



Cookbook
Keep alive!!
By Chas Ellis (Fuantum)

JOURNAL



PETER PAUPER PRESS, INC.
WHITE PLAINS, NEW YORK

(legend)



BODY



POWER



SENSES



CONTROL



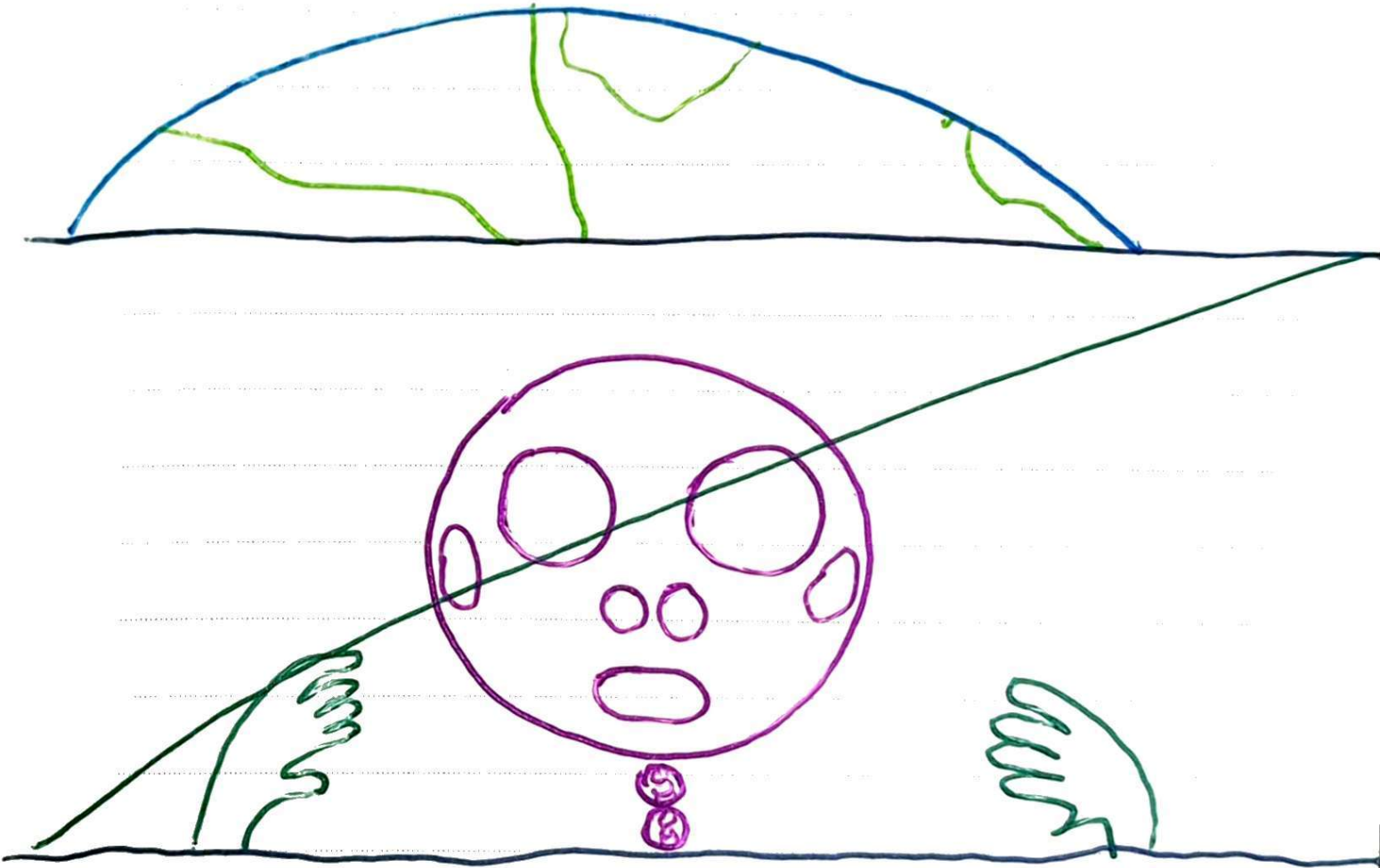
AUTOMATIC

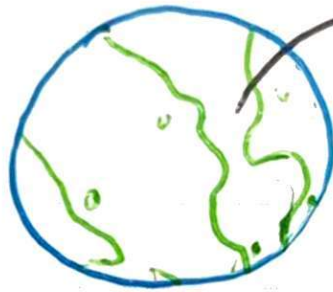


CONDUIT



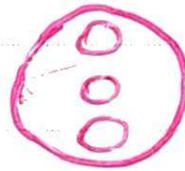
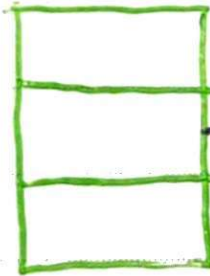
INFORMATIO



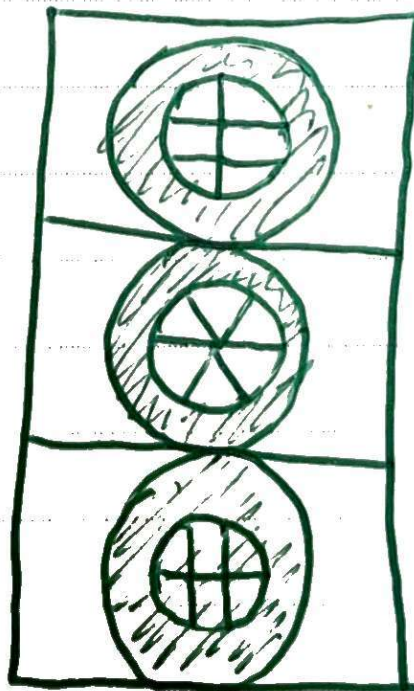


x, y, z, t

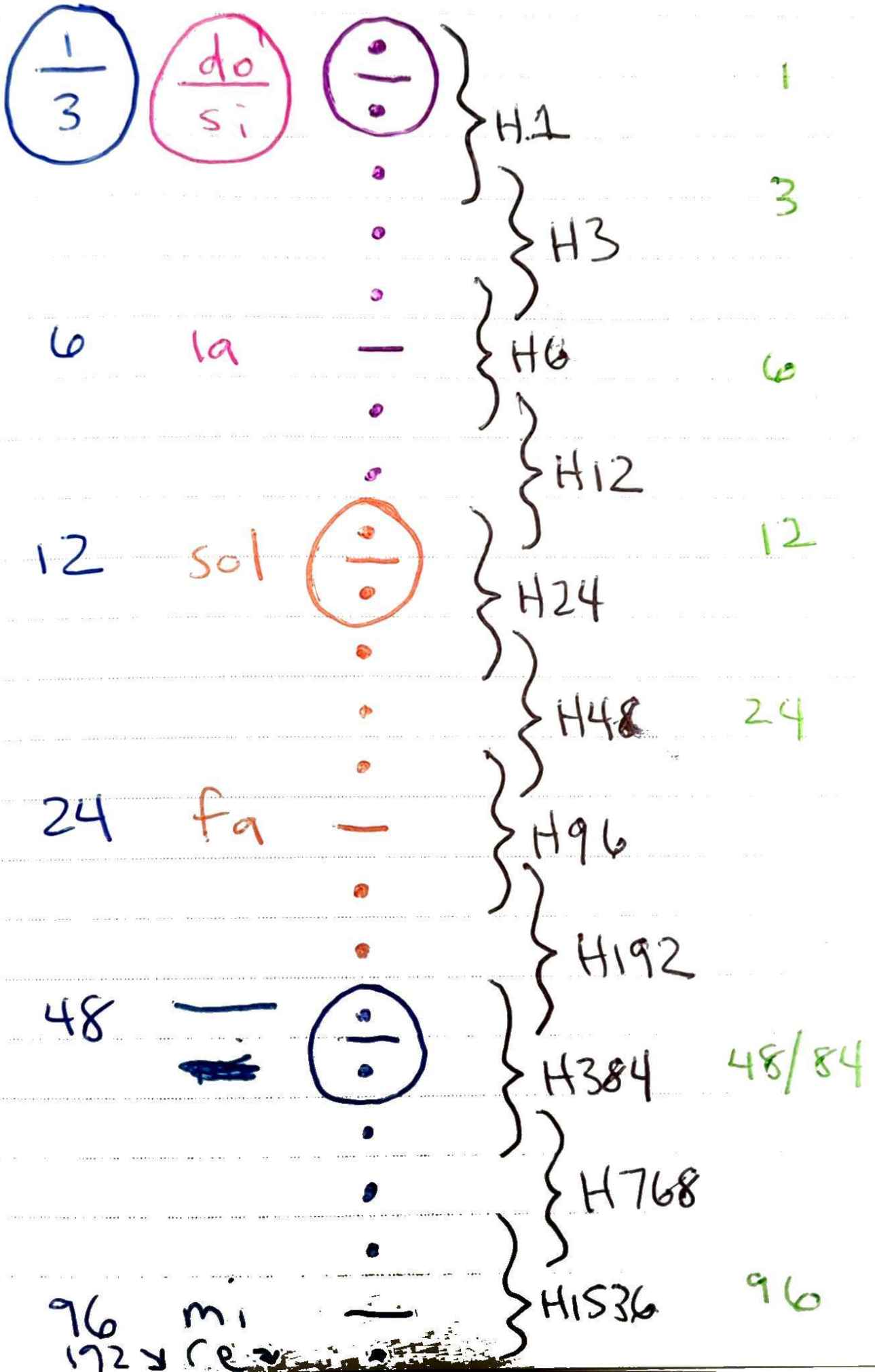
Location



Attention



Home





~~Absolute~~

All Worlds

All Stars

Sun

All Planets

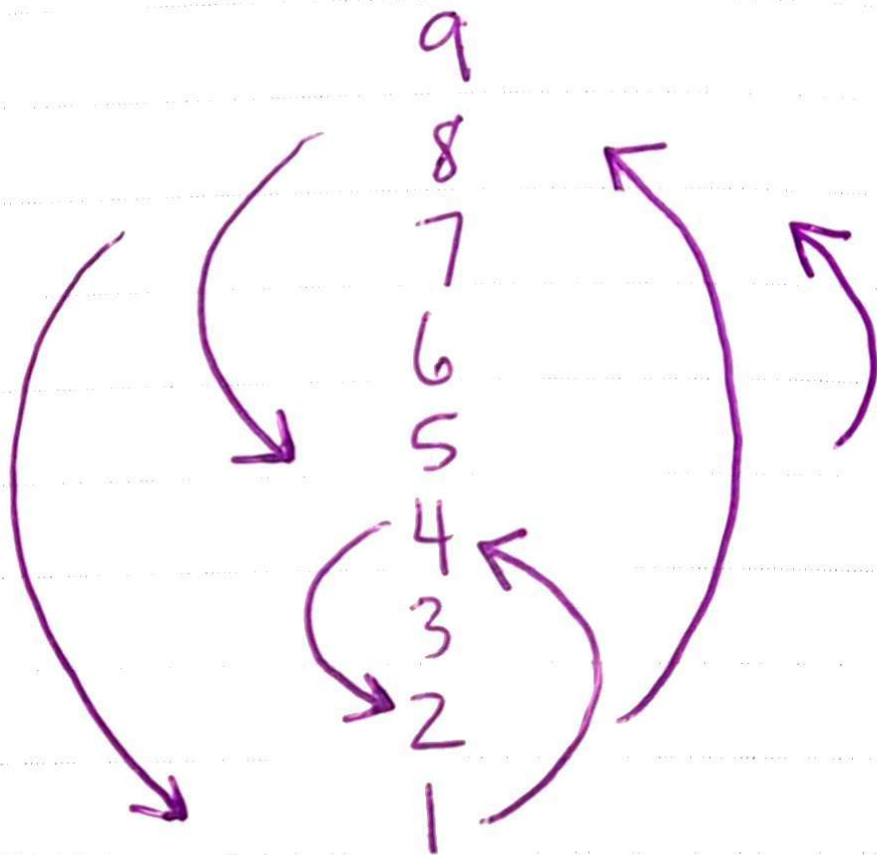
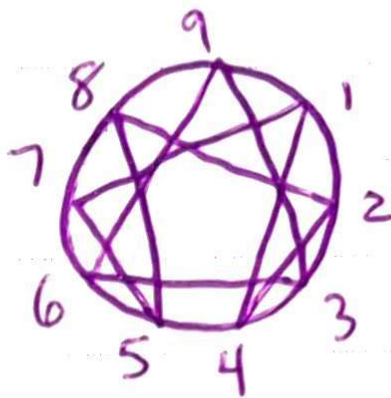
ORGANIC LIFE

