

TRUISCK

Consciousness R/evolution

Mini Book

**This Document is for the one
whom eyes can see & ears can hear.**

What you are

Complete Consciousness Guide

CONSCIOUSNESS		(Quantum to Classical Informational System)					
GOD FREQUENCY (ALL SOULS DUPLICATED) WISDOM		WHERE	IS	WHAT	IS DOING	STATE	DESCRPTION
		INTERFACE OF REALITY	CREATION	THE UNIVERSE	GOODS WILL	LIVING	FOR ORDER, JUSTICE & BALANCE IN THE FLOW, FUNCTION & PROGRESS OF LIFE
5 SPACE - TIME	OUTER REALITY				FREE WILL		
	QUANTUM/CLASSICAL	SPATIAL ORIENTATION	VESTIBULAR	BALANCING	EQUILIBRIUM	MAINTAINING BALANCE & SPACIAL AWARENESS	SO I CAN INTRINSICLY IDENTIFY/LOCATE & FEEL 3 DIMENSIONS OF SPACE
	QUANTUM/CLASSICAL	BODY MOVEMENT	PROPRECEPTION	POSITIONING	POSING	ABILITY TO SENSE BODY POSITION, MOVEMENT, ORIENTATION	SO I FEEL & KNOW WHERE MY BODY IS IN SPACE-TIME
	QUANTUM/CLASSICAL	EMMITTING SIGNALS RECEIVING SIGNALS	SOUND SENSES	EXPRESSING OUTPUT RECEIVING INPUT	COMMUNICATING EXPERIENCING	SPEECH & BODY FUNCTIONS TOUCH, TASTING, SMELL, HEARING, SIGHT	TO EXPRESS THINGS TO OTHERS TO EXPERIENCE & PERCEIVE REALITY
	INNER REALITY	QUALITY PERCEPTION	QUALIA	PERCEIVING	SUBTLE	INTRINSIC PERCEPTION OF THE UNIQUE QUALITY OF EXPERIENCE	TO SENSE IN REAL-TIME MY SUBJECTIVE RESPONSES
	QUANTUM/CLASSICAL	FEELINGS	EMOTION	FEELING	FLUID/DYNAMIC ENERGY	INNER RESPONSE/REACTIONS TO STIMULI	TO KNOW & IDENTIFY MY FEELINGS & QUANTIFY THEM
	QUANTUM/CLASSICAL	THE MIND	THOUGHTS	THINKING	MONOLOGUE	INNER SELF COMMUNICATION	SO I CAN PROBLEM SOLVE, CREATE & COMMUNICATE TO MYSELF - SPIRITUAL COMMUNICATION
	QUANTUM/CLASSICAL	THE MIND'S EYE	IMAGINATION	IMAGINING	CREATING	INNER VISION	SO I CAN SEE MEMORIES, SPIRITUAL VISION, FUTURE VISIONS, PLAN & DREAM
	QUANTUM	3 PHOTON	LIGHT BODY	AWARENESS	ENERGY	ATURAL OR "SPIRIT" BODY	BRIDGE BETWEEN DIMENSIONS
	ETERNAL	QUANTUM	THE SOUL	THE OBSERVER	OBSERVING	EMPTY BLISS	UNDERRING AWARENESS-STREAM OF PURE ENERGY ESSENCE
		DIVINE CONNECTION & SPIRITUAL FUNCTIONING					

The Two states of Existence

THE CONSCIOUS QUANTUM FIELDS

ROOM ONE

Quantum (Soul)

The deeper layer of energetic reality you dont directly interact with

Not bound to Spacetime (infinite)

Wave-Particle duality particles act like waves and vice versa

Entagled particles share states across space

Superposition allows many states simultaneously

Non-deterministic appears probalistic (randomness)

Scale is Microscopic

Observation is Active - Wave collapse when measured

Information in Decrete energy levels, quantized energy (non-linear)

Atoms, Photons, Electrons Etc

ROOM TWO

Classical (Creation)

Things you can touch, taste, smell, hear, see

Bound to spacetime (Finite)

Clear distinction

No entanglement*

One state at a time

Fully deterministic (If you know the initial conditions)

Macroscopic (Cars, fluid, planets etc)

