

Emes is the next aspect of  
caress,emes is the actiuty of  
diserning the basises of  
denature uphold,when things  
have been arranged or placed in  
a way to function other or further  
than what they usaully do,emes  
is the state fact of being aware  
of the ways then.Emes begins  
with knowing what is  
composition of matter already  
asertained.During  
solcor,components and  
tendecies should have been  
obsereved and understood,to  
execute emes the knowing

would be compiled into the understanding of the effect. Each element covered by assertion would be calculated to the total result. For example, knowing that water is composed of hydrogen and oxygen, making a pallet for ion, ion is what is underlying in water, in emes it would be understood that water has the potential to propel activity, as it does. Emes would be followed by ascertaining the matter by the way it comes, knowing components and physics of different matter, then coming to

the knowledge of their normal outcomes. It is best to practice emes, then meditate the routine into your understanding, rather than implementing a method, thus avoiding mechanism, it's important to be aware of what you do as you mean to instead of mechanical practice, but to bring abilities into your nature or second nature. Emes is basically as described, knowing what is doing and what is capable of objects-solcor es. To attain emes the technique is as follows, Assert-have the

knowledge of the element as you would. Bias-look at what you have observed and what you have come to understand and conform the knowledge of the element within those bases to find what outcome results from it. Essence-understanding what an element is ,look at it the way you have found and understand it that way. End-after all of the steps of celebrity have been followed(celebrity is the understanding of the composition as it is),to end is the sum up the finding to

calculate the equation to revealing the compose. Naturally many reference materials or other education would be beneficial to progress, and should be found, emes is the way to continue from solcor and on to the next of attributes to operate over funtion. Nes is the next attribute, nes is the structure of stability in nature of pshyce, to andle knowlegde of function as one provates and habitats. Nes is the next aspect of caress, Nes is the way you comprehend your goal of knowledge on lernid

basis. nes is the way you know what you know. Nes should be importantly implemented to avoid a crash, moving less consciously, usually with nature instead of intelligence, or in a way that is objective and uses are being looked at in a simple, non-cognizant manner. Nes always allows you to operate and live without going "wild & dumb". Nes is understood by realizing the grade of knowledge you have acquired, and knowing it, learn what you have learned so that you know it instead of

memorizing it. If you know what you have learned you can easily realize conditions when they are present, then you can move appropriately about things, and in timely fashion. To learn what you know look at what you have been knowing (have learned) and find if you comprehend all of the material that it is, or if it is that you competently memorized it. If you haven't comprehended the total of what you've learned, go through it and learn it down, just like you learned in the first place. Once you have completely

learned and comprehend what you know, you have nes, a complete agile comprehension to what you know, this elevates your cognitive ability, and allows you to move through tasks and situations with less resistance, stress and confusion. Remember to incorporate nes into your psyche, so that you are capable, instead of using an ability. Omitre is the next attribute, omitre is the function of most of what is competent being put into execution. Omitre



means,when some is ready,the understanding would allow one to implement uses or corespond to reactions that are effective and efficient,instead of ordinary,or mundane.Nes is attained by beginnning with a whole mental phase clearing.To clear your phase of asses,the region in your mind ,in which you dechipher a lot of thought and idea,you must meditate in seeing your thought way,seiness.Meditate on seiness,and clear your phase of thought to "you will know,but

first you want to develop the proper order to find seeing it", clear your seiness and begin with comprehension of what you see to think about, or think on things. You want to see you comprehend the idea of the thought you have to visualize or visualize thoughts. You want to see that you can comprehend what the first thoughts are. Example, you want to know what an object is, you want to assess it to know what exactly it is that is there that you see. You would be clear and ready to see

what you think, to understand what you are seeing, when you are assessing it, if you were startled or surprised by an object because you had not yet assessed it?, that way, assessment. When you have seen your thoughts that are for assessing and you mentally understand what you're seeing then (once you've translated it), and you are ready to perceive upon objects, that what is before you, instead of internally, or personally, you can begin beginning to assess an

subject. You would then  
biograph, follow through the  
mental assessing procedure in  
the same manner as you gained  
enti, the mental balance attained  
at concentration on ples, the  
technique I describe just  
previously to translate your  
thoughts that allow you to think  
what you know, the sein. Then you  
should be able to assess subject  
in a organized manner, and could  
shape the way then, into an  
efficient manner to think about  
thinking and then  
comprehending. What way you

find is preferred for you, after acquainting yourself with seiness and flow, thinking to understand, then beginning comprehension, you'll find is the way you find to possess proper nes, develop your cognitive ability well, to proficient, allowing you to consume understanding, and compress and compound thoughts into more powerful intelligence and efficiency, making it easy to coverstrate, and encompass much knowledge for operating, in whatever you might intrest or an

objective, and all aspects of your  
life.

Lesson on nes,omi of caress