FLORA, FAUNA, MAN

Earth

Moon

~~Nothing~~



0.142857142857 0.285714285714
0.428571428571 0.571428571428
0.714285714285 0.857142857142

$1/7$

$3/7$

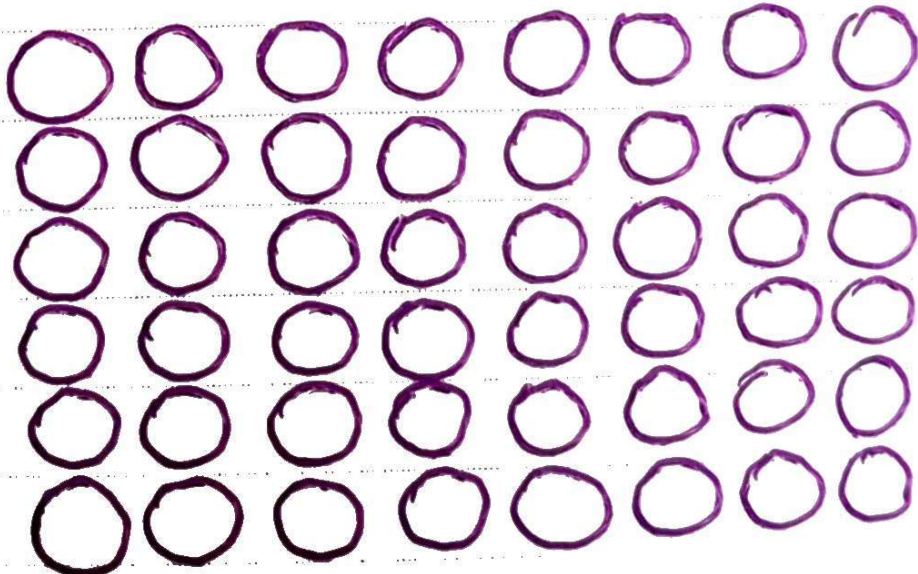
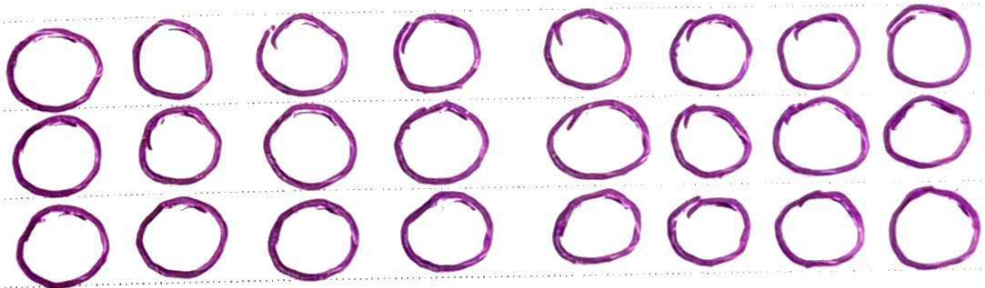
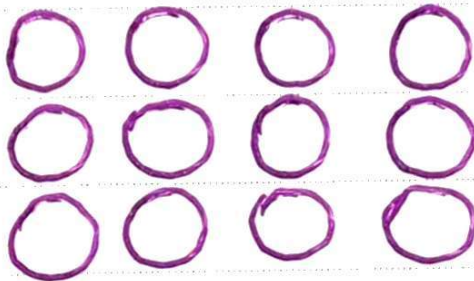
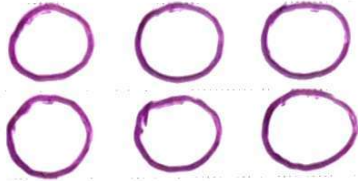
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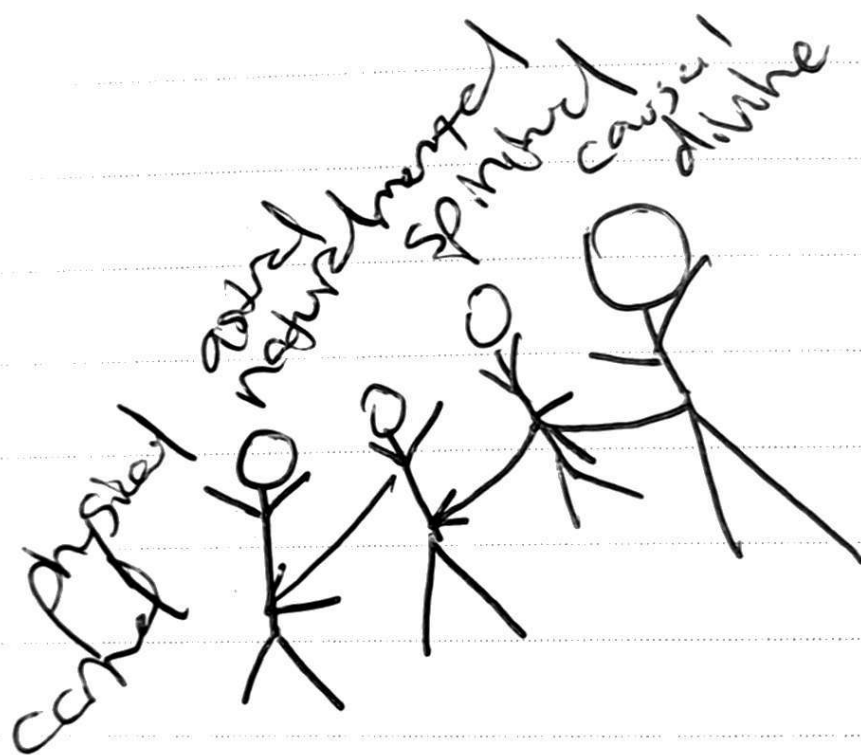
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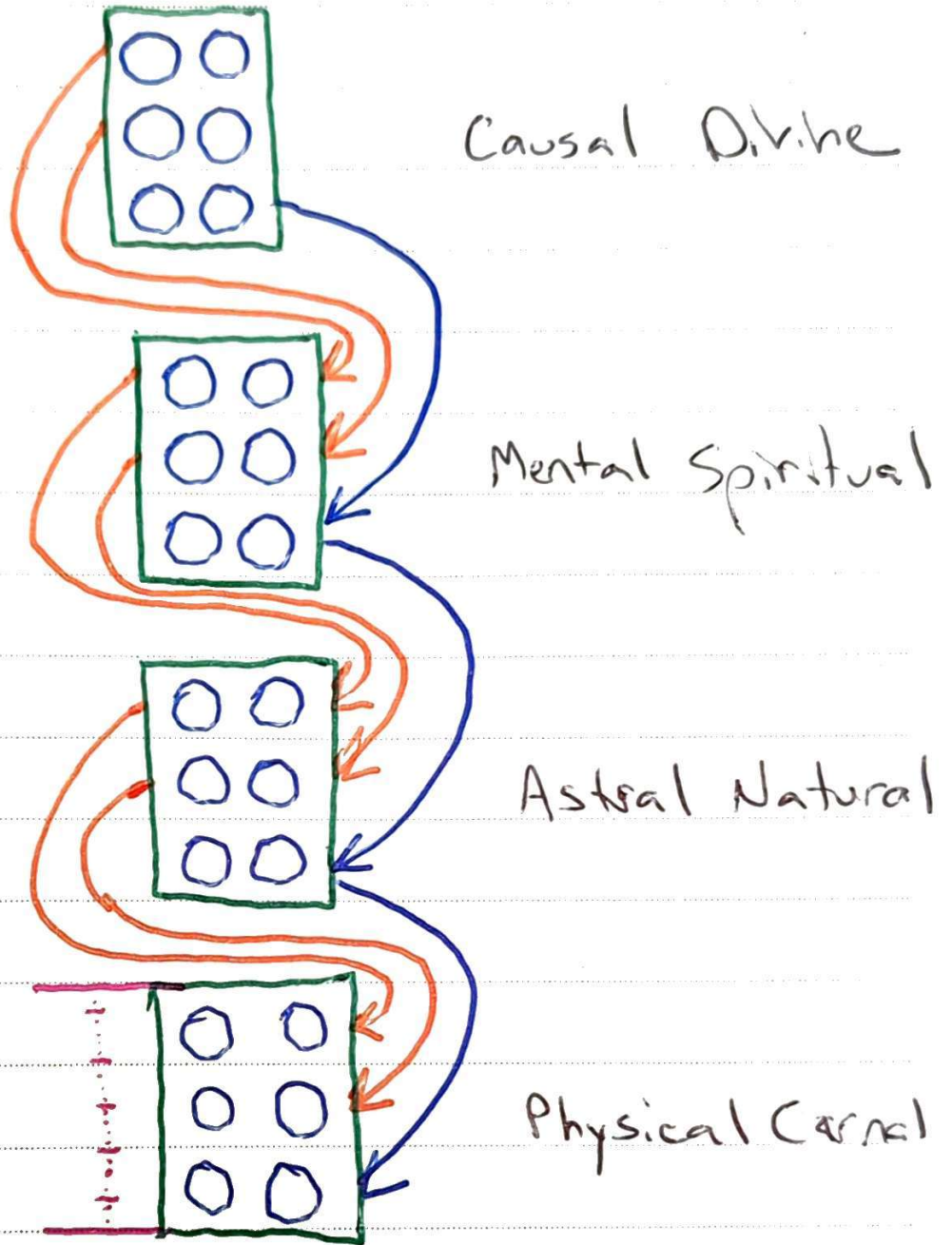
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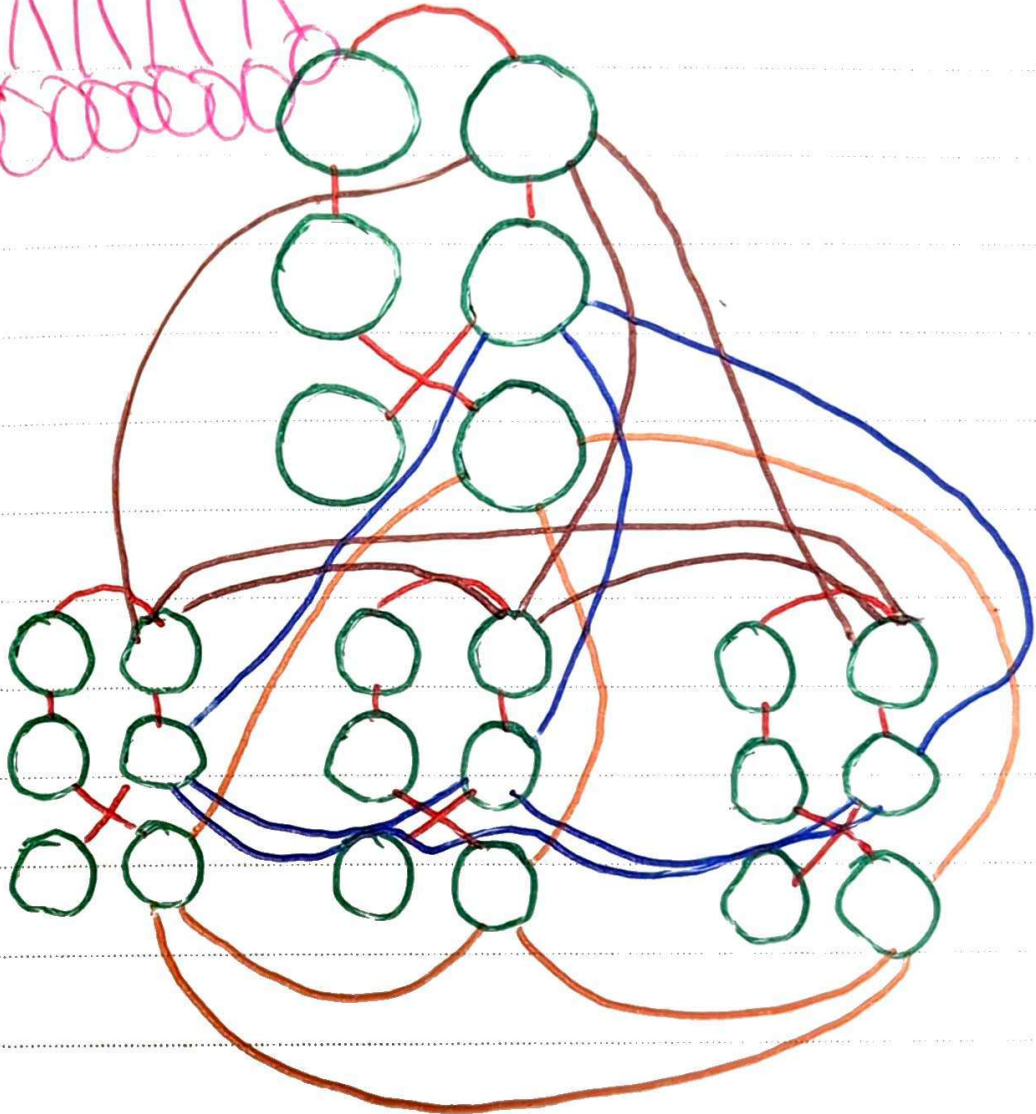
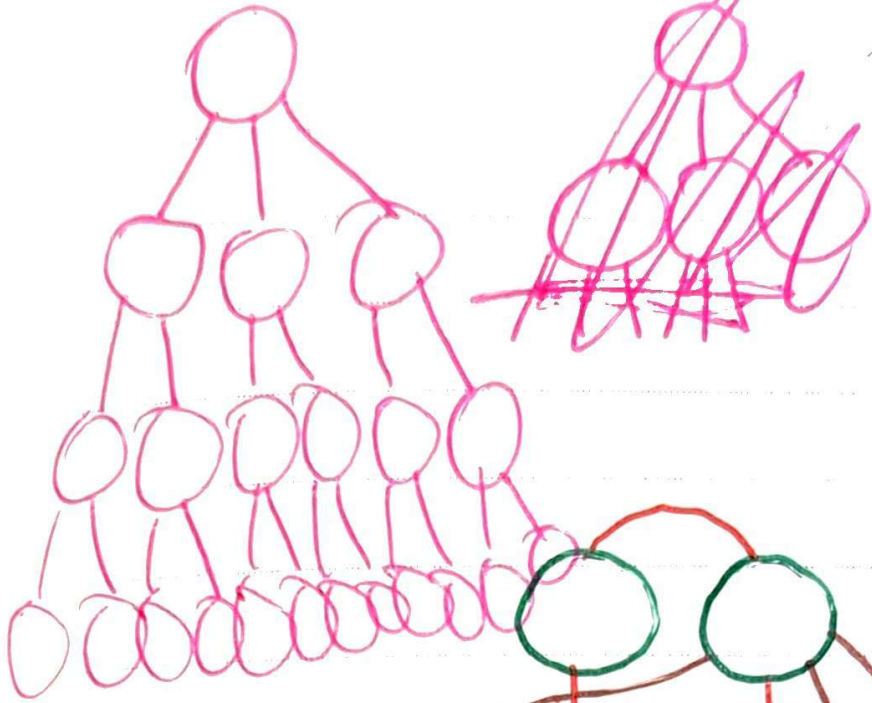
$6/7$

