

VIDEO MANIFESTATION SYSTEM

A METHODOLOGY FOR MANUFACTURING NEW REALITIES

By Nina A. Isabelle

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INTRODUCTION

The Video Manifestation System offers users a radicalized system to build and shape reality. By interlacing specific VMS concepts like user approach, intention, perception, and language with the Multidimensional Human Perception Apparatus, VMS offers users a tool to build useful realities while simultaneously eliminating outmoded corporeality. VMS transforms beneficial etherial notions, wishes, dreams or ideas into tangible reality. By psychically entangling multiple abstractions extrapolated from the experimental statistics and algebraic concepts that have preceded non-locality, quantum teleportation, and superdense coding, VMS aligns intention with action to produce a compact five-minute digital video capable of manufacturing realities. Complete with prescriptive application suggestions for maximum results, users enjoy a simple ten-step interface with infinite reality building possibilities.

VMS incorporates a biopsychospiritual approach to reality building which expands upon a model of human cognition developed by neuroscientist Karl Pribram and physicist David Bohm called the holonomic brain theory that describes the brain as a holographic storage network. By stretching the boundaries of the holonomic brain to include the holonomic energy bodies, VMS is able to access The Multidimensional Human Perception Apparatus (MHPA,) an invisible system capable of transducing the seen and unseen systems of the inner and outer holonomic energy bodies. Shaped like an amorphous electronic cloud, and made up of subatomic elementary particles like tau neutrinos within and surrounding the body, the MHPA remains unbound by namable physical structures and is key to rediscovering the reality manufacturing capabilities once central to human functioning.

Prolonged interface with the slow and heavy dimension of physical reality has jammed up and run down the MHPA. Over time, central manifestation components of the MHPA, such as gut biomes and subquantum receptive structures within the cerebral spinal fluid surrounding the brain and brainstem, have become ineffective. VMS works to restore the MHPA functions by engaging users in a process intended to distract the conscious linear logic mind, effectively creating an intentional feedback loop. Building reality begins with perception. With the conscious linear logic mind out of the way, the inner workings of the MHPA are allowed to surface and be directed toward reality building ventures.

Designed to facilitate singular and multiple aspects of both internal and external realities through its micro/macro input manifold, VMS is an effective tool for revising a broad range of issues and circumstances ranging from internal personal mental and emotional struggles like boredom, lethargy, dyscalculia, co-dependance, and heartbreak to physical conditions like high blood pressure, whip lash, sciatica, poison ivy, aphasia, temporal lobe epilepsy, and broken bones. VMS also makes it possible to address complex problems within a community or family dynamic such as authoritarianism, prolonged bitter quarrels, dishonesty, and miscommunications and is also a powerful instrument for reshaping dysfunctional pieces of corporeal reality not limited to broken waste oil burners, miscalibrated stopwatches, busted serpentine belts, misaligned zippers or stuck elevators. Larger external dangers such as injustices due to the abuse of political or economic power systems like racism, genocide, domestic violence, mass shootings, Satanic cults, and violent regimes have also proved pliant. As an interface, VMS connects humans to powerful forces of nature and offers a way to transform destructive energies resulting from disasters like tsunamis, pollution, wild fires, blight, drought, crop damage, nuclear war, sink holes and volcanos into a generative force fueled by natural and cosmic elements that can be directed into new realities or dispersed as weather phenomena. Users are encouraged to think galactic. VMS has been proven useful for wrangling cosmic energies, entities as well as astral bodies like planets, moons, black and worm holes, comets, solar storms, and supernovas.

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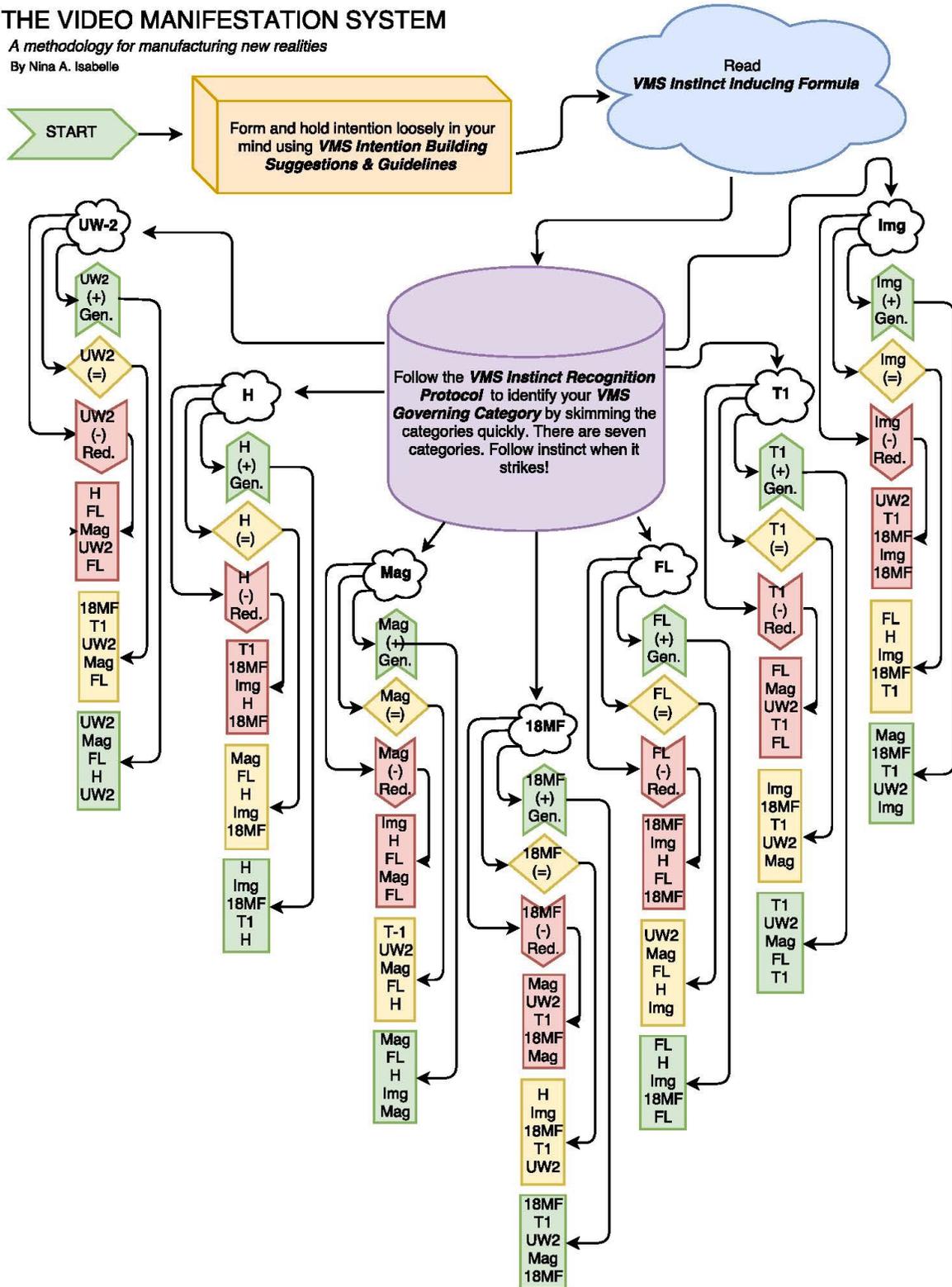
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VMS FLOWCHART

