

THE
SELF-ATTENTIVE
HIGFLYER'S
FINITEBAND
INTUITIONBASE
ALPHASENSICINSIGHT STACK
OPENEND
DECYPHER
GATE

IF <	>REALIZE
Wings of joy	Back of neck
Perfumed garden	Center of chest
Buddha necklace	Around neck
Sphinx Amber collar	Around neck
Sphinx wings	Breath
Spontaneity	Back of neck
Grace	Genitals
Love	Self
Peace	Breath
Joy	Sexual energy up spine
Bliss	Sexual energy + entire being
Candlestick	Spine
Moon	Asshole
Sun	Self
Point meets line stop	Back of neck
Mirror	Consciousness field
Mind of no thing	Breath
I	Self
i	Self
It	Self
Burning chest	Anxiety
Neck shoulder tension	Fear of being hit
Abdominal tension	Fear of no mother
Tingling around wrists	Fear
Tingling around ankles	Fear
Tingling around neck	Fear
Tingling around head	Fear
Cold feet	Fear
Cold hands	Fear
Previous nine	Terror

IF <	>REALIZE
Shiver around neck	Self
Shiver around shoulders	Self
Previous two	Life
Donkey	Self-hatred
Camel	Lungs
Water	Air
Salt	Sexual energy
Flour	Silence
Bread	Consciousness
Source	Self
Heart	Self
Light	Self
Intuition	Center of forehead
Suchness	Intuition + spontaneity + entire being
Chi	Breath
Middle Axle	No breath
Jewel in lotus	Self + back of neck center of chest blend
Kingdom of God	Self
Poor in spirit	No breath
Yaweh	An inhalation and exhalation of breath
Allah	An inhalation and exhalation of breath
Jinn	Self
Angel	Intuition
Bat	Intuition
Quicksilver fountain	Adrenalin
Higher emotional center	Spontaneity
Higher intellectual center	Intuition
Hope	Good cheer + entire being
Happiness	Self + entire being
Realize	Self + no think + no feel perception blend
Pearl beyond price	Star

IF <	>REALIZE
Frigid empty lower abdomen	Ignoring Self
Warm empty lower abdomen	Remembering Self
Warm fullness lower abdomen	Being Self
Contractive hot + frigid abdomen	Take shit
Hot spicy gorged abdomen	Take piss
Sweet cobweb gorged body	Take nap
Cramp lower left ribs	Self-hatred attack
Cramp lower right ribs after eating	Gallbladder attack
Burning center of chest	Anxiety
Burning above center of chest	Heartburn
Burning throughout entire chest	Bronchitis
Crushing pressure center of chest	Heart attack
Above moving up left shoulder down arm	Worse
Above + getting looks suspicious of theft	You are Jewish
Above + getting looks suspecting murder	You are Black
Above + looks suspecting everything bad	You are Mexican
Above + even more intense suspicion	You are intelligent
Above + looks suspecting a smile + a song	You are Hawaiian
Empty dull ache in upper abdomen	Hunger
Hollow dull ache in upper abdomen	Want mom's cooking
Above plus butterflies in stomach	Fear mom's cooking
Above plus dread in entire being	Someone just sued you
Golden rainbow in entire being	They just died
Above + one very small tear	They were alive
Above + one very small smile	You liked them
Brief sharp pain in calf, thigh, or forearm	Self-hatred attack
Brief sharp pain in anus	Self-hatred attack
Above + weird bloat	Enema
Above + endless idiotic rationalizations	Mother gave it to you
Above + enormously rugged aggression	Nurse gave it to you
Above + supreme righteousness	God gave it unto you