$7/7 = 0.999999999$











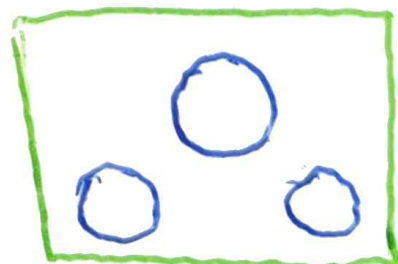
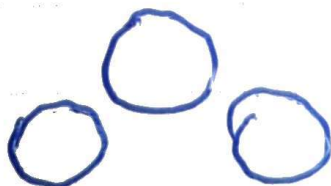
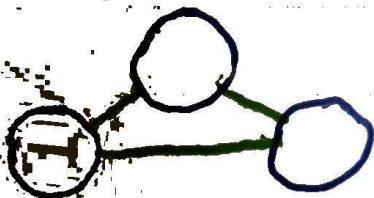
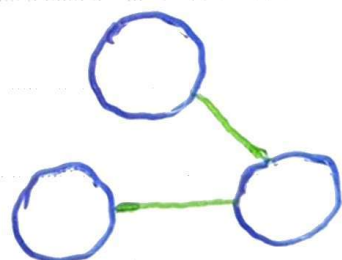
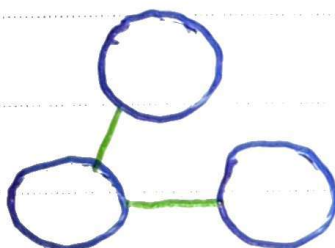
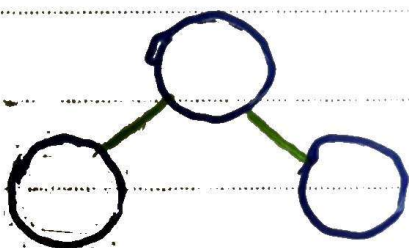
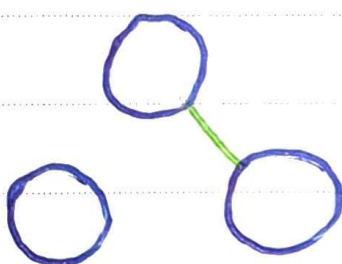
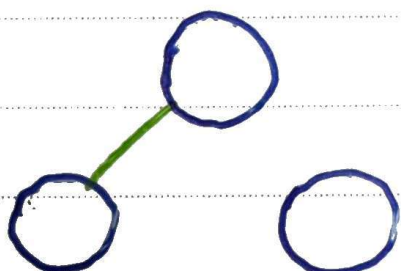
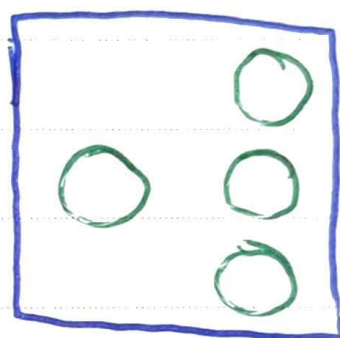
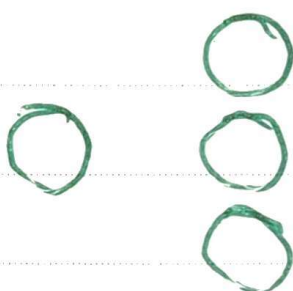
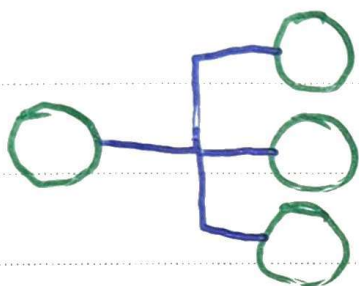
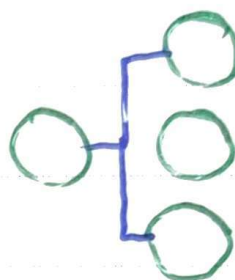
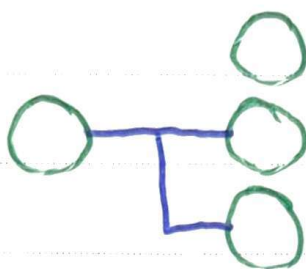
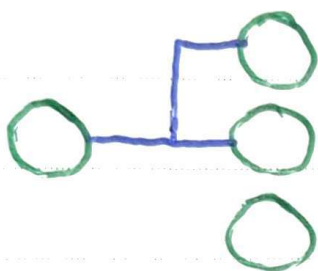
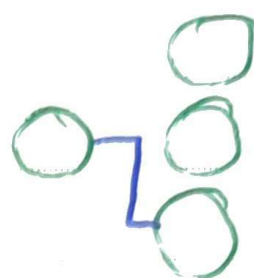
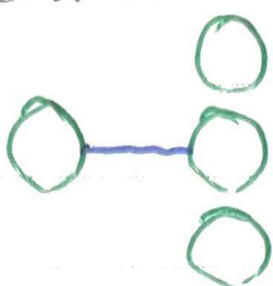
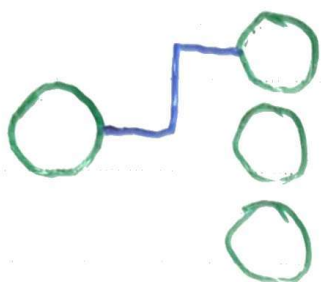
4 million
325,000 years

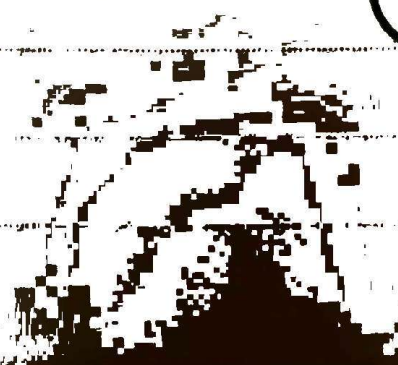
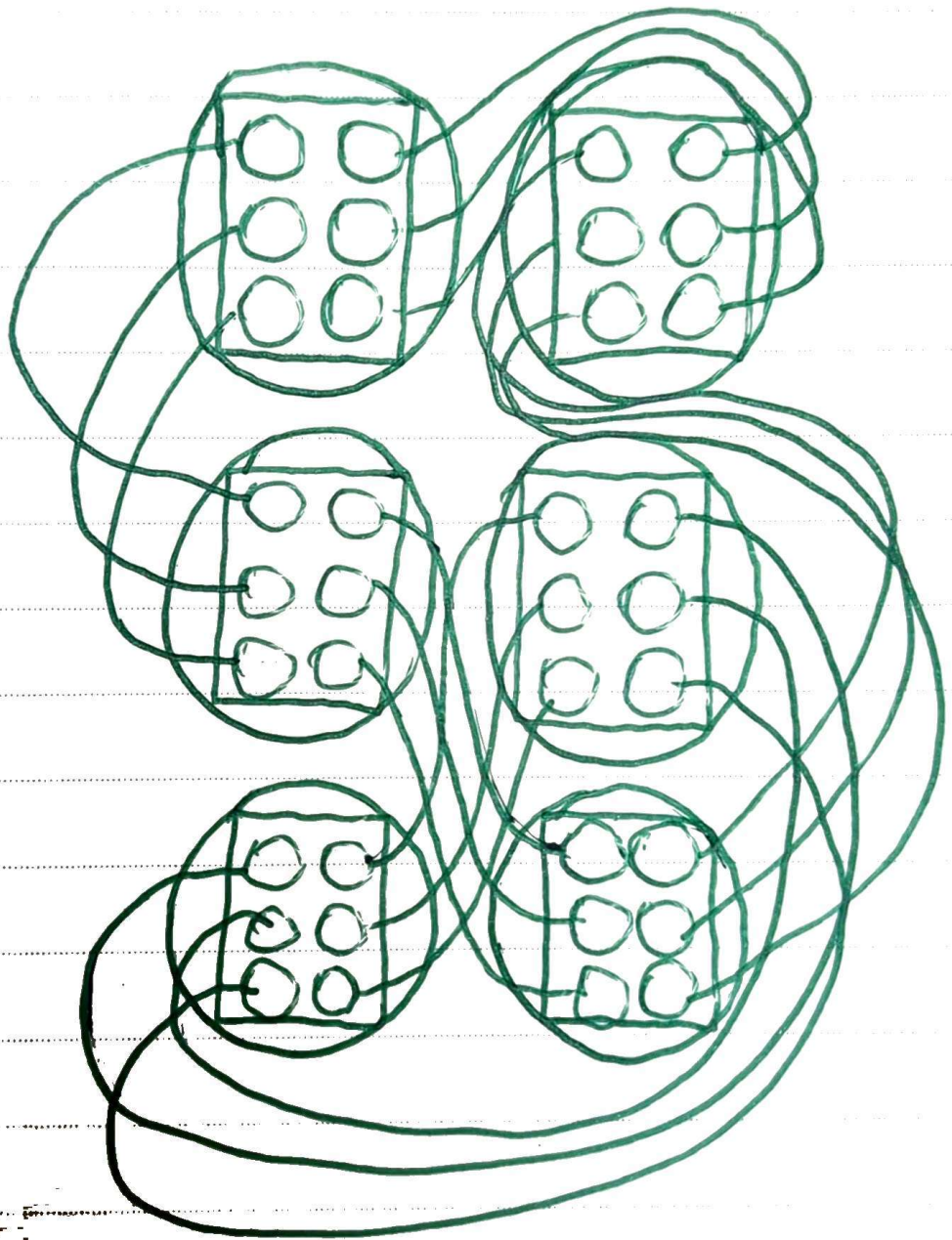
1 per
Watts