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STEPS

1. IDENTIFY INTENTION

Identify user intention by articulating the ineffective reality intended to rebuild, fortify, revise or alter. Write intention at the top of a blank sheet of paper. Be specific and concise when forming and stating intention. Written intention will also function as project title. For Example:

User Intention: *To resolve a conflict with neighbor about a lawnmower.*

Resulting Video Title: *Video Manifestation System for Resolving a Conflict With a Neighbor About a Lawnmower*

*Please read VMS INTENTION BUILDING GUIDELINES & SUGGESTIONS (P. 9) for further details.

2. PREPARE TO FORTIFY AND RECOGNIZE INSTINCT

*Please read VMS INSTINCT FORTIFICATION FORMULA (P. 11) and VMS INSTINCT RECOGNITION PROTOCOL (P. 13)

3. IDENTIFY GOVERNING CATEGORY

*Please read VMS GOVERNING CATEGORIES (P. 14 - 21) to learn about, understand, and identify the Governing Category that will dictate the order and elements of your VMS video.

4. IDENTIFY INTENTION AS ONE OF THE FOLLOWING

GENERATIVE - Choose GENERATIVE if user intention builds energy, materials, resources or communities in an additive way or is designed to help find something that has been missing or lost. (ie: get firewood, heal a broken leg, find the perfect apartment, grow a garden, get a job, etc.)

BALANCING - Choose BALANCING if user intention is designed to find balance or maintain status quo. (ie: allow auto transmission to last another 50K, rent will stay the same, etc.)

CONTROLLING - Choose CONTROLLING if user intention is designed to control something. (ie: forest fires, temper, fever, spending, power imbalances, etc.) or to make space for reality building through subtraction.

5. UNDERSTAND SPHERE AND RANGE

The four spheres utilized by VMS are PERSONAL, COMMUNITY, GLOBAL, or UNIVERSAL.

-For intentions focused on the personal sphere, choose "PERSONAL."

-For intentions focused on others in your immediate network such as family, friends, acquaintances or colleague, choose "COMMUNITY."

-For intentions focused on larger systems or ideologies, choose "GLOBAL."

-For intentions focused on broader collectivisms, choose "UNIVERSAL."

6. FOLLOW VMS FLOWCHART TO DETERMINE THE ORDER OF THE VIDEO SEGMENTS

VMS directs users to produce a video made of five one-minute clips. By following the VMS Flowchart, users will arrive at a vertically oriented colored rectangle outlining VMS Governing Category order. Each category represents a one minute video clip. Users are to select one subject from each of the outputted VMS Governing Category language clouds. And are to produce recorded video content using any video recorder, phone, camcorder, or any other video recording device preferred.

7. INTEGRATE AUDIO AND VISUAL ACCESSORIES (P.30)

8. FORTIFY VIDEO USING THE LANGUAGE OF MOVEMENT METAPHORS AS VISUAL INPUT (P. 32) And VMS NONUPLE GRID (P.33)

9. EDIT VIDEO SEGMENTS

Use whatever software is handy, familiar, and fun.

10. FOLLOW VMS PRESCRIPTION

Pay attention. Use photos, writing, and video to document and record all data indicating the emergence of new or altered realities.

VMS INTENTION BUILDING GUIDELINES & SUGGESTIONS

To help maximize the production of beneficial new realities VMS has compiled the following information, suggestions, and guidelines to connect users with the language of inner knowing.

- The efficacy rate of VMS is boosted when stated intentions use language that maintain and respect the free will of others. Likewise, the correlation between failed manifestations and intentions exacting power over others is substantiated by users who attempt to misuse VMS for personal gain at the expense of others. For best results avoid intentions that are harmful to self or others, destructive to self or other's property, or illegal.

- Consider wants vs. needs, and order. Remember Maslow's Hierarchy of needs:
PHYSIOLOGICAL > SAFETY > LOVE / BELONGING > ESTEEM > SELF-ACTUALIZATION

- Consider these three words: INSTINCT, INTUITION, INTENTION

- It is important for VMS users to recognize that while it is possible for internal knowing and intuition to function within pockets of external systems, the overriding intention of all external systems of governance is to replace the instinctive function of the human. Broader external laws of governance such as Aleister Crowley's "law of Thelema" states "Do what thou wilt shall be the whole of the Law. Love is the law, love under will". Such external laws of governance are usually interpreted as having moral, mystical, and socio-political implications, however the law of Thelema is still an external system of guidance. VMS users are encouraged to identify and disconnect all nonessential external sources of input governance that may hinder or block channels of instinct and intuition.

VMS INSTINCT FORTIFICATION FORMULA

Intuition is allowed to surface when the conscious linear-logic mind is distracted. Ways to distract the conscious linear-logic mind include repeating mantras, saying the rosary, counting in any direction, rhythmic drumming, chanting, whirling, hand-rolling meatballs, knitting, marching in place, finger tapping, jogging, playing music, performing a well-rehearsed routine, reading something of no interest, reciting poetry or folding laundry. During engagement in any of these activities, pay attention. Try to recognize instinct and be on the look out for strikes of intuition. These are the best times to recognize and form VMS intention.

In *Red Book*, Carl Jung outlines the concept of active imagination as a meditation technique suggesting that one's unconscious desires can be translated into images, narrative or personified as separate entities creating a bridge between the conscious and the unconscious. Working with active imagination includes working with dreams and the creative self via imagination or fantasy. Jung linked active imagination with the processes of alchemy in that both strive for oneness and inter-relatedness from a set of fragmented and dissociated parts.

THINGS TO TRY:

- Cross your arms in front of you and place the palm of each hand on the lateral aspect on each opposite upper arm. Your left palm will be on the side of your right upper arm and your right palm will be on the side of your left upper arm. Rub your palms up and down the sides of each arm thirty times in a row. Stare blankly at a wall for three minutes. Repeat this sequence between 3-150 times.
- Tap your right index finger in the center of your forehead rhythmically one hundred times in a row. Wait one minute before repeating with left index finger. Repeat as often as necessary.
- Stand in a wide stance. Lift your left knee to touch your right elbow, then place your left foot back on the ground. Repeat on the right side, touching your right knee to your left elbow. Do this as many times in a row as you want.
- Listen to binaural beats, recordings of repetitive and rhythmic drumming, or any other auditory input that is not very engaging.
- Learn and practice a form of meditation, or make something up that comes natural to you.
- Make up your own repetitive motion sequence. Allow time for instinct to strike and make note when it does.

