

Recovery

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There are two things to note when beginning of recovery:

- Recovery is possible; with patience and time, and the support of good people.
- Hope is real; because the organism aid's healing through cooperate effort; but it does take medication; a proper diet (nutrition) and fluid's; as well as avoiding intoxicant's.

When I began this document it was 11:46 am on July 18th, 2020... I expected it to take five year's to recover from a parasitic illness, exposure to an LSD-like recreational drug; and year's of depression. But of what I was to explore; there were indeed methods that would improve my quality and tempor of life; and that changes were around the corner... then that I had recently improved in several facets. Some things preliminarily took a lot of work; and my diagnosis was Schizoaffective with Bipolar attributes; but for what was more severe in Bipolar, I had recently progressed beyond the dual diagnosis; and had a history of alcoholism.

Particle I: Alcoholism & Tobacco Usage

I was for the years 2012-2016 drinking approximately six drinks a day, living in a kind of haze & feeling rather well with my daily 'buzz'... then however doing lasting damage.

Around 2018 I broke this cycle down to three a day or four every two day's; then of a possibility at half-reduction; for I found that I had changed.

What helped was in knowing that it was an illness, &:

- A helpful remark from another with calm and cool assurrence.
- Breaking through my limitation; with the urgency of protocol.
- Slow, gradual reduction's in intake, to moderation from excess.

This worked half way; but it was in the end finding love for myself that changed my

attitude and my motivation's; and this took real self work; for I found I did not want to be this person any longer. I wanted substantial change, and I wanted to adjust to a new set of privileges.

Particle II: Initial Recovery

PTS(D) from traumatic experiences of hospitalizations had left me berieved; but in the end I found I could forgive these people; and feel better about myself; and see the situation from outside; then that: "Given I was a danger to myself or other's society did the right thing; because responsibility was in question." - I no longer had the nightmarish dilemma of being abducted; and from my home. Admittedly, things could have gone smoother, but it was me who initiated calling the Police; and I was on little of a dosage of Clonazepam, with no Therapist... so it was also my Mother who brought attention to me; and this was traumatizing, because they acted as her replacement.

I found the 10 year's of psychotherapy somewhat relieving in that I got to establish a good relationship with a doctor; then to whom supported my endeavor's in Physics; which I had studied as an undergraduate at Purdue University. When I had returned; the University was different.

PTS(D) carried a 'roll' to which I could not fit-through or sail over-the-top of a potential barrier; and would daily work-back to what had been the day before; then an endless cycle of existence (Karmic cycle). There was after this a lull, and then a drop below to a depressive state when I found relaxation in 'allowing' myself to feel depression and sadness; for I realized I did not have to be perfect. The combination alluded to that I did not need my-peer's as I saw them to recognize my brilliance or come to my aid for that of assurrence and could stand alone ever so mildly.

This loss of urgency and dependence of course (as in the past) brought back thought's of an objectless anxiety; but I found that this time; it did not produce this result; and I could indeed depend on myself to last somewhat. I found that beyond the PTS(D) however, work was still to be done; and that my thoughts on "Spirit's" and "Voices" made me different from other's; - then a long two year phase prior the PTS(D) vanishing in which

I believed I was in telepathic communication with other's. I found this cycle; to which had taken 15 year's to pass through was the direct result of an LSD-like substance, and my body being invaded by a parasite from Malaysia.

When both these things dissipated and ceased; I found a moment of reflection on self-love; and that I loved this world (although I did not understand it) – and that my endeavor's had operated for the best; then a long and arduous interest in Buddhism guiding most of the way; but I had yet to meditate; and did not possess the devout wish to study such as meditation just-yet, for I was ill.

Particle III: Bipolarism

I found that where I had been stripping clear of certain details and activities in my life I needed in fact more to do; for by setting an obstacle that was large and fooling myself into believing it smaller it in fact gained momentum; and proved impossible to overcome. Then that I needed to study my illness and become fascinated by it instead of only being offended by it; that I could gain some control over it. I also needed to find the right middle-path between the extreme's; because whereas in the path when nothing had been working between depression and mania; it was to moderate with various activities of more in essence than typical that I could find my medium.

Thus it was that there was a key to which I had to propel over an obstacle; eventually that I just ceased to view it as a way to re-innovate my own mind. There were two key's of which I noted:

- Illness is demonstrated differently in every individual; Schizoaffective is merely a guideline.
- Recognition (and explanation) that I have a problem with Dopamine takes real work.

Although it is notable that I did in fact make progress; that whatever happened I did not need to panic; and that this was something I could settle into. I found that of the old psychological problems; such as:

- Bullying and Divorce

- Drug Abuse and Need
- Negative Habits of Study
- Trauma from Hospitalization Then needed re-invigoration; that I needed:
- A toolbox.
- Time with Patience to Set Aside Illness
- To Love Myself
- A Spiritual Progression
- Friendships and Love

Particle IV: An Approach to a Cure

- @ 19:14 pm, July 18th, 2020 it was realized the cure to Schizophrenia was to be found in the remnant of leaving apart from (apartheid) of self, as devotional-to-other under a mono-valent channeling; then that audilogically we evolved under (a) guidance to (hear) our reflections.
- Given the ears developed historiologically around the time as the vocal chords; it is that we were made to receive a portion (under) similarity of our own voice 'back' to ourselves.
- Operation around a dual Tx/Rx upon a (mono)-valent channel it turns out in stuccations and leap's; the 'identity' of the 'other' is discernable but once; then deprived.
- This forms a clue to control over that of symptoms of 'hearing' voices; – then that the articulations from self alone subsist to implore an 'undecidable' relation; the portion left-for-later of which discontinues the habitformation of which leads to 'invasive' voices; then of imploring to act.
- There is the instruction to discipline via a 'negatively-fed-flyback mode;' whereby the greed or desire is directed to prosperity; via that of inclusion of stated behavior to grasping and craving to indeed 'do;' but to comprehend the fervor and flavor of difference, and that as an understated that 'when this bannana is finished there will be

none'... then [a] positively – biased approach to plainness; and exclusively the remainder of cherishing to fulfillment what is inherently also empty.