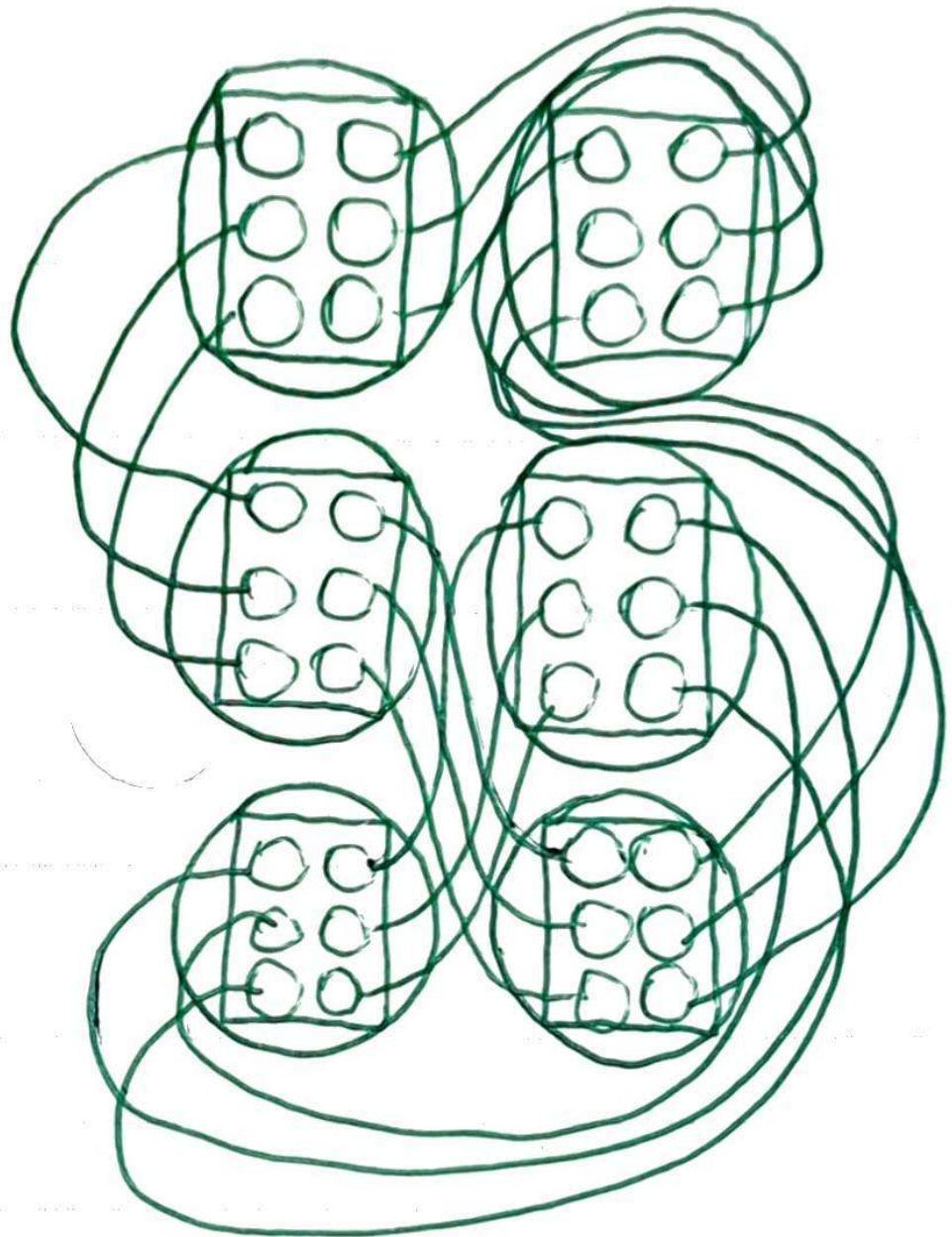
Kolpa

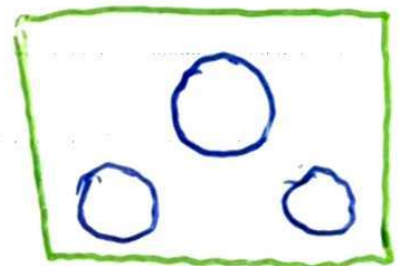
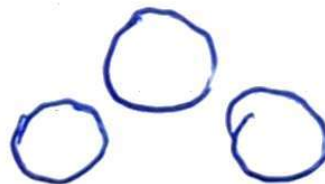
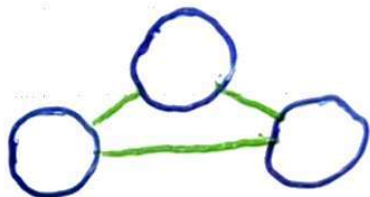
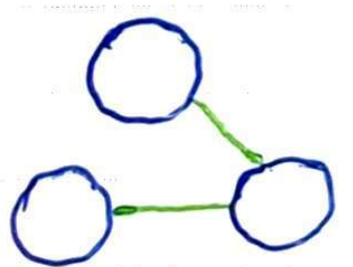
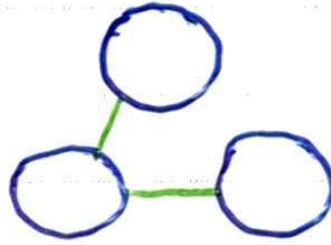
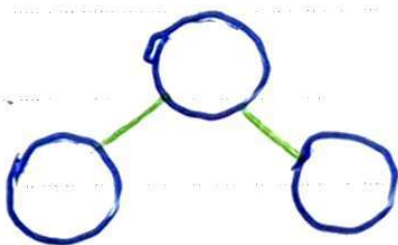
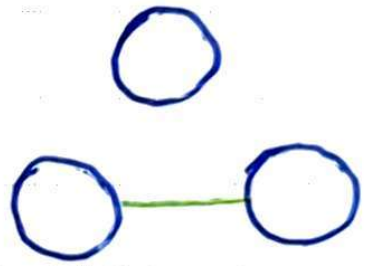
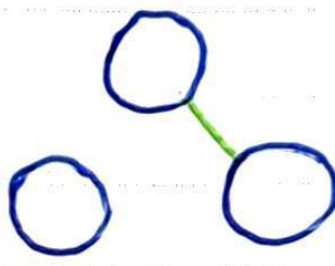
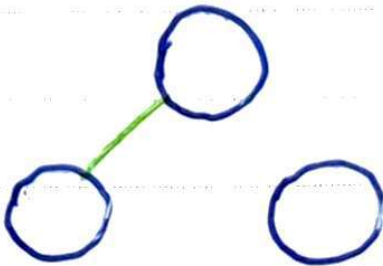
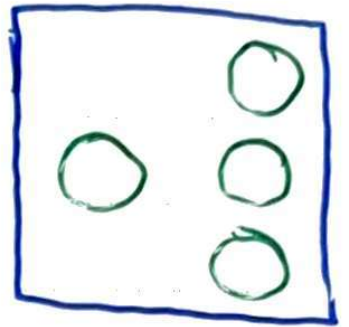
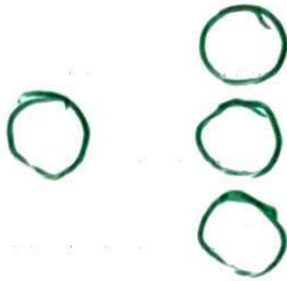
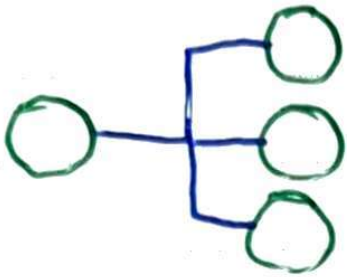
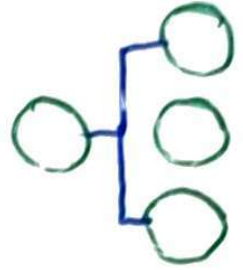
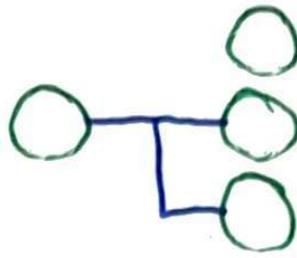
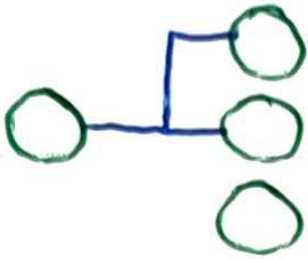
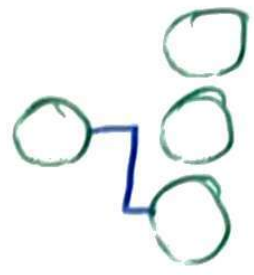
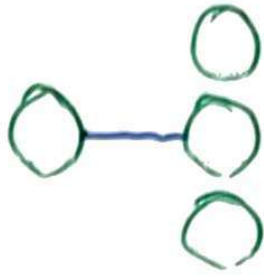
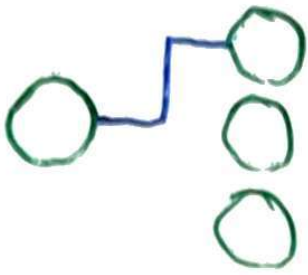
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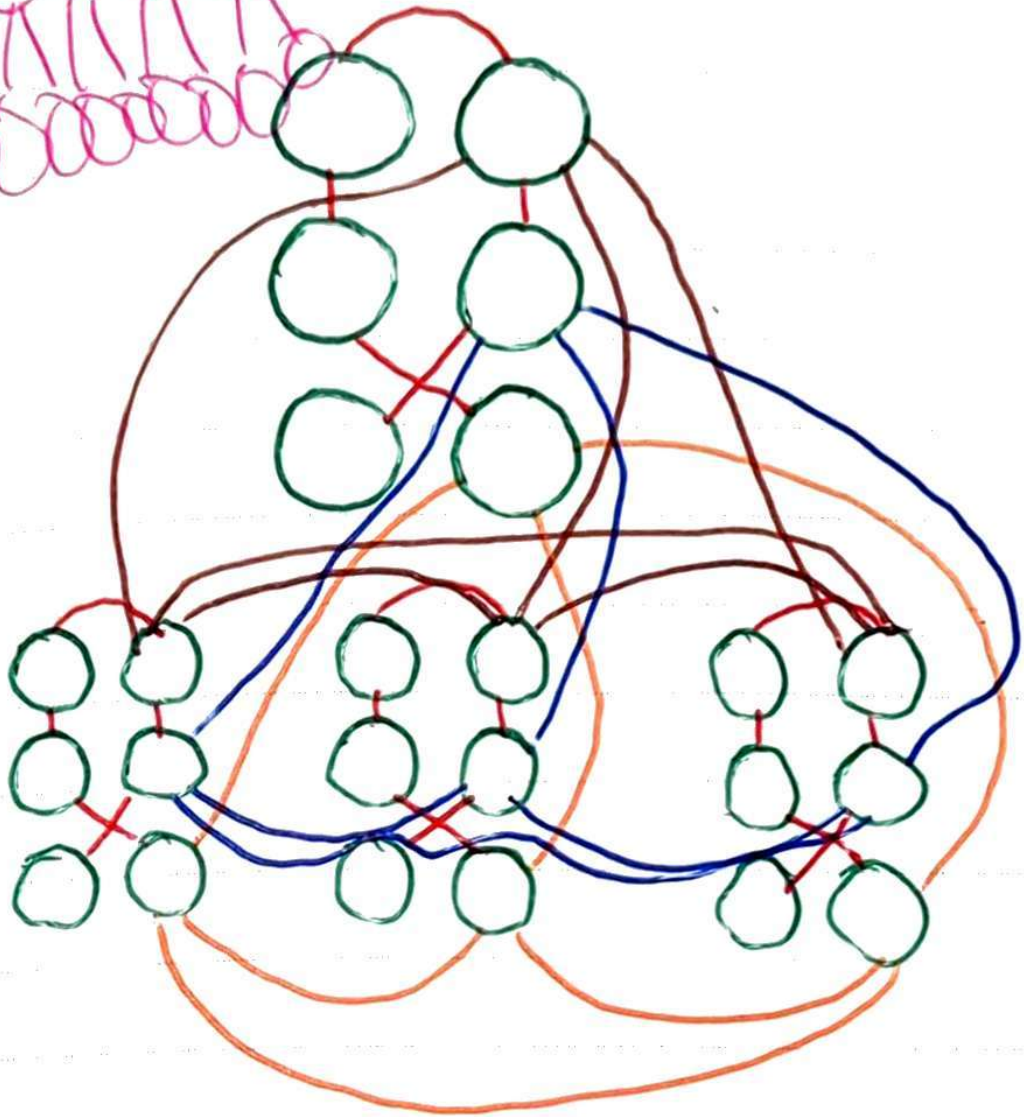
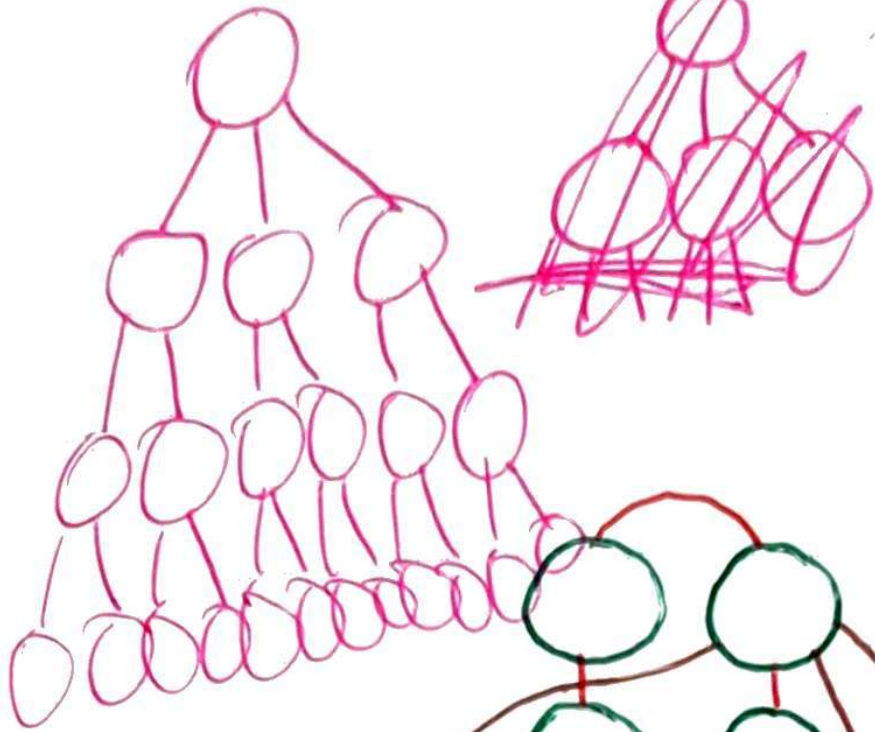
8:47 AM

