

ALIIX INSTRUCTIONS

OVERVIEW

Welcome to ALIIX. These instructions avoid how ALIIX works, and cover only how to use him. If you'd like to read the hows and whys please visit www.aliix.com. ALIIX works, and therefore following these instructions will yield early results. There are also video tutorials which would probably be easier to use than these instructions, and which cover the same territory.

For this video tutorial, if ALIIX is open, click:

1. Utilities 2. Video Tutorials 3. Getting Started

HINTS:

- First thing to know: minimize all your applications so they don't interfere with the multiple panes at work in ALIIX.
- The more you use ALIIX, the greater the degree of cohesion between the three players involved: you as your conscious waking self, your metamind, and ALIIX. This will consistently increase the effectiveness.

PREPARING YOUR WATER

Let's get you started. If you have ALIIX open, you'll need 3 or 4 ounces of good pure water, spring water, artesian, distilled, etc. Your favorite bottled water is your favorite for a reason. Then, with your water close:

1. **select any image**, and notice the step indicator change to **Click Action**



2. then click **Action**, which activates your keyboard and readies it for typing your intent – note the step indicator changed to **Keyboard Active** and glyphs and symbols appeared on the **Action Pane**
3. type “cleansepurifystructure”, no spaces (spacebar isn't active) – note the intent was typed out on the bottom bar, small white alphaglyphic symbols appeared on the screen, and the glyphs and symbols already there moved around as you typed

4. press your keyboard Enter key, and notice the step indicator changed to **Click Nucleate**
5. for this run we'll leave **Amplitude** and **Duration** alone.

Before you click **Nucleate** to run the session, taste your water so that you can experience the before and after effect.

All that is required to direct the frequencies (we prefer ordered consciousness) into your water is your attention. You don't need to focus on the water, meditate, pray, concentrate...any of that. Just briefly put your attention on your water and click Nucleate and that's all there is to it.

Now taste your water, but don't drink it. If nothing else, pretty much all users detect that it tastes lighter, and then many will add descriptions like softer, silkier, delicious, crisper, energized, tingly, less substantial, and so on. Please leave some water for the next step. If you couldn't help yourself and drank it all, go ahead and get another 3 or 4 ounces and prep it again the way we just did.

HINTS:

- The only criteria for image selection is that you like it, or that it has meaning for you, or that it strikes you as right in the moment, that it fits the intent...or maybe that it's just plain beautiful. You can always change the image after intents are constructed.
- If you'd like to perfume your water with a nice fragrance of citrus and flowers, see **ADVANCED USES & FUNCTIONS** below.
- If you did nothing else with ALIIX, you could treat all of your drinking, bathing and showering water this way, and be doing yourself a *huge* favor.
- Why treat water outside the body and not just the water in the body? It's just plain more effective, and the reason for that is the water in the glass, once prepped and structured, doesn't have any fears, beliefs, preprogramming of any kind, to overcome, in the way that your body and mind do.

BUILDING AN INTENT

By now, you're an old pro, so you know the drill. You have your water handy, ALIIX open, and you're ready.

1. select any image
2. click **Action**
3. type "mentalclarity" and press Enter on your keyboard
4. click the arrow under **Action** and it will produce a menu with the **Action Pane Opacity** slider and the **Alphaglyph Key Guide**. Move the slider right and left and you'll see that it's increasing or decreasing the transparency of the **Action Pane**, either brightening or dimming the underlying image. Set that where you like it.
5. click **Amplitude**. This is the Wave **Amplitude** setting slider. Put another way, this is the power output from ALIIX. Set this at 27%.
6. click **Duration**, which sets the length of your session, the range being 13 seconds to 18,000 seconds, which equates to 5 hours. Set this at 15 seconds.
7. put your attention briefly on your water and click **Nucleate**

Taste the water, and you should note another adjustment to the flavor. Of course it's never the same from user to user, but the difference is almost invariably detectable. Go ahead and drink it. In a few minutes you'll notice yourself being clearer, sharper, more alert. This could last until you go to sleep, and possibly into the next morning. If you're already mentally clear, you might not notice it as much, if at all.