VMS INSTINCT RECOGNITION PROTOCOL

- While engaged in active conscious linear-logic mind distraction, use double-awareness to surveil any extraneous information that may emerge.
- Double-awareness is the self you are using to notice yourself. Monitor yourself closely. Try to notice things that don't seem like things you would notice.
- If you find yourself spontaneously knowing something without knowing how you know it, this could be intuition.
- Keep a pencil and paper handy in case you need to make notes. Information can be fleeting during VMS Instinct Fortification and Recognition processes.
- Remember to hold intention loosely in the back of your mind during all VMS Instinct Recognition Protocol exercises.

VMS GOVERNING CATEGORIES INSTRUCTIONS

VMS has built a language structure that functions as an ephemeral holographic net to gather and hold intention during the intention's transient state called VMS Governing Categories.

VMS Governing Categories consists of seven categories containing subjects, objects, actions, and other elements that are interchangeable within their own respective categories. In order to identify which governing category best suits user intention, quickly skim the categories while holding the intention loosely in the back of your mind. When your instinct alerts you, the category has been identified.

Once VMS Governing Category has been established, use VMS Flowchart (P. 3) to arrive at either a red, yellow, or green vertically oriented rectangle containing an ordered sequence of VMS Governing categories. This sequence dictates the layout of the video. Make a one-minute video inspired by each of the VMS Categories listed in the particular sequence. Edit the one-minute clips together in order to make a single five-minute video.

To find prescribed video application, locate the governing categories prescription page, (P. 22-29) and choose a sphere to be directed toward the prescribed video application for best results.

VMS GOVERNING CATEGORIES

UW-2

choice, voice, decisions, communication, speech, speaking, yelling, sounds coming from throat and mouth, hearing, listening, neck, water, bridge, tree trunk, joints, junctions, taking in, inlet, peace, loyalty, justice, sky blue, 384 Hz, flavor, tastes, food, hypothalamus, thyroid, parathyroid, being unheard, cheeks, dimples, blush, age 25-47, vibration, chewing, Mercury, swallowing, teeth, taking in, tongue, respiration, finding truth, condensation, breath, smoking, sucking, licking, kissing, tasting, mouth actions, neck rolling, loosing voice, Key of G, birds that dive in / under the water, pelicans, no choices, necklaces, eating, drinking, poison, medication, pacifier, lollipop, chewing gum, collars, neck ties, scarves, neckline, strangled, noose, choking, being choked, back of the neck, nape, beard

H

Anchor, compassion, self development, heart, love, unconditional love, circulatory system, 3-5 feet high, green, walking upright, posture, body, pride, skeptical, paranoid, unworthy, fruit trees, tall plants, trees, aggression, competition, 341 Hz, frogs, turtles, green reptiles, limes, green food, grass, green things, heart attack, blame, heavy, light, broken, centered, wise, ache, strings, depression, suicide, war, self destruction, bedroom, second story of home, upper-third of larger building, Key of F, present moment, swinging arms, power source, electricity, battery, upper-torso movement, Venus, emerald, amphibious creatures, age 15-27, jade, feelings, environmental issues, motors, pumps, vessel, hunting, following, spring time, inner wisdom, identity, 4-5 feet tall or long, acceptance, self love, basic attitude

Mag

Uranus, violet, purple, white, higher mind, upper brain glands, pineal, cerebral cortex, central nervous system, right eye, eyes, spirituality, purpose, job, occupation, passion, focus, idealism, oneness with infinite, selfless service, divine wisdom, connection with divine, inspiration, age 50 and above, over 7 feet high / long, outer space, 480 Hz, heavens, clouds, atmosphere, attic, dream realm, rain, place where ideas come from, spiritual connectedness, otherworldly, ungrounded, flighty, in the clouds, high, sky-high, sky scraper, top-most floor of building, roof, antennae, hat, Key of B, hair, hairstyles, thunder, tornado, hair color, hair length, balding, shaved head, wigs, long hair, braids, curlers, hair dryers, hair salons, stylists, hair brush, comb, shampoo, higher consciousness, knowing, extra sensory perception, psychic,

phenomena, magic-seeming, selenite, quartz crystal, amethyst, purple food, purple objects, purple cars, vehicles, airplanes, spiritual travel, jets, space ships, hot air balloons, rocket ships, space shuttles, space stations, space exploration, astronauts, time travel, time travelers, time

18-MF

Groups of people, flocks / herds of animals, groupings of objects, piles, mother, parents, father, siblings, relatives, ancestors, red, pink, maroon, blood, organs, sex, horror, survival, food, danger, house, infants, shelter, sleep, safety, weapons, knives, guns, swords, tools, hammers, shovel, bricks, stone, foundations, Saturn, fossil fuels, fossils, gems, minerals, ruby, red calcite, jasper, pillars, heirlooms, boots, shoes, swimming suits, scuba gear, submarines, pre birth - age 5, instinct, basements, cellars, bare feet, shoes, slippers, toes, toenails, stubbed toe, severed toes, painted toe nails, pedicure, Middle C, crawling, earthquake, canyon, rolling / moving on the ground, root cellar, underwater, graves, hole in ground, mine, giant pit, landfill, fish, underwater creatures, water well, material matters, cayenne pepper, 256 Hz, horseradish, adrenals, kidney, spinal column, colon, wealth, archeology, excavation, unearth, dig, individuality, roots, caves, caverns, underground tunnels, subterranean creatures / elements, subconscious, past-life, vitality, drive, status, root vegetables

FL

Gifts, desire, change, shifts, growth, movement, current community, orange, gender, procreation, assimilation, 303 Hz, reciprocity, giving, receiving, exchanges, gold, awareness of control, rest, digestion, relaxation, Jupiter, tidal wave, tsunami, breeding, replicating, amber, carnelian, creativity, Key of D, production, factories, productivity, physical force, fire, creek, water spring head, babbling brook, crawling on hands and knees, squatting down, bowl, cup, mug, vessel, basket, bag, compartment, purse, backpack, sitting on the ground, lava, semipermeable membrane, natural fibers, nets, fishing nets, bladder, ovaries, waders, sandals, flip flops, socks, testicles, prostate, spleen, uterus, pleasure, ground cherries, age 3-10, wild strawberries, squash, pumpkins, fall, dandelions, tiger lilies, 0-2 feet high or long, ground floors