IF <	>REALIZE
Long sharp itch anus	Fungi
Long sharp pain anus	Hemorrhoids
Dull ache in swelling calf	Blood clot
Dull ache in swelling thigh	Blood clot
Recurrent dull + sharp ache thigh	Strained muscle
Recurrent dull + sharp ache forearm	Strained muscle
Vague dull ache abdomen	Stomach ache
Above moving to sharp pain lower right	Appendicitis
Tense jaw	Afraid to express anger
Tense jaw + dull jaw pain	Worse
Above + closed throat	Fear mom
Above + rigid mouth	Mandibular joint syndrome
Vague sweet tingle in lip	Dawn of love
Vague sharp tingle in lip	Dawn of cold sore
Vague sweet tingle in genitals	Dawn of love
Vague sharp tingle in genitals	Dawn of herpes
Throbbing pain in gum	Abscessed tooth
Sweet knife in tooth	Cavity
Tingling ache either side of lower spine	Slipped disk
Public itch in penis	Scratch nose
Public itch in vagina	Scratch nose
Hard lymph nodes	Drained infection
Above circling neck	Buddha necklace
Polyp flower in colon	Cancer
Rock in colon	Constipation
Hot wax in colon	Diarrhea
Hands + feet tapping in womb	Miracle
Watermelon in colon	Deviant miracle
Sharp stinging gut cuts	Ulcer
Immobile finger joints	Arthritis
Above holding money	Miserliness

IF <	>REALIZE
Emptiness mouth and lungs	Nicotine withdrawal
Empty throb center chest	Nicotine deprivation
Above + hot cold sweats	Nicotine poisoning
Above + cramps + nausea	Flu
Above + sound of broken harp string	Russian Flu
Above plus pursed lips	French Flu
Above plus forced labor	German Flu
Above plus enormous precision	Japanese Flu
Above plus an enormous dinner	Italian Flu
All of above under God	American Flu
Racing thoughts	Jogging from anxiety
Racing thoughts + racing heart	Running from anxiety
Above + wild screaming	Marathonic panic
Above + shaking limbs	Alcohol or sedative withdrawal
Above + abdominal cramps	Narcotic withdrawal
Clear head, steady heart, torso warmth	Self-hatred withdrawal
Tension lower back	Fear of being hit
Tension upper back	Fear of being hit
Tension back of neck	Fear of being hit
All of above	Fear of being hit all over
Dull throb + aching head	Tension headache
Hold breath + ankle sensation bands	Freedom + fear
Hold breath + neck sensation band	Freedom + fear
Hold breath + scalp sensation band	Freedom + headache
Hold breath + burning chest	Freedom + anger
Hold breath + glow	Freedom + joy
Hold breath + sugar spine	Pleasure
All of above + Self-hatred	Pain
Hold breath + sugar spine + glow	Happiness
All of above + worrying	Misery
Hold breath + nothing	Freedom

IF <	>REALIZE
Seeing non-realities	Overload in visual circuits
Hearing non-realities	Overload in acoustic circuits
Ray of creation	Spine
Enneagram	Evasion of direct fact
Small accumulator	Adrenal glands
Large accumulator	Chronic repressed Self-hatred
Kundabuffer	Cold underwear
Barrel	Lung
Hoop	Rib
Mastic	Muscle
Hinge	Mouth
Frozen dragon	Repressed Self-hatred
Heart palpitations	Big pulse
Flutter in genitals	Life
Tingle in genitals	Life
Tense throat	Fear of not being fed
Tense jaw	Fear of expressing anger
Breathing difficulty	Fear of crying for mother
Seeking pain	Self-hatred
Conscience	Self-hatred
Id	Legs of Self
Ego	Self
Super Ego	Self-hatred
Self-hatred	Training
Religion	Training
God	Your father
Dumb and proud of it	Training
Smart and proud of it	Training
Good and proud of it	Training
Bad and proud of it	Training
Beyond previous eight	Self

IF <	>REALIZE
Clear mind	Lowered diaphragm subtly pressed into stillness
Deep Pool of the Heart of the Mind	Consciousness
Heart of the Mind	Self
Soul	Mind
Spirit	Breath
Being	Gate
Nothing	Gate
Being + Nothing	Gate + *

* rhymes with star