



## Sinking in PUD

One of my favorite things to do as a kid was to jump off a cliff into the low river tide mud. I would sink into that mud for the pure joy of it. Later in life, I noticed most of the people around me sinking in the PUD. **Painfully Uncreative Disease (Also known as: PUD)**

Are you sinking in PUD? Most people say, "I don't have a creative bone in my body". If this is you, then wipe off the oily PUD from your legs and walk into the creative woods.

These tales were created to include the reader. How did you feel when Jolina Butterbean showed off a dead animal as her new fur coat to a class of wild animals? Did you think it was insensitive? Or just not possible? Within the Public School System of the 1970's I had teachers that would've blown your insensitive mind.

How can that be possible from someone who claimed to have a magical childhood? I didn't let the absolutely horrifying events stop me from enjoying myself. I used them as the basis for all of my future tales and books. Each story you read has a lining of absolute truth in it.

Some people have the privilege to control their education system. But most of the world does not. Just a few questions for the regular world. "Who is teaching my child? And Who taught me?" If any of the characters in these tales feel familiar or strike a cord, It's very possible you have similar programming. Maybe your programs don't show up as full blown cartoon characters, but Maybe another version of yourself that shows up to overeat? Or to act insensitively?

Jolina Butterbean is what I refer to as my initial alter ego. Jolina arrived when I was eight years old and developed along with me through the years. With over 100 characters that popped up along the way, apparently the only controversial one in the bunch is Jolina! Over the last 46 years we've had countless recommendations to:

"Remove her, Change her voice, Make her white, Reconsider using her"

We would like to thank everyone for their Negative PUD sentiments. We Realize her Importance!

If someone reads these tales and has a negative reaction to any character, this could be a sign that you suffer from PUD. The hard line connection with non supportive comments and suggestions is the people who provide them suffer from Painfully Uncreative Disease.

The key in life is to love ourselves completely. Not reduce ourselves down to a pair of lips or grow ourselves into an insensitive pig. By loving ourselves completely, we are able to accept all the whacky quirks of another character. Accept the Jolina Butterbeans of the world and appreciate everyone for what they become.



# THE INNER CHILD'S GUIDE TO THE MULTIVERSE GUIDE ESSENTIALS

THERE ARE 13 KEYS TO UNDERSTANDING HOW TO ACCESS THE MAGIC PORTAL

1. THE MULTIVERSE AND DENSITIES
2. YOU ARE AN ELECTRICAL ANTENNA
3. LEARN HOW TO SHIELD YOURSELF
4. KNOW THE POWER OF CRYSTALS
5. PAY ATTENTION TO YOUR THOUGHTS
6. LEARN HOW TO BUILD AND RESPECT FIRE
7. CREATIVITY IS KEY TO HAPPINESS
8. MUSIC IS A CONDUCTOR OF HIGH VIBRATIONAL FREQUENCIES
9. FRESH WHOLE FOODS ARE CONDUCTORS OF HIGH VIBRATIONAL FREQUENCIES
10. TRUST YOUR HEART AND YOUR GUT – THEY HAVE BRAIN CELLS
11. ANIMALS & PLANTS ARE CONNECTED TO THE MULTIVERSE GRID
12. YOU ARE HERE ON EARTH TO RAISE YOUR VIBRATION
13. KNOW THE POWER OF SOUND – LAUGHING IS KEY

CARTOONQUEEN.NET



## ***The Inner Child's Guide to the Multiverse Guide Essentials & The Magic Portal Keys Explained***

What exactly are Multiverse Guide Essentials? Imagine a Magic Portal to creativity. We provide a nudge toward that portal with a brief list of things to consider when expanding your creativity. Please do your own research on any of the topics we include in this list. We do not profess to be EXPURTZ, we present creative suggestions.

It takes time and devotion to access the Magic Portal of Creativity. If you are willing to take the time to research and have some fun testing out your creative skills, the below information should be a fun journey of discovery.

### **1. The Multiverse and Densities**

Just considering the concept that we exist in a multi layered Universe made up of many Universes helps the creative process in so many ways. A Multiverse? An Omniverse? The Definition of the Universe is "One Song" The great creator made many songs. Even Big Head Baby has more than one scream. We exist in a Universal Soup or like Russian dolls where one Universe sits inside the other. Densities vary in vibrational frequency level. Densities are different than Dimensions. One person explained it using buildings. If a building represents a dimension then each floor of the building represents the density levels. By increasing your vibration, you can move up a "floor" or density. There are many things in this great Multiverse to explore, the greatest thing you can start with is yourself. To learn more about Densities and the Multiverse visit: [Andrewbartzis.com](http://Andrewbartzis.com) | [risingphoenixaurora.com](http://risingphoenixaurora.com) | [delorescannon.com](http://delorescannon.com) | [Peaceinspace.org](http://Peaceinspace.org)

### **2. You are an Electrical Antenna**

You are way more than just an antenna, you are a super computer along with so many other things! Everyone is sensitive and has the ability to pick up energetic vibrations. Every person has ESP and it's a matter of knowing how to turn it on or off when necessary. Using tools like the Sun and the Earth to ground or charge yourself is absolutely important. Understanding your own electrical current is key. Meditation helps with this tremendously. Meditation is the information highway once you fire or let go of your ego. **Want to learn how to be a Jedi?** A wonderful creative man discovered the joy of Kung Flow. He provides a tutorial on Youtube and only asks for a donation in return. His name is Ryan Rif Park, his website is: [www.kungflow.com](http://www.kungflow.com) and on Youtube: Kung Flow - Ryan teaches us how to use the **FORCE as well as overcome PTSD and other addictions.** He is doing amazing work.