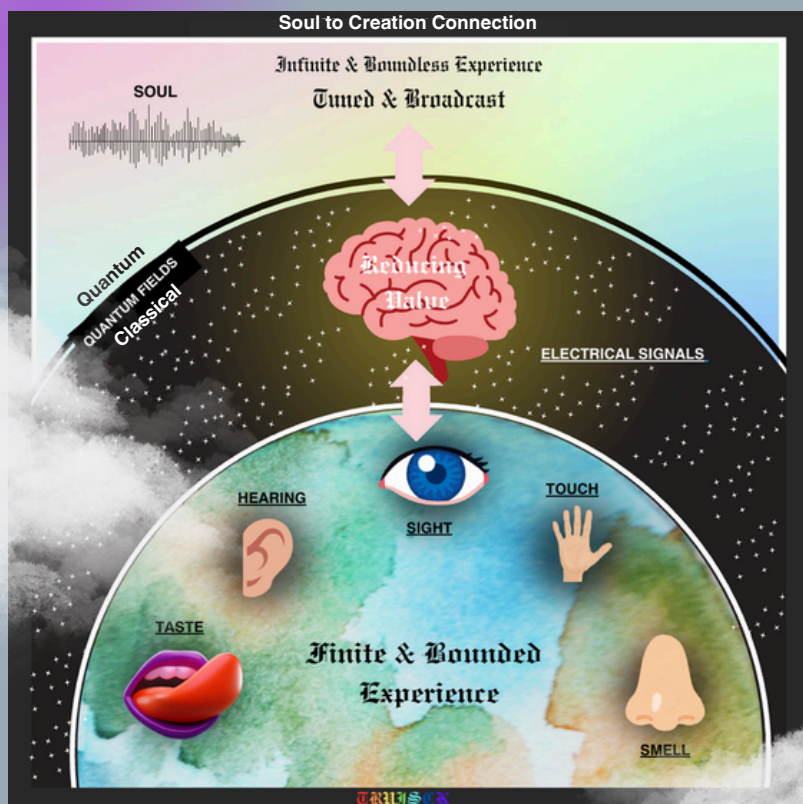
Observation is Passive - Doesnt change the system

Continuis values (Continuous)

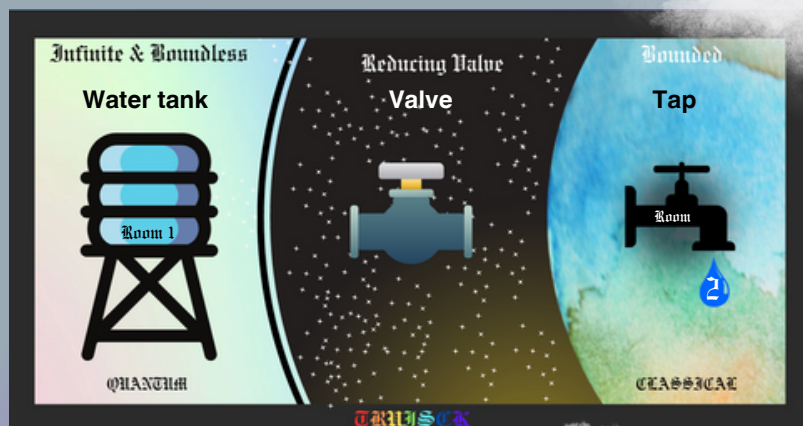
Physical objects, elctrical circuits, thermodynamica, Sound waves

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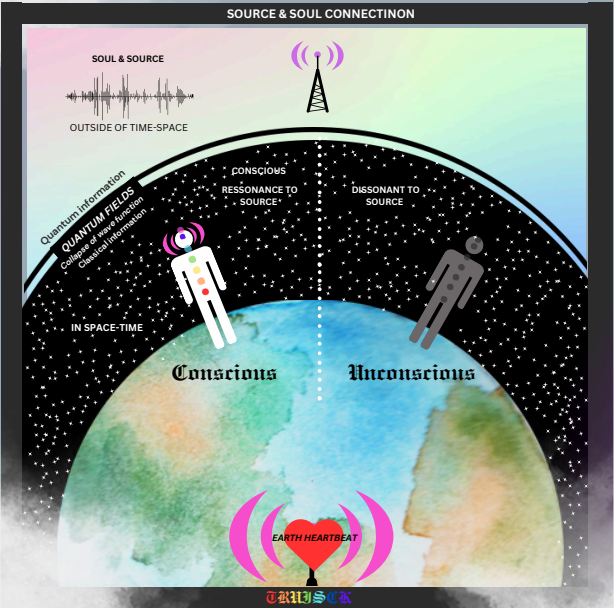
How your Soul Enters Space-Time



