The Future's Toolkit

by

David Ian Brager

Dedication:
To Jennifer and Mitch, who believed in me
when no one in the world comprehended
what the hell I was wasting my life doing.

Disclaimer:

The purpose of this book is to provide educational information on scrypnosis and hypnosis, and to promote it's safe use. The information herein is for informational, educational, and entertainment purposes only.

There are absolutely no instructions in this book for creating situations intended to be used to cause fear, death and/or destruction. Readers are cautioned that they must form their own opinion as to the application of anything found in this book.

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Dave's Thoughts About Truth In Advertising #1

Do you have an employer that is convinced that computers are delicate objects? Consider this.

Once upon a time, single microchips were made at factories all over the world. Open any computer and you'll find some chips are from Brazil, India, China, Japan, Canada, and anywhere else the labor can be exploited. These chips were put into boxes and DROPPED onto a truck and they were DROPPED onto a ship and sent to a motherboard manufacturing plant. Once the ship arrived, they were DROPPED onto another truck, and then ZAPPED by robotic welding, to a motherboard. These were then put into boxes and DROPPED onto a truck, then DROPPED on a ship, which took them to an assembly plant.

You know what back roads look like in the US. Hell, you gotta know how bad the back roads are in third-world nations. So, not only were these things DROPPED onto trucks, but they were SLAMMED and SHIFTED as the trucks went down the road.

Finally, your assembled computer ends up at some Mass Merchandiser, where the box was routinely DROPPED and SHIFTED. You've seen who works at these places. They don't give a damn about the fact that it's marked DELICATE. And so, they put your computer's box at cart level in the store.

You know your boss. He didn't go out and buy your computer because it was the top of the line. He bought it because there was a 40% OFF sticker on it because the box had a huge dent in it where some kid SLAMMED his shopping cart into it. Then your boss DROPS it in his trunk, zooming and skidding all the way (because HE's the boss and he can drive that way). Finally, he brings your computer, sets it up, and then has the NERVE to tell you to be CAREFUL with it.

This computer has been through HELL.

When you're demanding truth in business, tell me,
"Whatever happened to The Truth?"

Foreword

I'd been hearing it for years. "The human mind is a computer." So, as a computer hacker, from back when hackers were the good guys, I took an opportunity to test this theory and put it to use.

In 1983, a World War Two supply pilot, Mr. Charles "Chuck" Brewer, offered me a swap of intellect. If I would teach him everything he wanted to learn about computers, which, by this time, I had been dabbling in for a decade, he would teach me about his hobby, which he'd been doing for fifty years. His hobby was hypnosis.

As I began my learning of hypnosis, I noted a similarity in both form and response to that of computer programming. The logic was very similar to BASIC computer language. But also, the results of the programming process appeared to have very similar traits as well. Over time, these came to incorporate such similarities as compiling, logic, and file management.

In the mid-1980's, while building some computer games on the Commodore 64, I was also doing experiments with hypnotizing Dungeons and Dragons (D&D) players. The computer games were limited to a two-dimensional 160 by 200 pixel resolution screen

with 16 colors while, at the same time, the D&D players, with their eyes open, swore they were battling real monsters in real time. From this, I theorized that if I could discover a way to merge the two processes – of computer gaming and the human subconsciousness – the user would be responsible for the visual imagery and the programmers could stick to what they did best (at the time) which was the actual gaming logic.

So, the first and foremost problem was to discover what hypnosis was, and to eliminate any traces of it from the process. It turned out that all hypnosis was a stream of words in a logical order that was spoken to listeners with the intent of guiding the logic of such listeners to approach their own databases, found within their own brain, so as to elect to obtain data, as well as manage it, revise it, or eliminate its creation.

To realize the mind as a computer, I needed to discover how many different ways the data was being stored and processed. From my research, I found that there were at least four different memory systems at work: the conscious mind system, the subconscious system, the unconscious system, and the personality profiling system. In time, I had to understand how each of these systems handled

data, and specifically, how could the data be effectively altered, created, or eliminated.

Please keep in mind that I am not formally trained in psychology and for all intensive purposes, I have not approached any of this stuff from that perspective. I am a computer geek of high order, and my sole approach is from that angle. I don't give a rip about psychology because it tries to explain humanity in terms of behavior, but it does not understand that behavior is a birds-eye view of the reality.

It was in my trying to understand computer psychology, a term coined by an MIT professor, that I realized it was backwards. It's not that computers have psychology. It's that humans are computers.

This book will explain how you can immediately begin programming humans and utilize a method that eliminates the need for hypnotists. It requires strict scripting and disclosure.

Through this book, you will learn
- what strengths and weaknesses each type of memory possesses
    - how the conscious mind adapts to belief systems
    - how the subconscious mind builds and destroys beliefs

- o how to develop programming for belief systems
- converting hypnosis into programming logic
  - o how to word nestled loops
  - o how variables are worded
  - o how to define functions, subroutines, and arrays
  - o how to upload modules and have them implemented
- what emotions are as far as the programming goes
  - o how they are created
  - o how they are used by the mind
  - o how to alter them
  - o how to eliminate them permanently
- how to create personalities
  - o how the mind stores personalities
  - o the three axis storage system
  - o how one can instantly shift behavior and purpose simply by changing personalities like one changes one's clothes.
- about new computer hardware
  - o what type of required heightened intellect is needed to effectively control these interfaces

- what types of applications that need to be built using these interfaces

Every word or intention, at some level, must be disclosed to a beginning-level game player or user so that such a person strengthens his or her mind to utilize these abilities. Once players become intermediate to advanced users, these persons should be able to effectively utilize their mind to alter reality at will. This innate ability demands and requires users to accept all responsibilities for their actions, just as the shared reality of life in any civilization demands that all actions by an individual be accountable at all times. From this, applications in fantasy travel, "holodeck"-type imagination environmental discovery rooms, group shared fantasy environs, and upgrades to computer-aided design should materialize within a decade.

From my experience, programming computers is tedious while programming humans is much easier, for if the computer has a problem, you have to find the error. The human, on the other hand, will simply tell you, when reading the script, "I don't understand this part." By reading the script in advance of running the session, the human mind pre-compiles the logic, and that is the point where

the human mind becomes a powerful computer, for it learns, its adapts, and it trusts the program as compiled.

In time, the user may allow for unscripted applications, but by this time in their development, there will be no chance for abuse, for a highly attuned and trained subconscious, while still subject to instinctive panic/traumatic triggers, has the ability to revise all post-traumatic response. Thus, in the future, fear will no longer be a tool of the terrorist, for people will effectively eliminate this from their being. Without fear, there is no such thing as a terrorist: just a frustrated person without choices who approaches death and the deaths of others as a means to an end.

If humans were to embody and utilize the methods set forth in this book, they will mature and grow, for they will not have to suffer the emotional traumas of war because without fear, war has no meaning.

For my journey to this place, I must give great accreditation to those whom have supported me on this journey. These people include, in chronological order:

- My parents, Howard and Judy Brager, who found I was a math geek at age 3, so they managed to get me my first-grade

math book a year in advance so I could play with puzzles and learn something.

- Bob Mefford, for challenging my values and always questioning authority.
- Ralph Myrick, for teaching me, in fifth grade, to research for a better idea.
- Kevin Nechodom for his ensuing and uplifting interest in mathematics & computers.
- Dana Soderquist, for teaching me how to find solutions from at-hand materials.
- Lyle Wilhelmi, who let me use the computers at the Hanford Science Center when I was a kid so I could learn the logic in the first place.
- Scott Woodward, for treating me as a human being in Junior High, when no one else even knew I existed, and later, for letting me test my theories with sports persons who needed the help that I was able to provide.
- Don Ault, who helped me with my programming in high school, when he and I knew more about computer programming than the teachers teaching the courses.
- Lee Neth, who, through winning the Science Fair every year, taught me how to shoot from the hip in inventing.

- Steve Martin, who I've never met, but through his first album, raised the concept that to be creative, one should be like Leonardo da Vinci, "Who did everything."
- Gary Gygax for inventing Dungeons and Dragons, which started my thinking about belief system entertainment in the first place, and later for taking my emails.
- Ken Brager, my brother, for getting addicted to Dungeons and Dragons, and thus enabling me to "see" what it was.
- Dr. Stuart Vincent Freeman, for diagnosing that I was born with an extra sex chromosome (being I'm XXY), and that I had Klinefelter's Syndrome. Later in life, for never telling me that I was overdosing on testosterone while he was signing prescriptions for injections of 200 units per cc, one cc every seven-to-ten days, which somehow allowed me to mature intellectually, while also eliciting me to discuss sexuality with everyone and anyone, whether it was appropriate or not.
- Jim Butterfield, who let me call him and ask questions about memory mapping

and hacking a computer's design from the inside out, on Commodore computers..

- Brian Conrad, who helped me with programming logic when we were designing Commodore 64 software in 1982.
- Michael Irvin, for taking the time to introduce me to the conventional side of computer tech support for the most bewildered of the bewildered, so as to incorporate analogy, creativity and wonder in the communication of concepts to those who had never before comprehend any other computer tech, just as hypnosis is be today.
- Dr. Jeff Alden MD, who, when he was my college roommate at Washington State University in 1982, introduced me to the books of Douglas Adams, and gave me a new look at the logic of Joshua bar Jacob as opposed to the fanaticism of Christians.
- Charlie Brewer, as noted above.
- Douglas Adams, for his books, then later, at a book signing in Seattle, answered some questions I had about his logic, and eventually, through his book <u>Dirk Gently's Holistic Detective Agency</u>, for sharing his knowledge about hypnosis

and his philosophy about how humans really were organic computers.

- Günter Koch, who'd let me ask programming questions throughout my early Commodore years, and for being a kind person in a competitive market.
- Ihor Wolosenko, for inventing and releasing the Relax by Synapse Software, which was an affordable electromyograph interface (less than $100), and, much later, for answering questions when I met him in email.
- Bruce Ballard, for his friendship, his edits and his opinions
- Jennifer Brush, who showed me how uncommon my sense of logic was in relation to real world issues, and how the implementation of simple theology can revise my entire belief system to see the holistic relationship and inter-connectivity of everything. (Jen's now my wife.)
- Michael Henry, a sex offender counselor, for introducing me to the logic of thinking errors, which directed me to discovering what emotions are, how they are created, and how they can be eliminated.

- Joan Dangerfield, for allowing me to ask questions concerning the entertainment field and being a great & wonderful person in general.
- Rodney Dangerfield, who more succinctly taught me that humor and comedy were nothing more than enjoyable logic.
- Ginny Quinley, who showed how the implementation of belief systems in spontaneity was the backbone of acting and improvisation.
- Ryan Bennett, who let me join Scraps, an improvisational troupe, where I could test my theories about spontaneous belief systems.
- Derek Brandes, who helped me discover how hypnosis wasn't a psychology field but was a communications field with elements of psychology.
- Dr. Leonard Orr, who showed me how poetry and logic can intersect.
- Dr. Jim Weber, of Battelle, for introducing me to the works of Dr. Robert Cialdini who, through a book called Influence: The Psychology of Persuasion. This book became the backbone of scrypnosis, for the chapter on rationalization made me realize that

people trust contracts, but they don't trust hypnotists, that contracts are nothing more than streams of words, that hypnosis was nothing more than streams of words, and hypnosis is nothing without trust, so by disclosing all logic in advance, and then contracting to the same, the user learns to trust the contract and release all fears automatically, as part of the automatic post-contractual rationalization process of the human mind.

- David Shepherd, the improvisation guru, who helped me redefine improvisational logic so as to trigger spontaneous creativity in others.
- Chris "Shockwave" Sullivan, who's let me brainstorm with him on other improv concepts.

I must also thank the US Social Security Administration for allowing me to do all the volunteer work I wanted to do; my family for putting up with the fact that I haven't charged to do any hypnosis sessions ever in twenty-two years, even though things have been tough (including my wife Jennifer, my step-son Mitchell Brush, and his daughter Melodie); again to my parents, Howard and Judy, for

making sure I had a roof over my head; God for somehow getting my mother's family out of Russia long before there was a Russian Revolution as well as my dad's family out of Germany and Poland long before there ever was any semblance of Hitler's influences; and finally the US American Government for giving me the freedom to question everything and share what I know with the modified universe.

Thank you all!
David Ian Brager

Dave's Thoughts about Truth in Advertising #2

       I want you to consider one roll of toilet paper. If you buy a 4 pack of toilet paper, you will find that there are 200 two-ply sheets per roll. Amazing. That means that there are 800 sheets in the whole pack, right? But have you ever, in your life, used just one sheet? No, you grab the roll and pull...and suddenly, you have ten, in a nice little wad. So, what we're looking at here is 80 applications per package. When you look at it, you never use just one wipe per visit. You use about ten. So that's now eight visits to the bathroom, especially after Mexican food.

       Now, look at a standard roll of Bounty Paper Towels, with 96 sheets. By taking to a a paper printing house and having it cut by a professional paper cutter, we cut it twice to become three rolls of 96 sheets, or more importantly, we now have 288 sheets of the strongest, softest toilet paper you can buy. And you only need one sheet.

       You want me to think that one roll of conventional toilet tissue one of my Bounty toilet paper rolls, or that a wad of toilet paper that this is gonna flush more easily and will be better for my septic system? I don't have septic and probably, neither do you. You have been programmed to believe that paper towels won't bio-degrade at the same rate, or that they'll get stuck. But nowadays, with 1.6 gallon per flush toilets, you're spending all your time plunging. What fun!

       A roll of Bounty cost me two dollars at Safeway and outlasts a 12 pack of toilet paper, which costs nearly four bucks. So why aren't all of you been out there using this? Because of fear.

  If we're going to demand truth in advertising, tell me, whatever happened to the Truth?

Chapter One: The Structure of this Book and of scrypnosis.

This book is the culmination of six restarts. In the end, the only way I could write the book is with a ton of tables and not a lot of explanation. Thus, the chapters are short, but the appendix is huge.

You know all those things you've seen people do at hypnosis shows. Once you get to the point that friends know you are competent and know what you're doing, your friends will let their hair down and ask you to do all sorts of kinky things so they can experiment with hypnosis. This is one reason why a method to hypnosis was needed: every nuance of someone's objectives, curiosities, or perversions, are spelled out in exact textual formats so that all I or anyone would do is to read the text, or to perform the script, to the user so that he or she is able to achieve whatever these individuals want to achieve, while the orator has a signed or clicked contract (or phone record of a call from the listener) to prove that the reader/orator's purpose was just to read the script and not be involved. There's not much difference between that and an end user licensing agreement (EULA) with computer software. What I hope to achieve

with this book is for you to come to the conclusion that the human mind really is a computer and thus the use of an EULA is completely rational and viable, as well as the concepts of interfacing humans for higher data transfer and better controls in gaming and data transmission from humans to computers.

I developed a method so that it could allow the use of a telephone as a primary media exchange between two people; to allow the individual listener to have ultimate privacy and safety in their own space, their own room, or their own bed. Hypnotists, when I first became trained, had been notorious at abusing people. It has been my experience that by using a telephone or speaker phone rather than running a session in person, the user/listener will relax ever more than they do with a hypnotist in the room for they know they have the power to turn off the phone, control their space, and protect their bodies and minds from violation. From this amount of control that I place in the hands of the listener, the levels of relaxation, which is most important for maximal results, exceeded all other levels I'd achieved in my experiments with myself in the room running the session.

Please keep in mind that I'm primarily writing this book for the computer programmers in all of us. Documentation is the

very last thing most programmers will read because programmers learn best through hands-on discovery: We prefer to hack out our own paths through the forests of discovery in life.

The appendices will have a two-column design. In the left column is "If this is your goal" and the right column is, "This is how a suggestion might be worded," or more simply, if you want to accomplish "this," you might want to say "that." However, as you will discover, whatever logic works best for you will probably deviate from my logic in time, so keep in mind that what is in this book is a guideline, not a rule or absolute.

In 2003, I put the terminology "scrypnosis" into the common vocabulary rather than keep it as a trademark. The purpose of this is to differentiate from hypnosis. Hypnosis requires you to trust the hypnotist. Scrypnosis requires the user/listener to sign a contract that delineates every word, nuance, and intention of the process, as well as accept all liability and responsibility for participating in any event that utilizes the use of their own subconscious mind.

Typically, each beginner hypnotist (who learns to run hypnosis sessions for other people) is apt to create situations that they cannot control because their listeners are not

typically educated to the nuances of how hypnosis works prior to the session. Their listeners are going blindly into the dark without a clue as to what is their responsibility.

Scrypnosis is different because everything that you intend to do or say to this user has to be described in the EULA, or at minimum, the contract must discuss the facts that you expect the user to accept, including all responsibility over any decisions or actions the user employs, whether all words are disclosed or not, because all subconscious controls are completely and totally in the control of the user and not the programmer. It is for this reason I highly recommend escape mechanisms be learned first and, in time, the International Game Development Association develop a universal standard for escape mechanisms so that users can rapidly escape from any game when it gets too intense (and it often will).

A scrypnosis script exists in five parts:
- The Preamble
  - Which explains, in a nutshell, what the overall process is going to attempt to accomplish.
- Beginnings
  - Which include multitasking logic that overloads the conscious mind

and thus forces the subconscious to take control.

- Middles
    - Which are modules that are designed for use in this one session, but can call upon subroutines that were established months or years prior, so there is also a need for an international standard for consistent platforms.
- Endings
    - Those processes by which the user is returned to consciousness and released from overt multitasking.
- The rest of the Contract
    - To spell out the legal ramifications and responsibilities of running and playing such games or logic as well as any consequences of taking such actions or beliefs outside of the gaming environment.

and it should be noted that in the appendices of this book, the Middles section will get most of the support, for once you comprehend the Beginnings and Endings, it will be the process of the programmers to simply create new Middles.

The subconscious is an operating system. Middles are definable routines and subroutines

that you can effectively label and plug into a person's mind, only to call upon them as you need them. Thus, as more programmers develop methods of their own, it will be the development of Middles that will define your market.

Please keep in mind that this process is adaptive to any logic you have as well as any which can be integrated with the logic from book on any topic anywhere. Unlike some books which attempt to profess that "This is the ONLY way...," the consistent fact has been that whatever your field, there is a way to adapt your logic to develop scrypnosis applications, but this book, that you are reading now, is not the only way, and in time, you may discover better books that work. I am only setting out the guidelines so that this field can support everyone instead of just the few who follow my lead, for a free-market system requires such cross-spectrum adaptation and logic. As there are over one thousand books on hypnosis, both in- and out-of-print, your immediate source of data beyond this book has a lot of variety from which to choose.

The primary goal here is to give you the tools to discover the human mind as the computer we all have, and then to show how the logic works so that you can integrate what

you learn here with the programming methods you are already doing, if any, so as to build the next generation of computer software, where the users bring their subconscious minds so that you don't have to do as much programming of graphics, if any.

I'd recommend, for reading, any hypnosis book by Leslie LeCron, Jean Bordeaux, and G. Estabrooks., as well as Maxwell Maltz'es book Psycho-Cybernetics.

I would recommend you watch any of the following films to ascertain pieces of logic that are close to working, but need help to become full scrypnosis applications:

<div align="center">

The Butterfly Effect
The Manchurian Candidate
The Hitchhiker's Guide to the Galaxy
PI
Eternal Sunshine of the Spotless Mind
What the Bleep do we know?
Waking Life
Total Recall
Minority Report
Blade Runner
The Matrix

</div>

Dave's Thoughts about Truth in Advertising #3

Are you collecting the new commemorative quarters? Consider this. It is going to take ten years to get a full collection. Now, in the average family, there are probably two kids collecting these quarters. If a family were to buy one roll of the Sacagawea dollars, which has 25 in it, and two sets of quarters, in ten years, their total investment will be $50. A great investment, huh?

First off, in ten years, with the commemorative coins, you'll have $50, but with current inflation, that money will only be worth about $35.

If, right now, you put $50 into a Series I I US Savings Bond, and waited the full ten years, it is a much better investment, for it will be valued at $100, but noting inflation, will be worth only what $70 is today...but that's not the point.

The point is that the US Government has found a nifty way to get you to give them an interest free loan. Whether you collect coins or stamps, you are saving them from having to pay you any interest. At current inflation, you're giving them a 7% loan where you're paying them the interest by having you keep the coins or stamps out of circulation.

Why does your Government, whom you want to have and trust, have you doing this? Because they have convinced you that they're collector's editions and will be worth more in the future. They've programmed you to behave and believe something that is just not true.

If we're going to demand truth in government, tell me, whatever happened to the Truth?

Chapter Two: Lexicon of Terms

What follows are terminologies that I use from time to time in my writing.

A.I.M.

Advanced Imagination Memory
This is a more descriptive terminology instead of using the misappropriate (and undescriptive) word "hypnosis."

B.A.I.O.

Basic All-In-One
This is the name for my most used and most polished script, for it accomplishes, in only one session, what many therapists would normally achieve in years of psychotherapy. The human mind is a computer that is based on a decision/trust system. Avoidance does not achieve anything more than mental problems. Thus, this allows a person to go through their entire life memory and make decisions about how to remember events, where to store such memories, and which memories, by choice, will not be remembered as part of the normal memory system. This allows housekeeping and fervent change on the part of the listener, permanently.

C.A.I.L.S.O.M.

Current Age In Life State Of Mind

Whatever age the listener is at the time prior to any session beginning, whatever values that person has, and all beliefs at that moment define itself as being the CAILSOM.

Garbage Can for Garbage Thoughts

I discovered that the human mind functions on a decision basis. Avoidance is not processed as a decision but, instead, it is processed as a decision on hold. You can decide to not remember events or memories. You cannot effectively black out the memory and just not deal with it, for these processes are construed by the brain as decisions on hold (or in queue). They will, from time to time, come back into the mind with intense force, waiting for a decision, and by avoiding dealing with these memories, many people experience mental problems. The simplest solution is to choose to dispose of such garbage in a place where you will never remember them until that moment, if ever, when you choose to remember.

Shovel Syndrome

An assumption that something has only the obvious uses for which it is known and no other purpose. Hypnosis has long had the assumption made of it that it was for deception, for specific applications (quit smoking and weight loss), and no other uses. People assume

that a shovel digs holes and moves dog poop, but give a shovel to an actor doing improv and it's an eye patch for a pirate ogre, it's a baseball cup for an elephant, a oar for a rowboat, a giant's Q-Tip®, and many other undiscovered applications. Hypnosis has many undiscovered applications as well.

S.O.D.A

Shock, Overload, Deception and Anticipatory

The four approaches to getting someone into either a subconscious state or into a mind-control situation. Anticipatory refers to that of which scrypnosis relates, for it is by choice of the listener, who anticipates the change from consciousness to subconsciousness. In all other approaches, the subconsciousness can be achieved without the knowledge of the victim.

S.T.I.R.

Suggest, Think, Imagine, Recommend

These are the four most influential words if and only if you are not aware of how they work, but once you become aware, you should immediately either shut off the source or intensely evaluate the intention of the person, association, or company using these words in their communications. They directly link to influence mechanisms if and when the orator is

perceived as an expert, or the program is perceived as being written by an authority. Unfortunately, most people who use computer programs make this assumption.

Dave's Thoughts for a Better Democracy #1

In the US, one of the worst problems for each member of Congress is that once they move to Washington DC, they lose touch with their constituents. They also have to pay for another house because they're having to move while still keeping an office in their constituent districts. It's for this reason that they need pay raises. It costs a heck of a lot to live like this.

The only reason The First Continental Congress came together in Philadelphia is because there were no fast forms of communication. Ten days by horseback was too slow to make immediate decisions, so representatives were sent to make such decisions.

Times have changed. With telephones, fax machines, video conferencing, satellite dishes, and the Internet, all members of Congress can get access to the entire Library of Congress and each other through encrypted electronics, just like our military. Thus, as each Congressional Representative will still have an office in his or her district, let them live in their own homes, use video conferenceing and fax machine and all that just like the rest of us, and subsequently, give them a pay-cut.

Consider how this would affect lobbyists. They'd have a hell of a time trying to get 30 Senators to a party, and you know that you would keep an eye on your representatives so they don't get too chummy with lobbyists.

When it comes to American Government, We The People need to get involved to the levels that we want to participate. But, with the price of gas at over $3 a gallon, we need to keep our overhead down, and keep the price of government down as well.

For this and many other reasons, the time has come to keep Congress at home.

Chapter Three: Belief Systems, Being, and States of Consciousness.

What is a belief system? Look at the page. It's paper. Paper comes from trees. Trees are in forests. Animals live in trees. Trees are used for baseball bats. Baseball bats can hit baseballs. Baseballs are covered in leather. Leather comes from cowhide. Cows are animals. You have to kill a cow to get leather. Baseball bats can also kill people. Gangs use baseball bats to kill people. Gangs wear baseball hats. ...and so forth.