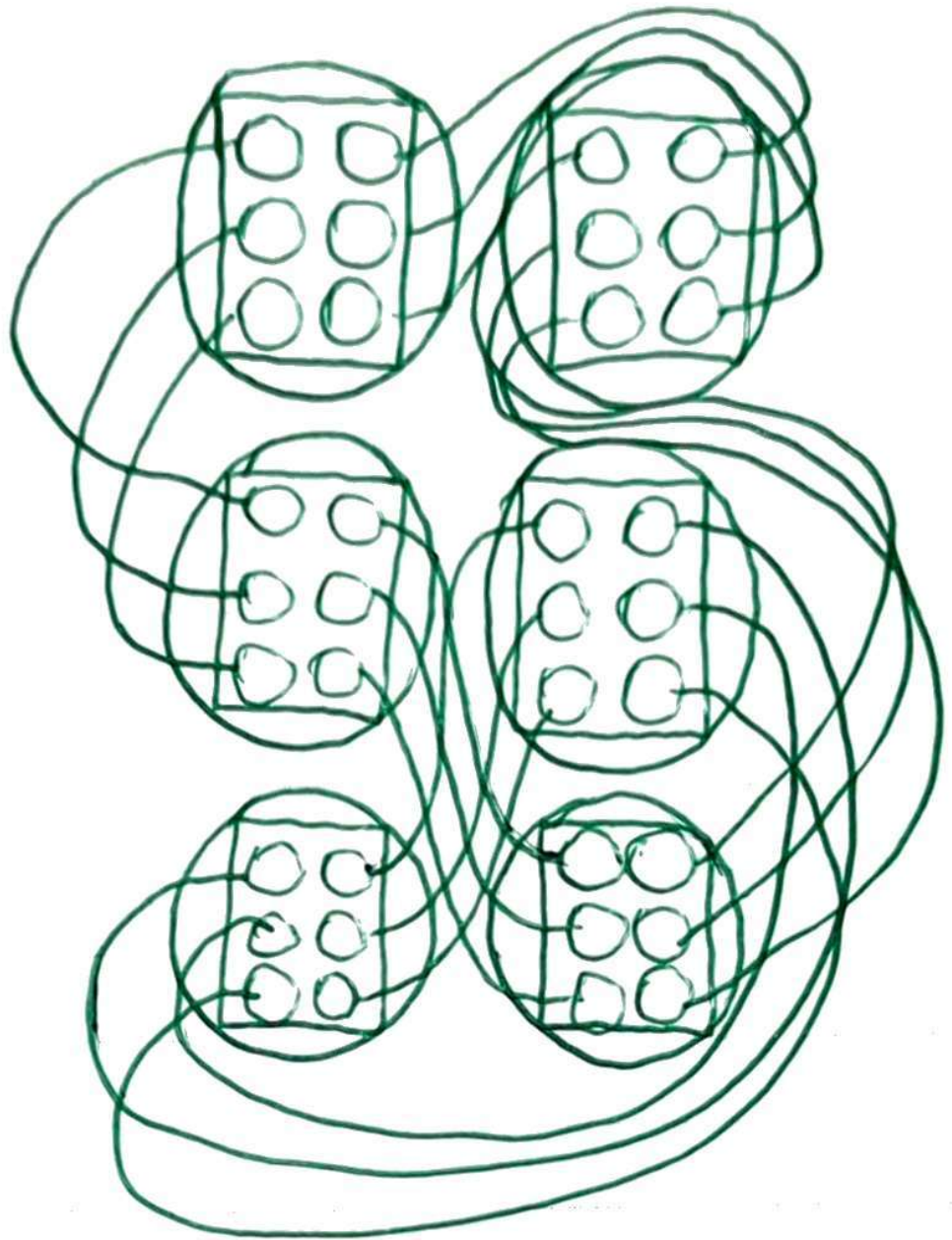


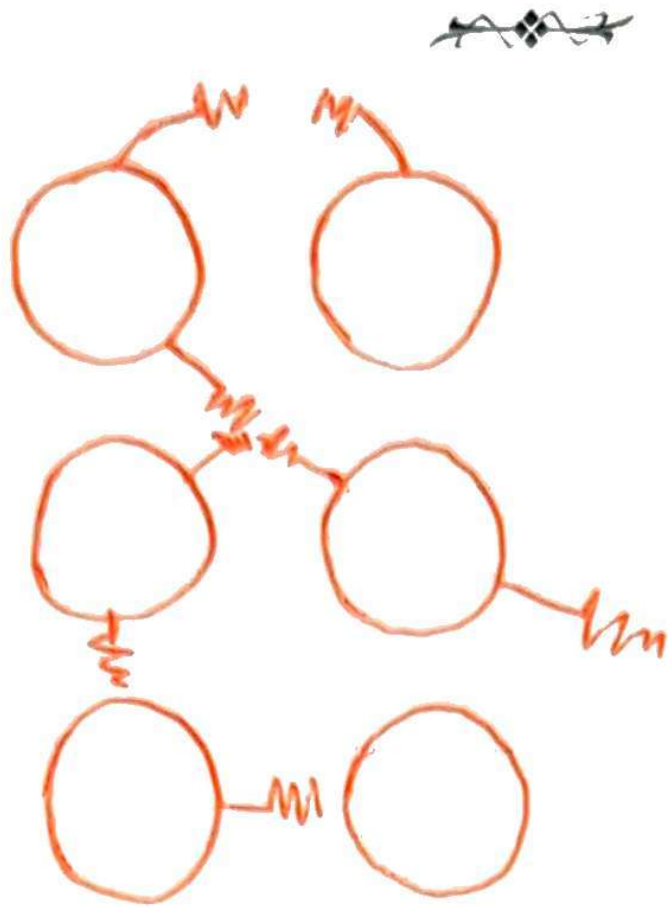












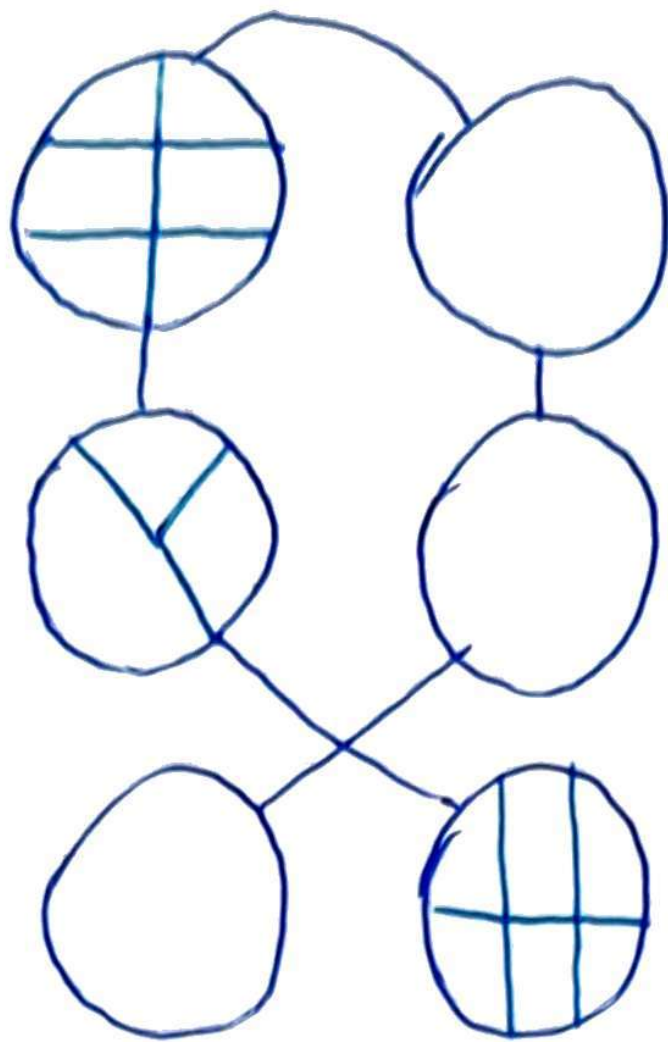
Unhappy machines try to be happy
Why are they unhappy?