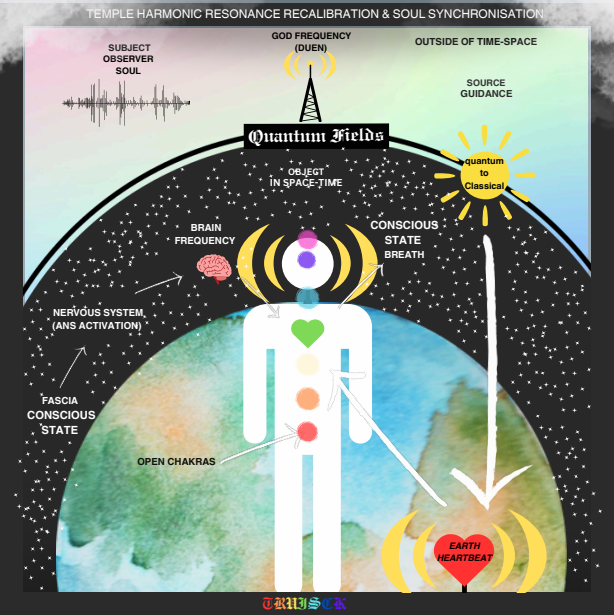
Analogy



Conscious vs Unconscious



Conscious Connection



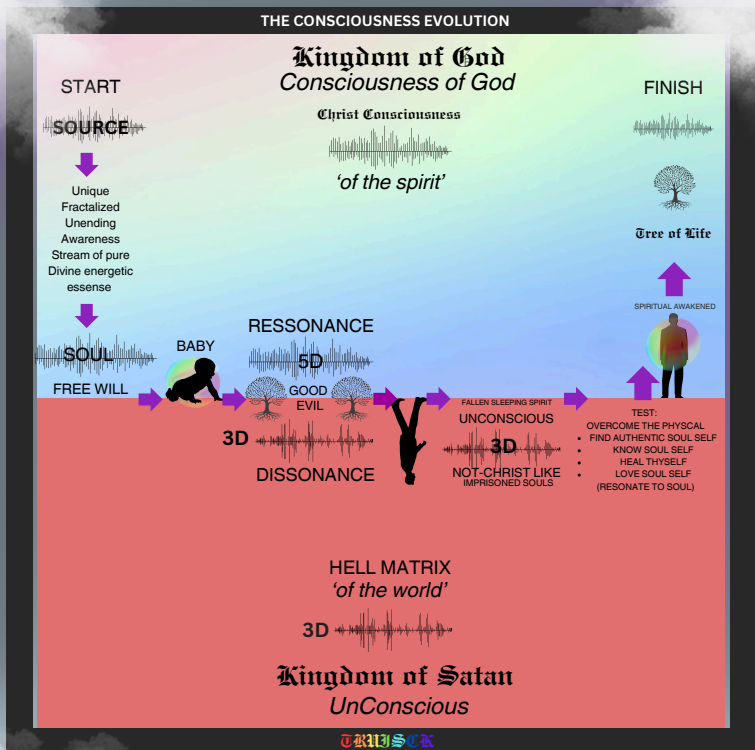
Set frequency
(Same as source)

flexible in resonant abilities

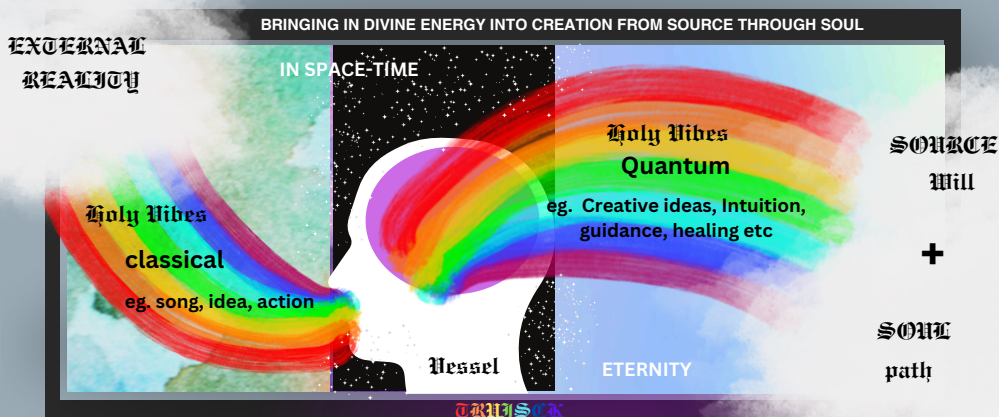
Set frequency
(Same as Soul)

Soul + Variable connection via the Mind Temple/Spirit + Variable connection via State Source

