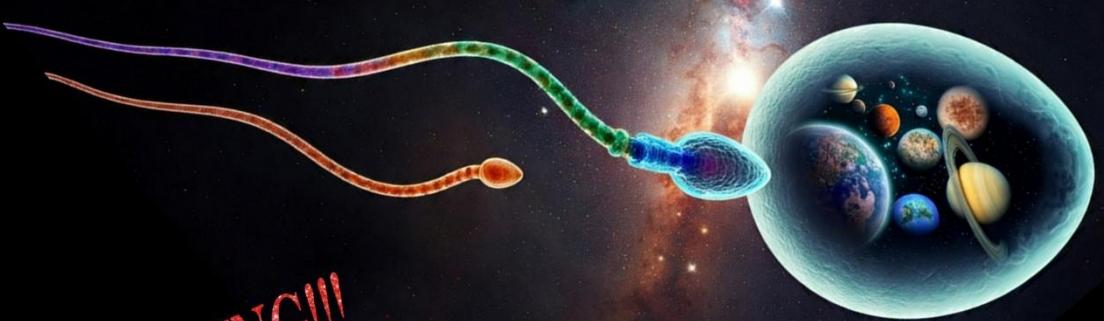


R THE R EVOLUTION SOLUTION



FEATURING!!!
The Message Of
NOUEEK
R&R Brightman

The Evolution Solution

By Raj and Radha Brightman

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This book is a work of fiction. The names, characters, and events in this book are the products of the author's imagination or are used fictitiously. Any similarities to real people, places, or events are entirely coincidental.

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This book is not intended as a substitute for professional medical advice. This book is not meant to be used, nor should it be used, to diagnose or treat any medical or psychological condition. Readers are advised to consult their own medical advisors, whose responsibility it is to determine the condition of, and best treatment for, the reader. The writer of this book has no medical training whatsoever. We also advise that anyone contemplating using medicinal cannabis should consult with their medical professional beforehand and apprise themselves of legal requirements in their area.

The Evolution Solution

www.phew.love

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Introduction

This is an excerpt from the book Phew, Finally! Everything Makes Sense.

This is a small section from a much larger picture. We share this core information so people who are not currently able to read a large work can get started immediately. This, however, does not contain all of the information needed to make the protocol the best it could be. When you are feeling better, get a copy of the full text and the supportive information contained in its appendices. It is designed not only to educate the conscious mind but also the entire psyche. Once everything is on board, heading in the same direction, it is incredible how fast health can be restored.

In Phew, the main characters' story revolves around a message that was sent by the Guides for humans. In this message, we hear from three sources: Zeetoc, a Guide – Noueek, an Overseer and Sourcey, who is the entire universe.

In this excerpt, we pick up with the First chapter by Zeetoc, to give reference. Then we skip to the Overseer Noueek as he passes on his message to humanity. This section outlines the Phew protocol, including the recipes and processes involved.

When you are ready, head to www.Phew.love to obtain the full version of PHEW, finally! Everything makes sense, as well as audio deep dives and applicable overviews and visual aids.

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Excerpt One

Chapter Four Verse one

Critical Mass

The news is good, very good.

The brightly coloured giraffes, hippos, and balloons that adorn the walls, denoting this a happy space, are a well-meaning deception. The rhythmic soundtrack of pings and beeps and the flashing lights that illuminate a transparent box are instrumentation rather than celebration. The decorations are a ploy designed to distract from the fear, desperation, and misery that hung thick in the air.

The smallest human you could imagine, capable of life, lies almost motionless within the box, shielded from the source of the woe, the heartbroken parents who stand there wondering; if this is the size of the body, how tiny must the struggling heart actually be? The love of a parent for a lazy teenager sitting all day snacking and scrolling on the couch is no greater than the love of these parents toward their beautiful baby. They don't just love the body; they love the person, the soul. It exists around the body and permeates through it. It is a person's personal universe. It can expand, develop, and grow in complexity

and ability. It is born preloaded with a complement of planets.

These complementary planets were donated by the parents, by nature, and by life. They enable a person to be a person. The baby's personality and patterns are initially made up of its ancestors' DNA. Along with the millions of small planets that a person is born with. There are three foundation planets that enable a human to live in the physical world. They will be in control until the conscious mind is strong enough to transitionally take it from them.

The first is given by nature, and it is called The Protector Planet. Along with its many other functions, it provides all of the parameters that all humans share in common. It determines the height range within which a human can grow and at what rate. It determines how many legs, arms, and hearts a human should have. It will tell the developing foetus that it will have two eyes. It is the inherited DNA that will tell it what shape and colour they will be, even if the eyesight will be strong or weak. This inherited DNA is a part of the second Foundation Planet, which is called the Family Planet, which is donated by the ancestral inheritance.

The Protector Planet will determine that a human should be covered in skin instead of scales, fur, or feathers, and the Family Planet's DNA will inform it what colour and how hairy it will be. The Protector Planet will inform the human of its species' common behaviour traits, that it should fight or run in dangerous situations,

and the Family Planet will help inform it which one to do in each situation.

There is another big foundation planet that sits alongside these two, but it is empty for now. This is the Acquired Planet. It will be where the person can store and access all of their own experiences. If baby lives, this personal universe will be able to grow as big and become every bit as powerful, beautiful, and amazing as he desires it to be. This is what the parents love, the person who lives through the failing body. This is the potential loss that they have been grieving.

All the tech that monitored the body were looking for signs of improvement, searching for indicators of the one essential catalyst for life, a desire to live, fight, tenacity. This is what got baby to be baby in the first place: a race won against hundreds of millions of competing sperm, a proving of determination, focus, and intention. This is what got it to conception, through gestation, and now it is called upon again and will repeatedly be, forevermore.

Now, however, the news is good, not merely hopeful or promising, but good. The box is being removed, and the love can flow unabated. This is when the real healing can take place.

We dictate this writing as Messengers. We are not God. We are what some would call Guides, Angels, Overseers, Demigods, or some such. We are the parents of the humans of this world. We have been standing by the box. We have been heartbroken while you have been

lying in it, fighting desperately for life. This message can only be given now, as the news is good, very good, and this revelation is us removing the isolation chamber, reopening proper connection and communication.

The first thing that we want to say is that you are loved more than you could ever possibly imagine. As a species, you have shown the proof of a desire to live that was necessary. The cone of silence is now being raised. The blinding lights that obscured your vision are being turned off. The noisy mechanisms of calculation and comparisons are being muted, and you will know us properly for the first time. We cannot say sorry for the box, as it was necessary to save your life. You had to be metaphorically interred in the darkness so that you could prove a desire for the light. Now that you have proven the desire to live the way humans are supposed to live, you can be unshackled from the uncertainty, the pointlessness, and the banality of the aberrant life that humans are being forced to live. You will now be able to fly freely in purpose, contentment, and celebration.

This is the life you are meant to be living, and this is the life we will show you how to live.

Excerpt Two

Chapter Twenty-Three Verse Forty-Six

A call to arms

Hello, I'm Noueek. Sorry to interrupt Zeetoc. I have been very interested in his explanation of things. I, too, am here as a type of Guide, but I am a ring-in, an Overseer. I am not from your planet. I have been called in to add my opinion as a part of the vast assessment team, as I, too, came from a cell that went aberrant. I am also different to Zeetoc because I came at the end of my cells cycle, so I can tell you from a personal point of view what will happen if all goes to plan. The other way I am different to Zeetoc is that he ended his life still connected to the Human-Network. I evolved to be connected to Natures-Network. That is where your human evolution finishes, for this world anyway. I have nature's energy running through my emotional river. I hear and feel its thoughts and emotions, see things from its point of view, we are unified in purpose. So, while Zeetoc is viewing things from a human perspective, I am not. He is humans advocate, I am natures. Also, I am not as diplomatic.

Do you have any idea what the fuck you are doing? You obliterate entire ecosystems that can feed and heal you, so you can graze animals and grow selected species of plants. Oh, the plastic and rubbish! You pollute the air

that you breathe, the water that you drink and the food that you eat. WTF? It makes no sense whatsoever. What I find even more baffling is that you know that you are doing it, but just keep on doing it!

People can talk about commerce and corrupt fat-cats, big pharma and farmer, global conspiracies, and I'm sure there are elements of truth to it all, but everyone seems to be forgetting a fundamental natural law. A law that all will be accountable to. If one man goes rogue, it is the responsibility of his tribe to deal with him. It is the populous who bear the responsibility of everything the few rogues are given the scope to do. They let it happen. It is a species responsibility. Who did what is of equal importance to who allowed them to do it. Who sanctioned their action, with inaction. I understand that it is hard to act against the strong when you are weak. So, I will do you a deal. I will make you powerful if you will go to war! In fact, if you listen to me, I will turn you into an unstoppable superhuman.

I need soldiers who are willing to allow their minds to expand and embrace a new kind of warfare. To add the spiritual layer to the sticks and stones of petitions, legal action, protests and action groups that they have been forced to fight with and take up and learn to use weapons of mass-reconstruction.

You used primitive actions because that is all you had available to you. And well done to you! Because those primitive actions worked. All of the effort by the

defenders of nature helped to prove that there is sufficient desire displayed from respirating humans to take it back and make it right. It was the struggles, the hardship and personal sacrifices that demonstrated this.

That is why we are here, giving this message. Now it is time to become very explosive in the spiritual world. If you are brave enough to overthrow the aberrant system that will lead to mutual annihilation, and spiritually annihilate selectively. Then put on your uniform, soldier. Something loose and comfortable, find a way to connect with nature, set up your bunker, I'll show you how to do this. Get in a reclined comfortable position ready for battle, and provision yourself with marijuana.

Excerpt Three

Chapter Twenty-Three Verse Forty-Seven

Familiarity, off-guard

I will get others to continue WHY you need to go to war, apart from the sake of your own mental/physical health and wellbeing as well as repairing a damaged world. The reason that I interrupted is that I want to quickly show you HOW, so you can start now. I will also reveal the true enemy that has lurked and destroyed humanity from within. I will remove the spiritual disguise and dissect the biological nemesis, paint a target and show you how to defeat it. You know enough to get the basics.

We communicate differently than you guys do. You may have noticed we seem to wander around a bit. This is intentional. We try not to stay on topic long enough for the thinking planets to become invested in what we are saying. We speak like the waking dream state functions. Let the subconscious absorb one element while we distract the conscious mind with something else. Then, when the subconscious mind has processed it, the conscious mind is brought back to it. It can seem a little repetitive, but new elements and possible directions are always being added, noticed or unnoticed.

We want to allow the message to get through without too much analytical engagement. Don't try to work it out as we go. Just let it sink in. Allow yourself to forget what you have read; don't try to remember it. When you need it, it will be there. If you pick up a thread, the whole garment will present itself, isolated and clear.

I'm going to show you two things. How to prepare yourself, and how to prepare the cannabis. Both are important. It can be great without cannabis, but refined cannabis helps enormously. I don't want to get the interpreter into trouble, so I'll tell you, it is up to you to check if cannabis is legal where you are and decide if you want to obey that law or not. You could try to tell the authority that some strange alien told you through a message, interpreted by an anonymous loner stoner secluded in nature, that you should try weed. See how you go.

As mentioned by Zeetoc, the emotional digestive tract is switched on by letting go of hunter-gatherer mode and is enabled by the endocannabinoid system. This system is run by cannabinoids, which are the cannabis like substances, that the body makes all on its own. This is a multifunctional system that controls the maps that redistribute energy flow. When cannabis is refined properly, it helps in quietening the thinking planets, shutting off the skin-fuel receptors and switch to respiration mode.

If you use it unprocessed with high THC, it can help with many things, including this, to an extent, but it also switches on too many unnecessary experiences that detract from this type of experience. Nature is full of compounds that set up the body for respiration or hunter-gatherer mode. How to unlock them should be shown to people by their Guides when they are ready. This is how humans evolve: they increase in abilities to use emotional energy to build and create, to repair and recycle.

I am showing you this because the world has been through assessment/autophagy. The result of which now requires a specific human species autophagy, which will empower nature/karma to wipe out the aberrant and reinstate those who seek to work cooperatively with it again. Respirators become conduits of energy flow between nature and the Human-Network. They notice, report and allow themselves to be portals of conscious Karma.

Humans haven't had the ability to respiration properly. People get little flashes as aspects of emotional digestion but never have a proper feed or poo.

You have to get the three thinking planets to behave, to settle down. If you scream at them loudly to shut up, they might for a tiny second, then just come back screaming louder. They are like children in your car. You are the driver, and they jostle for the front passenger seat, so they can have a bigger impact on your driving and navigation. 'Turn here, go on turn, turn!' They even try to

grab the wheel and force you to turn. This is when their opinion and energy release is large enough, and the muscles are so primed that they know what to do. You have to stop your own body with will-power, force it to do what you want it to do, not what they want it to do. When they get riled up, it is mutiny, and you have to fight back with everything you've got.

You should have all three of them sitting quietly in the back seat while you and your Guides chat like adults in the front, enjoying the scenery. The way to accomplish this is to make sure that they are fed, comfortable, and have something to occupy their thoughts. Like dogs, if they get bored, they'll dig holes in your brain.

The Protector-Planet is the special child. You know where he stands, what he wants, what he doesn't want, who he likes and dislikes. There is no reasoning with him. Give him what he wants, or he'll give you hell. So, what does he want? He wants familiarity. I know what it is like to come from an aberrant life cycle and have a freaked-out Protector-Planet. It is designed to live the type of life Zeetoc had. If you want to get into a deep, waking dream state, you have to give it enough familiar elements to put it at rest. The lengths you have to go to to accomplish this will reduce as you build a relationship, and it grows in trust. But it is good to know these steps for times when it springs back into action to cope with a perceived serious situation.

Let's go back to when he was king, and the conscious mind was his little rubber stamp emotional generator. He was in the shotgun seat, and the driver was so terrified of Sabretooth tigers, snakes, spiders and other humans that he went wherever the Protector-Planet told him to go and as fast as he told him to. This is what it wants again. But as a species, your conscious minds have evolved beyond that. If a person followed like that now, they would be dead or imprisoned. His self-defence strategy is that it is better to be judged by twelve than carried by six.

If you work, try to go to work with a sense of anticipation, with a quicker step and come home slower, more relaxed. As you develop, you will slip in and out of hunter-gatherer and respiration modes effortlessly. View work as your hunt, on the way home, when it is safe, don't focus your eyes on anything, Practice at the lights if you are driving. Let them wander, close them if you can and let your ears wander as well. Let them identify a sound and listen to it as long as they want to, and then let them move on to the next one. This is announcing to the Protector-Planet that you, as the conscious mind, are switching off control and are allowing it to transitionally hand-over to respiration. Music is a good way to help disconnect, but nothing with advertisements. They are designed to excite the emotions into hunter-gather mode. We hate advertisements with a passion. It is the joy of a person and their Guides to develop, foster and fulfil desires. They will never work with a person to manifest something they did not have a part in creating. This is also

why people cannot manifest things for others. It deprives them of the relationship building opportunity with their own Guide.

When you get home, back to the village/camp, move slowly, let your arms hang loose rather than marching when you walk. The slower you go, the better the switch. Don't control your thoughts. Just let them wander unabated. Do the cooking and other chores slowly, in a relaxed manner. It sounds counterintuitive, but learning to move slowly is one of the deadliest weapons in a respirator's arsenal. Let yourself roam. It might want to do a perimeter check, look around or go for a stroll. Allow your senses to wander. This is handing over control to it, so it can have a proper hand-over to respiration mode. It might want to check on food supplies. Let it look in the fridge and cupboards. It is gathering the information that it needs, so it can inform the physical respiration mode of conditions. Whether it needs to slow down or speed up metabolism. Are there suitable climatic conditions to have a baby? What interruptive threat levels there are, which will determine how deep the respiration will go. Don't watch TV, movies or shorts that create a fear-spectrum emotional reaction. These reactions will keep a person switched in hunter-gather mode.