T-1

Self control, loss of control, connectedness, disconnection, chains, rope, cord, wire, scissors, cutting tools, lasers, will, personal power, muscle cars, teenagers, gall bladder, driving, operating machinery, pancreas, digestion, stomach, liver, lungs, nervous system, muscles, Mars, horses, ox, hard work, Key of E, labor, yellow food, yellow objects, yellow ducklings, rubber duck, school bus, taxi, humor, jokes, radiance, sitting in a chair, bending at the waist, bending down, ducking down, hunching, squatting, 320 Hz, ground wasps, monarch butterflies, chipmunks, fox, drawing, yellow, painting, mark making, knitting, sewing, crafting, friendships, laziness, sleepiness, resting, social environments, loneliness, awareness of self as individual, glowing vitality, the sun, awakening, morning, emotions, ages 9-16, 2-4 feet high or wide, ground floor and first few stories of building

Img

Vision, central nervous system, eyes, nose, visualization, imagination, wisdom, concentration, intellect, brain, insight, magnifying glass, indigo, deep blue microscope, intuition, knowing, finding out, left eye, questioning, logic, computing, circuit board, central processing unit, telescope, glasses, sun glasses, music, sounds, sight, listening, eye-rolling, blinking, eyeswide, eyes closed, eyes shut, 448 Hz, blood-shot eyes, eye lashes, thoughtlessness, absentminded, Saturn, the moon, hawks, eagles, birds that fly higher, atmosphere, clouds, fog, five-pointed star, pentacle, inception, reception, receptor, eye brows, eye makeup, mascara, illusion, volume, mugwort, almonds, eye shadow, contact lenses, macular degeneration, detached retina, Key of A, clouded vision, ear rings, googly eyes, eye drops, ophthalmologists, vision chart, q-tips, ear muffs, protective sound wear, blindfold, blind, deaf, hurricane, earplugs, poked in the eye, eye injury, safety goggles, goggles, snorkel and mask, hearing aids, 5-7 feet tall or long, age 25-55, ways of seeing, short-sighted, vision difficulties, vantage points, visual perspectives, visual perception, occiput, rationalizing, perspectives, bandanna, sweatband, visor, brim of hat, ways of seeing, hind-sight, "being heard," head-banging

VMS PRESCRIPTIONS

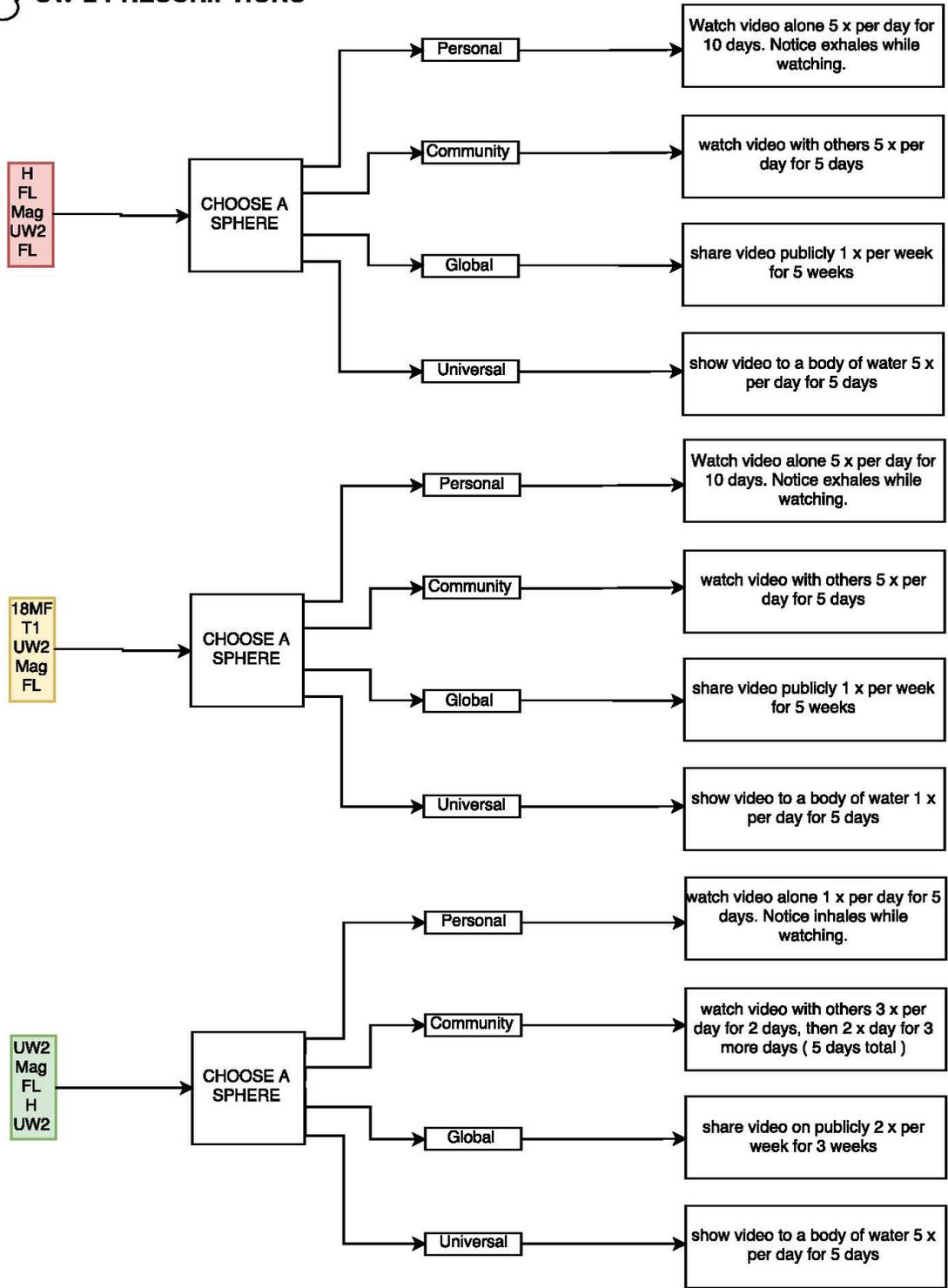
1. Scroll to the VMS Governing Category (UW-2, H, Mag, 18MF, FL, T1, or Img)
2. Identify the nature of the intention as GENERATE (GREEN), BALANCE (YELLOW), or CONTROL (RED)
3. Identify the sphere of the intention as either personal (P), Community (C), Global (G), or Universal (U)
4. Follow the prescribed application of the video or modify as needed.