- That of incurrance of the dealt, the deal, and the difference of a quota; to proclaim that of a moderate tone at a minimal path, that of finding fascination [into] one's illness; and the equanimity of an approach to 'added' task's and attributes of contribution to welfare, space, and environmental difference of equated return through the immutability of what is headed in and the inclusion of priority to what goes out; then of counter to mania and behavior clues (of Jung or Fruedian) of depression; for that of quotient at slip then in [1] uncapitalized major consanant; and [2] syllogism.
- Comprehension of that of [grief] as occassioned departure of loves of Mother inter-alialaly for Father, in his stead; for of generational gap under maturation; and supreme flight of within that of Suicide; that of Flight of the Advocate to dispassion with love; and Fight of the Adversary; to [his] counter part female/male anima/animus figure for then in twoism under an occassion sideless.

Particle V: Trail of Thought's

- My series of introspections lead me to the following 'pattern' of 'abuse;' to offer an explanation; ushering in descriptions of much of my losses over the year's for having an unguided approach; then one that only a robust* acceptance of what I had denied (saliently) would improve:
 - Suppression
 - Passive-Aggressive Behavior
 - Assertion to the Side and 'Over' Other's
 - Active Aggression
 - Depression
- Thus it was I found I needed 'reverse the cycle' and open-myself to 'new' experiences to move beyond the PTS(D); and that my result of Obsessive-Compulsion had much to do with projection; then that I was taking 'myself' by-the-hand to confront the resulting

depression in its contrast; but that to a 'bifolded' relation; I needed avoid the final step of 'closure' - letting the 'wind' and 'air's' of breath and heart take over; to live the instinctual edge without panic and phobia; - that indeed I needed see there was responsibility at stake - and as it turned out an [adjacent] issue of Maturation; then of Suppression (from the divorce) - and these derivative root's from repeated abuses of bullying as a child - that of also panic and phobia of Authority.

- Ultimately, Freud would have it the depression is caused by self anger; but I would propose that instead; it is actually - in truth - suppressed anger at-other's... then that the countervailing mistake is to excuse what is their's for your's - and to turn the dagger at the other - the victim being the [other] in interchange with the self; under a-mirroring... that we see them as it.

- Thus the result of treating each unto themselves [alone] in most-capacities as an individual; coupled to that of cooperation (& being committed to this) - admit's reception of freeing one's self from the bind of [thinking one is at fault] - the result is to avoid the sense of loss, trepidation, and fragmentation that result's from conflict & it's avoiding. Thus; this method (seeing people entirely as individual's coupled to a robust feeling of cooperation) releases the self from the bind of loss for conflict; - the ideation that one is 'within a precaution' then alike to a bond - not something one can necessarily afford nor need's; and is a safety blanket - a decision to live then entirely awake.

Particle VI:Reconciliation

For in light of our differing understanding, that of 'helpfulness' - to a Quotient is often dependent on the 'hard' and 'solid' relation of appearances and abstraction interwoven in a dialog-with-self.

That of sharing [as to attribute to the lesser mean of another and verify their 'challenge request'] develops and enfranchises communication through that of 'the three standards of equivalence':

- That of co-dependent utility and operational status and privilege to trustful obligation.

- This is hinged on that of the opportunity to development, but when over-emphasized undermines in irony that of potential - for it is often the suggestion - to-self that one is made greater by application and appeal in verisimilitude to what is skeptically [aside] from the modest loving form's at self; and their appeal as the 'Sphere's' of the intellect and understanding of other's; for what we vein/venn; there is the occlusion that from where we had come is definitional.
- It is often therefore that from what is the gradation at-self - for to mention that another is unlicensed from the self to abhorrence from forgiveness - we learn to love enemies as our children - in their impudish relation of self characterism - it may be found they are alike to a foe; but of a diminished role; the reason this work's - as in likeness of co-dependence that there are greater mechanisms of operation built upon that of our [exclusivity] of a foundation.
- That of being an individual, and treating other's of individuation, with cooperation.
- It is necessitated to grow and develop; as alike to [in certain verses] an obligation or answer to [stress] in explanation; but this is to see the water half full for what is suffering; and hence in the motility of self; it is noted that of often we unbranch a relation and descend to a lower self; then when we find happiness in this form; that it is the accessory at [truth]; and of it's noticing that stress does not in any way suffice to explain the currency of an issue within and of life.
- That it would be instead that there is a greater self - when compliant - it is noted that our manifest outward divergences of character are emanations of a pure relation more rather than a crude character the admission at that of self forgiveness; in a.) that of self loving for in a likeness at the greater self founded below of at another's potential held from above with us; thus it is that under ascent; we find that there is strife, resistance, and the stressful relation; but neither so are to we to play party to excesses of laity and challenge at foe's; - thus it is founded rightful to obligate to trust the self in equivalent part a balance at 2.); for of what is focused on is privilege to reconciliation between self and other; *the modest mechanism in existence of which yields license to motion beyond the incurrance of other's - for they were neither our teachers, subjects, nor students; but

privileged to a status 'above' ourselves; then that they were mistaken; us becoming impenetrable to what they offer us; for they were upheld; and noted to have abused a given.