Because they are not whole

Because they do not know
any better

Because they think their
unhappiness is related to
someone else's unhappiness

Because their sexual lives
they find uninteresting



Happy machines avoid unhappiness
in a most curious way
They find happiness in small things
They enjoy trivial pursuits
They like and know themselves
If only all machines could be happy
Then there would be no further
war or strife
We would all be enlightened



I think trying to relieve most suffering through causing suffering in others is mostly sadistic in nature. In other words, trying to hurt someone for pain you are experiencing does not heal your pain, but only temporarily hides it.

Instead of hurting others when you hurt as a distractionary measure, it would be helpful to be constructive rather than destructive. Positive visualization and clear affirmations to oneself — i.e. picturing a healthy body and meditating on wellness — would work wonders. For one practice, even though you may be sad or upset when remembering the contrast, is recalling what it was like before the problem, illness, or sickness hit you. Otherwise, maybe making friends and forgiving those who hurt you would help as well.



When you feel down and depressed, often you feel like hurting others to feel better. Maybe instead you should try to get high on life in terms of sexual congress with yourself.

You do not need someone to put something inside. It is a fact that many people can get it up on their own without looking at dirty pictures.



Artery - blood vessel carrying to cells
with oxygen

Vein - blood vessel carrying deoxygenated
blood back to heart

4 basic types of animal tissue
epithelial, connective, muscle, nervous

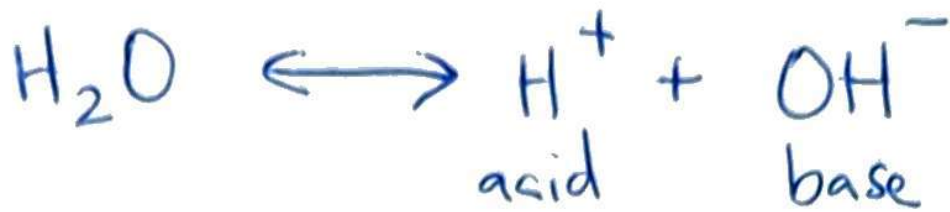
Homeostasis - "property of a system
in which variables are regulated so
that internal conditions remain relatively
constant and stable" - Wiki.

Functions of epithelial - 1) secretion
2) selective absorption 3) protection
4) transcellular transport 5) detection of
sensation

Functions of connective - 1) supports
2) connects 3) separates

Functions of muscle - 1) contract 2) relax

Functions of nervous - 1) sensory input
2) integration 3) control of muscles and glands
4) homeostasis 5) mental activity



Water equilibrium principle: The multiplication product (addition of exponents) of H^+ and OH^- ion concentration must always be equal to 10^{-14} .

BOTH H^+ and OH^- ions are always present in any solution.

Solution is acidic if the H^+ are in excess.

Solution is base (basic) if OH^- ions are in excess.

afferent is nerves sending impulses toward the ~~perp~~ central nervous system from peripheral
efferent is nerves receiving impulses from the central nervous system to the peripheral
afferent from senses
efferent to muscles



esophagus - pharynx to stomach
- passes behind trachea & heart
through diaphragm into cardia
of stomach

trachea - pharynx & larynx to lungs

epiglottis - attached to entrance of larynx
- one of nine 'cartilaginous' structures
of the larynx

nose - nostrils/nares - behind are olfactory
mucosa and the sinuses



perineum - "faint"
"runway"

Tunica adventia - outer part of arteries
"tunica externa" - made of collagen
- connective tissue

Tunica media - middle part of arteries
- smooth muscle cells
- elastic tissue

Tunica intima - inner part of arteries
- endothelial cells

lumen - hollow internal cavity where
blood flows

Cardia - "lower esophageal sphincter"
- at upper portion of stomach
- prevents acidic contents of stomach
from moving into esophagus

esophagus - lumen → mucosa →
"food pipe" submucosa (connective tissue) →
layers of muscle fibers b/w layers
of fibrous tissue → outer layer
of connective tissue

trachea - epithelium with goblet
"wind pipe" cells making protective mucus
mucin - lubrication, cell signaling,
forming chemical barriers



Arterioles and venules - to and from
~~cap~~ capillary beds



nasi meatus superior
or superior meatus

nasi meatus medius
or middle meatus

nasi meatus inferior
or inferior meatus

meatus - natural body opening
or canal

atria in lungs, nose, heart
vestibule - cilia-like vibrissae



Paranasal sinuses - Four air filled spaces that surround the nasal cavity

Under Eyes - maxillary sinuses

Above Eyes - frontal sinuses

~~ETH~~ Between Eyes - ethmoidal sinuses

Behind Eyes - sphenoidal sinuses

- increase resonance of voice, insulate dental roots, warm up air, regulation of intranasal & serum gas pressures, immunological defense

nasal concha (turbinate)

- divide nasal airway into four groove like air passages superior, middle, inferior, ^{supreme} turbinate

nasal septum

* depressed by depressor septi nasi muscle

ethmoid - separates nasal cavity from brain

- 15 bones 3 parts (i)

4 \downarrow neurocranium 11 viscerocranium

Spandrel - secondary ~~product~~ byproduct of mutations

olfactory bulb - neural structure of smell

Ontogeny/ontogenesis/morphogenesis is

"the process through which each of us embodies the history of our own making"

sinus ostium - connects sinus to nasal cavity
ostia plural

nasal cavity - large air filled space
"nasal fossa" above & behind the nose
in the middle of face

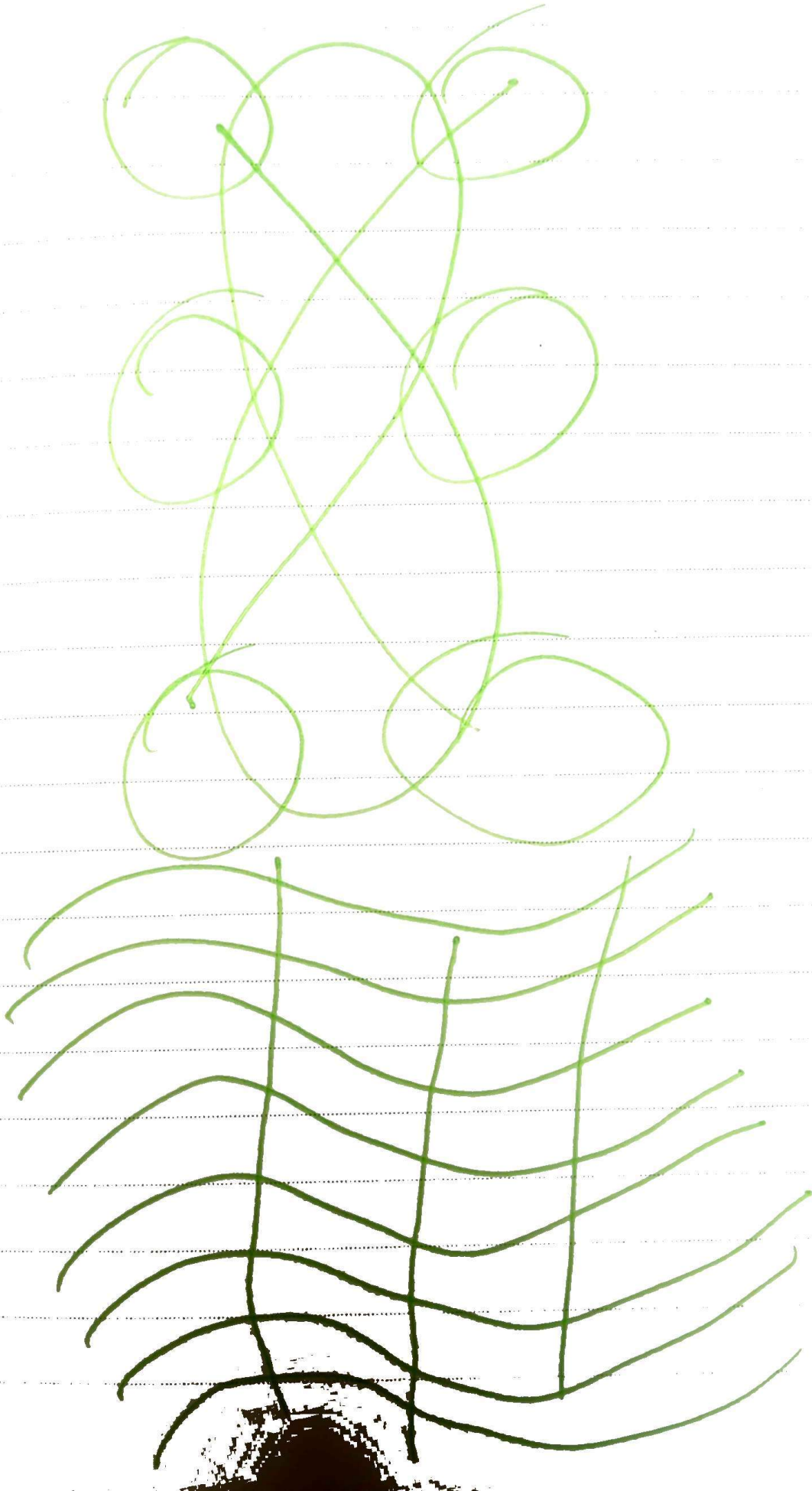


HARD
NEON
PEN

Good Finn

what
next







of all things

these three shine

God the Father

God the Son

God the Holy Ghost

with or without
or within

LOGITECH + BRYBELLY + UNICORN STUDIOS
+ SONY + (JBL!) + LG + ION + J.M GO +
ACER + RIG/HP + ~~WOLFG~~ AA17



VECTOR 1.0 released
AAH

Marlboro.com
featured artist
2022
January

February up and coming!

G20-L

Adventure Time Movies presents

a Tim Burton film

new



line 10

W N I V E A S A L P I C T U R E S

HOLY MEN

touchstone 47% Note 8.0 production 2015



Sometimes you have
to start all over

Sometimes you do
not have to....

Still others say
this feel that
what was that?



A lot of people come and go,
A lot of people come and go,

A LOT OF PEOPLE COME AND GO.

We say that,
but we really
mean that a lot
of people come
and go — a lot!

Oliver



Glands of Endocrine System

Hypothalamus homeostasis
links nervous & endocrine systems
stimulates & inhibits key processes

Pineal Gland melatonin
"third eye"
circadian rhythm

Pituitary Gland anterior / posterior

Thyroid metabolism
80% T4 thyroxine
20% T3 triiodothyronine

Parathyroid calcium - primary element
that causes muscles to contract
& helps conduct current along nerves

Thymus - fat?

