconscious mind, the stompplonkconscious mind or anything else. I don't give a damn what mechanism performs processing with these techniques – only one thing is important to me – whether I'm getting an expected result or not. The proof is in the pudding, and with tens of thousands of people who used this since 2008, the pudding is way too big and obvious.

Q. Can you guarantee the results?
A. What guarantees are you talking about? This isn't a TV set or a microwave that comes with a warranty. How can I know how much trash is in your brain? I give no guarantees. I

can tell you what an average practitioner gets exactly – but how do I know what will happen in your case? If you aren't sure you need this – then do not do it.

Q. Is it possible that the system won't bring me any results at all?

A. It's possible. If you don't want these results, for example. In other words, verbal proclaiming of the decision "to change oneself" is just a form of mental masturbation. So, if you actually don't want any changes – there will be no changes. Also it's possible that there will be no changes for those who wait for the system to do something for them, while they are just sitting and twiddling their thumbs. Even despite the very high level of automation in the system, and despite the fact that everyday one may start a pack of automatic processors and do nothing more, in any case all work is being performed by yourself, not by the system, e.g. there must be, at least, an intention, not just "well, I'd probably try it, I will start and see what comes out of it, and see if I get surprised." No, you won't. Only you can surprise yourself.

Q. Is it possible that some problems fail to be processed, even if I beat them till they are blue?

A. Every person has some "basic" problems that have roots somewhere in early childhood and possibly in the prenatal period or even earlier. These "things" may resist processing and require many approaches from various sides. It should be noted that even the use of low-level protocols allows one to "clean the crap" around the roots of such problems to a great extent, which simplifies their finding and processing, though some may be very persistent. Nevertheless, sooner or later the technique described in the book overcomes the majority of problems, even very persistent ones, though some may be overcome with much ado (mainly the ones related to the deepest structures of the ego and personality). So, as for your question – yes, there may be such problems, but it only means that they are much deeper and more ramified than you expected. Some problems are so deep and so ramified, that they can appear again and again, regardless of the fact that they were already processed many times, which is often the reason for disappointment of some impatient and narrow-minded people. They, sometimes say that the protocols "stopped working" and rush into another turn of searching for something which "will surely solve the problem on the first try." They don't understand that there are no techniques which surely solve all of the problems at once, except for sending a bullet through one's head. So, if you are searching for techniques which will fix everything at once on the first try and with guarantees – you'd better "shoot yourself immediately." However, it is important to note that protocols of the latest generation "dig" much deeper and more effectively than the ones we started working with, therefore, efficiency of the system is much higher now than at the beginning.

Q. Will it be a long time after processing before I notice changes?

A. The price for the possibility of processing huge arrays of mental material at once is usually the delay of the result. As in the case of BSFF, the result may appear in two days, in a week, in two weeks, or more. The more you advance in working and the less mental crap remains in your head, the faster the result comes. But, in general, you shouldn't expect fast results. If one works without expecting fast results, then the effectiveness of working will be at its highest.

Q. When can one cease processing?

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A. Well, you may not start at all. You may cease when you want to, but what will you get from your work then? At the early stages of working, you'll get nothing if you cease it, so you should continue despite everything. Basically, the state, in which one may stay, is a stable state of "Great I-don't-care-ness" and an understanding of the unimportance of everything, when a person really ceases fucking his mind and just starts to live. But usually a person gets so used to processing by this time, that starting of new protocol is as routine as brushing his teeth before going to bed. It has just become a habit. It is just fun and really interesting to process at this stage.

Q. After the first phase (polarities and emotional clusters) I feel no changes at all. Is that normal?
A. Maybe you are looking in the wrong directions, or just don't see, or just attach no importance to some things. Processed problems often disappear completely, but a person may say "it seems like nothing's changed," although he was suffering from a problem a month ago. Be attentive to yourself and to your states and don't expect "a fairy show of feelings," and perhaps you'll see that quite many things have happened and you just didn't notice. Though sometimes emotionally suppressed people with über-control of the mind really don't feel any changes in that phase – such people have to work much harder than others. If they don't surrender and retreat – changes will come.

Q. How do I install the processors?
A. You read each processor for installation once, aloud or silently. That's enough for the subconscious mind to learn it clearly and in full, and remember it for good. You don't have to read it again, learn it by heart, etc.

Q. How do I work with the protocols?
A. Read any protocol once (aloud or silently). After that it can be started by repeating a key phrase till yawning. In case yawning doesn't occur (it happens to some people at the early stages of the work), repeat the key phrase 10 times, that's all. It will be enough to start it anyway.

Q. I have a question about Auto-Mary – should I read the whole protocol every time and write in my aspects at an indicated place or should I read it once and then pronounce "AutoMary start' after having read the aspects?
A. Read it in full every time, including the standard "top and bottom parts" and your material, and start. Don't be lazy, almost everything is automated, so if you spend 5 minutes on reading it every time, you won't work your "fingers to the bone."

Q. Is it okay to start the second phase before Cyber-Zivo has finished its work? Or should I wait until it has finished its work?
A. You may start, don't worry about Cyber-Zivo.

Q. Is it necessary to restart protocols after a while?
A. No. A protocol will work and complete its part of the work, so restarting is unnecessary. It's useless.

Q. What may one feel during the starting of protocols?
A. You may feel a bit like you're being wrapped with a warm blanket or a cloud. These are so-called "mental masses." Sometimes your inner "dialogue" may abate. After some

protocols emptying of masses may be quite big, therefore situations when you're just sitting and blanking out or giggling or even laughing (sometimes it is observed among people launching some protocols) are possible. After consecutive starting of several protocols subjective sensations (such as: "movement in the head," or "waves" coming over you) may begin. These are normal temporary processes, which will pass in half an hour, or an hour, but it's better to start protocols in the evening, before going to bed, in order to have time to have pleasure and then go to bed.

Q. Can I process my disbelief about the system and self-sabotage in Phase 1 with the help of "Process it"?
A. Yes, you can. In truth, you either do it or, if you're strongly objecting, then don't start because it means that you haven't made **a decision** yet. Just think, talk to yourself honestly and decide whether you really need it or not. If it's real – reject everything and **start**. If not – just forget this and continue living as before.

Q. During processing of emotions I don't feel the majority of them and I don't feel polarities either. In other words, I'm working mechanically. Should I continue working like that?
A. It is desirable to feel, but if you have a hard problem with control and you feel nothing – work mechanically, results will come anyway, although maybe they will not be so evident and fast.

Q. Shall I perform forgiveness, as in BSFF?
A. No, it's unnecessary, since the mechanism of forgiveness and processing of the resistance are built in processors.

Q. What if I was interrupted or I interrupted myself when I was reading protocols? Should I read it again from the beginning?
A. No, just return to the point where you were interrupted and continue from there.

Q. My attention "loses focus" and I "drift away" while reading protocols, what shall I do?
A. It's normal – it happens to everyone. Just return your attention to a protocol, if you get distracted. You may start reading again from that point where you "drifted away." Step by step, as far as you're clearing your brain, it becomes easier to stay focused.

Q. What if I was interrupted during reading of a protocol and I had to leave for several hours? Shall I read it once again or can I continue from the place where I was interrupted?
A. Do as you feel. If you think that it's better to read it again for the sake of having "integrity" read it again. If you feel it's unnecessary – just continue from the place where you were interrupted. From experience – it's okay without re-reading.

Q. When I use "Process it," must I announce the things I want to process? Or can I just direct my attention at it and say "Process it"?
A. No, you don't need to announce them. It's enough to just direct your attention at the material you want to process. However, complex material may require dividing it into aspects. A simple example – you're going to a meeting and feel nervous. You beat it down with "Process it," but the nervous feeling resists. Divide it into pieces – what parts does it consist of? Let's see – "I'm afraid to screw up," "I'm afraid of disapproval," "I'm afraid of criticism," "I am not used to such meetings," "All of this isn't really my scene" and so on. Process now each of them individually, directing your attention at each issue and pressing

from above with "Process it," and your overall nervous state would be processed much better.

Q. I can't divide a problem into aspects normally…It's no-go.
A. Read and learn. When dividing a problem it's better not to use your mind and not to write large sentences like "These people can't do this to me, since my position in this company doesn't allow them to do this to me." Just write down everything as it comes on the emotional level. If "dirty words" are coming – write down dirty words. If there's no logic in your sentences and they seem to be incoherent – it doesn't matter! Write it as it comes from the "depths" of your being until the material just runs out. You'll see that you begin repeating yourself and you can add nothing new. Then, load the obtained material into Auto-Mary and start it. What if "something is there but it's impossible to describe it"? – write it down – "I cannot describe it," "I don't know how to write it" and so on. A plug (a block) will finally end and normal material will come up. However, dividing into aspects isn't an easy matter. But just like with nuclear physics, one can develop the skills in several days or weeks, and you'll master it perfectly with the course of time.

Q. What is Auto-Mary intended for, Can I write a protocol for this material?
A. Usually, the next day after you have started a protocol, a re-stimulation of some material that was being processed in this protocol ocurs. You may start "throwing out" some additional material you haven't noticed while writing the protocol. And Auto-Mary is perfectly suited for processing of this additional material, which "comes up" after the start of the "main" protocol. In this case Auto-Mary performs "additional clean-up" of the material unprocessed by the main protocol. Sometimes it's too boring to write a special protocol for some material, it's easier to write it down in the form of a list and put it in Auto-Mary.

Q. How many aspects can I stuff into Auto-Mary at a time?
A. Try to stuff as much aspects related **to one problem** as you can into **one** Auto-Mary, to avoid putting it off for the future. How much – depends on the problem and your skill of dividing it into components correctly.

Q. May I start several Auto-Mary protocols a day, intended for different problems?
A. Of course, you may. Just remember – do not overwork, you're not a superman, are you? Develop your individual norm that would be most comfortable for you depending on the amount of processing procedures and necessity of having a minimum number of "snapbacks." This may vary for different people.

Q. How many episodes may I stuff into "Auto-Castaneda"?
A. Always process "hard things" at first manually (don't be lazy, you're not unloading coal, are you? You can work a little for your freedom). In "Auto-Castaneda" the number of protocols for processing should be chosen carefully to avoid major "snapbacks." Find out your own norm. Begin with lists of 10-15 episodes per day. Increase it little by little and watch your state. Maybe later you'll expand to a hundred of episodes at a time, who knows…

Q. It's written in some protocols – "When we pronounce or think of a special key word" and in other "after pronouncing a special key word" – so in the majority of cases I thought of it and didn't pronounce it. Should I worry about that?

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A. There's no difference at all as of to whether you pronounce it aloud or silently, paint on the wall, show it with your body language or write it with urine in the snow. It's written there – "it makes no differences, aloud or silently." Do not invent unnecessary entities. After all, there was no line like "after pronouncing **aloud."** So you may pronounce it silently, right? So that is that!

Q. May I process states coming up during the day with "Process it"?
A. Of course you may and you should. But if you're in Phase 1, don't do it at the expense of working with polarities and emotional clusters. And watch your state – avoid overworking!

Q.
I don't understand how to create my own protocols.
A. You'll understand gradually how to write the material in the "body" of a protocol during working with free protocols provided on the website. Take the "head" and the "bottom" of a protocol from any of them and add your own stuff as a content to be processed. But I don't recommend creating your own protocols at first, without experience. Work with ready-made protocols until you fully understand them.

Q. May I launch any other protocols along with "Cyber-Zivo"?
A. You may. Cyber-Zivo consumes very little resources.

Q. In what order should I start protocols taken from the website?
A. The order is not important. However, in the members-only section there is a recommended order which was formed empirically – it's recommended to keep to it; and in case of free protocols – you may start it as you like. It would be a mistake to think that only some protocols from the provided collection are for you – more likely only a few protocols are NOT for you, the rest is for processing of the material which is standard for everyone.

Q. I can't feel any unity with the world, what the hell is wrong?
A. Who has promised that you will? Take this grievance to the guy who promised you that. I've never promised you such nonsense. You have to scoop up a great amount of mental shit from your brains before you can feel some real (not dreamed up) unity with the world…

Q. I feel nothing but a permanent depressed state because of processing.
A. During massive non-stop processing a depressed state is a norm. Remember – processing of huge information blocks and extremely powerful processes is being performed. Changes might be unnoticeable in this state. Freeze your processing for a month or two to quit this state and to wait until all processes have "settled down" if you wish, although as I've said before, the disappearance of many problems may be unnoticeable – as a matter of fact they've disappeared and don't bother you anymore. A depressed state is a price you have to pay for raking out the first deposits at early stages (the first stage may take several months). After all, I've warned you that shit will flow in an endless stream for the first few months, because there is plenty of shit in your mind. So never draw conclusions about the system and results, while you're in a "snapback," I won't get tired of repeating that. First, quit the "snapback," stabilize yourself, only **then** draw conclusions. It is silly to draw conclusions about anything while experiencing a "snapback."

Q. May I change time limits (3 days)? Why should it be 3 days?
A. 3 days is an optimal time limit for the majority of practitioners, which has been developed experimentally after years of working with many people. It's optimal for the majority, but it doesn't mean that it is obligatory for everyone. It is possible that in your case it's better to decrease or increase it. If you feel that you need more time, or, on the contrary, less – set more (or less). Develop your own time limits. Determine the optimal and acceptable duration for your own body and mind. Be guided by your feelings in the first place. As you advance in processing, you may decrease your time limit or you may leave it as is. However, I would recommend that you leave it as it is at 3 days, and stop fucking your mind about such unimportant issues.