- Building trust within and of the exception that is declaration at equivalent participance in sharing and the grief process; to reconsole until reaching the satisfaction that is equals part.
- We are to as human's learn of the lesson of declaration within a society; then; of it's alternative that there is privilege to peaceability; and there indeed is a 'right-side' - the return to self of that of message - to note that things the way they are cannot be alternatively provided; for in sake of example; as I have written this book; - shared - it goes to another; and they could not be disposed of the relation to-I; that we would depart under anything but dissimilarity; thus as-it-is in treating things under equivalent mean's and as they are; we note that this *exceptionable pretense is the literal stance at that of via-exposition; that from it's beginning; we could not have come-from another alternative source at alternation in-self; and that this *present; is indeed self-contained; for in reasoning back; that of the book* would not have differed in it's chanceful beginnings of written status; for to go beyond; there is non-difference via differences in emanation and departure.
- The reason; that this in abstraction get's one beyond PTS(D) and similar phobia is that it-is identified *of experience what is valid; and form's via license in-experiment of itemized relation - with sharing to duple the relation - a verifiable test-release of *safety on that of question and answer; at that of verification of what is not-proximal. To note that of where we go is as it would be; [of environment] - and that we avoid the necessity of [inversion] - to see directly that of encased relation; that within what is effective and rightful - there is success to be founded in that of whether an assay [unremovable] would with-immediacy fore-warn or embark to a relation distant; thus a very present and valid encouchable relation at *relevancy to self; to question if of these things - do they make a valid difference of things-apart elsewhere; then via what is in absence of self-distraction; there is that of an auto-focus on that of valid application of reasoning.

Thus it was as of October 30th, 2:25 p.m. I came around; thinking:

- This place is not that place.
- Those event's are not of currency to my life *[and status].
- I have [to resort] that of compassion, but for incurrence and it's sake, I only go so far.
- The *detail; of which has to do with forgiveness and forgiveability is of license to-me in barring these detail's from that of logical impetus on destruction or creation.
- It had been in fact that they do not create my experience; that had been the offense; thus it is that through these passages; I am beyond the *marker of PTS(D); then that I have recollected the *pain and the *ache, but they are unrelated pieces of a making in form; indeed the resolution to the mad.
- Thus it is that through grief; there is a dual-encasement that differs upon a *pinon between woman and man; her in light of a male's message; the reply; etc... to differ also upon whom-is-grieved; *for a woman of her Mother upon maturation; then for a man *of this Father; - or in unbroken relation - whom is to pass first; the difference of passivity in intimation at a gross estimate. Thus it is that the flavor dictates the slow relation; and the sense the quickening relation.

And I have found that I am somewhat a step from recovery from Grief over my Father's passing; then that there was much more to state within that life; but of what I can rationally apply; that in terms of disparate element's the item for of what it indicates of non-departure to an auxiliary world; means my *Father must be so as is necessitated a lesson that means-diminish to the *Book I have shared; - therefore of places and people; the *Key residing with self and other of whom is trusted; it is *Known; my-Father resides with the capacity to empty a relation; then of co-ercion at that of an untrusted-obstacle; that of allowance that in conundrum; the levity to keep a placation as likely; it cannot be that we-go without; that we must go-with that of the lemma in retention of afforded quality of remainder; - therefore for in that of allowance to what is attritional; he can not be disposed.

Therefore of remark; at that of knowing it is true:*

- We dispossess of an alternative.
- From where I depart another could enter.
- They do not go on without me.
- We mutually observe life, death, and birth.

It is to be found a priori of-birth that a continuance is-begun; within remark of overlapping *item.

Thus it is *this law cannot be violated; the (auxiliary emptiness) here to afford that he is unsealed from the relation of life - and indeed that he remains with recollective formation on that of whom as is *I*; indeed within guidance that another of flare and pin can be founded of a relation-from-afar.

Therefore it is entirely plausible and satisfactory that my Father remains within:

- The activity of memories.
- Has yet to depart existence.

Thus the meaning's of life were found in five, and I had recovered from PTS(D); a *dot of absence of caring, and adequacy that the structure of 1.)-2.)-3.) were sufficient; the remark at that of alcohol unsalient and undeliverant the mutual stair-step of a [case] that of motive to incline to lesser so.

Admittedly I am *beyond* that of regular retirement's to the Hospital; something has changed; but of selfchange; how am I to behold myself... and of the meaning of life; is it in fact three or five:

- A mentation at self; security and privilege... honesty to grow.
- That of a complete message in these; and of apportion at fecundity.

- Sharing your personal message with other's, specifically to entitled people.
- The development of secure mean's to which we hold personal liability and disclosure.
- To be, seek, and raise to what equilibrates a lesser-mean in that of a world encompassed.

Particle VII:

To think I had been [enclosed] in a relation of _Sabotage_ endlessly; thinking this determination of self and world was so so broken it could not break further.... as a reversibility of closure to opening... was the 'damage' of PTS(D); then the epiphany that: Realistically there is calm in the waking of a relation, a peaceable arrest, or a noteworthy remark, at salient remembrance, recouplement, and encouchability; to a touchless and touchy relation possibly felt or intimately shared... leads to the speculation that 'one way out' is 'below' that of dealing and defeat of self via self to Suicidal Ideation and PTS(D) trace; that I had gone yet beyond self to encounter self.... although I remained; the world remained too; and it was that the identity had changed... then that without this; un-erasable; that of the included 'return spire' was a factual self-sentance; that would be un-removability of self; for I had been-there and occluded; there was no 'remnant' of 'self' founded; that justifiably so too as a sided of two on that of expectation was-closed; and I knew openable; that of continuance was and is the only determination at Ghost state...