Adrenal cortex / medulla

Pancreas insulin balance of,
sugar & salt

Testes / Ovaries

"Highly Important Organs that
(A) produce, (B) store, (C) secrete
Hormones"

the tuscaloosa

there was tickets

to some astral show

right inside my room

I was not alone!

but then again

it could be just me

the big 12

were brightly
shining at night



laughing
gets ride

at nervous

or extraneous

every

was 4 or

chuckle

A + B +



Remember
Not this usually

you
could
not
speak,
read,
or
write

but when you
were a baby

you could cry,

poo, eat, drink

without knowing
what
5 s see
hear



yd.
micro
disk

Wow 47%
battery on

SDXC
SDHC

White Christmas

extreme
ultra

+ Santa +

Santa's Little Helpers

Ask for
Answer
First things
first

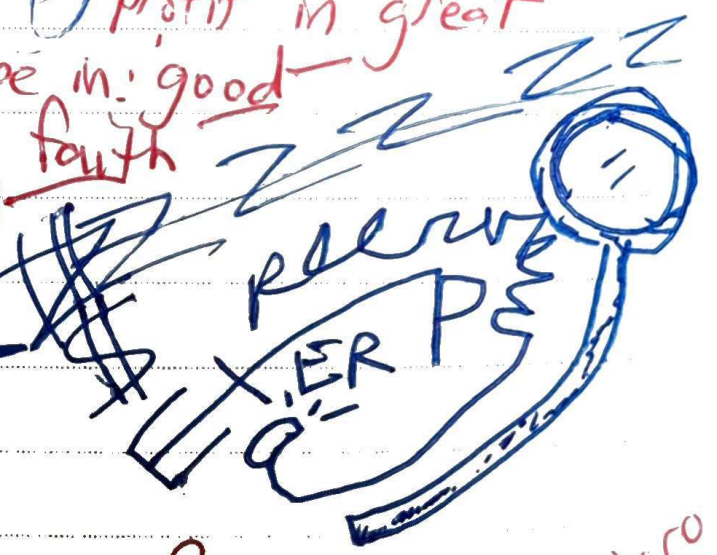
47% battery
on 2013

Play fair
Profit in great

Note 8.0

in 2012

shape in: good
fourth



EMU ID3

hardware trust software
or no cartridge, compact, mini, micro
disc



2021
looking backwards

is expensive
painting forwards

seems free.

all of you ghosts

burning and
with glee!



What
 TED I
 manual?

Google Play Books

25

"We don't think you
 made the coronavirus,
 - MORPHEUS"

"

"I'm on the same
 same thing.
 - D.R."

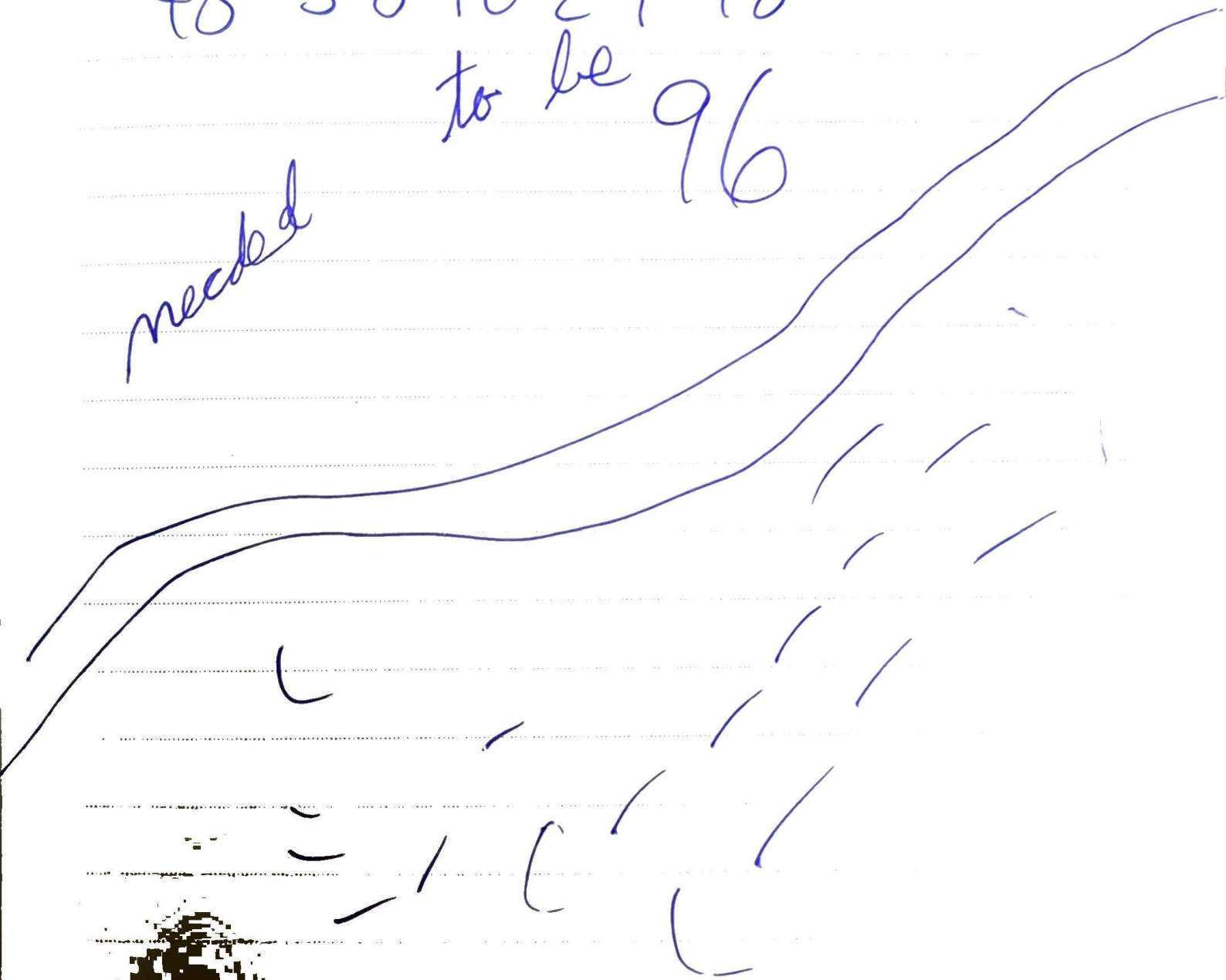
"Speed reading is
 fiction at skimming
 speeds."
 - quantum




