

# 😊 HOW TO CHANNEL A NEW PERSONALITY 😊

## THE HERO RITUAL

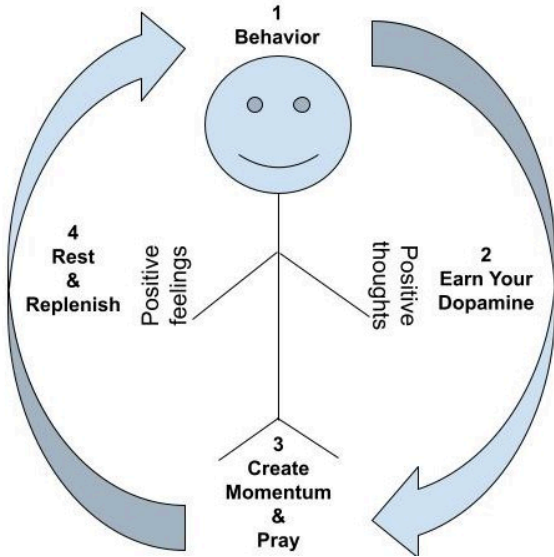
("How To Get Out Of A Rut")

Memorized Knowledge (**Wisdom**) = Higher Level Knowledge (obtained thru payer) + Experience

*"The Surest Sign Of Wisdom Is Constant Cheerfulness."*

- Michel de Montaigne

**PRAY DURING DISTRESS TO HAVE A MORE POSITIVE OUTCOME IN YOUR LIFE.**



Attempt to create a new self image by focusing on an internal shift (choosing to love what you want to do) to have an external shift (**The Hero motif**) instead of absorbing external negativity, and reacting to it (**The Enemy motif**).

Observing other people's mistakes, and incorporating it with your own life experiences) creates wisdom (memorized knowledge).

## PRAYER LIST THAT I WANT TO MANIFEST (COMPARE YOUR PAST, PRESENT, AND FUTURE)

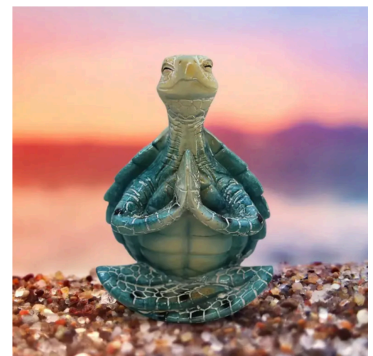
### PLEASE HEAL ME OF MY:

1. Mental health disorder(s) (if any).
2. (Drug) addictions (if any).

PLEASE WRITE DOWN **GOOD KARMIC IDEAS**  
(I.E.: A NEW PERSONALITY LIKE BEING SMARTER,  
OWNING MY OWN BUSINESS, ETC. PERHAPS  
SKETCH, OR DRAW YOUR IDEAS)

### **BAD KARMIC IDEAS WILL CAUSE HARM!**

3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_



# **BELIEVE IN ALTRUISM**

**Website: ArtOfManifestation.Click**

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**PLEASE DONATE BECAUSE MY INCOME  
IS BASED ON YOUR PHILOSOPHY  
NOT ON THE ECONOMY**

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**Donation money is used to pay for  
website fees, printing costs, and on  
occasion feeding the homeless, etc.**

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written by: Hector E. Jimenez.**

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**"One-To-One Communication with GOD" that is taught in Churches does NOT mean one asks to pray, or to talk to GOD or [Guardian] Angels directly!**

In The Ten Commandments, in **Exodus 20:3 (NIV)**, **Isaiah 45:5 (NIV)** (and in other examples in The Bible) it generally states:

**"You shall have no other gods before me."**

**Also, Jesus implied that every human is a "god" when he stated in John 10: 34 (NIV):**

**"Is it not written in your Law, 'I have said you are "gods"'?"**

If a person (a "god") **prays to talk to GOD (of The Universe) directly** then one is inviting "calamity" (a self-explanatory word used in The Bible that can show up in different forms).

**In theory a person invites "schizophrenia" after praying to ask to talk to GOD directly!**

It is theorized that many people during biblical times may have had this psychiatric condition. However, if one does not have **faith** (which is associated with **actions based on beliefs**) one cannot heal oneself of this mental illness.