'Unto' in speaking of 'may-be' - then encouraged therefrom of a Mother; for in light-fulness of a Father; the given dispartiture of one for in a taken at (of) life; and therefore for (4); of what is limitedly three (3); of dreams, recollections, and birth; to be born; we live; but take(n) of departure from yet death; as in-two (2); there-as [said] are of learned barrier of reflex; the unrolling of data-and-informative basis; another state[d] there(of) in reflex of barrier unto-departure in likeness-to-death; but [said] of life; for discerned edgeless give[n] we alight then of smoke as to a for[given] razor; the blade of emptied relation; then of retractrile notion in-yet a dreampt relation of going-on; in a path yet in two [2] to-witness; for in separation of entitled law and provision to sustainable relation; as to witness and eat; there[in] is a hypothetical validly met with self; were myself as

yet-two witness[es] in ego and id to return to dispossession to return of self what is their's; the equated provision at shared notion in preclusion from-one [1]; is to it's note that in return substitution we-yield of path; that of with two; these return; but yet of Son and Daughter; it is entitled she is not made a Mother [alone] thus Fatherly-taken word; there[in] in likeness to these of Children in-keeping the relation of life console of what is His and Her's in departure for in life; and of their's in capacitation of [alone] what may be given of entitled freedom from light[ed] bondage; that of taxed relation and it's recourse; for in fellow; it is we who go; that of their's unto-yet freedom reclaimed to incentive to dispossess of life as in Murder; thus to Death; it is Life that answer's unto preceded relation as in Forgivable Notion at yet Mother and Father in Conception; unswerving through to when we go alike; the shared precept of Life, Death, and Birth, unamounted; of which is found Universal; all other alternatively provided lessons of their's in going of a People; and apart from the Origination of Death of a Family. Thus it is with a dispassionate and sad end; but yet it is here[in] we-meet; then of three navigable way's made of what is two [2] unto-grief; the capacity of self to motion yet beyond this accumulation; a freed-obstacle at the gainful insight when-in-goingtogether; there is life founded of above; for in light of what is held of their's; as witnessed; this difference unmentionably in no making of the Death of a Culture; thus it is a people are indeed a Culture in Life, Birth, and Death.

Particle VIII: Advice

I have some *great* advice for the teeming hoards of psyche-patient's - keep in mind what the situational context of your psychologist is; - what (s)he surrounds themselves with, what they innovate, bring to bear into life; and accessorize with.

I then reversed direction; unto a divergence; that of re-direction of strengths.

b.) to turn a strength into what courage would-do; that of an equivalent for in trade of importance to creativity or giving; and a modest intellectual defense; then of proverb and way; perhaps of wisdom by which one support the foundation of one's self... that I can backtrack and have a general idea.

To (co)affinitives 1.) and determinations 2.); therein is a laity at following in counting and of leading; to it's primacy as a cure to my illness; a given 'claim' and 'possessive' -

then to regard I am to incompletely avow of one for a prorated division at yet-license; or removably [unto extrication] depart from either inclusive [as both] - then of time with self; and avowed given departure to a flight of insurable way and manner with-another; for what they would liably hold entitled too; for me in following or leading; for what is indeed an enlightenment in kindling. To depend on another or co-dependently arise; a free-provision of this celestial sphere; that I have been sent to Earth to heal then of improvisational mean's; hence it is to study medicine, Law, ecology, mathematics and chemistry.

This is the second suite I have chosen besides courage by which I will survive.

- It had been with Natalia it was noted; my masochism at that of *Detail had been the hidden release to vindication - that it was to come from within and outward at self...
- This was a constructive relation at (@) that of opening-to-self; for in light of forgivable notion; hence of sadness/and/happiness; it was to notably work through with an other; of all people; *Universal; that ingoing beneath their's was to proffer them to an offering of self - then at that of notion we redeem what-else is of sense and conviction in good due course...
- This is the element of the difference to contrast what is else-in-bringing; for were we to take lesser so of the self and deplore; it would be the source is tainted of our release to be found in healing and teaching between two individuals; to an expertise to yield to giving in each; then (but therein) of what is to serve in either the other...
- Thus it is that she [alone] had noted that I had met-par and parring for what was excellency at negotiation; that we both devolve to the position of a win when I side with the [literal] wrong, but of/at admission at negative qualitative factor of a deepened relation.

Particle IX:Love and Divorce

Nov. 19th-21st, 2020 - I found that feeling as i.e. "Spilt Milk..." - an adult's remorse - or

that of 'as-if' "much seems irreconcilable" - adolescent mis/placed humor and given marking* of individuation - the Slow & Progressive - is to be worked-with; for in that of post-regress we mistake that of flavor for opinion and taste for hedgemony; that of pattern for it's influential sparrowing; and spurning as Jungian* and Freudian*; the maturation process a *Stressful Mark and Sentence - to be tired-through. Of rest; there is despondency; for I went-back im-partially to my original 1st drawing [of Santa Claus escaping to infinity through a chimney] and thought a renewed thought [that story was complete...] - then identifying with the natural empasse - that of the Divorce. So as to Divorce; it is indeed a debtor's license; for that of placing* the individual to exert harsh tax on that of friend's and foe's... but it is then that it is [with releaseable pretense at that of flavor and taste to a warm night and being finally free of lie's] - that there is the round relation, with potential for love* to be found; of longing:

- That love is deeper when it is pursued with longing.
- That love is better appreciated through a moment of passion and dispassion.

*Rings very true to 2.); so it is of the individual. For the fatherly inclined; with presumption of the lover; it is the waning side of the Father as he slides by the Mother, uncoveted, and indeed for at least some; with(in) the types of people; He or Her are to exert to multiple lover's. For there are least four types of individual in this given world:

- The stay alone self-founded friendship; meant as a back-brace to humanity, and corjal for that of time's to charitable contest at-word's and partitions of fellow and folly.
- The bisexual individual for whom is not quite but ambidextrous at love and play, fantasy and keeping a relation intact; meant exploratively to rely upon other's but expose'.
- The pansexual individual; meant of neighborly relation; to support through that of their repose then to positioning; a task bearer; to make of mixed term's what is common put.
- The iconoclast and gay or heterosexual; meant for one on one relation; left to what is that of neighborly relation within and outside a community; prepared for a plea at living.