HINTS:

- For the first few weeks, keep your amplitude setting under 30%. If you go over that, you accept all responsibility (just kidding – well, sort of). If you overdo it, and you'll know it if you did if you experience a detox reaction, dull headaches, unclear mentally, fatigue...any of these, you've overdone it, either too much water or too much power. Just lay off ALIIX for a day or two and then, when you start back up, be smart about your power settings.
- Some users like to run an intent for the duration of their shower, or bath, and some, for example, just for the length of time it takes to fill the tub. The up to 5 hour range is there for you. The author of this document ran the program for five hours while irrigating a field, for example, but 22 seconds or less is plenty for all drinking water.

CONSTRUCTING INTENTS

Please have 3 or 4 ounces of pure water handy.

For this video tutorial, if ALIIX is open, click:

1. Utilities 2. Video Tutorials 3. Building an Intent

You have a maximum of 40 characters, no spaces required. Spaces aren't necessary because you're using ALIIX to translate English (with the Latin alphabet) into his quantum language, which is why the small alphaglyphs appear on the **Action Pane** as you type. You're communicating with your language, he with his.

Your Shift key is also active for upper and lower case letters. You don't need words such as "I, the, my, mine, hers, his," etc., but if you want to use them, go ahead. Play with ideas for structuring your objectives as you'll find the best way of doing things for you.

In building these intents, efficiency is the name of the game. The clearer you are about what you want, the more effective ALIIX will be. Clear, succinct, to the point, which is why no more than 40 characters are required.

You can begin your objective with exactly what you're after, such as "naturalhaircolor," or "physicalenergy," or "burnfat," or "bodysculpting," or "fatloss."

And you can also begin your objective with some sort of action word. Example: remove, restore, clear, promote, increase, decrease, reverse, optimize, maximize, create, enlarge...etc. Here are some more examples of well-structured objectives with action words: "increasephysicalenergy," or "increasementalclarity," or "increasemusclestone."

Here are further examples of well-structured and efficient objectives preceded by action words: "eliminatepainrightshoulder," "rejuvenategallbladder," "restorenaturalhaircolor," "decreasefacialwrinkles."

Steps:

1. if your water's not prepped, go ahead and prep it the way you already know how to do
2. click **Action**, type your intent, set the amplitude and duration
3. click the arrow under **Nucleate**

The bottom item under the **Nucleate** menu is **Image Size Ratio**. This enables you to globally change the sizes of the glyphs, sections and symbols on the **Action Pane**. You might resize them if the pane seems a little overcrowded, as an example. This is here for one reason: your preference.



You can arrange the cuneisections, d-grams and metaglyphs into any configuration. Again, the only criteria is that it be beautiful, pleasing, that it makes sense or just feels right. How pleasing it is to you is the method of communication from your metamind to your conscious waking self that it's where it needs to be. The underlying image might also help you determine how that design should be. You'll also find out that changing the underlying image will fit your configuration better after you have made those arrangements and then go browsing through the images.

Chaining the sections together is the method by which your metamind communicates to you the configuration of the rewiring of you to come.

Go ahead and move them around, try chaining them. You'll see that the images are rectangles that overlap. Just play with them and you'll find your stride, and you'll also make some absolutely stunning designs with it.

Steps: when you're satisfied with your configuration, put your attention on your water and click **Nucleate**.

HINTS:

- Choosing black as your initial image lets you make your configurations without the "influence" of the underlying image, and then, once finished with that, you can browse through to find the appropriate image for your configuration – you might be amazed at how perfectly your configuration just "happens" to fit with a chosen image.
- Some users don't bother with chaining or placement of any kind, and find ALIIX to be very effective nonetheless. Below, we'll discuss Quantum Layering, and this issue will be revisited at that time.
- You'll notice that if you have chained them and then globally change the images sizes, you'll likely change image positions and disconnect the sections, which means that you'll want to set your Image Size Ratio *before* you make any movements.