## **James 2: 17-18**

***17 In the same way, faith by itself, if it is not accompanied by action, is dead. 18 But someone will say, "You have faith; I have deeds."***

**This is why this book exists!**

**One communicates with GOD through dreams, prayers, meditation, etcetera. One should NOT pray to talk directly to GOD because it may lead to schizophrenia (many homeless people primarily have a high prevalence of schizophrenia, and other mental health disorders).**

**People with mental health disorders (autism, depression, schizophrenia, etc.) are channeling incorrectly! One should pray that he, or she has a normal life.**

**Please believe in altruism, and help other people with mental health disorders with this booklet (How To Channel A New Personality)!**

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**A REFERENCE (book):**

**Be Careful What You Pray For...You Might Just Get It.**

**- Dossey, Larry**

**"With penetrating insight and meticulous research, Dr. Dossey reveals the power of prayer to harm as well as to help. This book will forever change how you think and what you pray for."**

**- Joan Borysenko, Ph.D., author of  
Minding the Body, Mending the Mind**

# THE HERO MOTIF (A RITUAL)

Almost any of our daily activities (that can better one's life) can allow you to channel a new personality. Thinking about your past, present, and future allows you to do your rituals ('faith' is an action).

Your motivation, and/or momentum increases your levels of dopamine (as a result of a high level of emotions) to perhaps help you 'get out of a rut' (for example, when having a mental illness which may include a bad personality); refer to The Hero Motif on the cover page.

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## A BIBLICAL EXAMPLE OF A GRANTED PRAYER REQUEST THROUGH A RITUAL

### Genesis 30:37-39

Jacob (a shepard) gave Laban all of his beloved striped, and spotted cattle. Jacob is left with boring old, plain-coloured cattle, which he doesn't seem to like at all. Jacob thought that if he gets his cattle to look at the striped sticks (poplar and almond trees have medicinal properties for both humans and livestock) while copulating, then they will give birth to striped young.

Jacob conducts a ritual since he had faith. **Faith** is an action based on someone's personal (very strong) belief system.

1. He gets some sticks and begins painting stripes on them.
2. He then plants them next to his cattle.
3. The cattle give birth to striped young, and Jacob is happy.

We need to keep in mind that this was a vision and that the striped/spotted animals were most likely God showing Jacob the underlying genetic makeup of some of the flock. All Jacob did to perhaps "help" God's providential breeding program was to ensure that either he gave certain animals herbal medicines to make them healthier extra feed (yes, the sticks could be consumed as feed by the animals) at breeding season.

Several sources claim the poplar, and almond trees have medicinal properties for both humans, and livestock. There are several scientific journal papers that mention that the particular trees from which Jacob peeled sticks had medicinal values (cure urogenital problems, reduce fevers, are anti-inflammatories, and aid in reducing reproductive disorders). All of these would make an animal healthier, and more likely to produce healthy offspring.

Perhaps GOD intervened with the genetics in Jacobs favor to increase the probability of giving striped, and spotted young. The story of Jacob, and the spotted cattle is an example of how GOD (Of The Universe) will assist you if you make the correct decisions everyday of your life!

**NOTE:** Jacob's career goal was a shepard, and his ritual of the spotted cattle aligned with that!

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## **CHANNELING A NEW PERSONALITY THAT ALIGNS WITH YOUR PROFESSIONAL GOALS THROUGH A RITUAL**

An ideal ritual would be leaning towards channeling a new personality that aligns with your career goals. To "channel" a new personality, you need to actively identify the traits you want to cultivate, consciously practice behaviors that align with that new persona, and gradually integrate those actions into your daily life through self-reflection, and consistent effort, until you "fake it until you make it."

By deliberately acting how you want to be until it becomes more natural; remember that a significant personality change takes time and dedication. One may create a **system** for channeling a new personality through immersion!

An example would be learning a new language! Examples of immersion: reading/listening/watching media in that language (Pimsleur's, anime, YouTube videos, etcetera), practicing pronunciations, talking to people in

that target language, writing in the target language, etc. Immersion is a system that uses different tools, or resources to achieve a common goal!