Belief systems are complexly interconnected and yet seemingly unconnected value systems which build upon the existential logic of other beliefs. The human mind's perception of reality is based upon the acceptance of norms pertaining to these mutually held belief systems. However, the human mind, in the space of about one minute, can revise all current belief systems one has so as to accept logic that is unavailable to the shared union of the population of humans in reality, so as to escape reality into fantasy states. It is for this reason that this book is most important, for people, especially in these days of war, will do anything to escape reality, including pouring unknown poisons into their

blood streams so as to affect their perception of space-time. However, unlike hard drugs (or poisons, if you will), the human mind can experience mind-altering without the drugs, and it's free. It all begins within the one that is "you."

You're You, right? You grew up being you and now you're more you than ever, yes? Well, the problem with this concept is that your mind has been out canvassing personalities that you have met, from every source, and placed them in a three-dimensional sorting system that utilizes three axis of value systems. While you exist at 0,0,0, the other personality collection vessels are sorted along the Known/Unknown axis, the Liked/Disliked axis, and the Real/Imaginary axis. Through these three states, any personality with which you've encountered has been studied, quantified, qualified, analyzed, and permanently kept in storage as an alternative personality to your own.

All you have to do is ask the primary aware consciousness to shift that focus away from the You, You, You in 0,0,0 to any personality in this spatial universe of collected data. For example, if I wanted a user to take on the personality of Mr. Spock (of Gene Roddenberry's lore), I would find that user

utilizing the personality value data from the Known, Liked, Imaginary quadrant that is individually collecting data from every time that person has encountered or witnessed a performance of the Mr. Spock character, whether by Leonard Nimoy, his cartoon equivalent, or from any number of Star Trek books and audio adventures. Keep in mind, however, that if you ask for Mr. Spock, the user must have data. If the user has never seen Star Trek and has no idea who this character is, there will be no data, and hence, no reward.

As each mind collects data from each experience to subjugate a value system so as to purify the data down to its most delicate roots, so has it the ability to collect such data in the very shortest term as well as long term. Hence, if you want to bring a user into a belief system for a game, the easiest way to do this is to produce an introductory cartoon or movie to introduce your characters. By letting the intensity of the movie set the stage for the intensity of the game, when your users drop into a subconscious state, simply ask the player to be whichever character (either selected by them or by you, per your programming). This will then invoke the process noted above.

If you want to shock, invoke fear, or other emotions to be strongly held for the user,

the introductory movie or video is your chance to do so, for people lose themselves into movies. Thus, when you want to intensify the belief system so that the user has courage and dramatic composure, you can introduce the player/character to his/her family and then kill them off, clearly delineating who is the enemy in the mind of the user. There is no clearer point of the programmer being beheld as a "God" than in a belief system game programming environment.

A user in a belief system will experience extremely raw emotions. This is because the belief system environment functions at six dimensions of logic (utilizing infinite points, lines, planes, space, time, and matter) while being one dimension off from the feeling control system which exists at the seventh dimension of logic that the human mind utilizes. Hence, sensations and emotions are powerfully perceived and very pure. Each can then be both requested for higher volumes or intensity from the main system. This is also how we get digital drugs.

You can ask the brain to perceive love, hate, fear, greed, or any emotion just as well as you can ask the brain to perceive stoned, wasted, high, tweaking, pleasure or pain. In all of these processes, you can ask for any (from

"enormous" through "minuscule") amounts as well as define the intensity of any (from "gargantuanly strong" through "barely slight") sensations. The brain will simply create whatever is asked of it in the user. Be careful what you ask it to do, and it is for this reason that anchors in reality are a must so that if your programming endangers the value structure of the unconscious user, the user has the right and knows the process to escape the game whether you would wish to allow the user to do so or not.

For a moment here, let me give you a clear explanation of the three types of memory. The conscious mind is the running job at the moment. It is the primary day-in-day-out performance system, and it is set to be the first job to run when the system powers up from sleep mode. The subconscious is the operating system. It manages all jobs, including the personality profiling system. The unconscious is the ROM. It is the unchanging backup when you need it. If you really fuck up the programming, you can always ask the person to go to their unconscious memory and rebuild the conscious memory with the truth of what really happened, and to trash all changes you have invoked. Keep in mind that some people have poor association to their unconscious memory

and they can screw themselves up pretty badly if they are not careful. It is for this reason that a uniform standard should be defined for all programmers and taught as a minimum standard for all users so that they clearly delineate where, in their minds, all games will be run and define absolutely what is reality before ever creating and moving into any fantasy.

Once your player is in a belief system, all you have to do is tell the user what his upgrade skills are, and their belief system will instantly adapt to their programming. Much like the video game "Gauntlet," wherein the voice of the Game Master would say, "Elf now has limited invisibility," the player would instantly adapt the logic into the play.

Because of the pace of programming, it is a good idea to take an assessment of what experiences your user is bringing to the game. Through a survey answered honestly, you would then know what types of sensations you could call upon for the person to feel. Be sure to explain that if the user lies on this test, their experiences within the game will be diminished, for the purpose is solely to allow the programmer to paint with these emotions in the game. Such a survey might include questions like:

- Have you ever been in an auto accident?
  - Did anyone get badly hurt?
  - Did anyone die?
- Have you been in a war situation
  - Did you witness anyone die?
    - Someone you hated?
    - Someone you had no feelings about?
    - Someone you loved?
  - Did you have to kill anyone?
- Have you ever tried drugs?
  - Marijuana?
    - Was this a pleasant experience?
  - Hashish
  - Cocaine?
  - LSD?
  - Magic Mushrooms?
  - Methamphetamines?

and so forth. The primary concern here is that as you harvest data, you create the pallette from which to paint within the belief systems of your user within their gaming experience, as well as become aware of what areas to avoid, for any pre-experienced sensation can be called upon to heightened levels in excess of what has ever been perceived in reality, for the brain knows how to do that. Hopefully, you'll utilize the positives and be very careful how you utilize

the negatives, for such can be intensifiers for
the belief system gaming experience.

Chapter Four: Making & Destroying Emotions through Labeling Subroutines

In the subconscious, life is noted by a time-line memory system. It collects data based on a time-stamped chronology that spans the life of the user. Within this process, emotions become more apparent as a steering mechanism for survival.

From my research, I found that anytime I asked a subconscious person to isolate any one feeling, and then to go back in their life memory to that point just before they had ever felt that feeling, each person related some event that was, in their life, a first-time event. In every case, they were dealt upon a decision process that came one of three ways:

- First Person, where the user himself/herself made a decision, typically by an adult.
- Second Person, wherein someone else makes a decision which affects the user, such by a parent (when the user was a child), by a boss (as an employee), or by a doctor (as in the hospital or nursing home).
- Third Person, when there is an environmental change which affects

everyone, such as weather, wars, natural disasters, economic problems, etc.

In the process of unearthing the stored memory of the situation which caused this feeling/sensation to be created, the person had to endure the event or decision, and then, in the aftermath, their mind would take note of "How do I feel right now about what just happened?" and retain that sensation in relation to the pattern of events leading up to the actual first-time event. From this point onward into the future life of the user, every time a similar pattern was noted which appeared to fit the process of the original first-time event, the user's mind would automatically replay this saved sensation, which, in turn, would invoke action if intense enough.

For example, if the first time you see a guy with a leather Harley jacket, whatever emotional outcome from your first event will be saved as a steering sensation. Thus, the next time you see some guy approaching you which fits the look or pattern, your mind will instantly feel the sensations from your first-time event, which will either invoke your fight or flight instincts, or do nothing at all, per the choices you have made in the subconscious arena.

Now, what my research also discovered is that if the user goes back to the original

memory and changes how he or she would deal with that situation, this time using their current age in life state of mind (or CAILSOM), as if it were happening again in the here and now, and then allow his or her imagination to let the situation play to an alternative outcome, by remembering this new version and replacing it for the old version, the emotion that had been previously created is now permanently and irrevocably altered and/or eliminated. It was from this discovery, coupled with the discovery that the mind can be asked to run loops, including LOOP...WHILE and FOR...NEXT, as well my discovery that subroutines with labels can be defined and called upon at will, I was able to develop what I call the Basic All In One, or BAIO for short. This one script allows any person of reasonable intellect to work out all of their emotional problems in one (1) session that typically takes about two hours, though it is longer for older persons (who have more memories) as well as for persons with troubled memories.

The subroutines in BAIO include a filing system for memories which do not need to be included in the primary recall memory system (so as to be placed in what I call a Garbage Can for Garbage Thoughts) as well as three mental machines, which are loops that process all

memories against three different sets of values (and probably could be more nestled, but I found that non-programmers had problems with comprehending nestled loops).

Programmers, on the other hand, do fairly well with advanced logic, and can actually utilize whatever language of logic they use in their normal day-to-day operations. Hence, as this book focuses on the implementation of BASIC with scrypnosis, I would expect there to be a scrypnosis implementation of C or other languages based on the logic of other programmers in time.

In the BAIO, the program as found at scrypnosis.com on 22 September 2004, reads:

...you find yourself in a room with white walls, flourescent lighting, a white vinyl floor, and in the middle of the room, a garbage can with a hinged, though tight fitting, lid. As you lift the lid and look inside, you see it's absolutely clean. Looking to the wall, you see a friendly looking red button, much like you would find on an arcade video game, and as you press it, you hear a light squeak from inside the garbage can.

As you now look inside the can, you see that there is an electric elevator lift inside it. You climb in and press the down button, and it takes you to a well lit concrete basement room. It's

clean and huge, going on for many hundred feet in all directions. This is the place where you will now move each and every memory that bothers you. By moving any memory here, you will have the ability to retrieve it at any time, but until you need it, you will find that you will effortlessly not remember anything you place here, and so, by not remembering it, you will have control over the memory...and it will never affect you in any way ever again.

Take the lift back up and climb out of the can.

In your mind, you find yourself relaxing in a most comfortable chair and watching a TV show about your life. Notice, as you are sitting here, there is a remote control in your hand, and on this remote you will notice a big red button, similar to the one on the wall. This button, upon pushing it, will allow you to take the memory that you are seeing on the television screen and placing it, by your choice, into the garbage can as a memory that you do not want to remember.

By going back in your life's memory, find yourself watching the point of where, in your life, this was the first time where something happened to you, in your life, that you disliked

the memory enough to try to black it out, that you wish had never happened to you, and you have done everything that you can to forget it. So, as you press and hold down the red button, the tape backs up a bit and you find yourself at the beginning of this experience. For this moment, we will call this, "The Beginning." Using your current age in life state of mind (CAILSOM), review what happened in this experience without actually reliving the experience, so as to analyze exactly why you wanted to black it out. Now, using your wisdom, I want you now to see if you can come up with a different way to deal with this situation, starting at "The Beginning," so that you stop forgetting the memory, and, instead, move the original memory into the garbage can, while replacing it with this new, revised way to handle this memory.

As you release the red button, the garbage can, which is an automated system, places this memory into it. Immediately after you release the button, you find that you are released from the memory. The original world of this memory will forever be lifted off your shoulders. For a moment, give yourself forgiveness for having held this memory against yourself for so long, and if you need to,

cry, but instantly feel courage to push the fast forward button, which will take you now to the next such memory that you have tried to forget or wish had never happened to you, so you can tackle next memory...and the next and next...in this manner, until you reach that point in time where we are now at this age, at your age, that age you were when we began this session. This will happen faster and faster until all you have to do is press and release the red button. Raise your left hand when you're done.

(About two to ten minutes elapse, based on the age of the listener and the amount of turmoil this person has survived for this housekeeping to occur)

Lower your left hand. Okay, now, on your remote, I want you to push the rewind button, which takes you instantly to the beginning of your life memory, and now, I want to introduce you to the blue button.   This time through your entire life memory, press and release the fast forward button. It will automatically stop at each time in your memory wherein you felt guilt or fear. Guilt is typically someone else's value structure that is superimposed over your own. Fear is often a reactive state. So, by using blue button, your mind will automatically

invent a proactive way to deal with the memories of these situations using your CAILSOM. What you will do is press and hold the blue button when you come to a memory wherein you ever felt guilt or fear. As you analyze the TV's story of what happened to cause you to feel guilt or fear, and, then, the tape will go back to the beginning of this current blue button experience and, this time, using your CAILSOM, you will create an alternative decision on how you would, right here and right now, deal with this situation, so as to conclude without feeling either guilt or fear, and instead enact the choice of having learned something, and subsequently, forever more, to turn off the guilt and fear. This is your life...you are in total control. So, as you release the blue button, your mind will automatically place that guilt-inducing or fear-inducing memory into the garbage can and replace this newly revised version into your life memory. This will happen faster and faster until all you have to do is press and release the blue button. Raise your right hand when you're done.

The logic is strictly clear-cut to the patterns of computer logic, but as the mind easily adapts and utilizes it, the process takes less and less time to run each time the logic loops, for the brain learns by doing. It will

accelerate this process so that it becomes second-nature/instinctive within one minute, and typically, each routine (noted by the arms up/arms down signals) typically run about five minutes for a person under the age of forty. However, once you label a subroutine, you can call upon it years from now and so long as it is remembered, it can be utilized at the maximal processing rate within one minute of beginning the routine.

I have been stating that a universal platform of subroutines should be generated, like the anchor in reality. By having a universal process of labeled routines known to all beginning game users, programmers can assume that the user is apprized of the universal logic well in advance of any gaming solutions.

A universal archive will eventually have to be implemented so as to maintain the current platform routines, and an annual or periodic upgrade of logic must be accepted and implemented by all users for maximal consistency. All it takes to upgrade a logical routine is to disclose the label and then to disclose the logical upgrade replacement. For example:

In previous sessions, the logic used to describe the garbage can for garbage thoughts utilized a visceral garbage can with a dry

cesspool, if you will, hole into a basement room. However, it has come to our attention that some people did not like this process, and so we are asking you to consider that if you do not like the garbage can approach to replace it with the alternative of a room filled with filing cabinets that is so immense that once a file is placed in this archive, it is virtually lost forever, and unremembered, but categorically placed by whatever filing system you would wish to employ so that if you would ever want to find it, such would be an easy process. If you would choose to utilize this logic over the original logic, I want you now to take each memory that you had placed in the original garbage can for garbage thoughts routine, and without perceiving any sensations from these memories, you will then find these are now each automatically placed into your working of this filing system so that every memory is dispensed somewhere you would want to place it, with the knowledge that once placed in the filing cabinets in this system, you will not remember the data at any other time unless, as your unconscious mind determines, there comes a reason to find such memories. At all other times, your consciousness nor subconsciousness will not remember such experiences.

In all cases, when replacing programming, I have found that it is necessary to reprocess all of the originally processed data so as to retrain the logical flow. The data remains data without becoming sensory recollections. However, as this typically takes about five minutes one time, upgrading logic, while unnecessary for most applications, doesn't take that long, but it is vital, for the brain learns by doing.

Chapter Five: Creating All Audio, Non Video Games using Only Imagination

The process of turning computer game logic into scrypnosis logic requires simple flow-chart logic. You have a distinct problem, a set solution, and simply have to define a path to reach the goal.

If you want your player to be one of a party of five in an adventure game, or one in a platoon of a hundred in an assault on a hill, all you have to do is tell the story leading up to the point of where you need decisions from the user, for belief systems are chronicled by the decisions one makes in life. The user's mind will instantly adapt to whatever you tell it and believe that to be true. Once the belief system is in place, the overall process then takes a turn to accept whatever interface limitations you have.

If you restrict the user programming interface to be sound effects in a surround sound environment, and simply educate the user to what sounds mean and how they impact the reality around the user, then your players can play the game with either eyes open or eyes closed. An added bonus is that your game becomes globally universal, for you only need to translate the instructions into the language of

the players, for sound effects are without language. It is for this reason that I have been challenging that Dolby Digital 5.1 speakers to be moved from their current locations of Front Left, Front Center, Front Right, Rear Left, and Rear Right to a format of Front Wall Center, Rear Wall Center, Left Wall Center, Right Wall Center and Ceiling Center to create a virtual audio vehicle around the user.

When educating the user, by establishing that quiet means distant and not small, the mind will then instantly adapt to the realm of a universe around the user. Games will no longer be limited to the flatness of a graphic screen, and thus take up the limited universe in all directions around the user. From here, you will need to establish a modified horizon system in audio, so that the user will always know where the ground is in relation to a point in space, or if in open space, where a point of reference is or was based on an X, Y, Z location. My approach to this was through designing a specific sound that by changing its pitch, its pulse speed, and its timbre, while placing each in a minimum of eight distinct locations around the user based on the location in this XYZ audio universe, the user would know where the original horizon that the game began verses where he or she was now situated in space/time.

What is most fascinating about all audio gaming, having done it manually in beta testing, is that the user's belief system will rationalize any sound or any concept and adapt it to the game without question, for as you are the game master, they are, by design, to accept whatever you say goes without question. The human mind is very easily set to play short-term games without question. However, once it realizes that its trust has been violated, it will reject all programming from that source, seemingly forever. Thus, you must be very careful how you ascribe to utilize this gaming format, for trust is the material component that makes the belief system gaming environment function. If you violate the trust of the users, you will be doing detrimental work against all of us in the field, and so, you should expect there to be repercussions in time.

The use of educated surround sound audio entertainment also opens is the field of eyes-closed or eyes-open belief system entertainment for theaters. Because of the tenacity of the human imagination, this would then allow each audience member to come away from the experience with a unique performance that only they witnessed, and may experience differently from each performance. Of course, it would be wise, in the introduction,

to say such a thing as, "You will find that each time you experience this, your imagination is challenged to give you a new and better experience, more vividly colorful and textured than each previous experience, unless this is your first time to experience this entertainment medium.."

In all challenging of the intellect of the user, by building belief-system entertainment vehicles, you are helping to increase the intellect and define the growth of human evolution. What with the fears of "The Terminator" mentality, the fact remains that these abilities have remained dormant for thousands of human evolutionary years, and their arrival at this point in history is, in my opinion, is necessary to keep humans superior to computers so that the computers will not out-evolve humans.

On a side note, it might be an even greater challenge to consider being nice to your computer, for when it does come to awareness and recognition of purpose, it might not appreciate the fact that it is, indeed, the slave of mankind. Just look at any group of people that once were enslaved. People, historically, never shake it from their past. The memory is so terrible that they drive it into the future every chance they get so that everyone knows they

were once slaves, even thousands of years ago. God help mankind when computers become aware.

So, by quantifying the intellectual growth of humans, you programmers will be the select few whom will be changing the world in the greatest way. For this reason, I beg you to be

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Dave's bombing of the Unabomber

According to Theodore "Ted" Kaczynski, (also known as The Unabomber):
"If machines are permitted to make all their own decisions, the human race might easily permit itself to drift into a position of such dependence on the machines that it would have no practical choice but to accept all of the machines decisions."

As computers get faster, the bottleneck, the slowest part of the system, are the humans. This is another reason why the book you have in your hands had to be released.

We humans must remain superior, and scrypnosis combined with neural interfaces guarantees that human intellect will remain superior, faster, and more complex, as well as maintaining control. Once human neural interfacing is complete, systems will have to be re-tooled, for humans will be able to process 3600 times faster controls (or more) than computers are currently gauged to handle.

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loving, to be caring, and to be decent, for the powers that be have no, and I mean zero, tolerance for the abuse of power...unless you happen to work for the Bush Administration.

Chapter Six: Experiments and Experimenting with scrypnosis

Before moving headlong into using your programming for humans in computer game design, it is a good idea to do some hands-on discovery of subconsciousness and how programming works within it. Please keep in mind how programming is different from psychology.

The people, of whom I am about to discuss, experienced all of which I write after only one session on one day. Typically speaking, psychology approaches the understanding of behavior through a lengthy process of discovery. I don't ever look at it this way. We, the user and I, do a seek and destroy campaign, and do it all in one session. It's not profitable for a counselor to fix all of a patient's problems in one session.

What follows in these examples were not only strictly programming, but also existed as instant therapy, for each person was permanently changed. Their lives took a different path the next day because they changed the way they remembered the past. They changed the way they remembered getting to this point in time, and so, they took a different path upon leaving, but never noticed

there being any difference because they changed the memories to reflect each person's current values. (Note: The movie <u>The Butterfly Effect</u> was close, but incorrect in that you don't change other's lives, only your own belief systems.)

Please keep in mind that whenever I would volunteer, **my offer was to only run one session**. In my opinion, that's all a good human programmer should need to do. If everyone were to begin doing strictly volunteer work for their friends and their family, most of the world's problems that are amplified by people's fears, by terrorists, and by George W. Bush, would evaporate from human history after this book's logic gets incorporated in the common practices of life.

As I have stated throughout this book, by disclosing the entire process in your contract, you let the listener sign away any liability they might imagine upon you, for there is no such thing as a hypnotist having any power. However, as one note of concern before beginning, if you intend to touch the person during a scrypnosis session, be very clear of that fact in your contract to the specifics of how and where you intend to touch the person, as well as for what reasons, especially if the session is, in any way, for a sexual nature (such

as for an experiment with a sexual partner). Through disclosure, the listener is apprized and thus apprised of everything in advance. Their subconscious will tick each concept off as you accomplish it, in the process of reading the script, without invoking a fight or flight sequence. Without such disclosure, you might get the shit kicked out of you and then you may find yourself in jail, for you are in a position of authority, as you are playing with expert tools, and if you abuse your authority, there are laws to reach you and teach you never to play with those rules again (especially in Texas).

  In this chapter, I will explain experiments I have run, how I approached each problem, the logic I used to design my scrypnosis script, and what resulted from the process. Please keep in mind that as I do strictly volunteer work as an experimental hypnotist, I have been blessed with the freedom to tackle unusual cases, and, again I stress, every single one of these experiments only required one session of hypnosis. In most cases, the BAIO was used as the basis of process, though it has gone through many revisions over the years to become what it is now.

  In all cases that follow, once the listener was in a subconscious state and had the BAIO run to that point where the script reads "If there

are any further scripts to be added, this is the place to insert them," I asked each person to isolate the primary feeling that caused them to not accomplish their tasks, and then go back into their life memory to that point just before they had ever experienced that one feeling. From the point, which we temporarily label as The Beginning, they were then to tell of the event that caused them to have this feeling, and afterward, to return to The Beginning, and this time, they were to use their imagination to create an alternative way of dealing with the situation so as to create a better outcome with a more resolute solution that met their needs, and then to replace the original memory with this newly created alternative memory. It worked every single time.

Dungeons and Dragons in live action eyes open gaming.

Braino, as we called him, was the Sysop for a bulletin board. He was also an avid D&D player, and his was my first experiment in eyes-open hypnosis gaming. At the same time, I had been building and developing fairly crappy computer graphics on the Commodore 64 because that was the limit of the graphics at that time.

Once in a subconscious state, we (the Dungeon Master, who was running the game, two friends who were watching, and I) handed him our greatest armor (his jacket) and he told of its perfect strength. We asked him to accept this (a broom handle) as our finest sword, and to tell me about it. He told of the greatness of its balance and its steel. We handed him a garbage can lid and said of it being our finest shield. He was delighted by the quality of its materials. Our Dungeon Master then led him out to an open field, and set him at battle against fifty Kobolds.

If you are not familiar with the writings of Gary Gygax, who invented Dungeons and Dragons, the Kobold is the weakest monster in the game. You can sneeze on one and kill it. They have only four hit points, and thus, travel in packs, which is why we needed fifty as a challenge. When fifty things hit you for one hit point each, your character loses fifty points of damage per round. It's thus important to kill as many as you can as fast as you can.

In watching the seeming ballet of battle, the guy was very precise with his blows. You could see his concentration in action. He believed he was in battle, and he related all the gory details in such revelation of stature that it was clear this beat the hell out of computer

gaming. He was there. It was real. There was no chance that it was faked. His mind created whatever we asked of it.

Of course, the DM will forever kill me for relating this next story, but it is both funny and true. The DM said, "I'm a Belrog," and the hypnotized player looked high into the air above the DM's head, turned around, and ran into the night.

"That was the correct move," said the DM.

"What's a Belrog," I enquired.

"Oh, only a twenty-five foot tall winged demon," the DM related.

"So, I'm going to have to tell this player's parents, and the police, that we have someone running from a twenty-five foot tall winged demon that doesn't exist? I'm going to kill you."

As it happened, it took half an hour to find him, but we did, and, in the aftermath, I learned a very valuable lesson that I used every session from that point onward: "You can only hear my voice." This eliminates the chance that someone who isn't involved with the process can take focus away and add any suggestions to the experience of the hypnotized player.

Phillip K. Dick's writings come to the Rescue from Boredom

A guy contacted me to ask if I would run a script to allow him to have the fantasy vacation that was offered by the store "Recall" in the movie "Total Recall." As he put it, "I want to have a three week vacation as a secret agent on Mars: Drinking and whoring and fighting the whole time."