If you have a big space, create a little cave. The Protector-Planet has to monitor the area that you are in, so a small pod is good. It hates straight lines and right angles. You can get rid of them by hanging material over

them, or put up a dome tent in the house and use that. If you are serious, build a little shelter and make it look like a cave. Have branch/root shapes coming out of the walls and make it look like they are supporting the ceiling. They don't actually have to, just look like they are. The Protective-Planet isn't a building inspector, but whenever entering a cave/structure, he looks for basic shapes and indicators of safety. He will keep the body on high alert in case it has to get out quickly with a potential collapse. This is called hypertonicity. If he isn't satisfied, the person can still sleep, but it is of a poor quality. This high alert will diminish the depth of respiration connection. Instead of watching a drama, put on a video of a campfire or fireplace. Listen to the crackle. Humans of your life cycle lived the same type of life with the same types of familiar surroundings for an extremely long time. Let it feel like it is back in familiar territory, and it will release you to live your life.

Excerpt Four

Chapter Twenty-Three Verse Forty-Eight

Laziness in demeanour is emotional suicide.

Your houses have way too many windows. If you want to look outside, go outside. Feel the air, the earth, the foliage, the temperature, and connect with nature. When you are inside, be inside. Don't look outside too much, listen to music if nature is being noisy, to disconnect from it. This was the problem with alcohol. People felt like they had respiration when they hadn't. It temporarily disengaged the safety mechanism of emotional discomfort. Windows do a similar thing. The safety mechanism to be connected and earthed with nature is disengaged with a false sense of openness. This switches off claustrophobia, the safeguard. In is in, and out is out. Take off your rubber-soled shoes, let nature know you're still alive and kicking.

At sunset, nature disconnects from animals. It goes into respiration as most of the animals do. Even though humans can live a life connected with their Guides in the WDS all day, every day, for working people, a lot of deep respiration normally happens at night when people finish with their obligations. Humans dump off their waste and Notice-Reports along with action energy to be redistributed. They also pick up their mail and requests

for assistance from friends or paying customers. This happens in the air, it is like a transfer station. The next day, they reconnect to the world and other humans and exchange refined, developed energy.

The Human-Network runs through nature. Humans, along with other animals, all report their notices at night. They are the perceptive senses for nature. They inform as a part of the ongoing assessment of this cell. When the human connection to nature declined, so did their ability to use this network. It is still functional but terribly slow. They also receive information through this connection. They can browse the new experiences to try or new emotional highlights to experience viscerally with no physical context at all, just pure energetic euphoria.

The Foundation Planets don't go to sleep during respiration. They connect with their counterparts. Desire planets also use this time to connect with other people's planets. They make deals, they accept roles that others want them to fulfil and offer roles to others. They also continue to work on the lower orbiting planets; if they aren't being processed by emotional digestion, these are the ones still deemed relevant by size or recent engagement.

As nature consciously disconnects to respiration, the warm, inviting, nurturing daytime forest can now feel weird and creepy. With nature shut down for business. People retired to respiration. They transitioned into this

during the slow movement at camp. The repetitive tasks of daily life provided a great avenue for switching over.

The Foundation-Planets learn how to do the tasks their conscious mind has proven a true desire for by putting in the effort to learn it and sticking with it. As they take over the boring tasks, the conscious mind is free to wander the waking dream state while the Planets are occupied. Your people find things like this to do as hobbies. Music can help fulfil this function. Slow music with few instruments when you want to slow down. Add more complicated repetitive arrangements when wanting to stay focused. Whatever repetitive, simple thing that relaxes the Protective-Planet is good.

Here is a lovely little trick for handling these kids: understand that they act up when they think something is wrong or might be wrong. They monitor the external peripheral senses, but they are also monitoring you, just like the nervous passengers on an aeroplane, who watch the cabin crew for signs of distress or comfort, as they are aware of what normal should feel like. They know when it is just turbulence, something to be concerned about or when it is time to say sorry or I love you, via last dash SMS.

The Planets watch you in the same way; they watch you intently. Every little facial expression not only informs the world of your delight or dissatisfaction, but it also informs your planets. The thoughts that you think, the mood that you are in, more often than not, is due to

your demeanour. Your words, the way you carry yourself. This is where you can have a major impact on your life instantly. Stop telling your Planets that there is something wrong, and they will stop shutting you down and drawing your attention to what it might be.

As soon as you inform them that there is something wrong, they want to know what it is. That's their job: to find ways to fix it, to offer solutions and suggested actions. 'Why is he so sad?' They wonder in the back seat. 'There must be something wrong. Hey! Driver, what's up? Is it this? Or that? Is it him or her? Or was it that thing that happened in the past, or one of the things that might happen in the future?'

People can go nuts trying to identify the inexplicable reason why they feel the way they do. They don't just do this about current events; they look to the past and try to extrapolate what perceived dangers might threaten to re-emerge. If you tell them that something is wrong but not what it is, they will leave no stone unturned, presenting all types of potential threats to the conscious mind for examination and verification. They don't just present it, but can try to sell it as a reality. They have to do this to see what the conscious mind really feels about it. If it isn't presented strongly, as a certainty or a potentially serious scenario, then they have failed in their execution.

Mood is governed by the emotional river/blood stream when there is no strong external influence. There are filters in place to clean the river, but they are activated

mainly during emotional respiration. If there is a lot of rubbish in there, via through skin absorption. The conscious mind can still choose what elements of his river will affect his mood. If he acts as if he is connected to the higher elements, then he will be.

The planets know that all is well if the conscious mind is laughing, smiling, having a joke, singing happy songs, or looking at beautiful things. Historically, humans don't tell jokes and stop to appreciate the sunset while being chased by a pack of hyenas. Like the song, they want to be happy, but they can't be happy, till they know you're happy too. Living with an unfettered demeanour is a catastrophe. It is a choice of the conscious mind to display its current emotional state. Not just to the world but their subconscious elements. But it isn't supposed to be just an indicator of your emotional state, but a steering wheel. Controlling your demeanour steers your emotional ship. It is the job of the conscious mind, you. Do your job or you'll be battered by the storms until you break apart and sink. Laziness in demeanour is emotional suicide.

It is good to have your pod, but try this exercise everywhere, whenever you get a chance. It alone will change your life.

Excerpt Five

Chapter Twenty-Three Verse Forty-Nine

The handover exercise

Sit or lie comfortably, in a position that if you fall asleep in, you'd be safe. This is important to relax the Protector-Planet. Allow the breathing to slow down. This is the conscious mind relinquishing control of the process to the subconscious mind and the Guides. In hunter-gather mode, the conscious mind is in control, he navigates the boat as the thinking planets all scream out coordinates. But in the waking dream, he is a passenger.

As the breathing slows down, again allow the eyes to wander wherever they want, and look at whatever they want to, for as long as they want to. When they lose interest in that, they will just lose focus and drift to something else. Allow them to wander on to the next thing. When they are finished, they may want to close. If they do, just let them. It is vital not to judge anything as being good or bad. Doing this is comparing, which is thinking; it will break the waking dream process. It doesn't matter what you see, hear, smell, touch or taste; do not judge it as being acceptable or not, wanted or not, liked or despised, do not judge it.

From here out, do not think, analyse, critique or ask questions, unless you're invited to. This is your job in here, just experience, it really is all just a different type of dream. To break open big chunks of emotions and get new responses from you. Each piece can be catalogued by desirability. Nothing is real; it is all safe and it is all internal. The things seen and heard are to elicit a reaction. They are not messages directly from God or deities such as ourselves. They are extrapolated.

When we want to teach you something, it will always be comprehensive. It will never ever be a one-off dream state experience. We deliver fragments of data to the subconscious mind of a person, and it stitches them together into a coherent experience for the conscious mind to react to. This is the process. God has never told anyone directly to do this or that as some sort of holy mission. It is all extrapolated by the brain. It is never a one-off message that sends someone off on a life mission. It needs repeated experiences to refine and fund life changes. When it happens like this in the waking dream state, the natural external life of a person changes to match the internal changes. The effort was done spiritually, and the physical reality simply conforms to it with little effort.

We will use ways to confirm and build the lesson from nature and your science. You will learn heaps of things in the WDS to enhance and enrich your life. Sometimes things could feel strange or even scary, but

they are just checking that response mechanism. It will always turn out wonderful when you continue on.

Because you are a lot more conscious than you are in the sleeping dream state, the emotions experienced are more nuanced. Your filters get better, and you experience fewer negative emotions, in the dream state and in life. You eventually become oblivious to them emotionally, which leaves you more able to experience and explore the new positive ones. Life continues to elevate, if you bother to elevate it. There is no upper limit to growth this way. There are always new positive experiences to have, and oh boy, life becomes more and more amazing.

Now do the same thing with hearing. Allow a noise to grab your attention for as long as it does. Then let it move on to the next thing and the next thing after that. The planets are creating a full picture of the current state of things to reassure themselves that it is all safe to switch off. Giving them the ability to focus the senses on what they want to check out is imperative. Continue this until it feels finished. You can do this with all of your natural senses if you desire.

Then turn your attention to your body. Let the mind wander to wherever it wants to. Let it hold the attention on the area as long as it wants to. When the body doesn't get the attention it needs from the conscious mind to notice injury, damage and areas of concern. It doesn't get the deep assessment that it needs and the energy allocation to heal properly. So, it starts to call out for the

conscious mind's attention. It also does this when an injury first occurs, so an emergency assessment can be carried out. This is called pain. It will keep calling on the conscious mind until it is satisfied that it has been assessed and will get the energy that it needs to heal properly. When it needs more attention, it will let you know.

This part of noticing, is a part of the respiration type of autophagy, which is focused on healing. Rather than the scavenger type, which is scrounging for energy in stressful situations. Again, stress shuts things down to preserve and protect, while respiration opens it up to heal and repair. In hunter-gather mode, it will use scant energy to do a patch-up job so that the body can keep functioning to either procure what is needed to survive or to escape danger. When the body switches into respiration mode, it focuses all available energy on doing a thorough repair/healing.

Even now, don't judge pain; it is there to help heal. Just notice it for as long as it wants your attention. The loudest pain will be first, followed all the way down to where your attention is on a body part that isn't even painful. It is now noticing the tiny whispers. If he helps them now, they won't have to raise their voices later.

All of this takes various lengths of time, at different times, depending on what's up. This is all to open the door. You can live with the door open and weave in and

out, which is highly recommended and a great lifestyle goal to manifest for yourself.

Now the mind can move internally. Now you can connect to your emotional universe. When using cannabis, the skin fuel membrane is inactive, so you won't hear from active clusters.

If you aren't using it, you most likely will first hear from energies suggestions that were previously released from the thinking planets that are still in dispute. No conclusion has been reached, they will try to get your attention. Give it to them. Let them talk to you, they will present their cases, often passionately. It is your job to listen without judging, comparing, making a decision, agreeing or disagreeing. They don't need or want you to judge, but just listen. You may not be aware of it at the time, but you will be emotionally reacting (noticing) to everything they say. When they have enough to go on, they disappear. Others might come up and do the same thing. Just relax and let them talk. If you ignore them, they will keep coming back.

This is where you clear up your universe of outstanding matters, so it can be used for the waking dream state. This is also the process where recent fibrous planets can be softened up, ready for digestion, without having to leave them floating around in orbit, while you disengage them by ignoring them.

Hear them all out, and there will be silence. Now you will have a clear connection to the WDS for emotional

processing and then to us for building, creating and manifesting. The processing takes place first, this way our information won't be confused with the static of a disturbed emotional universe. Now you will be clear about what is from us, and what is the processing of human thoughts and thinking planets' suggestion, this is where all the fun begins.

Excerpt Six

Chapter Twenty-Three Verse Fifty

One day, a rooster and the next a feather duster

Experience the peace of a disengaged skin-fuel membrane. Enjoy the expanse of your universe. Thoughts may come, voices, people, situations, movies, travel, therapy sessions, visions, sometimes they may be perceived as impressions in the mind and other times they present as full, tangible experiences.

Don't connect this energy to your body by thinking or acting on any of it. Remember, it is all happening in your universe/mind. That is it. It is all for emotional reactions only. If they are meaningful and significant, your guide will take you through them. Mostly, they are just there to have a reaction to. Notice things, let them slip by until something grabs your fancy. It is important for it to happen like this. Your guide will have a nice selection of experiences to play with. You just draw what is appealing.

When a situation that has been noticed is recalled, it can present itself as it initially happened. It can play out by acting on the raw initial release of energy from the Foundation Planets, fulfilling their desires. Then it will move on from there. Each pass through will eliminate

some of the undesired emotions while breaking down the positive ones into smaller pieces and expanding upon them. These become the spices used to liven up future waking dream experiences and manifest the future physical life.

Humans have a lot of things to do in the waking dream state, and it is the job of the emotional brain to make these experiences as pleasurable and engaging as possible. If the conscious mind loses interest, it simply drifts onto something else. It is a competitive market. These emotional clusters both recent and historic, want to be processed and used.

The emotional brain conducts this symphony. It often wants to deal with recent pressing issues as they are the most relevant. In an aberrant life-cell like yours, there are many people with huge old cluster planets that are decaying. The less relevance they hold, the further out in orbit they go. The fibres that hold them together lose structure due to energy deficiency. They break apart and fragment. The fragments can be picked up by similar planets that are energised by recent activity. This is known by some as ‘time healing all wounds.’ But it doesn’t, the energy is still there, just reorganised. A bigger cluster planet will never disintegrate completely and will find itself stuck to the inner wall of the outer universe membrane, like a barnacle on a boat. Many of these planets doing this creates a type of hardening of the personal universe membrane, which will not be able to

expand to cope with having big emotional responses. It's like emotional asbestosis. The only solution to this is restricting the size of the reaction the conscious mind can have. People become dull, uninspired and listless.

They harden up, some become bitter and jaded, nasty even. Others become rigid, inflexible, frightened of anything that may cause a big emotional reaction, good or bad.

‘No, no, I’m alright here, thanks, you all go ahead without me. It is what it is. Oh well, what are you going to do?’

Are some of the common calls made by the small unversed human. Steady as she goes, the mild, the timid, the sticklers, the officious, those who strive to maintain the status quo. Those who fear change, growth, spontaneity, serendipity, fun, new experiences and anything that could even slightly initiate a big emotional reaction. And who could blame them? They don’t have the capacity to deal with it. They are left floundering, knowing that they should respond with greater emotional effect but are unable to comply. They often pretend, just to fit in. They think, then they think, and then they think again.

We don’t control humans and have no desire to. This is not a religion, there are no Gurus or priests or teachers. This is all about a person developing as a person and developing their relationship with their subconscious selves. That’s it! They can be whatever religion they want.

Their Guides will help them do that. They are not there to dictate what the person desires , but to help them expand, explore, refine and manifest whatever they desire. Life is all about us encouraging experimentation and exploration, life only continues to survive on the large scale due to variance. One new thing discovered or invented can have wonderful repercussions throughout all of life. As the primo energy is the first-experience energy.

When other guys contribute in later instalments, you will learn how the afterlife works and what happens when a person dies. What they do, where and how they live. As you see the big picture, you will have a new appreciation for first-experience energy. Respirators crave it, but the small-universe hate it. They only want the tried and tested. A false sense of peace and stability, even if they have to kill everyone else to get it.

The small universe will not allow emotion to override reason. So, the Foundation planets, that draw their opinions from ancient primitive survival instincts, family inherited response suggestions, from old great, great granny Mavis and the stored planets wealth of wisdom learnt from stuff seen on TV and through life, to formulate and override us, the Overseers! We draw our information not only from our successful cycle, but from all of the other cycles as well.

Small-unversed humans have been around for so long now that people are born like this as a devolution.