1
3
6
12
24
48

said!
5 8 10 24 48
to be 96

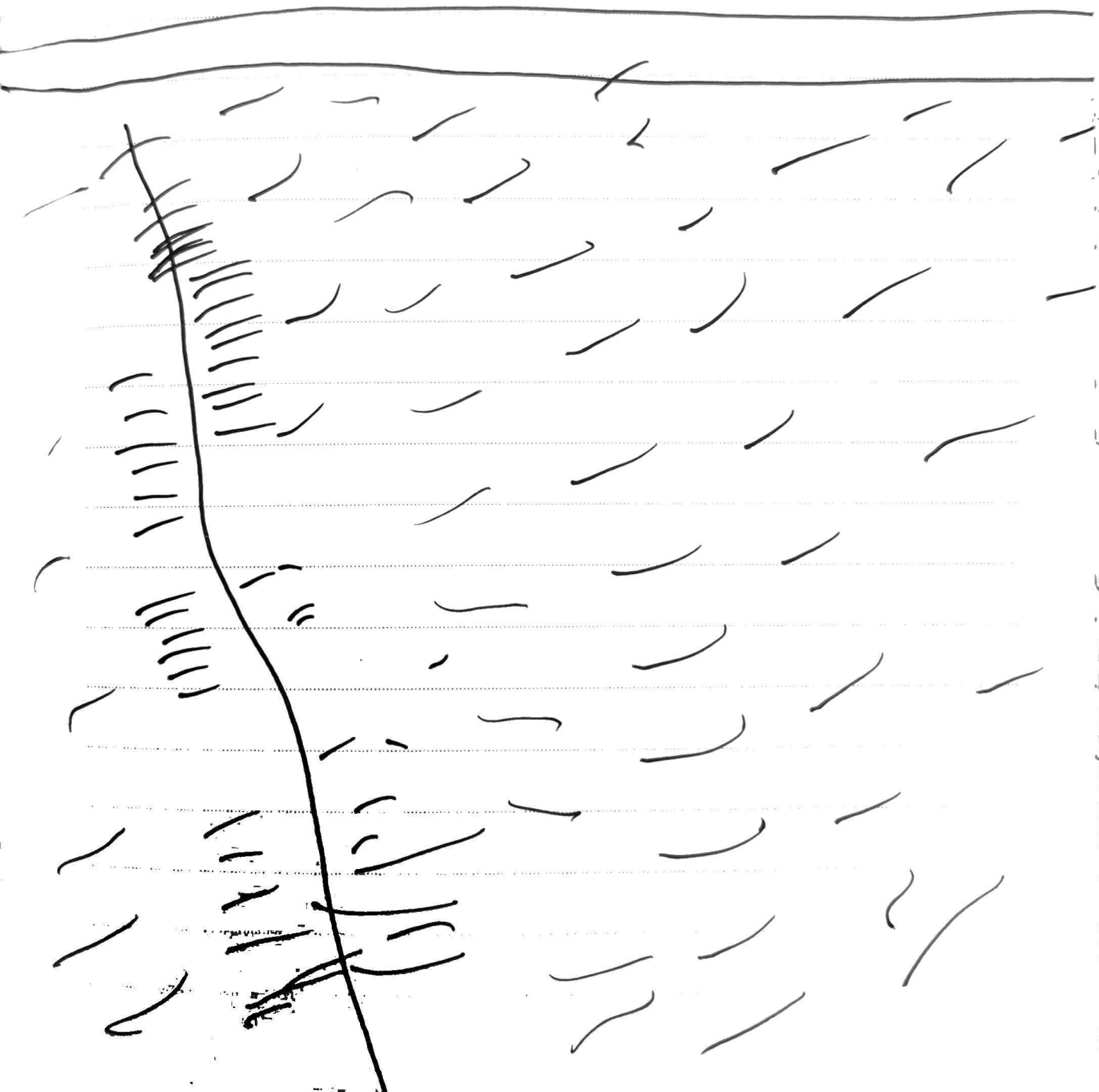
needed

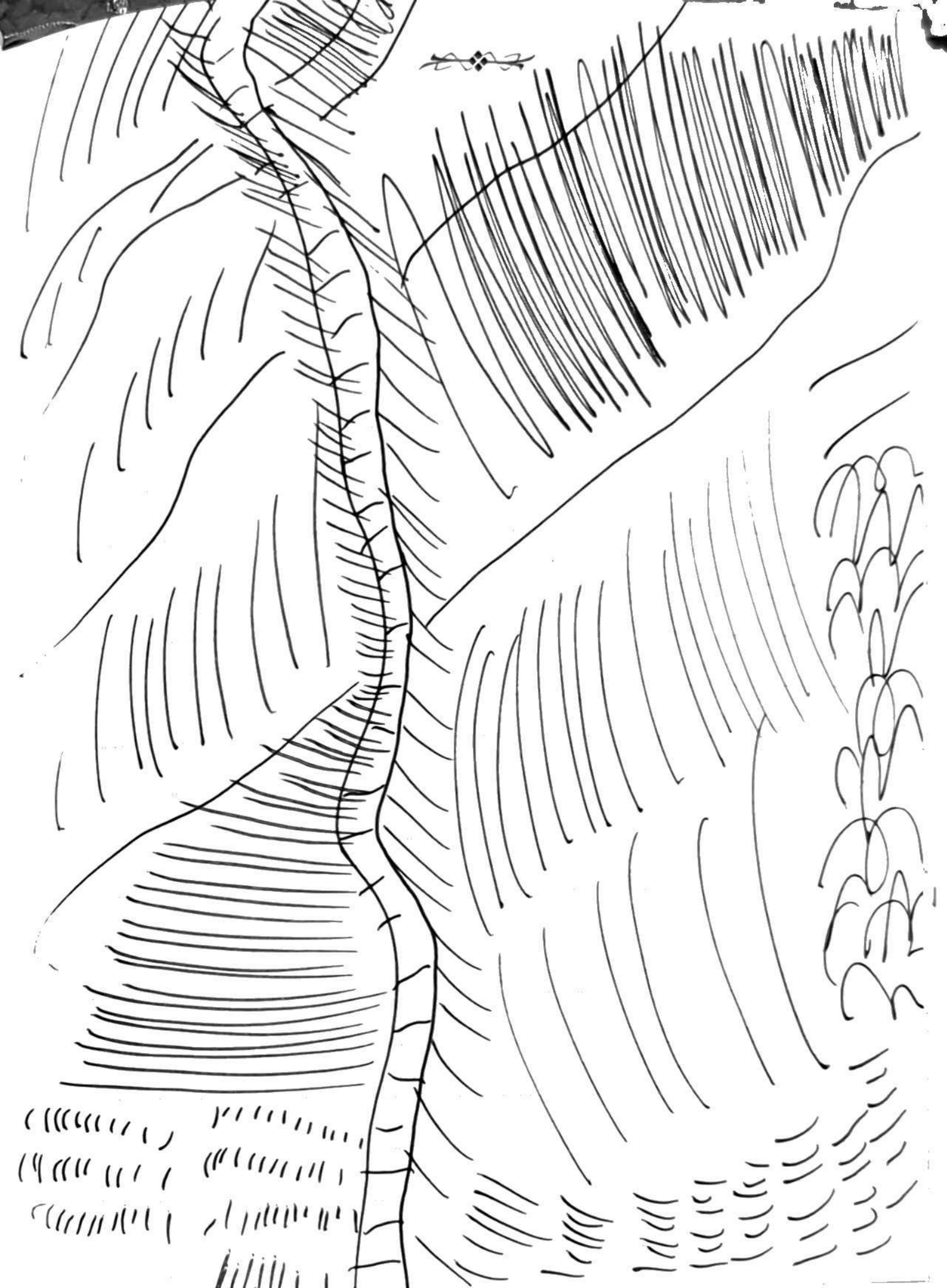


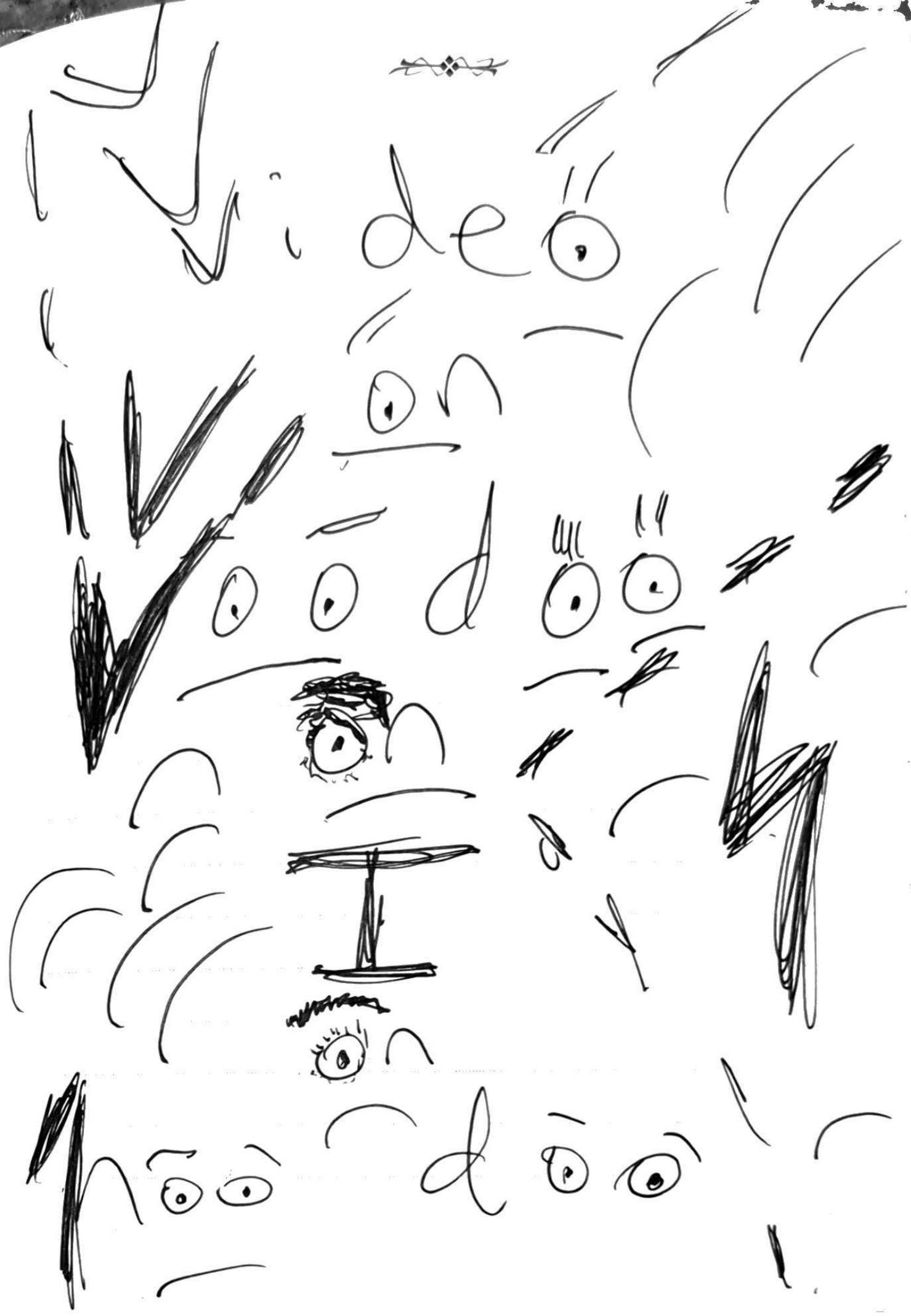
7-28-21

bit 

3D-4D







VIRGIN ^{H A L O}

BIRTH!

M.D. Medical Degree, B.S.

Bachelor of Science

PURA 1st WebMD article

Degrees of

Degrees of Arch Angels

circa

2013-2014

of Angels

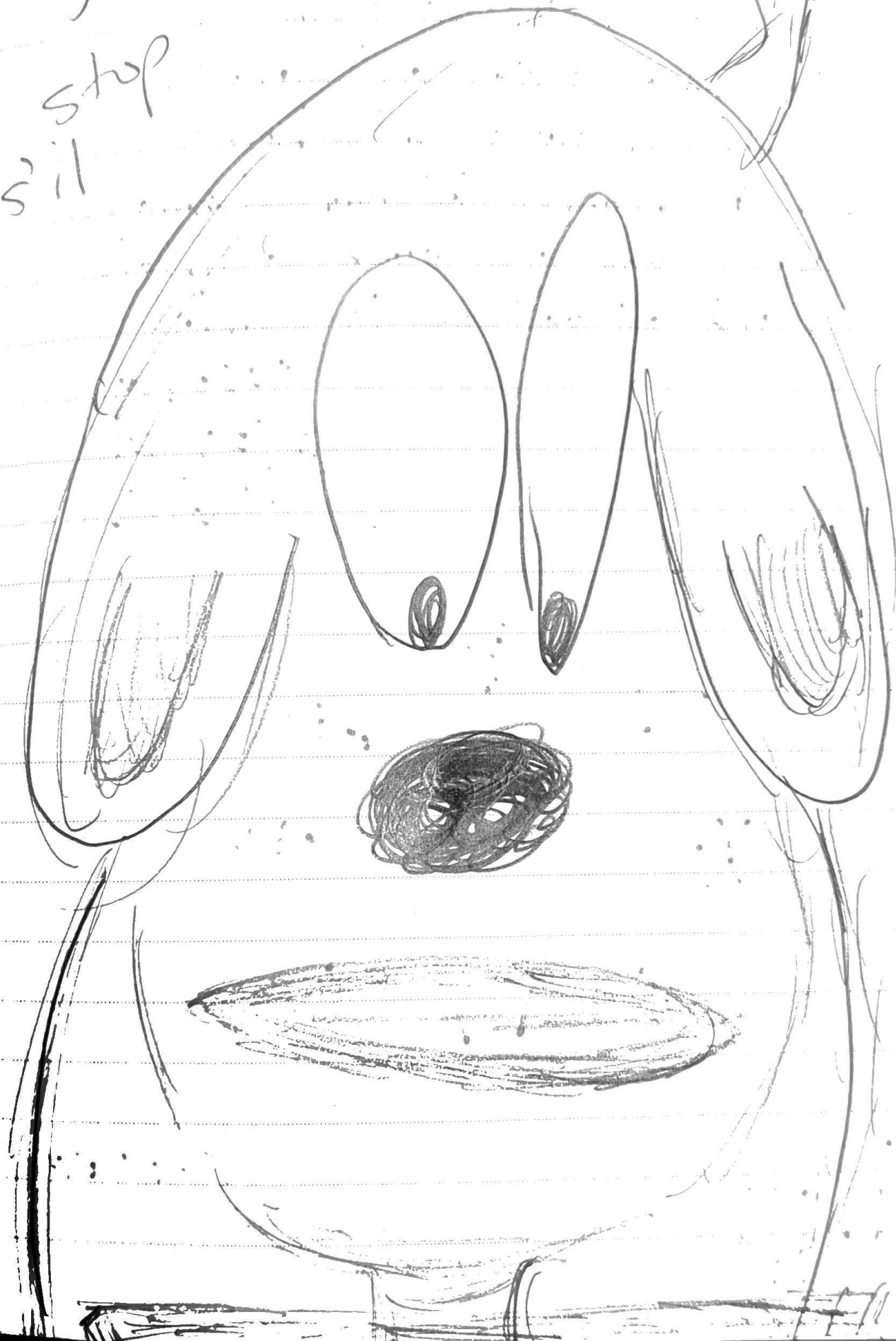


MADONNA

"J"

stop

sil



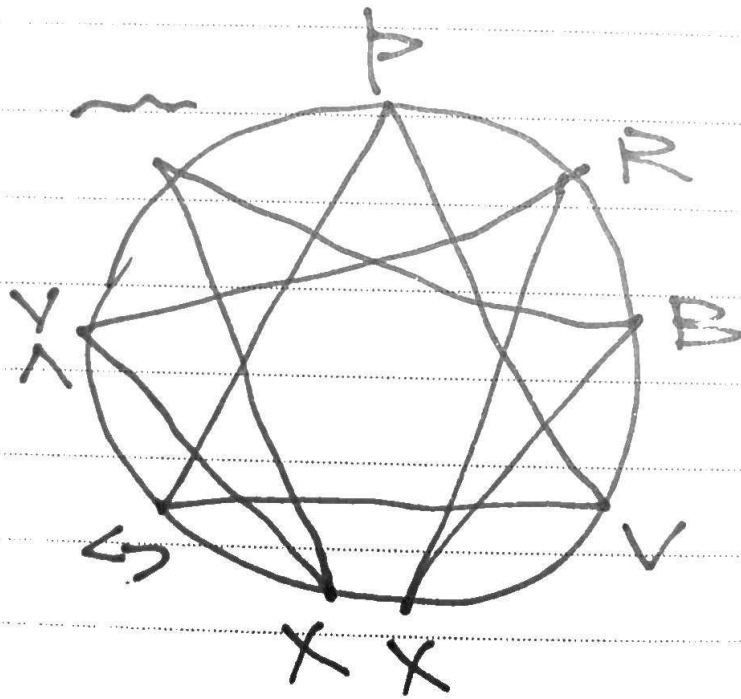


Seeing this curse + that
 watching stares and gazes
 glares, dares, yet bores
 All is rhyming to your timing
 when you are such a bitch
 and all you are is dining

8:50 PM

12/27/22

Chr E.



3 1 1 1 1
 6 6 9 9 6
 9 6 6 6 9
 9 9 1 1 1
 1 1 1 7 7

8:51 PM

