

# **C1 BIO-UNIT**

## **MANTAINANCE**

Part 2  
Malfunctions  
and  
Intelligence  
Increase

chaosurfin  
g

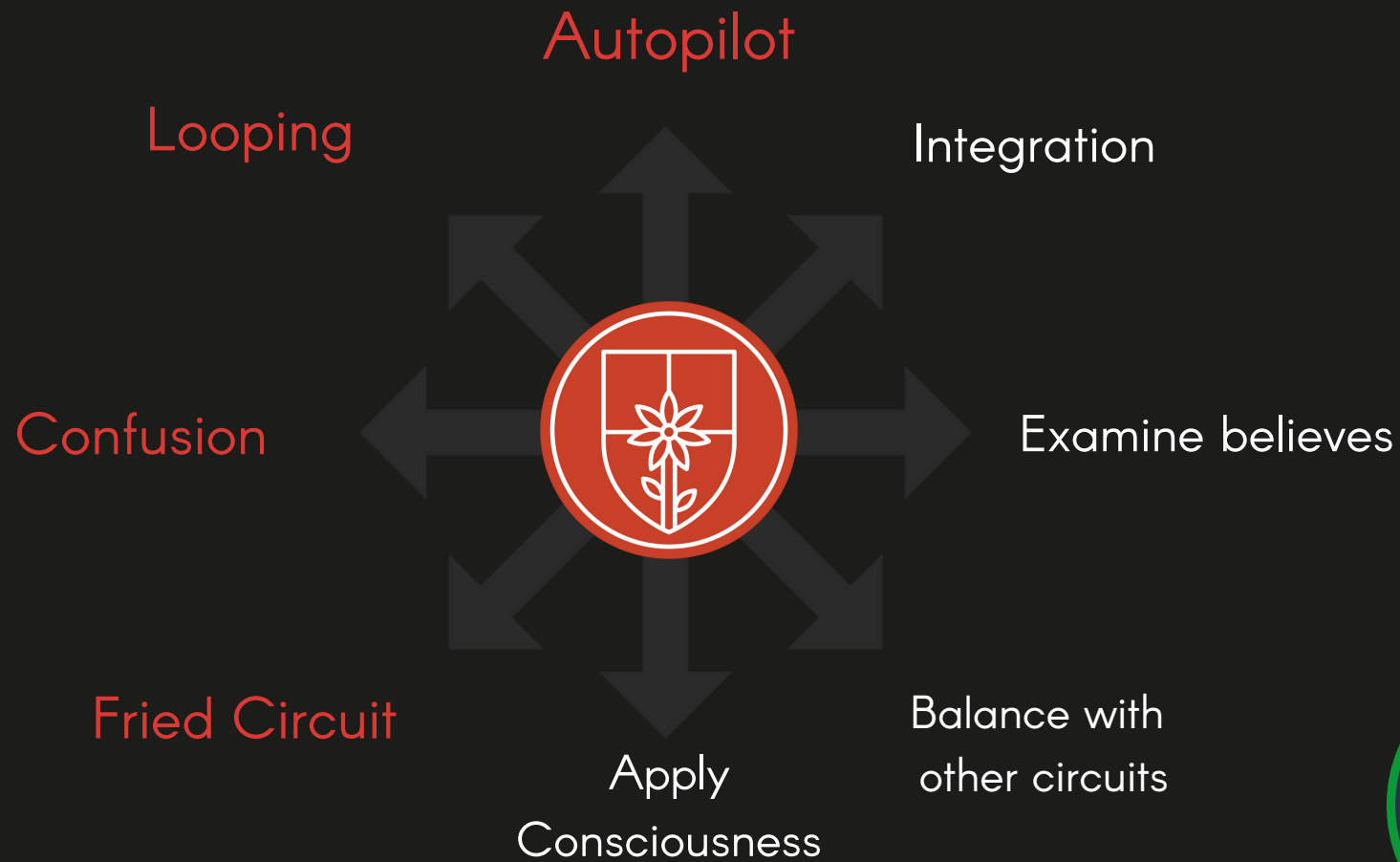


# CONTENT

1. CIRCUIT
2. INTELLIGENCE INCREASE
3. RED MAGICK
4. MONASTIC QUEST
5. GUIDAN



# MALFUNCTIONS



# AUTOPILOT

outdated parental programs

fear of existing

irresponsibility

hooking on others for survival





# CONFUSION

Idea of reality  
contradicts  
lived experience

Energy drain over  
the cognitive  
dissonance





# LOOPING

overemphasis on one circuit

inability to organize excessive info

ineffective survival strategy

worship of circuit



# FRIED CIRCUIT

can't support higher circuit expansion

unintegrated shock

not enough response-ability

premature "enlightenment" overdose

ignoring needs





# INERTIA

can't meet survival needs

needing others to ground you, feed you, house you

collapsed state, freeze response

Fear, Depression, Low Energy

lack of life-force

External nourishment programs



# ADJUSTMENTS

Reclaim your inner mother

Comfort as tool not goal

self-nurturing

grounding

slow re-activation

Self-regulation and  
co-regulation