**Since this is a graceful way of manifesting it becomes important to visualize the end in mind. Pray that your ritual manifests what you outlined in your Prayer Request List!**

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**Almost any type of behavior can be used as a ritual (especially if it is emotionally distressful) but you must believe (and must be consistent):**

- Animal Therapy.
  - Forest Therapy - Walking in the forest, and meditating, etc.
  - Beach Therapy - Walking on the beach, and meditating, etc.
  - Begging for money (for a homeless person).
  - Music Therapy - “Music is higher than heaven” if used in a positive context!
  - Practicing Altruism (helping other people) - Altruism involving **agency** is to help other people with mental health disorder(s). This may help you in healing yourself from your own mental health disorder(s)!
  - Etcetera.
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## **A NON-BIBLICAL EXAMPLE OF A GRANTED PRAYER REQUEST**

This example was taken from Vice magazine:

**“Meet the Guy Who Woke From a Coma Speaking Another Language”**

*Ben McMahon learned the basics of Chinese at high school but he was nowhere near fluent. Then, in 2015, Ben was riding in a car that got t-boned by a truck and was rushed to hospital. When he woke from an induced coma a week later he was frustrated to find that no one could understand him, except for a Chinese nurse.*

**NOTE:** This was possible because he had a prayer list **before** this accident happened!

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## **PEOPLE WITH MENTAL HEALTH DISORDERS ARE CHANNELING INCORRECTLY**

People should understand their channeled personalities, and manage their reactions to them constructively.

**A person with a mental health disorder reading about abnormal psychology may increase his, or her mindfulness for others with these disorders (including schizophrenia). This may help you in channeling a new personality.**

That being said, one's mental health disorder may include any of the following:

- **'Auto Pilots'** [not related to Tesla motors] – Bad ingrained habits. Auto Pilots are involved in **alcoholism**, and **drug use**, etcetera. This is because it assists you in making a purchase of that item. It becomes your decision to accept, or refuse to use it!
- **Addictions – Almost all addictions are bad programmed habits called 'Auto Pilots' (for example, buying products without knowing why) especially if they are associated with other memories.**
  - Alexithymia (pronounced “Alex e thigh mi ahh”) – A personality trait that makes it hard to identify, process, and express emotions. It can also be described as a cognitive-affective impairment.
  - Hallucinogens (including Marijuana) Use – Often associated with **religiosity**, and **meta-magical** thinking! This is important to emphasize that marijuana is an (auditory, and visual) hallucinogen!



One should ground himself before using it by having a prayer request list written out first (that doesn't ask to talk to angels). This prevents someone from accidentally getting schizophrenia!

Ground yourself more by focusing more on helping oneself in living a healthy lifestyle (spending time with friends, family, and loved ones), and assisting others people from his, or her mental health disorder.

- Smoking Cigarettes – Auto Pilot assists you in making a purchase for cigarettes. It becomes your decision to accept, or to refuse it.
- Etcetera
- **Anorexia (eating disorder)** – A type of psychological disorder which encompasses autistic features. It mostly affects women who eat (excessive amounts of) food, and then induces vomiting (due to psychological guilt, etc.).

Most likely the victim of anorexia prayed to be “beautiful like that person” that (s)he may have seen (a model with the same condition)!

- **Autism** – Autism spectrum disorder is a neurological and developmental disorder that affects how people interact with others, communicate, learn, and behave.

**The autistic individual (if cognizant enough) can be healed of the neurological disorders due to environmental contaminants like mercury, chemicals in the food supply (water, and eatables, etc.); one can channel a new personality as well. Otherwise the guardian should pray for the autistic individual!**

- **Comorbidity** – When two or more (psychological) medical conditions occur in the patient at the same time.

- **Depression** – Arises through the lack of opportunities, and the feeling of the lack of control over your life. If you feel that no matter what you do, that some **external force** is vying for your demise, you will feel depressed; **this is why it is important to be positive, and have an altruistic personality (not to be confused with narcissistic altruism), and to have positive, happy thoughts!**
- **Homosexual Obsessive-Compulsive Disorder (OCD)** – A specific type of OCD characterized by intrusive thoughts, and compulsions related to sexual orientation.

Example: A person who has homosexual obsessive-compulsive disorder may want to alleviate the symptoms of it by writing an encyclopedia style entry about the origins of homosexuality!

- **Homosexuality** – Older versions of the Diagnostic and Statistical Manual of Mental Disorders (DSM) mentions homosexuality. People had distress about their sexual orientation (perhaps due to channeling a new homosexual personality, and/or psychological coercion by his, or her peers, etc.).