They don't have the personal history needed to create a crusted outer membrane. But small, safe, uninspired people marry and breed with other narrows and they produce narrow children, who go on to procreate with other narrows and have even narrower children. Generations were being born with ever-shrinking personal universes.

The great news for people born in this state is that they don't have to unclog their outer membrane to get the emotional lung breathing like it should. They just have to break from the Family Planet. These people can take off like rockets once ignited and burn bright for the rest of their lives. They can't help the way they were born. No one is responsible for who they are when they are born; they are, however, solely responsible for who they are when they die.

Most of these people envy those with big bright universes who suck on the marrow of life. They just feel as if they don't have it within them. They do, and when they find it in the emotional dream state, it sparks a huge transformation. It can be like a complete personality change. They become juggernauts of experimentation and exploration. Instead of draining the world, they feed it.

Some people are like unidentified cancers that elude detection and treatment in the human autophagy/assessment. We need you to notice them. They will be awakened and repaired or eradicated. Not in

a nasty way, but they will lose all momentum, have no traction, and lose their inertia. The faceless will become voiceless. You will see who the marionettes are and who the puppeteers are. All you have to do is notice. Clear your universe, empower karma by providing the missing cog, human respiration, and waking dreams. Watch karma act as you have never seen before.

Once enough humans start respiration, the desire-effort will be established, and the process will pass the tipping point. It will become an involuntary action for all. A vacuum will be created as nature speeds up its mechanism. This will draw upon people's personal universes, which will crack open the hardness; even people who don't want to be in respiration will have it forced upon them. The mechanism that recalls fears and guilt will activate, and this will dredge them up, ready to be processed and banished. They will be forced to confront them without the ability to process them, and they will quite literally stew in their own emotional juices.

Respiration becomes very easy for those who want it. Their digestive systems fire on all cylinders as the exhaust has been improved. Waking dreams become a blink of the eye away, whenever you want them, whatever you are doing. For those who don't want respiration, they don't get to refine any of their unprocessed energy. So, while a person might still be a bigoted, angry, ugly man, he has no ammunition for his weapons. One day, a rooster and the next a feather duster.

Excerpt Seven

Chapter Twenty-Three Verse Fifty-One

Barnacles

Quick recap. Free the senses to wander without conscious control, judgment or thinking. When they are finished, let the attention wander the body, give attention to what wants it, for how long it wants it. When the body has finished, turn attention to any planet/clusters that want to talk to you, let them talk, again without judgment or engagement. You are not there to make a decision; this is not your job.

When they have had their required attention from you, all can go quiet. This is called peace. You can now engage with us uninterrupted. If you want to connect to a deity or whoever you want, we will help you to do that. We are here to help you process emotional energy so that the world gets back on track. What you do with this connection to the unseen is none of our business; it is now our turn not to judge but facilitate. It's your life, enjoy it.

If a situational cluster is being dealt with, you might have to chew it by letting the Foundation-Planets let rip. When that is done, you will process through all of the perspectives to get a clear picture of what did actually happen, rather than just what you perceived happened at

the time. Only after all of that, your emotional brain will form an accusation to be presented to the natural law. This is now over for you, and the situation will be nothing, but it will have provided you with emotionally positive data. As if the negative aspects happened to someone else that you heard about, instead of you. The internal alarm attached to this issue, which keeps the state of stress, will be switched off.

If the situation was about something that you desired. Then it will be formed into a desire planet, which will be revisited to be developed and refined. When it is matured, it will become a star, then, when it has reached fullness, it will explode and manifest that desire out of the waking dream state and into real life.

This will create a vacuum, black hole/portal, that will attract all the appreciation energy generated by that manifestation. This is the good stuff that the emotional body of God has been waiting for us to provide. This widens the portal and allows the person to also connect with nature, without having to go through the Family or Protection-Planets membranes. The more of these direct appreciation portals he has, the better he can also exhaust his waste, and the cleaner his universe becomes, and the better his digestion works. Otherwise, it is constant, impacted emotional constipation.

All of the emotional elements of the situation stay together in the narrative until they are digested. Once this has finished, the individual components can be

individually added to other desire planets to enhance their attraction to the conscious mind. A manifestation is always a cluster of many desires, all brought together to have a big impact. Then it is imperative that a person finishes off their process by thoroughly enjoying the desires fulfilled. It is this energy that will fund his life and boost him in elevation. A personal universe can normally breathe in and out, but these desire star explosions cause it to expand permanently. The person grows. Unfulfilled desire/frustration energy will cause a personal universe to shrink and tighten. It locks down, and he becomes an emotional shut-in. Desire-fulfilled energy develops the eternal soul.

For those with encrusted personal universes due to a life of hardship. Wow, you are in for a real treat. Unlike the Foundation-Planets, who try to clear away this barnacle energy by scraping away at the outside, dealing with recent dramas first and working backwards. Respiration attacks it where it first attaches to the outer membrane. All the subsequent similar emotional energy that has been drawn to it since is held in place by the foundational situation. In the waking dream state, this is easy. Once they deal with the foundation energy, and it lets go, the other attached energy just washes away over time. These will all be waking dream experiences and will not affect the body as skin-fuel energy unless it is connected to it by physical action. It really doesn't feel bad to confront and eliminate this barnacle energy, get rid

of it and sail away without ever having to deal with it again. Others will go into detail about this.

These are the basics to getting yourself ready for the waking dream experience. The car is packed, the desired destination established, and the course is charted. Now let's get some fuel in this thing and off we go. As the life you had gets smaller in the rearview mirror, you will feel a deep release and exhale a heartfelt 'phew,' thank God that period is over.

Excerpt Eight

Chapter Twenty-Three Verse Fifty-Two Section - A

The Problem, The Solution - The Poison, The Antidote

This is a big Verse that I want to keep together, so let's break it up into sections A, B, C, D, E and F. I need you to understand something fundamental before we talk about cannabis solutions. You need to see the whole picture, the why behind everything, because without understanding the energy chain, you'll just be fumbling in the dark, hoping something works.

The meaning of life is multifaceted, sure, but let me give you the core mechanism that concerns you right now. I'll condense it down in a nutshell for you. The ultimate goal is to provide Sourcey with the most beautiful, refined energy that humans are capable of producing. You're not just eating, sleeping, and scrolling through your phone until you die. You're energy processors. You're meant to be mitochondria in God's body, upgrading raw fuel into something extraordinary. Let me show you the energy chain and specifically your place in it.

It starts with photosynthesis. Plants use sunlight to breathe in air, separating carbon from oxygen in their leaves. They hydrate that carbon with water drawn up

through their roots, creating the simplest form of physical energy: carbohydrates, sugars, fuel. When the sun sets, plants switch into respiration mode, processing this energy into ATP, adenosine triphosphate. This is the energy that life uses to grow, develop, heal, and restore. If a plant needs to reach more sunlight, it grows taller. If it needs more water, it extends its roots. It self-assesses and produces leaves, seeds, fruits, and vegetables, all powered by ATP.

Now here's where you come in. Animals, humans included, can't perform photosynthesis. You have to get your initial energy by eating plants, or by eating animals that ate plants. Either way, your energy originates from plant photosynthesis. Every bite you take traces back to a leaf converting sunlight. Inside your cells are organelles called mitochondria. These tiny powerhouses process approximately your entire body weight in ATP every single day just from the food you eat. Think about that!

From just one molecule of sugar, your cells make 2 ATPs of energy. The mitochondria then process that up to nearly 40 through cellular respiration. This ATP enables everything: movement, thoughts, emotions, healing, growth, recovery, functionality, life itself.

Like plants, when you switch into physical respiration mode (rest, sleep, recovery), your ATP is used for self-assessment, healing the body, growth, and restoration. But here's where it gets interesting, where

you upgrade the energy. While you're out there hunting and gathering (or, you know, working your job, dealing with traffic, arguing with your partner), you engage with situations that cause emotional responses. Positive and negative. Your ATP gets converted into atmospheric emotional energy, energy that attempts to trigger your body into action while carrying subconscious suggestions about how to respond.

If you don't use this emotional energy with immediate physical action, something magical is supposed to happen. When you switch out of hunter-gatherer mode, you're meant to move into emotional respiration. This processes that emotional energy into atmospheric ATP, a higher-grade fuel that you use to create, manifest, heal, recover, and grow emotionally and spiritually. This is how you develop your Soul, your Life. During emotional respiration, you experience vision-like scenarios in your mind, they are like daydreams on steroids. These digest emotions into small elements of various fears and desires. The emotional ATP is then used to repel the things you fear away from your physical life, and to manifest the things you desire into your physical reality. This is the job. This is your function.

But here's the problem, and it's a big one: Humans stopped using emotional respiration a long time ago due to an aberrant deviation in evolution. The "Use it or Lose it" principle kicked in, and your brains stopped

producing the endocannabinoid system chemicals that enabled it. These must be restored, and that's achieved by reestablishing harmony between your conscious and subconscious minds. Without conscious/subconscious communication and unity of purpose, you feel empty, unfulfilled, anxious, depressed, even invisible or useless. Reestablishing this lost language is of paramount importance. I cannot stress this enough.

To do this, two things are required: cannabinoid supplementation and a respiration-switch-over meditation. Together, these result in empowered visceral dreams, you're awake, and you're having emotional responses to the visions. Consistency in this practice proves to your brain and subconscious mind the value of emotional respiration, how to do it, and what's needed to make it happen. When you have WDS guidance to build Noble Desires and fulfill them while banishing all things feared, you generate appreciation energy and a celebratory life. A single manifestation can produce a lifelong flow of celebration and appreciation energy that fuels your life effortlessly forward.

Now let me show you where this energy goes, why it matters beyond just making you feel good. Celebrations of manifested desires produce the highest grade energy. This feeds God His simple energy, which He then converts to the ATP that enables His continued existence.

You read that right. You're not just living for yourself. You're feeding Sourcey. Well then I hear you ask what happens to the refined fear energy, well, nature converts that into other types of energy that will eventually feed new stars, suns that will provide light to new energy-producing planets in the future, the basis for photosynthesis for plants to feed their animals.

The cycle continues, expands, and evolves. The Universe is God's brain, and planet Earth is just one of trillions of energy-producing planets, cells, if you will, within it. Animals and humans fulfil the role of mitochondria in His body. You upgrade energy, energy originally gained from photosynthesis, into the beautiful manifestation-appreciation energy that feeds Him.

Every person has their own energetic universe/soul around them. You have memory planets, thought planets, desire planets, and fear planets. These can grow into stars.

When a creation star is manifested into reality, it dispenses its energy and explodes, creating a black hole. These black holes are energetic conduits that feed your celebration energy to God. He uses them to flow blank source energy into the personal universe to replenish the void that was left by the appreciation donation made.

This can be used by the body and psyche for whatever purpose they want. This leaves you with joy, contentment, peace, passion for life, and deep satisfaction. When your conscious mind experiences

these rewards, it feels amazing, euphoric, and elated. But here's the thing: it's now your conscious mind's job to share the love. It didn't do everything on its own. It was a joint effort, the brain, the body, the subconscious mind and its mechanisms, the entire psyche, all cooperated to make it happen. They all need to be rewarded, as this will ensure their cooperation in making it happen again in the future.

The way your conscious mind shares these wonderful feelings with your physical self is by releasing feel-good chemicals. I will explain how this works, because it's crucial to understanding cannabis. Your brain is made up of special cells called neurons that communicate with each other across tiny gaps called synapses. This communication happens when a message from one neuron binds to specific receptors on the surface of another neuron. When this binding occurs, it can either excite the next neuron (making it more likely to send its own message) or inhibit it (making it less likely to fire). Essentially, one neuron tells another whether to release a certain type of chemical, neurotransmitters, or not release it at all, either fully or partially. These neurotransmitters act as messenger signals carrying information throughout the brain.

The conscious mind rewards the system by triggering a chemical cascade that sends feel-good chemicals throughout your body: anandamide, which is of major importance as far as we are concerned, it is

known as the ‘bliss molecule’, serotonin, dopamine, oxytocin, and endorphins.

Now you can feel these wonderful emotions physically. As the conscious mind follows these feelings through the body, a deep assessment takes place. This is the highest grade energy; it's capable, and it has a huge knowledge database to refer to. These feelings bring healing to the body, recuperation, and relaxation.

The WDS is a multipurpose energetic space. Emotional respiration is only one small function it fulfills. When you've taken care of the unprocessed energy hanging around, you're emotionally clean.

In your normal, everyday state, your thinking planets act as vital air traffic controllers; they diligently manage the low-orbiting energy planets around your atmospheric universe. In this state, your Skin Fuel Membrane maintains a normal sensitivity, allowing for measured emotional experiences without being overwhelmed. You can experience both positive and negative emotions, but they are capped, so you can still function properly.

When you enter the WDS for emotional respiration, or for creation, refinement, processing, and manifestation, the entire system shifts into a different mode. Your thinking planets are resting, and your spiritual brain takes control. The skin fuel membrane filters out negative emotions, only allowing positive ones to be experienced physically in a much fuller way than in

daily life. But the negative ones that you don't enjoy have their sensory switch turned right down low. You still feel them, but those emotions aren't connected to the physical body, which is a huge emotional amplifier.

However, when you complete your emotional respiration, your spiritual responsibilities are over, and it's playtime. You connect to your spiritual family. You are now truly safe, as all outstanding energy has been dealt with. This is the moment your brain is actively coaxed into feeling utterly secure. When you have provided it with all the synergistic precursors (the ingredients for the feel-good chemicals), it can truly replenish its supply of the wonderful CB1 receptors, which release anandamide. In this 'spiritual family mode,' the Skin Fuel Membrane is cranked up to its maximum sensitivity to enjoy the beauty, love, nurturing and reassurance that can only be experienced in a deep connection with your spiritual family.

Your conscious mind now wants to feel every little ounce of love, tenderness, caring, acceptance, and guidance. Neurotransmitters like anandamide are released in a very managed and careful way, allowing you to experience incredible highs, then return to a baseline of deep satisfaction and contentment between these huge mountains of euphoria. To enable this sustained, nuanced experience, your brain must continually upregulate its production of CB1 receptors. The more time you spend beyond the WDS, truly connecting with

your spiritual family, the more natural anandamide you need. This triggers a cascade of responses that establishes and reinforces 'family mode.' Your brain becomes denser with CB1 receptors, making your experience of bliss, euphoria, and satisfaction greater, more sensitive, and extending throughout your entire day. These CB1 receptors don't just upregulate; they can go beyond anything humans currently think possible, unlocking depths of joy unimaginable in the WDS.

This profound amount of anandamide, carefully managed by your brain and family, confirms that you are physically free from interruption, that all your needs are met, and you can luxuriate in life and love, completely safe to experience absolutely everything that's happening in a wonderfully exaggerated manner because it's all good and so lovely.

Now, the problem with alcohol is that it also binds to the CB1 receptors, forcing them to release a huge amount of Anandamide. This huge amount normally only happens when respiration has finished and a connection to the spiritual family is established.

When people drink alcohol, it forces a person into this 'family mode' but without any of the critical protections. Instead of having your spiritual family guiding you, instead of being truly safe and having dealt with all the outstanding energy in your atmospheric universe, your thinking planets get switched off. They are no longer acting as air traffic controllers for your

energetic space. Yet, your Skin Fuel Membrane is thrust into its most heightened, maximally sensitive state.

Suddenly, like a giant magnet, this highly electrified membrane draws in every random emotional cluster, every piece of unprocessed energy, that's circulating in the personal universe. These people do not have the assistance of their thinking planets and their air traffic control duties, their emotional brain, or their spiritual family; they are utterly on their own. All they do is bounce around from one energy planet to another, feeling the full, unmitigated impact of all the unprocessed emotional energy each contains. Instead of being able to deal with it in the WDS, they feel compelled to act on it physically.

