




HEAVEN ON EARTH • ENLIGHTENMENT



1)  : 

2) Sniff spikenard other's disregard for my space







Because I am triggered by trigger and believe in defensiveness
 I can be bad illusion*, my ego uses ego's form of control* to dampen impatience
 the id's id's form of control*, and then my superego uses judgement of self
superego's form of control* to deflate the ego.

 :  and  together 



3) I enlighten the (id/ego/superego) to fearlessness (of being fully ourselves)
throat enlightenment state* family criticism, sarcasm
 opening chakra(s) thereby releasing illuminating condition(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