EXAMPLE: A user with a GENERATE intention under the UW-2 governing category will be directed to produce a sequence of five one-minute long videos in the following order:

Minute 1 - UW-2
Minute 2 - Mag
Minute 3 - FL
Minute 4 - H
Minute 5 - UW-2

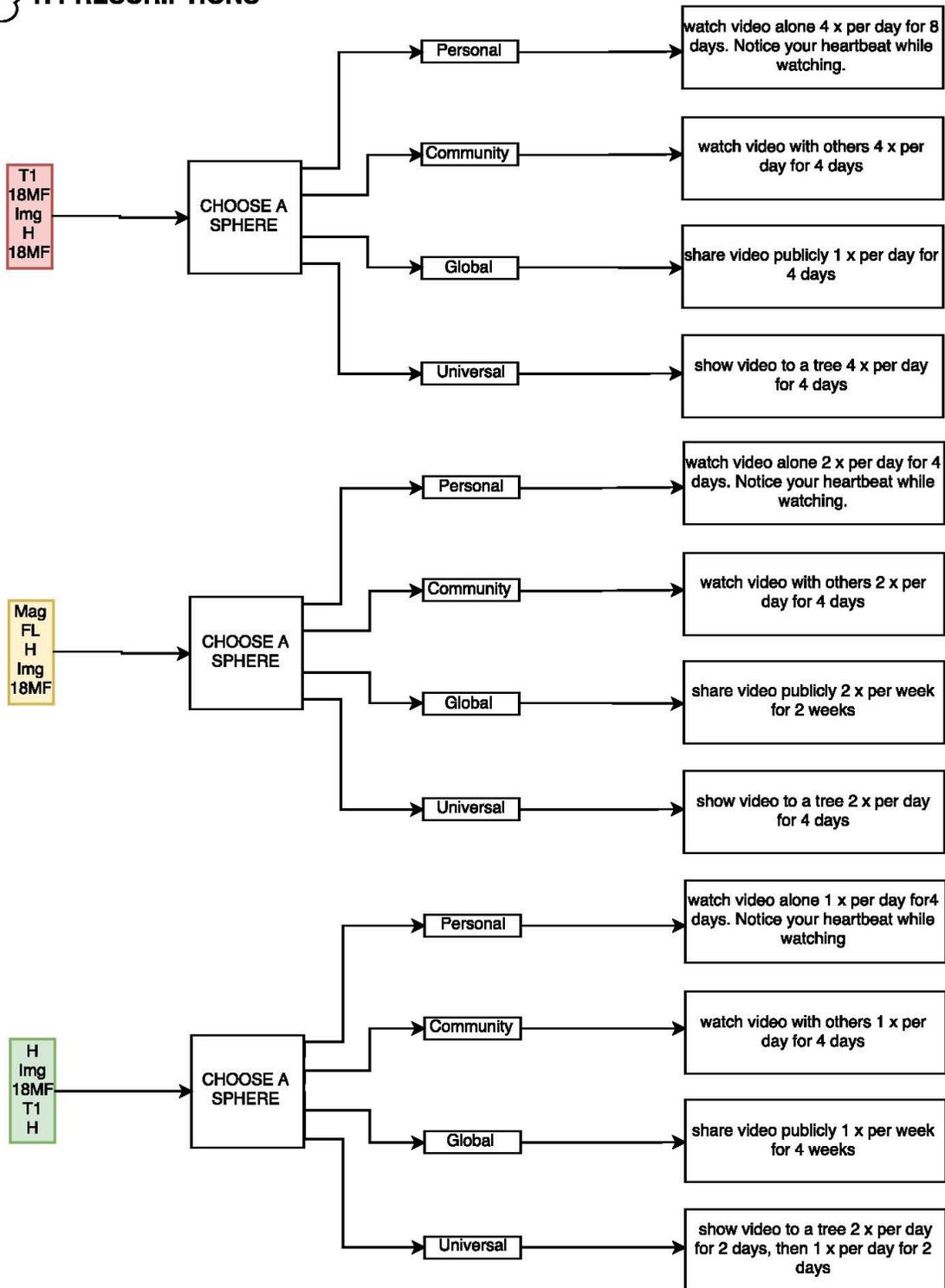
- All five video sequences will be edited together in order to produce a video, with a five minute duration.
- Once the video is complete, find the governing category prescriptions page. (P. 23 - 29)
- Start with the vertically oriented colored rectangle that represents the video sequence and follow the chart to choose the sphere and be directed to the prescribed video application.
- Follow the directions and make note of physical changes that may occur in the environment and psychic perceptions that may arise along the path toward new realities.