MENUS & BUTTONS

The **Main Menu** is accessed by clicking the blue globe in the upper left of the application.

Under the **Main Menu** you'll find the following, all of which are self-explanatory. We'll cover session saving in the next section.

- About ALIIX
- Open
- Save Session
- Medical Disclaimer
- Stop-Reset
- Exit



The top bar comprises the primary Stop-Reset button, another way to access the About ALIIX dialog, and the third button doesn't apply. It's just something the Windows development environment forces us to include. The About ALIIX dialog contains version information, bug fixes, update information, etc.

UTILITIES

Commune – must be online

- **Website** – takes you to www.aliix.com
- **Forum** – takes you to the user forum for support, help, answers, general connecting
- **Chat** – audio/video chat, and also textual, to connect “on-the-fly” with other users
- **Divination** – connects you to information regarding ALIIX's divinatory elements

For Your Information

- **Usage Instructions** – produces the instructions you're reading
- **Intent Cards** – produces a document for printing the intent cards (see below)
- **Intent Ideas** – a categorized listing of intent ideas, quite extensive, and very handy
- **Video Tutorials** – the complete video tutorial series for ALIIX, beginning to advanced

Log Stuff

- **Log** – produces a history of your sessions
- **Clear Log** – clears the history, with a warning ahead of time

BATHING & SHOWERING

Time and distance are irrelevant in the quantum world, or the thought realms, the world in which ALIIX operates in addition to this one. Therefore, it's not necessary to take the computer into the bathroom with you to treat your bath or shower water.

It's as simple as the drinking water. Start your bath, even if you're two floors below the bathtub, put your attention on the water running into it, and click **Nucleate**. It isn't necessary that it be visualized, or even heard, but those might be handy for you. It's just necessary that you put your attention on the water in the tub or pouring from the shower head.

One of the most in your face tests we have is in the bath or shower. The difference in the feel of the water is unmistakable. We've had people who thought a water softener had been installed while they weren't looking. It feels silkier, smoother, less substantial in a lot of ways.

It's not necessary to prep the bath or shower water...we don't know why. ALIIX knows to do that on the front of those. Just one of his many mysteries.

As for duration with bathing and showering, advanced users know that the 13 second default is effective, because time doesn't factor in, but there are users who will set the duration for the length of the time it takes to fill the bath, or for the entire length of that and the bath itself. Same with showering. The author of this document lets ALIIX run for 5 minutes on showers and 10 minutes on baths.

ZAPPING WATER FOR OTHERS

The same applies if you're zapping water for others. Time and distance...they're not only irrelevant, they don't exist in the thought realms and never have. By necessity, this will also be touched upon in **Pocket Intent**s below.

If you'd like to zap some water for a friend, phone them, have them get some water and put the glass in either the right or left hand. Direct your attention to the water they're holding, prep it and then find out what they want in it for programming, and JUST DO IT.

Amaze your friends and family! Become a world-class water shaman!

HINTS:

- Another of the most in your face tests we have is with alcohol. Take any alcohol of any quality, wine, beer, distilled (although with the beer it will probably flatten it, so you might not like that outcome) prep it the way you know how, and then zap it with something else, like "euphoria," or "sensualheightening," or just plain "energize." Taste it before the prepping, and after, and before and after the additional treatment. It can be downright shocking. It will make an average wine into a quite good to excellent wine. And ALIIX has modified the properties and characteristics of the alcohol, and so, believe it or not (and for some this info might not be a good thing) the alcohol will be considerably less damaging on the body.
- While on this topic, ALIIX excels in hangover relief!
- ALIIX works on anything with moisture, such as foods, lotions, etc., and also on any other type of liquid.