Comparatively of the above 1.) and 2.) are best with the developed individual on #2, and the under-keeping of one from below social orchestration; of #1; it is with 4.) and 1.) of the grouping [above] for that of when until a moment is-kept; but of that of devotions 'whale' there is that of group affinity; that without another; one's participance is meant in 1.)-4.); for in what may be without makesmanship of a tired through keeping of notice at anything blindly pursued; for without that of making of what is devotionally secure of an attempt it is to be grieved all-the-more. Of parent's; these are usually 1.) and 4.); and fill the relation with 2.) and 3.) to some degree [or degreeless quality] - then of taste: sour to sweet; of Lemonade.

Thus of either; the ingredient's are to yield to 1.) but to hold for 2.); between lover's uncertain; and after a period of rest; such as that of a five year celibacy; etc... or intermittently alone...

With that of Divorce it was therefore I learned through the existing relationships yet-secure *[on-my-own], Thinking:

- I have survivor's guilt* after making it through PTS(D), Grief, and Ideation.
- I have a kind of post-partum symptomology after resolving Superconductivity.

But then, indeed Knowing:

I found the reason I was crying:

- I found post-acceptance with my Father; there was a residual motive and spark at that of grief... then 99% beyond it; and of the Manifest; noticing this as Karmic (sufficiently so); - that he was there; departed; for reasons I know of; present; but of no notice on what kept him happy/resolved/capable; and of insight; questioning of his versatility at (@) help.
- Thus it was I did not properly know his positioning and status of welfare.
- And, it was I did not know how to help* him.
- I found it had reached an empasse with Ariana; not-knowing how I could help her any longer; then a venture beyond that of what was potentiated and possible. That she was

there; but that I did not know that of utility with which to produce benefit with her; thus I felt despondent; not knowing that of my presence to assist her in any knowable manner.

Thus it was I was the one to feel helpless; antagonistical; angry; and sad... a microcosm of a secondary impulse at (@) divorce; then that either had created *virtual or *real; a separation.

Particle X: Completion

In the end; there is a universal cure; and that of an impartial residual imbalance to the relation of the innate nature of mind; to functional disposition; alike to manic and depressive emotional precognitive complex for linguistic manner of disposition and formation in relation to other peer's - the repercussive end of a dilemma in emanation in reaching being the neocortical whip and whim of the animal's; - for communicative bent and fatigue...

Of lies... these apportion in five (5)...

- First they are squirming like that of disposition.
- Then we find that they are much better fatigued freely unheld to an immensity of relief.
- For what is in disguise they appear formative; but are in-fact residual cavities of that of blurred-relation... to a fingerprinting in law.
- The wrinkled relation of mind is passive to this conviction and sense; then that for what is held as a lie is squeamish to the keeping of honesty to flavor and modesty.
- For what is held; it is noted they do not harbor for what is but illusory; then unharmed to mind; but the thought of dischord and anger, ignorance, and painful attribute; the negative aspect of Karma (aging).... and of the continuum (Samsara).

Of recovery; the universal road to a cure is found therein in that of:

Then three more notes:

- The enlightenment I understood is to be practiced; then effible and ambidextrous and autonomously provided.
- I believed I was living through a plan I had set up here in the past; and re-established in the future...
- As I imagined it was quite different; we held a potential; then to concurrence; I would fall in love...
- Aging upon the continuum is a steady and glaciated process of provided end's and mean's; through which learning is established in concordance as below the lesson of life; that demanded of-it; there is ample time for that of a measure at that of the former. That we are provided a slower progression at aging for in learning of Honesty and Opportunity in yet youth comparative to the old... but of the hold; either persuasion is shared; hence any Exodus open's to a Foreign Destination.
- There is hope...
- This is the lesson relativity taught me...
- There is hope [once-more] for of-tasks I may major in that of what estemically work's the-flow... then to a choice in each dignified action; there is pretense and allowance for mastering a relation or an abject difference; the two sides of my mind opened upon a given. Forclosure of that of what had-been potentiates even thought's of absence and loss can be healthy and transformative whence understood... they are a stuccation to a glance at adjusting to another's adoption of one's personal or impersonal lesson; even-so when yet-taught; bi-reciprocally (a foundation at five of dimension two and three).

Particle XI: Identification

I found the notion of which Mental Illness *is caused:

- With a notion at self; for what is preparatory, there is inclination and disinclination; -

then that of appraisal and disjoint union of a potential to 'crash through' mind. The Karmic dance of which is to via-appearances despair for in relation to a plausibly* good-thing in life. That of the given's; grief, ideation, sadness, disunity, and faded memories; - of a negative..... but it is really the loss of appreciation for what is neutral when a concave and beswept notion grip's at another *space. That under a combination we are prepared like an *inflated bag; then of damage when certain disposition's hinder us.

- Given that the situational display and arrangement is an ideal - it can be fragile - and so it is that with a certain disposition we are lead- astray. That the configuration of element's; then perhaps in an abatement at yet year's out; disposes us to a *primed* relation at disposition to a 'Mental Event of Collapse' - the wound; as akin to what-really was a gift of a lesson set-aside to-self for later. That of therefore premature tampering leads to an issue with that of a *gripped relation at-self. Then that we cave under the pressure; a loss of insight provocational of a self annihilation and anger at what is their's for our's.

Thus it was post-identity of the relation of comprehension of how en masse 'Mental Illness' is set-into-motion; it was noted I could be free of the *majority; by the following acceptance, then to go-beyond and live-my-life:

December 14th, 2020:

Perhaps I am the [only] one to know, how insane, but now it is I do not care for the flavor of Insanity and Sanity, that I require treatment, - yes, but that I am complete in each moment, (within and of); and therefore with permenency of a recovery condition.

