

WHY YOU?

1. THIS IS BECAUSE OF HOW THE BODY AND THE MIND HAVE BEEN CONDITIONED AND HOW OUR ENVIRONMENT IS DEDICATED TO KEEPING YOU BUFFERING (SEEKING FALSE PLEASURE).
 2. FOR YOU TO BE THE ONE WHO MAKES IT AND IS TRULY FREE OF THE STRUGGLE, YOU WILL HAVE TO GO THROUGH THE FIRE OF SELF-CONNECTION AND RELEASE BUFFERING.
 3. THIS WILL GO AGAINST YOUR DEEPEST INSTINCTS TO SEEK PLEASURE AND AVOID PAIN.
 4. AT THE SAME TIME, YOU WILL DEEPEN YOUR CONNECTION WITH YOURSELF.
 5. I'M NOT TEACHING YOU HOW TO RESIST BETTER AND CONTROL YOURSELF BETTER, DESPITE YOUR INSTINCTS. (WE HAVE ALL MET THESE PEOPLE WHO ARE TRYING TO CONTROL THEIR BUFFERING – THIS IS NOT FREEDOM.)
 6. I'M TEACHING YOU HOW TO RELEASE THE NEED TO OVERCONTROL YOURSELF BECAUSE YOU WILL RELEASE YOUR OVERDESIRE.
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ON THE FOLLOWING PAGE, WRITE A PARAGRAPH ABOUT WHY YOU ARE WILLING TO GO THROUGH THE FIRE EMOTIONALLY AND PHYSICALLY.

WHY IS THIS WORTH IT TO YOU?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.