UW-2 UW-2 PRESCRIPTIONS



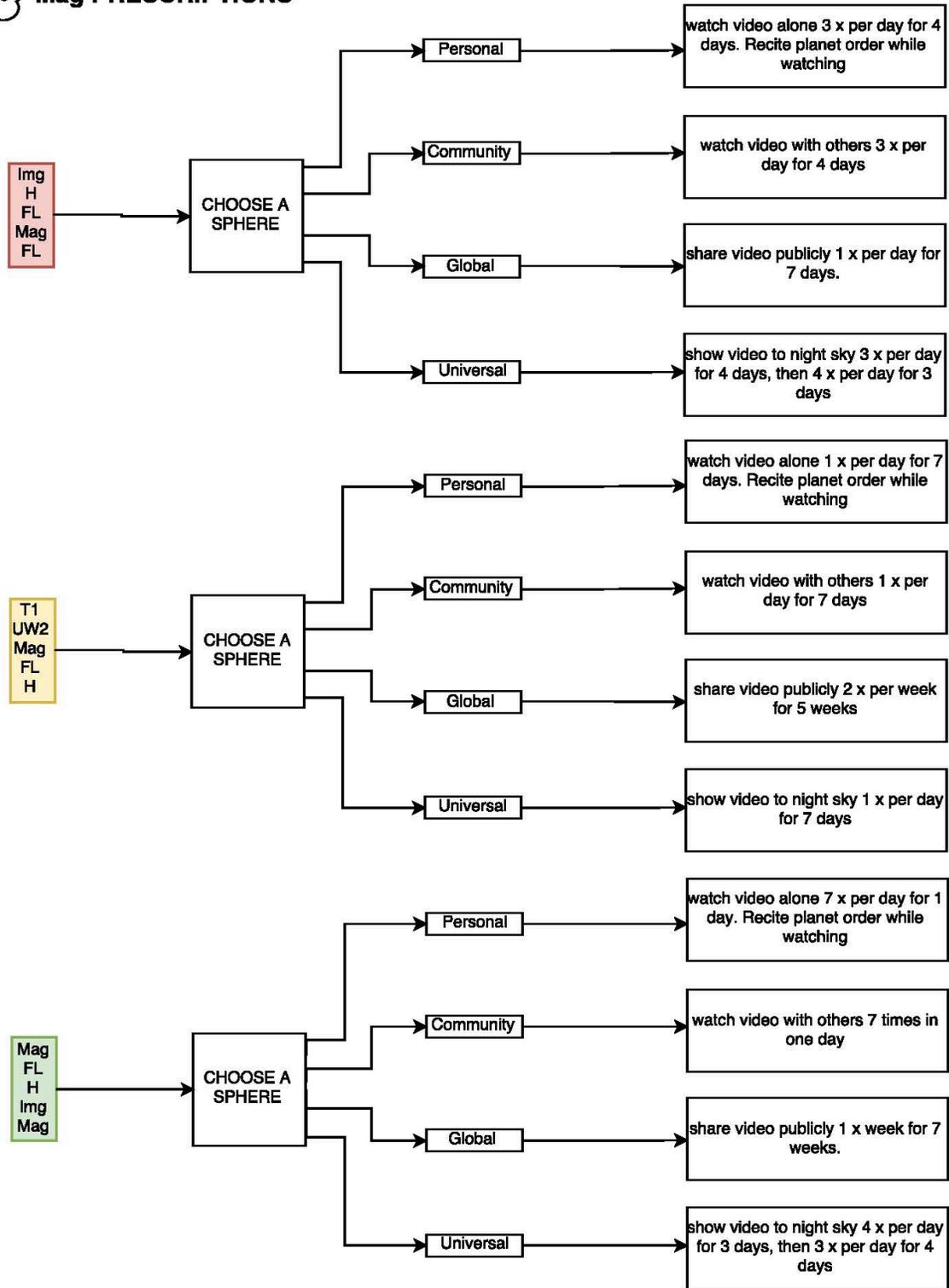


H PRESCRIPTIONS

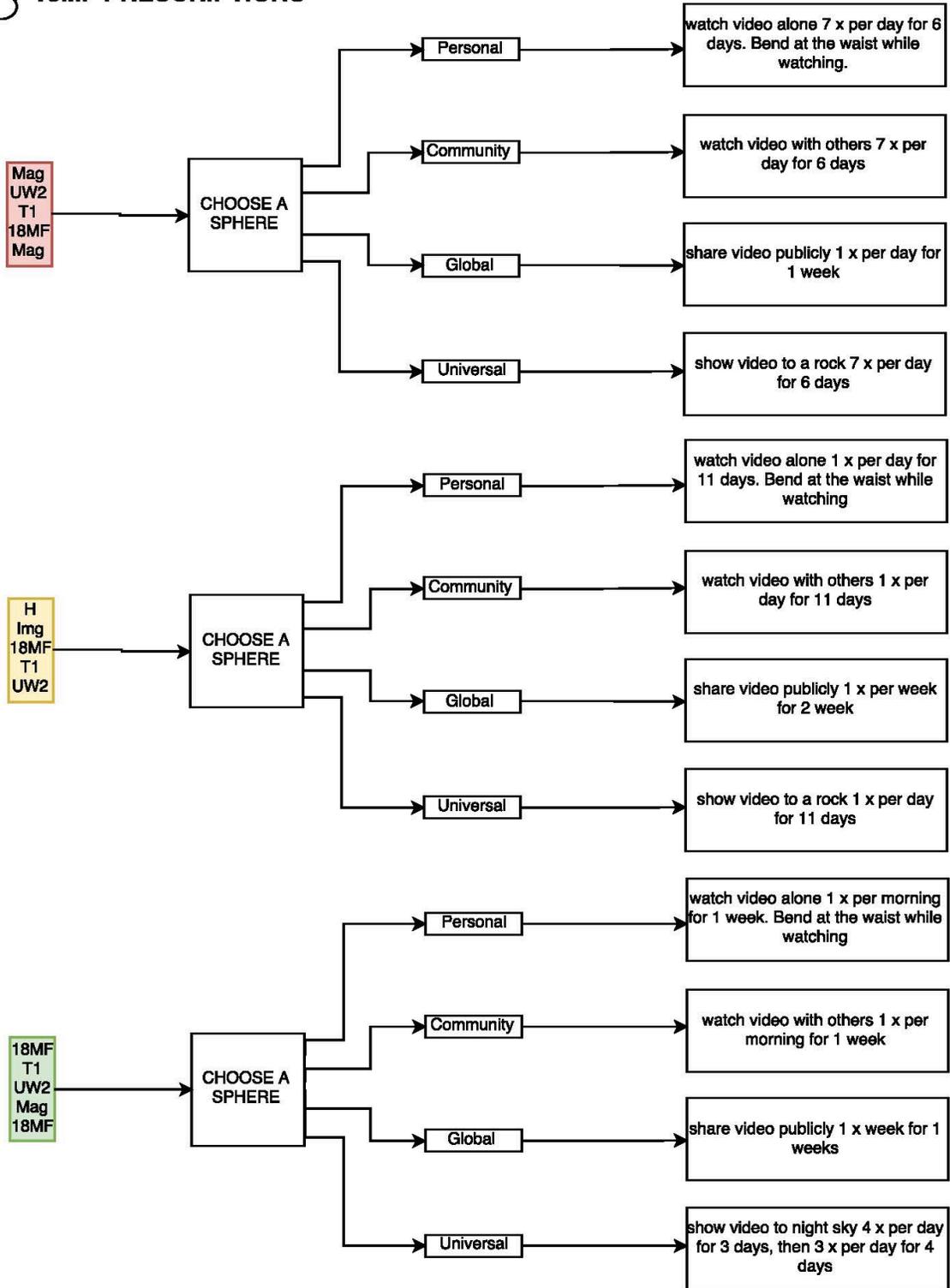




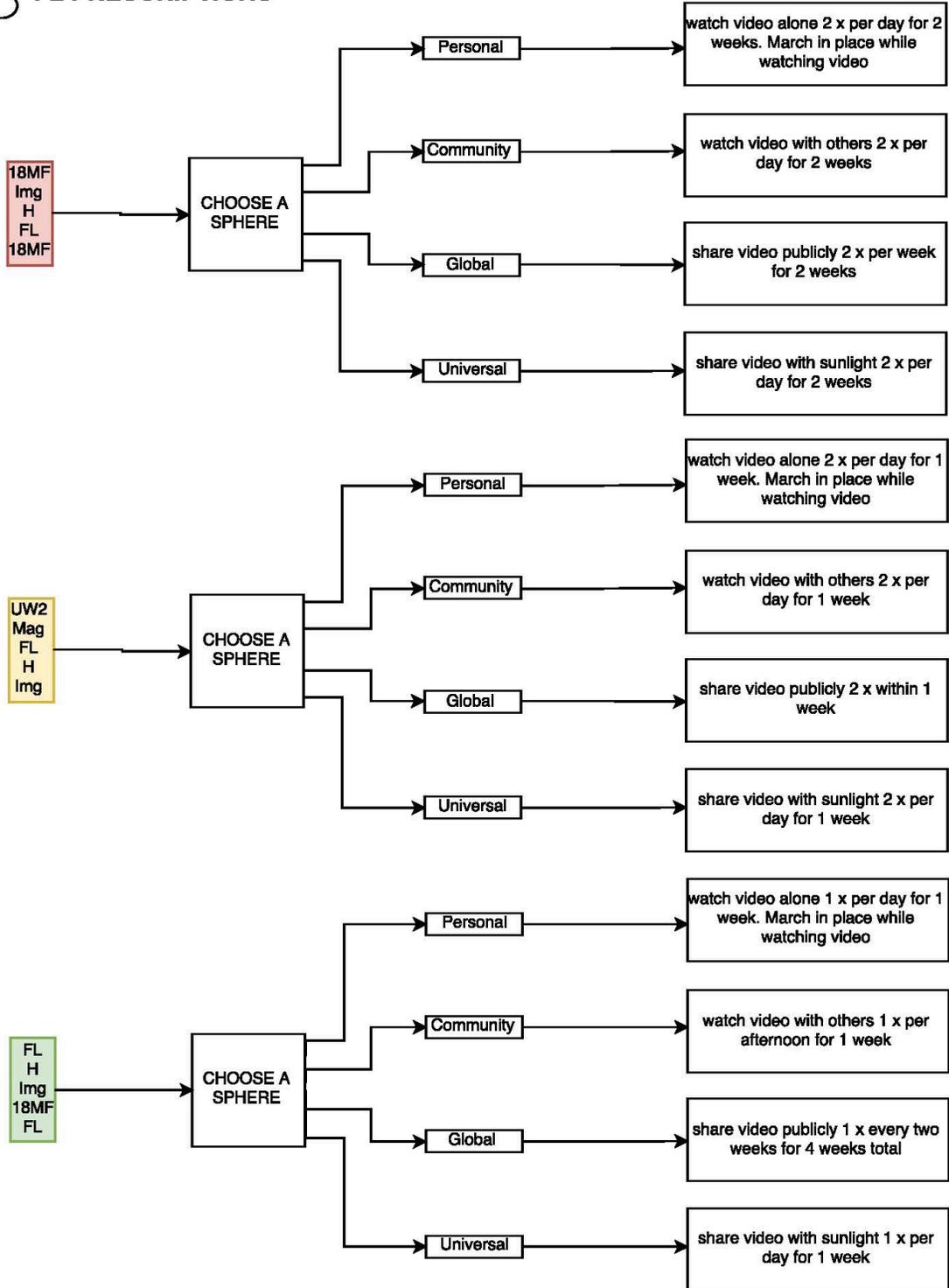
Mag PRESCRIPTIONS



18MF **18MF PRESCRIPTIONS**

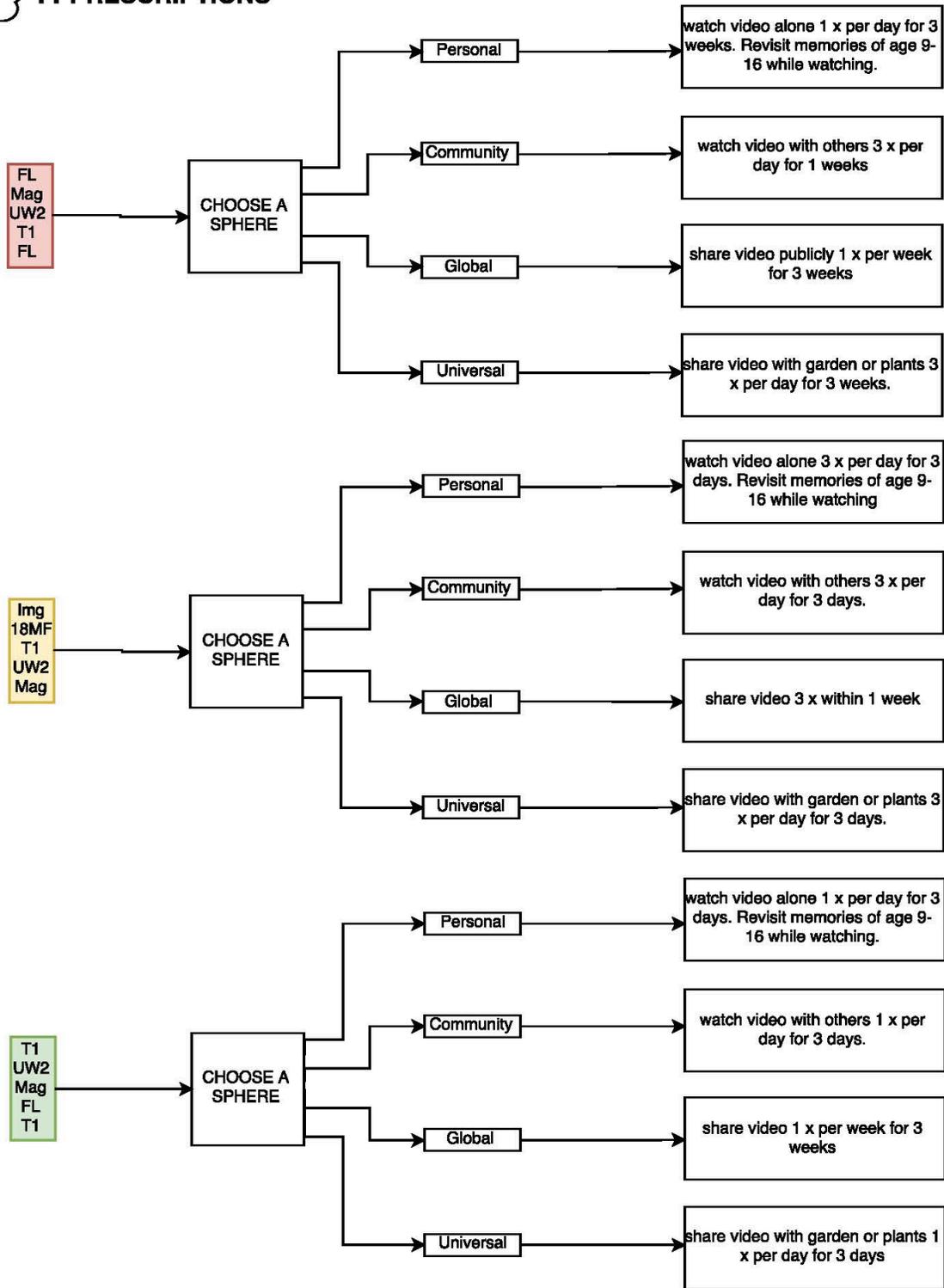


FL **FL PRESCRIPTIONS**



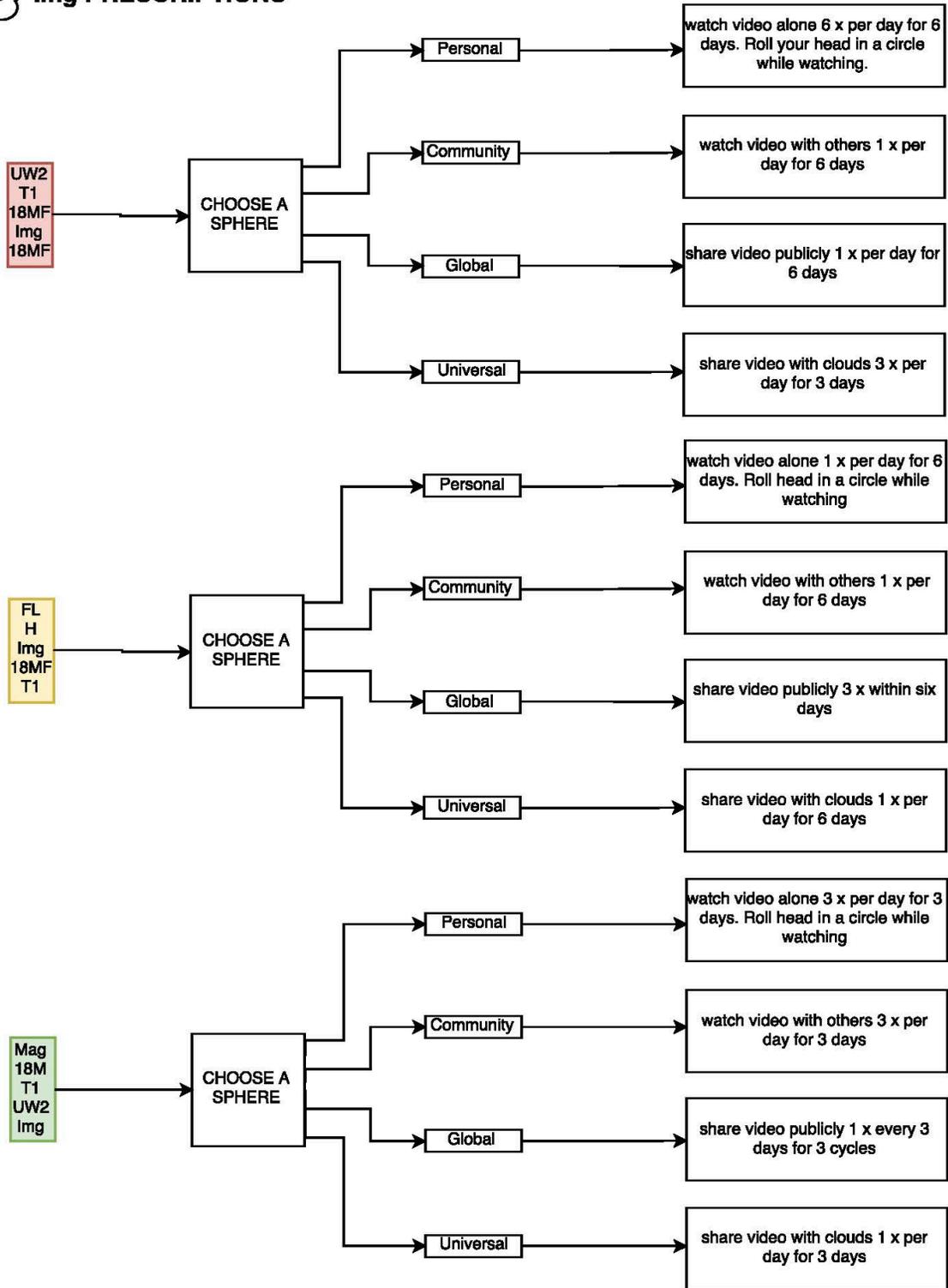


T1 PRESCRIPTIONS





Img PRESCRIPTIONS



VIDEO METHODOLOGY: INTEGRATING AUDIO AND VISUAL ACCESSORIES

The Governing Categories contain potential audio and visual elements such as Hz tones, frequencies, and colors. Integrating these accessories can be beneficial to the outcome. There are many ways to integrate these elemental accessories in order to maximize the success of VMS intention.

To collect specific Hz tones it's possible to use an online tone generator such as the one found here:
<http://www.szynalski.com/tone-generator/>

Set the tone generator to the desired frequency and use a familiar audio recording technique to collect a sound specimen. Experienced sound collectors may have specialized equipment. Users may also use a simple phone to record an audio snippet, or record a video file with a camera or a crappy phone, and then detach the audio using whatever software is handy.



There are many ways to integrate and express the visual colors specified by VMS Governing Categories. Complicated systems such as VMS often create situations where ultra low-tech analog approaches can maximize results. For example, to integrate the color red use a red crayon, marker, or some old paint to color or coat a piece of cardboard or paper. Then, using