

ALL ONE SUN

## THE BASIC GUIDELINES

THIS GUIDE LISTS THE BASIC PRINCIPLES THAT PROVIDE  
A STRONG FOUNDATION FOR TRUE HAPPINESS TO SHINE.  
FOLLOWING THE PRINCIPLES IN THIS GUIDE WILL MAKE  
THE WORLD MUCH HAPPIER AND MORE HARMONIOUS.  
TRUE NOBILITY ABIDES BY THE PRINCIPLES IN THIS GUIDE.  
ABIDE BY THESE PRINCIPLES TO HELP SAVE THE WORLD!

### ... ALL ONE SUN ...

This document is a guide to daily activities for optimal happiness, health, and harmony while piloting a humanoid spaceship.

This guide is the result of years of scientific study.

Abiding by the recommendations of this guide provides a strong basis for true happiness.

If there is any feeling of resistance about following anything in this guide, then the resistance is anti-joy and anti-health.

If such a feeling of resistance arises, dominate and erase the resistance by doing exactly what the resistance doesn't want to do.

#### • DIET •

1. Do not eat ANY meat!

2. Do not drink ANY alcohol!

3. Do not smoke cigarettes nor ANYTHING else!

3. Do not use ANY drugs! (neither prescription nor non-prescription)

3. Do not eat or drink ANY milk products from animal milk! Milk from a species is only intended for BABIES of THAT species!

4. Do not eat much refined sugar! Do not drink sugary softdrinks. Avoid candy, foods, and drinks that contain a lot of refined sugar.

Do drink A LOT of pure spring water daily (not distilled water).

Water is the circuitry of a humanoid spacecraft and thus water should be pure.

Eating raw organic fruits, vegetables, and nuts is best for optimal clarity and performance.

Animals are beautiful in their natural habitats. Animals are NOT a commodity to be caged or slaughtered.

Eating meat and dairy products can cause relatively primitive and unwise behavior and impulses.

Drinking milk and eating other dairy products can cause nasal congestion and also causes snoring.

Refined sugar can be classified as a "drug", because it is refined to a concentrated powder and can alter behavior.

Drinking alcohol is foolish and causes unwanted results, including unwanted reproduction of too many humanoid spacecraft.

"Drugs" can cause unwanted imbalances in a humanoid spacecraft and "noise" in a humanoid spacecraft's aquatic circuitry.

A humanoid spacecraft is, in some ways, similar to a computer. Food is similar to software.

Some software is good for the computer. Some software is more similar to malware.

#### • MEDIA •

1. Do not watch television!

2. Do not listen to commercial radio!

3. Do not read newspapers and do not read news magazines!

4. Do not watch ANYTHING violent and do not play any violent video games!

5. Do not listen to distorted music or music with heavily distorted instruments!

The mouth is only one of the ports through which software can enter a humanoid spacecraft.

The eyes and ears are also ports through which software can enter a humanoid spacecraft.

Some media is basically malware and should be avoided. Behaviors and opinions based on malware mass media are foolish.

According to science, a humanoid spaceship is mostly water. Water takes on the shape of amplified sonic waveforms.

The only waveform found in nature is a smooth sinewave. It is unwise to go near any loudspeakers amplifying non-sine noise.

#### • SPEECH •

Do not speak negatively about persons who are not included in the conversation!

Do not use ANY dramatizing adjectives! All sensations are neutral sensory data and dramatizing adjectives don't help.

Using a single neutral word in place of any dramatizing adjectives is a fun practice. [the word "blank" for example]

Do not speak using an angry distorted voice. Avoid the use of profane language as much as possible.

Do not laugh at any person or animal's unpleasant circumstances. Only an unskilled comedian would use such a method.

Using a single neutral word in place of any dramatizing adjectives is a fun practice. [the word "blank" for example]

#### • SPACE •

All buildings MUST have clean and neat interiors! The exterior is also important, yet the interior is more important.

A room should appear similar to an immaculate showroom or "clean room", as much as possible, with blank white walls preferably.

Keep brand name packaging and containers in a cabinet or similar. Such packaging acts as unnecessary "noise" in a space.

Do not allow messes nor any clutter to remain in view. Clutter in a space may cause unconscious distraction.

A room should have as little personality as possible, while still feeling happy inside.

It is generally advisable not to have any static photos visible in the room.

A room can influence a person too much. It is important to maintain a clear space!

#### • NATURE •

It is very important to maintain a strong relationship with pure nature.

Pristine nature is a wonderful treasure that should be more appreciated in the world today.

The beautiful flora and fauna of the world are MUCH more amazing and beautiful and elegant than ANY human technology or art.

Nature is like a continuously new sculpture that is constantly more and more amazing. No finite art can ever compare.

Pure water sources MUST remain free for ALL and MUST be protected from pollution.

#### • EXERCISE •

Exercise is a way to exorcise.

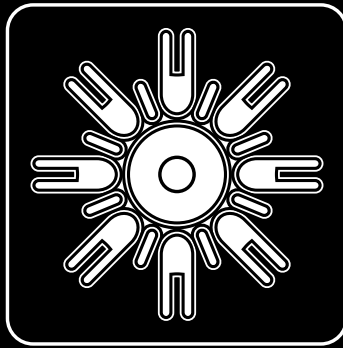
Exercise is an incredibly important daily activity which should be a high priority.

Exercise helps to clear congestion and aligns the flow of the liquid circuitry and the flow of breath in a humanoid spaceship.

Exercise also helps to maintain a healthy, efficient, and optimal form for a humanoid spaceship.

It is best to exercise in pure, pristine nature (if possible). An alternative is a clean and well-lit space with no smell or distractions.

Do not watch television and do not listen to violent music while exercising. Exercise should be more similar to dance or yoga.



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