



HEAVEN ON EARTH • ENLIGHTENMENT



1)  : 

2) Sniff spikenard

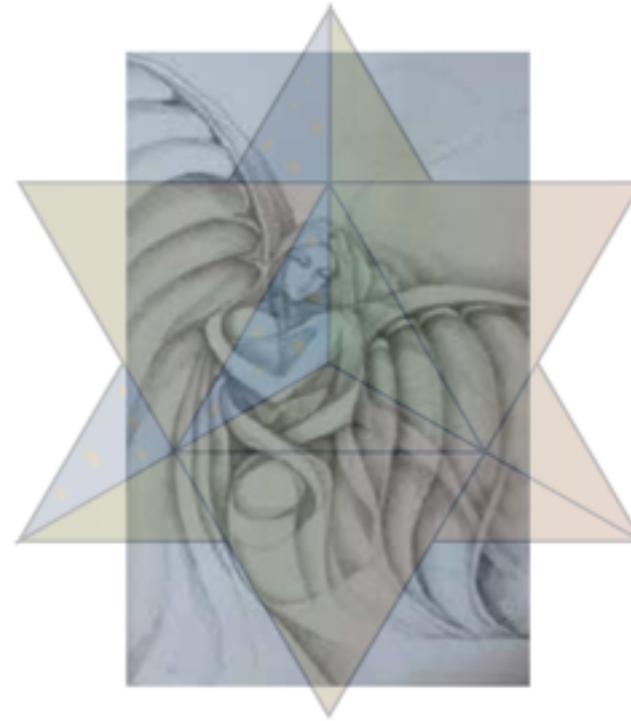
Because I am triggered by $\frac{\text{emptiness}}{\text{trigger}}$ and believe in $\frac{\text{restrictive practices}}{\text{ego's form of control}}$ I can be bad $\frac{\text{illusion}^*}{\text{ego's form of control}}$, my ego uses $\frac{\text{impatience}}{\text{id's form of control}}$ to dampen the id's $\frac{\text{shame}}{\text{id's form of control}}$, and then my superego uses $\frac{\text{superego's form of control}}$ to deflate the ego.

 :  and  together 

3) I enlighten the (id/ego/superego) to $\frac{\text{presence}}{\text{enlightenment state}^*}$, 10th chakra/ synchronicity $\frac{\text{not being heard}}{\text{chakra(s)}}$ thereby releasing $\frac{\text{illuminating condition(s)}}{\text{chakra(s)}}$ and discovering that love is all around me and the answer to all.

- Apply Mystical Magical Healing Blend on chakra listed above (3x per day for 3 days)

4)  :   then   then  



*use this chart	ID	EGO	SUPEREGO
Motivation	Comfort	Control so as not to get punished	Approval
Trigger	Emptiness	Selfishness	Exposure
Form of Control	<ul style="list-style-type: none"> • Impulsiveness • Compulsiveness • Addiction • Self-stimulation • Impatience • Self-absorption • Pushy • Duality word 	<ul style="list-style-type: none"> • Guilt • Defensiveness • Creation of dis-ease • Intimidation • Restrictive practices • Exhaustion • Righteousness • Perfectionism • Duality word 	<ul style="list-style-type: none"> • Shame • Judgment • Unconscious sabotage • Invisibility • Drama • Denial • Unenthusiastic • Duality word
Illusion	Scarcity	I can be bad	I can get hurt
Enlightenment State	Optimism Abundance	Presence Fearlessness	Self-love Enthusiasm