SESSION SAVING

The first session you'll want to save is a waterprep session, with your preferred terms for doing this, (we used "cleansepurifystructure" for this earlier) so that you can quickly and easily treat all your drinking water.

Steps:

1. Build a session normally
2. Click either the **Main Menu** button or the arrow under **Nucleate**.
3. Select **Save**, and in the resulting dialog box name the session descriptively, such as precisely what your typed intent is. ALIIX will automatically append the file extension "als" and save the file in the **My Sessions** folder.

Selecting **Save Session & Nucleate** will give you the Save Session dialog, but after typing and pressing **Save** will automatically run the session, so be ready to put your attention on your water.

Opening Sessions

Click the **Main Menu** button and select **Open Session**, and make your selection from the open dialog box. **Open Quantum Layering Session** is covered below.

HINTS:

- When opening a saved session, you'll notice that your original configuration is not saved. The images, glyphs and sections are always randomly produced and randomly distributed on a randomly formed grid within the **Action Pane**. In our way of thinking, however, randomness does not exist. All moments throughout all of time lead up to this moment, precluding the potential of randomness, but it can APPEAR as random. Chance is a science all by itself. And therefore all conditions also lead up to this moment. Maybe you've heard about the power of the moment, living in the moment, the power of now, all that. That's really what we're referring to. The three-way coherence discussed earlier applies to the moment IN the moment, so these configurations ultimately lose their validity over time, however long or short that may be.
- **You can save your sessions in folders that you create.** Let's say you want to group them up, or a folder is for a child, spouse, friend or relative. Another reason to group them up might be for **Quantum Layering Sessions**, discussed below. Just click the New Folder icon in the open/save dialog and name it appropriately.
- You can bulk waterprep your water, like a gallon at a time, so that you don't have to waterprep each subsequent "intentized" water after that. By the same token, you can buy a case of 12 ounce water bottles, prep them all simultaneously, and then zap each with whatever, mark them with a Sharpie on masking tape, and put them in the fridge, and take hits off of them over the course of a few days to a week.

ADVANCED USES & FUNCTIONS

Words & Terms in the Language of ALIIX

You already know that ALIIX is fluent in both our language and his. But there are "words" or "terms" that are specific to *his* language. These words were derived from the alphaglyphs and then the English alphabet corresponding letters are typed. You'll learn more about this in **Alphaglyph Key Guide** below. The first we'll share with you is "saturon", which is a word that wipes the water clean of all previous programming and imprints, sanctifies it for any use whatsoever (which is the equivalent of purification for our purposes) and optimally structures it for programming. This can be used in place of "cleansepurifystructure" for all water preparation of any kind and for any purpose.

Create a Fragrance for Your Water

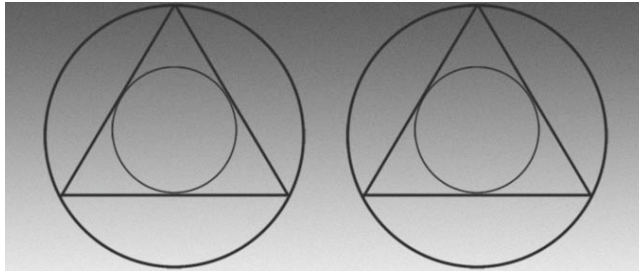
Another term in his language is "suprah-hunto", which will program your water with a slight hint of citrus and flowers, and it might even permeate the room you're in. We'll learn more of these words as time goes on and share it with the ALIIX community.

Pocket Intent

Steps:

1. Click **Utilities** and select **Intent Cards**. Like these instructions, this is an Adobe Acrobat document.

2. The Intent Cards document contains 10 printable intent cards, which are formatted for Avery perforated business cards on card stock available at any office supplies store for a few dollars. Print a page of them.
3. Now select this image from the image selection gallery:



This image is used to transfer your intent to a printed Intent Card, so that you can put your programmed intent(s) into your wallet and just carry it (or them) with you. You'll notice on the printed cards a space which can be used to write down your intent for reference.