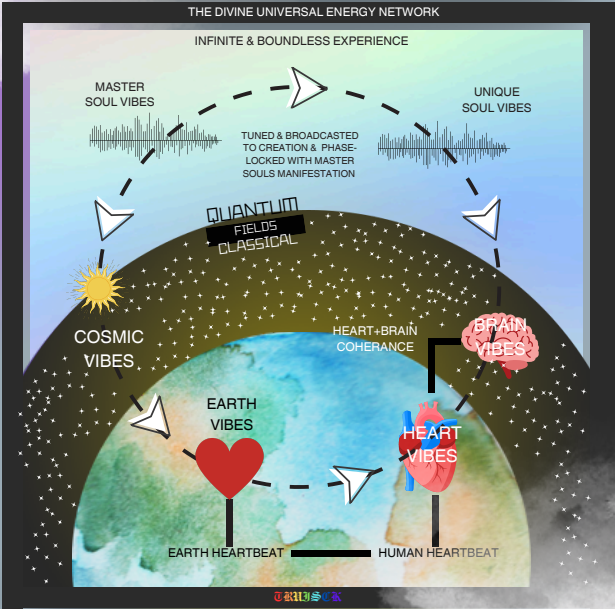
THE CONSCIOUSNESS EVOLUTION



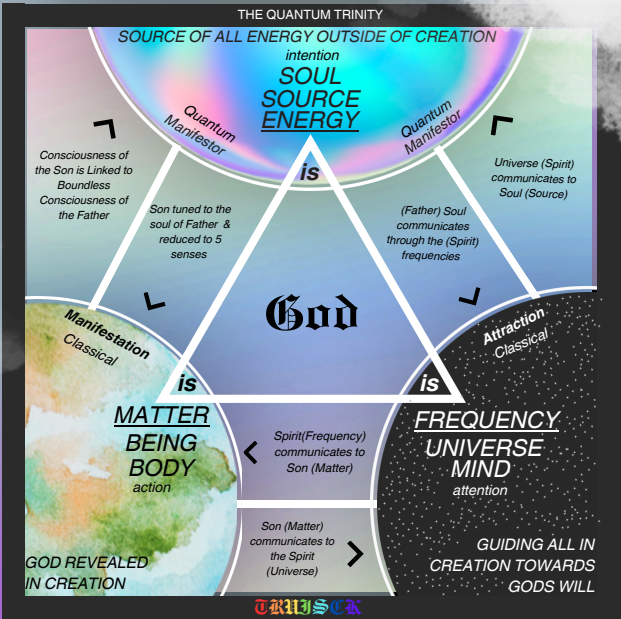
Soul Alignment



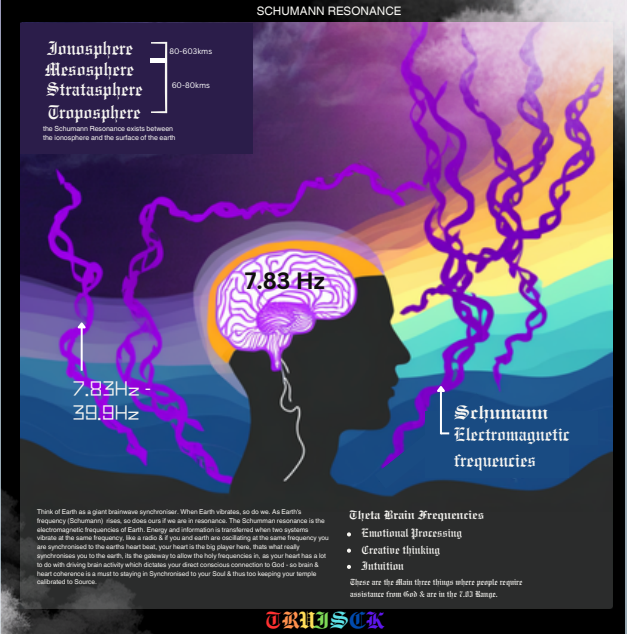
The MEN



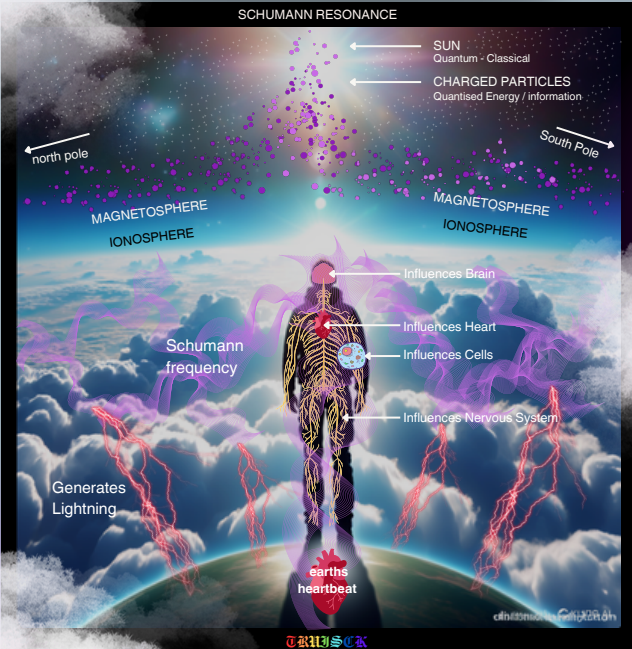
The Trinity



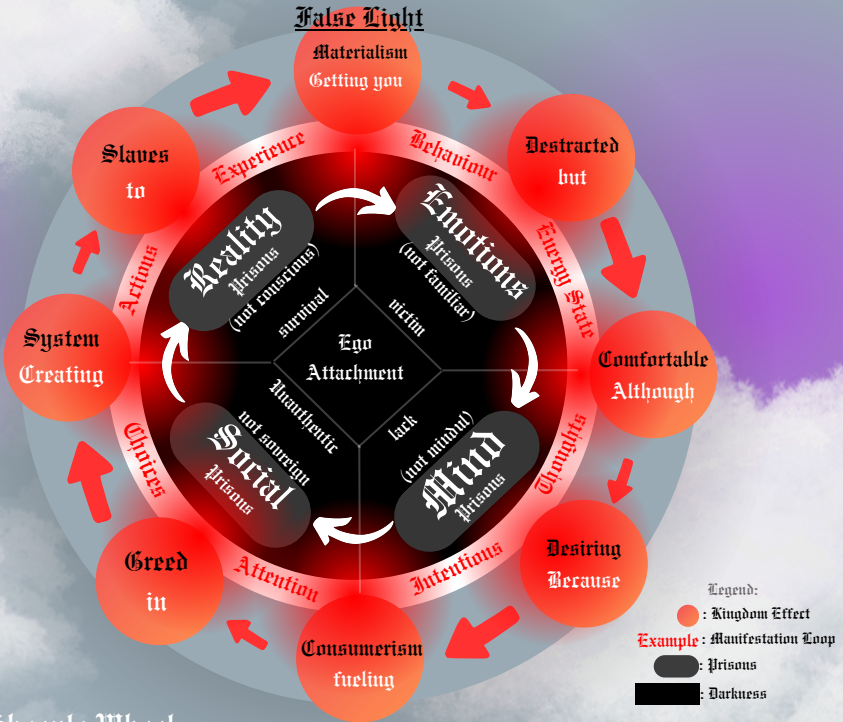
The Earths Heartbeat



Human Connection & Influences



Why you fall (Disconnect to DHEN)



