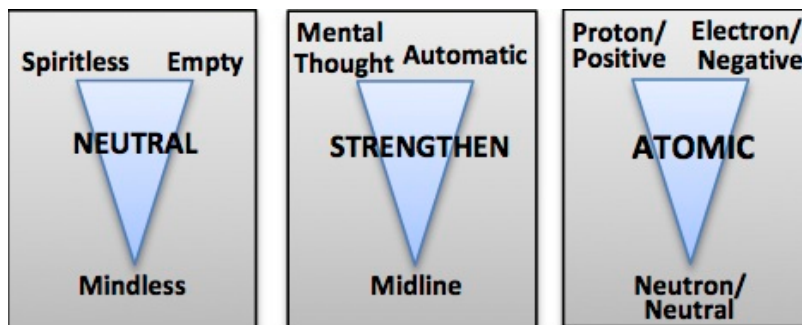


Preparation

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.



Energetic Spiral Up