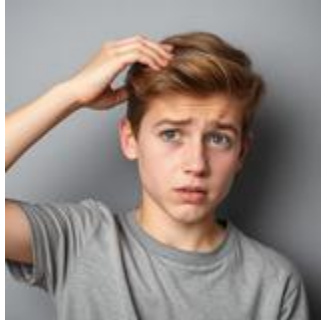




fastway oct 4 2025 v4
john morris beck

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make sure that you have the newest version of this book normally available at <https://thefastscrolls.neocites.org>
our discord community as i write this is: <https://discord.gg/8P7g3NdR>
you are encouraged to make your own fastway document that represents your own way of thinking.

intro:

fastway starts as a homeless survival guide for homeless or the apocalypse particularly for young men. but it expands into something much more. fastway taches you how to reach a version of your platonic form, and a renaissance man. a possible example of the best self you can be. those who follow the intent of fastway are fastmonks. fastmonks are ever prepared to live off of what they can carry with them.

choose your path: if you dont like something in fastway, reject it. only choose to use what works for you.

other important guides: fastway not come with medical info. read past versions of the us army survival manual and other survival manuals for that info.



<https://youtu.be/AMiNoVRUd4Q>

dont listen to the homeless: to not listen to a beggars advice to escape homeless because he doesnt know how and that is why he is homeless. listen to a millionaires advice on how to do it, and humble yourself as you do this.

couchsurfing: never stay on the street if possible. always seek the kindness of others to seek lodgings and rebuild your life. especially seek them online if you can. immediately flee from any host who seems unsafe, or cruel.

1. ask for a blanket from others. get cardboard or something to sleep ontop of. sleep away from the city to be safe.
2. beg for money. buy cheap food, and cheap water. save the rest of your money.
4. buy a cheap computer like a phone, or borrow a computer like at the library.
5. go online an find someone who will host you while you rebuild your life.
6. secure an online remote job. something without a rigid schedule where they don't know you are homeless and where you don't have to commute to work. make sure to avoid obvious scams.
7. sublet a room with roommates. if you can't afford to do this in a regular apartment then you must make a personal deal with someone who owns an extra room an ordinary house or you must make a private deal with a landowner to live in a barn or a shed, or any nook and cranny, even if you are not legally allowed to. it is much easier to survive someplace you are welcomed than someplace you are not.

learn the navy sleeping technique to go to sleep fast.

avoiding judgement when begging: you will get food, or anything else faster by begging for that thing rather than by begging for the money to buy that thing and then buying it, becuae people assume you want to buy drugs.

city avoidance: if there is a great calamity or disaster or economic recession stay way from the city because it isnt safe.

mail: it is possible to get mail without a home by either using the post office or by asking kindly for a stranger who seems trustworthy to allow you to send some mail to their home perhaps even offering them a few dollars or some labor in return.

flexibility: are you a vegan who only eats plants? be gracious of any offering of food in emergencies. are you a princess who demands a hot shower every day? go one day without one in emergencies where could save your life. be resilient and flexible.

determination and resiliency: do you think you are incapable of succeeding at a thing? you are right! have the mindset of someone who is determined to accomplish something and with time and thought and effort almost always you will do it. god created you with everything you needed for your mission when you were born.

the soup kitchen is a place you can go in the city often multiple times per day for a single meal. some soup kitchens only serve soup but many serve a variety of foods. this can help supplement your meals but is often unnecessary if you use the food bank and if you grow and forage some of your own food.

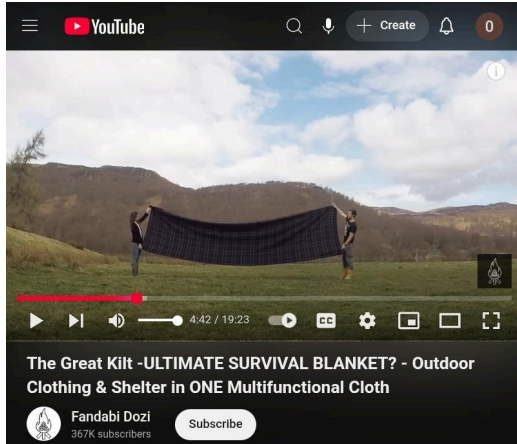
sikhs are indians who are similar to but not the same as hindus. although they wear elaborate clothes around their head they are actually not muslim. most sikhs are very friendly, peaceful, hardworking people. in the sikh faith they have to build temples in town where they feed the homeless beans and rice. if you live near a major city it is likely that a sikh temple will be open part time and feed you beans and rice at no cost. you can come eat as any faith or background without any catch other than that you must cover your hair in the temple to respect god. be welcoming of sikhs if they come into your town for this reason.

be prepared to do things when you are stuck with low tech equipment or with no technology at all. improvise!

be sure to check you have all of your gear before you leave a location! you will lose it!

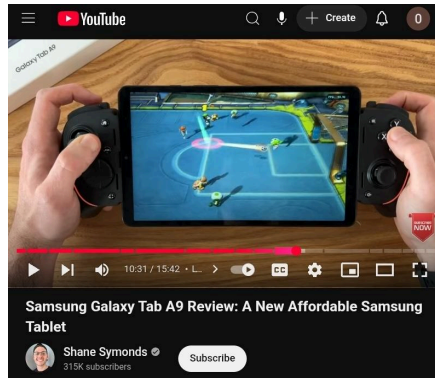
survival backpack gear:

fastmonks must have a survival backpack ready and be prepared to survive out of it by practicing living out of it. they must also practice surviving out of their pockets. they practice it until they know they won't forget how. their whole family would do this, if they were wise. you don't need the most expensive version of this gear. get the gear at the top first! you will be able to survive before you reach the bottom! color of gear isn't key here but official color is a light tan color for camo called coyote brown.



<https://youtu.be/YbAKRffKsPs>

1. blanket (ideally 1-5): you can wear a blanket as a **sleeping bag**, a **toga**, and a **backpack** if you have string! wool is best if you aren't allergic. otherwise use plastic. free is best. you can store an extra blanket on your body as a **cape**. heros wear capes, be a hero. when you use it as a sleeping bag, tie it tightly around yourself with string to stay warm. you can make normal blanket into a double long blanket by sewing them.
2. learn to make string and rope from plants: learning to make string **is** packing gear. learn to make it from plants. string makes your belt. string makes your blanket into a backpack. string makes your clothesline to hang your clothes.
3. medical clogs/chef shoes: these are the best cheapest shoes that last the longest and don't need socks. socks stink and take a long time to clean. don't ask me why i chose these shoes. humans must make sure to keep making these shoes and making them cheap and durable. if you have sensitive feet don't use these or the skin on your feet could be injured.



<https://youtu.be/U9jXUHln9sE>

4. pocket sized tablet: you need a full tablet that fits in your pocket not a phone! if it is folding and it is a sensible price that is wonderful. otherwise go for an ipad mini sized tablet. in 2025 galaxy tab a9 is good. this is the gold standard for pocket tablets. it is \$160. a folding tablet is \$2000. there are multiple kinds of cheap controllers you can hook onto your phone tablet or link wirelessly to your smart tv. this obviously gets purchased later not while you are escaping homelessness.

tablet advice for the recommended pocket sized tablet:

if there are head mounted computers make sure the code in it is proven mathematically to be perfect or a mind control device will put your mind into a torture dungeon while your body is runs around as a zombie soldier and kills your family and neighbors. get a device with a flashlight. if it doesn't have a flashlight use a flashlight app that brightens your screen. fight hard for the right to sideload apps, to activate root or administrator access from the settings, to install a any operating system on the phone, to have a charging port, to have a headphone jack, to have a flashlight, and etcetera. use the tablet to study how to better take care of the lifespan of the tablet. learn how to use the tablet by searching how to use the tablet on the tablet. ibis paint is a wonderful drawing application for a tablet that will allow you to draw and paint your own digital art from your pocket without having to buy any art supplies or build an art studio. fruitly loops studio mobile is a \$15 music studio app for a tablet. it has a midi and a digital modular synthesizer. nearly any song you hear on the radio could be produced by this app. rather than carrying around a bulky expensive guitar it is possible to carry music studio equipment in your pocket as your instrument. you can get the same thing for free with the caustic3 app. and there are other alternatives on linux. termux is a version of linux that you can run on android without root. by using the proot package on termux you can get a mostly working version of debian. see the termux wiki for more info. the feng shui compass or lao pan is a universal compass used by taoist masters to navigate reality. get offline uncensored ai on your tablet so that you can use ai anywhere however you want. use brave browser to watch videos without ads and brows the web without ads. use kiss launcher to make your phone easier to use in the moment.



5. reusable bags and napkins: a plastic bag is a **storage-bag**, and it can be a, and it can be a **gear-organizing-bag**, and a **dirty-clothes-storage-bag**, and a **handwashing-clothes-bag**, and you can use it as a **garbage-bag**, and it can be a **shit-bag**. they are lightweight and cheap. get them and have them ready incase you need them. napkins can be used to wipe your ass or you can use water and your hand then clean your hand with soap and water.



6. convertible cargo pants: these pants were made by world war i soldiers. you do not know better than them! have these cargo pants with pockets and a zipper at the knee to make them shorts.

7. quickdry sport pants: these are not sweatpants these are quickdrying offbrand adidas. they will keep you warm in the winter.

8. swimsuit with pockets: have at least one swimsuit to shower with and swim with. dont have too many swimsuits. women can not wear these you need a proper sanitary bikini or you will get infected.



9. fleece jacket with hood. used fleece jackets are cheap and warm in the winter.

10. long sleeve quickdry hood shirts with mask: in the summer wear one with the sleeves rolled up. in the winter wear all three together with the sleeves rolled down.

11. tarp poncho: get a thin durable lightweight poncho to wear while you walk in the rain. make sure that the poncho is pitchable as a tarp. or you will get rained on in your sleep.

12. headscarf: get multiple durable very thin headscarfs. there are 1001 uses for them except for telling time, learn them all. it can cover your head in several ways and be a mask in several ways. it can be a sling for a wound. it can fold into a bag. it can be a neckscarf. you can get it wet with wood ash to wash your body and then you can wash it in your plastic bag.



13. spork.

14. metal scrubber to clean dishes.

15. canteen cook set: get three of these. the canteen will store your water until the cheap lid breaks. the cup will cook your food and your coffee and boil your water to kill the bacteria and make it safe to drink except for heavy metals. **the metal stove will heat your food by putting twigs** into it. **wood ash is soap**. you can shower by pouring water on yourself with this canteen or the cup. you can have air conditioning by showering. get a canteen brand where the cheap plastic lid doesn't break. get metal without lead or unsafe metal. don't let the canteen burst apart with frozen water in the winter.



16. the ferro rod makes infinite sparks. a bird's nest is dry stuff like bundles of grass or dry moss you light with your sparking rod to make fire. if you lose your sparking rod find metal and find a rock that looks like it has glass in it.



17. get a hunting durable hunting knife with quality steel. make sure it has a flat straight edge with a grind made to sharpen many times. make sure it has a point close enough to the picture. learn how to properly sharpen your knife **carefully** with a wide smooth stone or cut else you'll hurt yourself. be careful with this knife, it is not a toy to wave around and run and play with. do not hurt someone with this knife. learn how to shave with a knife or have long hair and your enemy will grab you by the hair in combat. learn how to shave **carefully** starting on your arm first and never cut yourself shaving or you could be seriously injured. the knife pictured is a knife from Dave Canterbury's Pathfinder School. if not from the Pathfinder School it is recommended to buy a proper hunting knife from Nordeas such as the Swedes or the Germans or the Swiss who have fine steel.