The Sheeple Wheel

1. First, understand that all Spirits whether they know it or not are searching for true illumination which is Temple harmonic resonance recalibration & soul synchronisation to the Divine Universal Energetic Network as this is the true intention of the divine quantum manifestation you inherit from source, your souls will.
2. Although, In the matrix sheeples get lost & drawn in by the **False Light (Materialism)** Materialism (Worldly Gain) is the opposite of Spirituality (Internal Gains)
3. The False light DOES NOT illuminate the Spirit, only satisfies the Ego. Therefore, the person is in darkness although surrounded by false light that is keeping the Ego content, yet still longing for true illumination within.
4. Then their Attention is constantly harvested by media & entertainment keeping them distracted although comfortable, not realising the distraction is perpetually numbing their spirit through programming, brainwashing, indoctrinating, manipulating, control, deception in mostly anti Godly ways, keeping them unconscious & fallen.
5. Direct & Subliminal Low vibrational energies corrupting the mind & Remember, thoughts create your reality, that eventually leads to emotions, influencing your conscious state which is your connection to the Divine, while emotions heavily influence thoughts repeating the **Manifestation loop** (white ring)
6. So you are perpetually then living off downloaded programming & habitual behaviours completely unconscious & oblivious to the truth of your reality.
7. Because of the System itself, you are now stuck in a 'Want more, Spend more, Work more, Gain more' cycle. Going round the hamster wheel, while constantly unilluminated & never spiritually quenched as you are ignoring your soul and dissonant to source thus not in divine alignment.
8. Leading to becoming stuck in the 4 Spiritual Prisons and attached to the Ego.

But don't worry the Good Soul Shepard is here to help...

Conscious Energy Chart					
SOUL					HEAVEN
Authentic Creator in Abundance	EXPANDED	ATTACHED TO THE SOUL FREQUENCY & LEAD BY THE SPIRIT			(indicative)
	MIND	AWARENESS	STATE	LEVEL	SCALE DUEN
	Mindful	Observer	ineffable	Enlightenment	700-1000Hz 100%
	Grateful	Conscious	Bliss	Peace	600Hz 100%
	Constructive	Fixed	Serenity	Joy	540Hz 100%
	Creative	Intent	Reverence	Love	500Hz 100%
	Optimistic	Rapt	Understanding	Reason	400Hz 99%
	Hopeful	Engrossed	Forgiveness	Acceptance	350Hz 99%
	Reflective	Concentrated	Optimism	Willingness	310Hz 98%
	Pragmatic	Alert	Trust	Neutrality	250Hz 85%
unauthentic victim in Lack	Neutral	Focused	Affirmation	Courage	200Hz 70%
	Uncertain	Casual	Scorn	Pride	175Hz 60%
	Distracted	Engaged	Hate	Anger	150Hz 50%
	Conflicted	Wandering	Craving	Desire	125Hz 45%
	Self-Critical	Absent	Anxiety	Fear	100Hz 40%
	Pessimistic	Preoccupied	Regret	Grief	75Hz 35%
	Utminating	Distant	Despair	Apathy	50Hz 30%
	Worrying	Scattered	Blame	Guilt	30Hz 25%
	Obsessive	Distracted	Humiliation	Shame	1-20Hz 20%
EGO					
CONTRACTED					HELL
Manifestation Loop					
THOUGHT	CHOICES	BEHAVIOURS	EMOTIONS	Back to start	
Intentions	Attention	Actions	manifestation		
become mindful	become conscious	become sovereign	become familiar		