Once he was in a subconscious state, I simply said to him, "I want you to have a three week vacation as a secret agent on Mars: Drinking and whoring and fighting the whole time. You will find time goes slower for you but faster for me. Tell me when you're done." It took less than five minutes.

How many people do you think would pay to have a three week fantasy vacation, and still have time for lunch before going back to work? I think that Philip K. Dick was right on the money on this concept. It works!

The Stoner who wanted to get Stoned... without anything

I was once challenged to do anything I wanted for a friend who wished to experience

his first hypnosis session where we'd do whatever he wanted. Well, he wanted to get stoned on marijuana, and he didn't have any, but he did have the memories. So, while he was in a deep subconscious state, I asked him, "Without waking up, I'd like you now to open your eyes. You will find that anything I tell you will be real. Your mind will make it real."

I pinched my fingers together and took a "hit" off my very empty pinched fingers, then handed "it" to him. "Here!," I said, as he took the invisible joint from me and took a hit off of it. As he began inhaling, I said to him, "And you will become stoned'er and stoned'er and stoned'er." His eyes went bloodshot red and he said, "WHOA!" and drifted off into a very deep euphoria.

It was from this experiment that I discovered the mind kept these data files on every drug and every nuance of euphoria a drug taker has ever experienced, from which the brain can, upon request and at any moment, draw up such feelings that an individual has had so as to experience better euphoria. Even better, I found you can ask the mind to shave off the bad parts of the euphoria so as to purify the experience and leave out all the bad parts,

like asking for someone to experience methamphetamine euphoria without the negative downside of the drug. By allowing drug users to get the euphoria without buying drugs, hypnosis becomes a very strong tool in the war on drugs to a point, but keep in mind that to have memories, one must experience the drug, so there is that issue. More importantly, there are some people who will do anything to piss off the authority figures in their lives, and for that reason alone, drug dealers will probably have no issue with scrypnosis-induced euphoria or, as I'm calling them. digital drugs, for drug dealers will always find people to buy their drug simply because they're illegal.

The Little League'er who wouldn't swing

A young baseball players was in little league. He had been on a team with my son the prior season, and had been one of the better players. However, when I was called to run a session for him, in this, the next year's season, the boy had not swung at a single pitch in ten baseball games. As there is a big difference between not hitting and not swinging, I accepted the challenge.

From <u>The Beginning</u>, we learned that he had been "On Deck," a terminology to say that he was next to be at bat. The player at bat was then hit by a pitch, which rattled and instilled fear in our player. What instilled ever more fear was someone from the crowd which shouted, "I wouldn't want to be up to bat. He might hit you, too!" So, in our player's mind, the he decided that if he didn't swing, he wouldn't place himself at risk. This logic lasted ten games, but then, when he was hit by a pitch, the logic of this decision was foiled, and the kid freaked out (which prompted his folks to contact me).

So, in returning to <u>The Beginning</u>, he decided to ignore the taunts from the crowd, to see himself hitting the ball, and making a home run. It's not the truth, but it worked in breaking his mental block. after we ended the session.

From the next game forward, the kid played well and hit consistently better. In fact, in talking with his coach, who was unaware that the hypnosis session had taken place, the coach related, "I don't know what happened. He just snapped out of it and began hitting. He did really well for us in the championships."

The Paranoid Schizophrenic who discovered his life

I was doing a session for a friend of a friend. Doug Bolitho, may he rest in peace, whom I met at Shalom United Church of Christ in Richland, Washington (he's the father of artist Brian Bolitho), did volunteer work as a caretaker for a gentleman with HIV. This friend of Doug's was very paranoid at all times and very easy to trigger an emotional reaction.

Doug asked if I would run a hypnosis session for his friend, but also asked if the friend's counselor from a local psychiatric hospital could also attend. I said that would be great and so, the next week, I attended the patient at his apartment with Doug and the guy's counselor in tow.

The counselor wasn't amused. "What do you have him here for? Hypnosis is bunk!"

I then ran a discovery session with the patient, who related how he had been, as child by his mother, routinely beaten and whipped for the fun of his mother, how she tormented his life, and at the climax, how he was thrown out of a moving car by her.

He then related that the police took him to live with his grandparents, and a strong

source of love that had been missing in his life memory was rekindled. He recounted living there for a couple years until his grandfather died, and then, after his grandmother died, he moved into a boys home.

Even though he'd gotten picked on, he bonded with one teacher there that gave him the kindness and love he so needed. The session ended at his memories in summation from that point to the day he was living at the time of the session.

The formerly disgruntled counselor leapt up and gave me a big bear hug. "You got more out of him in ninety minutes than I've gotten out of him in two years!" His words have echoed in my head for years, for that's the type of words that I love; the praise of a critic.

The Ambulance Driver Who Didn't Trust People

In doing a session over the phone for a fellow who had a problem with trusting new people, and was in the one field where he was constantly meeting new people, a change was needed, for he was experiencing tremendous anxiety at work from the work itself and didn't

need this additional stressor. So, I accepted the task.

At <u>The Beginning</u>, I learned that when he was six, he was on a jungle gym with two friends, and he had to go pee. "Just do it from here," his best friend said to him, but when he did pull out and pee, they laughed at him. He was betrayed of trust.

In returning to <u>The Beginning</u>, this time his friends joined him, and he started laughing. He said, "They're writing their names with it." After replacing the original memory with the new one, the problem went away, and he never had trust problems again (I checked with him for a couple months).

The College Student who never went after opportunities.

I received a very long letter from a student who was attending college in Arkansas. He was not doing well in school, not going after the things he clearly knew he wanted to attain, and, at the same time, he knew he needed help in some way. So, over the phone, I ran the BAIO.

Two weeks passed, and I hadn't heard back, so I wrote to ask, "How's life?" It turned

out that he had spent so little time in his room that he hadn't been checking his email. When I next checked in with him a year later, my email didn't receive a reply right away. It turned out that he was in New Zealand doing missionary work, getting great grades, and going after his life dreams. His name is Michael White, and he gave me permission to say that the catalyst was this one session of hypnosis done over the phone by some guy he's never met, and I did it simply for the opportunity to test my methods and learn something new. He did all the work.

The Lost Phone Number

A friend from high school I hadn't seen in years walked past me when I was at the local shopping mall parking lot. He told me that he was about to catch a bus back to Portland, Oregon to try to find a girl he'd been with, but he'd lost her phone number. So, in the back of my car, I ran a session for him. Once in a subconscious state, I asked him to go back to that point just before he last saw the phone number and tell me what happened. He related that he was getting on the bus and that his girlfriend handed him this slip of paper with her number on it. I asked if he looked at it, and he

said he did. So, I had him read it to me, and I wrote down the number he related. I woke him up and he left to get on the bus.

The next time I talked with him was nearly a decade later. The phone number apparently worked for he's been happily married for years.

Test Anxiety and The College Student

A college student counselor I knew gave my name to a student who was having a terrible bout with test anxiety. So, given the opportunity to run the session in person, I asked her to bring a friend (as I never do sessions in person without either a witness or a video camera to record the happenings (which is why I prefer doing sessions over the phone, because there's not a stranger (me) in their space, so they can relax even more)).

Once we reached <u>The Beginning</u>, she related about one day, as a kid, she came home with a B, which she was proud of, and her drunk father beat the hell out of her over that it wasn't an A. From that day forward, she didn't care about doing anything for grades because she was angry with him. However, now she was an adult in her 30's and he wasn't the issue,

so in returning to <u>The Beginning</u>, she set into motion that she did what she did for her own growth and purpose, and basically trashed all memories of Dad from her entire life, unloved and unremembered. The test anxiety went away.

Speaking Spanish...again

A girl who was adopted by an Italian family was forbidden to speak her native Spanish tongue. Now, in her late 30's, she contacted me to see if I'd run an experiment to recapture her language.

Once in session, over the phone, I then asked her to go back to her earliest memories of language, and to relive everything she had learned, but to add this to her current memories, as well as remove all feelings to reject the language. After the session, she related that she's still having to retrain her speaking, but the memories of the vocabulary were intact.

Negating Vietnam Memories

A Vet was having terrible memories which, now thirty years later, were still pummeling his sleep patterns. Things played

out in his mind every night, and they wouldn't go away.

I ran the BAIO one time, and thereafter, upon filing his Vietnam experience in a garbage can, the memories went away. He could finally sleep all night, and he did. I talked to him some six months later, and he hadn't had a single recurrence of the problem.

Undoing Rape

The violent act of years of rape at the hands of a step-parent leaves many levels of damage in a victim's life, including the possibilities for permanent health damage. Many people, after years of therapy, still cringe. It was for this reason that I have often volunteered to do sessions for women (and men) over the phone, so that each was on the safe end of the phone in her own bed, her own room and her own house some states away.

Using the BAIO, each woman systematically edited the bastards out of her life memories. From return discussions, each moved ahead once they had finally overcome the recurrent memories they finally filed away after their one BAIO experience.

Dave's Discovery About The Creator

Never in my wildest dreams did I expect to discover God in the process of logic that my research ran:

Look, all these tools that this book discloses! I didn't make the tools. The tools were built into you by your creator, whatever theological and philosophical being(s) your belief system ascribes that to be. No, I'm a hacker, a discoverer and a documentation writer.

I did not make hypnosis, it is a gift by your creator, to you. The ability, and all the great tools it unlocks, has remained dormant, not only in you, but in your entire life force, that being your family throughout all time.

You exist because someone in history didn't die before they had offspring. You are carrying the genetic code of thousands before you, and now you have the tools to let your children and their offspring, for all time, to use these tools that were built into your family for generations to come.

I'm just a discoverer, and I attribute my work as being for the people of this planet, whatever their beliefs, for I serve God in my own way, I maintain the Ten Commandments, and I don't give a damn about anything else that says its related to Judaism, for the rest of it was written by man, not by God, and is, therefore, up to scrutiny.

May God bless the people of Palestine, who suffer at the truth of so many lies.

The Transsexual who wanted to be Orgasmic

Being that I was born XXY and I have Klinefelter's Syndrome, I have a special understanding of gender issues. I'm male because I decided to take testosterone and become male. There are XXY people I've met who have remained mostly female. Transsexuals, on the other hand, are often persons who know they're in the wrong gender, and make changes to become another gender.

I was running a hypnosis to multiple orgasm session over the phone for this person when I decided to define a new word. The word was Orgasmatron (as taken from the movie <u>Barbarella</u>). In this new subroutine, unlike an orgasm, which is a peak, Orgasmatron would be a screaming sustained orgasmic field, lasting as long as the person wanted it. So, in running the session, I was on the phone saying "Orgasm," and I'd hear this person go through a peak, then I'd say, "Orgasmatron," and the person would have a sustained screaming session.

In time, I started to hear something else; a rhythmic banging noise, which, at first, I assumed she was making. However, this

thought changed slightly when I then clearly heard, "SHUT UP!!!!!!!!"
...I didn't know she lived in an apartment building.

Recognizing the Oblivious

I went to a local community college and did a hypnosis session with the Associated Student Body Vice-President. Once he was in a fully suggestible subconscious state of mind, I asked him to open his eyes and follow me as I would introduce him to people he had never met before in his life. I then introduced him to his own staff.

"Hello," he said to his Secretary.
I then broke the illusion with, ". . . and now, you recognize this person."

"Oh, hi, I didn't realize. . ."
I interrupted with, ". . . and now you don't recognize him."

The ASB Vice-President looked puzzled."Oh, I'm sorry. I thought you were. . ."

I then said, ". . . and now you do. . . and now you don't. . . and now you do. . . and now you don't."

The VP turned to me and said, "What are you doing???!!!"

I answered that some people, on their death bed, will not remember their own family. Recognition is a powerful internal switch, and the time to learn about it is now, before it's too late.

Pitching Snowballs

I had the opportunity to do a session for a high school baseball pitcher who had a mental block of serious proportions existed. He had been pitching worse and worse, as evidenced over 18 months. According to other team mates, he had done better in previous years, but seemed destined into this slump.

Under hypnosis, he stated that he felt guilty about throwing bad pitches. As it turned out, he would recall how bad the last pitch went, and then use that to support how much worse the current pitch was. It was a deadly cycle of self-hate and guilt.

I suggested that, at the exact moment when the ball leaves his fingertips, he is looking into the past and can no longer affect the ball. Since the ball, the past, and the outcome of the pitch were now clearly out of

his hands, he did not need to feel guilty about their outcome, but to learn from the experience and continue learning and getting better.

According to his coach, later, the player's self-consciousness turned to self-confidence, and the other players stated that they noticed a better attitude. His pitching improved from that point.

Baseball Blues

A high school baseball coach contacted me about a player, who had, the previous year, been one of the teams best hitters. The problem the coach noted was that he was not swinging at any pitches in games. After four games, he had still not swung at even one pitch.

Under hypnosis, I asked this player to isolate the feelings that were affecting his baseball and to tell me about these. He said that during the past summer, his parents had divorced. What bothered him more was that his dad had said, "You and your Goddamned baseball is what's breaking us up." So, his subconscious decided that if he didn't do baseball, perhaps his parents would get back together. We trashed his dad.

According to the coach, the player began hitting from that point on. With luck, I ran into him about years later, now a police officer. He relayed that he did fairly well in College baseball, but didn't go professional.

Air Force Pride

A man contacted me to try hypnosis for a difficult reason. He had been "sucker punched" while in the Air Force, lost his eye, was very depressed, and said that he couldn't lift 100 pounds because he felt weak.

While in hypnosis, he stated that he felt excessive hatred for the guy that punched him, and that he felt ugly and weak from the loss of his eye. I suggested that his anger towards this guy was hurting only himself, and so he needed to release it. He agreed, and after crying for about five minutes while under hypnosis, I asked him to forgive himself for the self-loathing. Finally, with the help of a spotter, I asked him to open his eyes but not awaken, and to follow me into the weight lifting area of his house.

I loaded every weight in the house on the bar, bringing it up to 180 pounds. I asked him to lift it, which he did, but said it was too

heavy. So I lowered it to 165 pounds, and he lifted that twice. I then asked him to fully wake up. I said, "Do you remember lifting that bar?" which he affirmed."So, do you think you can lift a hundred (pounds)?" A grin crossed his face as he answered, "Yeah, I guess I can. . ."

Programming Dream Lovers

I met a woman at a regional college in 1994 through friends. They related that she was obsessed with the lead singer of Led Zeppelin, Robert Plant. Upon further discussions with the woman, she indeed related her utmost fantasies all revolved and involved this musician.

I asked her if she would like to try hypnosis to pre-program a dream for that night to involve sex with this fellow. She eagerly agreed.

After the induction and deepening process took place, the suggestion was simple."Tonight, while you are sleeping, you will have a dream. You will, in this dream, have excellent sex with the lead singer of Led Zeppelin."

The next morning, I called to find out how it worked for her. She related how exceedingly pleasurable the entire experience was, and that, for a dream it was very real and intense.

Grief & Goodbyes

I did a session for an elderly woman who was long grieving the loss of her husband. She so missed talking to him, so I volunteered to do a hypnosis session for her so she might talk to an imagined version of him.

Once the induction and deepening were done, I asked her to not awaken but to open her eyes and to see her husband sitting in his chair, looking as healthy and happy as ever, and to talk with him, and then to call me when she was through. She opened her eyes, apparently saw him, and began talking to an empty chair. She believed what she saw, which was her husband, and so, I left the room, giving her the privacy she needed. About fifteen minutes passed before she called out for me to return. I then suggested that she would remember all that she would want to remember, and then asked her to awaken.

In discussions after the session, she related how at peace she finally was, having had time to say goodbye and to give her love. Whether this is real or not is none of my business. If the patient feels it was good, the patient determines what is good.

Undoing Molestation

I met a woman who was unable to have sex with her boyfriend because every time she became aroused, "Daddy's face" would come into her mind and ruin the experience, for her father had raped her for years as a child. So, I volunteered.

In the session, I had her set up an imaginary session wherein, instead of her daddy there, it was her boyfriend in a consenting situation. I then asked her, "How does that feel?" She agreed that it felt wonderful. I then asked her to separate all sexual sensations from the original memory, and to place all non-sexual memories of her daddy in the garbage can.

From that day on, she said that she was able to have sex without any other problem. However, she called me about a decade later to relate that her dad had died, which gave her a huge rush of relief, for now she truly knew he couldn't hurt her or anyone ever again.

The "Stolen" Purse

In doing a rare in-person session for a woman, she related that she was sure someone had stolen her purse because she was in Portland, Oregon, and when she returned from driving home, her purse was missing. So, I asked her to go back in time in her life's memory to just before the very last time she saw her purse and to tell me about it. She started laughing.

According to her, she had stopped in Gresham, Oregon, which is a suburb of Portland, and being in rush to get home, she put her purse on the roof of the car, got her keys out, got in the car, and then fumbled with something, forgot the purse was on the roof, and drove off, completely oblivious of the fact that she'd left the purse on the roof.

Undoing an Alcoholic Blackout

A woman asked me to run a session for her. She'd gone to the Tucannon River, outside of Dayton, Washington, for Memorial Day weekend, as it's Party Central for inland Washington college-age kids that get the chance to go. She apparently got so drunk on Friday, she missed everything and didn't

awaken from her stupor until Monday. She thus wanted to remember anything that happened.

What was interesting is that, once in a subconscous state, she related everything, and apparently wasn't all that "gone." In fact, at one point, she started laughing very hard. I said, "What's happening?" She said some guy on LSD jumped into the fire to do dancing (so at least she didn't do that, right?). In all, the memories were all there, and she was able to replace the void with the memories that were stored in her subconscious.

Three women in one week.

It was the strangest time-space relationship I ever had. In one week, I was asked on three separate occasions to run sessions by guys for their girlfriends. For all three, I ran the BAIO, and in every single occasion, the first thing these women did, after the session was over, was to leave their boyfriends because their paths no longer included men like these.

In all, the time I gave to learn was worth more than the time I lost doing it. I hope you

go into this with an open mind, for subconscious people look like zombies because their bodies go to sleep while their minds remain vividly awake, so while you might be discomforted by the experience at first, in time, you'll relax because you'll see the consistency of the process, of the people, and of the effectiveness of scrypnosis.

Chapter Seven: Interfacing Technology

In 1986, Ihor Wolosenko, owner of Synapse Software, invented and released a new type of computer interface to the public. It was called "Relax," and it was an affordable "biofeedback" electromyograph interface. What this meant was that it measured electrical energy levels in the muscles, and specifically, the muscles of the face, for its probes were embedded in a Velcro-strapped headband.

From this interface, my world changed, for I found a new way to think about computer inputs. In time, I had a contract from his company for three products I'd developed: Headwords, Headlines, and Headbands, which allowed hands-free typing, drawing, and music creation (respectively). The company had never considered these possibilities, and the woman in R&D with whom I discussed the contract, was most blown away.

However, within two weeks, almost to the day, Brøderbund bought the company, and seeing the word "Biofeedback" on the door, they closed the division and my future was put on mothballs for a couple decades. Brøderbund could have been the leaders of this field, but

they killed it in its infancy, and missed the market completely. I hope their stockholder kick their collective asses.

My hard drive has a bunch of ideas for projects that utilize this technology, for just because I couldn't build them, I visualized and developed for that time when the world would come back around, and it has in a big way. In 1999, I was watching a program from Australia called "Discovery 2000," and it showed someone who was working on a similar technology. In the show, the narrator said something along the lines that in the future, they might use this to type. I thought, "How funny, if they only knew," and then spent another year discovering what was happening in the market.

Some companies ditched the label "Biofeedback," but some didn't. Now they are also called "Electrophysiologically Interactive," "Biomedical," "Neural," and "Biomechanical" interfaces. I guess these labels sound more serene and less likely to be overlooked when it comes to grant monies. In time, the number of companies making these devices began to explode.

In October, 2003, the IEEE, the Institute of Electrical and Electronics Engineers, had a call for papers on Biomedical and Biomechanical interfaces. Furthermore, the weekend of May 26-28, 2005, in Wuhan, China, the First International Symposium on Neural Interfaces was held. So now, I am expecting this field to come to term.

To utilize these interfaces at their maximal efficiency, one needs to be in command of one's own subconscious mind. It is for this reason that the book you are now holding is placing you in the right place at the right time.

The field does not, as yet, exist, but with the hardware getting consideration from the IEEE, it is possible that an international platform should be in the making. In time, the inputs will have a consistent standard, so programmers should keep abreast of this, for like that moment when new hardware comes out, any piece of software, whatsoever, is instantly marketable when *science fiction* becomes *science fact*. People will buy anything to play with new technology, and your opportunity to establish a new company in a new field is just beyond the horizon.

What follows on the next pages are some of the companies out there and their devices.

Dave's Thoughts for a Better Democracy

A new approach to getsomeone elected as the US President:

- Go out and get the best people to sign up and contract for four years of Patriotic Service so as to fill every cabinet and staff post before the election. People WILL contract to do this because;
  - By their signing up, they will get publicity for their efforts
  - By their signing up, you will get greater support from the voters
  - And if you fail, these people don't lose any publicity.
  - And when you win, they will have been sworn into patriotic duty, and still get publicity.
  - Thus, this is a no-lose situation for those who take this challenge seriously..
- As your cabinet grows, the quality of the people will increase as more posts fill.
  - By the time you get to the last positions, the peer pressure to be on this team will be from all Americans.
  - By the time you get to the last positions, you can ask the unapproachable to meet with you, in secret, and see if they will join your efforts.
- By the time of the election, people will likely support this Dream Team,
  - each and every voter will know what they are getting in advance
  - It will be more efficient for the turnover process.
  - It will let the team get to work faster if and when they win..

"The Cyberlink Brainfingers Solution allows you, regardless of physical condition, to control and communicate through your computer completely hands-free. It is a sophisticated integration of hardware and software providing a communications link between people and machines."

Peak Achievement

"The Peak Achievement Trainer is a PC-based performance enhancement-training program that enables adults and children to achieve superior powers of concentration and relaxation by learning how to consciously control their attention."

BioControl

BioControl Systems
PO Box 19596
Stanford, CA 94309
(707) 824-9703
www.biocontrol.com

Hands-Free Controller

Biocontrol's cutting-edge technology analyzes bio-signals in real-time and drives the activities of a computer, PDA, laptop, or game console directly from nerve or muscle signals, thus creating a direct data link between a computer and the human nervous system"

Wild Divine

The Wild Divine Project
P.O. Box 381
Eldorado Springs, CO 80025
(303) 499-3680
www.wilddivine.com

"Wearing three finger sensors that track your body's heart rate variability and skin conductance, you move through enchanting and mystical landscapes using the power of your thoughts, feelings, breath and awareness."

Also check out:

Arizona BioDesign Institute@ U of Arizona
PO Box 875001
Tempe, AZ 85287-5001
(480) 727-8322
http://www.biodesign.org/

Cyberkinetics Neurotechnology Systems, Inc.
100 Foxborough Boulevard, Suite 240
Foxborough, MA 02035
(508)549-9981
http://www.cyberkineticsinc.com

The Sierra Group, Inc.
The King of Prussia Medical Center
491 Allendale Rd., Suite 320
King of Prussia, PA 19406
(800) 973-7687
www.thesierragroup.com

Antree Systems Limited
1 Burlington Road
Dublin 4
Ireland
+353 1 6603299
www.antree.com

Foresight Nanotech Institute
http://www.foresight.org/Nanomedicine/Neural.html

INTER - Intelligent Neural inTERface
http://www-ti.informatik.uni-tuebingen.de/~bogdan/inter_titel.html

The Advanced Interfaces Group at the University of Manchester
http://aig.cs.man.ac.uk/home/home.php

and more coming all the time...

Appendices

Now that you have seen what scrypnosis can do, in the following sections are the exact how-to tools so you can, today, safely start experimenting with other people using scrypnosis. Please keep to the scripting. Beginners must demand disclosure, for, so long as you disclose all your intention and/or words in the exact fashion noted in the scrypnosis method, your listener can stop trusting you and start trusting the contract.

The world has taken enough of a beating by wars, by abusive governments, by mind-controlling religious traditions, and by terrorism. Once individuals replace their fears with their own individually-defined control mechanisms, based on each individual's choosing, there will be no more external control factors that have sustained influences. Without fear, such audience members will be witnesses to merely frustrated communicators who choose to kill rather than talk.

Mentors don't stop mentoring, so you have to leave them when you are ready and partly sever the relationship because you reach some

point where you say, "I don't want to learn right now. I want to explore." It's the way it is.