Q. I've been processing my favorite problem for two months already, but it doesn't go away. What's the matter?

A. There are very few things that can't be processed. There are not many possibilities here. 1. The problem is large and includes hundreds of other underlying problems. An example: "laziness." There is no pure laziness as is, with a few exceptions. It is not laziness as it is, but rather, procrastination. And at the heart of it there is a whole pile of large problems – things like "fear of criticism," "fear of the future," "low self-esteem," "a guilt complex," "fear of failure," "fear of success," etc. There may be hundreds of them. A naïve person, who tries to overcome "laziness" by pronouncing – "I don't want to do anything – process it" – may only provoke a smile. It won't be processed THIS WAY. It is a senseless thing and a waste of time. 2. The "personality" or "ego" itself is at the root of the problem. For example, things like "wish for approval," "wish to control," "wish for safety" lie in the structure of the ego. You may suppress them, but while your ego exists, they will exist, although in a lighter form. 3. In reality, you don't want to release your FAVORITE, so dear to you, awful problem. You are fussing over it as a hen over a chicken, licking it from every side, and all your processing is just masturbation. In truth you do not even want to process it. You need it, you love it, you nourish and cherish it. So what can the system do for you, if you don't want to release this problem? Your subconscious mind will do NOTHING against your will. If you DON'T WANT to get rid of your problem, you will not get rid of it. Period.

Q. I've already been working with Turbo-Suslik for a month, but I still don't feel good and nothing is improving in my life. I still see no freedom in my life. You've deceived me! The system is bad!

A. Point me to the line where I've promised you anything. Especially within 1 month. It's amazing how people look right through the real contents of the book and draw their own pictures, and then they take offense at the author, when these pictures painted by them turn out to be rubbish. Dare you take responsibility for your glitches and mind constructs invented by yourself, not blaming everyone around? I recommend reading the book carefully one more time, not drawing your own "cartoons." Then, possibly, such silly claims will disappear and you'll stop whimpering during each "snapback" about how bad you feel and how you pity yourself, poor little one, what an evil person and a rascal the author is, who has deceived and zombified you. Instead, you'll start working normally and systematically. Did you think that in 15 minutes or in a month you can easily and gracefully remove all the shit you've been stuffed with for so many years? If you want a "quick fixup" and the illusion of change, just go to the nearest sect and you will get plenty.

Q. I haven't started working with the protocols yet, but I want to know…

A. You'll learn everything in practice when you start.

Q. I wrote you an email with My Incredibly Important Questions, but instead of an intelligible answer you told me to get lost and start working instead of talking, but it was very important for me to hear your answer, so now I'm disappointed with you. Real Spiritual Masters never do that!

A. You're disappointed with your ideas about who I am and what kind of a person I should be. This is just YOUR mental shit, which you shall process. As for the questions – I don't answer silly questions. A person who really wants to work doesn't need explanations, he just gets to work. All unclear things become clear in the course of personal practice as a result of personal experience. All my explanations are useless, as they are just food for your

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Q.
masturbating mind. Practice sorts out everything, just keep working and everything will become clear sooner or later. Usually sooner than later. Besides, I am not any spiritual master, and I don't want to be one.

Do I have to pay anything for taking free protocols?
A. Free protocols are free to use, as long as you wish, without any limits. Just take them and use them. **You don't need to buy anything to get very serious results**. The testimonials book was compiled from the real testimonials of those who worked only with free protocols. If you are serious enough and want to go way beyond that, and if your goal is ultimate freedom, you may decide to use more advanced tools accessible through the Members-only section. However, at first you must work intensively with a lot with free protocols, understand the system and make sure that it's just what you really need, before making this decision. There is no sense in becoming a member if you're not 100% sure and don't have a real understanding of what you're doing exactly. Besides, you won't get access to that section anyway, before you have worked with free protocols and have obtained strong results.

Q. May I launch 10 protocols a day?
A. Well, in the beginning I used 15, but I regretted it dearly. Payback was swift and painful. If you want to experiment – it's up to you, it'll be your responsibility. My standard recommendations for comfortable work are 3 protocols per day, in the evening, before going to bed. Otherwise you may get really bad "snapbacks," and you won't find it funny. It is no joke – don't play with your health.

Q. Can I pay some money and get the original of your processors?
A. No, you cannot. The originals of the processors are not for sale. There is a detailed description of mechanisms that are used in processors in the book and there is nothing else embedded there except for the described things. If the information provided in the book is not enough for you – just don't work with this system. As it is written in the book, the system is intended for people who want to **work and get real results**, but not for those who masturbate their brain with unnecessary attempts to find out some specifics. Do you want to understand precisely all mechanisms that are used in processors? Just keep working and you will get a crystal clear understanding of the mind's nature and of all processors' mechanisms. It's difficult to say when it will come – it may take 6 months for some people, a couple years or more for others, and "excessive philosophisers" may never get this understanding, being entangled in a web of their mind constructs.

Q. My understanding is that working with the protocols is not for me because I don't want to change myself entirely. I only need to correct a couple of my glitches.
A. No problem – I don't expect that the system is suitable for everyone. If you're not interested in total transformation, but in processing just of "a couple of glitches," just walk away.

Q. I've read forums, the opinions differ widely. Some say "Turbo-Suslik" is cool and others say that it sucks.
A. There is only one question you should always ask those who write these things. Have you actually worked with "TS"? If so, how extensively? Immediately, the truth will be clear. There will be 2 "camps" – one for those who worked (and work) with the system and they

are amazed with the results. The other is for talkers who judge the system by seeing it through the prism of their ideas and beliefs. They never tried it and everything they say is just their "opinion." In other words, doers usually have a very good opinion of "TS" – because they tried it, and talkers just judge. Now, ask yourself who do you trust? But it is better not to trust anyone, and use your own brain and your own gut feeling instead. I already wrote that if you need anybody's opinion to decide whether you should work with "TS" or not – then "TS" is obviously not for you. Just move on and don't bother to try.

Q. I have experienced a terrible "snapback." My loved ones and I are suffering badly! Help!
A. I have written enough about "snapbacks." I can't add anything to that. I have no secret protocols which can rescue you from a "snapback." If you think you'll surprise me with your terrible "snapbacks" – stop trying, I've been there, went through them all a zillion times and have experienced them myself. Almost all "Susliks" have suffered from "snapbacks," many times, and it is often quite painful. So read the chapter about "snapbacks" once again and the article at the end of the book (Appendix 1) and keep working, working, working. If you're afraid of some "terrible snapbacks" – stop your practice and continue your living as a victim. It's your life and it's up to you to decide what to do. Let me put it this way: "snapbacks" are the price you pay for incredibly deep and extremely fast changes. Too much price for you? Stop using "TS" and go back to your shit.

Q. Help! It's a total disaster! Protocols don't work anymore! I launch them, but I feel nothing, although everything was OK earlier!
A. Stop shooting the bull, you'd better read the chapter about "snapbacks" once again, I've warned you about the high probability of such periods. These are quite standard glitches, almost everyone has had them, including me. It seems like protocols have stopped working, like you have reached the "ceiling" of the system and it doesn't work anymore or it works incorrectly and so on. This is a "snapback" and yet another prank from the ego. Everything is working, look for the reason for "resistance" inside of yourself – in your mental masturbation and self-blocking, along with doubts and disbelief. I was absolutely serious when I wrote that every person has tons of these.

Q. I don't yawn, I yawn forcibly, yawn only on the 23rd time, it seems to me that I yawn incorrectly, I yawn every other time, I yawned yesterday, but today I don't etc.
A. There is so much space devoted to yawning in the book, that it is just shameful to ask about it one more time. If you don't understand anything about yawning – read the book once again.

Q. I'm afraid I might do something wrong and damage my brain.
A. It means the system is not for you. I wrote quite clearly – if you're afraid, **don't practice** at all. The system is **only** for those who are ready for everything, including madness and death. For those who'll go to all lengths for Freedom. I was afraid too when I was starting, but my desire for gaining freedom was stronger. So decide whether you need that freedom or not? Are you ready for it? If not – stop shooting the bull and just forget about "TurboSuslik." For reference: nobody has gone mad or died yet. A few people went quite crazy for some time (they didn't estimate the load, in their foolishness), but they were OK after a short time. There were a couple of major fuckups, but people were seriously ill before it, and ignored the warning in the disclaimer to never work with the system if you are undergoing any serious psychiatric treatment.

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Q.
Q. I was fired – got robbed – got syphilis – my refrigerator broke – my computer burned up – tell me if these are "snapbacks" at the plane of events?
A. I'm not a psychic and I have no idea what it is. It may be a "snapback" at the plane of events or standard realization of your glitches in reality. I have a standard answer – if you're afraid, not ready, unwilling – move on. Don't write to me about your events. Start taking full responsibility for **everything** that happens to you and find the reasons for these events inside of yourself. It is easy, you just need to be honest with yourself.

I'm afraid to start your processors, give me a protocol so I can remove them safely if something goes wrong.
A. It's quite clear that the system is not for you. Just forget it and go in peace. You don't need to remove or "uninstall" anything, protocols are only working when intentionally launched by you.

Q. What if you die one day? Where will our subconscious mind get new versions of protocols?
A. A short version of an answer: this is useless mental masturbation, process it, for example, with Auto-Mary. A longer version: Why do you care about things that may happen one day, in a hypothetical future by hypothetical juncture of some hypothetical circumstances? Do you have **nothing** to do right now? Have you already swept up all the crap from your head? If it was so, you wouldn't ask such stupid questions. In short, stop shooting the bull. Just keep working. Keep W-o-r-k-i-n-g. Or in case you don't want to work – close this book and forget about it.

Q. Is there any guarantee that you won't invade my subconscious mind and enslave me one day?
A. A short and quick answer is: just process it, instead of loading me and yourself down with this crap. A long answer: I wrote that the result of processing is losing all interest in any power, statuses and other symptoms of the psychical disease which human kind suffers from. **I'm simply not interested in such nonsense as power or manipulations. Even more so – any power over mentally crippled members of today's sick society.** You think that it's impossible because you cannot even imagine any other way, can you? Work for half a year, and we'll see where your interest in the society and its stupid games will be. To close this subject finally: **I'm not interested in anything concerning stupid social games, and any power or much less enslaving anyone.** Just like anyone who works with this system seriously for some time. And since you haven't felt this experimentally, just accept it as an axiom. If you cannot believe it – close this book and forget about "TurboSuslik." It's so simple. You're afraid, don't believe, full of doubts – the system is not for you; how many more times should I say that?

Q. What if a new version of protocols is worse than an old one, but you updated it for me forcibly, even though I don't want such despotism? **A.** Process it.

Q. I don't understand how I should work.
A. Read the book once again, after that, if you need, do it again, then, practice until the result appears, i.e. until you understand **how** to work.

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Q. Will I be able to walk through walls when I have processed myself?
A. Process this wish of walking through walls and don't bother me with this fucking crap.

Q. Give me addresses of other "Susliks" so I could ask them what has changed in their life and decide whether I should practice "TS."
A. If you need anybody's opinion to make a decision, "TS" is not for you. However, there is a short testimonials book available on the web site, if you are interested.

Q. When will the material from previous lives appear? How should I process previous lives? What material on time track is being processed with your protocols? Is it possible to process implants and beings with protocols?
A. Keep working and you'll understand **everything**. As a first step, start processing that wish of yours to "work with previous lives" – attempts to dig into previous lives is just absurd without cleaning up the shit of the **present** life.

Q. You have a discrepancy on page 15, it's written that the subconscious mind is this, but then the subconscious mind is that, whoops, I found a contradiction in chapter 4, you wrote bullshit, it doesn't coincide, blah-blah-blah...
A. Well, on the web site, every page says "no mind masturbation area." Stick **all** of your constructs and all that junk…into Auto-Mary, and process, you'll gradually understand clearly that it was just trivial masturbation, unimportant and unnecessary.

Q. I've made a great discovery and you must admit me to a privileged group of "Susliks" and stuff, in return. Everything you have been doing is a waste of time! I've invented such a brilliant thing – you should replace the body of a protocol, where processing is described, with short phrases-micromodules, or, which is better, put the top and the bottom of a protocol right into processors and then you won't need to read these long terrible protocols, but you may read the material and say "go," that's enough. I am devilishly smart, aren't I?
A. No, you are not. During the development and tweaking of the system we tried all of that hundreds of times, and it was found that the efficiency of such an approach is lower than the efficiency of the approach that is used now. And this is why reading of the **entire** protocol, not only the material, is **necessary**. The reasons for this are quite impartial, and each practitioner will understand them sooner or later. Meanwhile, don't bother me and yourself and **read** the protocols **in full**. You are not unloading lead here, you can always find some extra 3-5-10 minutes for reading. If you don't feel like spending an hour a day on working for your liberation – it means you don't need it **at all**, then go to hell because the system is not for you. The system is for those who are ready to **work** and not for those who want to just fuck around.