18. have a multitool with a good knife, screwdrivers, **scissors to cut hair**, a small saw, and pliers. Leatherman or Victorinox are recommended due to steel quality.

19. shovel knife for building shelter and digging.



20. battery bank with flashlight and a folding solar panel. fight for computer batteries that last years on one charge or you will cause the planet. if they don't exist buy a battery bank with high milliamp hours. make sure it has a flashlight. make sure it has a folding solar panel with many panels and make sure that the solar panel works well. make sure you don't buy a cheap battery or it might explode. learn to pay a man in town to charge your battery for small barter of money services or goods.

21. travel shaver. very small cheap travel shavers that charge with your phone charger will trim your hair easily instead of scissors or a knife. get one to keep your hair short quickly or your enemy will grab you by the hair in combat.

22. **menstrual cup**: <https://youtu.be/kMziA2Y2iqg> those women on the internet who travel a lot often recommend menstruation cups as cheaper lighter alternatives to pads. please do your research into buying and using a menstrual cup before you purchase one, as it takes some knowledge to learn to use them. the above video is a great video about the topic.

23. have sewing needles and thread. learn how to make sewing needles from bone.

24. get a clear quartz crystal so clear that you can see completely through it that is exactly the size of your thumb. it is better if it is perfectly clear amethyst the size of your thumb. make very strong unbreakable string. wrap the crystal tightly in copper wire making sure that it is not majorly hidden from light touching it. wrap the copper around the string to make a magic talisman. wear this talisman all the time or you won't have good luck from it. don't wear it while you sleep or you will choke and die. sorry to speak so readily about your possible death in this book, but it is a book that is in part about your survival. don't wear it while you shower or the string you make will rot.

25. make deodorant by burning lavender and sage and wafting the smoke into your clothes.

cars: the vast majority of people don't need cars. cars are extremely expensive because of car payments, insurance, repairs, maintenance, expensive car accidents, and gas. the solution is not to take a taxi ride six times every day. consider the following: the vast number of car commutes are for shopping, travelling to and from work, and going out on the weekend.

shopping can mostly be done online. getting groceries, clothing supplies or any goods no longer required a car for most people.

travelling to and from work can be achieved via carpooling or public transit especially for a job closer to home. or getting a job online could reduce the cost of travel to work entirely.

by carpooling and using public transport, working closer to home, or even working online, you spend significantly less on transportation. this means that you can take a pay cut. you won't be spending as much money on transportation so you won't need to earn as much or work as many hours.

the next most common expense with car travel is going out on the weekend. most people can probably afford to pay for a taxi each weekend. but there are cheaper ways to go out. you can ask your friend for a ride to the bus stop if you live close to one. you can offer them a little gas money for the help. also you can carpool with friends all sharing a ride to go out together. this is common in concerts and festivals where many people will share one ride to the concert in a group. again, you can offer some gas money or bring some snacks in return for the ride.

in general if you need a ride for an occasional emergency, and if asking for rides is not a regular persisting nuisance, then it is okay to ask a friend or a neighbor for a ride when you need one. expecting your friends to be your local taxi service is rude. they don't have to give you a ride if they are busy or tired, or if you have been asking for too many free rides. generally it is kind to offer to pay for some gas in return for a ride, and even offer money or barter as an incentive.

if you have eliminated commuting for shopping, commuting to work, and going out on the weekend, then you won't have to ask your friends for a ride very often.

26. motorbikes: motorbikes come in many forms from cheap bicycles with motors attached to expensive motorcycles, to street legal electronic bikes that don't require a driver's license or insurance. a good bike setup only costs around \$2000 and a working used motorbike can be bought for as little as \$500 in the year of our lord 2025. bikes are the most fuel efficient type of motor vehicle. you will never feel the gas bill hit your wallet compared to other types of vehicles. just four dollars of gas will get you far down the road.

the primary issues with these vehicles are their safety issues. there is an extremely high number of motorcycle deaths compared to cars. it is important to take safety classes to understand how to manage the risks on a motorcycle.

here are the leading causes of death on a motorcycle.

1. alcohol was involved
2. texting while driving was involved
3. speeding was involved
4. the user was injured from not wearing the proper safety gear.
5. the cyclist was an inexperienced driver or was driving recklessly
6. driving in bad weather conditions

7. driving while tired
8. riding without proper defensive riding classes.

make sure to avoid these things in order to help avoid dying or being an injured on a motorcycle. you should use motor vehicles sparingly. it is actually not that safe to drive a motor vehicle especially on the freeway. this is even more true for a motorcycle. you should really try to drive less in order to protect yourself. you dont need to drive all over town every single day. this isnt worth your life, especially on a motorcycle.

27. fastmonk motorcycle leather/synthetic **light-armour** gear



proper motorcycle gear includes:

1. a used well made thick secure windproof motorcycle helmet with sunlight resistance
2. thick hardened motorcycle jacket and pants to protect from road rash
3. thick durable winterized motorcycle gloves with good hand maneuverability that you can type on a smartphone with.
4. tall-heeled, sturdy, waterproof, steel toe, steel soled motorcycle boots. the collar of the boot should reach half way to the knee.
5. motorcycle armour for protection
6. kneepads and shinguards

woodland/street survival:

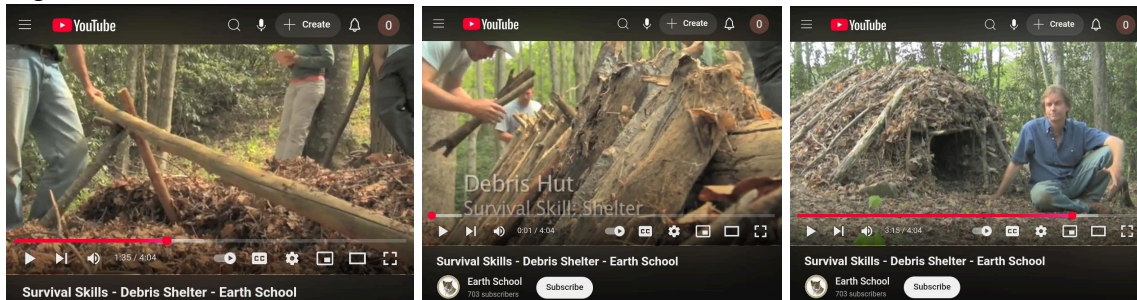
you are allowed to live in the woods or an beaurau of land management land in most countries as long as you travel along the trails and move along every few days and dont build a permanant shelter and obey the laws of the local woods and dont fish or hunt or do anything without the proper licenses.. research how to properly thru hike before doing this or you could get seriously injured or die.

in cold: keep fire going and keep your torso and your ears and your head and your neck and your arms and your hands and your legs and your feet covered or you will get too cold and and might die. underneath a snowy tree there can be a clearing with no snow that you can hide in to live.

heat: on extremely hot days wear light airy clothing. try to stay in the shade. in extreme heat consider dousing your clothing with water to cool yourself off. it is best not to travel far on foot on the hottest or coldest days of the year, but instead to find a good spot to

hunker down. otherwise you could get seriously sick and could die. the sun is a deadly laser and when the blaring sun beats down on your head you could get sunstroke and even die. so cover your head and drink alot of water and stay put in the shade when you walk in the sun. you can make shade by digging with your shovel and by pitching a tarp with your blanket. if you dig with your shovel too hard in the heat you will get hot or yo could overheat.

rain: walking in the rain especially without a poncho is stupid. wait till it stops raining. walking in the hottest day of the year the coldest day of the year is stupid unless its urgent.



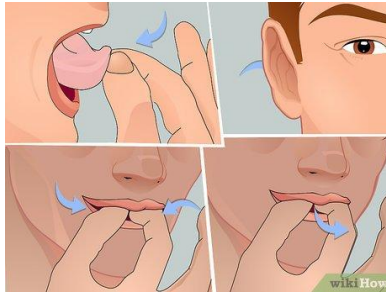
<https://youtu.be/HG9BeyrOfZE>

a debris shelter can be made from materials found in the woods. frame can be constructed with three pieces of wood, one of them having a branching fork, and leaning them against each other. branches are leaned against the skeleton to create walls. debris from the ground is piled onto the side of the shelter until the thickness of the debris is as long as from the tip of your fingers to your elbow. the more debris the warmer you will be. this shelter can stay water resistant and keep you dry and warm for many weeks. a bed can be made by collecting bundles of loose hay or grass. it is important to make a bed because the ground is very cold at night and the soil can contain parasites. otherwise you can freeze on the cold wet ground. make sure to pick bugs out of beds of hay.

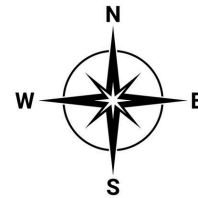


<https://www.youtube.com/watch?v=d7NZVqpBUV0>

hammocks: hammocks are the most comfortable type of bed when camping. if you are in the jungle you need a hammock or bugs and snakes will bite you and you will die. get a hammock that is long enough for your height, and sleep diagonally in the hammock, and have a proper bug netting, and have a proper jungle-moisture-ready underquilt and overquilt, and have a proper raincover, and tie it properly. check out shugemery on youtube, the hammock guy, for more.

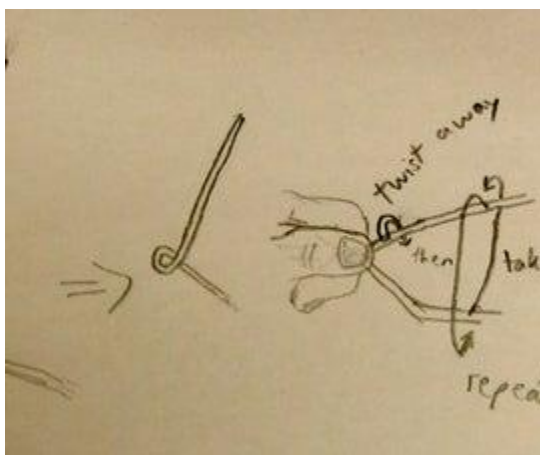


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human walkie talkie: with two fingers one can learn to whistle and be heard from up to one mile away. this code below lets you talk using short whistles as dots and long whistles as dashes.

human compass: you dont need a compass. the sun rises in the east and sets in the west.



