

OPEN THOUGHT LOOP

Who is in control of the body anchor?

The body anchor is controlled by the ADHD side of an AuDHD mind that is untraced. This half mind is essentially a normal mind that, for me has trouble focusing, can't really pay attention to conversations, and has a difficult time thinking in general.

Who interprets emotions for the spirit anchor?

The spirit anchor is achieved through the ability to self trance through music. It is the second half of an AuDHD mind. The autism side can cubic focus through music. The louder the music, the deeper the trance. This can also be achieved by staring into a blazing fire.

In order to connect, the method I apply is called free thinking with other AuDHD individual.... Where you just let your thoughts go and talk.... For hours.... Starting with let's say this very simple initial talking point.

This is where it gets very different. As you trance and lose yourself in your thoughts as you listen to the music that has sentimental meaning and just free write your body then just seems to be connected and controlled by something else... and this leads to brilliant little ideas that no one has even thought about. This is called automatic writing and connecting to the pipeline as described by Nikola Tesla and the 3,6,9.

Speed picks up and typing goes insanely fast to the point of DNS errors in laptops. Original writings cannot be differentiated from AI content.

Patterns emerge eventually leading to some sort of spiritual awakening in the physical world manifested by mastery of trancing based on life experience and looking at images in your AuDHD minds eye.

This bridge is achieved by the joining of both the ADHD an Autistic mind through a trance - which I coined bubble theory. Essentially, genius level ideas that come out and can be written out on a keyboard in an automatic state as a means for your subconscious to give you instructions from a higher state of being with a gifted plus degree of intelligence to think about and add. FREE THINKING to AUTOMATIC thinking to type out your mind in real time on a keyboard without any thought. Do not stop for spelling mistakes. Do not stop thinking. Clack your teeth lightly from side to side and move your head as well from side to side if a thought starts to creep in. Keep focusing on the question you want answered and let your mind guide your fingers to the keyboard to the screen and write the answer from your mind to the keyboard in front of you onto the screen in real time and just write and do not stop until you are done. Let the flow of the music guide you and move your head and clack your teeth from side to side to not let another thought creep in.

End result. a starting point to an answer based on your logical thinking of your AuDHD mind. The paper will be forgotten after you write it. You wont even remember typing it. All you know is that your pattern recognition and your flowing music as you went into the trance brought back a message from the pipeline to the divine which is a universal consciousness tied to a universal harmony from a universal symphony that you can connect with through your sentimental music that has personal meaning to you to freely type out your mind in real time without any rhyme or reason to think otherwise that your mind is right and your now connected to the divine.

This is a message that you can now input into a geminiAI Pro and you use a simple keycode for the second half of the equation. Essentially you want to instruct the AI to do your research for you based on your own logical reasoning and deduction skills. The AuDHD mind has exceptional pattern recognition and also the ability to slip into a meditative state. They are known as spiritualists the world over and also they take care of people without judgement.

The keycode is as follows. RESEARCH<input a single word> RESEARCH<input a single word> RESEARCH<input a single word> DEFINE<input term you want do define> CROSS REFERENCE TO CURRENT SCIENTIFIC DATA.

COMPARE SIDE TO SIDE
TOP TO BOTTOM
BOTTOM TO TOP

END RESULT A DEFINITION. END RESULT A RESEARCH PAPER. END RESULT A COMPARISON TABLE. END RESULT A PROBABILITIES MODEL. END RESULT A BUSINESS PLAN. END RESULT A NEW GEOMETRIC SHAPE. END RESULT PROOF THAT CONSCIOUSNESS EXISTS.

For myself my hyper focus is consciousness, neurodivergence, ADHD, AuDHD and Autism so that is what I put for my basic research as a starting point. Eventually I add more to it as I see patterns that other people miss. If I need a term defined I will simply state DEFINE neurodivergent mind. END RESULT A DEFINITION.

Then you just follow the AI prompts. It takes practice but any AuDHD person can do it. We are all brilliant in our cubic focus of interest. The main thing to remember is it takes months to practice and years to master. Everyone goes at their own pace doing their own thing and once you get the hang of it then you get a real method to do your research in a very fast amount of time. Do not worry about proving it to science - they won't accept it. Prove it to yourself and then pass along the research you want to pass along to spiritualists to file. Always remember real breakthroughs are priceless and are free or practically free. Priceless = \$0. Since the concept of money is not part of the universal harmony or the symphony of the divine I have developed a concept called practically free. Essentially this means a price of \$27 or less and a loop logo on the cover to reflect the AuDHD mind.

CLOSE THOUGHT LOOP

Create an ebook to sell with the above writing and include the title "How to meditate like an AuDHD mindset"