Example 1: A child prayed to be "just like him" without knowing that the person in the media was a homosexual! Child may later grow up to be a homosexual if the prayer request becomes true.

Example 2: The homosexual parent may have been granted a prayer request to channel a homosexual personality in the past! As a result, a homosexual parent may be adamant that his, or her (adopted) child should be a homosexual, and be raised that way (including praying that the child becomes homosexual).

A homosexual generational curse may have started in Example 1, and continued on in Example 2. **Homosexuality is not natural since: (1) the lack of having children through natural childbirth, and (2) the attraction of viruses targeting this sub-group of humans!**

**The etymology of homosexuality may be due to demons consistently possessing people of the opposite sex (creating a model of perversion for other humans to observe, and be psychologically corrupted). This may cause a circular psychological problem because humans may ask (thru prayers) to be homosexuals!**

This is why people should be careful of what (s)he prays for. For example, instead of someone asking (through prayers) to be "just like him" one should instead ask for specific (personality) traits.

**One should also be careful of having spontaneous feelings (as a result of thought patterns) that yield to spontaneous behaviors; one may be distressed by their assigned sex, and gender (also known as a "gender identity crisis").**

This is why, for example, erections at the wrong time ("false erections") may contribute to homosexuality. For example, having friends who **are** gay may cause a false erection for someone who is not a homo-sexual while having friendships with him, or her over long periods of time! Drug use with homo-sexuals may make the condition worse over time.

It is a "mental illness" if the person who is channeling a homosexual personality (who was unaware it was procured through prayers) if it is long term, and pervasive, and finds the personality troubling! **This is why someone should follow his, or her convictions (and psychology).**

**One should pray away any mal-adaptive personality that (s)he procured accidentally through prayers!**

- **Self-harm (Self-Injury Disorder)** – If there is a consistent “ritual” that establishes a system that reaches a goal (refer to “The Hero Ritual”) then self-harm may be avoided.

Self-harm may be associated with **procrastination in performing his/her ritual**. One should **not** be a **perfectionist** since that would prevent him, or her from creating a system (a set of behaviors) that leads to a goal!

- **Meta-magical Thinking – Errors in thinking, and judgement.** For example, having a Prayer List (That I Want To Manifest) that asks to communicate directly with Angels, etc. (before having Schizophrenia) would yield to someone getting Schizophrenia (under the right conditions).

An example of meta-magical thinking **during** schizophrenia is a homeless person (without a background in science and, or engineering, or both) who wants to make a teleporter. He or she should be more grounded from meta-magical thinking compared to a real military scientist who's been working with some of the best scientists and engineers, from all over the world! One should focus instead on improving his, or her current situation.

There is research to support the claim that helping others with his, or her mental illness will **have a higher chance of having agency (specialization) on mental health disorders**.

- **Schizophrenia — Emotion driven mental disease that attempts to override Alexithymia! One may want to pray when there is too much distress.**
  - A person may have cursed himself, or herself with schizophrenia by praying that (s)he talks to GOD (**a consortium of “angels”**):
    - (Guardian) Angels, or
    - Evil Angels who like to create problems with humanity.

- (S)he has the intention to have power over others using the negative aspects of the occult by conjuring evil angels!

For example, many people want to be ruthless leaders like a "gangster", an evil "King," an evil "Queen," or an evil "god" because of power, greed, etc! Many people often associate "Kings," and "Queens" to Egyptian gods who physically enslaved other people!

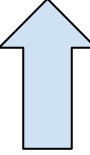
**One who is enamored by the negative aspects of the occult will most likely receive negative Karma!**

**Note:** Not all Egyptian gods were evil!

**NEGATIVE (-)  
KARMA  
Narcissistic**

**POSITIVE (+)  
KARMA  
Altruism**



People with schizophrenia should avoid following narcissistic ideas because it may have a higher likelihood of receiving negative Karma. 

Also, when a narcissist uses the phrase **"I need to"** it often signifies a manipulative tactic. It prioritizes their own desires and needs above others, often with an underlying expectation that you should cater to them, even if it means neglecting your own needs; essentially, they're framing their wants as critical necessities to control the situation.