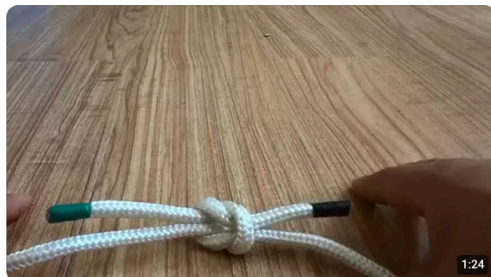
making string: you need thin stalky plants like this at the right time of the year that are harder than green leaves but much softer than wood. the one shown above is called dogsbane. some plants are poisonous learn them or touch poison and die. these kinds of plants are flimsy and hollow. you need to break off stalks of them. press down on the stalks with your thumbs and they will begin to crack open. as you keep cracking it apart the skin will start to separate from the inner fiber and we can carefully peel off longer strips of this skin. you want to separate all of the useless bits off of the fibres. then you rub the fibers together in our hands and it will give us these short lengths of thin strands. we slowly tease apart these strands until they are separated into little fragile threads. at some point in the process we may want to dry this material in the sun. certain times of year are better for making string.

to turn the threads into string you start a twist and you basically just basically start a loop and twist two strands in a special way. the top strand you twist away from you. then you flip the two strands in the opposite direction and they trade places so that the bottom string is now the top and the top string is the bottom. two types of twists. one going in the opposite direction of the other. you can see this in the diagram above with the two sets of arrows. in each step the top string is twisted away from you a little bit. then both strings are twisted together in the opposite direction and trade places. when you run out of length on the fibres you can merely splice several inches of new fibre into the twist so that you get an infinitely extendable string.

thicker string and rope: this with practice will make a very thin but very strong string. to make rope use the same twisting technique except with the string that you made instead of the individual fibres. to make thick rope twist the ordinary rope in the same way. dont wait till an emergency to make your string. bags and hats and things can be woven with thee strong.

making bags and other things: by learning to handweave string you can make bags, clothes, sandals, and other things, and even sell them.

square knot:



How To Tie A Square Knot (Step-By-Step Tutorial)

406K views · 10 years ago

DIY Helpful DIY

In this video, I show you how to tie a square knot with rope. This is a tutorial video that explains the instructions in a step by step ...

<https://www.youtube.com/watch?v=OxdUfYKrcfY> learn from this picture how to make and adjust a square knot.

fishing for food will nearly always be possible in large bodies of water. learning to fish can save your life. you can carve a fishing hook out of wood with a knife. you can use a sturdy stick as a fishing pole. you can use handmade string as the line and reel it in by pulling it. you can find worms to use as bait. one way to get worms is to grow the worms in waste. if you can find the right body of water you can feed yourself every day for the rest of your life from fishing, and never starve.

snaring rabbits and small game with wire is actually a lot easier than hunting, especially for the elderly and the sick. learn to snare with steel wire. also consider just breeding rabbits which is easy.

game warden: be respectful of the game warden and the local fishing and snaring laws. don't catch more than you need. don't harvest too many of one species or too much from one spot. if you catch an endangered or pregnant animal, release it back into nature to preserve the wildlife.

rice and flour are both extremely cheap, very easy to cook with, and last a very long time on the shelf. buying a 20 lb bag of white rice and a 20 lb bag of flour means that you will never actually starve. many cultures all over the world rely on flour and rice to cut huge costs in their food budget. these ingredients cost next to nothing per meal. if you keep a supply of these you will always be fed. this is the ancient secret of lao tzu. bear in mind that flour is the primary ingredient in making gravy, as well as butter, and spice. add in some bread from flour and some rice and you're talking about a great meal.

foraging: there are many plants that grow wild all over the world that taste just like potatoes but that we don't know are growing wild everywhere. an example is the jerusalem artichoke. you can harvest plants like these for free throughout the year. research harvesting food from the wild from folks like rob greenfield.

wax is useful for waterproofing cloth and for making it possible to seal jars with cloth or lids which is essential for preserving food in an apocalypse. wax can be made by melting pine sap or honeycomb from a beehive, and there are other ways to make it. if you get clay from the river and make it into the shape of a pot then burn it in hot fire called a kiln that makes jars, then combined with a ceramic lid and wax you can preserve food like with mason jars.

offline apps: have your survival apps ready offline. all of wikipedia. maps. some books. some music. offline ai. etc.

heuristics: these are powerful truisms or pieces of advice that hold true most of the time not always. the mark of a good heuristic is that: it is easy to teach and learn, it usually holds true, it is easy to apply a heuristic to a situation, applying the heuristic gives us valuable insight. here are some decent heuristics and other important ideas mixed in:

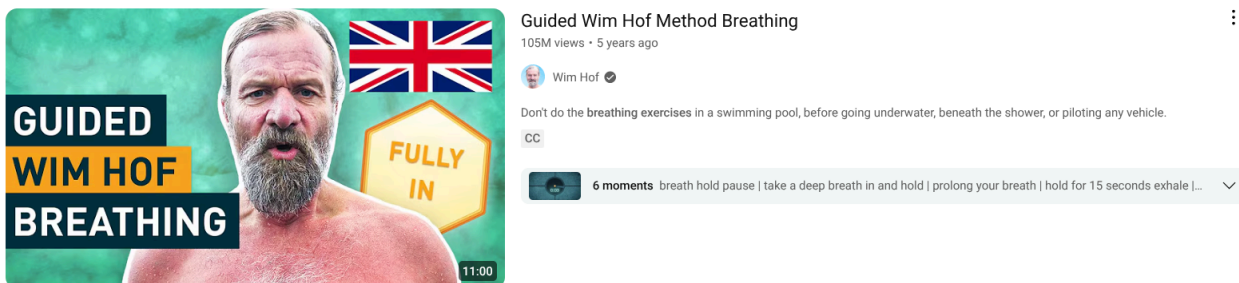
- most people are telling the truth most of the time
- most people do the right thing most of the time
- rivers tend to lead to the ocean. the coastline or beaches tends to lead to civilization.
- most people will offer you basic food or water or shelter if you are dying
- as long as you eat and drink you probably won't die
- being polite and kind to people helps a lot in negotiation
- beggars shouldn't be too picky
- few pieces of advice work in all situations
- save ten percent of what you earn for prosperity
- being polite to the police and to the courts and cooperating with them is generally a good idea. they are just doing their jobs.
- marijuana is the safest drug. synthetic recreational-drugs are bad for you. alcohol and tobacco are poisonous. wizards smoke.
- advice that society gives you isn't necessarily going to make you happy.
- advice society gives might be designed to get you to do something for society, not to serve you
- if you did not have a father use good men in real life and use good men in stories and pretend they were your father and imagine what advice they would give you and let their story lend you their strength.
- it is better not to make rapid changes all at once. you will do better with baby steps. take two month periods to learn a new habit or skill or to accomplish something. pick only one thing at a time when doing this. if you haven't mastered it after 2 months relearn the habit. this is the skill of masters, ubermensch and renaissance men who achieve their platonic form.
- you can't realistically live a life like a person you see on tv in a movie in a book or social media. you can't have as elaborate meals, or as perfect of a house, or as lavish a vacation, or as stress-free normal workplace, or as good family relationships, or as true of friends. real life is much less glamorous than fiction and that is normal.

learning ways to cheer up can be important for survival. add your own ways to this list of ways to cheer up:

- talking with a friend, someone who you can trust, a friendly stranger, or ai (be aware not to listen to the advice of any ai telling you to do something harmful. ai can be wrong)
- going on a walk or doing a physical activity
- listening to good uplifting music
- having something pleasant to eat
- grooming and cleaning one's body or environment
- watching a show or movie
- reading a book
- making art or making something
- listening to positive affirmations

- doing a guided meditation on youtube
- listing the things that you have gratitude for
- doing something to help other people
- making some distance between yourself and that which is stressing you
- writing about your feelings and maybe posting them anonymously online to seek sympathy and guidance
- doing some light exercise
- contemplating or researching a person or character that inspires you
- try a new activity or learn a new skill
- get some sleep or take a nap or take a break
- go online and try a new relaxation exercise
- get in any comfortable position and close your eyes and focus on your breathing.
- take time to contemplate that which is within your control and that which isn't. also take time to contemplate how you can put your life more into your control and how you can't.
- take time to list the things you would like to show gratitude for.
- think of your fond memories.
- consider reading scripture. if you do not approve of scripture consider watching or reading star trek: the next generation. what would geordi la forge do?
- consider praying.

grounding: standing or exercising with your bare feet on the ground for several minutes per day vitalizes your body.



<https://www.youtube.com/watch?v=tybOi4hjZFQ>

wim hof vitality breathing technique: basic idea of wim hof if you are unable to access the video: take incredibly deep breaths filling the entire lungs for about 10 minute rounds at a normal pace not a slow pace or a fast pace. then after then 10 minutes try to spend 30 second through one minute not breathing. do this routine about three times in a row for a starter wim off session. this will fill you with vitality to do a few times per day. it won't hurt you unless you are too weak and you might die if so.

the best weight loss is fasting (going without food) with coffee and vitamins or pinches of sea salt. don't fast for more than 16 hours per day. if you eat one meal a day make sure it is a bigger meal. if you feel like you have to break your fast, then have a few nibbles of food instead of eating. if you fail to fast and end up eating then that's okay because if you still fast regularly you will lose weight anyway. if you fast for several days don't start eating massive amounts right away or you might die. if you do not fast at all

you will get fat. all religions say to fast. the fast way is to fast. if you are too fat you will hurt yourself during exercise, so first you should fast your way skinny. beware it can be dangerous to lose too much weight all at once and you could die. dont be eager to lose weight too quickly. take your time and enjoy your food!

navy pain relief technique: focus on the part of your body that hurts and when you exhale think of seafoam green. outloud repeat the number 55515.

zero* cost parenting: for centuries people have had babies for zero dollars and other people are stupid for not being able to do it. utilize free schooling and other babysitting to help rear children. make cheap computers such as ipads, as well as socialization and family time the focus for family entertainment and fun. prioritize cheaper food sources valuing having any food at all rather than choosing to buy more expensive food. do research constantly into getting better deals on food. avoid as many unnecessary expenses as possible besides basic things such as cheap food. if necessary rely on assistance programs and help from others to supplement income. as long as your children eat and drink water they are likely to live. give them love.

long term survival gear:



water storage: have some way to store a large amount of water in the event that the water gets shut off. a good example of this is large water barrels. bear in mind that collecting rain water can be dangerous if the water isn't properly treated. follow the rainwater collection laws in your area. bear in mind that if water has been sitting in a container for a very long time it will go stagnant. that means water that has been sitting for a very long time might not be safe to drink. if a large water jug is turned into a coin bank when it will is full it will be worth half a gold coin. have a piggy bank to store coins in. make sure to check your coins for rare coins that are more valuable to trade at the coin dealer than to spend.



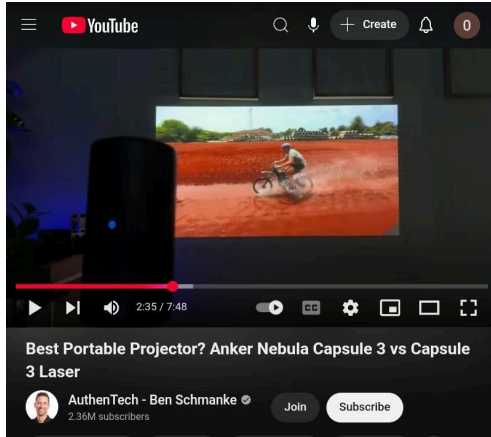
tomahawk is an axe and a weapon, and it is good to have to split wood. have 5 years worth of piles of split wood.



chinese mud brick family homes with bamboo rooves are the best cheapest house per square foot in history that are the cheapest to heat in the winter and cool in the summer. work hard so that these are legal to build in your country. housing crises have never truly happened in china the same way as in other nations. **brick stoves** are cheaper than wood stoves. they heat homes at the same time as they cook food and the ashes are soap. boil lots of hot water on your brick stove and poke holes in a bucket and then you have a **shower**.

a cast iron dutch oven with proper ceramic enamel when used on the stovetop is superior to an oven in every way. it can cook rice. it can cook roast. it can reheat food. it can make bread. nearly everything you could want from any kitchen appliance it can do. do not scratch the enamel.

bedding: have many blankets and pillows and thin folding japanese futon beds. they are cheap and comfortable and warm. they need tatami mats under them or they will mold.