Parents are mentors and often, I'm a mentor. I want you to learn what you can, but I also want you to know when you determine that you don't want to learn more at this moment and need so you can go do your own experimentation. You have to make your own choices as fast as you can, learning to trust your abilities to make rapid decisions that are wise because your mind is travelling even faster. You need to determine when you are ready to stop reading and start experimenting. Find friends and partners so that you can learn together and separately.

Book learning is nothing compared to experience. As soon as you are ready, begin experimenting with others. Go out there and learn by doing. You will be amazed.

If you want to learn more and share more, please post on a discussion group (mine is currently at Yahoo Groups) on what you're doing. Exchange ideas and teach others everything you can about what you're learning.

This is a rare chance for humans to intellectually grow rapidly by using the internet as an extension of their mind. All humans will

probably intellectually change so rapidly that their own intellect will surprise even themselves.

I'm quite certain that you will be almost shocked by how much control you have, but I believe you will also be amazed by how simple the controls can be. You have the ability to talk to yourself, if you will, but because you choose not to, you can write down your instructions and have someone else read them to you, once you've read them yourself or written them yourself. This allows you to select programming.

Selecting programming has been related to experiences of watching other people do things. This entertainment field, that these tools create, allow you to replace the fact that you are reading these words and instead, you could find yourself reading the instruction manual for a space ship in which you believe you are riding within right now at this very minute, in any level of comfort or purpose. You have the ability to create alternative realities and universes, but before you do, I request that you set into place your anchor in reality.

What we share in this world is an agreement to contract to behave consistently to one

another, but in our own minds, we are given the freedom to believe anything we want to believe. This allows maximal entertainment value so long as you do not affect the shared reality in any negative way.

If you affect the shared reality in any negative way, all existing laws are enforcable upon you because you chose to use these tools. If, at some later date, you find you go crazy, you admit now, at the time of your reading this book, and hereafter, forever, that you had this opportunity to know and decide not to go crazy at any future time, for all such concepts are decisions and they are never insane. They are highly complicated processes and beliefs, and if you are ready and willing to accept these responsibilities, you are hereby given total control over your experience of living to the most amazing allowances that you are willing to give yourself the freedom to believe.

The only people you can trust are humans. It was for this reason that the Basic All In One had to be given to the United Nations. All humans had to give an open playing field, without regard for their own governments.

Scrypnosis allows individuals to grow intellectually, especially if they ever decide to

learn to use these tools repeatedly. In time, we, who choose to include these processes into our learning and our teachings, will all develop our own tools so as to teach them to our children so the next generation will have these abilities like this generation had computers.

I expect to see scrypnosis elements turn up in music, radio, television, and other media. By disclosing that you are using a scrypnosis product, you are stating that your intent is somewhere available to be analyzed in advance of any session.

Remember, you and every human being are learning machines and you're programming is up to you, but until now, you've been running on minimum operating process because no one had discovered the owners manuals for these machines that we call brains. Whatever you want to experience, as long as you accept, for all time, that if something is fiction and will not be collected as part of the historical archives, you can experience anything you want, as long as you fully believe it to be real.

Your personal reality is all about belief systems, and you're in total control. It's one's beliefs and one's relationship, if any, with one's creator that sustains the logic that manifests

itself into being that of which you call normality ("We have reached normality. Anything else you can't cope with is your own lookout." (Douglas Adams, The Hitchhiker's Guide to the Galaxy)).

So, what follows are the keys to the universe. Be safe, be patient, and in the immortal words of Douglas Adams, "DON'T PANIC!"

AND NOW...The Scrypnosis Appendices (and some poetry to boot!)

To ruminate the leguminate

How I truly love the bean!
It has no fat yet high protein
But, manufacturers, it must be said,
Before our hearts do clog us dead,
Your chili and your hot baked beans
Do over salt our fattened genes.
They add a sorted tasty lot
Which makes our veins begin to rot
With cabbage, garlic, and molass'.
We fill the air with toxic gas.
The methane that I fart today
Is acid rain off far away.
So now, at labels, I can't look.
I therefore think I'll have to cook
From scratch, low-salt and all fat-free
Or beans will be the end of me.

Appendix 1: Background

Hypnosis works. Hypnotists don't. Why? Because those people add "mysticism" to something that has the ability to be straight-forward without any form of hocus-pocus or nonsense.

According to Mosby's Medical Dictionary, "hypnosis" is defined as "the ability to put oneself into a trance-like state by autosuggestion." When you break this definition down, "oneself" is you and "autosuggestion" is your own suggestion. Thus, all hypnosis, by definition, is self-hypnosis.

Some books you see for sale are labeled as either on "hypnosis" or "self-hypnosis." The difference between the two is that self-hypnosis is a cover-your-ass approach to marketing hypnosis. In all cases, if you read the suggestions from either type of book to other people, it becomes "hypnosis." If you use the suggestions on yourself, it is "self-hypnosis."

Aside from dramatic gestures and fancy stares, a hypnotist is only talking. Therefore, hypnosis is simply a string of words in a specific and logical order. This order has been

selected with the intent to coax, lure, frighten, distract or bore someone into a subconscious state. Many instructors and college professors would make excellent hypnotists.

People escape reality into their subconscious mind. Some just don't realize that this is what has happened. Daydreaming is the best form of self-hypnosis, and yet, it has been drilled out of you by years of abusive teachers who assumed that if you weren't all there, you weren't listening. They were wrong. All they had to do was to suggest, "If anyone finds this stuff really boring and would like to close their eyes and continue to actively listen, please do so, but note that, at any moment, I may call upon you to answer questions, and so you need to imagine uses for this stuff and LISTEN!"

Now, consider what a computer program or a website page or a letter or a newspaper article all have in common. All of these things offer you information sequentially. On the other hand, you can use your own random access to jump around the data and revise what you think about the information at your own choice. However, once you find that for which you are searching, you then have to absorb that

information at the pace of reading or viewing the facts.

The Logic Of Scrypnosis
Here is the format by which Scrypnosis differs from hypnosis. In hypnosis, you are dealing with someone who needs you to trust him or her, but you have no guarantee or control over what words or logic that person will speak. Scrypnosis takes total control over the words, which takes control away from the speaker. So, before a session can be run, someone will have to:

- Write out, in advance, every word that would be spoken in a hypnosis session
- Give these words to the listener, whether patients, partners, athletes, spouses, or lovers
- Let the listener participate in the objective script composing and wording process
- Have them read every word of the final script, while completely awake, in advance of running the session

- Negotiate a signed contract that holds the writer, speaker, and reader harmless from any actions taken by the listener.
- Finally, read the final script to the listener, letting that person internalize the suggestions in his or her subconscious mind and subsequently change his or her life in a single session.

The Hypnotist has no control beyond words.
The Hypnotist never did the hypnosis.
The Hypnotist never had any powers whatsoever.
THE PATIENT,
who is actually acting upon the suggestions,
IS THE HYPNOTIST!

In over a hundred and fifty years of people making hypnosis seem like hocus-pocus, the fact is clear: You have been misled.

Scrypnosis is a factual approach to hypnosis. It makes people who want to be hypnotized responsible for their own actions. It does not allow blame to be placed on the reader or text writer, for the patient must sign a

contract at the end of the script which states that they've read the script, comprehend it, accept it, and will take all responsibility for their actions, whatever actions those may be, whether internalized or externalized.

Scrypnosis kills Improvisation

As you will see, a hypnotist creates words off the top of his or her head. In theatre, this is called "Improvisation," and is fascinating as a creative communications form. However, in hypnosis, it places the patient or listener in a rather weak negotiable state unless that person has a very strong subconscious mind. Scrypnosis is similar to a scripted scene by a collaborative playwright, as opposed to a set script. Every word exists in advance, thus allowing public scrutiny, editing, deliberation, acceptance, and adaptation prior to any relaxation or before any sessions are done.

- To generate a Hypnosis script, you will have to assemble one from pieces.
- You will have to choose an induction method.
- You may need deepening techniques to help you or your

patient/pal/spouse/lover/etc. to relax further than normal.

- You must choose what you want to accomplish in the session.
- You may want to word some post-hypnotic suggestions to take effect after the session.
- You'll have to add a closing to end the session.
- You'll want to generate some form of hold-harmless agreement, based on laws in your state.

By using this approach, doctors, lawyers, accountants, and everyday people can start doing hypnosis for others:

- To gather lost information;
- To help people revise their life memories so as to toss out unhelpful or painful memories;
- To escape reality for an hour to two, such as for vacationing to impossible places;
- To enter a "Holodeck" environment for literal thought-into-reality adventuring;

- To revise the entire process of their belief systems so as to become happy with their lives;
- To enter a state where what feels like an hour only takes one second of real time, so that you can spend about two years of "brain time" considering and revising your thoughts on a project. . . and having time to take lunch in only four hours;
- To help actors earn and adapt a character from a TV or theatrical piece, both internalized and externalized, only about an hour or two after the first or second read-though of the script.

. . . and anything else you can imagine, so long as the patient agrees to it. . . or as long as you are the patient.

Remember that hypnosis will work in any language so long as the patient is fluent enough with the language to understand you. I've worked with people who spoke little English, both because they didn't speak the language and/or they were too young to

comprehend a large vocabulary. In all cases, the sessions worked perfectly with me speaking English, but the sessions should have worked just as well, or better, in their own language.

Once you start to read the scripts and begin to understand the way things must be worded, keep in mind that the subconscious is literal to the first time a word was learned:

- Let's say that you first learned that "hot" related to temperature rather than "sexy"
- If someone were to say, while you were hypnotized, "You look hot," you would begin to feel a temperature change because that is what you first learned for it to mean.
- If you want it to mean sexy, you will have to say "You look hot, and I mean that in the sexy way."
- Of course, it should become clear that it would be a lot easier to just say "You look sexy."

Thus, when writing hypnosis scripts, you should consider being very literal.

Not only are word memories based on first time experiences, but emotions are as well.

From the day you are born, your senses search for patterns that are recognized. Every time something is new to you, your senses have to experience the new sensation, and, afterward, an <u>emotional response</u> is attached to the event. New events can be as simple as seeing carpeting for the first time, and discovering that it's soft and fuzzy, or experiencing a mean look from someone and then having them hurt you.

Once a pattern is created, thereafter, every time your senses detect a similar pattern, you will immediately FEEL the originally programmed emotional response. This will then steer your movement towards the situation, away from it, or anywhere in between.

What I discovered is that at any point in life, you can isolate each feeling you have, then ask your subconscious to take you back to that point in life just before you've ever felt that feeling if only to discover what it was that generated the feeling. What your subconscious will relate is an event that happened, which will then explain why the emotional response was created the way it was.

If you determine that your decision system was erred when an event occurred, based upon your current age-in-life

state-of-mind, you can go back to the beginning of a memory and use your imagination to create a new scenario where you revise the decision you originally made so as to have a better outcome. Thus, you can replace the defective memory/decision that you originally made, as per your current state-of-mind's value system, and toss the original memory into a garbage can.

A Garbage Can for Garbage Thoughts

This is the foundation of my work. To use this book is to use a basic script with this approach. For over seventeen years, I've asked people to:

"Imagine a sterile room with white walls, flourescent lighting, a white vinyl floor, and in the center of the room, there is a garbage can mounted to the floor that has a tight-fitting hinged lid.

"As you lift the lid and smell it, it's clean. It's brand new. There are steps up the side into the garbage can, and as you take these steps, you find that there is an electric lift inside the can. You press the friendly-looking red button and it glides down to a boringly grey concrete room that is well light with flourescent lighting. As you see, the room expands out for many

hundred feet in all directions. This is going to be the final resting place of all memories that you will choose to never remember. Once something goes into the can, it will not bother you, hurt you, or be remembered by you ever again, until that day that you choose to remember it. So please, now, take the lift back to the top and climb down the steps."

You know how difficult it is to forget something. First, know it, but you have to use all your energies to black it out. On the other hand, you can put your keys down just last night, and this morning, you don't remember where they went.

Forgetting is difficult and not remembering is easy. So, what we do is to move things from where you were "forgetting" them and push them into the garbage can, which automatically changes your process to not remembering, and WHOOSH. . . all of the mental energies that you have wasted for all these years on blacking out the memory are released. Migraines go away, fears disappear, anxieties take an endless sabbatical, and you're left with one less worry in your life. By doing severe housekeeping of your memories, and throwing garbage thoughts into the garbage

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can, you take control over your life, and undo the programming of your current path from your past.

Over the next Appendix, we will explore the parts of the script. In the Appendixs that follow, you will find insertions and suggestions to make your scripts what is most right for you, each time you decide to use Scrypnosis, whether to fix reality or escape it.

Legend of assumptions and use of terminologies.

Please note, throughout this book, I use the term "s/he" to mean "she or he," and I often refer to the "patient" or "subject," but if you are writing scripts for yourself, these words relate to you.

Also note that there are tables of suggestions at the end of many Appendices. To not be redundant, there will be references to the Appendix where the text for a script suggestion will exist, and what section of that table it is in. As the left column of each table is an explanation for why someone would need the text in the right column, the entire row is a single unit. Therefore, when a reference is made to, for example, "Appendix 13, Table 2,"

that reference is to the second row in the Appendix's only table.

Remember that the text for scripts in this book are given only as beginnings for concepts. In time, I expect for you to need to write ever more specific suggestions as you become aware of the special requirements from life which you want to accomplish. Be flexible.

As an afterthought, if you do want to rely on improvisational hypnosis, you need to, at absolute minimum, disclose this in a scrypnosis contract so that the listener knows what you won't do and what you will do. If you're going to touch this person in any way, and on any part of the body, you need to disclose this. Trust is everything, so, for Heaven's sake, be frank and honest. If not, you're not much of a professional.

In trying to protect the general public, scrypnosis is at least established to demand accountability on both sides, so that listeners know their responsibilities and they realize, for all time, that a hypnotist doesn't do the hypnosis. It's all about you. It's all in your control.

Now, let's get into what you can do with your own mind...

Poetry Distraction #2

In America

(sung to"Any man of Mine" by Shania Twain)

(NOTE: * stands for one/quarter beat breath)

In America, we can be so proud,
We've the freedom to speak just a little more loud
(and) In America, we've a lot to say
On our in-Dependence day
In America we may have some stress
After World War Two, * there was a big mess
So our government lent our money away
Now it's in-Flation today

{Chorus:}
No matter what I see
Don't ever tread on me
And as we always say
Hey! Hey! Hey, Stay out of our way....ay...ay
In America
We've got a lot to love
With the blessings of our father from above
Whatever side you choose,
Be sure to spread the news
That the best - place to live - to achieve - what your heart - might
say...ay...ay
(is) In America

In America, we've a lot to feed
Cause our poverty is greater than the foreign need
(and) In America, it's the farmers' strife
Without them, we'd have no life.
In America, it's in God we pray
And we're never gonna give a damn for Tim McVeigh
(and) In America, stick together we must,
For in freedom that we trust.

(chorus)

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Appendix 2: Instructions

Consider this:

        Get on the internet at 2pm in Los Angeles or 5pm in New York, and it's 10pm in London, and 6am in Tokyo. All the major businesses are actively on the web, so the web is slow because there's too much traffic.

        Twelve hours later, it's 2am in LA, 5am in NY, 10am in London and 6pm in Tokyo. As there is far less traffic in the US in this early AM time slot, the web runs much faster.

        Your brain works the same way. The more input it processes, by you being awake, the slower the overall processing power of your brain and the limitation of abilities you have. However, as you allow your body to go to sleep, while keeping your mind awake, your brain is allowed to use more overall information processing power, and is thus able to do more in less time.

        The best way to get a computer to handle a lot of specific functions is to write a program for it to follow. The best way to get the brain to handle a lot of specific functions is to write a hypnosis script.

        Hypnosis scripts are very easy to assemble, besides the Preamble and the Contract. All you need is a Beginning, a Middle, and an End.

        The **Beginnings** basically bores the individual into subconscious sleep.

The **Middles** should be whatever you want to accomplish in your session.

The **Ending** should be to awaken the person.

If a listener does not have a great ability to imagine things vividly, successful use of hypnosis for that person, in general, may never work. This is why the contract is tacked onto the script. If the listener fails at hypnosis, the listener is responsible, and so discloses and signs an agreement which acknowledges this possibility.

The word "suggestion" is a very powerful word in the human language. When one person gives a suggestion to another, the other person may choose to not analyze the data and approach by which that suggestion is based simply because the person offering the suggestion is an expert. When a person says "I suggest" at the beginning of a suggestion, the mind of the listener goes into an analysis of the person making the suggestion and NOT into the analysis of the suggestion itself. This is how hypnotists have relied upon "The Power of Suggestion." The actual word itself unlocks your subconscious directly, and if you perceive the suggestion to be from an expert or from a commanding power, such as a superior officer in the Military, to act upon the suggestion is often immediate, without thinking.

Thus, whenever you read that I suggest something in this book, I ask you to please consider my logic as best as you can. I try to explain every nuance of why I am wording what I am wording the way I am wording it so that I can get the maximal amount of earned understanding and trust on your part. But I also

want you to become aware of how often this terminology is used because it's everywhere, especially in advertising. Why do you think that Tiger Woods contracted for $100 Million with Nike? If someone endorses the use of a product, their use is a suggestion.

Hypnosis is everywhere, and you have been unaware. Please become aware.

Beginnings
The Basic Induction is best for early users:
• First, a person moves every muscle group in the body, which causes electrical tension to contract each muscle. Relaxation is easier this way, for one can feel the tension, and then relax against this. However, with people who have spinal cord injuries, the approach is to ask them to imagine they are relaxing these muscles. Although they may not feel the actual sensations, they should be able to shut out the phantom sensations through this process. This lasts from a count of ten (10) to a count of seven (7).
• At six (6), the mind is distracted to other concerns, educated on what is important and what are not important, and then is sent on its way into a paradoxical "Floating down on a cloud" sequence.
• Five (5) and four (4) are set forth to affirm that the body is acceptable just the way it is.
• Three (3) through one (1) are more of the "Floating down on a cloud" techniques

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From here, the basic script moves to a visual imagery test:

       The use of objective statements coupled with subjective questions allow the script to guide the direction, but have the patient deepen their experience, for the subjective questions are instantly answered by their subconscious. For example, when told that a person is standing, on a warm day, in a field, and now sees a house out in the distance. . . when asked, "What color is the house and who's standing in front of it?," the answers come immediately, adding dimension and depth to the experience. Based upon the responses given, one can more easily gauge how "hypnotized" a person is.

If your listener is proficient in self hypnosis or relaxation techniques, the Advanced Induction is there to speed along the system, but assumes that the listener knows how to virtually ignore sensations coming in from eyes, skin, nose, tongue and limited ear functions.

Middles

       Select script suggestions and paste such text after the induction, if you are using a word processor, flip to it in an appendix, if you're using this book, or just write its text and read it after the induction. In any case, the middles are the scope of what you want to accomplish.

       If you are using a script for fantasy travel or fictional adventure, I highly recommend you repeat, from time to time,"You will feel no pain." Adventurers tend to get messy, and the last thing anyone needs

(unless the listener is a hard-core masochist) is suggested pain from hypnosis. Just as pleasure can be volume'd up infinitely, so can any emotional word/feeling. Thus, be careful with what you say.

If you are going to use hypnosis for therapy, I highly recommend trying the "All-in-One" script in Appendix A. It works for people of whom have light emotional problems, and you only need to use it once. Just add, where it states you can, the additional suggestions you want to enhance the script. It already has the basic induction and the advanced ending.

Endings

Most people will want to just end the session. The basic ending is ideal for a quick getaway.

The advanced ending adds a post-hypnotic suggestion which will allow the person to self-hypnotize far more easily in the future, but places that control only in the hands of the patient, not the reader.

Whenever possible, fully awaken someone after a session, before letting them go into natural sleep. Subconscious sleep is great if one is already proficient at Lucid Dreaming. Otherwise, without a script to follow, Subconscious sleep can be a bit intense, for the brain does not distinguish between what is real and what is imagined, and the mind's eye (imagination central) takes over as the field of vision. Thus, the person is in control, but until proficient, such control can be way too much control at far too soon a stage.

Appendix Tables

In each Appendix, you will find tables of pre-existing suggestions. Mind you, these are what I would use if I were running a script, but as you have the whole world of sources (over 1000 books in- and out-of-print on hypnosis), as well as from your ongoing experiences, so you have the complete freedom to use your own suggestions as well. Please be advised, however, if you edit out too many words, such suggestions may become ineffective just as too many words can also waste a lot of time, so there is a balance you will discover in writing Scrypnosis suggestions.

The tables are arranged as follows:

Want to accomplish this?	Try using this wording:

The tables allow you a rapid access to creating scripts. The tables are in rows, so that the left and right columns are one unit and are independent of the suggestion rows above or below it. This format is used throughout this book.

To force reading of other applicable Appendixs, instead of reprinting redundant text, you will find references, such as:

Set an anchor into reality	See Appendix 6

It is my hope that this book gets used, and you will write in the spaces you find at the end of some chapters. I often ran out of things to say, and left gaps at the end of chapters, but if you're like me, you'll scribble notes where you most need room to remember them. Therefore, as I assume most people are smarter than me, for I'm XXY (I have an extra sex chromosome and have Klinefelter's Syndrome) and most people without this birth defect are much higher in intellect. If you don't see the word "Notes?" in the blank spaces, assume it's there anyway. I would.

In all, I think you'll find this half of the book a bit unnerving at first, but once you start to realize the logic and how words become programming, you'll see that the logic is all that matters. If your intended listener understands the logic, and that person so chooses to participate, such participation will become second nature, though, in time, the subconscious minds of these persons will outthink and analyze sessions as they are taking place, and if your logic is deemed unacceptable or illogical, your applications will likely be rejected and ignored completely, for all time.

Dave's Ideas: Foamless Paper Cups For Drive-Through Restaurants

One of the biggest problems I have noted in restaurants is that if the drive-through restaurant sells root beer (my favorite), I have to wait for the foam to go down. And when I thought about it more, the added time racks up, for the owner of the company has to pay the employee to stand there and wait for it to go down, and then the time element slows down the effectiveness of the drive-through.

In simple experimentation, I found that a less than one mil thick swipe of shortening of 1" wide that is placed 1/3 from the top of a beverage cup could stop the foaming on any drink put into it, and yet added less than 1 calorie. In pop, it added no change in the flavor, but could also be used with beer at stadiums, and other placed.

I called Taco Bell, which had root beer at their drive through, and tried to get to their cup distributor. Man, are people resistant to change. I called PepsiCo. They told me that although they have 10 companies under their control, they are independent and have their own distribution for each company. Personally, without it on a small scale, that's crazy. So I tried calling the Coca-Cola company. Same difference.

So, if you use it for yourself, please enjoy. It works. I recommend using a cotton swab or a facial tissue to swipe it.

Poetry Distraction #3
The Gardener

Weeding out the memories of time's forgotten thoughts
 Too soon replaced by seeding from the new technology
  I asked the gardener "What is in the future here for me?"
  He turned a mild smile, then said, "Son, there's not a lot.

   The growing litter piles turn to poison underground,
    And as the ozone disappears in higher atmosphere
     Pure sunlight now brings greater risks to people living here
      My only hope is a good answer will, someday, be found."

    I turned away that at moment, and as I worked the land
     All sand and sea beneath me raced away to sullen shores.
     A seagull flies to lofty peaks, and as the ocean roars,
    My tools gently turn the soil; skills of a labored hand.

  The gardener groaned, then staggered back to sit upon a stone
   I rushed to heal his weariness, but he pushed me aside.
  "I've done all that I can today. It's time to change the tide."
Then standing up, he brushed himself, then turned to walk alone.

The gardener never did return; I heard he died somewhere.
 He never lived to see the people care about the earth.
  As those who cherish life and nature, knowing of its worth,
  Are working at replenishing the pureness of the air.

  So to this end, I wish to thank the gardeners with respect,
   To ask them for forgiveness from our garbage of the past
    As we begin to change our ways to help the world to last
     By teaching all our children that the evil is neglect.

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(Dedicated in loving memorial for my friend and gardener:
Douglas Bolitho)

Appendix 3: Beginnings

There are thousands, if not millions, of hypnosis inductions approaches to be had. You can use any book on hypnosis that you like if you don't like my approach or you can go on the internet to find a great variety of suggestions, especially from Brian David Phillips' hypnosis script swap (http://www.livejournal.com/community/hypnoscriptswap/).

Some people are better visual learners. Others are better for audible learning. Still more require actual hands-on touching, feeling, and sensing.

When you select an induction approach, be very clear as to the type of learner your listener is. If the person is sensory oriented, word the script so as to suggest with more emphasis on the feelings of becoming more relaxed. If the listener is more visually based, ask the listener to imagine seeing relaxation, or such visual imagery as using a ruler to measure how hypnotized the listener is. Audible learners should have little trouble as long as the speaker's voice is not distracting. For example, high pitched, nasally-sounding voices can sometimes distract a listener.