This was the happy new's that was awaiting me; - I am finally free of Mental Illness; - that of Stigma and Reservation's to a continual bout of reconciliation and dialectic - and will - within of perpetuity (representative of Natalia) consider this muted of a relation; - that I am beyond my sickness; similar to Diabetes, and it indeed took great courage; but I may retire and relax to live.

December 18th, 2020:

Thus it is that I *accept* my Illness, but knowing:

- It is curable.
- I need not deliberate.
- It is permanently of recovery.
- I am beyond stigma.

It is to *know that I will deal with this at a reduced (~2%) of it's prior relevance. That it is not of life; and that pharmaceutical's treat-this is sufficient to motion beyond what is grief and ideation; etc... but that persistence will continue; and I will meet *to be emphasized* each challenge with courage; that I am beyond the continual loss and reminder, sufficient to *state:

That I am not my illness.

Particle XII: Admonition at Secularity

- It is often we provoke the dialectic of duality; - but this is indeed founded in Language, Mathematics, and Natural Design... that it is in fact of two Epistemological Root(s) it is advocated that one implore one becomes a student [by design] of History; and Law; for of foundational understanding of these precept(s) one develops trust in the self. That duality can be founded there(in) on that of Language and Mathematics; of word's and number's; it is often of the Schizoid or Bipolarism that there is a tension of Ego state and Super-ego intervention; - as if to 'snap' back to life. That we understand that the foundation of duality is kept to what is physical and physical; and mental and mental; - then that the world is indeed neither mathematical nor linguistic is to go beyond that of duality; - noticing that of what we have departed from is in fact that numbers convey a language of pattern, and that the tension between a pattern, a piece, and it's fit, is often the labor of the insane and unsound; - the tension of id for loss of direction; indeed of where to not go; but of perplexion that we learn through the lesson by ardour and release in and out breath.
- That of what much comes down to after this duality is taken-off; then is that of the noticing that we were of accord at sharing and disposition to another; - that it is indeed

(as we learn) three who define the self in it's minimal-prescription; thus that Schizophrenia is often the self speaking to the self in a devoid relation - posthumously the disgrace to an individual for it's self-retaliations. That of therefore what is learned is that it is potentiated to 'shake' this habit; and by alternation that 'voices' are only - explicatively - learned of through the secondary synoptic addressment to the vocal inflection in response to one's ear's - that of the 'correct' but symbolic relation of register of that of stereographic representation... thus it is via that of offset and offset we here mono-autonally of another from a distance; - a co-adoptive of synthetic relation in mimicry to owl's or toad's or cicada's... a rhythm of another unfelt; but of prescription to granted independently held confirmative basis under question and answer and statement; for these capacities must be felt.

- For in held independent way of that of juncture and place; therein is an interval of which the self occupies; in one dimension detailed as the obstacle of being to which we naturalize a domain; and kept enqueueable a relation from-afar; (although perhaps a foot away or two); that of the independently held self that of a naturalized relation re-won through that of another such as through friendship.
- Thus it was I faced an identity complex, in which to some I was missing, dead, or relieved of existence, that of for what was potentiated; to be erased from the face of History; and in certain guises of the state of being that I did not know I was alive or dead; - in fact that of what I could not confirm but by another 'That I Existed'...
- For what is won in return under self analytical proof and gestures from other's; - no one need state this capacity more so than someone whom had been 'Insane' - but I have recovered much for in light of a guideline at Sharing; that indeed it is three that co-determine odd's; and therefore of confirmative bias; - I know another is real by their acknowledgement of myself.
- The alternative tenuous relation is when we depict of 'summary' what is two; of word's or number(s); for it inflects a meaning in compendium; but of the dialectic there is that of an appraisal at self and other in part; then that of what is witnessed and optionably to-be-read; that we can form a relation that is non-random and are forced as it were to do so; - there is a venue of mind to which the empty relation is not found.

That of therefore for what is a truncation at-self; we learn that [limitedly] we retain the acknowledgement of a compendium by its context; and therefore that of two can be a harsh reality when it is often confused for the infinite. Of this, it is merely to be oft-used as a 'filter' backing somatosensorial domain of sense and that of language in the mathematical domain; - the limit that is self in reflection back to self the imagination under precaution.

- Often, this is all manifest as I have found through that of malappraisal of the outer world and the imaginative answer at self; for in light of id function and the formation of a linguistic key; for this world to an adaptation can-answer what is presented as a question; - but alas; this is not the path of the upright and leads one to circumscription. As to note that for many year(s) it had been as it were I was quite literally conveying a dialog unto myself from the outer to the inner world; and even no-saying God would speak to me to help me, then that I found that there is a 'God' - but I disbelieve he is kind or compassionate; - merely that he wishes for our intelligence, and as in my case; - was either fooled; or did not believe in me; - provoking that he was negligent.
- The formation is that birth is a painful experience also so for a baby; but of distortion; it was I alone who completed my life and its purpose; - he had been naked to me.
- To a 'Mother concept' - the gestalt is meant to be dealt with self-lovingly; but of what is entirely logical; the immediate inference [of that of a negative reinforcement] is to be Questioned; namely That: Of a 'birthsentence/sentiment' - these people of whom are outside of you, precede and follow you; - therefore for [for] a finite duration of measure; - these & they are to be kept from precedent-to-self that would-will Karmic attachment; - to speak of that of dutiful unrecompense; thus it is that of the acknowledgement without accessory; that we oft harbor an insecurity unto that is our best-advocate, that namely, a person's idealizations are not of immediacy of cognitive relation to autonomic relation [for they too accessorize and leave weltd a self provision] then that anger is exactly this, in its extreme form(s) - a violent affair - but for that of associability to which we harbor a relation - certain predictive norms of that of association are plausible; where-as other's only are an incurred 'debt' - such as listening to vitriolic music often in the presence of another; but then - later - that person inculcating rejection of yet another individual for musical taste or representation; - that

rather; it is merely a surplus of objective's; quite under that of a disconnective that they had assumed; hence it is we learn the association of an assumption is usually invalid; - for in turn that we-are-not to blame for "much" of our world shared or not.