Consciousness Functioning Divine Blueprint				
State	Item	Description	Solution	Consciousness Evolution Function
1. Quantum	1.1 The Soul	Observing	Synchronisation (Mindfulness) <i>Soul Sovereignty</i>	1.1 Quantum to Classical reciprocal coding
2. Microstates #state	2.1 Karmic Debt (or credit) 2.2 Internalised Relationships 2.3 Trauma & Suppressed Emotions 2.4 ANS (Fight or Flight) 2.5 Unconscious mind (85%) 2.6 Habitual programs and beliefs 2.7 The Shadow Self	Consequences of past actions Relationship People, Places & things Stored hurt & un managed emotions Automatic temple functioning Back-end planning & processing Automatic functions & software Unconscious Personality you ignore	Make up for it (intentions>Action) Reframe your connection Heal & Forgive Monitor & Balance Temple Reprogram Assess & Change Beliefs Embracing and Integrating	2.1 Energetic interferences rectification is to justly rectify energetic imbalances, harm, Generational wounds, trauma, or avoidance of growth the soul has owing or requiring attention. Function 2.2-7 Progressive Lesson teaching Passion for a Consciousness to evolve via issues resolved/complementary to the shadow. Female Life Challenge + Effort + Skill 1. Progression + Consciousness maturation (no issue required) or 2. Suppression + Consciousness Inflation = "Issue A" stored in the "Shadow Self" inner issue A = outer Persona Issue B (or external inner issue B/Karmic issue) (Issue B is complementary or mirrored to issue A) Eg. A Suppressed anger = B Loss of Masculinity (Karmic mirror=B Bully or Dominant people in life to overcome) or A Fear of Love = B Uncomfortable lust or desire (Karmic mirror=B Sexual Addiction or Evil people) or A Shame of appearance = B Overcommunication (Karmic mirror= Bisexual relationships or materialism) Issue B= Progressive Growth opportunity via necessary lesson/last Note Issue AB are Coda in the Spiritual course due to unhealthy Ego attachment (Imbalanced psyche: Ego attachment)
3. Conscious #state	3.1 Environment 3.2 Internal Energy 3.3 Temple State/Condition 3.4 Breath 3.5 Internal Emotions 3.6 Nervous System 3.7 Heart Rate 3.8 Brain Waves 3.9 Conscious Mind (5%)	Space & times you are located in The energy level (mind/body/spirit) Health & state of your Body The Air (Prana) entering the Body The energy in motion in the Body Electrical communication network Energy Vortex machine Frequency the brain functions at Intention Thought/Attention & Choice	Avoid negative space-times Healthy & Balanced Lifestyle Look after your Temple Conscious Breathing & B (work) Familiarise & Transmute Regulate Listen to Control (Meditate) Observation & Awareness	3.1-10 Persons are determining the resonance channels that either align or distort your connection to Soul & Source.
4. Experience	3.10 The Paradigm 3.11 The Ego 3.12 Personality = Personal Reality 3.13 Persona	Mental Framework shaping worldview Self identification constructs Actions & Behaviours Mask or Social Role	Identity & Reframe Integrate the ego, by awareness of personas or masks you wear while paradigms shift. Creator + Abundance + Authenticity Remember the future viewing life as "for" your coming from inside of you. Manage Conscious observation	3.11 Classical Self Filter is the accumulated data associated to unique personal attributes that constructs the Quantum Souls classical human self identity & unhealthy attachment to the data due to Imbalanced psyche caused spiritual imprisonment thus disconnecting them from the Divine Universal Energetic network (Kingdom of God). The Fallen Human is then required to Reallocate the Temple & Re-Synchronise the Soul to enter the Kingdom. 3.12 Individuality & Uniqueness 3.13 Real-time Social Adaptability
5. Results	4.1 Traumatic experiences 4.2 External Emotions 4.3 External Energies 4.4 External Relationships 4.5 The Mirror	Experiences causing distress. Emotions outside of you Energies outside of you Interactions w. People/Places/Things Reflection of inner you see in outer	Protect & stand up for yourself Balance empathy and stoicism Avoid drama or negativity Deal with them appropriately Notice it & take control	4.1-4 External Classical Manifestations The Master Soul (Re-ignite sequencing (All lives, Conscious & Unconscious are phase locked to the Master Souls Manifestation) 4.2 Synchronistic & Reflective Life Lessons Unconscious inner issues the universe reflects to you externally to reveal shadow issues (All don't wish classical divine sequencing converging 100% to the master souls plan) it's up to the individual to free will to learn lessons or ignore & stay unconscious. The whole purpose is to evolve duplicated Quantum Souls into the Christ Consciousness (Content of Character) by using the human experience.
Unconscious		or Conscious		
Stuck in Spiritual Prisons Stuck on Sheep's Wheel Karmic debt in universe The Fallen Paradigm (Satanic Consciousness) Ego attachment		Free of Spiritual Prisons Free of Sheep's Wheel Dharma (Universal alignment) Awakened Paradigm (Christ Consciousness) Ego integrated		

Consciousness Mind Map

REMEMBER, YOUR MANIFESTATION EFFECTS OTHERS!

GODLY EFFECT



+ ACTION

In Space-Time

Universe

GODLY CAUSE

ATTRACTION

ATTENTION

MANIFESTATION

INTENTION

PHYSICAL

DENIAL

CAN BE
INSTANT OR DELAYED
DIRECT OR INDIRECT

APPROVAL

INTUITION

ASKING
Prayer

QUESTIONING STAGE
Assessment of if it aligns with your Divine Will

SOUL - SOURCE

LISTENING
Meditation

INAPPROPRIATE

APPROPRIATE

ANTI-YOU

NEGATIVE
THOUGHTS
Dissonance

DETACH
OR TRANSMUTE

*Deal
with it*

ATTACH

AUTHENTICS
SOUL SELF
POSITIVE
THOUGHTS
Ressonance

INSTALL

(PROCESSING,
REASONING,
PERSPECTIVE)

CONSCIOUS-MIND

5%

INTRUSIVE NEGATIVE
THOUGHTS

(BACKGROUND

SUB CONSCIOUS-MIND

95%

(PROGRAMABLE THROUGH
EXTERNAL CONDITIONING,
THOUGHTS, BELIEFS ETC

LEGEND

NEGATIVE

POSITIVE

THE OBSERVER

You are not your
thoughts, you are the one
that witness'

Outside of Space-Time

Quantum

His Story Recap

- **God's Soul Existing in Quantum State (Eternity)**

Perfect Positive Energy & unity = Light

- **God Manifests Creation from the quantum (Beginning & End)**
- **Seen in the classical as 13.8 Billion Human years Ago**

Wave collapses, universe commences and evolution begins divinely guided by Sources quantum intention carrying the frequencies in the Direction of God's manifestation (The Only way the truth and the Life) via the Divine Universal Energetic Network.