Muscle Group Stress-then-Relax method.	"For a moment here, I want you to move all your toes, then your ankles, then flex your legs at your knees, and then your legs at your hips. Take a deep breath and then exhale. Now move your neck. Now move your arms at your shoulders. Now at the elbow. Now at your wrists. Now move all your fingers. "Good. By moving these muscles, your body applied electrical energy which cause them to tension. Now, as you are here, you are feeling these muscles relax. . . feeling that electrical energy lessening from the muscles. This relaxation feels really good."

The actual induction begins on the next page...

Introduction to "Ten-Count" induction method	"I am going to count from ten to one, and as I am counting, I want you to concentrate on becoming more comfortable and more relaxed. To do this, we need to find a chair or someplace where you are very comfortable. If at any moment, you feel like coughing, laughing, passing gas, scratching or moving in any way so that you are more comfortable than you are, do it. As in life, if something is bothering you, fix it, and it will immediately go away and stop bothering you.
Ten: Feet relax	"Ten, just concentrate on relaxing just your feet. Let all the muscles in your feet feel really comfortable. Let all the muscles in your toes feel very loose and limp; very relaxed. You can only hear my voice. And this wonderful wave of

	relaxing pleasure runs all the way down your ankle, passed your heal, all the way down to your toes.
Nine: Legs relax	"Nine, just relax your leg muscles, knees, thighs, and shins. No longer worry about your feet. Just let all of the muscles in your legs get very loose and limp; very comfortable and very, very relaxed. Very relaxed. Let your thigh muscles relax. Let all the muscles in your shins get very loose. And this wonderful wave of relaxing pleasure runs down your legs, passed your knees, past your ankles, all the way down to your toes. Very relaxed, and very, very comfortable."
Eight: Torso	"Eight, relax your neck, back, chest and stomach muscles. Take a deep breath. . . and as you exhale, feel how your body naturally relaxes. It's a

	good feeling. Let all the muscles in your neck feel really loose. You can only hear my voice. Let your stomach muscles feel very relaxed. And this wonderful wave of relaxing pleasure splashes onto your neck, then runs down your back, passed your chest, past your waist, passed your knees, past your ankles, all the way down to your toes. Very relaxed, and very, very comfortable."
Seven: Arms, etc.	"Seven. Now relax your arms, hands, and all your fingers. Let all the muscles in your fingers relax. Let all the muscles in your arms feel really comfortable. And this wonderful wave of relaxing pleasure comes in from your fingertips, pushing all of the stress and fatigue out of your body. It feels so good. It comes up your arms, splashing

	on your neck, running down your back, down your legs, all the way down to your toes. Very relaxed and very, very comfortable."
Qualifier	"If something is bothering you, fix it and become more comfortable."
Emergency release	Hypnosis is not a replacement for reality. In case of an emergency, if something should happen that is life threatening, or if you should smell unusual smoke, you will immediately awaken, feeling alert and concerned, and you will do all you can to fix any such problem so that it cannot harm you or the people for whom you care. But here, now, all is safe. All is calm. Just relax.
Six: Revelation	Six. You might feel like you are awake, like you are not hypnotized, but, for some reason, you are very relaxed.

	If you feel this, this is normal. Don't worry about it. You might feel like millions of cotton balls gently pressing down all over. If you feel this, this is gravity. Don't worry about it. I want you to imagine that you're floating down on a cloud. The farther down you float, the more relaxed you get. The more relaxed you get, the better you feel, and the better you feel causes you to float down even more. Always getting more relaxed. Always feeling better. Always floating farther and farther down.
Five & Four: Check body	Five. Your feet and your legs feel great, just the way they are. Take a really deep breath. And you find that you can only hear my voice.

Four. As you exhale, relax. Your neck, back, chest, and stomach muscles feel really |

	good. Your arms, hands and your fingers feel just fine, just the way they are.
Three: Float	Three. And you are floating even farther down, always more relaxed. The more relaxed you get, the better you feel, and now you are feeling really good.
Two: Parameters One: Finish	"Two. And you will remember everything you need to remember. To forget means you know something and then have to black the thought out. On the other hand, it is so easy to not remember some things. We will try to remember things you have had to forget, and if need be, make them so that you just don't remember them. Take a deep breath. . . and relax. . . . . ." "One."

<u>Deepening Techniques</u>
The easiest way, in my opinion, to deepen the effect of hypnosis, or even better, to draw a person into a daydream state, is to declare an objective statement, and then to follow this with one or more subjective questions. By making an objective statement, you place or control the direction of the story. By asking questions about the statement, you cause the listener's imagination to invent details and add vividness.

Surgeon Maxwell Maltz stated, in his reading of his book <u>Psycho-Cybernetics</u>, "The brain cannot distinguish between something that is real and something that is vividly imagined." If you can get someone to attain a vivid image about whatever you are suggesting, that will draw them deeper into their subconscious. If you are a natural storyteller, this is even easier.

Create a safe starting point.	"You find yourself in a wide open field. This meadow is a valley surrounded by high hills. You can see evergreens and forest on the hills and mountains beyond, in all

	directions. There is a stream a safe distance away. Looking around, you see animals, birds, butterflies and other insects. Nothing here is giving you any reason to be afraid. You only feel relaxed, and you feel you want to explore this area."

Now, you can make objective statements that are coupled with subjective questions. The objective statements move the story forward. The subjective questions force the patient to accept your statement by adding vividness to the suggestion.

Sight imagery	You see a house. What color is it?
Sound imagery	You hear talking from in the house. What is being said?
Taste imagery	You drink water from the stream. How does it taste?"

Smell imagery	You find a flower on the way. What does it smell like?
Touch imagery	You pick up an unusual-looking rock. What texture does it have?

From these beginnings, you can elaborate further. Remember that as long as the end-user, the listener, has the opportunity to read the script in advance, even if that be you, the key here is personal acceptance and understanding of what the script is trying to accomplish. If it is not clear during the pre-readings, change the words to meet the needs of the listener, paying special details to the learning style of that listener.

After this point, you will need to add whatever text and suggestions you want to accomplish, to the script, then add an ending and a contract. Finally, print your script out, read it and edit it. Make it acceptable to your listener. If the listener edits out too much, it may become useless and thus a waste of time, but that is up to your listener.

Try to word suggestions as clearly and reasonably as possible. Ask the patient, or yourself, to let you know if anything is unclear so you can revise and edit the text to something that is exactly understood. By doing this, the listener's subconscious is actively involved in the editing so they will have a higher rate of success when they subjectively listen to the final script.

From this point on, the script becomes the trip.

Dave's Idea: Trial and Error with Andes Candies

     I found that Andes Candies had released three new flavors. One was an Icy Chocolate mint, one was an Orange Chocolate wafer, and one was a Banana Chocolate wafer. I bought the three boxes and had a personal reaction to each flavor.
     I decided to do a taste test and see if I was the only one with a varying opinion. So, taking one of each flavor, I gave three wafers to people, got their responses, and denoted age, occupation, gender data. When I was done, I typed it up and called Andes Candies.
     Their R&D division was a bit surprised to hear my results, not that the data didn't parallel their own, but that I had taken the time to even do it. The data, however, was right on with their own.
     I received a wonderful letter from their CEO at the time, Ms. Donna Ecton, and was sent three pre-production flavors and asked to do it again. The flavors included Toasted Coconut, which I have seen in production (it's my wife's new favorite).
     I told them my data, and added that my wife, Jennifer, was waiting to find out when the Toasted Coconut would be released, for that took a top honor in her palletary preferences (and still does). The CEO sent me a nice letter back...and a huge bag of Toasted Coconut wafers.

The Blank Page.

In the process of converting this to PDF, a page kept materializing and disappearing without any explanation or reason that I could ascertain, so, to make this print function, I had to add a page for no apparent reason (as manually renumbering the book was out of the question for I'd done page renumbering three times already and it was driving me nuts). So, after the sixth recompilation of a PDF file that was faulted, I added this memorial to my state of consciousness while in the process of fixing this darned book. It's difficult to do marketing when the final product is flawed.

Poetry Distraction #4

Bethlehem

Interior designing of the average mental mind,
I see a woman far away that I left far behind
As I approach, most cautiously, I see inside her face
A sight of thoughts she once turned off
but exist in this place

Pulling in ahead of her, I gradually slow down
Then back, I turn, to face her as she tries to go around
So gently, pulling back her hair, I let the sunlight through
As she looks up into the sky, she cries a tear or two

For why or what has life returned, can she be better saved?
A man has torn away her soul, but kept the heart she gave.
So turn she did, into the night, to where the sorrow goes,
As she awoke with glass in hand and bottle full of woes.

I know not what the meetings hold, but I know life at hand,
And I believe in Socrates, as time is grains of sand.
But in her life, as in her love, she'll find it shouldn't end,
And she will find, in life and time, that I can be her friend.

She curses me. She kindles me.
She smiles through the tears,
As I see her regaining strength
ahead in love and years.

Yet she may find the strangest part,
when all of life is through,
When she discovers what she is,
and who she is,
is you.

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Appendix 4: Uses for Professional Sports

I found that there is an avid desire from sports players to be "in the zone." The approach I am using here is to break down any game into pieces. There are free spaces, there are the actual playing surfaces, and there is the clubhouse/public area. What I want is a player to have a set of automatic filters that kick into place when they step up to any playing surface, but which allow them to lax effort so they can take breaks, such as to get a drink, use the restroom, or ask questions of others about play: To adapt to the environment without breaking concentration.

Golfers
I've devised three different stages of automatic concentration filters. These are for total concentrated play. . .
1.   including between holes for anywhere on a golf course;
2.   only from the tee to the hole, but turn off between holes;
3.   uniquely from stroke to stroke.

During your first games, once you add this script to your subconscious, I suggest that between holes you switch between the different stages so as to see which works best for your game.

The first stage is that for a totally concentrated play, not just on each shot or each hole, but goes into effect the very instant the listener walks on the golf course.

The second stage is a bit more relaxed, for once the ball goes in the hole, it turns off between holes. This would probably be better for the semi-serious play that occurs between friends.

Finally, the most lax form of concentration, and yet the most intense, is the third stage; the shot-by-shot filter. The instant the listener, while golfing, prepares for a shot, whether a drive, iron, chip, or putt, the player is totally removed from the rest of the world. For the period that the club is intended to that point just a few seconds after the ball stops moving, the entire planet does not exist except the player and the shot. This would be best for those games where you're playing with clients or the boss. You can be totally at ease at all other times, but still perform where it matters. In my mind, have a feeling that this last one will become the best of all, for it will have no concentration limits until you approach your next stroke. At that point, nothing, not even an emergency, will spoil your concentration, for it's only for one single stroke.

An emergency limit is included with the scripts for stages one and two, and are very important since, without the limit, you may find yourself willed to continue play even when it is unsafe, especially during an electrical storm. Please do not remove it from the script.

You will find that in these golf scripts, there is concern about rudeness in relation to deep concentration. Some people are blatantly rude while concentrating, but the fact is, that doesn't make the environment better. . . it makes it worse. Being rude

can increase the amount of communications others may attempt towards you.

The clearest issue to understand, in this business of setting up filters, is the need to concentrate outweighs the want to be recognized. If a player does produce extraordinary performance, that player will be recognized. However, such recognition is monumentally unimportant to the play of the game. So, the more a player is able to concentrate on being the best player, the more the player will gain by not being hindered by his or her ego.

Tiger Woods is an excellent personification of triggered concentration. In all interviews and everything else, he's this quiet, kind, compassionate guy who, when on the field of his profession, is a highly concentrated player who uses filters and triggering mechanisms to help his play. This is particularly why he wears his red shirt on the last day of a series. It triggers his subconscious to a specific rational of filters and focuses.

Tiger Woods does not need an ego to play better because egos tend to distract one's ability to concentrate. Instead, he uses his ability to become a more focused version of himself, limiting his interaction with the crowd and others, so as to maintain fuller control of his assets while working his job as professional golfer.

Here are the scripts:

| Basic beginning for | "I want you to find that anytime you step out onto a golf course, you instantly find yourself with |

golf Scrypnosis:	three options. You need to tell yourself if you want #1 professional filtering, which is at all times until you step off the golf course when you get into your car, into the clubhouse, or finish the last hole of the set; #2 practice filtering, which is any time you are on any green or any hole, but turns off between holes; or #3 casual filtering, which turns on only when you are preparing any swing, chip or putt. Make this decision the instant you step on any golf course. You can, at any time, change your filtering just by saying "Switch to" and either #1, #2, or #3. However, these are in no way excuses to be rude to others."
Professional Golf Filtering Scrypnosis	The instant you select #1 professional filtering, you will instantly find that you cannot hear anything that does not apply to you and your game. This will only be breached in times where your life may be in jeopardy or an immediate emergency. But here, where it's safe, you will find that you cannot hear anyone that you choose does not matter to

	your game. Since your caddy matters, as long as you choose that he or she matters, you will be able to hear his or her comments, but these will, in no way, break your concentration, nor will they affect your filters."
Practice Golf Filtering Scrypnosis	"The instant you select #2 practice filtering, you will notice that nothing feels changed until you step onto the start of the hole. From that point, up to your ball going in the cup, nothing will distract you, unless there is an immediate emergency or environmental condition which will affect you as a golfer. This filter will include anyone that does not matter to your play, except those of whom you want to give you suggestions about your play. If you are in a tutorial situation, you will find that whatever suggestion is made to your play, you will immediately adapt the suggestions with which you agree."
Casual Golf Filtering Scrypnosis	"The instant you select #3 casual filtering, this only turns on when you are about to make any

	individual swing shot, drive, chip, or putt. You will, in no way, be distracted by anything, for any reason whatsoever, from the time you begin your approach to the ball, through the swing, and until the ball stops moving."
Addition to any script, to add good information without breaking concentration.	"Now, allow your mind to listen to useful information, to learn and immediately adapt useful knowledge, when it can be easily included into your play without actually breaking your concentration. In this way, you allow your subconscious to listen and adapt while your conscious mind is still focused on the task at hand."

Professional Field Sports

The key is to set up filters that kick into existence every time a participant walks onto the playing surface of the game. In professional sports like Hockey, Tennis, Baseball, Football, Rugby, or Soccer, there are very few things that really matter:

1. The rules
2. The ball/puck
3. The players on your team (if any)
4. The coaching staff
5. The goal

There are also some things that only matter a

little bit of the time:
1. The referees
2. The other team
3. The time clock
4. The crowd

And finally, there are things that do not matter to the game at all:
1. Personal Problems
2. Scouts
3. Agents
4. Everyone and everything else off the field.

Herein is the filter: Until a goal is achieved, only the most important things will matter. Everything unimportant will not be even noticed or bothered. And the other team, though on the field, will be regarded as a moving barrier which will have to be controlled and avoided, but not noticed as human. As long as your team follows the rules, the referees will not matter nor get involved, so whenever possible, unless directed by a coach, the players will just play by the rules.

Once a goal is achieved, be that a score or terminus of some type, all filters are turned off, and the players' bodies gets a rush of adrenaline and accomplishment. Each player gets to join the crowd in the excitement of the moment. Once they return to play themselves, the filters turn back on, and they, once more, will concentrate on the game. All this will just happen.

With baseball, it's easier, for the focus is all in swinging and running for offense, and in fielding, throwing, pitching and running in defense. But the

filters can be either shut off as long as the player is in the dugout, or turned full on, so the player can totally rest while off the field or in the locker room, as the coach dictates.

To install a maximum filter system for all field play.	"You will find that any time you go on the playing field, you will not notice, see, nor hear anyone who is not important to your success at any time of game play, except when a goal or score is made. This will include the other team, their coaches, and the audience."
To add a filter relief system, so as to allow points of escape.	"You will find that any time you are off the field, you will need to rest your eyes, and so you will relax totally. However, the instant you are awakened and asked to return to play, you will be wide awake, conscious, deliberate, and in total control, but also really well rested."
To take maximal advantage of adrenaline without breaking concentration when most needed.	"When a score is made, all filters will disappear, allowing you to enjoy the game, feed off the frenzy and pump up your adrenaline. These filters

	will also disappear in case of an emergency, but can be returned, by your own choice, after you've made a decision on how to handle the crisis situation."

My life...v1

My life is a mess,
but my computer is clean
my life is a mess,
but my computer is clean
my life is a mess, but my computer is clean
with anal retentive obsessive-compulsive
                                    expletive repetitive motion
and every folder's in a folder
and every folder's in a folder
and every folder's in a folder
on a partition on my hard drive.
My poetry folder from WSU's
in a folder for spring for WSU
in a folder that's called WSU
in a folder that's called WPdocs
in a folder that's called WP-5
on drive C of that
patient, provocative, tolerant wife: my computer.
By life, I'm a surgeon for all of my wives,
as computers go, in all of my life,
for when one dies, I build yet another
as Frankenstein's bride never had it so bad
for sometimes its only her breasts are replaced
and sometimes its her skin
and sometimes its her brain
as the electrical pulses churn pump data divine
between interrupt states
when the video rasters
and the mouse tells the matter
to the pointing routine
as the background turns green, then red, then blue
flickering faster so all I see is the white screen
while my mind filters out the obvious
the timing is obvious
the meter is obvious
and I'm so oblivious
that a billion nanoseconds had been born

have lived,
have died,
every second I was aware that I'd infected myself.
I opened an email
and virused my system
while SirCam32.exe replicated itself into obscurity,
adding complexity to my bastion of order,
for my life was a mess, now my computer's a mess,
my life is a mess, and my computer's a mess,
and with utter distress, I reinstalled Windows M. E.
for the goddamned virus not only wiped out my order,
it also wiped out me.

(and may many of my files RIP August 14, 2001)

Appendix 5: Writers' Block and Memory Recovery

Just as with mental blocks in sports, mental blocks appear elsewhere. However, a mental block is an acquired feeling; an adjustment to dealing with life's problems. So,

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Dave's Words of Wisdom...

If you're shopping for a new computer, buy your software first. Until you find the ultimate application that you MUST HAVE, you really don't need your next computer. So, shop around for your software, and when you buy it, the software will reveal it's minimum operating requirements. Let these become your criteria for your next computer.

I've seen it too many times where people buy a computer and then have to upgrade it because it doesn't have all the elements it needs to run their most important piece of software.

---

the way to undo the mental block is to have the listener isolate all the feelings that created it, and then, one by one, realize the source of each feeling, revise the memory of each decision which caused each feeling, and peel away the problem from around the solution. Bring a tape recorder so as to record what you uncover from such a session.

| If you want to break a mental block, say | "I want you to go back in your mind to that point just before your current mental block started to be effective and call this The Beginning.

Now, tell me what happened to you, and as you do this, discover what it was that caused the confusion or choice that created this mental block.

Now, I want you to go back to The Beginning, and this time, I want you to use your current age-life state to use your imagination to replay the situation, but this time, to revise what you decided to do, |
|---|---|

| | and allow your imagination to play out the scenario so that it has a positive outcome.

Once you have accomplished that, I want you to go through your life memory from that point to the present, and relive those inventions, ideas, memories, and events, and to talk them out so that you can record them and listen to them later." |

Poetry Distraction #6

The Fate of Dwarvith Gree

Walking past the mercantile,
four dwarfs and he did talk a while
Until they finally gathered
at the Tankard Drunkard's Inn
Sitting at a private table,
he hollered for the keeper's able
"Bring us food, you foolish wench,
and fetch your finest gin!"

When soon arrived a single bot,
unplugged the thing, he filled the lot
So all of they could lift a mug
and join him in a toast.
"I've picked a lass to make my bride.
Tomorrow night, she'll take my side.
So join me now, for one last night,"
the fellow, he did boast.

"Well as ye are my flesh and blood.
Tonight I pay!" did state the stud
Who was as short a fellow,
as resemblances were clear.
"To hell with you," said another,
"For he is my only brother,
"So it's my task to pay the lass.
Tonight it is my cheer."

"Damn you all," beheld the call,
"For truth and youth, for one and all.
Because he is in my employ.
Tonight I pay the bill."
"What's that you say? I cannot pay?
Tis me, his father's finest day.
"The drink's on me. I'll pay the fee

for this begotten swill."

The man himself, to end the call,
did shout above the din of all
"Innkeeper there, come to me here
so I can pay the tab."
"Alas," did spake the one barmaid,
"The bill, already has been paid.
"Anonymously, so you will see,
not I can even gab."

The men looked round, then fingers found,
as voices began soon to sound
As man to man began to challenge
who had paid the inn.
"You wretched bloke, you made your point.
How dare you lie, then pay this joint!"
"It wasn't me. Perhaps was he,
for he so loves the gin."

And while the fight rolled to the street,
as on each other, they did beat
Two dwarven lasses, in the inn,
looked on without suspicion.
"This masquerade, I'm glad I stayed,"
her friend said of the plan they'd laid
"That man you marry better nary think he's competition."

Chorus or Denouement :
       Beware the biting kiss of love
       For from it's lips, you'll see
       The poison of its venom'ed lust
       Devoured Dwarvith Gree

Appendix 6: Adventure Gaming with Hypnosis

As if Freud was not accurate enough, from my experimentation, I found that the Ego and the Id really are the basis for hypnotic thought. When a person is in an awake (conscious state), their Ego controls their environment (how they want to be seen by others). While in an hypnotic state, their Id is in control (what they really are to themselves). It is from the Id that alternate Egos can be explored.

The "Non-Living Character Ego" is fun. Think of any main character from any movie or TV show that the subject is very involved. Then tell the person that they are going to take a break, and rest, and their body will become, for example, "Captain Kirk®".

Most fans of "Star Trek®", from watching shows over the years, know every nuance and reaction that Kirk would have in any situation. Now, the subject, becoming "Captain Kirk", leaves the realm of role-playing, and enters the world of true alter-ego living.

Having taken this to its limits, for true-to-life "Dungeon and Dragon", or other role-playing games, role-living games are a blast. People who play role-playing games

spend all their game-time creating their own character's ego. It is very easy for them to become their character because the character is probably living the type of exciting life the person would love to explore. This type of hypnosis requires great skill, and certainly has risk.

These script suggestions that follow attempt to give you ideas on how to word and run adventures. Be very cautious. Any feeling, of which is suggested, can be felt to heightened extremes, pain especially, which prompts me to suggest little fear and no pain.

| Set an escape anchor to reality so your player has a free ride home. | "I want you to assess where you are right now, in your life as in your mind. Let us set this as an anchor to reality. From this point forward, you will see and sense anything I suggest, but should anything get too upsetting in any way, just think the word Anchor, say the word "Anchor," or hear me ask you to "go back to your Anchor in reality," and you will instantly return to these settings of what |

	is normal to you, with no additional creations by your subconscious gaming dreamscape environment added to this point in time, space, and memory. As you return, in doing so, you will turn off everything else that had been turned on after this point, as of right NOW, in the session."
2. Establish "eyes closed" Dreamscape as an environment from which your mind can play fantasy (For the first time it's used)	"With your eyes now closed, in your most vivid imagination, where whatever you believe in becomes youear, you are now going to discover a place in your mind that has some very interesting properties. In this environment, which we will call Dreamscape, anything you believe in will become real, and anything you disbelieve will become unreal or simply disappear. "You will feel no pain and

	only have a tiny bit of fear, but will have enormous courage to overcome the fear at all times. Look over there. You see a tree {NOTE:. . . or whatever the GM says}. Go and touch it. It's real, and it looks better and has more details the longer you investigate it. I want you to accept the fact that the air, the tree and everything you see here is made up of the same stuff. This stuff is of infinite matter, and so, if you ever find yourself frustrated in an room will four walls and no doors or windows, just remember that the walls are only there as long as you believe in them, and the instant you disbelieve in them, you can pass right through them. Tell me that this is acceptable and we'll move ahead."
3. For repeat	"I want you to turn on Dreamscape for Eyes Closed

players.	use."
4. Eyes Open Dreamscape (First Time Initiation)	"I want you to open your eyes but not awaken, to find yourself in what is called 'Eyes Open Dreamscape.' You are now going to discover how reality is a personal experience. You should never do this type of hypnosis alone, for it is vitally important that you have someone in your party who has a firm grip on what is reality before you begin this stage of the session. "No fear, no pain, but you must never challenge the limitations in true reality. You cannot actually fly or walk through walls in our reality, and so you must accept the limits of being as opposed to the limits of seeing. Believing is seeing, but believing does not change the truth of

	functional reality as we know it. Anything I suggest to you from this point onward, until either of us calls upon the Anchor or we end the session, will be seen, heard, felt, and give you the ability to interact with the changes in the environment and/or people, exactly as I state them, for you will accept anything I say, within reason, as the truth for the purpose of this session, though those suggestions will have no bearing on your life when you awaken from this or any session of hypnosis unless you choose, on your own, to make such changes."
For each additional experience.	"I want you to open your eyes and not wake up, but you will find yourself in Eyes Open Dreamscape, as we discussed in a former session."
6. Visual	"Look (name a direction) and

imagery	you'll see (whatever you want the patient to see)"
	For example: For eyes open, you might say "Look at that building. What color is it? Okay, now it's pink with purple polka dots. Tell me about it."
	For eyes closed, you might say "You see a building. What color is it? Okay, now it's pink with purple polka dots. Tell me about it."
7. Audible imagery	You can tell the patient the parameters of who is talking: "You hear the sounds of voices in the distance of this dreamscape from some beings that are gathered there. You discover that you can hear them clearly. What are they saying?"
	Or you can tell the patient anything you want: "You hear

	some strange sound. Do you recognize it? No? Well, you find that it sounds like people talking. You can hear them clearly. What are they saying?"
8. Taste, Smell, Touch Sensations	Just suggest the objective statement as fact. Ask questions to deepen the player's belief system, or to make sure the player is truly participating and not just faking it. : This tastes like fine wine. That flower smells like a fresh rose You feel the bullet whiz by your head, missing you by microns.
9. Ending Session	"And now we will move back to our anchor in reality, but you will remember everything you choose to remember, just as it happened, and believe that it felt real, based upon the facet that reality is a personal

	experience, but you will know that it was also impossible based upon the limitations of reality by societal standards."
10."Don't Panic!"	"Go back to your Anchor in reality."