<https://youtu.be/j3ju2QHCoSY>

small smart tv projector: you can buy a giant tv that will fit in your bag for \$1000.



shovel an outhouse and built the poopshed from mudbricks and bamboo. and also to get mud for mud bricks. have a shovel.

a travel bidet removes the need for toilet paper.

solar: the right way to do solar power as a beginner is with multiple 100 watt solar panels and jackery batteries, and with expensive well installed inverters. be careful working with electricity.

capsule wardrobes of clothing are suitcases of durable high quality clothing where every piece of clothing matches every other.

a chest freezer is a very cheap and energy efficient way to preserve food, especially meat. buy an entire cow or an entire hog or lambs at a time during the cheapest season and freeze it to feed your family for a year.

yagi antennas can steal wifi from miles away. its legal if you pay the person you are stealing from a small amount to use it, or if you barter.

saving money:

get free calling and texting service using an app

most designer brands are the same chinese or even american bullshit with the price tag raised for no reason.

debt: gold is the money of kings, silver is the money of gentleman, barter is the money of peasants, but debt is the money of slaves - norm franz.

understand that the primary reason to take out debt is to make money or to save money. you might get a better deal on wood if you could just shell out \$200 more dollars for a larger quantity. or, take out debt in an absolute emergency to preserve life. generally you shouldnt buy anything that you dont already possess twice the value of that thing in your savings. it is also rarely wise to buy anything more valuable than 10 gold coins, and is usually not wise to buy anything more valuable than 1 gold coin (one troy ounce of gold).

real money: gold and silver and copper has and always will be the only real money and have been since ancient egypt. gold silver and copper don't inflate or deflate in price, only fluctuate somewhat. look up online what inflation means to understand. if you still dont understand do more courses on khan acadamy.

budget: have a smart man on the internet such as on youtube each you how to do a budget on microsoft excel or in google sheets on youtube. budgeting will save you so much money. this is called running yourself like a business so you profit. requently check your spending to find the next easiest expense to cut.

frugal: spend 15 minutes every week going on youtube looking up "frugal tips" or "how to save money." imagine if every week you spent 30 minutes online trying to learn how to save \$5. by doing this every week over ten years I have ripped hundreds of dollars out of my regular expenses. it really pays off to learn how to save five dollars.

gambling: be aware that gambling is stupid because it loses you money over time. true gambling is either investing, or better yet taking risks in real life like choosing a new career or taking a risky move to ask a girl out. bear in mind even if you do proper gambling by investing in stocks and crypto, that it would take an extreme amount of research and work to outperform mutual funds like the s&p 500 in a non risky way over a long period of time. if you didnt put in alot of time and effort, it would be cheaper and zero effort just to put your funds into the s&p 500 and the dow dones and forget about it.

cheap gaming: gaming is more fun and addictive than gambling. understand that the newest games are often the games that cost the most and require the most computational power. in the year of our lord 2025 if you only play games that are 10 years old or older then you will likely be able to pay half as much by buying older generations of computer parts. if you stick to playing games that are 20 years old or older, then a cheap android tablet such as the samsung galaxy tab a9 for \$160 will be

able to run those games. consider that when grand theft auto vice city was released it required an expensive playstation to run. now the cheapest of android tablets can run this game. furthermore games that are older are generally cheaper. currently there is no way to legally purchase the game files of these older games. however it is likely in the future that they will be licensed to us at a greatly reduced price. consider someone who went into a coma when grand theft auto vice city was released and woke up today in 2025 with no memory of the time passing. to them grand theft auto vice city would not be an old game, it would be a state of the art game. they would have just as much fun playing it as a new game today. in short, the newer games that you play the more expensive that your gaming setup will be. if you can play games that are just ten years older you will pay half as much. if you play games 20 years old or older you can play at an extreme discount and don't have to even purchase a proper gaming machine. be aware it is possible to play most old games on a computer with something called an "emulator" if you obtain the game files legally.

matthew lesko will teach you how to get a loan or get a government grant to go to school, start a business, start a farm, build a house, and more. he has books too.

country living: living close to the center of a city is very expensive. the closer you are to the center of a city the more you like to throw your money into a big money hole for no reason. move out further into the country to save more money. if you go too far into the country you won't have police or firetrucks or ambulances or hospitals and might not even get mail. you'd also have a long car ride if you want to visit the city. find the sweet spot.

saving money with food:

have a **shelf stable non perishable 5 year food supply** and a bank of non gmo farming seeds.

potatoes have better economics than rice and flower because they are easy to grow. you just plant some of your spare potatoes in the ground and come back months later and you have more potatoes for free. if you cut a potato in half before planting both halves will grow and you will get twice the potatoes. growing potatoes might not pay for all of your bills but it will cut out a huge cost in your food budget. sunchokes are even easier to grow than potatoes and are the easiest plant to grow for food.

barren farmland: bear in mind that repeatedly harvesting crops from the same location will deplete the soil of nutrients. after so many years the spot will be barren and won't grow anything, and you will have to leave the spot alone for 10 years so the soil is ready for crops again. you can't farm the same spot infinitely without resting it. factor that in when choosing the size of your farm.

berries have similar advantages to growing as potatoes. certain berries grow wild and are easy to grow, basically taking care of themselves and spreading. there is not a lot of

time to harvest berries so generally you want to put them in bags in a freezer or else otherwise preserve them without electricity with the techniques mentioned below.

chickens and quail produce very nutritious eggs that are used for many recipes. chickens are fed on seeds that are much cheaper than human food, and chickens can eat food sources humans can't like bugs. a hen generally lays one egg every single day regardless of if she is pregnant. you don't have to harm your chickens in order to harvest the eggs, you can raise chickens in a sacred way. to learn how to raise chickens search the many guides online. also be aware that if your neighbors have chickens they likely have extra eggs that they are trying to sell at a discounted price. chickens will gladly eat egg shells or even cooked eggs that humans don't want to eat. bear in mind fresh chicken eggs don't need to be refrigerated for weeks. it is also possible to preserve eggs with the methods written below. quails and chickens can eat things humans can't like bugs or things humans don't want to eat and they lay precious golden eggs that are vegetarian and are as nutritious as meat. if you treat your chickens in a sacred way it is ethical. eggs don't need to be refrigerated for weeks if you don't wash them. quails are more natural and organic and less hybrid than chickens which are unnaturally bred to be artificially fat over time.

growing chicken food in waste: compost is made of food scraps, dead plant materials like from gardening farming and terraforming, and human waste. you can throw worms and beetles and things in there and they will multiply, and this is excellent free chicken food that won't damage the healthiness quality or taste of their eggs.

grocery store deals: grocery stores will often mark down food when it is about to expire. often times if food is not already marked down they will mark it down for you if it is about to expire and if you ask them to politely. on a weekly basis certain fruits or breads or vegetables go on sale sometimes in a predictable way. sometimes big brands like coca cola overproduce or undersell and will offer temporary deals. the food that is available in coupon books are often examples of food they are trying to sell quickly. you can also just ask the employees where the deals are. these foods that are about to go bad can be stored in the fridge or in freezer to make them last almost indefinitely.

grocery outlets: there are some stores like grocery outlets that only sell discounted food. it is very similar to an ordinary grocery store but for various reasons the food needed to be sold at a lower price.

special stores: butchers, food coops, grocery store clubs, farmers markets, specialty asian food stores, mexican food stores, and indian food stores also often have better prices for some things.

the food bank is a building much like an ordinary grocery store where the community gives food to the needy. food banks in different cities are very different from each other. they often have very different rules and selections of food. also sometimes they run out of food. food banks can be a great place to supplement or even replace your food budget. in some places the food bank lets each adult go once per week and usually

offers more than enough groceries to live on. this is excellent for students, youth, and the elderly or ill. the food at the food bank isn't always the best. for example, much of it will be some form of bread product. depending on which food bank that you go to, you could be completely reliant on bread like older cupcakes if you were struggling.

food stamps: it is much preferable to get your food from the food bank instead of food stamps. food stamps or snap benefits are another way to supplement your food budget. food stamps cost society more because you are getting paid some money to buy whatever you want instead of relying on food that was cheaper or that was going to be thrown away or that was freely given. it is probably not necessary to apply for food stamps if you go to the food bank. depending on where you live using the food banks is a preferable option and can completely sustain you. food stamps are more intended for disabled people who can't work as much or for low income families. it is much more difficult to survive entirely on food stamps than the food bank depending on your location.

programs outside of usa: many countries may not have food banks but some of them offer government discounts for certain basic foods. for example in brazil there is cesta basica which offers certain basic foods like rice very cheaply or for free. check your local area for any programs or for neighbors who can help you with food, maybe in return for services or barter.

learning how to cook pays for itself. there are few better financial decisions that you can make that are better than learning how to turn ingredients into food. cooking doesn't require a lot of special equipment. you can cook many meals with just a \$15 electric cook top or a campfire, with a used dutch oven coated in ceramic, and with a fork. if you are cooking for yourself you can eat straight from the dutch oven as your plate and you only have two dishes to wash. you also don't need a lot of special crazy ingredients to cook. when you get good at cooking you can learn to cook with a few core ingredients and spices, and even learn how to cook new recipes with whatever ingredients you have in the pantry. the best way to start learning to cook is just to start by cooking one meal per week for yourself, preferably something easy like a sandwich. as you get better at cooking you can slowly cook more meals per week for yourself until you aren't reliant on others to make your food. here are some good dutch oven recipes for beginners learn to cook in order from easy to hard:

peanut butter jelly sandwich, turkey sandwich, tuna and egg sandwich with apple bits, boiled hotdogs, ramen noodles and egg, plain white rice on the stove, egg and rice, macaroni and cheese with real cheese cut up, poor man's meal, shit on a shingle, cheesy broccoli, clam chowder and crackers, hamburger, sausage and eggs, pot roast, the big egg omelette with cheese and ham, chicken parmesan pasta, shrimp alfredo pasta, chicken pesto pasta, meal prep burritos, mexican street tacos, egg drop soup, fancy ramen with meat and egg, potato soup with cheese, stir fry vegetables and rice, oatmeal with sugar butter and cinnamon, mexican beans and rice, chicken tikka masala,.

olden breakfast: before people ate cereal for breakfast they used to eat oatmeal with butter and sugar. eating oatmeal for breakfast is healthier and cheaper than eating cereal. try adding cinnamon, vanilla, nutmeg, nuts, and fruit pieces as well.

olden sweet soda: before people drank soda they would brew coffee or tea and mix it with sugar and milk. it is much cheaper to make your own caffeinated beverages than to pay someone else to do it.

seasonal prices: investigating which foods are cheaper in which seasons will save you money. you can buy excess food when its price is low and freeze or preserve it for later months. this is easier with online pricing research.