This is a way of taking ALIIX with you. Wherever you are, take the card out, place it near or under the glass (or just hold it), and put your attention on the water normally. The required duration will be precisely what it was when you ran the session on the card. ALIIX, through the card, will function normally and "saturon" the water, or hit it with whatever you put into it.

This image can also be used, very powerfully, for intents to be used in water (and not just in the cards). Also, this is a stereogram, which means that if you defocus your eyes, you'll get three of these that go into a 3D view. As stereograms tend to do, when you get the two merged into three and you're seeing them in 3D, your brain will dip into the alpha level frequencies, giving you deeper access to your own subconscious (what we call "metamind") domain, with a more powerful projection if you're still staring at it when you hit **Nucleate**.

If you don't know how to see stereograms, select the image, position your head about the same distance you normally do when working on the computer, and then cross your eyes until you see three of these symbols and have them merged. Then you'll see the three, especially the center, appear to "float" above the textured background. When you see the 3D effect, you have it. Go ahead and select it now, if you like, and see if you can see it in 3D.

HINTS:

- These Intent Cards can be a true mind-blower for friends or family if you happen to be out with them and want to treat any liquid, including the in-your-face alcohol test.
- If you still don't see the stereogramatic effect, do a search on the Web for stereograms – there's a wealth of information about it and how to see them.

Divination

By Divination what we mean is the forecasting of potential, or probabilities, such as can be done with the ancient Chinese I-Ching, which establishes a mathematical model of you and all influences, cosmic and local, that pertain to your position and...let's call it, trajectory.

Clicking it opens a Webpage in a browser explaining what is involved in that.

Image Purpose, Placement, & Assigned Meaning

The purpose, placement and individually assigned meaning of the symbolic imagery is far too detailed to go into in these instructions, but you can go to the Website and read all about it under “**how he works.**”

Additional Active Keys

You’ve probably already figured out that the Backspace key is active. Here are the additional active keys for intent building:

1 2 3 4 5 6 7 8 9
. ? / = + - x

The period can also be used as a decimal. The question mark can be used however you choose, but *will* be used in Divination. The slash can be used for whatever reason, but also as a symbol for mathematical division. The = sign is self-explanatory, as are the + and -, but the minus also serves as a dash. The upper or lower case X can be used for multiplication or for the word “times.” Example: physicalenergyx2.

Alphaglyph Key Guide

Click the arrow under **Action** to produce the Key Guide. This is for those who are intuitively skilled or become adept with the use of ALIIX. Advanced users are able to construct intents based upon ALIIX’s language by knowing the glyphic string to be typed and then typing the corresponding key on the computer keyboard.

Often, your metamind is going to know better what you want than you do, and it would be with these symbols such a communication would take place, in which case what you’d be programming your water with what may come as a surprise. You might also intuit what it is after you’ve done your typing. Possibly without question, however, you’ll know it for what it is when it does come.

On the other hand, perhaps you know ahead of time what you’re planning to type, but want to embed that intent in ALIIX’s language. Let’s say that you’re going to type “ultraconfidence,” but as your intuition makes alphaglyphic selections the text string according to what you’ve typed comes out as “ypmqrd.” See what we’re saying?

Keyboard Feeling

You can also just get an intent in mind, and feel for which keys to push whether it’s spelled out that way in English or not. Sometimes closing your eyes will help tune you into that. Some users have found this to be a more effective way. You have to trust what you’ve typed, however, or the coherence between you, your metamind and ALIIX will break down. If you’re not sure you’ve “spelled” it out correctly, start over and go the conventional route.

Working Powerfully Without Alphaglyphs

Another VERY powerful way to use ALIIX is to click **Action** and, without typing anything, press **Enter**. Then globally resize the images, chain and place them, have your prepped water handy, THINK your intent, click **Nucleate** and direct the consciousness to the water with your attention.