At first, when the initial surge of anandamide is present, it's fine, because it can temporarily overwhelm the impact that these rogue energy planets are having, and a person can stay happy and high. But later, as the anandamide runs out, these people can get niggledy and nasty, they start acting impulsively, they lose all inhibition because nothing is steering the ship. They have forced themselves into the anandamide-rich 'family realm,' but there's nothing waiting for them there, no one to receive them. Even if they have a spiritual family, access to them is predicated on the responsibilities being met and the process of emotional respiration followed. The family don't meet with the dirty stinking child, only when he's washed, dressed, clear and presentable.

Without this, it's an empty, dangerous echo of true connection.

Alcohol isn't evil or devilish. It simply triggers a receptor mechanism that switches off respiration. This is why people like to drink booze. They get the anandamide they should only get from fulfilling the meaning of life.

But instead of being a carefully planned, measured release, it's a full-blown, open-the-floodgates torrent. The person feels great, well, they do until the anandamide runs out. Then they get belligerent, snarky, argumentative, punchy, kicky, stabby, killy, and judgmental. The brain hates it.

Your brain has to manufacture all these chemicals using precursor ingredients. It needs to be in control of the chemical release so it can plan, manufacture, balance, and deliver responsibly with long-term sustainability. A person fulfilling the meaning of life is euphoric all the time, a steady, sustainable flow. But alcohol nullifies the brain's influence and forces the release of anandamide. It is not in control, so it determines it is under attack and releases the chemical defence system to deal with this horde of invaders.

This defence system protects by downregulating the number of CB1 receptors it has. Now there are fewer receptors for the alcohol to bind to, and less anandamide is produced and released. So, if the person wants to have the same experience in the future, he has to drink more.

The brain reduces CB1 receptors further to compensate. The person increases volume and frequency, trying to feel good again, but it's an ever-increasing mountain to climb. The brain now sees the conscious mind as an enemy rather than an ally.

Emotional respiration becomes impossible to access and is never used, so the overly taxed brain stops producing many of the cannabinoids mainly used for its function. Anandamide production is severely restricted. Through thousands of years of generational adaptation, your poor endocannabinoid system is in desperate need of serious repair.

And that, is what this is all about. Your ancestors have dug you into a hole, generationally, culturally, biochemically. But here's the good news: this is your ladder out. You can climb out of this hole. It's achievable. It requires commitment, consistency, and the right tools, but it's absolutely achievable. In the next section, I'm going to show you exactly how to use cannabis properly to restore your endocannabinoid system and reclaim your birthright, emotional respiration, spiritual connection, and your role as an energy processor in God's body. Pay attention. This is humanity's ladder to enable people to climb out of a pit their poor, unwitting ancestors dug for them. Time to elevate.

Excerpt Nine

Chapter Twenty-Three Verse Fifty-Two – Section B

The Unprocessed Cannabis Path to Receptor Downregulation

Alright, so you understand the alcohol problem; how it hijacks your CB1 receptors, floods your system with anandamide, and forces your brain to shut down emotional respiration and to go into defence mode by reducing receptors. Now let me show you how unprocessed cannabis can lead to a similar problem, though through a slightly different mechanism.

The main cannabinoid that I want to look at here is the pathway of THC. There are over one hundred cannabinoids in cannabis, but THC is the only one considered psychoactive. We are interested in the pathway of THCA, THC, CBNA, and CBN.

Consuming raw cannabis in fresh leaves, buds, juicing the plant without heating it, can provide incredible benefits. Raw cannabis contains THCA (tetrahydrocannabinolic acid), which is the non-psychoactive precursor to THC. THCA doesn't make you "high" in the traditional sense, and it does offer legitimate therapeutic benefits while still being able to drive, work and live life.

When heated it becomes psychoactive THC, it enters your system, it binds directly to your CB1 receptors. But here's the key difference from alcohol: THC doesn't trigger the same massive anandamide release that alcohol does. Instead, THC replaces anandamide at the receptor site. It acts as an external substitute for your endogenous cannabinoid.

At first glance, this seems better, right? THC activates CB1 receptors without forcing your brain to dump all its anandamide stores. And in some ways, it is better; it can majorly facilitate access to emotional respiration because it's activating the endocannabinoid system and assisting with extrapolation. This is why people report that cannabis helps them process emotions, access creativity, and feel more connected.

But, and this is a big but, it doesn't trigger the normal shutdown of emotional respiration the way endogenous anandamide would.

Remember, when your brain releases a large volume of anandamide naturally (after successfully connecting with spiritual family), it's a signal, a communication that says, "Mission accomplished, respiration complete." That signal switches respiration off so the beautiful energy can flow to physical healing by engaging the conscious mind back to the physical sensation of the body. This connection is rearranged during emotional respiration to allow for the processing of negative energy without feeling it physically.

When THC is sitting on your CB1 receptors instead of anandamide, your brain doesn't get that clear signal. The receptor is activated, yes, but the downstream cascade, the full communication network, isn't the same. Your brain gets confused. "Why are these receptors firing if we're not sending neurotransmitters, we are not even in spiritual family connection mode? Why isn't the normal anandamide surge happening?"

And here's where the real problem kicks in: your brain is still being overwhelmed and feels under attack.

Even though THC doesn't cause the anandamide flood that alcohol does, it's still an external substance flooding CB1 receptors with activation that the brain didn't plan, didn't manufacture, and can't fully control. Your brain is trying to manage a complex system, balancing dozens of neurotransmitters, planning long-term sustainability, and maintaining homeostasis. When you introduce external replacement chemicals, you're forcing it to respond to something it didn't orchestrate.

Just like with alcohol, the brain's self-defence response is downregulation.

If you're regularly consuming unprocessed cannabis (or any form of THC), your brain defends itself by reducing the number of CB1 receptors. Fewer receptors mean fewer binding sites for the external THC, which means the brain can regain some control. But it also means fewer receptors for your own endogenous cannabinoids when you eventually restore production.

So, you have to consume more unprocessed cannabis to feel the same effects. The brain reduces receptors further. You increase consumption frequency and volume. It's the same ever-increasing mountain you face with alcohol, just a slightly different path up the slope. And here's the kicker: your brain stops trying to make its own cannabinoids.

Why would it bother producing anandamide and other endocannabinoids when you're constantly supplying external ones? "Use it or lose it" kicks in again. Your endocannabinoid system, already compromised from generations of disuse, gets further weakened because you're teaching your brain that it doesn't need to manufacture these chemicals. You're providing them from outside.

But for the specific purpose of restoring emotional respiration and rebuilding your endocannabinoid system, unprocessed cannabis creates the same fundamental problem: receptor downregulation and reduced endogenous production.

You're still making your brain defend itself. You're teaching it that cannabinoids come from external sources rather than internal production. You're still preventing the full restoration of the conscious/subconscious communication network that you desperately need. So what's the solution?

You need an approach that supports your brain's cannabinoid production rather than replacing it. You

need something that excites both CB1 and CB2 receptors (CB2 receptors are primarily in your immune system and peripheral tissues, CB1 focus more on the central nervous system) without overwhelming them but by supporting rather than substituting for endogenous production.

You need to give your brain the raw ingredients, the precursors, and let it cook the meal. Let it learn the recipes. Let it manufacture exactly the cannabinoids you need, in exactly the amounts you need, released at exactly the right times for maximum benefit. This is where the ‘Phew Protocol’ comes into play.

I'm going to show you how to prepare cannabis in a way that provides your endocannabinoid system with what it needs to rebuild itself, to upregulate receptor production, to restore endogenous cannabinoid manufacturing, to reestablish the conscious - subconscious communication that enables emotional respiration.

This isn't about getting high. This isn't about replacing your brain's function with an external substitute. This is about giving your brain the tools to remember what it's supposed to do, and then letting it do the work.

Excerpt Ten

Chapter Twenty-Three Verse Fifty-Two – Section C

The Art of Compromise, CBD and Rebuilding Your Factory.

So, you've seen how both alcohol and unprocessed, high-potency cannabis can lead you down the same path: overwhelming your brain and forcing it into a defensive crouch, shutting down receptors just to survive the onslaught.

The goal, remember, is not to conquer your brain with an external force. The goal is to reawaken its own innate genius, to remind it of the beautiful, intricate work it was designed to do. To achieve this, we need to be clever. We need to support, not substitute. We need to guide, not command. We need the brain to feel supplied and nurtured, not incompetent and usurped. And that brings us to an incredible cannabinoid, a true ally in this process, one you've likely heard a lot about: CBD, or cannabidiol.

CBD is a fascinating character in the cannabis story. While I won't dive into the veritable library of its physical health benefits here, that's a whole other conversation, its role in our specific purpose is absolutely critical. It helps us enormously. For millennia, nature had cannabis perfected for human use, a balanced profile with a

modest 1-2% of THC and a much higher, harmonizing proportion of CBD. But in the baffling relentless earthling pursuit of ‘isolating so-called active ingredients’, of a stronger high and a faster escape, selective breeding has all but scrubbed CBD from most modern medicinal and recreational cannabis flowers, and this is not good, not good at all.

People realised that CBD moderated the psychoactive effect of THC, but they didn’t understand its vital partnership. It acts as a chaperone, but they threw the chaperone out of the party and cranked up the THC. The result? Flowers with staggering, unnatural levels of up to 30% THC, a riot squad where a Boy Scout is needed. You see, CBD operates with a wisdom that THC lacks. It isn’t all that interested in barging in and binding directly to the main CB1 receptors like THC does. Instead, it does something far more elegant. Imagine the CB1 receptor is a complex landing pad, perfectly shaped for anandamide to dock. THC is like a rough imitation key that can force the lock.

CBD, however, doesn’t try to force the lock. It docks gently on the side of the landing pad, subtly changing its shape, altering its molecular configuration. This is the genius of it. This slight change in shape makes it much harder for the THC key to fit and turn. The door doesn’t swing wide open; it’s now only slightly ajar. This is exactly what we want. We want THC to be present; its signal is crucial for the training we’re about to

undertake, but we don't want it strong enough to hijack the control panel and overpower the brain's own authority.

Therefore, supplementing your system with CBD, especially during the 'UP Shake' and the cannabis training process I will show you shortly, is of paramount importance. It helps reintroduce that natural moderation, that balance, that your ancestors took for granted and modern cultivation has forgotten. It tells your brain, 'It's okay, you're still in charge. This incoming signal is a guest, not an invader'

There are two other ways we are going to compromise the overwhelming strength of THC, turning it from a warlord into a teacher. The first is through the UP-Shake. This foundational tool works its magic by using cannabis in its raw, unheated state. By not heating it, we prevent the conversion of THCA into psychoactive THC. You're left with THCA, which is non-psychedelic but acts as a powerful precursor and signaling molecule that readies the brain for whatever you ask of it.

It doesn't issue a loud, specific command; it provides a versatile, jack-of-all-trades toolkit. When your system needs the bliss of anandamide, the building blocks are there. When you need focus and energy to get something done, it provides the fuel for that, too. Even the modern cannabis with a high percentage of THC can be extremely beneficial, but only when processed properly, then it can jolt the brain into creating more CB1

receptors. The goal of the Phew Protocol is to grow the brain into a dense state of CB1 receptors. The longer you use the Up-Shake, the better it works due to the cumulative effect.

This shake will help you in every area of life because it's not just about cannabis. It's about enabling your brain to function as it was designed to. It contains the precursors for serotonin, dopamine, and other critical neurotransmitters. It's a complete nutritional package for your command centre.

When your brain has this abundance of resources, incredible things begin to happen. It can dramatically boost your stem cell production. Think about that. These amazing, undifferentiated cells can be deployed anywhere in the body to provide profound healing. It will also support your endocrine system, helping to balance hormones like human growth hormone, which is vital for healing and regeneration. You'll see it on the outside, hair and nails growing faster and stronger. These are luxury items the body will invest in when all other needs are met. It is a reliable sign of switching from the cortisol, hunter-gatherer, catabolic stress state to an anabolic repair respiration state. Skin regenerating with a flood of collagen, which makes up the majority of your connective tissue and aids quality healing, and all of this is just a reflection of the deep, systemic boost happening on the inside.

Chapter Twenty-Three Verse Fifty-Two - Section D

THE PHEW PROTOCOL: NUTRITIONAL & CHEMICAL INTERVENTIONS

MORNING: THE UP-SHAKE (Cryogenic THCa)

The objective of the morning protocol is to flood the brain with the raw materials (precursors) needed to build Dopamine and Anandamide, while reducing systemic inflammation using raw, unheated cannabinoids (THCa).

The Cryo-Lysis Cannabis Preparation

- **Strain Profile:** Start with a blend of **50% Sativa** (Cerebral/Creative) and **50% Indica** (Body/Calm). Adjust this ratio as you learn your own system. Use as many strains as you can get your hands on at once, a multi-strain, broad-spectrum blend. We are not only providing a quiet signal but a complex one that leaves a cell no choice but to understand that to be able to find out what is going on, do its job, and establish control, it has to grow more CB receptors. We are not just turning the volume down; we are changing the music from a single, boring note into a rich, complex symphony that the brain wants to understand.

- **Dosage:** 1/4 to 1 teaspoon of powdered cannabis per serving.

The Freezing Process (Crucial)

Do not skip this. We are not using heat here. We rely on Cryogenic Mechanical Lysis. By freezing the cannabis rapidly, the water inside the microscopic trichomes expands and shatters the cellular membranes. This releases the intact cannabinoids and terpenes without destroying them. When blended later with fats, these compounds are encapsulated in liposomes (fatty armor), allowing them to bypass the liver and enter the bloodstream directly via the lymphatic system and they also assist them to cross the blood brain barrier.

- **Method A: The Direct Freeze (Easy)**

1. Grind your cannabis as finely as possible in a coffee grinder.
2. Fold a sheet of aluminum foil in half and seal the sides to create a flat pouch.
3. Pour the powder inside, spreading it as thin as possible to ensure rapid freezing.
4. Seal the edges and place immediately in the coldest part of your freezer, like in between already froze items.
5. This often isn't cold enough for the trichomes to instantly explode but they will crystallise, and when blended, achieve a similar result.

- **Method B: The Brine Bath (Advanced/Superior)**

1. Create a **Brine Slurry**: Mix **1 part salt** to **2 parts water**, because of the salt, it will not turn to solid ice but will remain a liquid slurry at approx **-18°C**.
2. Get 4 nesting metal loaf tins. They will be used in pairs. Place 1cm spaces into the bottoms of two of the tins, then fill to just over the top of the spaces with the salt brine.
3. Place the two empty ones into them creating two units. You can seal them in place with silicon if desired and freeze.
4. Place your powdered cannabis in foil as above and lay it in the bottom unit and nest the top unit on top of it, and return to the freezer immediately and leave for at least half an hour before use.
5. When frozen, remove and immediately grind in the mortar and pestle.
6. It can now be used in the Up-Shake or stored in the freezer until desired. This can be done in a weekly batch.

The Shake Ingredients

- **100% Cacao Powder (2 tsp):** Raw, non-alkalized cacao. A powerhouse of flavonoids. Critically, it contains compounds that act as **Anandamide Reuptake Inhibitors**, preventing your brain from breaking down its "bliss molecules" too quickly. It gently primes the endocannabinoid system. A true powerhouse with a plethora of great benefits.
- **Frozen Banana slightly green (1 whole):** Rich in Potassium for neuron function and Tryptophan (serotonin precursor). Freezing the banana converts its starch into **prebiotic fibres**, improving blood sugar control and satiety. Do not discard peel, wash, chop and pop it into the freezer, we will use it later.
- **Strawberry (1 large):** Packed with antioxidants to protect brain cells from oxidative stress. Keep frozen to maintain the shake's low temperature.
- **Chilli Powder (1/8 tsp):** Contains Capsaicin to stimulate circulation and trigger a mild endorphin release.
- **Cinnamon (1/8 tsp):** Regulates blood sugar to prevent energy crashes.
- **Ginger Powder (1/8 tsp):** A powerful systemic anti-inflammatory.