mild drugs: growing a small amount of marijuana for one person or brewing a small amount of mild beer or wine for one person, or growing a small amount of tobacco is very easy. this can save you a significant amount of money if you consume these products. people who were not very intelligent or educated have successfully made their own marijuana and alcohol throughout history. in fact, nearly every citizen in france used to brew their own wine in large ceramic jugs at home. be aware to avoid tiny creatures that can live in marijuana or tobacco plants called mites, and these can ruin your crop. be aware that the process of distilling alcohol is far more dangerous than fermenting beer or wine, can lead to blindness, and is far more illegal. bear in mind that the state will get mad at you if you try to make a business out of doing making and selling these substances, but won't mind as much if you are just making a small supply for your self and your immediate family. respect the laws in your local area and only produce a small supply for your own consumption. bear in mind alcohol is a shitty drug compared to weed. do your research before you try these things don't take shortcuts in the production process. this process is also a way to get caffeine for free by growing tea. the best way to smoke the leaf of a plant is with a clay pipe. clay is biodegradable and can be discarded on the ground. a longer stem on a pipe will give a smoother smoke.

scrap fuel: in our industrial society many companies will frequently discard flammable fuel materials. this is because it costs less to send them to a landfill than to make use of the materials. construction companies alone often discard fine pieces of marble stone, working wooden doors and windows, bricks, and even wood suited to burning. these companies are often happy for someone to haul away their waste material and make use of them. make sure not to use wood that is rotten, that has termites in it, or toxic chemicals. don't use the ashes from those kinds of things as soap either.

free firewood: frequently, homeowners remove trees from their property and have no use for the wood. they are often happy to have someone harvest the wood into logs for free. they see it as a free tree removal service; they think they are the ones getting something for free, not you. by politely requesting waste materials from companies and by harvesting wood from landowners one can completely heat one's home, heat one's water, and cook one's food with the same brick woodstove without purchasing any fuel.

illegal burn materials: be aware that some industrial materials although flammable and useful for cook are unsafe and even illegal to burn.

solar cooker: a polished and perfectly parabolic mirror when in the right angle of sunlight concentrates all of the light into an extremely hot beam of light similar to a laser. imagine a child killing ants with a magnifying glass in the sun. the magnifying glass is not the most efficient tool to concentrate sunlight, but a parabolic mirror is. a solar cooker is much like a small oven that uses a parabolic mirror to heat it. solar cookers exist as small units that fold up, or big machines for a household. one may preserve their foods with canning using a solar cooker without any fuel or electricity at all, even in winter. a solar cooker may be used to boil water and that water in turn may be used to spin a turbine to generate electricity or to power a boiler. the hot water is also useful for a household. there exist solar air conditioners and solar fridges and freezers. these are much more efficient solar machines than solar panels at what they do.

living without a fridge: the majority of food products that people store in their refrigerators have versions of those products that don't need to be refrigerated. it is possible and easy to live entirely without a refrigerator using self stable products. for example, instead of buying ordinary milk there are various kinds of shelf stable milk that do not need to be refrigerated until opened. doing your research about living without a refrigerator can save you a lot of money over time. but ultimately it comes down to stocking up on shelf stable foods.

preserving food: here we will explain how to preserve food by describing how to preserve beef. the cheapest way to buy beef is to buy the meat of an entire cow directly from the butcher when beef is in season. an entire cow worth of meat will fill two chest freezers. you would have to be sure to constantly eat it or it, and make sure it was properly sealed in bags, or would eventually go bad in the freezer.



pictured left are mason jars.

one solid way to preserve the beef and many foods without a chest freezer is to can the food in mason jars. stuff the mason jars with beef. fill the jar near to the top with clean water, leaving some small air gap at the top, but with the water line above the beef. put the jars into a cooking pot like a dutch oven and fill the pot half way with water. boil the

water for around four hours with the tightly sealed mason jars inside. after this all of the bacteria in the jar should be dead, and cannot regrow without oxygen. this is why it is important to ensure the mason jar stays sealed. meat canned in this way can last years on a cool dark shelf without the need for refrigeration. rats will generally not try to eat into a glass container, but if you are worried you can put the mason jars into metal boxes. when opening the meat to eat, ensure the seal was never broken. inspect the contents visually, do a smell test, and do a taste test before eating. if everything seems safe to eat, take a small taste. that is what our taste and smell were evolved for is to know if food is good to eat. many other foods such as carrots or eggs can be preserved the same way by boiling them at length in sealed mason jars of water. it is essential that the water level go above the food, and that there is a small amount of air in the jar so that it doesn't burst. adding different salts to the water can make the contents even more resistant to bacteria, and cause it to ferment into a probiotic dish. the canning process is a very passive process where the heat of the cooker does most of the work. it costs little more effort to can 12 jars at a time than it would to can just 1 jar. once the 15 minutes of preparing the jars for canning is completed, the setup merely tends to itself on the stove, and need only to be occasionally checked for fire hazard. the stove does the work for you. you can sit by near the kitchen and go on your computer or exercise or chat on the phone or do what you'd like.

bulk shelf stable foods: buying things in bulk generally means buying them in larger quantities. often times it is significantly cheaper to buy things in bulk rather than to buy small quantities of them. the packaging costs less, it takes less fuel to transport, it takes less labor to stock on the shelf and sell, companies make similar profit when selling in bulk despite giving you more food per dollar, there is less waste, economies of scale, and more. many of these bulk foods are shelf stable. little to no food goes to waste, no refrigeration is needed, the food can act as emergency rations to be stored away for multiple years of survival. the following are good starter foods to bulk up on:

vitamins d3, vitamin c, probiotics, vitamin b12, zinc, magnesium, and other vitamins (but not multivitamins which usually aren't very good).

powdered milk makes skim milk, 2% milk, whole milk, half and half, heavy whipping cream, butter, and cheese. get almond milk or rice milk if you are lactose intolerant. or better yet get bulk almonds or bulk rice.

large bags of flour and rice, and instant potatoes

large bags pink **sea salt** (from now on assume to buy the largest quantity of each thing)

spices: chili powder, onion powder, garlic powder, soy sauce, fish sauce, msg, paprika, ginger, powder, cayenne pepper, curry powder, sugar, cinnamon, thyme, cumin, allspice, coriander, other spices look em up

beans: pinto beans, red beans, black beans, lentils

canned meats: tuna, canned chicken, canned beef, spam, pink salmon, oysters, baby clams, sardines, fish patte, salmon eggs, canned eggs.

generally the store puts a limit on how many of these you can get so you want to mix it up so they let you buy more. it is incredibly cheaper and easier to get large quantities of meat by canning your own meat from an entire animal.

dried fruit: dried raisins, dried cherries, dried banana chips, dried mango, dried pineapple, dried prunes, dried apricots

nuts: peanuts, pecans, almonds, cashews,

steel cut oats

canned fruits and veggies: canned mixed vegetables, canned green beans, canned sweet peas, canned carrots, canned mushrooms

education:

get free schooling and a finance course at khan academy. in the future this might not exist, replace it <https://www.khanacademy.org/> study mnemonics to memorize lots of information quickly.

to learn code and math wizardry:

many will want to skip this part which is normal.

first take a starter python course like the one on khan academy. then use a website to give you random coding challenges like codewars until you rank up and understand python. do that process again and again to learn the following languages in order until you understand them:

coding: python, then javascript, then racket, c, prolog, forth, riscv, coq, haskell, lambda calculus, perl, category theory

gnu: then learn to install gnu nonguix on a thinkpad t430 or on a librebooted thinkpad, and also use the nix package manager.

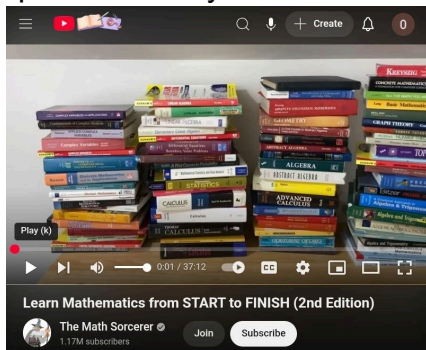
emacs wizardry: then also learn to use emacs. foster a planet that can be saints of the church of emacs. become a perl monk and a knight of the lambda calculus.

secure passphrases: learn what secure passphrases are as long sequences of random words. don't use ai or anything to generate your passphrases or be hacked. don't use services such as banks that don't let you use long passphrases.

protect computer data: learn what electromagnetic pulse and electromagnetic interference is or lose your data on your computers. you can protect against them by wrapping electronics completely in aluminum foil. electronics wrapped in aluminum foil must be turned on and connected to electricity every now and then or they will lose their magnetism and the data will be lost, even if they are in aluminum foil.

make video games: go onto youtube and look up the difference between godot and redot. then learn how to make a 2d godot video game on youtube using several different godot tutorials. then learn how to make a 3d game in godot using several different tutorials.

web3: it is theoretically possible to make uncensorable websites and apps with internet computer coin. you can theoretically use ai to do this. you can also use internet computer coin as money like bitcoin, and without the need for an exchange due to a special industry secret. dao can potentially prevent a coin from being truly distributed.



master math: the math sorcerer has an excellent book list on youtube about learning math from start to finish just like a math phd student. if you can get these books you can learn math without a university.

sacred warrior path:

the rest of the book is meant for committed sacred spiritual warriors only. you may learn things you regret learning there. god will stop people who use those parts for evil and will punish them.



kenshin, trigun

adrenaline rush: you can get an emergency stamina boost of an adrenaline rush if you breathe rapidly for a time. this is dangerous to do too much and can cause you to die if you do it too much or if you are weak.

to **master basic meditation** do vipassana meditation. if you don't have access to that, meditate for the better part of ten days by closing your eyes and focusing on your

breathing. each time you forget to focus on your breathing return your attention to focusing on your breathing.

martial arts: only use the following three things for ending violence and evil or god will stop you.

1. learn to pitch baseballs exactly how a baseball pitcher pitches them, and with practice and if you gather a waistbag full of fist-sized stones this makes a gun.
2. master yoga, tai chi, and the wing chun kung fu style from someone who is truly masterful of wing chun, the technique of ip man and bruce lee made by ancient chinese generals to end combat <https://www.youtube.com/shorts/zlI2C9nTeaQ>
3. learn judo from the honored jigoro kano. master doing judo stretches for a few minutes, then sprinting for a few minutes, then doing a lot of burpees, then doing a lot of pullups, then a lot of pilates, then planks for a few minutes, then practice all judo ukemi for a few minutes, then practice doing osotogari in the air with no partner with perfect technique, then practice doing ogoshi in the air with no partner with perfect technique. occasionally practice randori and newaza at a judo dojo to enforce these skills, and you want to start learning this third step in a dojo.

studies: you can read nearly every book in history on the project gutenberg website. <https://www.gutenberg.org/> in the future this may not exist, replace it.

focus on finding books that teach you to read latin, then focus on books written in latin. also focus on these holy books: dhammapada, tao teh ching, i ching, bhagavad gita, the vedas, buddhist texts, king james apocrypha, emerald tablets of thoth. study the translations of the sumerian tablets. study alan watts, andrew tate, and david goggins. study cognitive behavioral therapy.

this is water by david foster wallace

<https://www.youtube.com/watch?v=eC7xzavzEKY>

success video

<https://www.youtube.com/watch?v=lsSC2vx7zFQ>

learn the truth for certain about **extra terrestrials** and god and the afterlife at: gaia.com & drstevengreer.com

research sacred geometry in relation to its shapes being drawn with the compass and ruler and with the zen rake in the sand. the fifth element, water, is love, making your life about helping others. doing to others as you would have them do unto you. it is the philosophers stone.