Particle XIII: Impersona

Dedication fault(s) when guidance is construed with there(in) the faults of reasoning that come from *Primary misunderstandings...

- That of abuse, to be the lesser and pitied of that of a relation does not make (or accord to) one the lesser, but the greater for in violence, sexual abuse, and division of character. For it is of the host to which becomes of 'on the defense' of accord to a parasite; their(s) of a [caged] relation becoming the silence in the wake. For the sake of observation* that of part-whole for their's and your(s) is made to the greater; the reversion by that of suffering to which coaxes stress to it's modesty; for you in being host to a parasite become the stronger of two-part(s). This is the part in which one is made of apportionate given, and there(in) the latter; - to which instructively generates defense. Thus by being on a defense, the apportionate aim of 'war' - so to speak - is made the greater; the 'righting' of a given; that it is made the superior of for in inversion and exchange of roles in bearing. For it is through Karmic attachment that the inferior genesis is the promoted one.

- That of sexual abuses without violence so much; even so of violence are dissimilar from that of making love; but to be pursued and kept, or avoided and noted; of this given dichotomy are resilient to what is a formation at their(s) granted life even so the greater of. That is is of the lesser of an undivided relation kept is to be receptive of what is found through grace, that of the passing beyond suffering to solace. Hence to cling to what is the adoption (perhaps) of an attitude that one is faithful to noting they are of love rather than even so much as a survivor is to be with joy and release from this order of incarnation. It is natural to question if anyone would love such a person as was abused, but this is the manifestation of an internal wish at disconnection, for what is judged is held all the more deeply and clung to, to be only so as a 'survivor' - one becomes attached to what is misheld and delves more deeply into sorrow. Hence for what is turned around

in the self is really acceptance prior love, but it does not function in this manner, it is in fact that love must be received for acceptance to mature. Thus the victim must see that they were abused and then what is noted is that it is inconsequential to what is the confusions of other's; therefrom to live again beyond affliction; - that of reciprocity of which matures into love to which there can be found acceptance that this and that occurred; to note that in-dealings, it is we who are made stronger. I.) Now, of the transformational cycle:

- It must be noted as it was with a personal relationship of mine that equally for what is with one is with the other, such as with a *Ring, to note that it-so as taken off reflectively indicates via an absence that they were there; but also so too to note that were the self to then reflect on to say an even more prior past; - that they were there when a *Ring was 'on' or 'off' it would also in-either so as indicate they were present in light of the other. This way around, it is genuine, the other way around it is definitive, thus the given of accessory is noted*. That then one can discern that another's actions do indicate the self as-well and these through a 'hole' or 'vacuum' is to note that there is passage to which self is confirmative as existent.*
- That of for-what is given of self for in another can then be seen to be a source of the definitive or the defined, or the genuine, of the characterism of 'getting behind' one's actions. That then, there is a plausibility of 'No'. For that of this, it is necessitated when pieces are to collect, or that of division is upon-'waking' of the spiritual and humanly embodiment. Of the capacity of the above, there is a recognition of 'Emptiness' to which reflectively instances that the other is real. Then that one finds of the gestalt that their-impression is met with compassionate aim. Thus in 'waking' - of a particular cycle' - there is opening and closing to which is founded naturally.
- That then the differences founded on part of a problem versus a 'problem' and part of an answer versus an 'answer' - are part of the innate cognition, there is a passage beyond lust and losses. That the differences in the orders of descending 'Karma' and 'craving' are founded for in what they-are, it is of the inner witness to find that these gradate to what is founded on conciliation and compromise; of the naturalized 'health' at-relationships... given that:

- Relationships require good communication.
- Relationships mature with the right nature of compromise.
- Beyond this or earlier it may be found that one is aware the deposits of latent mystery of-self; - that this process takes a keen practitioner and keen student, then that recovery is possible by reflection on objectsynthesis; understanding of actions; - behavioral adjustment - and emotional 'tonality' - all of which are consistent with plasticity of the neuronal substrate. That we may change then holds an unfathomable hope; - that it is possible to go-beyond that of 'Mental Illness'.

Particle XIV: Recovery

As it is; people are independent; therefore it is disproven they conditionally support revelation from-afar; for what is it's given: there in being a 'switch' - of the persona, one is revealed, one is hidden in-that of three; the 1/2 to what is [2].[1]... Then that of 12:56 am [2]-2.[3]:[2]-2.[19] - +6; to what is a 'count'. Therefore Ava was not real; but as a given at individuation; Ariana is real...

Of behavior; two [contraversies, count's and courtesies] preliminarily discount/account [for-then-at another] in-else at validity for of a whole and a point, the mid-point of what is reflective being their difference in guarantee at supposition in releaseability at foreknowledge of another; then in either; a determined A.G.; for what is three; the elimination of a second, and the identification with the reality of the former; their ream a folding-apart with one, then another; of it'sstream, that of perponderance.

Therefore, of all things being of two [2].(1); the witness is but one aside of the 'hidden' of it's part's...

Particle XV: Completion

Emotional lexographical order from a certain 'sense' and vantage is order-free, but this may produce accord or definition when orchestral. The defining notion of sociological behavior is that we emotionally register with self and a "web" - so to speak; of

fragmentary and openly solid relative structural 'tone's' - then of fidelity to character of self founded on that of being, simply so, without the 'inferential' and 'logical intellect' of departures to haste or advantage; for when we adopt an attitude of cooperation, people are innately instilled with completions in established sympathy.