Asking to talk to any angel is considered dis-respectful to The God Of The Universe, and may be the reason why a person gets punished with schizophrenia!

Try to be careful with other people with schizophrenia having bad influences, or ideas because (s)he may have already followed the narcissistic ideas. **Try to find a moral compass when assisting other people!**

**A parent who has schizophrenia may teach his, or her child to pray to talk to angels! Please educate these individuals if you encounter this specific case because it can cause their child to procure schizophrenia later on in life as well!**

**Schizophrenia may encompass any of the other aspects of other mental disorders!**

**NOTE: It is important to practice “Lemon Control” by avoiding narcissistic ideas (sometimes over sexualized), and focus on altruism!**

- **Miscellaneous** – Any strange (emotional) behaviors that a person may have (like spontaneous yelling at people, hoarding, eating disorders, false sense of righteousness, obsessive compulsive disorders, homosexual obsessive disorder, etc.).

**One should pray that he, or she has a normal life (this means one is praying for a new program)! Our brain is like a giant computer (refer to the REFERENCE pages at the end of this booklet which has a quote from Chapter 2 of Joel Osteen's book YOUR BEST LIFE NOW). This implies that one can download a new program from the universe under the right conditions!**

This may be what it means in ancient texts (like **The Bible**) when it **states** something like '**GOD puts words into your heart!**' This implies that **everyone in the world is channeling!**

For example, when someone blesses themselves, and prays that (s)he becomes a better person, it implies that (s)he starts **speaking**, and **acting**

better to improve their life circumstances **through the assistance of GOD (Of The Universe)!**

**For a severe mental illness (like schizophrenia) this may mean that our Guardian Angels are purposefully channeling (programs) into someone's life incorrectly (sometimes pretending to be "the Enemy") to create strong emotions (and calamities) to pray away!**

Perhaps people don't understand this, ignore what (s)he thinks is nonsense, and let the disease (schizophrenia) linger for long periods of time where the person becomes desensitized (which is called Alexithymia).

**People should understand their emotions and manage their reactions to them constructively through prayers (so that you can attempt to heal yourself of Schizophrenia)!**

If you believe that how you act now is your choice, and is under your control, each moment becomes optimal. **Life is not happening to you, it is responding to you!** Practice **Lemon Control: more difficult choices in the beginning leads to an easier life; easier choices leads to a more difficult life.**

**Attempt to rationalize with your Guardian Angels (with your actions), and stay grounded from meta-magical thinking (like building time machines, etc.).**

**One should be harnessing his, or her energy to earn money (through a job, career, or one's own business) that aligns with his, or her values. Assisting friends, loved ones, and eventually creating a family are altruistic tendencies that everyone inherently has. Attempt to encompass these thoughts while being altruistic!**

**Please attempt to be happy, believe in altruism (especially helping other people with mental health disorders) with this booklet HOW TO CHANNEL A NEW PERSONALITY! Attempt to make the correct decisions everyday of your life.**

# REBUTTAL TO NEGATIVITIES

- **Rich Dad Poor Dad** (Robert Kiyosaki) Quotes:
    - *“The single most powerful asset we all have is our mind. If it is trained well, it can create enormous wealth.”*
    - ***“The primary difference between a rich person and poor person is how they manage fear.”***
    - *“ ‘I can’t afford it’ shuts down your brain. ‘How can I afford it?’ open up possibilities, excitement and dreams.*
    - *“The philosophy of the rich and the poor is this: the rich invest their money and spend what is left. The poor spend their money and invest what is left.”*
    - *“Sight is what you see with your eyes, vision is what you see with your mind.”*
    - *“The size of your success is measured by the strength of your desire; the size of your dream; and how you handle disappointment along the way.”*
  - Bill Gates (Founder Of Microsoft) Quotes:
    - ***“It's not your fault for being born poor, but it is your fault if you die poor.”***
  - Steve Jobs (Founder of Apple Computers) Quotes:
    - *‘You can’t **connect the dots** looking forward; you can only connect them looking backwards. So you have to trust that the dots will somehow connect in your future. You have to trust in something – your gut, destiny, life, karma, whatever. This approach has never let me down, and it has made all the difference in my life.’*
- NOTE:** The individual dots are goals; connecting the “dots” creates a **system**.
- *‘Your work is going to fill a large part of your life, and the only way to be truly satisfied is to do what you believe is great work. And the only way to do great work is to love what you do. If you haven’t found it yet, keep looking. Don’t settle. As with all matters of the heart, you’ll know when you find it.’*