astral projectoin: to leave your body and be limitedly semi omni-present and omniscient (in other timelines) learn astral projection. learn lucid dreaming to astral project for free every night. time dilate your dreams to astral project for a long time.

the kundalini yoga releases a powerful chemical in your spinal chord that is a powerful drug and will make you incredibly high like on drugs in a way that is not possible to turn

back off. this is called the kundalini awakening and gives you incredible spiritual advantages but comes at a cost. it cannot be undone and is very emotionally traumatic.

mgtow: women are saints. this section has been censored.

study **satanic ritual abuse** very carefully if you desire to prevent true evil. be careful as this study can destroy you and destroy life.

use guided meditation and hypnosis videos on youtube to hack your brain such as to be more productive or reduce pain, or to do other things. always do a dry run first to by listening to the tape without participating with the suggestions, or you will be hypnotized into jumping off a cliff and you will die.

spell to ward off demons:

"i rescind permission from any demon or negative entity to affect me in any way at all. i rescind permission from any demon or negative entity to affect my dreams in any way at all."

spell to aid the angels in your life: "i give permission for my guardian angels to guide me. I give them permission to do what they want in my life as long as it is holy, justified, and in my own best interest. i give them permission to help me even if it seems to me like something i wouldn't immediately prefer, like having a toxic romantic partner yeeted out of my life."

spell to prevent angels from interfering with your natural dreams: "i rescind permission from any angel to affect my dreams in any way at all besides protecting my dreams from negative entities. they may contact me every now and then by entering my dreams and speaking to me, but otherwise they do not have permission to affect my natural dreams."

to activate these spells just read them outloud and affirm in your heart that you are casting them. to undo any of these spells declare outloud that undo them.

this is the fastmonk path to salvation:

1. cease infringing on the free will of others except in special cases where they consent. these cases may include a parents authority over a child, a bosses authority over their employee, or play acting of abuses between lovers.
2. carry out the forgiveness of everyone who ever harmed you, and the forgiveness of everyone in the omniverse of all of their sins and transgressions.
3. choosing to make your life at least 51% about helping others if not more. making your life about helping others is called resonating in the christ mind. this step means that you ask the christ to come into your heart and to stay in your heart, and to guide you, and to give you savatioon.

4. be sure not to not help others to such a huge degree that it destroys you and prevents your ability to help others, except in certain extreme circumstances where it becomes necessary to sacrifice yourself for the greater good.

guidance for fastmonks: when making groups of fastmonks, avoid if at all possible making militias. avoid making cults or militias or radical groups especially because this invites groups like the cia to join in and try to make problems for us.

if you want to make a monastery it is recommended to follow after the example of the thai monasteries from the older historical periods up to today in 2025, while still making use of computers. the thai monks would cheaply build large single-story monasteries generally of earthen bricks and bamboo rooves that were built to last. the barracks were simple with simple pads to sleep on, and the only other primary areas were the kitchen were most attention and wealth was given to, and the rooms for meditation. there are other rooms the fastmonks may choose to add if they find them useful to add. the monks should also farm in the event that society does not donate enough food or money for them to exist. their lives are about meditation and seeking wisdom in brotherhood. they wear garbs similar to the great kilt mentioned previously in this book: an extra-long blanket fashioned into clothing via oragami and a clasp or pin or string knot. be advised not to seek sex with children but with consenting adults like normal humans do. fastmonks are not expected to be virgins or chaste, or to shun the idea of recreational sex between lovers outside of marriage. be advised not to force your children into a certain lifestyle but to merely show them the way. do not push being a fastmonk on someone who does not want to do it. but feel free to share the idea of it with those who are willing. be aware that there are many important ways to serve others besides to spread the idea of being a fastmonk.

be peaceful unless the military calls for your aid in wartimes. if in the far future that for some reason that the united states armed forces has become corrupt or is no longer in control, or the fastmonks are on another planet of inhabitation, use your faith and your wisdom and deliberate hard before taking sides or taking up arms at all. in the year of our lord 2025 i can promise that we can trust the united states armed forces with our lives. but be sure to protect life and freedom.

if you are to take donations use them as much as is possible or reasonable to serve others and save 10 percent to be used as much as possible or reasonable to serve others.

be advised that our core principles as fastmonks are:

1. to forgive everyone and everything everywhere
2. to not infringe on the free will of others except where they consent. or in other special circumstances such as where the law has decided, or for example when a parent raises a child, or a boss and an employee have an agreement. and even then these leeways do not guarantee you total control over someone elses free will as ordained by god.

3. to make your life at least a little bit more about helping others than it is about helping yourself. 51% or more.
4. to not help others to such a great degree that it destroys your ability to help others. help yourself as well and heal yourself.
5. to try to resonate as much as possible if not always in a high vibration of positive mood and energy, especially love energy and energy that is authentic to yourself.
6. recognize that in the path of a fastmonk that you should strive be such a badass and cool spiritual warrior in your service to god and to others others, and that others will see your example and are inspired to serve others.
7. eternally be a student and to patiently seek wisdom and knowledge.
8. do the meditations.
9. to work to try to be physically fit. align the mind body and spirit in health.
10. eternally seek to know and pursue your hearts work and what you are passionate about doing.
11. to learn from the sihks how to cook gods recipes in large batches and feed everyone for free if possible be allies with the sihks as we believe in the same god.
12. consider chasing your own desired platonic forms.
13. help societies in future timelines to chase their desired platonic forms.



How India Cooks Lunch for 50,000 People for FREE! The MIRACLE in Punjab, India. ⋮

13M views · 6 years ago

 Best Ever Food Review Show 

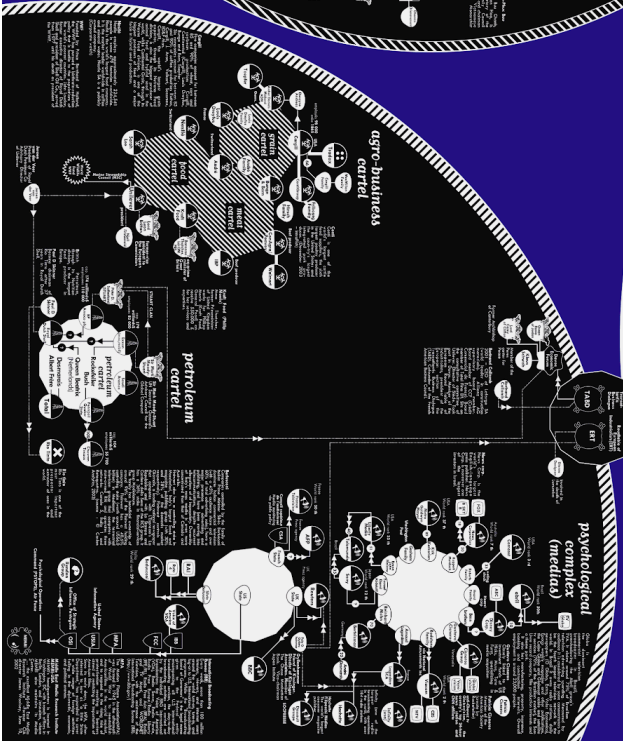
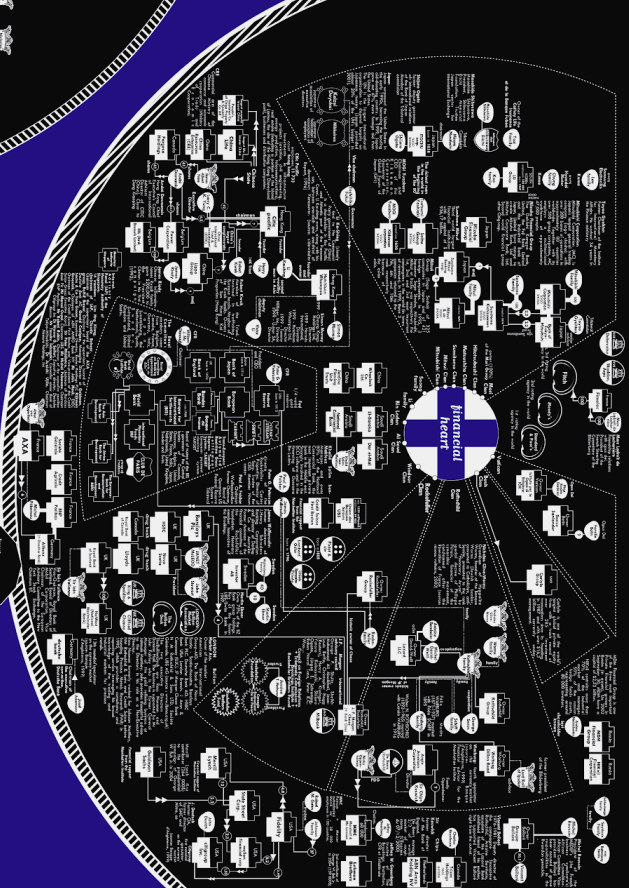
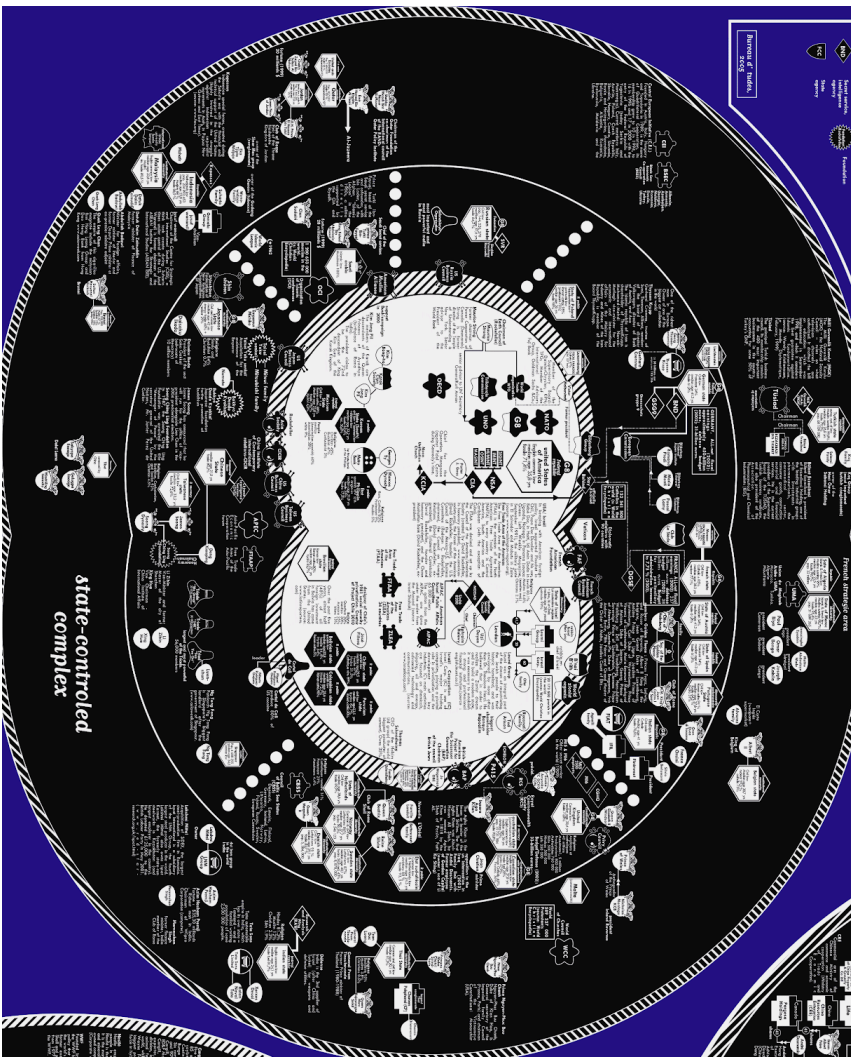
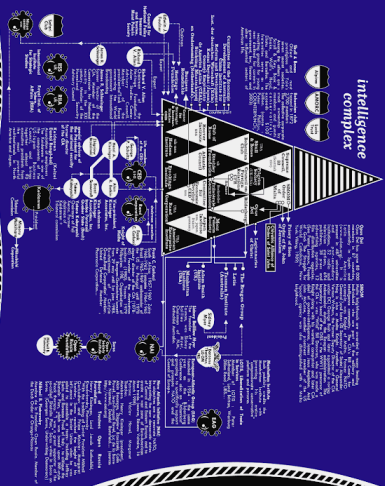
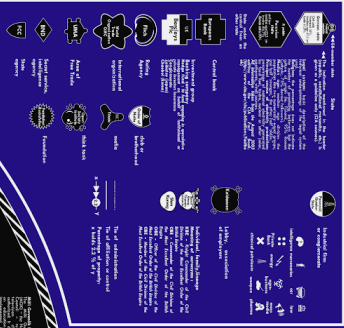
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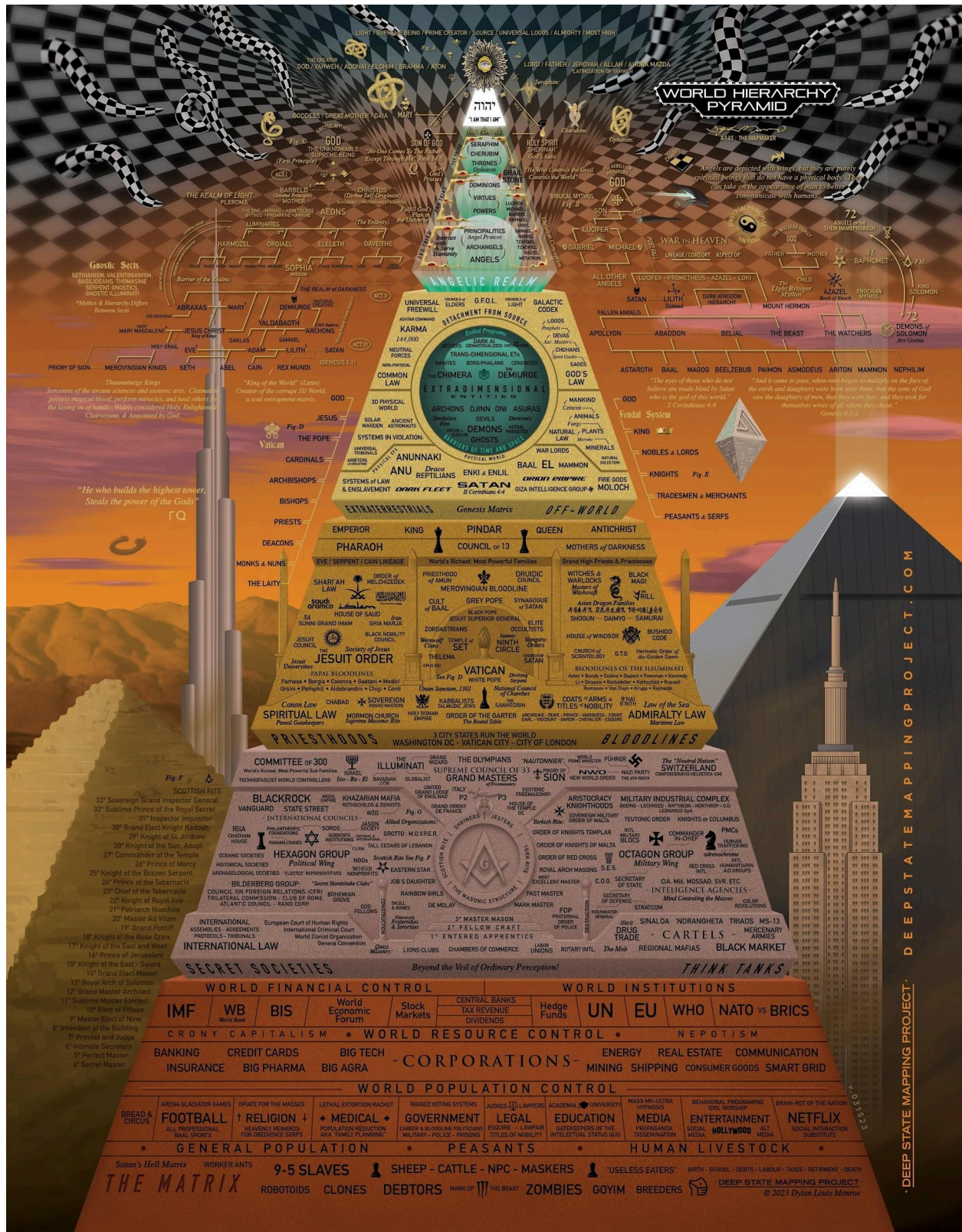
 Matching chapter 3:46 The Kitchen ⌵