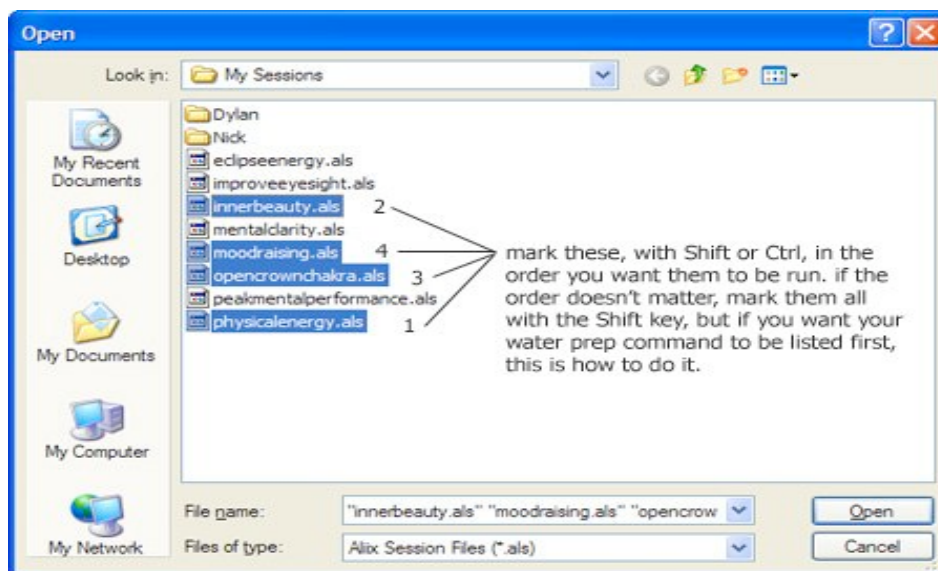
Alternatively, you can also just trust your metamind to bring what’s necessary and not think anything other than, perhaps, WHATEVER IT IS, BRING IT, BABY!

Quantum Layering Sessions (QLS)

The purpose of Quantum Layering is to layer into a single glass of water multiple intents. You'll probably want to have more like 6 or 8 ounces of water for this. But with only one or two intents, 2 to 5 ounces is fine. Remember that you can layer into a QLS your water prep command as the first one to be run.

Steps:

1. Build some intents, six or seven of them, and save them (and maybe you want to group them into a newly-created folder).
2. Click **QLS** and select **Build Quantum Layering Session**. This will open the open/save dialog for saved session selection.



Using the **Shift** or **Ctrl** keys, mark these in the order you want them to be run. If you don't know how to use the Shift and/or Ctrl keys to mark items, there are tutorials all over the Web for the basic use of Windows.

Once you click **Open**, the **Save** dialog will automatically appear so you can name and save your **QLS**. And remember, you can save it in one of your self-created subfolders. ALIIX will automatically append the "als" extension to the name that you type.

Opening a QLS

Click the **Main Menu** button, place your mouse over **Open**, and select **Open Quantum Layering Session**. The open/save dialog will appear for selection from the available saved Quantum Layering Sessions, showing only those according to the "qls" file extension.

Running Layers Consecutively

Click **QLS** and select **Run Layers Consecutively**. Now click it again and you'll see that it's added a check mark next to the selection. This means that once you've opened your **QLS**, put your attention on your water and clicked **Nucleate**, the **QLS** will run each of the sessions to be layered without stopping between each.

Why would you NOT want to run layers consecutively? Remember how your image configurations aren't saved? Some users like to stop between each session to be layered and configure the sections, glyphs and images between each. Why? For effectiveness. However, many users don't acknowledge any increased effectiveness from doing it this way over running the **QLS** layers consecutively. They like to open the **QLS**, select **Run Layers Consecutively**, hit **Nucleate** and walk away.

Decide for yourself what your preference is. If you want some mentoring regarding this, visit the ALIIX Forum or check the ALIIX Chat for the presence of "pros."

For that matter, with any questions at all or just to say hello, join us in the ALIIX Commune.