

Adult Points

Deal with the coppers. Since usually things concerning things with law and order to understand how to in facing coppers that wants to grill you for some reason.

Always have a number to a lawyer and require one.

So, the coppers don't need to be passive aggressive to use didactic their way of being are that way. If the coppers use their fingers to point on the table putting up patterns of lines or such, note they are using didactic. Further more, not only never trust the coppers, assume they are lying about everything. They are going to try to set up the game by stating the rules of things. You know it reality is anarchy.

They will try to shrink your world, by saying now we are at the police station as to not earth or the universe. They will use false time constraint something that they will move around and of course make threats. The thing about threats is that they are almost always false. There for focus on seeing them as false.

They will focus on time as in past as something real and also future, it is not. You can break free from it.

Don't lie that will paint you in to a corner, rather say nothing. It will not help you to help the cops in any of the cases the cops will try to believe it will.

They are strategic and will keep what they have on you as long as they can. It's a game of patience.

They will try to put the story they have above you, trying for you to comply under it and to correct it. The me is always at the same level as the narrative don't forget.

It's not the coppers work or job to judge you, your thoughts. Their job is to figure out the truth. A judge is the one that judge. But the coppers will heckle you.

Plus points

Remember your mom is just an old woman (kärring)

Police men/women have a weird way of effecting the mind that can stay with you long after, here is one of the way's you can fix the problem.

What is memory? (PTSD fix)

It's where you relive an event in your mind thru your imagination. Listen, if you can find words for what has happened its good, it's called a debrief where you tell or write down an event so that you can use the 8-ball instead of magically take yourself back to something that is filtered thru your emotions, RSA and possible ego at the moment.

The magic 8-ball of memory

So, in moments when not remembering or not being sure ask the mind a question. What was that girl's name, stand and wait for it to arise as in a magic 8-ball of course you will not always get an answer. But then you just need to figure it out by other means then your head. Digging in your head might get you trapped in the mind. Here is the thing do you can use intent instead of the question....

"Thinking in the void"

Okay in the field we don't like to be in the mind, but in some cases we need to verbalize to our self without speaking out. So you speak in the silent mind or the void. You see there is a difference to the semenantics about what thinking really is. So speaking as you would speak to an empty space is how I would describe it, if you were to speak but you could not hear your voice would you know what you had said.

Coming back to the now

Going back to the now There are no ego apart from the mind. – Eckhart So the fastest way I have found to kill the ego is to switch of the mind and go up to meta-mind state then doing some, than readjusting yourself to a egoless state. Let go of the image of yourself, give up the concepts of time, let go of your goals, let go of the idea of possession, opinions, should and musts. It is always here and now. Image the sound silence a colorless shapeless void or non-existence. From here you are back at meta-mind. In the state of meta-mind you can conjure up a work area the mind. Let the mind be empty, stop searching and start using the human part of the brain. Let go of questions. Go hakkuna mattata and live thru the heart.

Good food after

Sugercake, gingercake spices, vanilla and coconut flake's. A really good cake for chemical X, is it's a power suger cake. Something needed for future endeavors.

Toblerone, toblerone coconut, Milkey way