Q. I want to work with the "Technique of Personality's Transformation" (or any other kind of processing \ technique \ meditation \ method) simultaneously with "TS."
A. It means that you should give up "TS," because you actually don't need freedom and you want to just masturbate your mind. "TS" is absolutely self-sufficient and doesn't require any external techniques at all, on condition that you'll be working hard, i.e. processing all mental material you have, without any exceptions. There is no need to use any other kind of techniques at all – it's just a waste of time, which interrupts real working. It is just masturbation. Think it over – who benefits from distracting you from real systematic work and why? Hint: it is your ego :)

Q.

Q. My subconscious mind yawns right after I start reading a protocol, that's why I'm sure I don't need to read it in full, so I stop reading when I reach the starting phrase. It works. **A.** This is not "Turbo-Suslik" that you're doing. This is just slapdash work and rubbish. Generally, if you don't feel like spending an extra several minutes on reading of a protocol in full – all your talk about your wish for changing, about your wish for freedom and so on are nothing but cheap self deception. A wish for freedom is incompatible with unwillingness to read protocols only because you're bored or tired. If you're bored or tired – go away. I repeat it one more time for those who are in the dark. The result which you'll get when you start unread protocols is completely different from the result planned during the creation of the

protocol, so your practice in such form is just mental masturbation. You'll understand why it is so after several months of practicing. It's useless to explain it now, because you just won't understand. Do you want to save your time while reading protocols? Learn speed-reading, read without pronouncing silently, but read it in full one way or another, damn it!

Q. It seems to me that I was happier and felt better before processing, and now I'm permanently depressed.
A. Specially for those who are in the dark. I'm repeating it for the 1001 time. Read my fucking lips. **Never. Analyze. Your. Condition. Being. In. Snapbacks. And. During. Processing.** N-E-V-E-R do such nonsense. Stop working for several weeks and let all processes stabilize, then draw conclusions. It's the first thing. Secondly – nobody promised you would feel better – especially after a month of working. I've told you – it might be obscure for the first several months. Read the book and don't invent your own words. Thirdly. If you were happy and twittered merrily like a birdie, why the hell did you get into processing? I warned that you would lose your illusions, goals, beliefs and the world would turn out to be absolutely different. **Why** did you get into processing? **What** did you want? Is it because "Turbo-Suslik" is fashionable and everybody is "Susliking"? And what if it was fashionable to beat oneself on the head with a baseball bat, or to jump from the roof, would you do this, too?

Q. I have a feeling that shit will never end. I'm tired, it keeps flowing. I'm hopeless. **A.** Congratulations, you are in a "snapback." I remember myself after 4 months of processing – I had such thoughts all the time. That everything is hopeless, it will never end, all of it can't be processed, there is too much shit and it supposedly returns again... Now I look into the past and I'm just laughing (except when I get a new "snapback" and feel "hopelessness" again – but I do not buy it any more). Everything is being processed perfectly, glitches disappear, awareness increases, you just have to work for it. To work, doesn't mean to chat on your "fecesbook" or forums, or to whimper out of pity for yourself, poor little one. If you work hard – you won't recognize yourself in several months. And you'll be laughing after 8-9 months, as you recollect your glitches of the first months of working – was it me who was masturbating the mind so adroitly and playing a victim? So, my friends. It was tested on thousands of "Susliks." Everything can be processed, everything is possible, it works, but you'll have to **work hard at it**, and not expect a free-ride and instant results. But the prize – freedom – is priceless. However, the thing is that your present concept of freedom is just another glitch and mental crap, and real freedom will turn out to be completely different from your original view, but when you obtain it, you won't give a damn.

Q. I feel very bad. I thought I would be joyful all the time and wouldn't get irritated, I thought I would love everybody, but now I don't feel like that, although I've already been practicing for a long time. Your techniques don't work.
A. Your problem is that you haven't processed the entire layer of views, in particular – the result you have expected from processing, and now you're suffering from dissonance of the reality and your dreamed-up expectations. This thing is universal, by the way, and it is observed with almost everybody who works with any "techniques" – and very few people understand that they're just having glitches. People read "spiritual books" and have an idea in their mind about what exactly an "enlightened" or "advanced" person should feel. For example, he should "love everybody in general." Or he should never lose his temper, or have no negative emotions. Although, in truth, it's just another pile of beliefs and ideas, not a law of the universe. And when he is not getting what, in his opinion, "he should be getting"

(because he learned it in "spiritual books"), the "seeker" starts suffering, when it appears that in reality everything is very far from his expectations – processing, for some reason, doesn't lead to total love and permanent joy, and the seeker still might have negative emotions. Here comes the depression – the ego starts to sing his old song about "ineffective techniques," sending its carrier to the next series of vain searching of things that don't exist. Unfortunately, I have suffered from that shit a lot, too, before I found the mistake. So the sooner you will process your views about "enlightenment" and "advancement," about things that "enlightened" or "advanced" people should or shouldn't do, about the supposed end product of "progress," as well as your wish to "become a better person" – the less sorrow you will have and the healthier person, in a psychological sense, you'll be. Then your real results will be more and more serious. But if you need the illusion of total love for everybody, global happiness and blowing happy bubbles every minute – then you took the wrong turn, you have to go to the nearest sect, you'll find that crap there in sufficient amounts.

Q. I don't feel good, I have no interest in anything, everything is meaningless, I get no joy from my life.
A. I've warned you about the probability of such states in the chapter about "snapbacks." Did you think I was kidding you? Yes, such stages in working are quite possible, when it's "sad" for quite a long time – nothing is interesting and nothing makes you happy, and so on. So fucking what? During the first months of permanent, persistent processing, you often stay in a "muddled" state, when large volumes of material are being processed, so, as a rule, there is no reason for joy. In general, don't expect bursts of joy from working with the technique, if you are interested in ecstasy or bliss – go to the nearest sect for it. Nobody promises you any joy, ecstasy, meaning of life, interest in life. Any talks about some initial interest in life start a minimum after 6 months of hard work and more likely in 9-12 months, but there will be no **permanent** joy at all, because permanent joy is an obvious sign that it is time to visit a psychiatrist.

Q. I've been processing for 3 months already, but nothing improves.
A. Great. You have been accumulating shit in you, everyday for dozens of years, and you're expecting that it will disappear in a couple of weeks? For fuck's sake, be a realist! Even with the pace enabled by the technique, you need more than a little time for processing of these "deposits" and for integration of changes (i.e. for their coming into effect). But it's not dozens of years, as in other techniques, we are talking months here. Just keep working and don't moan.

Q. May I do other things (meditations, listening to binaural beats, records of special sounds, etc.), simultaneously with the practice?
A. Why would you waste your time doing that shit? Do you want results, or do you want to masturbate your mind? "TS" will give you results unachievable by any other systems, so why delude a good thing with water? As for restrictions – I don't recommend using these techniques together with any techniques of reprogramming like re-framing, affirmations and so on. It's just like trying to move while pushing on the gas and brake pedals at the same time. Choose yourself – either emptying of the mind (deprogramming) or reprogramming. Choose one thing or the other. If you don't want to program yourself – you'd better not even start practicing "Turbo-Suslik," because you will get nothing, but a waste of time with stupid masturbation.

Q. Why aren't affirmations OK?

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A. Affirmations are techniques of reprogramming, read the chapter on that subject. By the way, there is an automatic process "Affirm-cleanup" for processing of all affirmations you've used in your life; you may get it for free at the website (after registration, there's a link for registration at the end of the book). The purpose of using it is removing polarization created with affirmations, i.e. rejection of something "negative" and attempts to attract something "positive," along with new postulates and convictions, suggested by affirmations. The techniques described in the book are closer to something like "the middle path." The techniques are intended for achievement of such state, and it would be idiocy to add new polarization by using affirmations. If you want to "jerk off" with affirmations – it's up to you – but then the techniques provided in this book will simply lose their effectiveness.

Q. But I think that we achieve something with the help of affirmations! And you say that affirmations are needless.
A. Affirmations are like a primitive crutch. The only value or purpose they serve is to form an intention. Imagine the mind of an "ordinary person" as a kind of porcupine or a sea urchin – there are multidirectional vectors of intentions, counter-intentions, beliefs, fears and other trash. In order to budge this "stuff" towards achieving anything, one has to make every effort to break (i.e. to neutralize temporarily) "wrongly directed" vectors. This is what people try to do with affirmations (according to the following principle: "Let's call a lot of rednecks, and they will push this tractor stuck in the swamp"). As you advance in processing and clean-up the mental rubbish, the amount of multidirectional vectors decreases strongly, and you need lesser effort to budge the system. So, any intention (on condition of absence of counterintentions) is realized much faster. So isn't it better to concentrate on mind clean-up that will simplify your moving towards any necessary direction, than to clog up your brain with additional rubbish in the form of affirmations? If you remember, Morpheus said, when he was teaching Neo to jump on a skyscraper – "Clear your mind!;" he didn't say "read 200 affirmations about your skill of jumping and how divine power gives you wings"… However, if you want to clog up – clog up as much as you like, it's your problem, but then this system won't help you.

Q. May I combine the use of your techniques with psychoactive substance?
A. I don't recommend doing that, and, in my opinion, any **combination** of such substances with these techniques is just mental masturbation. In general, I don't mind if somebody likes watching "cartoons" with "substances," because it's his life and it's up to him how to waste it. But I just have no interest in it. So my opinion is: do not combine one with the other, if you want substances – use them, want results – use techniques. By the way, at a certain stage there comes total loss of interest in smoking, alcohol, any "substances," just as a result of the clean-up of crap in one's brain. Think about why it happens and what this indicates?

Q. I've been practicing BSFF for half a year, may I practice this system?
A. Users of BSFF, normally transition to "Turbo-Suslik" like a duck to water and they get serious results immediately. By the way, there is a special bot named "BSFF-cleanup" for automatic reprocessing of everything that was processed with BSFF and other techniques, you may have it for free on the website. Depending on the intensity of BSFF use, using of that bot may cause different reactions with a person – from heavy CPU (brain) loading to the appearance of clear signs at the "external plane" – as a rule, high loads in this process appear in the form of very large traffic jams, persistent rains or snows, often in places where they were never observed before. Traffic jams disappear in the course of processing of the material. It's such a funny side-effect.

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Q. What do you think about (insert the name of your favourite system of "spiritual growth," "self-development," sect, school, church, etc.)

A. I think nothing.

Q. What do you think about god (the meaning of life, good, evil, insert here any verbal designation of your mental structures)? **A.** I think nothing.

Q. By the way, what are the side-effects?
A. Since you start digging in your brain, all deposits of old shit start coming up from the bottom. Side-effects include depression (sometimes really heavy episodes), feeling that everything is useless and nothing is being processed and you're just wasting time (by the way, don't cherish illusions that absolutely all problems will be solved at the first try – like I said before, some problems have your entire personality as their root, not some single episodes from the past, so you'll have to work a lot with such problems, and there will be moments when something that was processed returns – it's a normal thing). Also, sideeffects may include headaches (don't force yourself and don't work more than your organism can bear), flu and flu-like symptoms, some health problems may become active after restimulation of some "things." Just as with BSFF, you may experience irritation and malice as "snapbacks." In time you will get used to "snapbacks" and you'll even miss them, like "if there's no "snapback," something must be wrong." Generally, "snapbacks" are a normal part of any progress, especially with fast and effective processes. The less you cling onto your "old" self, the easier you'll accept any changes, the less "snapbacks" there will be. The subject of "snapbacks" is well covered in the corresponding chapter and throughout this FAQ. Regardless of the fact that "snapbacks" may be very painful and some people (i.e. some egos) suffer badly, well, that's the price you pay for freedom. Nothing comes for free.

Q. Do you provide any support to practitioners? What if I suddenly get a "snapback"?
A. No. There will be no support. I won't soothe your problems or comfort you during your "snapbacks," and everybody who addresses their complaints about "terrible suffering" to me will be told to go straight to hell. If you've made up your mind to work with these techniques, you'll stay alone without any support. Come face to face with all the shit and evil that you have. And this is the moment when it'll become clear – who really can, and who is just twaddling. Consider it as a test of your readiness for freedom. If you get through everything – you'll get it. If you don't – it was a wasted effort.

Q. Is there a forum where I could talk to practitioners?
A. On my web site, there is no such forum and there will never be one. The reason is very simple. When a person starts to get real results from processing, his desire for idle talk and mental masturbation on various forums, decreases. The more he practices, the less desire he has for communication or discussing anything with anybody. This is because he understands that, in reality, there is nothing to discuss. There is no subject, discussing of which is worth wasting one's time on. A person just keeps working and getting the results, and has absolutely nothing to talk about. Some beginners voice fears like they can't get through "hard stages" of working without support, but if past experience is anything to go by – any person who really wants to, is able to get through everything all alone, without any support, even though he may feel bad sometimes. So there is nothing to talk about. Make up your mind, finally – whether you will work and get **the results** or you'll twaddle on forums.

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Q. I'm afraid to lose the meaning of life, if I work.
A. If you work you'll definitely lose it in a few months. You'll just understand that it's absolute bullshit. Also, I hope you understand where it comes from. It's one of the games of the ego.

Q. If I destroy my personality, what will I become? An idiot?
A. Don't worry, we don't perform any brainwashing and memory erasing. It's more like emptying of the illusive material your personality is made from. And it leads to increasing of the "fluidity" – the emptier a person is, the more fluid he is. That is, in the course of working the range of your possibilities will be broadened – your attachment to your old personality and some behavior models dictated by it will be decrease, and you will understand that you can be anyone – anyone you want to be, without limits. However, any wish to abuse "reality" will cease – so most likely you will just happily stay who you are. :)

Q. I don't want to become an empty person! I know such people, they are despicable.
A. Who told you they are empty? Don't worry – they are as full of shit, as all the others, but maybe their percentage of stupidity is higher.