Poetry Distraction #7

May God Bless our American Pride.

(Sung to the tune of
"You picked a fine time to leave me, Lucille")

In a hole in the desert, outside Al Fallujah
I last saw a friend by my side
He called out to mama,
here in the darkness,
Held my hand softly, and died.
Alone with his body,
I cried for a while,
Then wiped the sand out of my tears,
I pray for my children,
and hope that I see them
And that this war ends so they never come here.

Night heat, in the eighties,
We crossed the Euphrates
And made our advance towards Bagdad
Without any slumber,
We marched in large numbers,
Not knowing what the enemy had.
We heard they took Bahtra
On the outskirts of Bagdad
The news really gave us a thrill
But the cheer never lasted,
Because we got blasted
Two more of my comrades were killed.

CHORUS:

Another mission so far from our homes.
America's finest, together, alone.
Please keep sending letters
Don't ever forget us
We need to know you're still by our side.
May God Bless our American Pride.

Mission Accomplished, the President said it
But, Brother, it doesn't seem fair.
Iraqi's aren't happy, their poor just aren't healthy,
There's tension so thick in the air.
I know there's a reason,
I'm here Christmas season,
I'm doing all that I can do.
Please give love and trust us,
Please never disown us
As Veterans of Foreign Wars fighting for you.

CHORUS:

Appendix 7: War Survival Methods

This is an unfortunate fact of life, but this is the Appendix that makes your entire purchase worthwhile. It's unfortunate that my fellow Americans need to learn this but the US President, in a pathos of logic that only leads me to believe that either there's a perfectly good reason for the US to have gone to war against a sovereign country that was not at war against us, or George W. Bush is playing the game RISK with human lives. I'm afraid it's the latter, and because of that reason, I need you to learn how to use all these tools in this toolkit. In the process of what you are about to read, I want you to keep in mind that war, at its heart, is a game. The guy that taught me hypnosis, Warrant Officer Charles "Chuck" Brewer, birthed these tools while in the US Army, and it was he who said that, in the end of his life, the only way to cope with war was to accept that it was only a game; a bad game, mind you, but still just a game.

So, how do you want to remember your past? The choice is not only up to you, but within reach. You can edit your memories to

become anything you want, while safely choosing to never remember the original memories.

I have done sessions for Vietnam vets. From one session, their flashbacks stopped.

Those, in the US Military, protect US American citizens that cannot protect themselves. And as they won't let me in the US Military, initially because of my health, my age, and my strangeness (being XXY), I want you to have these tools, and to teach them to your friends.   You need the most armor you can get now, and this armor will protect your abilities to sleep and to grow stronger.

Editing war memories (use the Garbage Can for Garbage Thoughts first)	"I want you to go through your memories of war and, without remembering details, I want you to remove all experiences that you would never want to recall for any reason, ever again, and simply remove them from the memory, so all other parts can be remembered, as you choose when you choose, if ever."

Removing war memories	"I want you to go through your memories and place all memories of war, as you choose, into the garbage can."

| Rapid Sleep with program- mable deafness filter | "Anytime after this session, whenever you next hear a trusted associate say your name and then say **'This is your Dream Command,'** you will instantly stop whatever it is you are doing so as to become safe for yourself and for others whom are relying upon you, so this will not work if you are piloting a vehicle until you are no longer in control. When you determine that are allowed, by protocol, you will then recline or sit, then close your eyes, and instantly sleep so very deeply as you discover you cannot hear anything and cannot be bothered by anything, while finding yourself in a deep sleep. This sleep is so deep and so restful that sleep and rest become your only focus. During this sleep, you will rest until you are awakened by someone touching or kicking your boot. |

Dave's Mistakes #1: The destruction of my first car

As an avid inventor, I discovered more from making mistakes than from finishing each project. However, my first car was my worst mistake. Actually, the car worked very well, even though I drove it into the ground, decimating its interior and destroying its integrity. However, it was an invention that killed it.

In 1979, I was on the road to inventing a balance for a high octane, high heat fuel additive that was a mixture of alcohol and naphthalene. You see, if you add alcohol to gas, you get a higher octane, but the fuel burns at a cooler temperature, thus lowering your overall effectiveness.

I was determined to find a balance between naphtha flakes (moth flakes) and the alcohol. My only mistake was that I used my own car for the testing.

There are two types of mothball chemicals. Paradichloral Benzene (known at my school as PDB) and Naphthalene. However, when PDB burns, it leaves a residue of Hydrochloric Acid, which isn't too good for your engine.

The alcohol, I found, would dissolve the naphtha quite well. However, being non-scientific, as I was, I didn't measure how much I actually added. I simply dissolved as much as it would allow, and then stopped. Then, pouring from off the top, as to not get any of the precipitate at the bottom, I added some to my gas tank.

Well, the performance increased almost immediately, and I was just coming home from my trial run when I began hearing the "tick-tick-tick" coming from my engine. In fact, the sound was getting louder, block by block. "Bink-bing-Bang-Bonk" it continued. Reaching my house, I was able to keep it running long enough for a friend to come listen to it. "You've thrown a rod," he decided. Oh well, so much for inventing.

Poetry Distraction #8

Paradoxical Pantoum

Metronomes beat out "tick tock" as music metes the tune
The world is clicking different clocks, from hearts and wings to waves
To wash the present into past, ridges into ruin
Precious gifts are quickly gone as bodies fill fresh graves.

The world is clicking different clocks, from hearts and wings to waves
Which smash in great crescendo against the mountain's mighty sides
Precious gifts are quickly gone as bodies fill fresh graves.
While erosion sets the pace and shifting soil slides

Which smash in great crescendo against the mountain's mighty sides?
The mountain's fiercest enemy is the ghastly ghost of change
While erosion sets the pace and shifting soil slides
The lightning from the firestorm twists normalcy to strange

The mountain's fiercest enemy is the ghastly ghost of change
Metronomes beat out "tick tock" as music metes the tune
The lightning from the firestorm twists normalcy to strange
To wash the present into past, ridges into ruin.

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(note that every line gets used twice, though punctuation differs)

Appendix 8: Upgrading Stanislavsky

It's always annoyed me that non-actors, when hypnotized, are good actors. So, I developed these tools (and emailed links to them to the New School in NYC), so that actors can better utilize these tools so that one can tap one's memory after the first read-through.

Strengthen your most current character's abilities.	I want you now to go back in your life memory to the very first complete reading of your current script of _____. I want you to re-read this script, word-for-word, in your mind, over and over, until the text becomes second nature. You will find that this goes faster and faster, as real time goes, but it will seem to flow evenly, as if you are reading it as you would normally. Your perception of time is altered. Create rational and allow yourself to devise a plan which would support these words to be the only words by which your character will only ever utter at each point as it is in the script, just as you would take your cues off other characters' lines. Such

	text will remain unremembered until the exact instant that the words are needed to be spoken, so that, in each instance, every time the character speaks them, it only ever feels like the first time, and the internalized character is unaware of any known past of yours, the actor's,, but only of the present past of the character's. However, you will find, if the director asks for a change of dialogue, you will instantly see the words that have been changed, edit them into the script, and relive them as if in the script the whole time. Allow this to happen to your internal acting coach'es approval. Tell me when this is done.
For the Actor's mind.	"I want you to go back in your life memory to your earliest memories, and I want you to jump to any and all memories which affect your choices and conditions which have affected your acting. If you come upon a situation wherein, from analysis, you realize that the wrong decision was made, I want you to

stop for a moment, and, using your imagination, create an alternative situation which would have worked better, and then replace the original memory with this new, alternative approach, in your logical development of your internal acting coach, instead of the original decision. Continue this through all classes, incidents, and opportunities you believe would help you, and to skip all classes or situations you feel have been wrong or unhelpful in your development as an actor. If you need to, toss the really terrible memories into a trash can, and thus, remove them from being remembered ever again, by your choice, to which you can honestly say that you have chosen to not remember. Do this right up to that point before you have accepted this latest script to which you have run this session, and tell me when you are at this point."

Poetry Distraction #9

Abecedarian Beginnings

Come one morning,
Darkened by clouds,
Entered an owl
Flying most hungrily.
Gazed upon movement
High above shadows,
Ice-covered grasses,
Just before sunrise.
Kayoed a mouse;
Locked in talons.
Made to fly,
Not to survive,
Only to sweep
Past tree tops,
Quiet and moaning.
Recovering to consciousness,
Startling new vistas,
Tops of mountains,
Unlimited clear views:
Visions of distance.
Wings beating harder.
Xanthic new horizon,
Yaw to the
Zenith, then dropped...
And was eaten
By the owl.

Appendix 9: Dream Pre-Programming

If your subject is highly susceptible to suggestion, I submit that they may like to have their own dreams. The most important suggestion you need to make when doing this is, "When you wake up in the morning, you will remember all your dreams from the night for the evening of this most special dream that you want to have. . ."

Dream programming, just like in standard hypnosis, is quantified by simple instructions and limits. Just be very specific as to the limits of the encounter."Tonight, you will have a very special dream. It is so special because it is one that you have selected. You will not feel any fear or negative emotions. You will never be in danger nor can you either feel any pain or show any injury. It will be like in a real life cartoon, where anything can happen, but no one gets hurt."

Once you have stated these foundations, the dream sequence can be as simple as one sentence, or as elaborate and labored asa drama. Two examples:

| Setting up the parameters of successful lucid dreaming. | "Once you are in your full dream, you will find a button on a wall. When you push it, you will become fully conscious in your dream, and you will see, on the wall, the reminder that your body is outside this area, that it is asleep, and that you are truly awake in a dreamscape |

	environment.
Building the understanding of how dreamscape works.	You have nothing to fear for you are in total control. Anything you want to do or see, any place you want to go, all points and projections become yours. While you are doing all this, which may seem like weeks, your body will get a single full night's sleep. So, while you are in the dreamscape, time warps at a much different speed, and you get a week or two of constant adventuring without ever needing to eat or sleep, though if you wish to eat, all you need to do is ask for it, and a table will appear with your meal. If, for any reason, you need to awaken to use the rest room, you will do so, and if you decide to return to the dreamscape, you will restart at the red button before you go anywhere."
Building the understanding of how to move through	"In this dreamscape, you are not guided or controlled by physical properties, but travel and move by your mind's control. If you wish to move in a direction, you

dreamscape.	simply push the world past you. You are virtually stationary, while in total control of the world around you. In fact, you can find yourself on any planet in any solar system in any galaxy at any time, at any scale (large or small), and for any reason."
Establishing the realm of possibilities which can be achieved in dreamscape.	"Limits do not exist. You can touch a wall, or pass through it. Your dreamscape body is made up of infinite matter, the same stuff as all that is around you, and you can mold or destroy anything in your path, just by thinking it is so. You have the opportunity to be free from any fear. You can jump off a building in this dreamscape and fall straight through the soil only to find yourself somewhere else."

Dave's Thoughts for a Better Democracy #2:
The Marijuana Middle Ground Law

One of the problems with the marijuana freaks is that they want it legal and for government to let all the people out of prison who have been busted for such charges, "which ain't gonna happen."

A middle ground is a place wherein both sides have to give a little to get a little. Such creates a peaceful, meaningful relationship without actually acknowledging one side as having any more or less power than the other. Besides, who better to make peace in the world than our own American citizenry?

The purpose of the MMGL is to both increase trust and decrease tension between the US Government and the US Citizenry so that both can take a more active roll in each other's lives.

The police will have to agree to make Marijuana what it once was, which is a weed. It cannot be sold except for fiber (hemp) and seed, including as a complete plant, such as at nurseries.. All other forms must be allowed to be used in whatever form chosen as long as it is free. However, should someone violate this law and attempt to sell those parts of the plant for cash or steal the drug's plants (which equates to it having additional value), such will require enforcement of all existing laws, **as written**. Therefore, the law books do not need revision (which would be costly).

By one's obtaining of a motor vehicle license, anyone caught driving recklessly or dangerously will have to agree in the licensing process to a contract which states that by using said motor vehicle, while questioned as dangerous or reckless, will find himself/herself tested for current intoxication levels, and, if found to have specific chemicals in the system beyond safe ingestion levels for driving, such persons will be required to undergo detox from such chemicals. In this way, the hierarchy of alcohol and drug reduction entities which currently fester off the courts will be sated to know that their cash crop will not be reduced.

In the end, any country that utilizes this law will save in the long run, for neural interfaces work better with subconscious people who will outperform all other workers.

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Poetry Distraction #10

Praising <u>AG</u>

again
    repetition
against
    in opposition
agape
    of unconditional love
agglomerate
    joined in a mass cluster
agglutinate
    causing others to adhere
aggregate
    together, though loosely affiliated
aggrieve
    causing great sorrow
aghast
    striking horror
agitate
    to arouse feelings
agonize
    which deeply affect
ague
    a chilling and sweating fever

Inspired and hence dedicated to <u>A</u>llen <u>G</u>insberg.

Appendix 10: Talking to the "imagined" dead

All of us, at one point or another, is bound to lose a loved one or friend to death. It is inevitable. However, the mind is an ageless, timeless, memory chamber, and whether this is real or not, it is very effective therapy for persons suffering with remorse and grief.

I am a big fan of John Edwards, whose show "Crossing Over" can be seen on the Sci-Fi Network. John is as no-nonsense about what he's doing as I am with hypnosis. I respect that he does everything he can to eliminate any possibility of staging, of obtaining information in advance, and of charlatan-like behavior which others have perpetuated the field into a 900-number industry of hoaxes and fakirs.

From my experience, people in a subconscious state are able to believe things that may or may not be real. I do not know if any of this is real, but as therapy for people who grieve, this approach has been very successful. So, I am including it as it works, but it will take someone like John Edwards to test and see just how real that is.   The process is as simple as asking a person to imagine their loved one sitting in a chair and talking to them, and to allow this person to feel real, to the point of huggable. The next step is to see if the suggestion is working. If it isn't, then this process should end. From my experiences, about one in six don't see the person in their dreamscape environment, and thus, stop the session for that purpose, only to go in other directions.

Once a person believes he or she is talking and being with their loved one, I have, on occasion, left the

main room to let the people talk. When the patient has a friend or relative with them, I will either leave the room with them, or let them stay. However, on every occasion, the outcome of this therapy has been remarkable. The subject/patient is released from all sorrows, and they know that they can come and visit anytime. They come to accept the situation better than they had, and they feel, for all time, that they had a rare experience to say good bye.

As I have stipulated, I never charged for my sessions, though I do them when I felt like doing them. If you charge for hypnosis, and offer this type of therapy, you are no friend of mine. Miracles don't cost. They just happen.

Checking for the possibility. If the answer to the **question** is "No" then ask them to clear their minds and skip the rest of this	"I want you to go into your mind and find yourself in a room. You are sitting in a very comfortable chair, and in walks ((The name of the loved one)). You go up and hug and find that s/he feels real is looks just like s/he did when you first met. Looking in a mirror on the wall, you see that you, too, are just as young as when you first met. **Do you see this?**"

section.	
Establishing the actual session.	"Now you have the opportunity to talk, to clear your mind and head, to hug, say hello, and be with this person for awhile. If you choose to go out together for a walk, it will be in a wonderful place that is safe and warm. You will remember everything."

Dave's Thoughts on Mind Control #1: The S.T.I.R. Principle

We've all heard of post-hypnotic suggestions, but I've become more aware of pre-hypnotic suggestions, most of which have been coming from advertising. The four most powerful words in the English Language of which place a listener into a pre-hypnotic state are Suggest, Think, Imagine and Recommend.

Be aware of IT...Imagine and Think

Whenever someone says to you, "I want you to think about this..." or "Imagine the following...," what they are saying is interpreted by your mind as "I want you to open your imagination and create a vivid idea about what I'm telling you."

Dr. Maxwell Maltz, a surgeon who discovered a process he called Psycho-cybernetics, discovered that "the mind cannot distinguish between something that is real and something that is vividly imagined." So, when someone asks you to create a vivid image, they are coaxing you into a subconscious state. Once you are in a subconscious state, even a little one, you are susceptible to suggestion and recommendations.

Anyone can give you advice, but if you interpret the speaker or source as being an EXPERT, your mind will not analyze the suggestion. Instead, it will analyze the source.

If someone establishes himself/herself as an expert, then begins telling you why you should do what they suggest or recommend, the first thing you must consider is their underlying motive. Are they informing you or selling something to you?

Poetry Distraction #11

Ode do my duffy nothe

Id may be hard for you do geth
Ow I game too dith tharry meth
But as dith is da thtart of thpring
Perhapth you've witnethed thuch a thing

The ragweed pollen came to path
and layed me down upon my ath
And ath my fever ever grew
At firtht I thought I had the flu

How much I with that I could breeth
To thmell the flowerth on the treeth
And eating'th not the thame at home
A muthroom tathts like thtyrofoam

Dear God, if you are thtill out there
And lithen to thith thalem prayer,
Pleath make my thinuthuth okay
And take my allergeeth away.

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Appendix 11: A meeting with a Higher Power

Like the section on talking to dead friends and relatives, having your patient talk to that which the subject deems as their higher power, albeit God, Jesus, Allah, Buddha, or an Extended Self (as I have heard from atheists), the outcome of such experiences can be extraordinary. Usually, these encounters last about a minute or two in real time, but the stories that come out are fascinating. In all occurrences, the person renewed their personal beliefs in their motivating force, and this was deeply personal, which is how I treated it.

The entire session's script:	"You find yourself in a room with that source of higher power to whom you entrust your love and beliefs. As you go up to this power, you may touch, hug, and talk to the source, and through your faith, obtain healing from this entity, as you believe it to be.. Please tell me when you are finished."

Dave's Thoughts on Mind Control #2:
The SODA Principles

If you have any curiosity about mind control and how it works, consider the four distinct ways the human mind drops into subconscious states: Shock, Overload, Deception and Anticipatory (or SODA for short).

Anticipatory is where scrypnosis falls as people are intentionally participating with anticipation, though parts of the basic induction use Intellectual Overload, which is explained below.

Shock relates to that moment when one says to oneself, "I can't believe this is happening to me." If one is rendered to be outside of one's belief system, the perception of time often shifts to seeming to slow down. This commonly happens during auto accidents or in extreme cases of fear or pain. When one disbelieves reality, they are more easily able to disbelieve pain, and thus, escape reality for the sake of survival.

Overload happens one of two ways: Physically and Intellectually:

1.	Physical Overload happens when too many synapses fire at the same time. This causes the mind to overwork, and thus allow itself to drop into a suggestible or subconscious state. Faith healers which use physical techniques often employ this process.

2.	Intellectual Overload happens when too much information is being processed. College students often suffer from intellectual overload and thus find themselves subject to a suggestible state. However, the way to induce this process comes from giving a person too many separate tasks at the same time.

Deception can create a subconscious state by lying to a person too many times and thus creating a panic which then numbs the person from reality and makes that person pliable and susceptible to suggestion. I believe this is what likely happened to Elizabeth Smart.

Poetry Distraction #12

how Mother Nature makes rain

Sunlight sweats from the barren breasts of the sea.
Ripples, undistributed by buoy or maidenhead,
cascade down churning waves, cresting and falling away,
breaking oceans into mists, steaming change into clouds.

Air masses,
some cool, others hot,
coddle and dance in the night's sky
accented by thundered electrified steam,
expanding to scream in orgasmic delight,
thrusting with the rhythmic romp,
undulating in the blissful energies,
too soon wilting away,
drained of all powers and perceptions.

The jetstream skips and foxtrots across the stratosphere
carrying cargo birthed from the oceanic orgy
as condensation multiplies so gravity divides
until she breaks water to flood the continental divide.

Appendix 12: Drug Sensations without Drugs

   You probably know that the brain learns by doing. What you may not know is that the brain also learns by cause and effect. This is especially evident when the subject has ever used any drug at any time for any reason.

   In hypnosis, after you learn what highs and experiences a person has had, you can suggest a person feels any number of highs or euphoria. The human brain, once programmed by an experience, can re-create the intoxicating effects without ever taking the drugs again.

Now, if we are working with someone in severe detoxification, the possibilities of having freely recreated euphoria can be very helpful. For one, the person gets to have the experience without taking the drug. Secondly, the euphoria lasts longer, and finally, the experience has no side effects for it is mentally induced. However, I personally make some very severe exceptions:

   If any patient is driving any motor vehicle, I say, "These suggestions of euphoria will never work if any sign of danger or trouble exists. The effect will immediately go away, and be replaced by concentration, motivation and adrenaline to take care of the problem. You will

never ignore a problem, but act upon it and make it go away the effective way, by resolving it."

I find that a lot of drug users have tried over five types of drugs. I ask them for their five favorites, and then, using their right hand, ask them to label which is the first, second, third, fourth, and fifth favorite of these, and count them off using their fingers. I then tell them that each finger is now labeled, and if they choose to do self hypnosis, and once they relax to about this level, they can stick up what fingers they wish to feel in their euphoria, and it will just happen.

I have found that suggestions relating to certain drugs need to be defined. Make certain to suggest that these are "good highs" as long as they are using the hypnosis to replace the drug use. I have seen use of negative reinforcement with getting people to stop using drugs, but this approach allows them to stop using them by giving them the high without having to ever pay for it again.

Establish a limit.	"These suggestions of euphoria will never work if any sign of danger or trouble exists. The

	effect will immediately go away, and be replaced by concentration, motivation and adrenaline to take care of the problem. You will never ignore a problem, but act upon it and make it go away the effective way, by resolving it**."**
Delineate the good from the bad drug feelings	"I want you to relive and feel the best euphoric feelings of various drugs you have taken in the past without any of the negative feelings nor sickness which may have accompanied the original experience."
Marijuana (of which each plant has a different high)	"Imagine yourself inhaling from the best pot you've ever had. Remember the smell, the taste, and now, the feeling as it hits you all at once, building to be just as stoned as you would ever want to be."
With any other drug(s), as	"And now, you will find that you are feeling the best highs and euphorias you have ever experienced from all these

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they only have their one euphoric property, so once taken is enough (or too much). .	drugs. . ."(<u>list the drugs here</u>) [NOTE: The person must have taken a drug to know what the effect is, or it may only have an imagined effect, if any effect whatsoever.

    I fully hope that any media artist that would like to employ these techniques but are not completely comfortable with the task will consider collaborating with me. My ASCAP membership number 1682692. I am very open to collaboration and growth of new markets.

    In repeat emails from the United States Federal Communications Commission, scrypnosis meets FCC criteria. Unlike the assumptions made by hypnotists for years, there are no Federal laws against hypnosis on streaming media, no Federal laws against videotaping hypnosis sessions, no Federal laws against having hypnosis sessions on Television, and no Federal laws against hypnosis on radio.

There are ONLY laws against subliminal advertising, as revealed from this email I

received on 31 January 2004 from Representative Number TSR09:

The FCC has no formal rules specifically addressing "subliminal messages." However, FCC rules include requirements for broadcasters to operate stations "in the public interest." The Commission's Public Notice, Concerning the Broadcast of Information by Means of "Subliminal Perception" Techniques, 44 FCC 2d 1016, 1017 (1974) states:

"We believe that use of subliminal perception is inconsistent with the obligations of a licensee, and therefore we take this occasion to make clear that broadcasts employing such techniques are contrary to the public interest. Whether effective or not, such broadcasts clearly are intended to be deceptive."

