

January 18<sup>th</sup>,

No decisions = psychological atrophy, which leads to mental illness, depression, regression, and further decline. Life is not some path; you just go from where you're at. Life is irritable, meaning life does things to us, and we can choose to respond, meaning a decision has been made. If a decision has been made, you feel a sensation as an area of effect somewhere on your body, and although you're feeling all the time, this area of effect is notable for its sensation that signifies a decision made. You can make two types of decisions: constructive decisions and destructive decisions, but again, these aren't paths, and they both cause psychological growth. Each decision made constructs any given part of you, not always the same part over and over again, or else you might turn into Elephant Man, right? Each decision arguably grows a part of you in muscle, or at least part of your brain, which does consist of muscle. Decision making = psychological growth. No decision = no psychological activity. I need to constantly make decisions in some respect, therefore constantly being under irritation. Life is irritable. There are many things to remember, but memory is only one part of your ability as a human. Sometimes making a decision is a "No." Your whole body is capable of making decisions at one time or another. Remember, a decision made is marked by a *unique* sensation in your body.

There are three ways we can spend time: in the past, the present, or the future. While you are in the past or the future, you are essentially on autopilot. You can detect when someone is making a decision by the electrical charge they give off—their amplitude, or friction.

Observing Ego can only be done in the present moment. It is the definitive present moment decision. It's the ultimate demarcation between decision making or "no decisions," a real-time ability to monitor your behavior as you behave. Observing Ego is a skill. If you don't have observing ego, you can't gain new skills.

Mature masculine power =   observing ego  
  + mature boundary function (doors)  
  + confidence

The faculties of the soul are, in this order:

1. Passions,
2. Will,
3. Intellect.

The virtues in order are:

1. Faith,
2. Hope,
3. Charity,
4. Prudence,
5. Justice,
6. Fortitude,
7. Temperance.

Acquire these three, and then you have access to heaven, and the rewards of heaven. Heaven is no joke, and you need the human soul, which requires these three uses of the faculties to acquire the human soul, there being three mortal sins in total to commit, then seven venial sins, which each of these lose the subsequent virtue you are resting on.

When you are in the state of mortal sin, you are in the “City of destruction,” as nobly put by John Bunyan. Passions is in the feet, will is in the mind, and intellect is in the heart: “Heaven is in the heart,” meaning to acquire the intellect is to acquire access to heaven, and to lose the heart is to lose heaven. The human soul starts at the feet, and ends at the heart. The door to faith, and entry into heaven, is the heart. To maintain a level of safety, acquire the seven virtues. If you do so, you will run your usefulness, and God will calmly and quietly end your life. If you do not acquire the last virtue, temperance, you will not run your usefulness, and you will live until the natural end of your life. It is better, and safer, to acquire temperance, and to run your usefulness as God sees fit. If you stop at only the faculties of the soul, you will have a disquieted ending to your life.

In order to follow your conscience, you need to first feel the virtue, know it, and then acknowledge it. In this way, you have merited your soul, and [temporarily] overcome the three mortal sins. You are not required to act *out* anything, though of course don't be fooled into thinking you don't have to *do* anything. You need only to be

in a natural circumstance, as that is the only way to acquire these anyway, as they are natural.

To acquire the virtues, it is required for you to act *out* something. There is no avoiding this, although bear in mind, the action required changes every four seconds, if indeed you sense that a certain action is dangerous, or feel overwhelmed when being *asked* to do it, because your conscience will continually ask you to do things once you acquire the three faculties of your soul.

The acquiring of the three faculties of the soul goes in this order: humility, is, truth. You need acknowledge the passions first, then you need to acknowledge that you know, then you need to acknowledge there is truth. These are the three requisites to acquiring the human soul, and entrance into heaven, for without which, you will go to hell.

The human soul creates a capital C in your body, thus starting a circle. Complete the gate of the C, and you will have acquired a very simple equation to entering a non-compromise enclosure that no one can find. A capital C is the beginning to a fog of war. If you don't finish the C, you are susceptible to discovery. Be in a bubble.