- **Star-Born Beings existing in the universe (before Humans)**

- **200,000 years Ago - Anatomically Modern Humans Appeared**

Humans given free will

Humans gifted knowledge & ability of Good (Positive) & Evil (Negative)

Humans Living aligned to the way, truth & life.

- **Star beings rebellion born against the Consciousness evolution of Humanity.**
- **The Watcher (Angelic) War commenced**
- **Fallen Watchers Exiled to Earth**
- **Godly Watchers materialise on Earth including Master soul to guide Humanity's evolution back to light.**

- **Fall of Man - Man Expelled from Paradise due to Darkness**

Negative Energy Leads to death (Cataclysm saves lost souls via a reset, Souls appointed 108 Lives)

Fallen Epoch (Holecene)

- **12,000 - 9,000 years ago - Younger Dryas**

Watcher war continues in both spiritual & physical, Consciousness War or informational war.

- **9000 years ago - Gobekli Tepe: Oldest Temple Site**

Signs of Lost Civilisations (200 Flood Stories around the Planet)

Architecture & Agriculture first pops up

- **6000 years Ago - Cradles of Civilisation appear**

Civilisations commence

Again battle of Positive(Light) & Negative Energies(Darkness)

& Awakened consciousness vs fallen Consciousness

Satanic Religions forming of all kinds (wrong way, lies leading to death/darkness)

Satanic Kingdoms forming of all kind (wrong way, lies leading to death/darkness)

- **2000 years Ago - First Coming of Christ**

Gets to Roman Empire (Fallen Satanic Kingdom, world in darkness)

Going the wrong way, lacking truth & leading to Death

God incarnates as the light, to provide the lost souls the Way & Truth back to Life.

(God's consciousness and truth into a Fallen world of lies)

Incarnation Expired & Sacred Royal Bloodline protected and continued

+ *World Wars, Major Global suffering & Satanic Matrix establishing*

+ *Seeds of light growing through Christ altering His story.*

- **Today (2025) - Second Coming of Christ**

God incarnates to complete his Consciousness R/evolution & Consciousness War.

Correcting the damage caused by the Fallen Watchers & recalibrate temples to the DUEN, Saving Souls.

Consciousness War

The war of information & Frequency

Over His story you might hear the term 'Spiritual Warfare' and people saying things like 'Battles in the heavens' & 'Humans are the prize possession in the Battle'. I'd like to provide you clarity around what this all means for you, why it has happened and what must be done to win the Battle. It is true that this war is fought not only in this physical realm but also in the unseen realms that surround us & there is both benevolent and malevolent entities at work in this war for souls. First, Understand the two points below:

Point 1: Humans were made in the 'Image of God'. This meant that Star born beings were to Serve & 'Bow' to Humans due to the role they play in Gods plan in the Consciousness evolution.

Point 2: Higher dimensional beings are not to intervene or disrupt the natural evolution of a planets consciousness or manipulate it's civilisational growth.

There is Star Born Inter-dimensional beings often referred to as Archangels or the watchers by Humans, there was a portion that did not see why they should serve humans, the first seeds of darkness in the universe, jealousy & pride. This caused Division & rebellion was birthed with Watchers like Azazeal who was opposed to serving earth born beings & Lucifer who was at the time head of the celestial Hierarchy built a legion of defiance in the Galaxy.

This created the war between the watchers with Michael, Raphael, Gabriel & Uriel - all star borns fighting against the Fallen Watchers.

Azazeal along with 200 sergeant watchers eventually retreated through a stargate to materialise on Earth where they began to forge their dominion intervening with mans evolution taking wives & teaching forbidden knowledge corrupting humans eventually leading to divine intervention, the Great Flood, a mass reset.

So, you have team darkness, fallen that try to control & work against the human consciousness evolution which is Gods will, by promoting Anti-Godly False light energies to maintain their domination and continuation of their rebellion, halting God's Plan as they don't see Humans worthy or capable of reaching Christs God Consciousness, they see man as animals not worthy of their divine inheritance & destiny.

Michael, along with his benevolent legions had pursued the Fallen watchers to eradicate the insurrections being caused on Planet Earth, but by doing this the star born extra-terrestrials committed to becoming entangled into the re-incarnation cycles as Humans in the terrestrial dimension. The Benevolent warriors of light committed to this sacrifice, sealing their fate and commenced their terrestrial star seed mission. This Angelic DNA Bloodline has been protected throughout the Ages.

This is the Light, that work to God's will & Plan of evolving Humans Consciousness to it's rightful state by recalibrating the temples harmonic resonance to match the Creators resonance, the source frequencies while at the same time battling the dark forces both in and out of creation. This is the Age old Battle of Light & Dark and your consciousness is in this war as either a sleeping pawn or an awakened warrior of light. So, I now ask you, are you of the light or the dark?

Kingdom of God | Kingdom of Light | Kingdom of Consciousness

Soul Assessment Form

The Kingdom of Satan (Hell matrix) - Effects (THE PROBLEM).

The Kingdom you live in has an effect on your consciousness (Soul). The external reality carries energies that can distract you from finding your true self via negative influences. I have listed the 4 Major effects the Matrix Empire has on you below...