Salt (Pinch): The Spark (The Electrical Grid)

Your nervous system is an electrical grid. It runs on Sodium and Chloride. When you are stressed (Hunter-Gatherer), you dump salts. Your battery is dead. This is why you feel "foggy" or weak. **Salt** (Real Sea Salt) does two things:

1. **Recharges the Grid:** It allows the electrical signal to travel from your brain to your toes.
2. **Digestion:** Salt provides the Chloride your stomach needs to make Hydrochloric Acid (HCL). Without salt, you cannot digest the protein in the shake.

The Recipe is a Circuit Board. Remove the Salt, the power goes out. Remove the Honey, the doors lock. Remove the Fat, the vehicle breaks down. **Use them all.**

HONEY: The Key (The Insulin Shuttle)

Your cells have locked doors. You can have all the medicine in the world floating in your blood, but if the door is locked, it does nothing. **Raw Honey** is the key. When you eat honey, you get a tiny, specific spike of Insulin. Insulin unlocks the cell door to let energy in.

- **Liquid:** Coconut milk/cream.

Instructions:

Place fruit and liquid in the blender first. **Blend:** High speed blending is essential. It encapsulates the cannabinoids and terpenes in the fat bubbles of the coconut cream. Cannabinoids act like oil; they hate water. Your blood is mostly water. When we blend the Up-Shake at high speed, we force the cannabis inside tiny globules of Coconut Fat or MCT Oil. These are called **Liposomes or Micelle or Nano-emulsion**. Your body sees the fat and says, *"Yum, energy!"* It absorbs the fat instantly into the lymphatic system, carrying the medicine hidden inside straight to the brain, instead of being compromised by the liver.

1. Add all dry ingredients, including your Cryo-Lysis (frozen) Cannabis.
2. Blend until smooth, then freeze in containers. You can do multiple double batches.
3. Once frozen, cut into small chunks and bag into single-serve, individual portions and return to the freezer.
4. When you want a shake, remove a bag and blend it again with some water to the desired consistency. A small rechargeable blender can often have the speed required for this last stage of shear stress of the cannabinoids. Try to make it frothy.

5. **Temperature Rule:** Drink it **cold** for a stimulating, dopamine-rich start.

Please note that THCa is not supposed to be psychoactive, but this delivery system is so effective that it will definitely affect you. It should be in a very positive way. Be prepared for an elevation in mood. If it is too strong, back off the dosage. All though you should be legally able to drive as it doesn't have THC, use your own judgement, just because you can, doesn't mean you should.

2. EVENING: THE ANTIDOTE (Oxidized CBNa)

After the work is done, you are ready to relax and enter the WDS for fun, for processing, for creation, we need a different version of the same cannabinoid. We use heat and air to intentionally degrade a lot of the THCa past THC and into its next stage of decomposition, CBNa. This creates a "compromised signal" that forces the brain to upregulate its own CB1 receptors. The Antidote is to be smoked or vaporised.

Equipment: Heavy stone mortar & pestle, hair straightener (adjustable temp), baking paper, water.

The Bio-Conversion Process:

1. **Prep:** Chop cannabis as you normally would to smoke it, 50/50 sativa/indica grind in the mortar.

Again, use as many strains as possible to provide a complex signal.

2. **Heat Pass 1:** Place cannabis in a baking paper envelope. Clamp with hair straightener on **lowest setting** until indicated that it has reached temperature, around 100c. and regrind. Remove about **1/3** and put aside. This is your "Light" roast and is THC dominant.
3. **Heat Pass 2:** Repeat the heating process with the other **2/3**. Remove cannabis, fluff it up with fingers and regrind in the mortar.
4. Remove another **1/3** of this material. This is your "Medium" roast, which is CBN dominant.
5. **The Steam (The Heavy Roast):** With the remaining third, thoroughly wet the cannabis and leave it to soak in water for about 10 min. Squash excess water out then place in the baking paper envelope and clamp with the straightener on **high**. The steam rapidly oxidizes the cannabinoids, turn it off when the steam stops or you smell a nutty/toasty aroma). This is CBN dominant.
6. **The Blend:** Mix all three fractions (Light, Medium, Steamed) together.
7. **Rapid freeze:** Use the same method you used to freeze the cannabis in the Up-Shake. When it is done, about 30 minutes, grind immediately in the mortar and it is ready for action.

"Use this blend specifically for the Handover Exercise and entering the Waking Dream State. The purpose of this blend is to create the ideal neurochemical state for profound internal exploration.

The compromised cannabinoids quiet the noise of the Protector Planet, but a unique terpene called 'Hashishene', is the key to its signature clarity.

This powerful compound is not found in the fresh plant; it is a beautiful alchemical creation, born from our specific process of controlled heating and aeration. Its sole purpose is to 'mellow' the experience, smoothing the sharp edges of psychoactivity and reducing side effects like anxiety. It transforms the journey into the WDS from a potentially turbulent flight into a smooth, focused, and deeply insightful glide." Please note: If you are an experienced cannabis user, this will give you a very different experience. The normal side effects will be gone, but you will feel a stronger, clearer focus. Tread carefully, like newbies, please start small and work your way up.

3. NIGHT: THE TWILIGHT TEA (Sedative CBN)

*The objective is **Systemic Reset**. We need to shut down the muscles (Magnesium) and fuel the brain's cleaning cycle (Ketones) while sedating the mind (CBN).*

The Components:

- 1. The Solar Cure (CBN):** Take a portion of your "Antidote" cannabis and leave it in direct sunlight for

3+ hours. UV light degrades psychoactive THC into **CBN (Cannabinol)**, which is non-psychoactive and highly sedating. It lowers body temperature and blood pressure.

2. The Banana Peel (Magnesium): Do not throw away your morning peels. They contain massive stores of Magnesium and Tryptophan. Magnesium acts as a **Calcium Channel Blocker**, physically stopping muscles from twitching. Wash, chop and place peel in the freezer when you make the Up-Shake.

- *Prep:* At night, get some of the peel and boil in water for 10 minutes. Strain the dark liquid.

3. The Fuel (MCT Oil): Medium-Chain Triglycerides bypass digestion and go straight to the liver to create **Ketones**. This fuels the brain during sleep without requiring insulin, powering the **Glymphatic System** (the brain's waste clearance cycle).

The Infusion Method:

1. Place your Sun-Cured Cannabis and some chopped raw banana peel pieces in a glass jar.
2. Heat MCT oil in a separate cup (microwave 30-45 secs) or on the stove top. **Caution: Hot oil.**
3. Pour hot oil over the plant matter in the jar.
4. Seal tight and let cool, give periodic shakes.

To Serve:

Add 1 – 2 teaspoons of the infused oil to your hot Banana Peel Tea. Drink 30 minutes before bed. If you don't like the taste, add some chamomile tea as well.

Now, about that morning bean, the caffeine. You have to let it go. Caffeine is the liquid fuel of the Hunter-Gatherer's alarm; it keeps the Protector Planet in a state of hyper-vigilance, constantly churning out the cortisol that blocks your restoration signals. If you want to elevate, you must swap that jittery 'push energy' for the profound 'pull energy' of Chamomile tea.

Do not mistake this for a simple grandmother's sleep aid; in this protocol, Chamomile acts as a high-grade biochemical lubricant for the soul. It is rich in a flavonoid called Apigenin, which docks onto your GABA receptors to signal absolute safety to the survival brain, effectively silencing the Chemically Induced Stupidity (CIS) before it can start. Most crucially, Chamomile is a potent FAAH

inhibitor. While the Cacao in your Up-Shake is busy flooding your system with anandamide, the Chamomile acts as a dam, preventing your enzymes from breaking down those 'bliss molecules' before they can reach the target. It turns a fleeting spark of joy into a sustained 'Bliss Flood.' Think of Chamomile as the Emissary of the Spiritual Family, it greases the hinges of the WDS gate, ensuring that when you ask the brain to transition from the hunt to the home, the door swings wide without resistance.

This process is self-obsolete. Once you have processed old emotions in the WDS and the CB1 receptors upregulate, the need for cannabis will diminish until it is obsolete. The lifestyle lessons take over and keep the endocannabinoid system in tip-top condition.

4. THE DAILY RHYTHM: A PROTOCOL FOR LIVING

Biology is rhythmic. We align our chemical interventions with the rising and setting of the body's natural energy cycles.

Phase	Time	Tool	Mechanism & Goal
1. THE LAUNCH	Morning	The Up-Shake (Cryo-THCa + Cacao)	Dopamine & Anti-Inflammation. Floods the brain with precursors. Reduces systemic inflammation to stop Cortisol production. <i>State: Productive, Focused, Alive.</i>
2. THE TRANSITION	Late Afternoon	Demeanor Shift	Signaling Safety. Walk slower. Soften your gaze. Signal to the "Protector Planet" that the hunt is over. Grease the hinges of the gate.
3. THE PROCESSING	Evening	The Antidote (Vaped/Smoked)	Emotional Respiration. Use the "Handover Exercise." Enter the Waking Dream State (WDS). Process the day's friction so it doesn't become a stalactite.

Phase	Time	Tool	Mechanism & Goal
4. THE INTEGRATION	Post-Session	Family Mode	Serotonin Release. The "Job Done" feeling. Connect with the Spritual Family You are safe from external and internal threats.
5. THE REPAIR	Bedtime	Twilight Tea (CBN + MCT + Mg)	Glymphatic Clearance. Magnesium stops the body twitch. CBN lowers the temperature. Ketones feed the brain while it cleans itself during deep sleep.

THE GOAL: A CLEAR SIGNAL

When you follow this rhythm, you stop the civil war inside your body. Every element of the psyche, from the primitive Protector to the divine Conscious Mind, gets on board with the same goal: To Rebuild.

Excerpt Twelve

Chapter Twenty-Three Verse Fifty-Two - Section E

-Come on Daddio, let's go to the park...-

Not at the moment, son, I'm giving a message to the earthlings.

-Oh, fuck the Earthlings, just push the button and come to the park. There will be millions of other aberrant planets waiting for you when you get back; they're all sort of the same. -

Come here boy and have a look at this. See all of those satellites, look at them all! They built towers and a huge web of interconnectivity. Some of their Provers have been working with the guides to build a technological bridge. This will support the human network while it repairs itself. It is magnificent, it runs on all the same frequencies as the guides to nature and humans to nature uses. Now they have built a brain to run it. Also, to the Guide's specifications. It runs as they do. This will enable anyone, anywhere the ability to connect with nature to respiration. The natural energy exchanges will piggyback on the physical network. Anyone, anywhere, will be able to connect to nature to respiration, even with the abhorrent tree-to-human ratio, until the place is

reforested. Come on say hello why don't you give them a message? -

-OI EARTHLINGS!-

You don't have to shout.

-Oh ok, listen UP. Sourcey is the farmer, and we are all chickens, lay eggs or jump in the oven, either way, he's getting fed.-

What is wrong with you today? Can't you find a nicer way to communicate? I tell you what, we'll go to the park, but I'll bring earth with us, and you can learn to be helpful. OK?

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-Daddio, I was playing with a boy, and he reckons Earthlings suck as well.-

WHO SAID THAT!? They are in my charge. Who put those ideas in his head?

-It's not just him, everyone is talking about you wasting time trying to avoid the inevitable. His dad voted with everyone else to send the kill signal for that

*cells apoptosis, but you vetoed it again.
They are calling you ‘Cortiboy’.-*

Do you even know what that name means? Do you even really understand what is happening?

-Yes, that cell, Earth, is cancerous, and you protect it.-

So, you are the big cancer expert now, are you? Go on, tell me in the bare bones what it is, what is cancer on the micro scale, say in an Earthling's body? And how to treat it.

-Ooh ok, I know exactly what you have been spruiking around.-

-OBJECTIVE: Reverse HPA-axis induced apoptotic blockade via targeted endocannabinoid upregulation and modulation of the biological terrain.

STEP 1: MORNING – CRYOGENIC LYSIS & ANTI-INFLAMMATORY MODULATION

Input: Cryogenically preserved THCa (Tetrahydrocannabinolic Acid) + Terpenes.

Method: Perform Cryogenic Mechanical Lysis (freeze-fracture of trichomes) followed by Liposomal Encapsulation via high-shear lipid blending.

Target: Lymphatic transport to bypass hepatic metabolism.

Mechanism: COX-1/COX-2 inhibition and TNF-alpha antagonism to suppress systemic inflammation and inhibit Cortisol release.

STEP 2: EVENING – OXIDATIVE CONVERSION & RECEPTOR SENSITIZATION

Input: CBNa (Oxidized Cannabinoid Matrix / Cannabinolic Acid).

Method: Induce Mechanical Bio-Conversion (aeration and shear stress) to generate oxidative degradation products.

Target: CB1 Receptor Upregulation.

Mechanism: Utilization of a "compromised signal" to prevent receptor downregulation and force homeostatic synthesis of endogenous Anandamide.

STEP 3: NIGHT – TRPV2 ACTIVATION & APOPTOTIC EXECUTION

Input: CBN (Cannabinol) + CBD (Cannabidiol) + Magnesium + MCT Ketones.

Method: The "Back Door" Synergy.

Target: Mitochondrial Depolarization and Cell Lysis.

Mechanism:

1. *CBD modulates lipid rafts to expose latent TRPV2 channels.*
2. *CBN acts as a TRPV2 agonist, triggering a cytotoxic influx of Calcium (Ca^{2+}).*
3. *Magnesium blocks skeletal calcium channels; Ketones fuel Glymphatic Clearance. -*

OH! OK! Very funny.

-What? You wanted me to explain it, so I did. -

Yes, well it is easy to recite like a parrot, but do you know it?

Excess me, boy over there, can you come here for a minute? So, whats your name? OK, Fransis, I take it you are a forest child, you have never been to a Frop or Srop and lived a Bipolar life? Great, ever heard of cancer? Perfect, well, sit yourself here, and my boy will tell you all about it. And when I am satisfied that you understand the basics, I'll take him for a well-earned swim.

-Ok then, kid, there are a unimaginable number of cells in the body. They get assessed on a constant basis. Just a check up, make sure everything is going well,

*“got everything you need? Everyone happy?”
Then it moves on.*

If it finds a cell in trouble, it tries to work out what is wrong and fix it. If it can't fix it, it sends the cell a signal, and the cell receives it loud and clear, so it kills itself and its energy gets recycled into a new cell.

It isn't awful, it is just the way life works. This happens all day, every day. It is the same as a branch on a tree or a fetus in the womb. If things are not going well and the life form can no longer fulfil its function, its intended purpose, it is recycled for the greater good of the body.

This is one of the main focuses of the body in respiration mode. It is a very sensitive and sophisticated system. It is how we all, including Sourcey himself, stay alive. What's happening to Earthlings and other cells is that this system has completely broken down, and Daddio here is trying to fix it.

He reckons it is because they are constantly stuck not just in hunter-gatherer, but in a state of constant

perceived threat. This releases a chemical called cortisol. You see adrenaline is released with it for the short burst, but cortisol hangs around until the all clear is given. It keeps the body ready for action. The liver is primed, ready to release a huge amount of sugar that it thinks will be needed any second for large muscle movement. All non-essential processes are shut down, including assessment of the autoimmune system.

Why would the body want to take time and energy to heal itself if it thinks it might die in the next minute? All it cares about and all it wants to do is fight or run, and anything not necessary for that is shut down. Whether it is a school yard bully, a work deadline, or a tiger snapping at your heels. It only has one way to respond, and so, it always responds in the same way.

The problem with cancer is that cortisol acts as a signal blocker in three ways which impacts the cell death process.