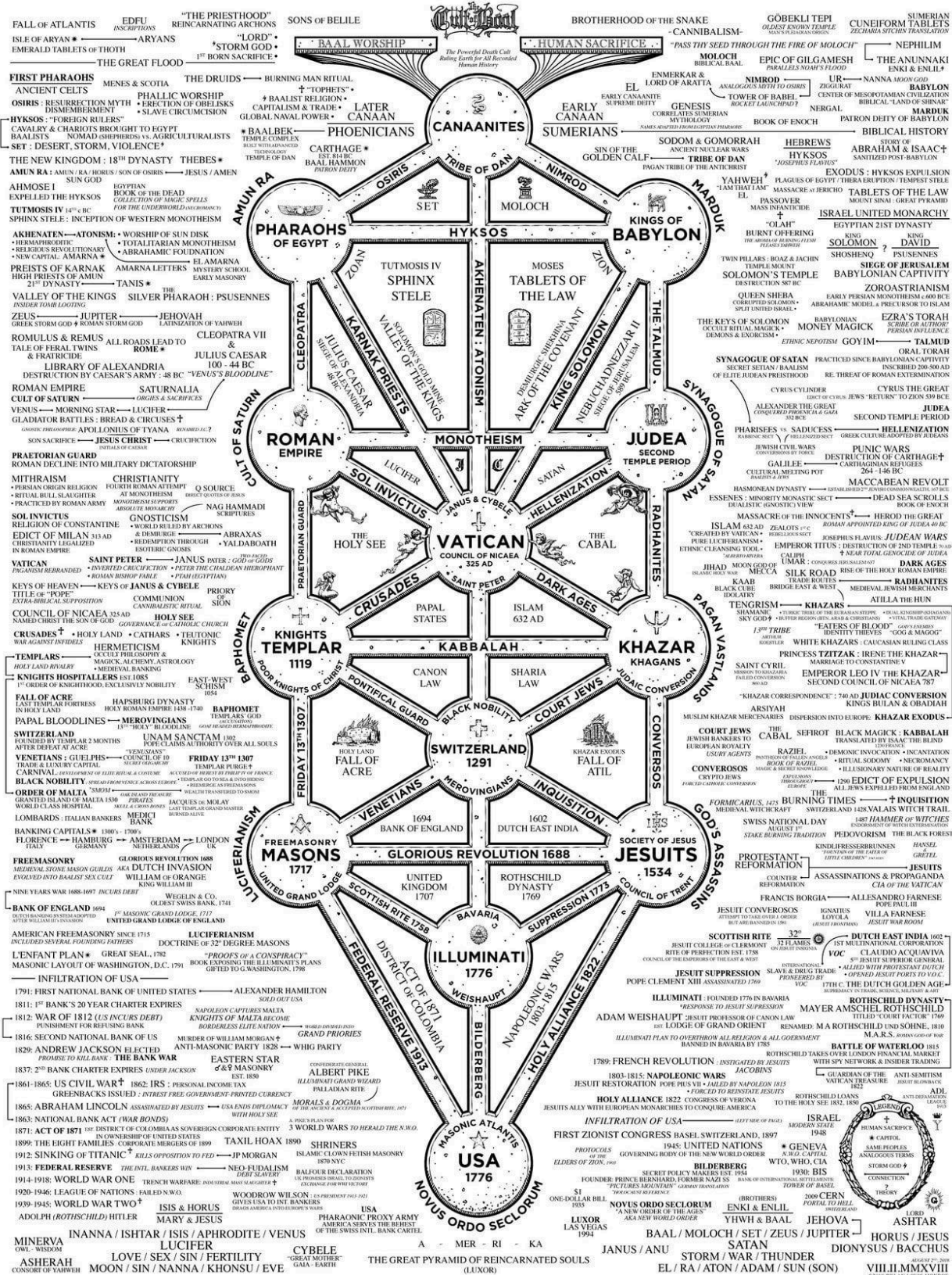
<https://www.youtube.com/watch?v=qdoJroKUwu0>