Q. A person without beliefs is miserable, and his existence is devoid of sense.
A. This is only your belief, i.e. another illusion present only in your mind, a glitch. But if you believe that, this system is not for you, because during work with this system your beliefs will go dead. Freedom, fluidity from one side, and persistent mental structures from the other side, are incompatible. Choose what is more interesting for you.

Q. But then, maybe I will turn into a monster, will start doing evil, enslaving people, etc.? **A.** It won't happen. What for? Old social motivators will cease functioning, and it will be absolutely unnecessary to search for some power over people – these things will be absolutely uninteresting. Desire for power and enslaving of people are attributes of a "normal" (i.e. mentally ill) member of society, but as for us, we're recovering, aren't we? So all this social trash and motivation simply disappears, that's why "desire for power" simply won't come into your mind – that would be just idiocy. As for "doing evil," this is also a product of an ill personality, and in the course of recovering the amount of it will be decreasing, and permission to let others **be**, will be increasing.

Q. It turns out to be that a person working with this system is kind of being "excluded" from society?
A. You may stay in society, but… at the same time you are not "caught" by it as much as you were before, simply because the majority of social mindsets won't interest you anymore, and the amount of manipulation triggers which could be applied to you will considerably decrease. The place you come to in the result may seem lonely to you for want of habit, at first. Well, this is the payment for freedom; the choice is up to you, whether you are ready to pay and whether you need it. And, by the way, with time you will start appreciating the freedom it gives you! Believe me – being free from society and people's stupid games is **priceless**!

Q. And what about social activity, social justice, the wish to make this a better world?
A. Alas, all this social activity of "normal" society members is either a banal wish for approval or a banal wish for control or other equally disgusting ego games. For some reason nobody wants to start "improving the world" with digging shit out of his own head, but everyone is glad to "make this a better world" by means of imposing their ideals on others. In general, all

this "wish to make this a better world" by means of external impact made by an ill man, full of mental shit, is just ridiculous. It's not for nothing that some old religious mystic said, "Acquire a peaceful spirit, and thousands around you will be saved." In brief, the only thing I can recommend to you is to process your beliefs and begin the improvement of this world with yourself and your brain. And then everyone around you will benefit.

Q. And what is to become with my former relations?
A. Most probably it will fall to pieces. Perhaps, there will be nothing left of it. Or maybe only nominally you will continue maintaining some relations, but basically you'll be outside of them. Moreover, you will gradually lose your interest in people in general and you will simply leave them alone and let them live their own lives. There is nothing surprising about it – you will cease playing their games, you will be no longer be interested in "comparing wee-wees" and dumb manipulations, and your "buttons" will be inaccessible for them to push. All their glitches and "awful problems" will be simply boring to you, because you will know their true nature, their reasons, ways of their solution, and their true value. Little by little, as you advance in processing, you will become completely self-sufficient, and you won't have to search for someone else's confirmation of your own importance or to show off before someone.

Q. May I use this system for achieving more success in society?
A. No, since "success in society" will soon become uninteresting for you. So will society itself. However, it doesn't mean that you will lead a miserable life in poverty. You will be able to make money easily, being not burdened by fears, doubts, silly views and beliefs, of course, if you want to. But it will be your free choice. By the way, here is another pile of mental shit implanted in the minds of people in order to control them by society – sort of, "if you "move off" from society, you will be a beggar or will die in a prison or in a psychoneurologic dispensary." For those who "move off" without having cleaned the Augean stables of the mind it will probably end like this, but in our case the clean-up is primary, and a person having none of this implanted bullshit in his head is not affected by these things.

Q. Will I earn more?
A. Yes, if you throw away all the shit that has accumulated in your head around such a simple thing as money, and also if **you get your ass off that chair and begin to do something** instead of meditating and imagining "the stream of universal wealth pouring on you as a rain of money" or doing some mental vomit of this kind.

Q. I am told that I have become considerably more "pushy" and cynical since I've been working with your techniques.
A. There is nothing surprising about that. You are not chewing snivels any longer – neither yours, nor anyone else's. There is a proverb – "nothing ventured, nothing gained." So, the bravest ones, who venture a lot, are perceived by the others exactly this way – as "pushy" and cynical ones. But these are them who gain prizes, and others only complain about someone else's impudence. It has always been so, and nothing can be done about it. If you feel any negative feelings on this topic – just process them and forget it. And notice that **acting** doesn't imply harming other people!

Q. Will I remain a human being?
A. This is a difficult question, most likely in some time it will be rather difficult to say what you are or what you are not. Perhaps, you feel like you are both a human being and not a

human being at all – such paradoxes and multiple variants propagate like rabbits as a result of using this system.

Q. Will I lose the human form, like in Castaneda's books?
A. I haven't lost the human form, like it was described by Castaneda, that's why I can't say anything on this topic – I've got nothing to compare with. Most likely it won't happen.

Q. As for health, can I use this system for health improvement?
A. No, you can't. It is not intended for this, though health improvement is a direct result of cleaning out shit from one's brain. However, this health improvement comes as a bonus, as a logical result, and not as an achieved goal. So, if you are interested in health improvement – visit a doctor. Besides, in the process of working some re-stimulation and exacerbation of some old diseases is possible, which may be really unpleasant.

Q. Will I get some supernatural abilities revealed?
A. For the majority of people revealing of supernatural abilities like "telepathy," "prevision," etc. is just another way to "compare wee-wees," to show one's great coolness to everyone, to please one's ego with the fact of being a cool guy, and not some loser. In brief, it's egoshit and usual arrogance. Various abilities get revealed for some people – and it happens automatically, at a certain stage of working, simply as a logical result of cleaning of closets and growth of awareness. However if "development of psychic abilities" is exactly your goal – you won't get them, because the path to them will be too difficult and thorny and will require rejection of the past. And this is good.

Q. As a result of working with your system, will I begin to have lucid dreams or astral projections?
A. Hell only knows. If you perform special training for it – maybe you will have it, but the system itself gives you nothing for this. During early stages of working with the system I noticed no increase in the amount of lucid dreams. Though I should note, that after I've started working with "Turbo-Suslik," my dream recall has improved dramatically and I often recollect dreams I had in the past. I can't say whether it's a result of experimental protocols which I was doing for "dreamed topics," or it just happened naturally. So I won't assert that you will see better dreams or see dreams more often with the help of this system – finally, it's not intended for this purpose.

Q. But action and inaction are equal! Then why should one do anything, if there is neither the Traveller nor the place where he can visit?
A. Understanding of this does not make you less of an idiot than before. Only serious working with the mind in attempt to clean it from the deposits of shit, does. So what if you have realized that "there is no one who is actually going anywhere"? The aim of this system is not this realization (although it usually comes by itself), but elimination of your mental shit. This is real freedom. Not just talking Zen, but actually being free from shit is what counts after all.

Q. How much should I really process in order to begin obtaining results?
A. It's difficult to say, but statistics are the following: if you start 2 protocols a day on average, considerable changes and the point of no return come usually in approximately 4-8 months. After this nobody wants to come back, at least I haven't seen such people, even despite any "snapbacks" bothering people during processing. As one man said, "now I have

occasional snapbacks, and earlier I used to live in one endless snapback, and I don't want to go back there no way."

Q. Will I have to reject everything? And what about money?
A. You won't have to reject anything. Or, to be more exact, if you want to, you will reject it. And if you don't want to, you won't. This will be a conscious decision, and not an automatic reaction under influence of a pile of mental trash. As for money, all the trash about it that you've accumulated during all your life will fall off in the process of working. You will gradually cease worrying about money at all – and then it will no longer be a problem (however, it doesn't mean that you will become rich). Honestly speaking, I doubt that you will prefer to reject money – what for? However, if you decide to reject it, you will reject it, but not because money is a bad thing, but **just for no special reason**. I personally find no sense in rejecting money. You must decide for yourself.

Q. Will I have to reject sex?
A. Why should you? Though if you want to reject it – it's your choice. By the way, an interesting fact – in the course of processing, orgasms and sex are becoming more and more impressive, new and previously unknown feelings appear. However, this is not an end in itself, and just a curious "bonus" of working, i.e. from purging crap from one's "brain."

Q. May I give this system to my wife?
A. Yes, no problem. All members of the family may use it. But your friends will have to read this book independently and register on the website to gain additional materials at more advanced levels of working.

Q. Help! I don't yawn while processing!
A. This is absolutely normal at the initial stages. Yawning is only a crutch which is necessary for our ever doubtful mind in order to understand – yes, it works. In truth, the subconscious mind doesn't need several repetitions – it understands everything at once. And yawning is absolutely unimportant – but it, as a rule, comes to every practitioner sooner or later. So, my advice to all "non-yawning ones" is as follows: repeat it 10 times, and if yawning doesn't occur – just go about your business or process the next material from your processing list. The subconscious mind will surely start the process anyway and will do everything it should. By the way, virtually all "non-yawning ones" begin to yawn in some time. For some people it may take a week, for some – three weeks, but it comes sooner or later, probably when clutches of "über-control" are gradually becoming released. So you will yawn as broadly as you can, don't worry.

Q. You write that the key phrase can be pronounced up to 10 times, does it mean that I can pronounce it only once? Or is it better to repeat more?
A. I'll repeat it once again. More is **not** better. The subconscious mind understands everything at **first** time, for sure. All these repetitions and yawning are necessary only for your masturbating mind which needs confirmation – "yes, I am yawning, it means that it has been started, it works." Or "I have pronounced it 10 times, exactly as it was written, it means that it has been started." If you already trust your subconscious mind to a sufficient degree, one time will be enough for you, because it will "catch" everything the first time, and nothing has to be repeated. And if you need confirmations – repeat it until yawning or 10 times. That's all.

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Q. Help! After processing I feel that my brain is moving in my head! Am I going mad?
A. No, you are not. It's a merely physical feeling of "moving brains" or "worms walking in your head" – it's a normal experience during processing. I don't know what it is connected with, and it's not important. Perhaps, as a result of reorganization of neural networks (don't forget that changes will happen not only at the virtual level of the "mind," but also at the physical level of neurons and their connections). Anyway, it's quite a frequent thing, nobody died because of it, so just don't worry about it and work, work, work. A little less conversation, a lot more action.

Q. During processing I'm sneezing\hiccupping\belching\farting\croaking, my nose\ear\leg is itching – is it normal?
A. Everything happening to you is natural for you, **for your individual body**. And if you're trying to find out whether it's "normal or not" – this is nothing but mental masturbation, so stop bothering me and yourself.

Q. After processing I had diarrhea and vomiting. Is it normal?
A. All people have different reactions, but, in general, stomach upsets are not too rare – perhaps, you will "pitch loafs" several times a day. This is quite natural – you have "mental shit" coming out of you, which may become apparent in this way on the "physical plane," too. By the way, at a certain stage you may begin smelling unpleasantly – this is also a temporary thing and is connected with the same. Take a shower more often and use deodorants and drink more water! One more thing, probably at a certain stage you will have to carefully examine your eating habits and change something, and clean up your body…

Q. When I start bots, my subconscious mind immediately switches them off, it says "stop"! What should I do?
A. Stop fucking your brain and brains of others. The subconscious mind cannot switch them off. This is your masturbating mind that "switches them off," and you believe these tricks like children. And if you have "another ego," which supposedly "switches something off," then you should visit the nearest mental facility, complaining about schizophrenia, and don't forget that this system is contra-indicated for mentally ill people, which I warned you about at the very beginning of this book.

Q. Your techniques don't work for me.
A. Thanks for sharing your lame excuses, but they are not of interest to me. Just close this book and continue your usual living. Perhaps, they are simply not for you at this stage, I see absolutely no problems with that. I'm not going to persuade, invite, ask someone – this system is for those who are **ready** for such work. I could not care less if you keep sitting in shit – it is your life, not mine.

Q. Help, I was working with "Merge" in "real-time mode" and not with lists like you said, and polarities are not being merged anymore! I'm just sitting and beating them, but they won't merge! What should I do?
A. Stop masturbating your mind and work, that is – process lists of polarities in "delayed mode," with repeating until yawning or 10 times, as it was indicated in the book. Merging in real-time mode at the first stage, when not all lists of polarities have been processed yet, is only dabbling.

Q. I've tried the first step and all free bots, but felt nothing, zero, no effect.

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A. Honestly speaking, that is hard to believe, but if it's true – then you have super tough mind control and emotional dissociation. Of course, it can be cured, but I personally take no interest in dealing with it, so just tell yourself as an excuse that this system is not for you and move on. Perhaps, one day you will be able to release your ultra-control and come back to work, when you're in a pinch, but it will be your personal business. I'll repeat it once again – the system is for those who are **ready**. Maybe you're not ready at this stage.