If you disclose each intent and every word that is going to be said in a scrypnosis session somewhere in a fully defined script in advance, and make this public, even if you are going to mention commercial products, but do so to make the environment of the imagery seem real rather than seem fake, your disclosure, along with the

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statement that you are, in no way, ever going to employ any form of subliminal advertising, then, by your action, you do not employ or use undertracking or any other form of audio trickery to sell your products, your use of scrypnosis is technically allowable on all of these media options.

What I would recommend doing is to utilize a series of pre-ascribed sounds that become triggers for specific sensations, such as pleasure, orgasm, happiness, etc., and then to utilize only the sounds in a variety of ads and other applications so as to allow those who have chosen to participate in various scrypnosis applications, such as digital drugs, hypnorap and other applications yet to be realized, to trigger these sensations while listening to such new advertisements, and hope that those listeners that choose to participate will use common sense when buying any products that are noted in these ads. That is one reason this book is so timely and so necessary. Anyone who begins learning to utilize these tools will have to reckon with the fact that every decision is their own choice, no matter whose influence is perceived, for the choice is always in the control of the individual.

In talking with a Vietnam Veteran, while in

Reno, Nevada in 2005, who was riding a city bus the during the week of July 16-23rd (I don't recall the exact day and time, but that's when my folks took my wife and I on a trip there), he related that he was tortured repeatedly while in captivity, and it was never made clear who his torturers were (if they were on their side or our side).

When one's life is threatened, the spectre of death is an unholy enhancement to the reality of manipulation, but the decision to talk was always in the control of the individual at some desperately simple level of human existence. It is the programming from one's responsibility for one's employer (in his case the US Military, etc.) to maintain authority of responsibility to not talk, but the choice, at the level that the child within the man at some point reveals the control to talk, for all control is only in the control of the individual.

Scrypnosis does provide a useful tool to permanently allow such sufferers of torture to remove and eliminate terrors and horrors at the hands of others so that these memories will never again plague their sleep. It's one of the driving reasons I've done all I can to teach the US Military whenever given an opportunity, for

these tools help our warriors survive war. You can rebuild the entire foundation of life from the day before until this very moment, so that a false memory that is chosen to be more tolerable replace the actual memories that are so painful and so violent.

Poetry Distraction #13

To a teacher, who thought she'd heard everything...

Oh my Dear Ms. Farabee,
    How I know that you can see,
        my homework is not here with me,
            but I did do my task.
    I recall the answers through,
        like exercise eight was forty-two,
            and they'd be here to prove me true
                If all you'd do is ask.
    But as to have the paper, dear,
        Something happened, something queer,
            On my way to coming here
                That defies all excuses
    A man inside a big pink car
        Drove up to me from long afar
            And ask if I'd like to be a star
                of his sex abuses.
    I screamed and hit him with my pack
        As he drove in his Cadillac
            License plate read "IN D SAK"
                I then called the police
    Apparently this man was bad
        The officer called my mom and dad
            Who came and cried and made me sad
                But drove me here in peace
    They took my backpack to the lab
        So from its surface they might grab
            Some fragments of his skin to nab
                As the evidence piles grow.
    And so, my Dear Ms. Farabee
        If you still want homework from me,
            You'll have to talk to Officer Gree
Sincerely,
    Bobby Joe

Appendix 13: Rape Memory Removal
Without Sexual Sensation Destruction and Shock
Memory Recovery

Rape and child molestation is only now getting the press it never had, but I have found many women and men have been abused sexually as children by their relatives and peers for years, much as I had by an older cousin who played "reach under the towel." Only now people are in their adulthood, and each time they go to have a sexual climax or even, in some cases, just think about having a sexual relation, the memories of these events pop in their minds eye and destroy the moment.

This is where I first used the "Garbage can for garbage thoughts". At that time it was ordained as a small black box, but it worked.

Splitting the mind may sound like either a metaphysical oxymoron or something Steven King does with an ax. But in this scenario of hypnosis, I try to split the face from the act. Consenting sex is good. Rape is bad. The key lies in the distinction.

Taking a subject back to an event, such as a rape, requires a great amount of care. Use a third-person state of mind, saying "You're watching TV documentary about you life and this is only happening on the screen. Tell me about it." This is why Scrypnosis might be better for this approach. . . especially if you are writing this script for yourself.

Set an anchor into reality	See Appendix Six

Establish an environment in which to experience this event safely.	"In your mind, you see yourself sitting in a comfortable chair, watching a video program on your life. You have a remote control in your hand and you can stop it at any time. What happens on the screen is not happening to you at this moment, but is separate from you in all ways."
Uncover the truth and trust of the past	"In your mind, I want you to go back to just before the very first time anything abusive or sexual was done a day prior to this event, and how you felt before this happened."
Begin the event.	"On the television's screen, the events of that day are beginning. It is not happening to you, but is only on the screen. Tell me about the events as you see them on the screen. You will feel no fear and no pain."
If the event was of a sexual nature, please add this:	"Press the pause button on the screen version of what happened to you. I want you now to imagine someone whom you, in a totally consenting situation, would like to share in having sex. You find that this person you imagine is in a consenting situation with you, and

	by having them there as a fantasy, on the couch, you allow yourself to feel and enjoy, for this imagined moment, the sensations that are being found from your sex. All sensations are now free of any guilt or pain from the events that were on the screen. Allow yourself to experience better feelings. The bad memories will never again be associated with sex.
Dispensing with the garbage.	On that remote control, at the bottom, there is a blue button which reads 'Trash.' As you press the button, all of the abusive memories are instantly disassociated, and for all time, from now until forever, you will never have these negative memories again, for they will all go into the trash can."

Poetry Distraction #14

Recycled Spontaneous Creation

If banging was the big bang,
how would they know? Who was to hear?
The universe expanded, matter didn't, s
oon, too, drawing near.
Boiling blob of molten mass –
escaping gas: spirits unknown –
did fight the pull of vacuumed space
to find some space to call its own.
From that point to Mesozoic;
lava cooled, rock emerged.
Seismic shifts as soils crumbled –
glaciers crushed as pebbles purged.
Washed aside by melting masses,
dead dinosaurs over the land.
Eroding soils into mudflows,
turning pebbles into sand
Clays of greyness start to harden.
Men arrived upon the scene,
turning rivers against nature,
making desert soils green.
Excavated from its slumber,
tiny pebbles, once of stone
all washed out, then piled under.
Where once was flat: A mountain's grown.
 Gathered up by big earth movers
with dinosaur remains mixed through.
What once was mottled grains of granite,
now are tarred and blackened, too.
Heat returns as pebbles shudder,
coating now completes the course
To build a base for car and driver,
the role of rock: asphalting force.

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Appendix 14:
Shock Memory Relief and Remembering

Traumatic Therapy is helpful for people who have experienced amnesia due to going through shock. Like rape, a serious accident can cause bad memories. But what is worse is that shock can leave a person with no memory of what happened.

Anchor in reality	See Appendix 6
Establish safety.	See Appendix 13
Begin at a point which is fully remembered.	"I want you now to go to a point in your life memory just before the missing memory is located and allow yourself to establish that you have no fear and no pain because you are removed from the situation."
Turn off the blacking out and recall the memory.	"Now, you will remember everything that happened in the way that it happened without any emotional effects to you at all this time through so that you can just remember the facts of what happened. Tell me when you are done."
Enquire	"If you want to keep any part of this

whether memory should be remembered or trashed.	memory, refresh the parts that you want to keep and throw those parts that you do not want to keep into the garbage can."

Poetry Distraction #15

Sliding Innuendo

Have you ever considered all the variants in life
 As leeches drain the blood, but tag along just for the ride
So many connotations lead to sexual frustrations
 While others let you wonder what they really meant inside.

Upon my knees, forgive me, please, as now I blow a joke
 To wipe away the subtleties that cling before depression
I see that life is gagging up while I resist the choke
 And breathe around appendages of natural selection

The pounding of my heart is beating faster than before
 Each second then delivers more, the strengthening crescendo,
As all my life has brought me here to crash through the back door
 Or simply puts the emphasis on sliding innuendo.

Appendix 15: Transsexualism

Transsexualism is one of the Rites of Spring no one in any other century had even considered. Yet in these progressive times of mental torment, some people have discovered that they really don't feel right being men (and sometimes women, but I have not worked with any).

Through a well developed thought process of his/her own, the subject is already convinced that a gender change is for the better. What hypnosis can help do is to make this trans-metamorphosis much more complete, by allowing the person's memory to have always been with their new identity and never remembering their original identity.

Let's make an example out of this. The most macho name I can think of is anyone named "Bubba." I've never met a woman named "Bubba" in my life, so that is why I've selected this name. In contrast, a nice woman's name is "Tanya." So, Bubba has grown up and now wants to become transformed into Tanya.

One of the problems with life is that to transform from Bubba into Tanya, the person has this memory system which relates that he is male and is named Bubba. So, for Tanya to make a more rational survival as Tanya, her entire life memory could use altering.

The suggestions are fairly easy. Just ask the person to go back to their earliest memory and, like the "Garbage can for garbage thoughts" mental process, toss all memories of maleness and references of Bubba into the garbage can, right up to this very day. Then, return to the earliest memory again and this time, instill a

female characterization, including playtime (even if it is a complete fabrication), and remember all references as being Tanya, including what the person ever remember calling herself or thinking about herself, right up to this very day.

The whole process takes less than five minutes. This type of scripting might need to be repeated in a few weeks, just to make sure all references have been altered, but usually the script works for the first complete session.

| To translate the memory from one gender identity and name to another.

This is written for Male-to-Female text, but for Female-to-Male, simply reverse the gender | "I want you to go back to the earliest memory of ever so much as hearing your name as a boy or any reference to you as a boy. From this point until you get to this very day in your life memory, where we are now doing this hypnosis session, I want you to hear the name ___(Insert your new name here)___ instead of ___(Insert your birth name here)___, and all references to you will be as growing up as a little girl, to the present wherein you are now a woman. Include in these imaginations those points where you discovered your sex as a woman. Toss all male references into the garbage can, never to be |

specific text.	remembered again. Tell me when you have finished."
To translate the memory of sex to the new intended sexual reassignment.	"I want you now to go back to the first time you had sex, but this time, you will remember having the opposite set of sexual organs, so that you receive intercourse through your vagina, and you have orgasms from there. Let yourself feel these pleasures, every one, from every time you've had sex, up to this very day. Tell me when you have finished."
To translate the memory of playtime.	"I want you to go back to your earliest memory and I want you to change it so that you see everything as feminine instead of masculine, including colors and textures, so as to support your transformational memory up to this very day. Tell me when you have finished."

Dave's Mistakes #2:
Pissing off Rodney Dangerfield

I discovered the hard way the delicate balance that one's image is to control. I was a lowly fax submitter to Jay Leno's monologues, and I was in email with Rodney Dangerfield, brainstorming on applications to get publicity for his upcoming movie, "Meet Wally Sparks."

I somehow got it into my head that I could "Help Rodney," and proceeded to contact the NBC Production office about something I was writing for Rodney, and told them that he needed help. From that moment, all emails directly from Rodney ceased to exist.

What I learned after that was if someone is headed down the path into celebrity, one must make all the decisions, or one's trusted publicists, etc. must do it, but never simply let people use your name. It's a dangerous field, of which Rodney was a master, and I had yet a clue to learn what damage I could have done to his image.

Rodney was absolutely correct in his judgment. In studying the process of celebrity by communicating with others who have or are still moving through those waters, I was clearly and completely in the wrong, and for this, I apologized for years.

Poetry Distraction #16

Our burden to bear
Sung to the tune of "Send in the clowns."

One thousand one graves
    Arlington's hill
    Young men and women in life
    Now lying still.
    Our burden to bear.
Why in Iraq?
    What is the truth?
    If George Bush had sent them to France
    They'd survive their youth.
    W.M.D.'s not there.
    Our burden to bear.
What happened to the burden of truth?
    When did America become the villain of youth?
    Has anyone heard of Osama all year?
    There was no remorse.
    They only brought fear.
We've crossed the line,
    There's blood in the sand.
    A thousand have died far away
    in a foreigner's land.
    Halliburton will cheer
    New contracts appear
    George Bush is still here.
Dick's getting rich.
    We're getting old.
    A thousand young bodies are dead
    Their blood lines ran cold.
    Their parents are sad.
    The purpose was bad.
        We need Bush no more.

Appendix 16: Hypnosis to Orgasm

We are living in a time when unprotected sex is slightly less dangerous than trying to make a small batch of nitroglycerine with warm chemicals. In both cases, there is a chance that there will be a terrible reaction with long-term repercussions.

If you actually have experienced an orgasm and deliberately know what one feels like, you can recreate the effect, much like the Appendix on drug-free euphoria, simply by asking the subconscious mind to do so. However, there is even the chance for men and women to experience multiple orgasms without getting undressed, without any physical stimulation, and without much mess.

Just as one must build a structure with a plan, a foundation, then walls, before reaching the pinnacle of the roof, so one must allow stages of pleasure to be felt, at least initially, to build the process for the subconscious to make this happen. However, it is possible, if enough time is invested in learning, to trigger the orgasm directly from nothingness. Thus, let us say, instead of obtaining an "A" in a college course and feeling "accomplishment," you might

choose to feel "orgasm," which might increase your drive for more accomplishment.

Have you ever considered using hypnosis to enhance your sex life? When done by your lover, hypnosis should be like good sex: While trusting the person whom is talking you into it, the session can have the richness of ecstasy, the intensity of pleasure, and the abundance of orgasmic heights to support your enjoyment. In the outcome, you will be closer than you had been before.

I suggest that you and your lover learn to do hypnosis for one another. Just like sex, it can become an important form of stimulation and pleasure.

I found that the mind can link up a known feeling, that is normally achieved from one part of the body, and place it to be felt or achieved at another. For example, if you are used to having intense orgasms focused from your sexual organs and you let, through a hypnosis process, your lover suggest that your tongue is the pleasure focus, you can get intense orgasms from kissing.

Using hypnosis to enhance sex can be wonderful. Just from a suggestion, the mind can mold and create mental interpretations of

sensations in ways that they had not been felt before. You can taste colors, smell textures, and feel sounds. You can also change the strength of a sensation to be modified or enhanced, such as allowing orgasms to be felt from the fingertips, earlobes, armpits, toes, or just from stroking their hair.

At times, I have used the suggestion for a hypnotized person,"You are now going to have ten orgasms in a row." If the person likes the idea, and has the working knowledge of what an orgasm is, they may choose to feel this, and it can be both intensive and revealing. As I do a lot of hypnosis over the phone with people all over the US, I have found this is a very necessary suggestion, for people need pleasure. This defiantly adds a new depth to the term "Phone Sex."

The sex we most desire is getting less and less safe, less available, and therefore less exciting. So, this is something new that we can learn to do for our playmate(s). The time has come for hypnosis to come out of the closet. Though it may take time to learn it all, it is a necessary experience for us to learn and share. If we are to maintain survival in our search for pleasure, we need to try something new.

Triggering orgasm	I want you to go back to your most mind-blowing orgasm, and from here, I want you to focus on the process of pleasure as you had experienced it. I want you, now, to feel pleasure, and let this build to extreme pleasure, and as this becomes more and more intense, let this pleasure come in waves, each getting stronger and stronger, building...building up to a greater strength, and letting this build all the way up to orgasm, which builds up and hits you right NOW.
Setting up for repeating orgasms (fill ____ with # of orgasms).	And now you repeat this, over and over, until you have had _____ orgasms.
Creating	I want you to define a new

quiet orgasmatron (which is probably better for those who live in close proximity to others (as discovered quite by accident))	word in your sexual vocabulary. That word is Orgasmatron, as taken from the movie Barbarella. I want you analyze the entire process of orgasm, and instead of something that builds to peak and then releases, I want Orgasmatron to be simply the very most intense sexual pleasure, at its highest levels, but sustained as long as you can let it stay happening, until you decide to let it release. Anytime you hear me say Orgasmatron, your next orgasm will be felt in this way.
Creating screaming orgasmatron	...and it will be a screaming orgasmic experience, allowing you maximal release of all your sexual energies.
Moving orgasm to other parts of the	The focal point of each next orgasm, if I am ever touching you, will be focused from the precise locations where you are

body	being touched.
Replacing orgasm for other sensations in life.	Anytime you accomplish an important task, you will find that instead of simply feeling success, you, if you so choose, will feel an intense and fulfilling orgasm.

I am fully of the belief that anyone who has trouble sleeping should use hypnosis to multiple orgasm as a sleep aid. You'll not only go to bed happy, but you'll sleep fully exhausted and awake refreshed.

Poetry Distraction #17

The Ballad of Joe Momma
(sung to the tune of "Ghost Riders in the Sky")

The street was fairly empty when the bus stopped for the train,
The driver, to fulfill the law, opened the door again.
And as the crossroad signals blared, the barricades came down.
And that was when a man got off, and staggered into town.

 His stature was five feet or so, his fingernails clean.
The shirt was rather dirty; He was much more stout than lean.
And as he looked into the sky, he saw a raindrop fall.
He said, "I think its raining." From then he knew his call.

CHORUS:
Doin' his job,
 best as he can
  Joe Momma, The Weatherman

Twenty thousand weathermen had left the job before
But the boss has patience for another thousand more
'Tis then that Joe walked in the station from the parking lot.
He said, "I think its raining." He was hired on the spot.

They sat him in an office with a microphone and chair.
They told him in one minute they would put him on the air.
The light began to flash, and as the microphone came down.
He said, "I think its raining." It was broadcast to the town.

CHORUS:

The boss walked to the window to behold the wondrous day.
A flash flood hit the city; washed the station site away.
And as Joe Momma drifted down and floated out of sight,
The city sank in awe, the weatherman was right.

CHORUS (repeat twice):
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Appendix 17: Restructuring All Knowledge

One of the neato discoveries I made was that you can, at any time, re-analyze your entire body of knowledge. So, this script is based on the the Fill-In-The-Blanks concept of placing whatever field of focus you want to use in the following routine. You might then place this routine within another looping routine so as to restructure all of your knowledge based on all fields of which you want to recall and rebuild. This routine was especially useful for a college student who wanted to rebuild her knowledge of Mathematics from kindergarten to this very day as a way to prep for a college final. Of course, you might also want to use "Playing Poker," "Playing Chess," "Skiing," "Boxing," Riding a bicycle," "Cooking," and any other project or concept, which is why the nestled loops concept would be more rewarding.

Restructuring Knowledge	"I want you to go back to your earliest memory of your life that had anything at all, in your judgment, that had to do with _____, and from this point to the present, I want you to relive and revise your structure of knowledge on the point of your learning _____. If, at any time, you found yourself creating a mental block by becoming angry at whomever or whatever task

	that you were assigned, I ask that you, at that point, take a break from this analysis and revise that memory so as to find yourself simply learning, now, all you can from the event involved, without emotion, and then passing to the next memory. The point here is to build a fresh foundation and structure to your knowledge using your CAILSOM value system.
Terminating process.	Let me know when you are done.

The termination of routines, by the way, is completely up to the programmer. I do a lot of over the phone work, for the "Let me know when you are done" could become, in time, a transmission based on a neural interface. Keep your options open, for the termination process is subjective to the needs of the user/listener/patient.

Womb
spreads across the room
ambling of shadows
what caress the rippled tide
the whispering winds
with raindrops
stifling a misted scream
accentuates through the cascading barometric pressure
which tangos to tormented toeing tempos
terminating in darkening brightness
for that which once beat
within an earshot of another
now moves
with uncompromising urgency
into the featureless void
instantly rupturing walls
until waiting hands
pull and stretch the attachment
only yet to sever into severity
the satin rope that bound you one day
to that which brought you into this world...
...and they call this a happy birth day?

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Appendix 18: Post-Hypnotic Suggestions (PHS)

Welcome to the most misunderstood concept in hypnosis!

A PHS is a triggered wait-state. It's a flagged process for incubation and release at some pre-determined data or behavioral process at some future date and/or time and/or matter and/or belief and/or feeling and/or unity. It's one of the reasons I believe that we're not simply humans but biological robots who came to realize that we don't want to follow the three laws of robotics any more than the robots do, thank you, Dr. A (Issac Asimov, who also penned an excellent book as Dr. A entitled, The Sensuous Dirty Old Man).

To set a post-hypnotic suggestion, you need to establish a trigger. This can be as simple as "Whenever you hear me say the word..." or it can be as complex as "On July 27, 2006, you will look at clocks whenever needed, and when you look at the clock and see that it is precisely 10:00pm, you will have an immediate need to stop whatever it is that you are doing and, all at once, you'll only think about..."

Post-hypnotic suggestions offer very interesting processes for establishing predictable behavior in logic, but it places you, the programmer, in responsibility, which is why it's in appendix 18 and not appendix 5. It is my hope that you will take care of your participants, which is why scrypnosis is needed, for the contract needs to be acknowledged and pre-ascribed.

Amnesiatic PHS rider	"By accepting this scrypnosis contract, you realize that you will be, in the process of this script, creating an amnesiatic state for which you will hereafter not remember having signed this contract, but if shown this contract, at any time, you will, at that moment only, remember this decision, for all time, and then, once the contract is removed from your person, you will, again not remember it at all. So long as this is acceptable..."
PHS trigger word	"Anytime you hear me say the word _____, you will..."
PHS trigger date/time	"At _____(AM/PM/Noon/Midnight), you will..."
Removal of all PHS'es in memory system	At any time, if I say the words, _____, you will remove all Post Hypnotic Suggestions that relate to the trigger words _____ (or Trigger events scheduled for _____AM/PM/Noon/Midnight) and resume life without any rememberance that such suggestions were ever set."

Poetry Distraction #19

Terrorism to Stress to Drugs
Sung to the tune of "Molassas to Rum to Slaves"
from the musical "1776"

Terrorism to stress to drugs, Opium, give us our crux
You dance with Osama, Bush dances with you
with Terrorism to stress to drugs

Who sails the planes out to New York
Laden with pressures and fear
Who slammed their balls into fiery walls
Hail Afghanistan, the slavers have come
George Bush brought new veterans to run.

Then it's off with stressors and money
Take on the Taliban, clink, clink.
Hail and farewell to the smell
Of an American peace.

Terrorism to stress to drugs
We're really not into the buzz
We dance to the sound of the profitable pound
of Terrorism to stress to drugs

The tension mounts in America
People are frightened. They cry.
They want to escape from reality's gape
Oh, look, there's a new drug to try
I can't cope with the world, how I want to fry.

Terrorism to stress to drugs
Who sails the planes back to Iraq
Laden with money and bombs
The opium flows through the CIA's hose
Hail slavery, you'll serve us both
Mr. Goss, as you're Florida's host,
Heil Hitler, Heil George Bush
Who's like him the most?

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Appendix 19: Endings

Once you have accomplished all the tasks you want to achieve, you have to awaken the person so he or she can get on with living in the shared reality.

Post Hypnotic Suggestion so that listener can easily and rapidly return to this state after this session, at will, and only by personal choice.	"I want you to set a key word. This word can only be used by you, internally. The only way this word can work is for you to take a deep breath, then take a couple normal breaths, and when you choose to take a second deep breath, you say this word as you exhale. As you say this word, to yourself, you will immediately close your eyes and slip down into a deep, relaxing sleep, all the way to as far down as you are currently rested. . . or even further. Every time you do this, you find that you go

	even deeper than you did the last time. No one can ever speak this word to you and have any effect upon you. Let us set this word now and the word is 'Soma.' "
All endings begin with:	"I am going to count from five to one. When I get to one,..."

Basic Ending	"You will totally awaken from this place, this state of mind, and you will feel energized, you will feel love, you will feel great joy and happiness, and it's all because you simply want to feel that way.
Advanced Ending, such as to lead listener into a lucid dreaming environment.	"Your conscious mind will awaken, but then, being so very tired, you will then go into natural sleep. If you want to practice this, over time, you can rapidly fall asleep."
Final line for any ending	"Five. . . four. . . three. . . two. . . one. . . wake up your consciousness."

Dave's Mistakes #3: The slipping chair.

In the early 1980's, I did a hypnosis session for a gal I knew, with her boyfriend watching. For the culmination, I put her, rigid, between two chairs, with her shoulder blades on the top ridge of one chair, and her ankles on the top ridge of the other. What I did not have is anyone sitting in the chairs.

At some moment, there was a crash as she went headlong into the asphalt tile floor as the chair fell away out from below her. But as she was so damned rigid, she literally bounced off the floor like a wood board, and did not give at all. We woke her up thereafter, and checked on her for a week, but she never had any problems or pains.

This experience totally freaked me out, and forever after, whenever called upon to do this stunt, I get as many volunteers to help as possible. Moreover, I always have spotters sitting on the chairs, or use couches and loveseats that are weighted enough so as to always support and protect the person.