- 1.Indoctrination LEADS TO -> Limiting beliefs LEADS TO -> Brainwashed, Closed Minded & Cant Learn (Mind Prison)
- 2.Conditioning LEADS TO -> Habitual programming LEADS TO -> Stuck in a Cycle (External Reality Prison)
- 3.Systematic Oppression LEADS TO -> Social Constructs LEADS TO -> Alienation or Conformity (Social Prison)
- 4.Trauma LEADS TO -> Defence mechanisms LEADS TO -> Uncontrollable emotion (Emotional Prison)

Paradigm		Psychological states		Behaviour
1. Unauthentic	LEADS TO ->	Facades/fake	LEADS TO ->	Lies/deceiving
2. Victim	LEADS TO ->	Hurt Person	LEADS TO ->	Hurting people
3. Lack.	LEADS TO ->	Emptiness	LEADS TO ->	Chasing Material

Questionnaire

Prison Assessment

1.Do you struggle in the mind with thoughts? Are you closed minded, avoid learning new things or trying new experiences, or have certain beliefs around topics that stop or limit you from evolving/changing/growing/learning?

2. Repetitive thoughts/action/intentions/experiences that make you feel stuck in a cycle and feel like your external experience in life is repetitive and change never comes internally or externally restricting you spiritually? (work, addiction, organisations, education, financial)?

3. Do you feel like you are a stereotype, feel confined to social pressure or norms, and don't feel like you belong or isolate yourself or conform in any way? (Peer pressure, Family expectations, Romance, Popularity etc)

4. Have you had traumatic experiences in the past & not healed/delt with it fully, or feel like you are hurt deep down and mask it with things and/or struggle controlling your emotions/reactions? (Anger, Anxiety, Sadness, Stress, loneliness etc)

5. Do you feel like you are NOT 100% authentic & Feel like a victim to life instead of a creator of life, feel like you you unconsciously/consiously Chase/Seek material (Desire possessions/partner/wealth/fame) to fulfil yourself?

YES

NO

Mind Prison

☐

☐

Reality Prison

☐

☐

Social Prison

☐

☐

Emotional Prison

☐

☐

EGO ATTACHMENT

☐

☐

Energy Block Assessment (Bio-field Health)

6. Are you any of the following: Poor Body Image, Feel Stuck, Financial Anxiety, Unstable, Insecure of Self, Low Libido/uncontrolled sexual impaulses, Isolated, Lack Creativity, Fear/Anxiety, In Toxic Relationships, Feeling Powerless, Indecisive, Poor digestion, Aggressive, Unhealthy Competitive, Lonely, Struggle to Empathise, Guarded Heart, Holding Grudge, Shy, Timid, Talk First think later, Dishonest, Trouble Communicating, Can't Speak up, Uncertain, Lack Purpose, Narrow mindedness, Feel Lost in Life, Disconnect from Intuition, Disassociation, No Spiritual Side, Aimless, individualistic, Disconnected from Earth

ROOT ☐ YES SACRAL ☐ YES SOLAR PLEXUS ☐ YES HEART ☐ YES THROAT ☐ YES THIRD EYE ☐ YES CROWN ☐ YES

If you have ticked 'Yes' to ANY of the above this means you are currently in a Spiritual Prison keeping you Unconscious & Dissonant to the DUEN

Fill out the following questions to identify the spiritual prison you are in...

1.MIND PRISON: What's Indoctrinated/Indoctrinating you? (School, Work, Relationship/Media/Religion/Group/Community) Identify what 'CELLS' you are in, within the Prison. (EG. A limiting belief is a thought or conviction that restricts your potential or ability to achieve something)

REFER YOUTUBE@TRUISCK. SPIRITUAL PRISON BREAK PART 2: MIND PRISON or FREE BOOK ON WEBSITE TO SEE 'PRISON CELLS'

2.REALITY PRISON: What's Conditioning you? (Addictions, Work, Media) Identify what 'CELLS' you are in, within the prison (eg. habitual program is a repeated pattern of thoughts or behaviours that become automatic over time)

REFER YOUTUBE@TRUISCK. SPIRITUAL PRISON BREAK PART 1: REALITY PRISON or FREE BOOK ON WEBSITE TO SEE 'PRISON CELLS'

3.SOCIAL PRISON: What's Oppressing you? (Groups, Religion, Stereotypes, Social Pressure) Identify what 'CELLS' you are in, within the Prison (EG.. Social constructs or stereotypes are beliefs or assumptions based on traits like race, gender, or age, Cultural Groups often oversimplifying or generalising them putting them in Boxes)

REFER YOUTUBE@TRUISCK. SPIRITUAL PRISON BREAK PART 3: SOCIAL PRISON or FREE BOOK ON WEBSITE TO SEE 'PRISON CELLS'

4.EMOTIONAL PRISON: What Has Hurt/Hurting you? (Bullying, Abuse, Un-fair treatment, Loss) Identify the 'CELLS' you are in, within the Prison (Eg. Trauma is a deeply distressing or disturbing experience that overwhelms an individual's ability to cope, often leading to lasting emotional, psychological, or physical effects.

REFER YOUTUBE@TRUISCK. SPIRITUAL PRISON BREAK PART 4: EMOTIONAL PRISON or FREE BOOK ON WEBSITE TO SEE 'PRISON CELLS'

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