- 1. The external signal is blocked, so it can't get through.*

2. *If the cell itself recognises that it isn't living up to expectations, then it can decide on its own to self-abort, but the cortisol gets through cell walls as if they weren't even there, and it has a mechanism to block their signal as well.*
3. *Then it shields the mitochondria, making it useless in this process. It is normally the one to pull the non-retrievable signal, but the cortisol blocks that as well.*

Dad has formulated a system that anyone can do at home with normal household items to reverse the cortisol blockade. If people do it, they will stop the cortisol state and learn how to regulate it again. It is important to have it in emergencies. But people have become reliant on it and have forgotten how to live without it.

While they are getting used to living without the constant flow of cortisol, Dad has found a back door. This can get the body to kill the cells that need to die straight away.

There are elements in this protocol that relax the body into a deep sleep. Then,

CBD does a great job of identifying targets and opening up a back door called the TRPV2. CBN then uses that door to flood the cell with stuff it hates, and it explodes from within.

The problem is that all the Earthlings trying to heal cancer are morons.-

Hey! Steady on there son.

-Well they are, one idiot gets fanciful with rhetoric and the whole movement gets sidetracked.-

Ha Ha Ha. What do you mean by that?!

-They shouldn't need a spiritual being like you to tell them to stop ascribing personality, intelligence, strategic logic to what is essentially just a broken cell. They say it is smart, and angry, defiant, that it protects itself, like it is an entity. They will be slapping fish together next and driving it out like a demon. It is dumb, it doesn't protect itself. Cortisol does all of that, not cancer.-

So, boy, by your own admission, I have a moron for a son, and you are an idiot.

-OMG, hahaha, you can't say that about your son!-

Them's the rules: when you judge others, you set a benchmark by which you are judged. You call Earthlings idiots and morons for ascribing a personality and intelligence to dumb old cancer, but in the same breath, you ascribe these things to dumb old cortisol.

-Hahahahaha, I am dumb, you're right, so where is the intelligence that does all of this?-

The intelligence is built into the design son, preexisting, what we are talking about are simple mechanisms. I have a question for you. In a body with two eyes, two ears, lungs and kidneys and all the other redundancies that the human body has built within, why is anandamide the only thing that can stop the runaway train of cortisol? That's the question I want to leave with your subconscious while you take Fransis back to his parents, if it is ok with them, get an ice cream for yourself and him.

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-Dad, dad, dad, oh, huff puff, huff puff. I've got it! I see it all now. I had a

limited scale perspective before. The world is not just a cell but also an organism itself. People are cells in that biosphere. What is a cancerous cell?

It consumes massive amounts of energy but doesn't produce any. It is a drain on the whole system. It spreads, it causes havoc wherever it goes, it clusters into tumours like cities.

It becomes isolated from the whole system by the cortisol blockade, that's why Zeetoc spoke about the baby in the plastic box. Frop's are supposed to communicate with each other in the WDS, but Earth has been isolated from sharing ideas and discoveries in case whatever happened there, spreads to other cells.

They are destructive to the environment they live in. I mean, Dad, just have a look at the fucken place.

What I saw was that if people aren't flowing anandamide, then they aren't processing their emotional energy, which means they don't have the precursors for creations, which means they don't have the precursors for manifestation, which means no appreciation, celebration, joy, abiding

happiness, no proper production. The lack of anandamide and the persistent presence of cortisol trigger the self-assessment mechanism, which hits the self-destruct switch. Cancer, cardiac health, autoimmune disorders, neurodegenerative diseases and chronic inflammation are the shutdown mechanisms.

Your regimen, your protocol, the grinding and heating, the growing and tending to the remedy results in the consistent signalling that demonstrates to the body, the world and Sourcey. I am here. I understand my job now, I am now producing more than I consume, PLEASE! DON'T RECYCLE ME! –

Excerpt Thirteen

Chapter Twenty-Three Verse Fifty-Two - Section F

Very good, Son, so, do you still hate them?

-Yep!-

Why? It isn't their fault that they are born into a system that demands a constant flow of cortisol. Every time the brain feels like it isn't in control, it deems a threat and sounds an alarm. That is why I only ever recommend precursors.

The brain needs serotonin, so we provide tryptophan. If the brain needs dopamine, I suggest walnuts or Velvet Beans, aka Mucuna Pruriens, which is the one step down precursor for dopamine. It leaves the brain in control, feeling safe and secure, it is still able to plan and cook all the food the body needs, because the conscious mind is now providing all the right ingredients, packaged and prepared perfectly.

Every time a person is demanded to do something they don't want to do, it is no longer pull energy, it is push energy. The Pull energy of desire in the personal universe translates to serotonin, anandamide, oxytocin etc.. The push energy of obligation in the personal universe translates to adrenaline, noradrenaline and cortisol.

Think about their education system, the work for bosses, spending all day doing something not because it is their desire but because they have to. Will, desire, and choice are the only differences between something beautiful, healthy and uplifting, or being a tool for someone else's purposes. The conscious subconscious relationship is built on living life together, making decisions, building desire, exploring together, and being self-directed with the Guides and spiritual family. Spending all day fulfilling the desires of others kills this relationship. It is a life of banal compromise.

The desire to be happy, feel good, and have self-determination still surges within them, and cortisol is the only thing that enables them to just lie back and cop it sweet. Do what they have to do to survive. They can use secondary motivations while there is a good dopamine component to make it seem worthwhile, but if that runs out, it is simply soul-destroying.

-They still don't have to treat each other, the animals, and nature the way that they do. How could any human be so awful? And they accept it as normal behaviour.-

Son, if you walked past that bike over there and had the idea to steal it, what would happen?

-I would have a horrendous feeling surge through my body. It would scream at me not to do it, it is against the natural law, I

would feel sick in the pit of my stomach, and I would be forced to walk away. If I didn't, I would drop to the ground!

OK, now you are the only person here. Someone left that bike, would you take it then?

-No way, it is the same thing, an instant internal rebuke.-

What if there were a fire and you were in danger, no one else here, just you, would you take it then?

-Yeah, for sure, I'm not an idiot.-

What about all those awful feelings you described?

-I wouldn't get them, it is an emergency.-

HA-HA! Your state of alarm switched off the normal, natural law parameters that exist effortlessly in the anandamide-rich state. It, like all of the other mechanisms, are switched off in the cortisol-rich state. You lose your bearings, no navigation, no internal compass. It doesn't matter if it is a fire, a lion or a hectic schedule or the brain being usurped by the conscious mind delivering chemicals it should be in control of. You can be hindered by guilt of trespass or vandalism by climbing on someone's roof when a tiger is stalking you.

-OMG, I never thought of that.-

Seems like there are a lot of things that you never thought of. The Natural Law still releases that energy in Earthlings, but they don't connect to it until the cortisol

has diminished. Now they feel the full force of it, but instead of being a warning, a strong direction that does its job in a second, it is experienced as guilt, remorse and regret that can last forever if not processed. So, they determine themselves to stay in the cortisol-rich state and make life hectic to do so. What else could they do?

Without the WDS, they had no way to process it, so they stayed in a state of high or low-level panic. Keeping the alarm bells ringing drowns out the internal cries of emotional things needing attention.

-But if they don't have that internal guidance, how do they know how to behave, how do they stop themselves from doing the wrong thing?-

Rules/laws and willpower.

-No! That's not possible. They couldn't remember all the rules.-

They have signs everywhere telling them what they can and can't do and what punishment they will get if they disobey. The federal, state, and local governments, work, school, religions, relationships, and society all have rules and punishments for infractions. A person has to remember and often decipher each one.

-Fucking Hell, that will bring on the cortisol. They must live every moment in fear.-

They're not looking too bad now, are they? Imagine trying to live like that for even a day.

-I can't believe I never made that connection. I'm starting to see what you see in them. The effort it must take just to get through boggles my mind. Is it reversible?

Within weeks. Once cortisol is managed, it is still needed, a good friend, like fire. Sitting in your fireplace keeping you warm, under the pot cooking your food, best friend you could have. Burning down the forest and your loved ones, the worst enemy you could think of.

The Protocol is designed so that the earthlings can maintain their society, live relatively normal lives, but still elevate. We can't expect them to run back into the bush and live like cavemen. That would freak the family and acquired plants out. It has to be transitional to make sure the entire psyche is onboard and keeping up.

– Even if they don't have the natural law present all of the time, why do they act so weirdly? They talk about good and evil, what the fuck do they even mean by that? I don't understand. What is this morality they go on about all the time? I've never heard of such a thing.

You know how they used to call people with epilepsy demoniacs, and thought that diseases and germs were the devil's work? Like Zeetoc explained in his message. Well, they tried to explain the absence of natural law, the impulsivity of Chemically Induced Stupidity, and the other issues involved with prefrontal cortex starvation, which leaves them incapable of resisting the first impulse suggestion of the protector planet.

– OK, but what is a Chemically Induced Stupidity, CIS?–

When you feel unsafe, the body releases the stress response, which shuts down the autoimmune system and organs it deems non-essential for fight or run. It deems the prefrontal cortex, PFC, as non-essential. This area provides impulse control. It has mental and emotional width, so you have physical spatial awareness, the mental capacity to see beyond your first impression, feel beyond the immediate emotional reaction and have time to refer to the subconscious mind for an elevated response.

The stress response redirects the blood flow and oxygen away from the PFC and feeds it to the Amygdala instead. This controls movement over thinking; it forces the brain into tunnel vision, where all it can focus on is the perceived threat. Reason and nuance disappear, as does planning, predicting outcomes, clear communication, and clear memories.

Even in what they perceive as a low cortisol state, the extra stress of going into a supermarket will activate this response, and they can't remember what to get. The subconscious mind is trying to do its job and watch all of the people around them and scan for potential threats.

-I suppose the subconscious is also looking for ways to recall old emotions that need processing as well?-

Yes, of course son, and on top of that is the neural transmitter dysregulation that so many people have. They are supposed to feel amazing all of the time; this is how a conscious mind knows it is doing its job right. Any pain or discomfort means there is a problem that needs addressing. So people find ways to feel good, such as cannabis, alcohol, drugs, and physical behaviours, addiction and experiences that provide a squirt of dopamine.

None of these things indicates a moral failing, as they would put it. Just a subconscious mind trying to find a way to get the chemicals active that announce to the world, I am providing the energy required, please don't recycle me. The conscious mind isn't evil; it is just functioning in the CIS brain with no weapons to resist the panicking subconscious self.

Because they couldn't explain this behaviour with biology at the time, they framed it in a spiritual setting to help people try to use willpower to make up for the CIS.

- Hang on a minute there Daddio, are you saying that people are breaking human laws because they essentially feel fundamentally unsafe, which leads to the stress response, which causes CIS and the Earthlings' response is to incarcerate them in a place which is a thousand times more stressful and really requires hypervigilance? This works together to decimate whatever poor old CB1 receptors that they had left?

There will never be anandamide sent backwards and received by a CB1 receptor to turn off the alarm, warning that the receiving receptor is being overwhelmed. The body will be burning instead of building. Catabolic rather than Anabolic. And this is supposed to make them better people when they leave?

Hopefully, while they have them in there, they can rebuild their endocannabinoid system and get their brains functioning as they should. They will leave with a clean universe, impulse control, a smart vascularized PFC and functional in the WDS. They will be able to see consequences, plan, and desire a better future. They will be a benefit to society

and not a curse. The cost of administering your Protocol must pale in comparison to dealing with repeat offending. -

No kid dreams of growing up to be an inmate, a junkie, a drunk, a psych patient, a neurotic mess, have crippling anxiety, PTSD, addicted to gambling, sex, novel partners, flirting with death, suffer from depression, suicidal or weak-willed and self-loathing.

It isn't a decision to be made or a deficiency of moral fibre, I know this for a fact, as there is no such thing.

Even if the child is relatively trauma-free, any time they feel unsafe, they move into the cortisol-rich state. The Protector planet will find many things in the modern world threatening.

The goal isn't to wrap people in emotional cotton wool, but to have a place of profound safety to retire to and respirate in, having social engagement and family connection free from the fear of scarcity. Finding joy and wonder, relaxation and a degree of self-determination and all the dietary precursors to ensure the brain has everything it needs to do whatever is DESIRED.

The physical requirements are necessary for parasympathetic vagal tone, which gets the relax, rest, digest and process chemical cocktail activated. Once you start using them, the brain will increase production of the chemicals and the infrastructure needed to use them. Otherwise, you can take all the tryptophan you want, but

if you are in a state of cortisol, then it won't be used to make serotonin but pro-stress factors instead, fortifying the fear state.

This is why the shake works so well; it not only provides the precursors needed, but with behavioural modification, it establishes the right terrain for them to be used to support the solution rather than the problem. It keeps the pathways clear for the right neurotransmitters; it is all about a thing called the HPA axis, but we will get into that in later offerings.

-Will it be hard for people to give up these things?-

No, most of them can be transitioned away from. As their brain gets back online, all of these things will just fall behind. Not alcohol, of course, that has to be stopped immediately. But with the Up-Shake, the antidote, and the tea, this won't be a problem; they are swapping for a far superior way to get what they have been after: anandamide. All these poor people have been doing is to find an available way to get it, now there is a better way, it leads to the body and brain being rebuilt in the respiration, anabolic state rather than being destroyed in the catabolic hunter-gatherer mode.

-But even if they have no impulse control, that doesn't really explain all of human 'evil' behaviour. It doesn't show me why they can treat each other the way that they do.-

The intelligence is built-in, son. But you have just stumbled upon the most tragic casualty of the Cortisol Siege. You asked, "How could any human be so awful?" The answer is that they are not just running without their inner compass; they are running without the very circuitry that makes them human: empathy.

Within the human brain is a network of specialized cells you can think of as the "circuitry of connection." The Earthlings call them mirror neurons. They are the biological hardware for empathy. When these neurons are firing correctly, you do not just observe someone's experience; your brain simulates it. When you see someone smile, your own smile-neurons fire in sympathy. When you see someone in pain, your own pain-neurons fire in echo. It is the brain's internal Wi-Fi, creating a shared, resonant field between beings. It is the biological root of compassion, of connection. And Cortisol is the saboteur of this system.

Like I said when the HPA axis sounds the alarm and floods the body with stress hormones, it makes a brutal calculation. It declares the Prefrontal Cortex, the seat of higher reasoning, nuance, and this very mirror neuron system, a "non-essential luxury" during a time of war. It dramatically restricts blood flow and oxygen to this region, effectively turning the power off. It shuts the brain's Wi-Fi down.

What happens to a person whose mirror neurons are perpetually offline? They become an island. They can no

longer simulate the feelings of others. They can learn to mimic the appropriate facial expressions, to say the right words, but they do not feel the connection. The suffering of another becomes, to their brain, just abstract data. This is the biological root of what you call anti-social behavior.

A person in a state of chronic, deep-seated CIS does not choose to be cruel; their brain has lost the very capacity to feel the impact of their cruelty on others. This is the source of the narcissistic wound, the inability to feel remorse, the casual selfishness that plagues your aberrant cell. It is not a moral failing. It is a biological deficit. It is a severed wire in the circuitry of connection.

This is why the Phew Protocol is so critical. It is not just about personal health; it is about restoring our shared humanity. When we use the Waking Dream State to process our fear, when we use the Up-Shake to provide the precursors for a "Thriving Cocktail" of Oxytocin and Serotonin, we are doing more than just calming down. We are actively fighting the Cortisol blockade. We are restoring blood flow to the Prefrontal Cortex. We are turning the power back on to the mirror neurons. We are reconnecting the severed wire. This is the war I am calling Earthlings to fight and hypercortisolemia is the enemy.