Q. I've been processing my past, but the charge from episodes still hasn't decreased, I'm fed up.
A. It means that you're desperately grasping at this shit and aren't bloody likely to let the damn thing go. Process your unwillingness to let it go, and your resistance too. Write down all the aspects of this junk. Perhaps, the rank you're giving to this material is too high and maybe you consider it too important, in such case your resistance may be very considerable. Process it, and the material will fall into pieces. Because, in truth, all the material that is present in the mind is not worth one thin dime. All episodes of the past regardless of their awfulness and "terrible vexation of mind" are just a pile of crap in your fevered mind, and in reality they exist nowhere but in your mind. You cling onto these phantoms so desperately, as if they were made of gold. Choose what you need – to have freedom or to pine over your "gold." If you want to pine – go and pine, this is your problem. It means that it was for nothing that you've started this work, because, if you remember, I wrote at the very beginning that the main conditions are wish and willingness **to throw all of this away.** If you are not ready to throw it away, it means that you're not ready for freedom at all. Period.

Q. I've been processing for 4 months now, everything is OK, but I'm getting fat by the minute. What should I do?
A. Revise your relations with food and your life style. You should notice that the energetic needs of your body have changed. Due to the fact that huge amounts of shit doesn't weigh upon you anymore, their maintenance doesn't require energy. It's not required for old goals, wishes, beliefs or views, old offenses, problems, conflicts and other trash, either. That's why, if you consume the same amount of food as you did before, or maybe even less, energetic needs of the body are absolutely different, and excess amount is deposited in the form of fat. At this stage you should begin revising your food habits, diet and amounts of food in real earnest. It's time to change yourself at the level of the body and finally start attending a gym! And one more thing. It is quite normal for "Susliks" to overeat in "snapbacks" – a lot of people overeat when stressed (and a "snapback" is very stressful). After a "snapback" is gone, eating patterns return to normal.

Q. Since I've been processing I forgot about normal sleep. I can't sleep at night, can't wake up in the morning. Or sometimes I wake up after 5 hours of sleep… Is it a normal thing?
A. A normal thing is to work from "9 to 17" (aka "9 to 5"), then retirement and a coffin. This is a normal thing. And if you have a sleep disorder, that's normal. Serious powerful processes are taking place in your body, and they will require certain reorganization of the sleep mechanism. All people, who process, report about "problems with sleep." Perhaps, it's time to work out some new models and sleep modes. They say, sleep time shortening and its reorganization are normal results of development. We shall see. If nothing helps – use Melatonin. :)

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Q. I have divorced with my wife, have given up my job and have dramatically changed everything. I didn't expect it to be so serious.
A. You expected it to be just another game of "visualization of healing rays of divine love, to saturate my heart"? No, my dear friends, the joke's over. In the course of working, as old models of behavior and reaction will be purged, you will become able to do things you wouldn't dare before. Take for example family relations – a well-processed person is much more able to "to fight fire" in family "storms" – he is not as easily annoyed as he was before, and he doesn't give a damn about many things which used to irritate him earlier; it is more difficult to manipulate him, and he is considerably more tolerant and sympathetic. But if his partner keeps conflicting and doesn't want to take any serious steps in order to correct something (while you clearly see all the "glitches" in your partner and know the ways they can be corrected), there may come a moment, when you will decide that this game is not interesting for you anymore, and you will leave. The same thing with jobs and everything in general. Resoluteness and the ability to perform deeds are increasing, and there is nothing surprising about the fact that someone changes his entire life. Limits don't exist anymore, or, to be more exact, you already know how to deal with them and to remove them quickly, and this is why you become able to perform **deeds**.

Q. I don't like some titles of your protocols-bots, may I re-name them?
A. If you don't like some formulations, just don't use this system. You should decide whether you want to continue living under the dictate of your mind or to take a step toward freedom. One of the system's purposes is gradual liberation from the mind's dictate – so start at least with this minimal first step – accept formulations and titles as is. If you strongly dislike them – process it; if you can't or don't want to process – go to hell.

Q. Why do you write "WE" in capital letters instead of "I" in protocols?
A. Because there is no "I" there (at least, at the first stages, though with time integrity is increasing). A usual person is an aggregation of a huge amount of "sub-personalities" and "personality aspects," so it's more correct to use "we" in order to describe this thing. And capital letters are used in order to underline that we don't mean a crowd, but all "subpersonalities" composing this certain "human unit."

Q. Why do many protocols contain such a strange formulation – about processing of material in the future and even in future lives? The future is indefinite!
A. Yes, in many protocols for processing material they are formulated in the form of "all episodes in the past (in this life and in previous lives) and of the future (in this life and in future lives), when…" So, when working with the "future," we're working, naturally, not with the real future, but with these projections of material, which our mind makes upon the future. And these projections upon the future are being processed. As for the "real" future, of course, we don't process it.

Q. As for "Auto-Mary" for processing of all material according to the lists. If I start it with one portion of material, and tomorrow I will dig up a portion of new material for processing, do I need to change the title of the protocol, or may I start it with the same title?
A. Don't worry, material won't be mixed, you may easily start the protocol with new material and the same title.

Q. Sometimes after the start of two-three protocols I immediately fall asleep, I hardly have time to get into bed. Is it a normal thing?

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A. Yes, some practitioners have such a reaction, that's all right. A person usually wakes up in an hour or two, being much more renewed. So if you fall asleep after you have started a protocol – don't worry, it's OK, just enjoy your rest.

Q. You have a mistake on the 3rd page of the 32nd protocol! Correct it immediately, I'm afraid that my subconscious mind won't get it right!
A. Stop fucking your mind and the minds of others. Your subconscious mind will get everything all right and will do everything it should. These are small typing errors and errors are not important at all, everything works well with them too, which was tested by me personally and by many thousands of other people.

Q. Your style is too rude and you use a lot of dirty words which make me shudder. Couldn't you be a little "cleaner?"
A. I say and do what I want, and you may accept it or not – it's your personal problem. If the words "shit," "fuck," "mental masturbation" and "snivels" make you shudder – either process these beliefs of yours, with the result that my vocabulary will become unimportant to you, or close this book and continue your own living. It wasn't my purpose to please everyone and lick everyone from all sides. I write for those who appreciate specifics, practice and the result – linguistic aspect is absolutely unimportant for such people. I don't care about the rest of the people and I'm not going to adapt myself to someone's taste. That's why – I'll repeat it – I do only what I consider important at this very moment and what I want to do. Besides, such style enables me to filter out and to scare away all the "unwanted" people who are not ready for "Turbo-Suslik," which will increase effectiveness of the system from a merely statistical point of view. This entire book you're reading now is one huge filter, which is thoroughly sifting out readers and sorting out those who are not ready for working with this system.

Q. Tell me what the main obstacle is that may appear on my way, if I start working with this system?
A. There are two of them. The first one is mental masturbation. Stupid digging in flourishes instead of real working. The second one is your beliefs about what is correct and what is incorrect, what exactly should happen during processing, what results you should get, what "development" is and what direction this "development" should have. Because in truth everything is absolutely different from the things you thought and read about. So, stop shooting the bull, start working. And keep your mind open.

Q. OK, I'll try to work with your system.
A. You don't have to try. You have to do something or do nothing. You either do something or do nothing, but don't **try**. Those who **try**, stay where the sun don't shine. Those who do, get results.

And in the end, here is a proverb for you:

Winners never quit. Quitters never win.

A brief memo

Although, it seems to me, that this book is written in a very clear and transparent way (at least, for those who are ready for this system), periodically there appear situations, when a user can't understand what to do and what the global working principle is. He begins to invent things and neglects obligatory elements of the system, and then he scratches his head, puzzled. So I decided to add this chapter and to write what exactly should be done and in what succession.

It is absolutely obligatory to work with Phase 1. This means that you have to manually process at least ¾ of polarities and emotional states. The rest of the work is useless unless it's done. Work according to Phase 1 lays the foundation for further progress, and neglect of this is typical only of those who are not really interested in the results and are masturbating their mind out of boredom. The rest – processing of some problematic states, individual polarities, etc. – is secondary and may be included into processing only on condition that it doesn't influence the obligatory work according to Phase 1, i.e. merging of polarities according to the list and processing of emotional states. Unless at least ¾ of the work according to Phase 1 is done, **don't start working with automatic protocols!**

When ¾ of the work according to Phase 1 is completed, you may start going further. Further work implies processing of the past. **Working with the past is absolutely obligatory**, and it has to be done after completion of the work according to Phase 1. You will have to make a list of the main traumatic life events and process them manually. All smaller events may be "loaded" into bots, but manual working with the "hardest" things from the past is obligatory. Don't worry – we're talking about a week or two. It's not that much.

Then you will be able to use various protocols from the website (in the "free protocols" section) and autoprocessors (see the Appendix at the end of this book), and begin thorough working with your personal problems, including creation of your own protocols for your problems. But if you do careless work in Phase 1 and at the initial stage of working with the past, or if you, for all I know, give up this work completely and immediately start "playing" with protocols – you will do yourself a lot of harm and will probably make it impossible to work normally and get results.

Well, here is a brief working plan:

1. Phase 1 – obligatory manual merging of polarities according to the lists and processing of emotional states.
2. Phase 2 – manual processing of the main traumatic and charged past episodes according to the list.
3. All other lists of the past, as well as all people, past relations which contain a charge, may be processed by the bots provided.
4. The beginning of work with protocols and with your own material and personal problems.

In general, it is supposed that a person, who wants to work with this system, has a disciplined, thoughtful and thorough approach. There is no easy one-shot approach to this system – you will only lose your real chance to change something in your life. Only those, who are serious and disciplined about their working and work thoroughly and successively,

will get a result. The above, however, doesn't mean that you have to be serious about your problems and to dramatize your mental material, consider it important and serious.

A brief glossary

As is — in this case, to see the reality as is, and not through the prism of views, beliefs, labels and other "shit in the mind." This is the goal of the techniques described in the book (along with cessation of fucking one's brain).

Charge — a certain amount of "mental energy" present in the subconscious mind, which may be contained in past incidents, and which is tingeing them with emotions, in particular, making them unpleasant and painful. Generally speaking, presence or absence of the "charge" determines whether a person will feel any kind of negative emotions when recollecting an episode, or an episode will be absolutely insignificant or even boring for him. During working with the past the main goal is to remove the "charge" from episodes (incidents), then they become dull like old newspapers, and you may look through them without any discomfort, if you want to (though there is usually no such wish after removal of the charge – there is no sense in digging up old trash). It is generally agreed, that the "charge" is present in the subconscious mind in the form of the following components: an emotion, an image, a feeling in one's body and a thought.

DP-4 — a technique created by Zivorad Slavinski from Serbia, intended for quick neutralization of any chosen polarities. It is useful both for working with a wide range of psychological problems and neutralization of general philosophical polarities (such as "life and death," "chaos and order" and others), which leads to some alteration of the personality and worldview.

Freedom — ability to take, keep, change and leave any possible point of view (M.Sandor). In more simple words, freedom is an ability to consciously stay away from human idiocy and not to engage in acts of human idiocy.

Susliks — people that work seriously with the "Turbo-Suslik" system. :)

Mental masturbation – the favorite pastime of the vast majority of people. It may take various forms, but the typical one is substitution of acting with philosophising, which brings no results (of course). Among the examples of m.m. there are: endless battles about theories, right and wrong ways of understanding something, any discussions of anything on forums and social networks in general. It may as well be a rejection of a technique due to "not understanding the working principles of the technique;" endless discussing of details instead of acting (a typical example – "When I try to work with protocols and pronounce the key phrase, my left nostril is itching. Please tell me if that's normal or am I doing something in a wrong way"), and as for the techniques described in this book – eternal cavilling at wordings, renaming of protocols, looking for inconsistencies or "incorrect phrases" and other shit of that kind. M.m. is a favorite tool of an individual's ego, a trap which doesn't let the individual achieve any real results and substitutes real work for "chewing the fat."

Merge — to neutralize polarities, that is, as a result of a certain process, to understand and feel that there is actually no separation, and polarities are one and undivided, in reality.

Polarities — "opposites," which illusive separation is present in the person's mind; they strongly influence his life, behavior and worldview. An example – "good and evil," "responsibility and irresponsibility," "clever and silly," etc. A significant part of life and the

worldview of a person are permeated by polarities, and many of his deeds are determined by various polarities. Polarities are separated only in the mind of an individual. Neutralization ("merging") of polarities enables one to get rid of the illusion of division and to begin perceiving the world from the position of non-duality. Later on, in more advanced stages of work, a person understands that in fact there are no, and never have been, any polarities at all, and all that shit is just an illusion of an ever-masturbating mind.

Postulate — a certain initial proposition, which is accepted without proof, a truth created independently – a thought or an idea, which is causing something, i.e. being a reason. Basically, in its own way, a postulate is an order, an intention. For example – "I will never be rich," "I won't be able to cope with it," etc. In other words, postulates are beliefs, that are more like orders having commanding power. i.e. it is yet another type of mental shit that should be eliminated from your mind.

Protocols — a kind of "program" for the subconscious mind, the goal of which is to process a certain type of mental material according to a certain multistage, sometimes very sophisticated algorithm. The use of protocols enables considerable simplifying and quickening of processing the past and cleaning-up the mind, in particular, performing of processing at night, while being asleep (imperceptibly for a person). In general, protocols are the real beauty of this whole system, that enables an automatic processing of the huge arrays of predetermined mental material.

Shit in the brains — the whole set of views, beliefs, problems, offenses, life experience and other "luggage from the past," which is the overall result of zombification of an individual, performed by one's parents, various teachers and society in general during one's life. This is the main reason why a person is decaying alive instead of living the real life, and it deserves the only approach – processing of it, i.e. throwing it away.