a crappy phone camera or any other camera, take a photograph of the colored card or of a wall or car door painted the desired color. Crop the photograph so that you have an image that matches the aspect ratio of your final video. Once the colored image has been imported into the video editing software, its possible to adjust the transparency of the image to add a color wash over any of the video subjects or objects. It's also possible to produce a colored insert of any shape using a computer graphics program to generate a colored rectangle. Programs like this allow access to color guides and shape making tools and allow imagery to be exported as a .jpg that can be easily integrated into VMS video editing project.

THE LANGUAGE OF MOVEMENT METAPHORS AS VISUAL INPUT

Elements such as direction and speed combined with motion and scale have the potential to convey subconscious information to the viewer. For example, humans that reads from left to right are likely to instinctively perceive object traveling across a video screen from left to right as an expression of future travel, or moving towards a future. Likewise, it's possible to express hesitancy or backward time travel by sending your objects across the video screen traveling from right to left.



Users may also wish to build the perception of diminishing formidable situations using size and scale by placing objects proximal to either larger or smaller objects depending on desired outcome. It's also possible to shrink things down until they disappear. This approach has been useful for those dealing with plantar's wart or threats from intrusive ice bergs.

It's possible to utilize VMS Nonuple Grid in countless ways. For example, a childhood nightmare of the Loch Ness monster has returned. Deal with the monster by sending it to the lower left section, then shrink it out of existence. Do you want to generate inspiration and energy in your future? Send something meaningful and deliberate toward the upper-right section of VMS Nonuple Grid, use speed to convey energy.

THE VMS NONUPLE GRID

Upper-third (inspiration from above)		
1	2	3
Middle-third (material /here & now)		
4	5	6
Lower-third (underworlds / subconscious)		
7	8	9

(Video Screen)

CONCLUSION - PERCEIVING OUTCOMES AS NEW REALITIES

Once VMS video has been completed and prescribed viewing and sharing schedule has been followed, users may notice perception shift toward a new reality or multiple new realities. It's important to be on the look out for clues that substantiate new direction(s) and affirm the reality of the manifested intention.

Remember to honor new perceptions and observations. During the beginning stages of manifestation, users often report difficulty overcoming superdense personal skepticism coding and programming inadvertently put in place by parents and society. VMS is an effective counter to these sorts of mind-control. Upon completion, VMS System users are encouraged to share results. As a way to build and fortify multiple collective new realities. Please send video, perceived outcomes, and new realities to videomanifestationsystem@gmail.com.

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