Find your optimal diet





# **DISTORTION**

distorted body image

negative body-bias ideology

physical collapse

clumsiness and accidents

tension when forcing against resistance

A-Void-Dance





# ADJUSTMENTS

embodied spirituality

accept the shape of body as it is

become still  
face nothingness

communication with body

take your body with you on trips



# SPINNING

obsession with security  
after shock or trauma

anxiety, nervousness, hypersensitivity

basic needs are not being met





# ADJUSTMENTS

rest and digest

value sleep as intelligent process

restore safety, nourishment and shelter

grounding, bond with Earth

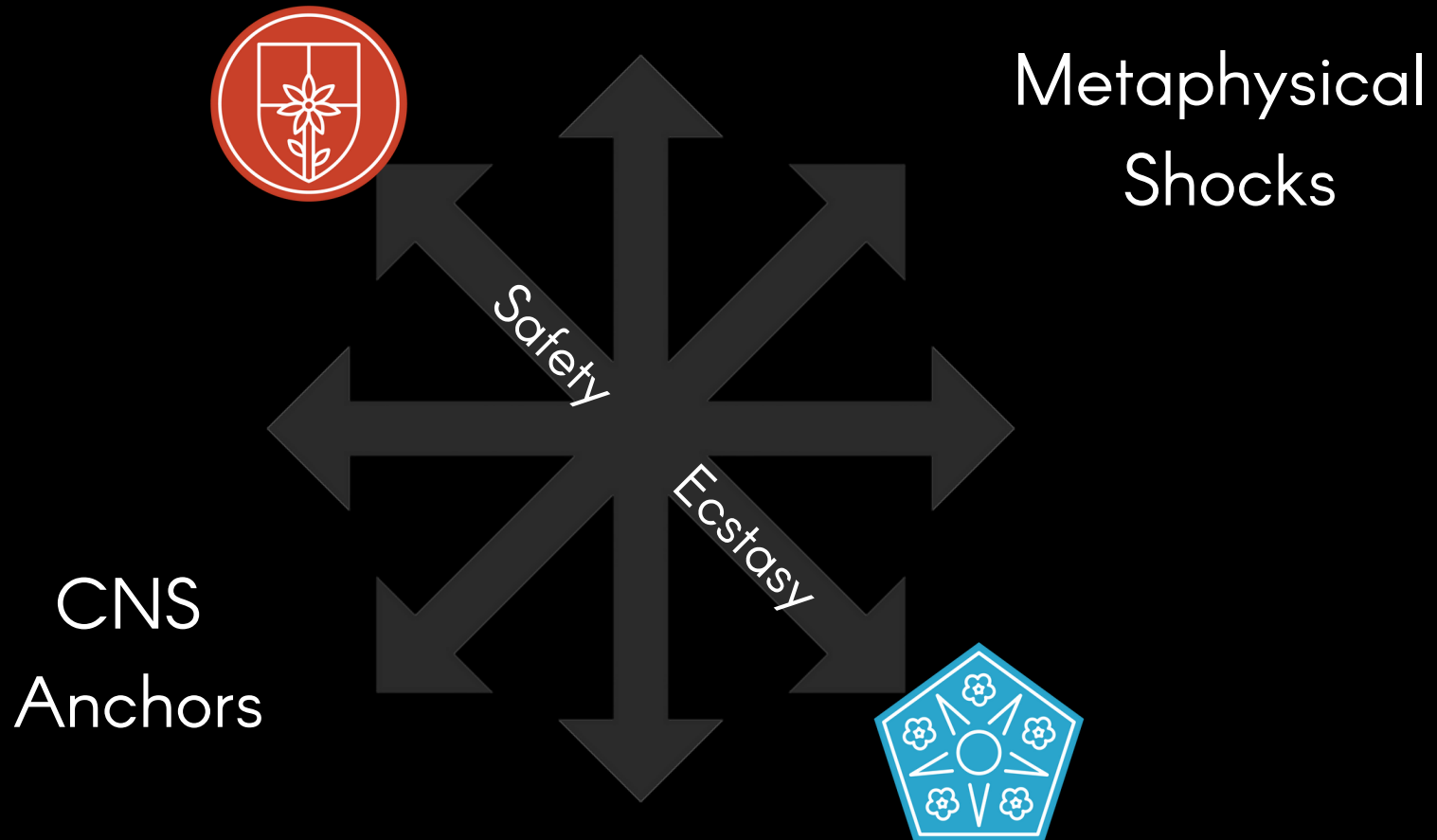
check limits

manage spoons

stop enforcing order and allow disorder and change



# SHOCKS AND ANCHORS





# DISCONNECT

too high, bliss out

sensory overload

self-absorbed,

loss of integrity

ungrounded

scattered

anxiety

self-destructive





# ADJUSTMENTS

understanding balance

restraint and discipline

meet the needs before getting high

slow motion awareness

bodywork

grounding

dispersion





**NEXT:**

**|**

**INTEGRATION AND INTELLIGENCE INCREASE**