Snivels — moaning, complaints, pitying oneself, the little poor one who is suffering from "this awful, oh, oh, problem," the favorite pastime of the majority of people. "To chew snivels" – to lick one's "awful problem" from all sides in attempt to attract pity and to bask in its sweet rays. Sometimes "chewing of snivels" implies also mental masturbation, and it never implies real working and solving of one's problems.

Views — (or beliefs) a set of mental structures, which a person has adopted from other people or has established by himself as a result of past incidents, and which he takes for truths that exist in reality, like some "laws of the universe." Views are the main reasons for a person and his possibilities being so limited, and they deserve nothing but to be processed – all of them without exceptions.

Conclusion

That's all I have to tell you in the scope of this book. Now you may either (having considered everything carefully and having weighed all the pros and cons) decide to start working with this system, or move on, being shocked by yet another crap one may find on the Web nowadays. Or decide that it certainly sounds very enticing, but you absolutely don't want to part with your illusions. Anyway, the choice is up to you.

If you choose the first way – after having passed a certain "point of no return" you won't be able to come back to the old state, even if you really want to. Perhaps, you will even regret that you have started to work with this system (believe me, I have regretted it many times in heavy "snapbacks"), as the reality will turn out to be by no means as sweet and saturated with love as you probably used to think on the ground of tales you heard before.

Changes may be brutal and quick, as written on the very first page of this book, and this is not a joke! They may affect your entire world. Many things may be destroyed, and for a long time you will search for something to rely on. If you search for it somewhere in the outside world, you will be disappointed, as you can only find something to rely on inside of yourself.

Think twice whether you really want to wake up. Because probably you will wake up, at least partially, but whether you will like what you see after the awakening – that's another story. Because you will wake up in an absolutely different world. Yes, maybe it won't have a different look, but at the same time it will be totally changed, and perhaps there will be no familiar reference points, and all people met by you will be only phantoms, like with Henaro in Castaneda's "Journey to Ixtlan."

As for me, I made my choice a long time ago and have never regretted it, despite all the pain and "snapbacks." And your choice is always up to you.

Saint-Petersburg, Russia, February 2008 – December 2014.

Appendix

This chapter contains information you will surely need in the process of working. Of course, that's if you are going to work with the "Turbo-Suslik" system, and not just throw this book away, infuriated with its "non-conformance to your views about how things should be." There are two processors ("Bang" and "Hoppo"), four automatic processors ("Auto-Mary," "AutoCastaneda," "Auto-merge" and "Auto-man") and some useful hints on how to use "AutoMary" and "Turbo-Suslik" in general. In the last chapter of the Appendix there is a link to registration on the website for those who have decided to continue working and would like to gain access to more protocols. There are almost 100 free protocols there!

"Bang" processor

This is the simplest processor of the entire Turbo-Suslik system. It's only purpose is removing a "charge" from any material, and the charge (according to Slavinsky) is made of images, thoughts, sensations in the body, and emotions. "Bang" eliminates that stuff from the material we point our attention at, and doesn't do anything more besides that. But it does it quickly, and it is easy to use. It is an excellent tool for some express work! To install this thing into your subconscious mind, all you need to do is to read it once. That's all.

Instruction for the subconscious mind

The beginning of the instruction. This instruction is for you, OUR subconscious mind. This instruction installs a protocol for processing of mental material called "Bang." Starting from this moment, all previously given instructions related to "Bang" protocol in its earlier modifications should be considered invalid; all the work with "Bang" protocol should be performed only according to this version of instruction. If any material is being processed according to an older version of the protocol, it should be transferred to processing according to a new version of the protocol, starting from this moment.

As soon as WE direct OUR attention to a material that WE want to process with the help of this protocol, we will pronounce or think of a special key phrase ("Bang"), and you will immediately eliminate any and all charge contained in this material, consisting of any images, emotions, body sensations and thoughts, in any form and combination, with the help of "Bang" procedure, created by Dmitri Leushkin. If necessary, you will contact the subconscious mind of Dmitri Leushkin and receive the newest version of this procedure from it.

*All the work according to this protocol will be performed by you within **15 Earth seconds** or less from the moment of initial activation of this mechanism. You will perform load distribution for OUR body and mind as evenly as possible, in order to prevent overloads. You will signal the start of the processing mechanism, after WE pronounce the corresponding key phrase defined above, with the help of yawning of OUR body.*

OUR subconscious mind, you will always do everything that WE have described in this instruction, starting from this moment, regardless of what state, what circumstances, what situation or what mental or emotional state WE are in. And WE thank you and are deeply obliged to you and respect you for always being OUR faithful servant.

The end of the instruction.

"Hoppo" processor – automatic "forgiver"

This is yet another basic processor of this system, and it's one and only purpose is to cause forgiveness of whomever you process it with. This may be another person, or group of people, nation, even totally imaginary characters, any "spirit," being, even reality in general, god, and of course yourself, including any of your "parts." You can even forgive a rain for

pouring so hard and making you wet, if you wish. This procedure is one of the most important in the system, yet we don't waste our time trying to dig up mental shit and **make** ourselves forgive. Rather, we are using "automatic forgiver" that takes care of forgiveness. All is done automatically, in the background, while we sleep ;)

It may not work immediately and may require several different approaches to processing of someone, depending on how much you are hurt, but sooner or later it will be done. Yes, it is possible to live free of unforgiveness, and forgive "them all." :) And by the way, you don't even need to manually use "Hoppo" to forgive (although it is very much advised so in the beginning phases). The procedure is integrated into virtually any further protocol, so no matter what you are processing, anyone associated with that stuff will be automatically forgiven.

The processor is vaguely based on original version of Ho'oponopono, not on some modern book, but with an added "twist" :)

OK, just like any other processors, all you need to do is to read it once, and it will be installed and ready to use. Enjoy!

Instruction for the subconscious mind

The beginning of the instruction. This instruction is for you, OUR subconscious mind. This instruction installs a protocol for forgiveness of any person, called "Hoppo." Starting from this moment, all previously given instructions related to "Hoppo" protocol in its earlier modifications should be considered invalid; all the work with "Hoppo" protocol should be performed only according to this version of instruction. If any person (by the word "person" in this protocol, WE mean a real person, as well as any being, group of people or beings, any god, any higher power, as well as life and reality in general) is being processed according to an older version of the protocol, he should be transferred to processing according to a new version of the protocol, starting from this moment.

As soon as WE want to forgive any person with the help of this protocol, WE will direct OUR attention to that person, and pronounce or think of a special key phrase ("Hoppo"), and you will perform fully independent and automatic work according to the following procedure:

At first you will remove any resistance to forgiving of that person and any work described below, any disbelief in the possibility and results of processing, as well as any fear about this processing, and you will process each resistance, disbelief or fear with the help of "Process it" protocol.

After that, you will create a completely isolated area inside OUR subconscious mind, which will not in any way interfere with OUR normal functioning and living, and you will forgive this person inside that isolated area. This isolated area will serve as a protective buffer to protect OUR being and OUR normal functioning, from any possible negative consequences that can arise in the course of forgiving of that person.

How to stop fucking your mind and start living

After that, you will perform in the above mentioned isolated area, completely in imagination, but in such a way that it will be totally indistinguishable from reality, following procedures:

1. *You will imagine this person standing in front of US*
2. *You will create in imagination an endless Source of Love and Healing above OUR head (OUR "Higher Self"), and you will make it so Love and Healing will flow from that Source above, then you will open in imagination the top of OUR head, and allow this Love and Healing flow inside of US, completely fill OUR body and come from OUR heart, in order to heal the person standing in front of US*
3. *When the person will be completely healed, you will sincerely, from all OUR heart, forgive this person on our behalf. You will keep forgiving him until he is completely and totally forgiven. If WE experience any resistance to forgiveness, you will eliminate this resistance with the help of "Process it" protocol.*
4. *After person is completely forgiven, you will integrate him with US using a "Merge" protocol.*

After this procedure is completely finished, you will de-create the above mentioned isolated area, reclaiming any and all resources that have been used during this procedure.

You will perform this procedure of forgiving in a fully automatic and independent mode, 24 hours a day, while WE are asleep and awake, and without any harm to sleep and functioning in the awake state. You will perform all the work as mildly and painlessly as possible. You will also process any distrust about the possibility and results of this processing, and any fear related to this processing, and any negative emotions or emotional states, as well as any resistance that WE may have against this processing, with the help of "Process it" protocol.

*All the work according to this protocol will be performed by you within **12 Earth hours** or less from the moment of initial activation of this mechanism. You will perform load distribution for OUR body and mind as evenly as possible, in order to prevent overloads. You will signal the start of the processing mechanism, after WE pronounce the corresponding key phrases defined above, with the help of yawning of OUR body.*

OUR subconscious mind, you will always do everything that WE have described in this instruction, starting from this moment, regardless of what state, what circumstances, what situation or what mental or emotional state WE are in. And WE thank you and are deeply obliged to you and respect you for always being OUR faithful servant.

The end of the instruction.

"Auto-Mary" protocol

This is a bot for processing of your own material. Those who have worked with BSFF are certainly skilled at writing down aspects of a problem and dividing it into parts (and those who haven't worked with it, will soon get good at it). After writing down (if you want, you can write it down on paper with pen, or type on your computer – it doesn't really matter), all this

material is loaded into "Auto-Mary" and is being processed, and the subconscious mind is doing everything by itself. Your material should be inserted into the place where it says "Insert your material here." You can do it via the clipboard (if you were typing your material on computer) or, having interrupted reading of "Auto-Mary," read the material from a paper (if you were writing it down on paper), then return to reading of "Auto-Mary" after you finish reading the stuff from the paper. You don't have to change the name of the protocol at its next start (with new material), the previous material won't be mixed with the new one, don't worry about it. Besides, "Auto-Mary" can be used as a template (after slight alteration) for writing of your own protocols on any topic (by analogy with protocols provided in the "free" section of the website, the link is at the end of this book, in the last chapter of the Appendix).

Attention, you have to read the protocol in full every time you want to process some material, and not only once and then just keep pronouncing "Auto-Mary Start." Read the top part, then read the material, then the part under the material, and only then start the protocol by saying "Auto-Mary Start."

"Auto-Mary" protocol

These instructions are for you, OUR subconscious mind.

*These instructions install **"Auto-Mary"** protocol. Starting from this moment, all previously given instructions related to **"Auto-Mary"** protocol in its previous versions should be considered invalid; all the work with **"Auto-Mary"** protocol should be performed only according to this version of instruction. If any material is being processed according to an older version of the protocol, it should be transferred to processing according to a new version of the protocol, starting from this moment.*

*From the moment of activation of the processing mechanism described in this instruction, after pronouncing of a special key phrase (**"Auto-Mary START"**) you will perform fully independent and automatic work according to the following procedure:*

*At first you will remove any resistance to processing of the material described below, any disbelief in the possibility and results of processing, as well as any fear about this processing, and you will process each resistance, disbelief or fear with the help of **"Process it"** protocol.*

*After that, you will perform processing of the material WE have, no matter if WE remember this material or not. In case WE feel any unwillingness to process some material, or block it in some closed areas of the memory, or in any other way resist to any working with this material, you will process every resistance, unwillingness and blocking with the help of **"Process it"** protocol.*

In this instruction the material implies the following:

- *All episodes of the past (in this life and in previous lives) and of the future (in this life and in future lives), in which WE had any of the material below:*

==**Insert your material here (I.e. everything you wrote down before, when you were writing your thoughts about the problem)**==

- *All episodes of the past (in this life and in previous lives) and of the future (in this life and in future lives), in which someone else had any of the material described above.*

- *All episodes of the past (in this life and in previous lives) and of the future (in this life and in future lives), in which WE got lessons of any kind from any people and beings on topics related to the material described above.*

- *All OUR views, ideas, fantasies, thoughts, theories, knowledge, beliefs, postulates and decisions related to the material described above, which WE have now, ever had in the past (in this life and in previous lives) and will have in the future (in this life and in future lives).*

- *All OUR hang-ups, fears, concern and apprehension anyhow related to the material described above, which WE have or ever had in the past (in this life and in previous lives) and will have in the future (in this life and in future lives).*

- *Criticism, blame, unforgiveness, offenses, claims, envy, distrust, irritation, hatred, pity, anger, guilty conscience or shame of any kind, or any other type of negative attitude to OURSELVES, other beings, people, the reality and the world in general, in relation to any of the material described above, which WE have or ever had in the past (in this life and in previous lives) and will have in the future (in this life and in future lives).*

- *All affirmations, aphorism, proverbs, sayings, popular quotations, anecdotes, tales, legends, myths, stories, as well as popular opinions anyhow related to material described above, which WE ever knew or in any other way perceived in the past (in this life and in previous lives) and will have in the future (in this life and in future lives).*

*Processing of any of this material, without any exceptions, you will perform using **"Process it"** protocol.*

*During processing of the material described above you will perform a circular processing on behalf of all people and beings involved in the material described above, as well as on behalf of any gods, world and reality in general. You will identify yourself, in turn, with each of these people and beings, groups, god, world and reality in general and will perform processing of the material described above and also any attitude of these people, beings, god, world and reality in general to US with the help of **"Process it"** protocol.*