### **3. Learn How to Shield Yourself (or protecting your antenna)**

Putting a protective shield around your auric field every single morning and every single night is part of the process. Plain and simple, you need to shield your aura /electrical field from negative influences. There are many ways to shield yourself by the visualization process and we suggest researching this topic.

Rising Phoenix Aurora has a shielding technique on her website and also in her published book, "The Galactic Soul History of the Universe." You can purchase this book or find info on her website: [risingphoenixaurora.com](http://risingphoenixaurora.com) or Rising Phoenix Aurora on Youtube.

After suffering years of nightmares, If we had only known how to shield before going to bed, we would've slept like a babies.

### **4. Know the Power of Crystals**

Crystals have the unique ability to amplify your auric field. Working with crystals can be life changing. For more information, check out searches for Monatomic Andara Crystals. Or here is one site that has information as well. [Lifestreasureskauai.com](http://Lifestreasureskauai.com)

### **5. Pay Attention to Your Thoughts**

Monitoring your thoughts will definitely shift your creative levels. Most people live their lives not thinking about what they are thinking!

Slow down enough to pay attention and notice some thoughts are definitely not approved! Begin a practice of removal - once an unapproved thought shows up, thank it for it's service and then fire it. Test this out for yourself. It's got to be repeated ad nauseam (A LOT) in order to deprogram yourself from the negative rants. Once you clear your mind of that clutter. Your creative flow will pick up the pace.

### **6. Learn How to Build and Respect Fire**

[AndrewBartzis.com](http://AndrewBartzis.com) has many fire ceremonies and ways to connect to Fire.

There are specific directions on where and how to build a fire to enhance your creative spark. Fire is amazing. Do not underestimate the power of FIRE!

### **7. Creativity is Key to Happiness**

Maintaining your inner child and creative spirit is the key to happiness. Even if you do not draw or think you want to start, you can color and doodle. People who get bored are boring. Keep a doodle journal that includes your goals – doodle out your goals.

Download free coloring pages and drawing tips on [cartoonqueen.net](http://cartoonqueen.net)

Youtube @cartoonqueen



## **8. Music is a Conductor of High Vibrational Frequencies**

Use this as a tool to generate a higher vibration and transmute into your crystals. Put on your favorite song and dance before you create. Phryll is HIGH Energy. You generate phryll a lot when you dance, sing or groove to the music. This is Phryll at it's heightened state. Some people put that energy into their crystals as future healing tools. Lets say there's a day when you feel down or low vibration- You can hold that high energy crystal and immediately feel better.

## **9. Fresh Whole Foods and Love Water are Conductors of High Vibrational Frequencies**

The kind of food we put into our body is WAY more important than the kind of gas you put into your car. BUT, most people are more strict about the gas they put in their car than the food they put in their mouth. If you are still addicted to fast food, even a little bit, then most of these things like the way a crystals energy feels or your change in vibration may not be visible for you. The very toxic buildup of dead food over time will calcify your glands, like drinking tap water – the fluoride will calcify your pineal gland. All of your glands are needed for top functioning creativity. Drink clean water - not fluorinated water. If you still believe Fluoride helps strengthen your teeth, please do just a little bit of research.

Anthony William – Book | Life Changing Foods

Learn how water becomes angry and when it's happy.

Vedaaustin.com – The secret intelligence of water

Youtube - @Learn with Fahad Aficionado / Water Fluoridation and City of Windsor

## **10. Trust your Heart and your Gut – They Have Brain Cells**

The Heart Math Institute discovered the heart has it's own brain cells and is the first thing to be created in the human body. The next part of the body to form is the tongue.

**Speak from YOUR Heart.** Keep a journal and write down all of your dreams. This will help you understand where your heart is leading you.

For more info, visit: [Heartmath.org](http://Heartmath.org)



### **11. Animals & Plants are Connected to the Multiverse Grid**

When you feel disconnected, go outside and sit under a tree. Pet a dog or cat. Connect with the birds. Stick your bare feet onto the ground. Sit under a tree. If you sun gaze, do it at sunrise or sunset.

### **12. You are Here on Earth to Raise Your Vibration**

The only reason any of us humans are here is to raise our vibration. Learn to be nice. Learn to share. Learn to love yourself. But just remember, as Delores Cannon once said, “you don’t have to, you can come back and take 3<sup>rd</sup> Density Grade all over again.”

### **13. Know the Power of Sound**

Sadhguru talks a lot about how sound was the very first thing created in our multiverse. Your own sound is very crucial. You have a personal sound that goes along with your vibration. You can heal yourself through sound therapy. Remember, laughing is key to health & creativity. The power of repeating the sound “AH OHM” – try this while sun gazing. For more information on your personal sound and how you can be healed, visit: [Soundhealthoptions.com](http://Soundhealthoptions.com)

For other information on Sovisit: [isha.sadhguru.org](http://isha.sadhguru.org)

Have a blast on your creative journey!

