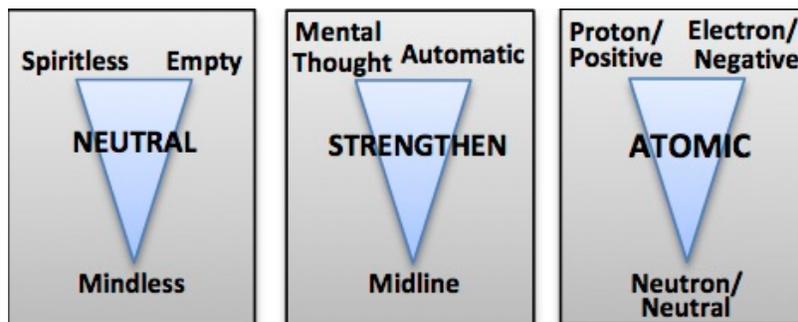


# Preparation

## Strengthen Yourself First

### Achieve Self Neutrality

Strengthen to and send your mind and spirit out of the physical body to other dimensions, universes, existences, time/space, unknown places, black holes, dark matter, and dark energy.



### Achieve Precise Insight