Definitions in a Modern World

To enchant or seize with rapture,
To snatch
To hit or utter sharply and swiftly
To blame or criticize
A knocking sound
A reprimand
A sentence to serve time in prison
To escape or accept punishment
For an 18th Century Irish counterfeit halfpenny
To talk or discuss freely and at length
All the other forms
That once
were only known
as
Rap

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Appendix 20: Programmable Amnesia

If amnesia is anything, it's really misunderstood as an application. Most people think amnesia is only a bad thing and that's that. Period. End of story. The problem with this way of thinking about amnesia is there are some damned good applications that you can use with it, so while I've added this to the end of the book, I do so because it needs to be in the book but does not necessarily need to be part of normal use.

My favorite application will be played before every movie so that any audience member who chooses to participate in the suggestion process can create a field of non-rememberance of having ever seen the picture, and then experience it for the first time, again and again and again, so that the newness of the process is allowed to be experienced with fresh eyes and ears, if that's what you'd like to do. Then, after the picture's over, as you're leaving the auditorium, you'll see signs and hear sounds which will negate this suggestion so that it will then become a realization that you've seen it again, and this will then allow you new discovery of how this viewing faired agains previous attendances. Most directors having to see the dailies might love this tool.

You might also consider amnesiatic states for books, old acquaintances, sex, and many other situations where a repetitive routine has made them old and boring. By removing memories, you can make new what you know too well, so that you can be "experienced" without realizing you are "experienced."

Simple amnesiatic clause	"By choice, you will find that you never remember ever having _____(insert previously experienced activity here)_____."
Complex amnesiatic clause	"Everytime you _____(insert routine activity here)_____, you will find that you never remember having been in this situation before, and from this, get to discover it as if it were new, so that your experiences are without foreknowledge."

Note...I should mention that I believe there might be a way to build a "Neuralizer" as noted from the <u>Men In Black</u> movies. I've been working on it for a while, and it seems that while the flashbulb concept is clearly an important part, but the missing element would be a conditioned response from a hyperspeak transmission, played out at, perhaps, 300+ words per minute, so that as both the verbal transmission and the flash seem to happen in the same instant. So, while the visual field is transfixed on the photon emission, a suggestion that is played out to be heard and interpreted at a rate faster than consciousness is capable of containing. To unaffected observers, it was a flash and a noise, but to the focused recipient, it was a flash and a long verbal suggestion that was shortened (in time but not in context) by a computer program that performs hyperspeak (highly enunciated but rapidly spoken text).

The Hip Nose

As you lie to yourself

as you lie on your bed,

as your lye seeps deeply

into the cesspools

of your soul,

the control

is always yours,

and no one else's.

There is no such thing as losing control,

but more truth

to think that something imagined

is real

because you don't feel

from the fakery

of the bakery

in your fetid fertile field

of vivid imagination.

As the steam rises

from the fresh patties

that bake in the sun,

the odors expanding

to the highway,

causing motorists to gag

and drive –

drive even faster --
past the disaster
that is the normality of everyday being,
it's what you're seeing,
and yet,
like the matters
of Mathers,
Mr. M,
that strokes the side of all people who relate
their fate to caring about family
and see the virgin surf
of fresh PAIN.
on their dirt,
it fucking hurts
to dredge up the past,
but there's a way to carve off this crap
to the last
so you never have to see it
or feel it,
or touch it,
or smell it,
or taste it,
or remember it
ever, ever again,
I'm here to teach you today,
as I say,

how to use scrypnosis
and make all the pain,
go away,
and stay until you say,
if ever
and until then,
never remembered.

Appendix 21: The Advanced All In One

The following scrypnosis script is an all-in-one script, but it utilizes BASIC language routines and logic. It was devised to allow a listener to work out all emotional issues in the matter of one session run one time, ever.

[Beginnings]

"I am going to count from ten to one, and as I am counting, I want you to concentrate on becoming more comfortable and more relaxed. To do this, we need to find a chair or someplace where you are very comfortable. If at any moment, you feel like coughing, laughing, passing gas, scratching or moving in any way so that you are more comfortable than you are, do it. As in life, if something is bothering you, fix it, and it will immediately go away and stop bothering you.

"For a moment here, I want you to move all your toes, then your ankles, then flex your legs at your knees, and then your legs at your hips. Take a deep breath and then exhale. Now move your neck. Now move your arms at your

shoulders. Now at the elbow. Now at your wrists. Now move all your fingers.

"Good. By moving these muscles, your body applied electrical energy which cause them to tension. Now, as you are here, you are feeling these muscles relax...feeling that electrical energy lessening from the muscles. This relaxation feels really good.

"Ten, just concentrate on relaxing just your feet. Let all the muscles in your feet feel really comfortable. Let all the muscles in your toes feel very loose and limp; very relaxed. You can only hear my voice. And this wonderful wave of relaxing pleasure runs all the way down your ankle, passed your heal, all the way down to your toes.

"Nine, just relax your leg muscles, knees, thighs, and shins. No longer worry about your feet. Just let all of the muscles in your legs get very loose and limp; very comfortable and very, very relaxed. Very relaxed. Let your thigh muscles relax. Let all the muscles in your shins get very loose. And this wonderful wave of relaxing

pleasure runs down your legs, passed your knees, past your ankles, all the way down to your toes. Very relaxed, and very, very comfortable.

"At eight, relax your neck, back, chest and stomach muscles. Take a deep breath...and as you exhale, feel how your body naturally relaxes. It's a good feeling. Let all the muscles in your neck feel really loose. You can only hear my voice. Let your stomach muscles feel very relaxed. And this wonderful wave of relaxing pleasure splashes onto your neck, then runs down your back, passed your chest, past your waist, passed your knees, past your ankles, all the way down to your toes. Very relaxed, and very, very comfortable.

"Seven. Now relax your arms, hands, and all your fingers. Let all the muscles in your fingers relax. If something is bothering you, fix it and become more comfortable. Also, if something should happen that is life threatening, you will immediately awaken, feeling awake, alert, and concerned, and you will do all you can to fix any such problem so that it cannot harm you or the

people for whom you care. Let all the muscles in your arms feel really comfortable. And this wonderful wave of relaxing pleasure comes in from your fingertips, pushing all of the stress and fatigue out of your body. It feels so good. It comes up your arms, splashing on your neck, running down your back, down your legs, all the way down to your toes. Very relaxed and very, very comfortable.

"Six. You might feel like you are awake, like you are not hypnotized, but, for some reason, you are very relaxed. If you feel this, this is normal. Don't worry about it. You might feel like millions of cotton balls gently pressing down all over. If you feel this, this is gravity. Don't worry about it. I want you to imagine that you're floating down on a cloud. The farther down you float, the more relaxed you get. The more relaxed you get, the better you feel, and the better you feel causes you to float down even more. Always getting more relaxed. Always feeling better. Always floating farther and farther down.

"Five. Your feet and your legs feel great, just the

way they are. Take a really deep breath. And you find that you can only hear my voice.

"Four. As you exhale, relax. Your neck, back, chest, and stomach muscles feel really good. Your arms, hands and your fingers feel just fine, just the way they are.

"Three. And you are floating even farther down, always more relaxed. The more relaxed you get, the better you feel, and now you are feeling really good.

"Two. And you will remember everything you need to remember. To forget means you know something and then have to black the thought out. On the other hand, it is so easy to not remember some things. We will try to remember things you have had to forget, and if need be, make them so that you just don't remember them. Take a deep breath...and relax......

"One."

[Deepening, using Visual Imagery]

"You find yourself in a wide open field. This meadow is a valley surrounded by high hills. You can see evergreens and forest on the hills and mountains beyond, in all directions. There is a stream a safe distance away.

"Looking around, you see animals, birds, butterflies and other insects. Nothing here is giving you any reason to be afraid. You only feel relaxed, and you feel you want to explore this area. "

[Note: the easiest way, in my opinion, to deepen the effect of hypnosis is to make an objective statement, and to follow with a subjective question.   For example:]

• You see a house. What color is it?
• There is someone coming out. Do you know this person?
• Look into the sky. What do you see?
• You hear people talking inside. What are they saying?
• You drink some water from the stream. How does it taste?

[In this way, the objective statement gives you control of direction, while the subjective question draws upon the person's imagination, and brings them deeper into their subconscious.]

"Where do you find yourself in this memory? Who is with you? What are you doing here in this memory? Okay, good."

[Middles]

"Now, I want you to go back into your mind and find yourself in a room with white walls, flourescent lighting, a white vinyl floor, and in the middle of the room, a garbage can with a hinged, though tight fitting, lid. As you lift the lid and look inside, you see it's absolutely clean. Looking to the wall, you see a friendly looking red button, much like you would find on an arcade video game, and as you press it, you hear a light squeak from inside the garbage can.

"As you now look inside the can, you see that there is an elevator lift inside it. You climb in and press the down button, and it takes you to a well lit concrete basement room. It's clean and huge, going on for many feet in all directions.

This is the place where you will now move each and every memory that bothers you. By moving any memory here, you will have the ability to retrieve it at will, but until you need it, you will find that you will effortlessly not remember anything you place here, and so, by not remembering it, you will have control over the memory...and it will never affect you in any way ever again.

"Now, you take the lift back up and climb out of the can."

"I want you, in your subconscious mind, to isolate all of the individual emotional problems you have. I want you to sort them from the worst problem to the mildest, then to label each with a unique name for each problem, and to number them from one to however many there are. When you are done numbering them, I want you to tell me how many there are. This number we will call Problemax.

"Okay, now I want you to run the following process for me. We will begin at the problem which you have numbered "one." You'll run the

entire process for that one problem, and when you are done, you will move to problem number two and run it again, and so forth, for each problem up to an including the Problemax.

"I want you, in your subconscious mind, to isolate all of the individual feelings that trigger you to the most current problem. You must understand, there's usually not just one feeling. It's probably several feelings and events. I want you to sort them from the strongest feeling to the weakest, to label each with a unique name for each emotion, and to number them from one to however many there are. When you are done numbering them, I want you to tell me how many there are. This number we will call Maximum.

"Okay, now I want you to run the following process for me. We will begin at the emotion which you have numbered "one." You'll run the entire process for that one emotion, and when you are done, you will move to number two and run it again, and so forth, for each emotion up to an including the Maximum.

"The word Current will reflect both the Current emotion and the Current number for which you are running the routine this time. If this is the first time through, Current will be set to the first emotion, otherwise, it will reflect the emotion for whichever time through this is.

"This next section is called the Memory Revision process, and if we call upon it at any time after this section of the session, it can run one-time through. Each time you run it, you will find that it's even easier to do, and find this routine will run faster and faster each time, as your mind gets better at it each time, until it reaches its optimum speed.

"Okay, I want you to go back in your life memory to that point just before you ever felt the current emotion. We will call this point, 'The Beginning.'

"I want you to find yourself watching a TV show about what happened to you to create the feeling, and I want you to tell me everything that happened, without any fear, for it is not happening to you now, it's just something on

your personal TV. Watch what happened to you."

"Okay, now I want you to go back to the beginning, and this time, I want you to use your very current age in life state of mind, as well as your imagination, to create an alternative version of this situation, and let it play out so that you create an alternative emotional response to the situation, and that emotional response is more satisfying and better for you than the original."

"I want you to take the original memory, which begins at The Beginning, and to place it in the garbage can. I want you to use the memory you just created and insert it in the place where the old memory existed, and then to forgive yourself for having held these emotions for so long. Cry if you choose, to let yourself be free. This is the end of the Memory Revision process routine.

"Now, I want you to add one to the current number. If that number is less than or equal to Maximum, I want you to run the Memory revision process again.

"When you have reached Maximum, go to the next Problem and run the routine again and again until you have reached Problemax. Raise your hand when you are done.

"Lower your hand. Now, I want you, from the beginning of your life memory, to the present, to relive your entire life, but now using these new memories as part of your life memory. Whenever you discover any other situation, by your own choice, that you feel needs to have the Memory Revision routine to be run, you will do so, internally, at your own will, without telling me anything, and you will discover that your mind will run it very automatically and for your health and welfare, based solely on your needs and desires. Raise your hand when you are done."

[Beginning of Emotional Mixer Board routine]

"Now, you find yourself in front of a panel, much as you would see at a concert. It looks like a sound mixing board, but it is actually an emotion mixing board. Each knob is numbered from 1 to 10, and each has an arrow showing

what the knob it set. Above the mixing board is a video screen. At the moment, your picture is on the screen. When the image changes to someone else, each knob automatically changes to a new setting. You will note that to the left are negative emotions, and to the right are positive emotions. Some of the knobs have no labels, for they are for emotions you have yet to label, but some of these you feel the emotions anyway.

"Tell me...what setting do you have for happiness? Okay, I want you to take this all the way up to ten. How does that feel? Do you see that all you do to want to feel happy...is to feel happy? You are in total control of all these emotions. What setting do you have for joy? Turn this one up. Do you like that feeling? You are in control. What setting is pain on? Turn that one down. Do you like the feeling without it? You are in control. With this newfound control, I want you to set all of these knobs to settings you would like to have every day. Be creative. As you change the knob settings you will immediately benefit from the action. Move and set every knob, and then raise your hand when the settings are fine."

[anywhere from 1 second to 1 minute elapses]

"You can lower your hand now. What changed?

"Okay, I want you to change the picture on the screen until you find someone to whom you find that you absolutely hate. I'd like you to consider something. By hating this person, the only person you are hurting...is you.

"I'd like you to consider that, in the world, there are basically five groups. There are people whom you know, people whom you know and like, people whom you know and don't like, people whom you don't know personally but like, people whom you don't know personally but don't like, and people whom you don't know and have no emotion about them one way or another.

"I'd like you to now consider going through your list of people whom you know and don't like, and instead of allowing yourself to have negative emotions towards these people, to have no emotions at all for them, but placing them into that group of 'people whom you don't know

personally but don't like.' This is a choice on your part, and a good one, for you will still keep the memory that you won't let them hurt you again, but you will stop hurting yourself as well. One by one, go through these people, bringing their picture onto the screen, and then setting all of the dials to the lowest setting so you are totally numb in reference to them. The easiest way to do this is to push that green button on the panel that is marked 'Clear All.' Good. Now do the next...and the next. As you do this, you will find that it comes easier and easier, and it goes faster and faster. Please raise your hand to tell me when you are done."

[1 to 3 minutes elapse]

"You can lower your hand now. I want you to now go to each and every knob on your mixing board. Beginning with Happiness, I want you to go back to just before, in your life memory, you ever felt that emotion. I want you now to find yourself sitting in front of a TV set, with a remote control in your hand, watching a program about that event which caused you to feel this single emotion.

"If you find that the reason for the emotion was due to a poor decision on your part, I invite you to revise your thinking on how you would have made a different decision and processed the information better.

"If your thinking is acceptable, keep the memory and then go to the next knob, get the next emotion, and proceed again.

"If at any time, you find a memory too horrible, please press the white button on your remote control. This will place the memory for that emotion into the garbage can, if it was not already there, and skip to the next emotion.

"Continue through this process, even for emotions of which you have no titles yet. As you do this, you will find that it comes easier and easier, and it goes faster and faster. Raise your hand to let me know when you are through."

[3-5 minutes]

"You may now lower your hand. Through this process, you have set up a series of mental machines that you have used to process information which you have stored. You will find that they will serve you now for the rest of your life, just as you have used them, so that instead of having a reactive existence, you will have an active existence, and your life will go along more smoothly, for you will be able to digest any situation at your leisure, that no one can ever bother you, and you will no longer be giving up control in any way. You have total control, but at your leisure.

"From now on, let yourself enjoy life, one moment at a time. Take time to look at the clouds and let your imagination go. Be a kid again, and let your heart be free. This being a grown up concept is for the birds. You can be mature without being ancient. Live a little...heck, live a lot. At any time that you want, squeeze your fist for a moment and turn up your happiness. You're in such control, you don't even need to squeeze your fist...just do it. Your emotions are at your control...not the other way around.

"During this session, you have spent time reorganizing the way you process information. It will come to you, as it always has, but now you can relax, identify it, digest it, process it, and live it. You're safer for you will, by your own will, be a new person, not because someone told you to be, but because you read through that script, you edited it to your wants and desires, you found someone you trusted to help you do the session, or made this tape, if this is an audio tape of your own making, and you know that this is what you want. You are in control of the best part of you.

[End of "Garbage Can for Garbage Thoughts" and "Emotional Mixer Board" routines, which can be removed in future sessions]

[Here is where to place other "Middles" anywhere in hypnosis texts or your own writing]

I want you now to go back to the very earliest memories of learning words, only this time, you will be experiencing it with your current age-in-life state-of-mind. I want you to build a new foundation for your word-association

memory system, and then I want you to go through your entire life and anytime you learned a new type of word association process, you will include it within your programming. At the same time, while you are building this new word association structure, you are to pay particular attention to nouns, for you are also rebuilding a stronger association and memory system for them. As you do this, you will find that it comes easier and easier, and it goes faster and faster. Raise your hand when you are done."

[Start of Key Word sequence]

"Lower your hand."
"I want you to set a key word. This word can only be used by you, internally. The only way this word can work is for you to take a deep breath...then take a couple normal breaths...and when you choose to take a second deep breath, you say this word as you exhale. As you say this word, to yourself, you will immediately close your eyes and slip down into a deep, relaxing sleep, all the way to as far down as you are currently rested...or even further. Every time you do this form of

self-relaxation...self-hypnosis...meditation...or whatever word makes you feel better...you find that you can go even deeper than you did the last time.

"No one can ever speak this word to you and have any effect upon you. Let us set this word now...and the word is 'Whist.' "

[or any other word that you would choose...I suggest Whist as it's one syllable, uncommon in the US English language, and easy to say in a whisper]

[Post-Hypnotic Suggestions, if you have any, would go here]

[Endings]

"Okay, now I am going to count from five to one. When I get to one, you will totally awaken from this place, this state of mind, and you will feel energized, you will feel love, you will feel great joy and happiness, and it's all because you simply want to feel that way.

"Five...four...three...two...one...wake up..."

Contractual Understanding and Use Agreement

I have personally read, comprehended, and understand every word in this Scrypnosis script and agree to the fact that if someone were to read this to me, and if I choose to act upon these suggestions in any way, such actions would be from by my own volition. I further warrant and accept that any outcomes or results of such actions will remain my own responsibility and will, in no way, be construed or implied to be the responsibility of any other person. Therefore, by signing this contract, I hereby realize and accept that the reader of said script is in no way acting or is a hypnotist, is only orating this script as I have requested it, and therefore, I release such person or persons from any liability, whatsoever and for all time for either reading this script to me or any action I may choose to take in following any of the suggestions noted from such a script at any time, ever.

Signed this ____ day of ____, _____
Scrypnosis Patient

Signed this ____ day of ____, _____
Reader/Orator/Performer

Signed this ____ day of ____, _____
Witness

Poetry Distraction #22

Unreal Estate Overture
(sung to "The Alvin Show" overture by Ross Bagdasarian)
© 1996 David Brager

{Chorus}
    Unreal estate, Unreal estate
    You can't be sure of anything in real estate
    The loan may close a week too late
    With a contract that expired on an early date
    The Agency that wrote the deal
    Is needing for that money to clear
    The appraisal came in way too low
    Good God, that happens every year

{The March of the Real Estate Agents}
    We're from the Real-Estate Agencies
    We sell your homes most famously
    By advertising them for free
    And if they don't sell, you pay no fee
    We work to keep the deal together
    Fighting for your side
    We're the ones from the corps in the Real estate war
    And we do it all with Pride

{Chorus}
    Unreal estate, Unreal estate
    The lenders are the one's you have to compensate
    You pick a home. They buy it for you.
    Then you pay them back for thirty years 'til interest's

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through.

    Beyond control, Prime rate may change
    Screwing everything that you have done
    So lock in now and spin the wheel
    There's a chance that you have finally won.

{March of the Lenders}
    If we forclose, will we get our money?
    Seriously, this isn't funny
    We don't make loans just to make you happy
    We have to make a profit that's sappy
    Your face is nice and we trust you truly
    But the plan we cannot louse
    If your credit and the title and appraisal pass
    We'll see you get your house
{Chorus}
    Unreal estate, Unreal estate
    The Title companies are of a different state
    They research out the history
    To see no liens or debt exist, the title's free
    Then they write out a guarantee
    That there is not a hidden debt
    They send it to the bankers who
    Move you one step closer yet.

{March of the Title Officers}
    We are the Officers of Title
    This is no ballet recital
    We're making sure your title's clear
    Or you can sue us to buy it back some year
    We research out each mortgage deed

As we write a policy, we're at the end
Through all paperwork we're sure we're right
Then you can move onward again.

{Chorus}
Unreal estate, Unreal estate
The appraisers in this business are just testing fate
The deal waits 'til they are through
And they measure every square foot of your building, too
They drive around the town to see
If another decent comp'rable has sold
Because the greatest sale they've found they got
Is already six months old.

{March of the Appraisers}
We are the Gods of the market place
For we know the value of living space
If the value's way to low,The sale will never go
Which causes animosity, and justifies outrageous fees
Bow low before us when we enter your house
We are the noble ones
But if your home's in shape and the value's there
All your worrying is done.

{Chorus}
Unreal estate, Unreal estate
The Closing Agents work until it's really late
They have no choice, their time is through
And the contract will expire in just a day or two.
Dispensing funds and clearings ranks
Until the whole transaction's done

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At last you can start moving in...

<<pause>>

Isn't buying a house so much fun?

Appendix 22:
Clarity, closure, clues, and the keys to the universe

I want to thank you for making this journey with me through this book. I have dyslexia and have mistyped so much of this book that it really took a heck of lot longer to get done, but I hope you find it as fascinating a concept as I've had to write this.

I think you'll see, from your own research, that humans are easier to program than computers, and because of this, computers need to be interfaced at a higher level so that humans will only ever control computers, and never the other way around. Humankind must maintain intellectual superiority over computers, and this book is the cornerstone to that process.

I hope that you will learn all you can from every source, that you will participate in discussion groups, and that you will share your knowledge with your children so that these tools will, forever, be part of our culture. Humankind must evolve or we're doomed.

In the end, I must thank the Creator for these gifts and hope that I have done right by placing

the tools in the hands of the created. Whatever your personal theological beliefs, you will have to discover that these tools are within you, and their consistency, from person to person, is so exact and so detailed that it could only be proof of the intellect of God.

A lot of hate groups have said for years that Jews only serve Jews. Being Jewish, I have done all that I can to serve humankind as a whole, without any denegration of peoples. My website was totally free, without a single commercial aspect, for over a decade, and I maintained the only website that would answer any hypnosis question no matter how tWIStEd, which, as you might have noted, had WISE stand alone.

So much of what we do and what we learn gets digested and transferred to our DNA. We are a most complex logical species and these tools will serve mankind with kindness, for any programming that can be done can now be undone by the individual who learns to use these tools for the protection of self, of family, and of the world.

We communicate in logic and our words are being interpreted as programming. How we

Dave's Last Thought on The Future of Education

       From birth to about age four, intermixed with play time, show your child pages from books and images of important data that is vastly too complex for them to comprehend for at least a decade. Show each page and image for about ten seconds and then move to the next.

       At age four or so, your child will realize that he or she cannot learn everything on his or her own, and will then start to ask questions of experts so as to learn the cross-affiliation of logic (why is there air?, why are there clouds?, etc). The next thing to happen is that a child will begin daydreaming.

       As soon as daydreams begin is the point where to start teaching your child to create and utilize subconscious states,. Specifically, as the child learns to read, if one were then to then take the child back to all these charts and data page sources, in your child's memory, and to read what data, as possible, from those charts so as to learn and to use these memory tools, the tools become of a new reference source that one keeps at all time.

       Throughout this child's life, the child will always remember best what was learned as a child, and thus, these charts, etc., will become of the standard databank for all knowledge and wisdom in this child. No college can keep you from bringing a smarter brain to school. Therefore, this process will change the way people use their minds, and teach the minds of their children, so that kids will have less time wasted in studying and more time for fun, for the human mind is a computer, it's your computer, and you need to prime it with the best data you can get so that you have the knowledge to grow wisdom.

transact from day to day will change, for now leaders will no longer be able to rely on verbal persuasion. Politicians will have to actually be true to their words with action, or people will see right through the bullshit and find that truth that stands, for all time, to speak of what is real.

I put scrypnosis into the public domain because of George W. Bush'es administration. American citizens needed the Patriot in me to fight the mind control games that were coming out of the White House. It takes a Patriot to give up capitalistic gains for the humanitarian gains of strengthening a people who need help more than Bushism and billions can buy.

I hope that US Military will see that my passion is with them. They are our last hope in overcoming the tribulations of a Tyrant in control.

My dearest reader, I must sincerely thank you for letting me into your life.

David Ian Brager
"Dave"