

How to use this website

- view in bed
- only peruse this page if you have had an egg for breakfast
- wake up at 3am to see this one

- this page needs to be used offline and preferably under a tree
- this video is intended for use without image or audio
- take twice daily with meals for 1 week - after that, take once daily until not needed.

- only use your left hand to navigate this page
- turn laptop sideways

- have someone else navigate the site for you
 - a. (you may instruct the person)
 - b. (you may not instruct; you can only watch them navigate)

- before viewing this site, you should walk/drive to a place you've never been before and peruse the site in this location

- it is recommended that you fast for 6 hours before viewing this site
- drink 2 pints of water before viewing
- before viewing, go to a shop and buy yourself your favorite treat to consume as you view the site
- while viewing, imagine that you are in an art gallery
- pretend that you are harry potter
- take min. 20 screenshots whilst viewing

view...

- while wearing sunglasses
- in a dark room
- while listening to... (_____)
- while walking/ running
- with food
- while standing in front of a mirror
- with only one shoe on
- while hiding behind a curtain
- over someone's shoulder
- with the screen locked in a car
- hiding in the house

Knitted suit for viewing website (no more wasted potential!-!)

^^^SAME but for making website

-ritual tinfoil hat for communicating with future

-think about aliens

-recite litany against the present

I must not be present.

The present is the mind-killer.

The present is the little-death that brings total obliteration.

I will face the future.

I will permit it to pass over me and through me.

And when it has gone past, I will turn the inner eye to see its path.

Where the present has gone there will be nothing. Only the future will remain.

-sacrificial _____

- Make lists

-futurist breathing/meditation exercise

-postello

-imagine this meditation

“Normal Nicole from the present is the same as normal Nicole in the future.”