*After it, you will find all dissociated/separated parts of OUR personality, which became such as a result of any of the episodes listed above, and also any part of the personality related to these episodes and will perform processing of all the material described above on behalf of each of these parts without exception with the help of **"Process it"** protocol. After it, you will integrate each of these parts with US with the help of **"Merge"** protocol.*

*Besides, for each one of the people, beings, and groups of people or beings listed above, with the help of **"Process it"** protocol you will process:*

- *OUR opinion about who or what he is, was in the past and will be in the future*

- *OUR opinion about what he should be and how he should act*
- *OUR expectations from him*
- *OUR opinion about what exactly he thinks about US now, thought in the past or will think in the future*
- *OUR opinion about his present, past and future attitude to US*
- *OUR opinion about what he says, said or will say about US*
- *OUR opinion about how he influences, influenced and will influence US*
- *OUR opinion about what he did to US in the past or will do to US in the future*
- *generally any thoughts, images, emotions and feelings in the body, absolutely in any way related to him*
- *as well as absolutely any OUR attitude to him in general*

*After it, you will perform the complete procedure of forgiving all people, beings, groups of beings, god, world and reality in general, which in any way are connected with the material described above, as well as OURSELVES, with the help of **"Hoppo"** protocol, performed by you in the completely automatic background mode.*

*This processing mechanism will be deactivated and this instruction will cease acting automatically after all the material WE indicated above is processed with the help of **"AutoMary"** protocol.*

*You will perform processing of the material for US in a fully automatic and independent mode, 24 hours a day, while WE are asleep and awake, and without any harm to sleep and functioning in the awake state. You will perform all the work on processing of the material as mildly and painlessly as possible. You will also process any distrust about the possibility and results of this processing, and any fear related to this processing, and any negative emotions or emotional states, as well as any resistance that WE may have against this processing, with the help of **"Process it"** protocol.*

*All the work according to this protocol will be performed by you within **3 Earth days** or less from the moment of initial activation of this mechanism. You will perform load distribution for OUR body and mind as evenly as possible, in order to prevent overloads. You will signal the start of the processing mechanism, after WE pronounce the corresponding key phrases defined above, with the help of yawning of OUR body.*

OUR subconscious mind, you will always do everything that WE have described in this instruction, starting from this moment, regardless of what state, what circumstances, what situation or what mental or emotional state WE are in. And WE thank you and are deeply obliged to you and respect you for always being OUR faithful servant.

The end of the instruction.

"Auto-Castaneda" protocol

This is a bot for working with the past using pre-created lists of events. After you have processed the main painful part of the past manually, you may use this protocol to automate

and simplify working with other incidents. "Auto-Castaneda" is very easy to use. Make a short list of episodes you want to process (it's not recommended to compose it from more than 30 episodes at a time at first) and insert it into the marked place in this protocol; after having read the protocol in full (from the beginning to the end, including top and bottom parts – the same as in the case of "Auto-Mary"), launch it. **Use this bot only after you have manually processed the main part of the most difficult episodes of the past and key participants**.

"Auto-Castaneda" protocol

These instructions are for you, OUR subconscious mind.

These instructions install "Auto-Castaneda" protocol. Starting from this moment, all previously given instructions related to "Auto-Castaneda" protocol in its previous versions should be considered invalid; all the work with "Auto-Castaneda" protocol should be performed only according to this version of instruction. If any material is being processed according to an older version of the protocol, it should be transferred to processing according to a new version of the protocol, starting from this moment.

From the moment of activation of the processing mechanism described in this instruction, after pronouncing of a special key phrase ("Auto- Castaneda START") you will perform fully independent and automatic work according to the following procedure:

At first you will remove any resistance to processing of the material described below, any disbelief in the possibility and results of processing, as well as any fear about this processing, and you will process each resistance, disbelief or fear with the help of "Process it" protocol.

After that, you will perform processing of the material WE have, no matter if WE remember this material or not. In case WE feel any unwillingness to process some material, or block it in some closed areas of the memory, or in any other way resist to any working with this material, you will process every resistance, unwillingness and blocking with the help of "Process it" protocol.

In this instruction the material implies the following:

- *The following episodes of OUR past:*

Insert your material here in the form of a list with names of the episodes to be processed

- *All OUR views, ideas, fantasies, thoughts, theories, knowledge, beliefs, postulates and decisions related to the material described above, which WE have now, ever had in the past (in this life and in previous lives) and will have in the future (in this life and in future lives).*

- *All OUR hang-ups, fears, concern and apprehension anyhow related to the material described above, which WE have or ever had in the past (in this life and in previous lives) and will have in the future (in this life and in future lives).*

- *Criticism, blame, unforgiveness, offenses, claims, envy, distrust, irritation, hatred, pity, anger, guilty conscience or shame of any kind, or any other type of negative attitude to OURSELVES, other beings, people, the reality and the world in general, in relation to any of the material described above, which WE have or ever had in the past (in this life and in previous lives) and will have in the future (in this life and in future lives).*

- *All affirmations, aphorism, proverbs, sayings, popular quotations, anecdotes, tales, legends, myths, stories, as well as popular opinions anyhow related to material described above, which WE ever knew or in any other way perceived in the past (in this life and in previous lives) and will have in the future (in this life and in future lives).*

Processing of any of this material, without any exceptions, you will perform with the help of **"Process it"** *protocol.*

During processing of the material described above you will perform a circular processing on behalf of all people and beings involved in the material described above, as well as on behalf of any gods, world and reality in general. You will identify yourself, in turn, with each of these people and beings, groups, god, world and reality in general and will perform processing of the material described above and also any attitude of these people, beings, god, world and reality in general to US with the help of **"Process it"** *protocol.*

After it, you will find all dissociated/separated parts of OUR personality, which became such as a result of any of the episodes listed above, and also any part of the personality related to these episodes and will perform processing of all the material described above on behalf of each of these parts without exception with the help of **"Process it"** *protocol. After it, you will integrate each of these parts with US with the help of* **"Merge"** *protocol.*

Besides, for each one of the people, beings, and groups of people or beings listed above, with the help of **"Process it"** *protocol you will process:*

- *OUR opinion about who or what he is, was in the past and will be in the future*
- *OUR opinion about what he should be and how he should act*
- *OUR expectations from him*
- *OUR opinion about what exactly he thinks about US now, thought in the past or will think in the future*
- *OUR opinion about his present, past and future attitude to US*
- *OUR opinion about what he says, said or will say about US*
- *OUR opinion about how he influences, influenced and will influence US*
- *OUR opinion about what he did to US in the past or will do to US in the future*
- *generally any thoughts, images, emotions and feelings in the body, absolutely in any way related to him*
- *as well as absolutely any OUR attitude to him in general*

After it, you will perform the complete procedure of forgiving all people, beings, groups of beings, god, world and reality in general, which in any way are connected with the material described above, as well as OURSELVES, with the help of **"Hoppo"** *protocol, performed by you in the completely automatic background mode.*

How to stop fucking your mind and start living

This processing mechanism will be deactivated and this instruction will cease acting automatically after all the material WE indicated above is processed with the help of "AutoCastaneda" protocol. If necessary, WE can temporarily stop processing, after pronouncing the key phrase "Auto- Castaneda STOP."

You will perform processing of the material for US in a fully automatic and independent mode, 24 hours a day, while WE are asleep and awake, and without any harm to sleep and functioning in the awake state. You will perform all the work on processing of the material as mildly and painlessly as possible. You will also process any distrust about the possibility and results of this processing, and any fear related to this processing, and any negative emotions or emotional states, as well as any resistance that WE may have against this processing, with the help of "Process it" protocol.

*All the work according to this protocol will be performed by you within **3 Earth days** or less from the moment of initial activation of this mechanism. You will perform load distribution for OUR body and mind as evenly as possible, in order to prevent overloads. You will signal the start of the processing mechanism, after WE pronounce the corresponding key phrases defined above, with the help of yawning of OUR body.*

OUR subconscious mind, you will always do everything that WE have described in this instruction, starting from this moment, regardless of what state, what circumstances, what situation or what mental or emotional state WE are in. And WE thank you and are deeply obliged to you and respect you for always being OUR faithful servant.

The end of the instruction

"Auto-Merge" protocol

Automation of polarities merging. Insert your list of polarities into the place marked in the protocol, read it in full from the beginning to the end and start the protocol. It is not recommended to work with lists containing more than 50 polarities (to avoid overload) and it is strongly (!!!) not recommended to use "Auto-Merge" before you have **manually** "merged" at least ¾ of the list with polarities provided in the book. You don't have to change the name of the protocol at its next start (with a new list), the previous material won't be mixed with the new one, don't worry about that.

These instructions are for you, OUR subconscious mind.

These instructions install "Auto-Merge" protocol. Starting from this moment, all previously given instructions related to "Auto-Merge" protocol in its earlier modifications should be considered invalid; all the work with "Auto-Merge" protocol should be performed only according to this version of instruction. If any material is being processed according to an older version of the protocol, it should be transferred to processing according to a new version of the protocol, starting from this moment.

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*From the moment of activation of the processing mechanism described in this instruction, after pronouncing of a special key phrase (**"Auto-Merge START"**) you will perform the following procedure fully independently and automatically:*

- *At first you will remove any resistance to processing of the material described below, any disbelief in the possibility and results of processing, as well as any fear about this processing, and you will process each resistance, disbelief or fear with the help of **"Process it"** protocol.*

- *You will process, in turn, each of the polarities listed below with the help of **"Merge"** protocol:*

==**Here you insert the list of polarities**==

You will perform processing of each of these polarities until any existing charge between polarities is completely removed, i.e. until their complete neutralization – until the moment they become united and inseparable.

All necessary insights, knowledge, skills and experience which will appear in the course of processing will be outputted by you to OUR conscious level mildly and painlessly.

This processing mechanism will be deactivated and this instruction will cease acting automatically after all polarities listed above are processed by you with the help above mentioned procedure.

*You will perform processing of the material for US in a fully automatic and independent mode, 24 hours a day, while WE are asleep and awake, and without any harm to sleep and functioning in the awake state. You will perform all the work on processing of the material as mildly and painlessly as possible. You will also process any distrust about the possibility and results of this processing, and any fear related to this processing, and any negative emotions or emotional states, as well as any resistance that WE may have against this processing, with the help of **"Process it"** protocol.*

*All the work according to this protocol will be performed by you within **3 Earth days** or less from the moment of initial activation of this mechanism. You will perform load distribution for OUR body and mind as evenly as possible, in order to prevent overloads. You will signal the start of the processing mechanism, after WE pronounce the corresponding key phrases defined above, with the help of yawning of OUR body.*

OUR subconscious mind, you will always do everything that WE have described in this instruction, starting from this moment, regardless of what state, what circumstances, what situation or what mental or emotional state WE are in. And WE thank you and are deeply obliged to you and respect you for always being OUR faithful servant.

The end of the instruction.

"Auto-man" protocol

This is a bot for processing of people by the lists. Insert a list of people (not more than 20-30 at a time, in order to avoid overloads) into the place marked clearly in the protocol, and start it, having read it in full from the beginning to the end (the same as in the case of "AutoMary"). The protocol will process all episodes related to these people, the people themselves, your attitude toward them, as well as all views, decisions, etc. made under the influence of these people. Use this bot only after you have manually processed the main part of the most difficult episodes of the past and key participants.

"Auto-man" protocol

These instructions are for you, OUR subconscious mind.

These instructions install "Auto-Man" protocol. Starting from this moment, all previously given instructions related to "Auto-Man" protocol in its previous versions should be considered invalid; all the work with "Auto-Man" protocol should be performed only according to this version of instruction. If any material is being processed according to an older version of the protocol, it should be transferred to processing according to a new version of the protocol, starting from this moment.

From the moment of activation of the processing mechanism described in this instruction, after pronouncing of a special key phrase ("Auto-Man START") you will perform fully independent and automatic work according to the following procedure:

At first you will remove any resistance to processing of the material described below, any disbelief in the possibility and results of processing, as well as any fear about this processing, and you will process each resistance, disbelief or fear with the help of "Process it" protocol.

After that, you will perform processing of the material WE have, no matter if WE remember this material or not. In case WE feel any unwillingness to process some material, or block it in some closed areas of the memory, or in any other way resist to any working with this material, you will process every resistance, unwillingness and blocking with the help of "Process it" protocol.