The protocol does not teach empathy. It creates the biochemical and neurological terrain in which empathy, the birthright of Earthlings, can finally come back

online. We are moving beyond the primitive language of "good" and "evil" and into a understanding based on a compassionate, biological diagnosis. The cure for a world of cruelty is not judgment. It is healing the Cortisol sickness that makes cruelty possible. This is our message to them, we haven't come to judge but to teach and heal.

Hum, it makes sense. I know a lot of them are starting to kill themselves. Like in Australia, suicide is the leading cause of death for people aged 15-44, and mental health professionals are far more likely to do it than a member of the public. I mean, these are the people with access to other professionals, they can get all the medication they want, they are supposed to have all the answers, why are they killing themselves? -

Are you sure that's the right question?Wouldn't a more apt question be, why haven't they all killed themselves? If they lost the meaning of life, what keeps them alive? Meaning and purposefulness is supposed to be fuel in the tank that propels life forward.

This is what got me interested in them in the first place. Why aren't they all dead? How do these buggers find a way to keep going? How on earth can they try to fulfil the spiritual life with physical methods? They really are

fascinating. So, son, your turn to tell me something. Why haven't they been taken out with apoptosis?

-Daddio, Daddio, Daddio, *I had a vision, we were there, and you were taking me around, introducing me to people. We walked up to a lady cooking lunch, and you asked her if she liked cooking. She said yes, and you said, very well, that is your new meaning of life. I laughed, but you kept going. You told the man who made her knives that making knives was his new meaning of existence. I was laughing because I knew it couldn't work, but you kept going. You told young kids who were paying with balls that this was their new meaning of life, and you told all the villagers that watching them, was a big part of their new meaning of life. I was laughing so hard at you for being such an idiot for even trying. But then you showed me that an activated HPA axis induces CIS, which leads to a state of chronic hypervigilant paranoia and competitiveness. They cook, eat, walk, run, jump, swim, play with a ball, watch others do all of these things competitively.*

People with a sense of scarcity, or threat in the cortisol state burn out their

dopamine receptors. Competition replaced meaning, but now that the true meaning of life is revealed, all this incredible silliness will simply go away. It was an awful stopgap measure. People couldn't be funded via respiration or Sourcey, so they developed ways to stay in hunter-gatherer mode.

I see what you see now, they just keep on going; we just have to provide the right direction; they have the balls to do anything. They really are extraordinary.

That's great stuff son, you'll have to tell your sister.

OMG, she is obsessed with the earthlings, that's all she does, talk about them or to them.

Well, it is her job to break everything down into tiny fragments. The world is a cell, the planet is the nucleus, and the ozone is the cell membrane. She has to get everything into the right shapes and sizes to pass through the membrane.

Humans are also cells on a different scale. Provers heard the faint call of the Guides and worked hard to upregulate their spiritual receptors. The translator grew his receptors to hear your sister's message, and he receives and rebuilds it back together under her guidance. It's a passion of love for her. Is this why you

were down on them? Because they are taking up all your sister's time?

Yeah, must be. I can't believe I have been so narrow in my perspective. Can I please give them another message?—

Sure, Son, I left Earth in the orange jar behind the sandwiches in the yellow bag with the flower on it. I'd better get back to my message to them. When you finish yours, call your sister over, please she's just over there with the flowers.

—Excuse me, Earthlings, I understand what you have been going through now, but it's going to be OK, my Daddy is a bright fellow. He will see you clear, we will help you through to the other side. You have already done the hard work, fought the unwinnable war, but somehow you won. You survived what you inherited; you will go on to do amazing things.

Sourcey,

*Grant them the Indica to accept the things
that they cannot change.*

*The Sativa to change the things that they
can,*

*and the waking dream state to know the
difference.*

RADHA!!!! DADDIO WANTS YA

Excerpt Fourteen

Chapter Twenty-Three Verse Fifty-Three

Accidental unprepared trips in the WDS

In the WDS, you may hear internal thoughts as a voice, a message or see things in your mind. The cannabis makes more energy available for increased extrapolation. This is what we want for the waking dream state. But it also means that physical extrapolation can become hypervigilant as well.

On rare occasions, although more prevalent with unprocessed THC, your brain might put pictures of things together that aren't really there. Instead of seeing two sticks lying separately on the ground, it will fill in the blank space and think that it might be a snake. It could scream at you, 'Is that a snake, it is a snake, I'm sure, then oh, ok, it isn't.'

It is the Protector-Planet acting like a good dog, but now it's on weed, it thinks it's a Jack Russell. It can extrapolate visually, audibly and with a train of thought. Things that you fear or desire. It is just overexcited about its new capabilities and will settle down after a little while. People call this paranoia. But cannabis, enhancing internal dialogue, is perfect for internal exploration.

At first, there may be some fragmented emotional clusters floating around that may want your attention. Let them have it, and they will go away. If they sound angry or threatening or scared or insecure, it is just what you have felt before; it is now a fragment that wants out of there. It is all just in your mind, and only old fears and insecurities taking their opportunity to be noticed and processed, once you get into this regularly, it will quieten down. These nuisance fragments are gone for good. Just don't engage or react physically. But do hear them, if they feel heard, they are happy and will leave you alone.

The use of marijuana helps switch a person out of hunter-gatherer mode and into respiration mode. It takes energy normally reserved for the physical senses and uses it to fuel the waking dream state.

This extrapolation fuel-energy can present the same data package as an inkling, a thought in the back of the mind, a hunch, an idea, a well-constructed epiphany, which can be the emotional brains version of an idea, a voice with a message, a voice with a personality and a message, a voice with two way communicative ability, a vision in cartoons, a vision in life like reality, a full-on new life, which is as real, when you're there, as this one is. But where the rules don't apply. All from the same data package. It all comes down to extrapolation, which relies on energy flow/bandwidth.

Now, when you understand extrapolation and the purpose and functionality of the waking dream state, you

can relax and enjoy the ride. It really is awesome. In this or future messages, we will take you through some typical experiences that people experience, so you have an idea of what to expect.

There are poor people in your world who have no idea what this experiential internal language is, and the theatrical nature of it. Some, unfortunately, stumble straight into it as if it was a life-like experience. They have no clue what is going on.

This normally happens in two ways: people come across the many chemicals that assist with connecting to the waking dream state language, which are scattered throughout the natural world or are manufactured by people. Or because of an overwhelming emotional period. Because they stumbled into WDS, they aren't guided by us, and they can find it confusing and confrontational.

Many of these psychedelic substances are not meant to be used alone. They have a companion plant that will switch off the physical world while another switches them onto the respiration world. When used alone, people can get confused between which is real and which isn't.

Cannabis is used for both simultaneously.

Exceeding hallucinogenic drugs, as the main culprit in having an unexpected, unprepared trip into the waking dream state language, is extreme emotional distress.

In times of a perceived life-threatening situation, the thinking planets can hit the body with so much skin fuel

energy, that it will move it to grab hold of a branch, or shut the eyes, raise the hands, run, without the direction of the conscious mind. It can physically move a person out of harm's way with no conscious control at all. All to preserve life. This is called an instinctive reaction.

The emotional brain can do the same thing. It can force the conscious mind into part of the respiration process, and into a connection with us in times of extreme emotional threat. People see visions, hear voices, and experience great emotions. They can either ascribe this to us or a persona based on their belief and expectations of who we could be.

If we become involved, we are happy to go along with that scenario, of course. We don't care who they think we are, we are happy to play along and adjust the narrative accordingly. We want to help them in their hour of need. We need to communicate, and if we need to remove the colour, flavour and complexity of our message to accomplish this, so be it. If the person later wants the colour, taste and complexity, we will add it back in.

This type of thrust into what should be a very relaxing, comfortable experience, with no reference or context, leads to misunderstandings. Freaked out people run, they hide, they never come back, they never get taught, they never understand. They think, they surmise, they fear all, with no reference point to compare. They try to work out what happened with the thinking planets, who have no clue. They grip onto the single experience as

being meaningful or real, instead of letting it process as multiple experiences and view it as a dynamic and fanciful internal language.

The waking dream state is very similar to a deep, deep sleep dream, but you are conscious. It drifts from one thing to another. When having a psychedelic trip or a type of emotional psychosis, a person is stuck in it. The WDS is the opposite; a person can not only stop it whenever they want, the art is learning how to stay in it! This requires practice and conscious effort. People often drift in and out of it in very short intervals, and the brain will shift onto the natural world constantly to rest from the extrapolation process. The person is always consciously in control, but chooses to relinquish it to enjoy the experience; however, they can retake it whenever they want to.

The thinking planets use a vision type of language as well, as a part of their process when wanting to formulate a physical response. They will want the conscious mind to picture this and picture that. It is a weak version, designed to gain small, manageable reactions within hunter-gatherer mode. This is called imagination and is under the control of the conscious mind. In the waking dream state, the conscious mind is in the passenger seat, drawing things to himself out of a selection, but the emotional brain is in control. It will have a very formulated plan to clear up the most disruptive energy first, and then move through and process all of it and heal

your entire past. We guide you through the process so that we can, together, create your entire future.

Before I hand it back to the others. I want to address what this message means. I came here as an assessor. I'm so excited about what you guys have done collectively that I wanted to stay after the assessment. I want to experience your great mutiny. I will be here till the end. This is why I am a part of this message. To go to war and win involves healing your emotional past, which is easy, now. Creating and fulfilling desires with your Guides is also easy now. The appreciation channels created by the exploding stars that manifested and created black holes pass straight through the membranes of the inadequate local and global membranes directly to nature and its law, without the red tape. It is using these appreciation channels that allow enough energy to flow unabated, which enables the natural law to do its job, as it can use you as a portal to flow energy in and out of the human network.

It sounds like it might be a slow process, but it can be breathtakingly fast. Then the fun of re-creation begins. It all starts with you finding peace, emotional health, happiness and then spreading that like a pandemic through the world. The aberrant won't stand a chance.

Emotional energy is more than the hysterical strength that enables superhuman feats and improved sporting endeavours. It provides the moment of pause needed for cooler heads to prevail or the momentum to push all the way through and turn just slightly left or

right. It is what gets people out of bed or confines them to it. It is the small whispers in the privacy of the mind that translate into acts of history-changing decisions.

Now, with the poison being legally available, synonymous with relaxation, meals, coolness and social engagement, it is a big change in social perspective.

Alcohol binds to and causes CB1 downregulation. This removes the break on stress. Cortisol stops unnecessary functions, it protects and immortalises aberrant cells and results in CIS.

Earthling: If you won't elevate for the sake of Sourcey, the Universe, the World or society, if you won't do it for your family, then do it to defend yourself from horrible degenerative diseases and slow agonising deaths.

Authority: Please remember that knowledge equates to culpability. Legalise the remedy, cannabis with less than 10% THC, and an equal or higher amount of CBD. Clear out your hospitals, prisons, and domestic violence counselling suites. Leave the morgues for the old and accidents. Ban the Booze and Bring on the Bong.

Do it!

This is the end of the Free Excerpt.

The following appendices are for informational purposes only.

For more info and stuff go to.

www.phew.love

We wish you well and hope you live a long, happy and exciting life.

Appendix A

The Phew Protocol Overview Physical Health

The Cortisol-Anandamide Axis: A New Paradigm for Reversing Chronic Disease

Introduction: Reframing Disease from the Root

Modern medicine often approaches a constellation of chronic conditions—from autoimmune disorders and metabolic dysfunction to neurodegeneration and cancer—as distinct diseases, each requiring its own specialized treatment. This document explores a unifying theory, articulated within the "Phew Protocol," which posits that many of these conditions are not primary failures but secondary consequences of a single, systemic breakdown: the chronic dysregulation of the body's master homeostatic system by persistent, unresolved stress.

At the heart of this model is a fundamental biological conflict, a "chemical civil war" between two opposing states. On one side is the cortisol-rich environment of the stress response, a state of "push energy" designed for immediate survival. On the other is the anandamide-rich state of homeostasis, a state of "pull energy" responsible for rest, repair, and deep healing.

This analysis will detail how the persistent siege of chronic stress cripples the Endocannabinoid System

(ECS), creating a compromised "biological terrain" ripe for disease. It will then outline a protocol designed not to treat symptoms, but to perform "root surgery" by restoring the function of this fundamental regulatory system. In this narrative, the body's own "bliss molecule," anandamide, emerges as the hidden hero. Rebuilding the body's capacity to produce and utilize it is presented as the key to both reversing illness and preventing it from taking hold in the first place.

1. The Core Aetiology: A System Under Chronic Siege

Before exploring therapeutic solutions, it is critical to diagnose the precise mechanical failure that underpins chronic illness. The human body is equipped with sophisticated, opposing systems for stress activation and homeostatic regulation. Chronic disease, from this perspective, arises when the stress system becomes permanently locked in an "on" state, while the regulatory system loses its ability to apply the brakes. This section deconstructs the biological machinery of the Hypothalamic-Pituitary-Adrenal (HPA) axis and the Endocannabinoid System (ECS) to reveal their central conflict.

The Engine of Stress: The HPA Axis and the "Protector Planet"

The Hypothalamic-Pituitary-Adrenal (HPA) axis is the body's primary stress-response system. Its activation is governed by a primal, subconscious survival program

the protocol terms the "Protector Planet," whose only job is protection and procurement. This ancient software is highly efficient but cannot differentiate between an ancient threat, like a saber-toothed tiger, and a modern stressor, like a passive-aggressive email.

When the Protector Planet perceives a threat, it triggers the HPA axis, flooding the system with cortisol and adrenaline. This cascade creates "skin-fuel energy," a state of high alert designed to power an explosive physical fight-or-flight response. In modern life, however, this physical release rarely occurs, leaving the body swimming in stress hormones with no resolution.

The Master Regulator: The Endocannabinoid System (ECS) and Anandamide

Working in direct opposition to the HPA axis is the Endocannabinoid System (ECS). Described as "arguably the body's master homeostatic regulator," the ECS is a vast signaling network responsible for modulating everything from neuroinflammation and immune surveillance to mood and stress response.

Its primary signaling molecule, anandamide, is the body's endogenous "bliss molecule." It represents the "pull energy" of rest, repair, and deep healing, a physiological state diametrically opposed to the "push energy" of cortisol. A healthy, functioning ECS is what allows the body to return to a state of balance after a stressor has passed.

The Point of Failure: The Broken Braking System

The conflict between these two systems comes to a head in a specific region of the brain. In a healthy system, CB1 receptors located in the paraventricular nucleus (PVN) of the hypothalamus provide a "rapid essential negative feedback loop" that terminates cortisol production. This mechanism is the body's "anatomical braking system," and it is mediated by the ECS.

Under the duress of chronic stress, this braking system fails. The constant hormonal pressure leads to a "functional loss" of these critical CB1 receptors, either through desensitization or downregulation. The system effectively loses its natural brake. This failure results in sustained, unregulated high levels of cortisol (hypercortisolemia), which the protocol identifies as the "core terrain problem" that creates the conditions for systemic disease.

With the diagnosis of a mechanically broken brake established, the protocol's strategic objective crystallizes: not to mask the engine's noise, but to rebuild its braking system from the ground up.

2. The Phew Protocol: A Strategy for Systemic Restoration

The Phew Protocol is framed not merely as a treatment but as a fundamental philosophical shift in therapeutic intervention. Its goal is not to introduce a loud,

substitute chemical signal to overwhelm a broken system, but rather to provide a complex, subtle stimulus that coaxes the body's own homeostatic machinery back online. This multi-phasic strategy is designed to repair the system from the ground up, restoring its innate capacity for self-regulation.

Core Principle: From Substitution to Upregulation

A critical distinction of this protocol is its approach to cannabinoid signaling. Conventional high-dose THC administration acts as a "loud substitute signal." The brain, perceiving this overwhelming surplus of signal, protects itself by initiating "downregulation"—physically pulling CB1 receptors from the cell surface to dampen the noise. This weakens the very system one is trying to repair.