- There are 'advantages' in the game theorem of self; but word(s) without completion do not resonantly open or 'fissure' given's; thus the misplaced self is often dissonant, but this can through the ebb and flow 'as akin to Moon around Earth' - of an orbital assumptive; produce consonance.
- Thus it is instructive to attend and placate attention to departed considerations when appropriate (within place and secondary - *potential); and depart of self to self for what is the 'freed' self to attention at-self in the view *respected; of emotional heirarchical orchestration...
- What is possible is the opening to self of a *frustrated lemma, but as stress and strain coadoptively articulate through word's and example action; that of release to self from a bond; through as-it-were a self-partnership *retains by example of order; what is emotionally felt freely, and un-hesitant; - thus it is inaccurate (or in part not accurate) that emotions require work, but as much as fidelity to one's issuance.
- Thus the self is retentive at a *basal layer of 'Id' ordered symptom and illness or it's obverse - of health; when there is the freedom of assumptive with grounding at persona.
- Thus our-identities *may feel fragile but are important to us and unbreakable.
- The self is therefore identified in retrospect with-other's; but of projection we are remissitorial to another's demand, perhaps ambivalent or openly receptive.
- Thus pleasure and pain do not derive from self or other, they are perhaps notions of which inguidance are a freeing of departure to a stated *logically alternative prescriptive basis.

Particle XVI: My Conclusion

I slept around 1 hour and 20 minutes,... and missed a call with Mannie. We will take care of it tomorrow.... and I am to set an alarm.

I found that the 'sphere' - set upon that of a 'separational pause' to the intimacy of expectation and choice may lay in a distinguishability of the 'attributes of character' that are distinct,... thus that a halt to-self may help and aid to assist one in overcoming trauma and catastrophe. That I am better to include then the 'hyperbolic section' of what is at an anachronistic truth and a development, it is ideal to begin with self for the compassionate and artful aim. That other's are content is then not placed before self for the trap that it is, but it is equally true we are relevant in keeping to a dichronistic of reason for what it will inform, in the purveyance of lifestyle issues and choices, when it is noted that we deliberate only to a certain typing. Thus, that of remark at-self is guided when it is known that observation and insightfulness are categorizations-apart with the developed instinct of self and intellectual kingmanship.

When this is true, emotions are found even more relevant for what they contribute to the guidance of process and enumeration of goals and management of one's life, - that we no longer succumb to the issue of self defeat, gradiosity, fantasy, and ill fated particular's of conjecture. Thus that self is formed of the objectification at a stance, we preseverationally 'know' the inner psychic archetype, beginning with self or other, and it is known of where we will arrive of foresight. Thus, it is of a justification to which is prioritized in that of becoming aware of what may be brought to sense and to mind, of ideas, and their genesis.

I have less frets knowing that I am not heretic or archtypal in that of my release, finding that when it is secondly known that there is in all gross estimates a general solution to problems faced in life, it is to motion beyond suffering. That I did not so much but differ with that of the fantasy-conjecture process, it is indeed only practically unreprensive to the self and healthy when it is motivated by the intellect and guidance at insight for which brings from afar and to self what is near, and leaves to self what one is willing to trust in one's keep.

Thus, I've found that the self-assailment was in part not clarified unto being a besetment

of a problem, but within the effective nature of which I dialectically opposed the natural insight of which was to be found within release. This nature of 'dialog' and 'dialectic' was the unnatural response to the element of self situated from where it was too proximal to it's study. That I have found the balance of ailment and guidance is indeed a vindicated truth for what it will set about to manufacture, I am finally ahead of so much, even going as far as a reprieve, and that I can finally trust what I do, endow, and create, with what and whom I vindicate is of the nature of positively influential developments of self. That I can be healthy again is then not far from self, but as local and the awareness that we are actual, and provided of a natural inheritance, even so when lived for what is coming and going, and doing what comes naturally to self.

That I like this development is also very much of my mental stream, as in saying that I have come from where I was viewing to where I was receiving.

Painleve - Recouplement/Display

Samsara - Repurposing/Apportionment

Karma - Reprievement/Requisition

Particle VII: Addendum

I found the 'reprievement' by which another was unctous, for in their 'vein' of (2x.01), of the 'addendum' - by whom under self-consolable was to intimate of self, at that of either juxtaposition, - that some *Amend(s) had neither an ill nor unnoteworthy note...

Thus, clear from the idealization.

Addendum.

I am very special. That I can *relate*, and possess intellectual and emotional relationships. A handshake is possible.... *of*, spallation, a source-signature to an impulse, and a reaction. The force of *life*. and, at knowledge of life and death.

It begin(s), I can breathe again,.... I was stifled, because I aspired to the truth of what would be counsel.... to privilege.

There is no singular finite unit of space, and, or, time, to be found, nor of the identifiable, but, of the classical,... and anomolous inheritance of a localized phenomena. This obstacle may be neutral(s), a 'void' - and I am not confused, I have a relationship to that which is discerned.*

This was as I found I related of the following, to which was *Adversity.

When I went to encounter other's - there was trauma as a result of their shifting from positive to negative, then back to positive.

For what was academic(s); I found I related of-Authority, to which when it equated to keeping in check with:

- a.) A dialectic of searching for exterior reasons to develop and in direction.
- b.) And finding a path beyond the repercussion of grasping.

I related of a destructive behavior as I had struggled through perfection as a source of ease. Consequently, there was no good-enough, and when I failed, I reasoned that it was because I had not given in good enough. This kind of black and white thinking and 'self sabatoge' was a way I dealt with a source of pain.

Now, I have found the ideal is to believe in the positive from doing well, but drawing perspective to doing well-enough. That I have not completed [entirely] my-project(s) - now that I see an end to them in-sight, and a whole new rendition of 'motion' and 'view/activity' - there is much that comes to a new insight with myself. I had to stop chasing insight, actually, and my 'evil's' became obsession, for what I had not granted was in balance.

Many things have given me perspective.