In this instruction the material implies the following:

1. *All without exceptions episodes of OUR past, in which WE had communication or interaction of any kind with people listed below, no matter if this interaction took place in reality, imagination, in dreams or in the virtual space of the Internet:*

Here, in a column, we write a list of people we want to process

2. *As for each of the people listed above:*

    *   *Any beliefs about who or what he is, was in the past and will be in the future*
    *   *Any beliefs about what he should be and how he should act*
    *   *OUR expectations from him*
    *   *OUR opinion about what exactly he thinks about US now, thought in the past or will think in the future*

- *OUR opinion about his present, past and future attitude to US*
- *OUR opinion about what he says, said or will say about US*
- *OUR opinion about how he influences, influenced and will influence US*
- *OUR opinion about what he did to US in the past or will do to US in the future*
- *generally any thoughts, images, emotions and feelings in the body, absolutely anyhow related to him*
- *as well as absolutely any OUR attitude to him in general*

3. *All OUR views, ideas, fantasies, thoughts, theories, knowledge, beliefs, postulates and decisions related to the material described above, which WE have or ever had in the past (in this life and in previous lives) and will have in the future (in this life and in future lives), including the ones that were the reason and have become the consequence of the episodes listed above, as well as those which we taken by US under the influence of the people listed above or in the process of interaction with them.*

4. *All OUR fears, concern and apprehension anyhow related to the material described above, which WE have or ever had in the past (in this life and in previous lives) and will have in the future (in this life and in future lives).*

5. *Criticism, blame, unforgiveness, offences, claims, envy, distrust, irritation, hatred, pity, anger or any other type of negative attitude to all people and beings involved in the episodes listed above, as well as of OURSELVES, the reality and the world in general, higher powers, in relation to any material described in this protocol.*

*Processing of any of this material, without any exceptions, you will perform with the help of **"Process it"** protocol.*

*During processing of the material described above you will perform a circular processing on behalf of all people and beings involved in the material described above, as well as on behalf of any gods, world and reality in general. You will identify yourself, in turn, with each of these people and beings, groups, god, world and reality in general and will perform processing of the material described above and also any attitude of these people, beings, god, world and reality in general to US with the help of **"Process it"** protocol.*

*After it, you will find all dissociated/separated parts of OUR personality, which became such as a result of any of the episodes listed above, and also any part of the personality related to these episodes and will perform processing of all the material described above on behalf of each of these parts without exception with the help of **"Process it"** protocol. After it, you will integrate each of these parts with US with the help of **"Merge"** protocol.*

*After it, you will perform the complete procedure of forgiving all people, beings, groups of beings, god, world and reality in general, which in any way are connected with the material described above, as well as OURSELVES, with the help of **"Hoppo"** protocol, performed by you in the completely automatic background mode.*

*This processing mechanism will be deactivated and this instruction will cease acting automatically after all the material WE have is processed with the help of **"Auto-man"** protocol.*

You will perform processing of the material for US in a fully automatic and independent mode, 24 hours a day, while WE are asleep and awake, and without any harm to sleep and

*functioning in the awake state. You will perform all the work on processing of the material as mildly and painlessly as possible. You will also process any distrust about the possibility and results of this processing, and any fear related to this processing, and any negative emotions or emotional states, as well as any resistance that WE may have against this processing, with the help of **"Process it"** protocol.*

*All the work according to this protocol will be performed by you within **3 Earth days** or less from the moment of initial activation of this mechanism. You will perform load distribution for OUR body and mind as evenly as possible, in order to prevent overloads. You will signal the start of the processing mechanism, after WE pronounce the corresponding key phrases defined above, with the help of yawning of OUR body.*

OUR subconscious mind, you will always do everything that WE have described in this instruction, starting from this moment, regardless of what state, what circumstances, what situation or what mental or emotional state WE are in. And WE thank you and are deeply obliged to you and respect you for always being OUR faithful servant.

The end of the instruction.

About Auto-Mary

This chapter is not intended for those who have carefully read the book and began to use the automatic processor called "Auto-Mary" independently and successfully – in the course of catching the shit coming up from the depths of their mind. These people won't find anything new in this chapter – no new nuances, undercurrents, meanings hidden before. This chapter is devoted to those who regularly send letters of the following kind to the author of this book:

"I'm confused and don't know what to do, I've already started 60 free protocols, and some problems, which were being processed in them, still don't go away… Does it mean I will never process them?"

This chapter will be probably also useful for those who complain on forums and in blogs about "these damned snapbacks," which "can't be helped by anything, whatever I do, and how on earth do you all cope with them?"

So, what is "Auto-Mary"? I'll quote the words from one of the previous chapters:

This is a bot for processing of your own material. Those who have worked with BSFF are certainly skilled at writing down aspects of a problem and dividing it into parts (and those who haven't worked with it, will soon get good at it). After writing down (if you want, you can write it down on paper with pen, or type on your computer – it doesn't really matter), all this material is loaded into "Auto-Mary" and is being processed, and the subconscious mind is doing everything by itself. Your material should be inserted into the place where it says "Insert your material here." You can do it via the clipboard (if you were typing your material on computer) or, having interrupted reading of "Auto-Mary," read the material from a paper (if you were writing it down on paper), then return to reading of "Auto-Mary" after you finish reading the stuff from the paper. You don't have to change the name of the protocol at its next start (with new material), the previous material won't be mixed with the new one, don't worry about that.

It seems that there should be no difficulties about it – just load the material which is coming up into the processor, start it and… that's all! Nothing of the sort. Practice shows that all the difficulties about using "Auto-Mary" begin with the fact that… some people just don't use it at all!

I don't know the reason why some users of "Turbo-Suslik" ignore automatic processors – perhaps, they think that free protocols provided at the website (because of their large number) can cover and process the whole range of emotions experienced by an individual during all his life, and "happiness will come to him." Or maybe those users, who have preferred working with the members-only section, hope that, after they have paid, the magical process of their personalities' transformation will be performed without their further interaction with that thick layer of shit, which will come up from the depths in the course of processing… I have no idea where such approach to processing comes from, but let's examine processing itself.

Sooner or later virtually every user of "Turbo-Suslik" will encounter so called "snapbacks" – some encounter them at the beginning, in Phase 1, some – a bit later. For some people this state of a "snapback" brings only slight discomfort, physically (indisposition, fatigue) and morally, others say that they are "freaking out," being "writhed" and "tortured" with emotions and feelings rushing into them. It doesn't matter in what form you're experiencing it, in a light

or severe form – this is exactly one of the cases when an automatic processor should be applied. Just take a list of paper or sit in front of a computer and begin writing down everything you feel. Let's analyze it with the help of the following example.

During my own work, especially at the beginning, there were often cases when, having started protocols, I was hit by insomnia, as a kind of "snapback." I went to bed at my usual time, but couldn't fall asleep or, having fallen asleep, woke up in the middle of the night or at 3-4 am and kept tossing and turning in vain attempts to fall asleep again. After several nights of suffering, I once got up and went to the kitchen, having taken a pen and a sheet of paper. The thing was that when I was tossing in bed, I realized that I was considering, replaying a certain situation in my mind, having an imaginable dialogue with its participants, like what I would say to them, and what would they answer me, though the situation wasn't just old, i.e. happened long time ago, it took place, hmm… more than 25 years ago. So, I wrote down the following:

- *"A teacher in elementary school untied ribbons in my hair in order to visually explain something about units, measures and stuff like that to the class"*

Written down in such a form, the phrase sort of brought me no relief, and I went on:

- *I was upset*
- *I felt bad and uncomfortable as everyone was looking at me…*

I continued writing in the same way and I understood that all the described things were not exactly what I felt then, almost a quarter of a century ago and at the moment when I was trying to pour it out on paper. So I forgot about the beauty and completeness of the sentences and gave way to my true emotions:

- *I still hate this gross and stinking broad!*
- *Her breath was stinking, when she was untying my beautiful ribbons ◻ I despise stinkers who let themselves go!*
- *I couldn't answer back to her*
- *I was afraid that if I said anything back to her, she would be persecuting me like other pupils*
- *I hate it when unpleasant people touch me*
- *She rudely invaded my personal space and didn't give a damn about my feelings!*
- *I pretended everything was okay, but in truth I could hardly hold back my tears.*
- *I was sitting there as if dragged through the mud, and the whole class was guffawing approvingly at my sad face*
- *This disgusting cow spoiled the hairdo my mom worked on*
- *I needed consolation and support, nobody gave a damn about me*
- *I tried to complain to my parents about it, but they didn't take it seriously*
- *I felt defenceless before grown-up and more powerful people*
- *I hate school with its tyranny of older and more powerful ones*
- *I blame myself for not having fought back against the schoolmarm*
- *I felt being the only one in the all the wide world*
- *Teachers have huge power and use it as sadists*
- *I tried to study well in order to avoid her dirty jokes*
- *I feel pity about that little and defenceless girl I was then… etc.*

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I won't cite all the material I wrote down that night – it would take too much place and time. I didn't try to be logical and consecutive, I was writing down in detail my emotions and feelings during the mentioned episode and other similar episodes of my life, which I recollected in the course of recording, and I was writing until I had a feeling that nothing could be added.

The material was finished, there was emptiness and void in my head. Two A4 sheets were covered with writing on both sides, somewhere in the corner there were quickly listed small episodes which I recollected, but they didn't required the same thorough processing.

Naturally, all the material, which I have written down, was loaded into "Auto-Mary" that I had started immediately. It seemed that a heavy burden had fallen off my shoulders, and a kind of a TV-set had switched off in my head. In order to give a finishing stroke to it all (I had a feeling it was necessary), I wrote down and merged the most evident polarities from the obtained material.

- *To be a teacher – to be a pupil*
- *To be able to hold one's own – to suffer from violence □ To be defenceless – to be aggressive… and so on.*

Some may probably say that it doesn't look like polarities, but in this case everyone is right in his own way. If these things were polar in my head and, therefore, had a charge, then why not merge them? Though the question of polarities is not directly related to autoprocessors (i.e. "Auto-Mary"), this small trick – writing down and merging of polarities – really helps in cleaning up. One's "own" polarities don't imply some dreamed up polarities which you will begin inventing forcefully after having read this chapter. If there are any polarities there – you will feel them by yourself, and if there are none, don't worry about it and don't search for them.

Returning to the story with processing at midnight. Is it necessary to say that I went back to sleep completely satisfied with the work I had done and when I was falling asleep, I thought I had found a great cure for insomnia?

Joking apart, these situations repeated themselves not only once, and then I, taught by my experience and knowing that everything, which comes up from the depths (of memory? the subconscious mind? whatever it might be) and cries out loud, shouldn't be ignored and should be processed immediately, I went to the kitchen again, wrote down, inserted the obtained material into the processor and went to sleep, emptied and soothed.

With all I've described above I'm not trying to convince anyone that it's necessary to process only at night and only in the kitchen. Wherever and whenever you encounter a "snapback," don't think that you are unique in your "snapback" suffering, and that your "snapback" is more awful and hopeless that any other one. And the main thing – don't bombard the author with complaining letters in the hope that he will sympathize with you and guide you… Yes, he will direct you, but not exactly in the direction you expected.

So, don't feast your eyes on your outstanding suffering, and just write, write and write... but not moaning letters, just the material for processors.

The scope of automatic processors is not limited only to using of them as an "anti-snapback" pill.

Sometimes even experienced Susliks suddenly begin to complain that some of their problems just can't seem to be processed, keep coming up and make them desperate –

they simply can't be processed often enough! Then they usually begin to look for "failed karma lessons" from previous lives, ancestral curse and other bullshit. Practice proved that there are no problems that can't be solved, i.e. processed. This is only a question of time and thoroughness of processing and, the algorithm of processing is the same as the one described above.

There is another little known way of using "Mary." I have a file with "temporaries" on my computer, in which I put the material coming up during the day. Then, when I gather a sufficient amount of it, I load all this pile into Mary. It doesn't matter that this is a mix of absolutely different topics. An important thing is that this material will be processed. And by the way – regardless of the presence of bots which "clean up the crap accumulated during the day" (like "Auto-cleanup," available on the website), "manually" working with Mary is very important and brings wonderful results. Don't be lazy – in the long run, these are not super efforts…

Don't be afraid to be totally honest with yourselves on point of the material coming up. Don't be afraid to feel it as is; don't be afraid to appear unvarnished before yourself. This is the only way to process a problem thoroughly.

If you are trying to push back or resist things that are coming out, for example, distrust about a certain person or about people in general, hatred to all human kind, thoroughly masked pity to yourself or some excuses, lack of love for your close ones, overrated expectations from yourself and others, everything you have been rejecting in others, but suddenly noticed in yourself, any other suppressed emotions – remember that this processing is worthless, even regardless of a large amount of protocols you have already started. Only things which are being recorded thoroughly, honestly, in detail and "without gloss" have a chance to be processed. It didn't work from the first, second, third time? And don't think that you simply don't want to notice something, are afraid to confess to yourself and simply don't want to see the problem from another side?

However, it seems that I'm trying to paraphrase this book, and this is unnecessary.

In addition to the above, I want to say that I often used and keep using "Auto-Mary" before a new undertaking. If I am full of doubts and fears that I won't cope with it, will disgrace myself, will be mocked at and will "lose face" – all these feelings should be loaded into a processor…

These notorious "snapbacks," when you come down to them, may bring you a priceless gift – which is right there, in the thick layer of shit. But this will happen only in case you don't cry with bitter tears, don't fall into world-weariness, caused by the power of a "snapback" and the range of negative emotions rushed into you, and don't moan with pity to yourself. Only when you act – process the material which has come up –a miracle happens– you suddenly get very clear understanding, recollecting, insight about what decisions, made by you some time ago, have conditioned the course of events you've been experiencing during your life. These moments are priceless, sometimes you almost physically feel how your shoulders are becoming free from tons of previous beliefs and views, which were belated and obstructing your breath, but for some reason you were still carrying them with you.

That's why I won't hesitate to quote one of the users: "Auto-Mary is the greatest invention of human kind after sliced bread." There are no free or paid protocols which could cover the whole range of your personal, strictly individual material, and this is the case when AutoMary will be your faithful servant and help you in digging up shit deposits.

How to stop fucking your mind and start living

Author: Oksana Vorobieva

Want more?

If you have decided to work with the "Turbo-Suslik" system, you can register at my website and gain access to all free protocols provided there. At the moment there are close to 100 of them there. In order to register just click on the link below:

To register on the site, click on this link