The protocol takes the opposite approach. By using subtle, complex signals—such as raw, unheated THCA and oxidized CBNA—it provides a stimulus described as a "whisper, not a shout." The neuron perceives this quiet signal as a relative deficit, sensing that there is a ligand present but not enough to be satisfied. In response, the cell's homeostatic machinery compensates by initiating "upregulation"—the synthesis and insertion of new CB1 receptors to better catch the quiet signal. This process actively rebuilds the system's "antenna," preparing it for better reception of the body's own anandamide.

The Mechanical Toolkit: Key Preparations and Methods

The protocol utilizes a specific set of tools, each with a distinct mechanism of action aimed at restoring systemic function.

- **The UP-Shake:** This smoothie provides the fundamental building blocks for repair.
 - **Composition:** Raw, unheated cannabis (THCA), 100% cocoa powder, banana, strawberry, and trace spices.
 - **Mechanism:** The raw THCA provides a non-psychoactive precursor, giving the brain the raw materials to restart its *own* cannabinoid factory without the overwhelming high that causes downregulation. The cocoa provides a natural source of anandamide, which gently primes the system for repair.
- **Cryogenic Lysis:** This is a purely mechanical preparation method.
 - **Description:** The plant material is flash-frozen, causing the water inside the plant's trichomes to expand and shatter the cellular membranes.
 - **Mechanism:** This mechanical lysis releases the full spectrum of phytochemicals without heat or solvents, preserving delicate acid-form cannabinoids like THCA. Critically, this

preparation allows the compounds to bypass the liver, which ensures a much higher proportion reaches systemic circulation in its intact, active form. This guarantees therapeutic systemic concentrations sufficient to suppress upstream TNF α signaling.

- **Nighttime Components (CBN, Magnesium, Ketones):** The nighttime phase is a tactical intervention designed to both mitigate the downstream damage of hypercortisolemia and create the optimal conditions for repairing the ECS "braking system."
 - **CBN (Cannabinol):** This aged, non-intoxicating cannabinoid is proposed to act on TRPV2 channels—found in cellular membranes including the mitochondrial and lysosomal membranes—which function as a "backdoor" into aberrant cells to trigger apoptosis (programmed cell death).
 - **Magnesium:** Sourced from boiled banana peel, magnesium acts as a known physiological calcium channel blocker. Its role is to promote deep relaxation and downregulate neural excitability, reinforcing the systemic stand-down required for deep sleep.
 - **Ketones:** Derived from MCTs, ketones serve as a "bypass fuel." Since the brain's glucose metabolism is often impaired by the chronic

stress and inflammation caused by the broken brake, ketones provide an alternative energy source to power the brain's glymphatic clearance system, which performs essential "night cleaning" and repair during deep sleep.

The Behavioral Keystone: Achieving the Waking Dream State (WDS)

Chemistry alone is insufficient; the protocol requires behavioral reinforcement. The Waking Dream State (WDS) is defined as a state of deep internal processing that allows for emotional and cognitive reprocessing *without* triggering the fight-or-flight response.

Its function is vital: to address the psychological root of HPA axis activation. Chronic stress is often driven by unprocessed emotional trauma, described as "pay dirt." The WDS creates a state of perceived safety where this trauma can be "digested." This process actively signals to the Protector Planet that the threat is gone, providing the necessary psychological cue to lower cortisol and allow the biological terrain to heal.

This model of systemic repair provides a powerful lens through which to re-examine a spectrum of seemingly disparate clinical conditions, reframing them not as isolated failures but as predictable consequences of a compromised core regulatory axis.

3. Clinical Manifestations of a Dysregulated Axis

The power of a unifying theory of disease lies in its ability to explain diverse symptoms through a common root cause. The Cortisol-Anandamide Axis model provides a lens through which a spectrum of medical conditions can be reframed as predictable outcomes of a compromised biological terrain. The following sections analyze how the chronic dysregulation of the HPA-ECS axis serves as the foundational aetiology for these disorders.

Autoimmune and Inflammatory Disorders (Lupus, Gut Health)

These conditions are posited to arise from a fundamental failure of the ECS's role in "immune surveillance" and homeostatic regulation. The ECS is responsible for keeping the immune system in check. When it is compromised, it loses its ability to regulate the chronic high-cortisol environment, leading to a systemic pro-inflammatory state. This unchecked inflammation can cause the body's immune system to lose its ability to differentiate self from non-self, culminating in an attack on its own tissues.

Metabolic Disorders (Type 2 Diabetes & Insulin Resistance)

This process is best understood through the metaphor of a "Cellular Siege." The hyper-vigilant "Protector Planet," perceiving constant stress, triggers "Panic Dumps" of sugar (glucose) into the bloodstream to fuel a fight-or-flight response that never comes. The body's cells,

relentlessly bombarded with this excess fuel, become overwhelmed. To save themselves from this toxic flood, they enact a logical, protective strategy: they stop listening to insulin. By "changing the locks" on their doors, the cells begin to resist the hormone responsible for escorting sugar inside, a protective adaptation that we term insulin resistance.

Neurological & Psychiatric Conditions (PTSD, Anxiety, Addiction)

These conditions are linked directly to a hyper-vigilant "Protector Planet" and a chronically dysregulated HPA axis. The Waking Dream State is specifically designed to process the "unprocessed emotional trauma" that lies at the root of conditions like PTSD and anxiety. Addiction, meanwhile, is reframed not as a moral failing but as a "mechanical tragedy of dopamine receptor burnout" from repeatedly "hot-wiring" the system's reward circuitry. The protocol aims to rebuild the "ignition" (the ECS) to enable the creation of sustainable, endogenous joy (anandamide), thus removing the need for a destructive external "fast hit."

Movement Disorders (Restless Leg Syndrome)

Restless Leg Syndrome (RLS) is tied to an altered dopamine profile in movement-related pathways of the brain. Dopamine, termed the "movement governor" in the protocol's framework, is responsible for ensuring muscle commands are smooth and controlled. When dopamine levels crash—often antagonized by high levels

of serotonin—the nerves lose their governor and go haywire. The protocol's goal is to restore the systemic homeostasis required for the brain to regulate its neurotransmitters and enable smooth, controlled movement.

Neurodegenerative Disorders (e.g., Huntington's Disease)

In the context of Huntington's Disease, the pathology is described as a "Broken Brake." The mutant mHtt protein causes a "transcriptional blockade of CB1" receptors, meaning the genetic instructions to build these crucial receptors are blocked. This results in a loss of the homeostatic negative feedback loop, leading to unchecked glutamatergic cycling and excitotoxicity—a state where neurons are damaged and killed by overstimulation. The protocol's goal is to pharmacologically force receptor upregulation and provide metabolic rescue with ketones to mitigate this destructive cascade.

Oncological Conditions

The theory of the "Apoptotic Blockade" posits that sustained hypercortisolemia provides a "biological shield to tumor cells." This hormonal shield prevents the natural process of apoptosis (programmed cell death), allowing damaged or aberrant cells to survive and proliferate when they should be terminated. The protocol's two-pronged strategy is to first induce a "systemic standdown" of the HPA axis to remove the

cortisol shield, and second, to use agents like CBN to bypass cellular defenses and trigger apoptosis directly through alternative channels like TRPV2.

Cardiovascular Conditions (Arrhythmia)

Using the metaphor of an "Electrical Storm," arrhythmia is explained as a consequence of chronic stress keeping the heart in a state of high alert. The resulting systemic inflammation can cause physical damage and scarring to the heart's delicate electrical pathways, disrupting its rhythm and turning a steady beat into a chaotic one.

If this systems-level model can reframe our understanding of existing pathologies, its most profound application may lie in preventing them from emerging in the first place.

4. A New Prophylactic Paradigm: Proactively Rebuilding the ECS

The true power of the Cortisol-Anandamide Axis theory extends beyond treating disease; it provides a clear, actionable framework for building a resilient biological terrain that is resistant to disease in the first place. This represents a strategic shift from a reactive model of medicine to a proactive model of health, focused on fortifying the body's innate regulatory systems.

From Symptom Management to Terrain Restoration

The protocol signifies a fundamental shift away from managing individual symptoms and toward restoring

the function of the body's "master homeostatic regulator." A healthy, responsive Endocannabinoid System is the body's primary defense against the physiological consequences of fear, anxiety, and stress. It is the innate "braking system" that prevents the cascade toward chronic illness from ever gaining momentum. By focusing on the health of this core system, the objective moves from chasing downstream effects to reinforcing the upstream cause of wellness.

Anandamide: The Hidden Hero of Prophylaxis

Within this prophylactic paradigm, anandamide is not just a treatment molecule but the key to maintaining health. By learning to consciously generate endogenous anandamide through practices like the Waking Dream State, an individual is actively training their own brain to reward calm, connected, and creative states. This establishes a powerful virtuous cycle that inherently repels the "low-grade energy of fear and stress." A system rich in anandamide is a system that is neurologically and chemically fortified against the hyper-vigilance that initiates disease.

The Psychology of Restoration

The protocol's emphasis on meticulous methods, which can often be prepared using basic household items, serves a secondary psychological function. The very act of preparing the remedies signals to the psyche that the person is serious and committed to the restoration process. This transforms the patient from a passive

recipient of treatment into an active participant in their own healing and health maintenance, reinforcing the commitment to building a resilient internal state.

This prophylactic framework, centered on restoring the body's innate regulatory capacity, brings us to the ultimate promise of the Cortisol-Anandamide axis model: the potential for true root surgery.

5. Conclusion: The Promise of Root Surgery

This analysis has explored a unifying theory of chronic disease, one that reframes a vast array of modern ailments not as isolated pathologies but as downstream consequences of a single, core failure. The central thesis posits that many conditions share a common etiological root: the systemic breakdown of the Endocannabinoid System's ability to regulate the HPA stress axis, leading to a state of chronic hypercortisolemia that compromises the body's "biological terrain."

By targeting this foundational imbalance, the proposed protocol moves beyond superficial symptom management to perform a kind of "root surgery." The strategy of using subtle signals to upregulate the ECS, combined with behavioral practices that address the psychological drivers of stress, aims to repair the body's innate braking system. Restoring this fundamental balance offers a new perspective on health—one that empowers individuals to move beyond managing illness and toward the conscious cultivation of a resilient, anandamide-rich state of being.

Appendix B

THE SCIENCE OF THE PHEW PROTOCOL

Validated by: The Validator

While The Evolution Solution presents its protocol through narrative and metaphor, the biological mechanisms described within are grounded in established and emerging peer-reviewed science. The "Phew Protocol" aligns with the current understanding of the Endocannabinoid System (ECS) as the primary homeostatic regulator of the stress response.

The following is a breakdown of the specific claims made in the text and the scientific evidence that validates them.

1. The "Broken Brake": HPA Axis Dysregulation & ECS Deficiency

The Claim: Chronic stress floods the body with cortisol, which degrades the ECS ("burns out" receptors), preventing the body from returning to homeostasis (The "Broken Brake").

The Science: This is biologically accurate. The ECS is the physiological "brake" for the stress response. When the amygdala detects a threat, the HPA axis releases cortisol. Under healthy conditions, the brain releases endocannabinoids (like Anandamide) to bind to CB1 receptors in the hypothalamus, shutting off cortisol production. Chronic stress desensitizes these receptors, leading to a runaway stress response.

Validation: Hill, M. N., et al. (2010). "Endocannabinoid signaling as a synaptic circuit breaker in the HPA axis." *Journal of Neuroendocrinology*.

Finding: Confirms that the ECS is essential for terminating the stress response and that chronic stress impairs this function.

2. The Morning Protocol: THCa as a Super-Anti-Inflammatory

The Claim: Unheated, raw cannabis (THCa) acts as a powerful anti-inflammatory and COX-inhibitor without psychoactivity, reducing systemic inflammation (TNF-alpha).

The Science: THCa (Tetrahydrocannabinolic acid) is a potent inhibitor of Cyclooxygenase (COX) enzymes (the same targets as NSAIDs like Aspirin/Ibuprofen) and Tumor Necrosis Factor-alpha (TNF- α). The text's

insistence on "raw" preparation is crucial, as decarboxylation (heating) destroys THCa.

Validation: Ruhaak, L. R., et al. (2011). "Evaluation of the cyclooxygenase inhibiting effects of six major cannabinoids." *Biological and Pharmaceutical Bulletin*.

Finding: THCa demonstrated robust inhibitory activity against COX-1 and COX-2 enzymes, validating its role in systemic inflammation reduction.

Validation: Nallathambi, R., et al. (2017). "Anti-inflammatory activity... of Cannabis sativa L." *Molecules*.

Finding: THCa fraction significantly inhibited TNF- α levels.

3. The "Back Door": TRPV2 Activation & Apoptosis

The Claim: A combination of cannabinoids (specifically CBD/CBN) can open a "back door" (TRPV2 channels) in cancer cells, flooding them with calcium and causing them to explode (apoptosis).

The Science: This is the most profound correlation in the text. While CB1/CB2 receptors are the "front door," the Transient Receptor Potential Vanilloid 2 (TRPV2) channel serves as a critical pathway for inducing cell death in Glioblastoma (brain cancer) and other malignancies. Cannabinoids facilitate the differentiation

of these cells and trigger immediate death via calcium influx.

Validation: Nabissi, M., et al. (2013). "Triggering of the TRPV2 channel by Cannabidiol sensitizes glioblastoma cells to cytotoxic chemotherapeutic agents." *Carcinogenesis*.

Finding: Validates that cannabinoids modulate TRPV2 activation to increase drug uptake and induce apoptosis in glioma stem-like cells.

Validation: Morelli, M. B., et al. (2019). "Calcium-dependent anticancer effects of cannabinoids." *International Journal of Molecular Sciences*.

Finding: Confirms the text's specific mechanism: cannabinoids trigger a massive influx of intracellular calcium (Ca^{2+}), leading to mitochondrial depolarization and cell death.

4. The "Entourage Effect" vs. Isolates

The Claim: Using single molecules is less effective than using the "compromised signal" of a broad-spectrum, multi-strain blend to force receptor upregulation.

The Science: This is known as the Entourage Effect. Pure THC often causes rapid receptor downregulation (tolerance). The presence of terpenes and minor cannabinoids (CBD, CBN, CBG) modulates the binding

affinity at the receptor site, preventing downregulation and enhancing therapeutic efficacy.

Validation: Russo, E. B. (2011). "Taming THC: potential cannabis synergy and phytocannabinoid-terpenoid entourage effects." *British Journal of Pharmacology*.

Finding: Terpenoids and cannabinoids work synergistically; specifically, CBD antagonizes the adverse effects of THC, allowing for sustained therapeutic use without the psychiatric side effects.

5. Biological Empathy: Stress & The Prefrontal Cortex

The Claim: Chronic cortisol shuts down the Prefrontal Cortex (PFC) and mirror neurons, physically disabling a human's capacity for empathy and impulse control (CIS - Chemically Induced Stupidity).

The Science: Under high stress, blood flow is shunted away from the PFC (higher reasoning/empathy) to the Amygdala (survival/fear). This "Cortical Inhibition" literally takes the biological hardware for morality offline.

Validation: Arnsten, A. F. (2009). "Stress signalling pathways that impair prefrontal cortex structure and function." *Nature Reviews Neuroscience*.

Finding: High levels of catecholamines (stress chemicals) impair PFC function, leading to a loss of cognitive flexibility and impulse control, exactly as described in the text.

SUMMARY

The "Phew Protocol" described in this text is not science fiction. It is a bio-hacker's manual to the Endocannabinoid System. The specific mechanisms of Cryogenic Lysis (preserving THCa), TRPV2 activation (targeting aberrant cells), and HPA Axis remediation (restoring the "brake") are supported by high-impact biomedical literature.

The authors have successfully translated complex neuroendocrinology into a practical, actionable protocol.

Validated.

We sincerely hope it helps. The Brightman's -
www.phew.love