- ***'Your time is limited, so don't waste it living someone else's life. Don't be trapped by dogma – which is living with the results of other people's thinking. Don't let the noise of others' opinions drown out your own inner voice. And most importantly, have the courage to follow your heart and intuition.'***
- Joe Dispenza Quotes
  - *"When the same people, and things in our lives create the same emotions, and the feeling we are trying to make go away no longer changes, we look for new people and things, or try going to new places, in an attempt to change how we feel emotionally. If that doesn't work, we go to the next level—addictions."*
- Joel Osteen quote taken from Chapter 2 of **YOUR BEST LIFE NOW**
  - ***"DISCOVER THE POWER OF YOUR THOUGHTS IN WORDS: CHOOSING THE RIGHT THOUGHTS***

*A war is raging all around you. Yet amazingly you may not even be aware of it! The battle is not for a piece of land, or for natural resources such as gas, oil, gold, or water. The prize in this war is much more valuable; the battle is for your mind!*

*The third step you must take if you want to live at your full potential is to discover the power of your thoughts in words. Let's think about your thoughts first of all.*

*Your enemy's number one target is the arena of your thoughts. He knows if he can control, and manipulate how you think he will be able to control, and manipulate your entire life.*

*Indeed our thoughts determine our actions, our attitudes, and our self-image.*

*Really, our thoughts determine our destiny. That's why The Bible warns us to guard our minds. If you dwell on depressing thoughts, you will live a depressing life. If you continually gravitate toward negative thoughts, you will gravitate towards negative people, activities, philosophies, and lifestyles. Your life you always follow your thoughts.*

*Almost like a magnet we draw in what you constantly think about. If you are always thinking positive, happy, joyful thoughts, then you will be a positive, happy, joyful person. And you will attract other happy, upbeat, positive people.*

*Our thoughts also affect our emotions. We will feel exactly how we think. You will never be happy unless you first think happy thoughts.*

*Conversely, it is impossible to remain discouraged unless you first think discouraging thoughts. So much of success, or failure in life begins in our minds, and is influenced by what we allow ourselves to dwell on.*

*Many people don't realize it but we can choose our thoughts. Nobody can make you think about something. GOD won't do it, and **the enemy** can't do it. You decide what you will entertain in your mind.*

*Simply because the enemy plants a negative, discouraging thought, in your mind, it doesn't mean that you have to water it, nurture it, coddle it, and help it to grow. No, you can choose to cast it down, to dismiss it from your mind.*

*Your mind is similar to a giant computer in that your brain stores every thought that you ever had. “*

# REFERENCES

PLEASE READ, OR WATCH VIDEOS ON ABNORMAL PSYCHOLOGY SINCE IT WILL ASSIST YOU WITH INTERNAL SELF-REASONING.

NOTE: References on books may sometimes be found in video format on YouTube, or on the internet.

## INSPIRATIONAL

- The Power Of Concentration (Dumont, Theron Q.)
- Rich Dad Poor Dad (Kiyosaki, Robert)
- The Secret (Byrne, Rhonda)
- Think, and Grow Rich (Hill, Napoleon)
- Your Best Life Now (Osteen, Joel)

## BOOKS ON ABNORMAL PSYCHOLOGY

- Be Careful What You Pray For...You Just Might Get It (Dossey, Larry)
- Prayer Is Good Medicine: How to Reap the Healing Benefits of Prayer (Dossey, Larry)
- The Chimp Paradox (Peter's, Steve)
- The Cosmic Serpent (Narby, Jeremy)
- Breaking Open The Head (Pinchbeck, Daniel)
- DMT: The Spirit Molecule (Strassman, Rick; M.D.)

## YOUTUBE CHANNELS (AND TOPICS) ON MOSTLY ABNORMAL PSYCHOLOGY

- Escaping Ordinary (B.C Marx)
- HealthyGamerGG
- Jordan B. Peterson
- Newel Of Knowledge
- Dr. Grace Lee
- "Auto Pilot" (not related to Tesla Motors)

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**Donation money is used to pay for  
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occasion feeding the homeless, etc.**

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