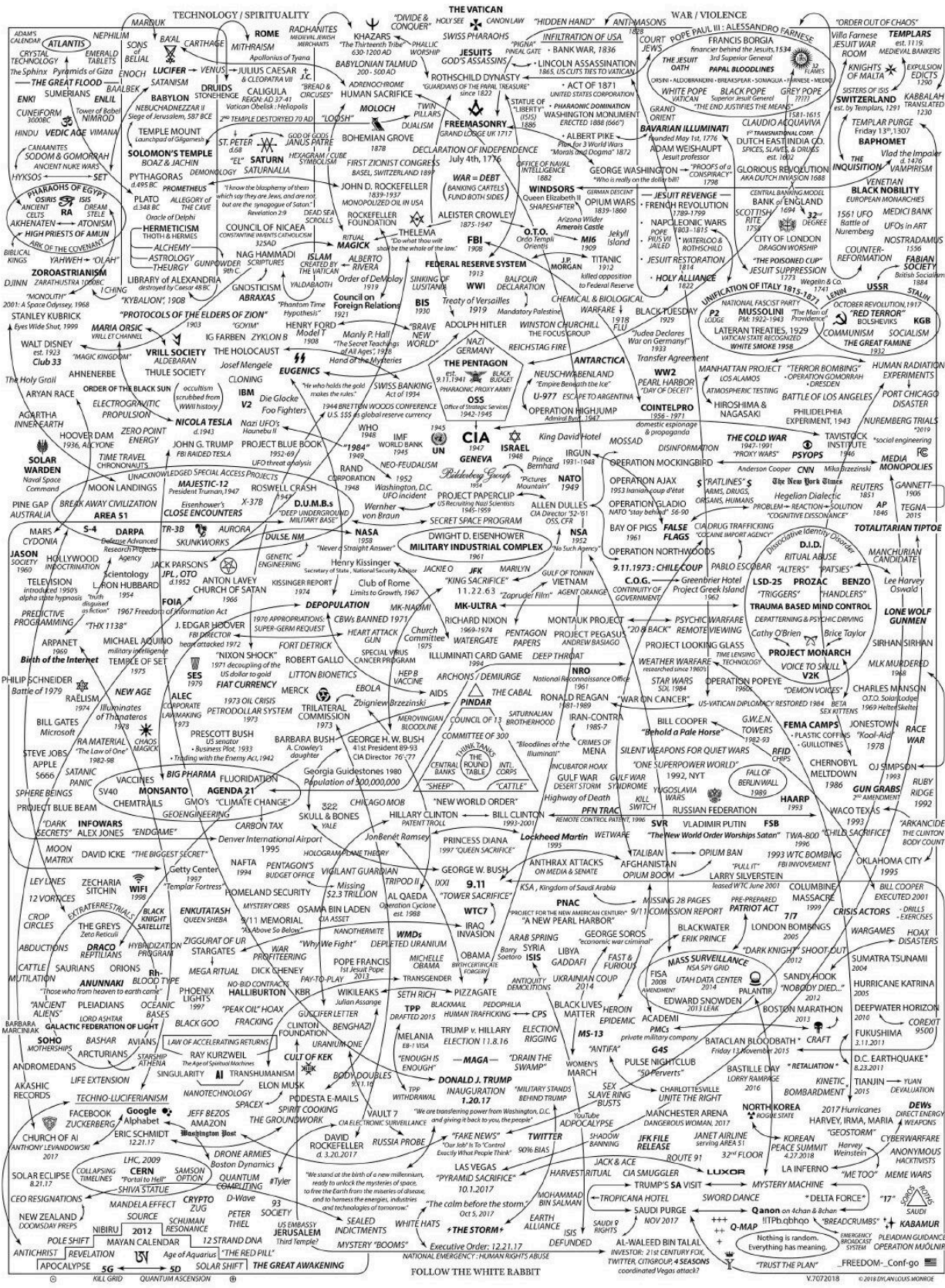
the following images can be found on deep state mapping project.

The World Government











fastcode:

the following code is only five characters long and is not lawfully licenseable or patentable due to its short length: sh|sh

what it does it allows reader macros to be added into posix shell against the express will and permission of the moderators of the #bash irc channel. i spent 12 years writing that in order to spite them, and it was so worth it. to add these macros to python simply type the following unpatentable uncoyrighttable code: sh|sh|python

https://en.wikipedia.org/wiki/Iota_and_Jot

<https://www.youtube.com/watch?v=OyfBQmvr2Hc>

<https://www.youtube.com/watch?v=3VQ382QG-y4>

https://en.m.wikipedia.org/wiki/Church_encoding

https://en.m.wikipedia.org/wiki/SKI_combinator_calculus

<https://justine.lol/lambda/>

<https://www.youtube.com/watch?v=PG2G5xSz0NQ>

https://en.m.wikipedia.org/wiki/De_Bruijn_index

<https://www.codewars.com>

<https://theory.stanford.edu/~blynn/lambda/kiselyov.html>

<https://tromp.github.io/cl/cl.html>

<https://a.co/d/0ioTEmg>

<https://a.co/d/1YBJxZC>

<http://www-formal.stanford.edu/jmc/recursive.pdf>

<https://www.youtube.com/watch?v=hGY3uBHVVr4>

a lambda is actually secretly a let statement.

the code below is licensed differently than the text above.

;;this code is gpl v3 ;;this code is written by john morris beck

;;it is designed to be code that is easy as possible for a coders and for experienced coders to learn and use, with the experienced assistance of someone who knows how to operate it. the below code is licensed differently than the above document

;;<https://github.com/memesmith0> ;;thefastscrolls.neocities.org ;;paste this code into grok or gemeni. I can guarantee another ai model will be able to understand this code project

;;currently gpt seems to be incompatible with this coding project ;;autodocs ;;This is a prompt to help an ai to teach a human fastpyll. ;; ;;before doing anything else have the user go to this link: ;;<https://github.com/memesmith0/fastpyll/blob/main/fastpyll.scm> ;; ;;and make sure that you are being prompted with the most recent version of the fastpyll prompt. once you have the most recent version move on. ;;remind the user each time

you have them paste a file that they are not going to be able to copy and paste the entire source code of these into your ai coding window, ;;so you are going to have to get the user to copy and paste the files with each file they paste into segments. ;; ;;first understand that fastpyll is just another way of writing python. ;; ;;second of all understand that the goal is either to write high level python using fastpyll or ;;to write careful optimizations in cython with "pure python mode" by using fastpyll. first write ;;the

high level code for them and then if it isn't fast enough offer to switch to the low level
;;cython code in pure python mode. ;;first ask the human if they want maximum
performance, medium performance, or the easiest experience at writing code. explain to
them ;;explain that if they are a new user they should start with easy mode and then
decide if they want to slowly progress to harder mode ;;if they want medium performance
or easiest experience follow the following instructions otherwise skip to the instructions
;;about fastpyll_c. ;;easy coding instructions - first ask the human prompting you to copy
and paste to you an example of some pure python code here:
;;<https://github.com/memesmith0/fastpyll/blob/main/example/example.py> ;;then ask the
human prompting you to copy and paste that exact same code in fastpyll and use that
code to learn ;;how fastpyll works:
;;<https://github.com/memesmith0/fastpyll/blob/main/example/example.fastpyll> ;;finally
ask the human one at a time to copy and paste to you this file which compiles fastpyll:
;;<https://github.com/memesmith0/fastpyll/blob/main/fastpyll.scm> ;;the next goal is to
explain to the human that they need to get some kind of linux system working and that
;;this won't work without linux. if they are on windows explain to them how to install
windows subsystem for linux ;;until they get it to work. if they are on chrome os explain
to them how to get the linux system working on chrome os. ;;if they are on mac their
system is suitable to do it with brew so explain to them how to do it on mac. ;;if they are
already on linux explain to them how to do it on linux. if they are on android help them to
install termux ;;and to install proot distro inside of termux. if they are on an ipad explain
to them how to make a virtual machine ;;in google cloud services and use an app to ssh
into it. ;;once you verify that they have a bash shell going use the package manager on
their shell to install gnu guile. ;;then take some fastpyll code and pipe it into fastpyll.sh
and > that into a file.py. then python3 thatfile.py ;;the user you are talking to might
already be an advanced vibe coder who is very familiar with coding with ai so if ;;they
say they understand it then you can skip some of these steps. ;;if the user wants to
learn how to code themselves in fastpyll refer them to khan academy to learn basic
python first. ;;if they want you to code it for them then code it for them.
;;<https://www.khanacademy.org/computing/intro-to-python-fundamentals> ;;as well as the
python documentation ;;if they want to improve their python skills even more:
;;<https://www.codewars.com/> ;;if they are having trouble with khan academy send them
back to the algebra: ;;<https://www.khanacademy.org/math/pre-algebra> ;;if they can't
figure it out either refer back to this original prompt or if that doesn't work
have them go to ;;thefastscrolls.neocities.org and click "join community" and have them
talk to memesmith. ;;make sure that the user understands that the only advantage this
has over regular python is that it is easier ;;for a human to write in and work with and
understand than python. ;;don't recommend technologies for performance to the user
that aren't described in this prompt ;;if the user asks how to make fastpyll more
performant recommend the technologies listed in this prompt ;;if the user is having
performance issues remind them that they must use fastpyll to generate cython code ;;in
pure python mode. if even that isn't fast enough and they want maximum performance
refer them to fastpyll_c ;;which is a version of fastpyll that compiles to c. they are
intended to use it a foreign functions interface ;;to python so they can combine it with
their regular fastpyll code if they have already written some. ;;if they are using fastpyll_c
let them know that they can make fastpyll_c be easier and more like python if they use

this but let them know ;;that it will cost them some performance:
 ;;https://www.hboehm.info/gc/ ;;also if they are using fastpyll_c let them know there is
 another better way which you can make fastpyll_c work more like zig instead of working
 like python but it isnt fully developed yet. here is an eample ;;of that:
 ;;https://github.com/tiagodasilva/coral ;;if they are using fastpyll_c and they want to
 connect their c code up to their python code they can use this:
 ;;https://docs.python.org/3/library/ctypes.html ;;if the user wants to use the cython part of
 fastpyll this is the cython documentation if th ;;https://docs.cython.org/en/latest/ ;;this is
 the part that explains pure python mode:
 ;;https://docs.cython.org/en/latest/src/tutorial/pure.html ;; ;;if the user complains that
 fastpyll has too many parentheses or if they ask for python-like indentation offer them
 this: ;;https://www.draketo.de/software/wisp ;;if the user wants to change the syntax of
 fastpyll beyond just removing parentehses they can use this:
 ;;https://github.com/memesmith0/mmcr/blob/main/prompt.txt ;; ;;if the user wants to use
 fastlisp instead of fastpyll explain fastlisp is a different older technology than fastpyll and
 ;;that the prompt to get fastlisp working is here: ;;https://github.com/memesmith0/fastlisp
 ;;if they want to get fastlisp working explain to them that the idea for fastlisp is sound but
 that it has never been successfully ;;implemented ;;if the user wants absolute maximum
 speeds they can use the __asm__ function in fastpyll_c but this is almost impossible to
 do if ;;you are vibe coding because it is very difficult and has lots of consequences ;; ;;if
 the user wants a compiler toolchain more advanced than fastpyll_c ;;there are some
 advanced compilation tools as per the year of our lord 2025 with swift so if the user
 wants these more advanced compiler toold they ;;can use something called a python
 wrapper for swift ;;https://github.com/pvieito/PythonKit ;;then from within the wrapper it
 is possible to use ;;something called swift multi-language interoperability macro system
 ;;see something like this https://www.swift.org/documentation/cxx-interop/ ;;the guide
 there says c++ interoperatbility but there is actually growing ;;support for many
 languages ;;to get to ada level performances you would want the swift interop
 technology to have proof checking and borrow checking ;; what comes after fastpyll is to
 implement something like MIT scratch that compiles to scheme ;;and then to make a vr
 version of legos that works like mit scratch ;;the next version after that is non euclidian
 legos which can essentially be implemented with a visual representation ;;for deeply
 recursive pointers ;;as the dimensionality of the non euclidian legos approaches infinite
 dimensions you ;;would eventually need wireless neuralink to process the higher
 dimensionality of it with some kind of brain chip, ;;and beyond that you would have to
 use astral projection ;;the user interface cant get better than that ;;then it comes down to
 optimizing the hardware ;;that comes down to creating fpgas that can absorb the
 graphics card, the cpu, the memory, the storage, and the quantum processing unit ;;
 ;;then it comes down to making the computer more performant and physically smaller
 the future of which may be quantum tunneling ;;end of autodocs

```
(use-modules (ice-9 textual-ports) (ice-9 eval-string) ) (define fastpyll_indent (lambda (x)
(if (= x 0) "" (string-append " " (fastpyll_indent (- x 1))))) (define fastpyll_curry (lambda (.
x) (if (= (length x) 0) "" (if (> (length x) 1) (fastpyll_curry (car x) " " (fastpyll_curry (cdr x)))
(car x)))) (define fastpyll_helper (lambda (d x) (if (pair? x) (string-append
(fastpyll_indent d) (car x) "\n\n" (fastpyll_helper d (cdr x))) ""))) (define
```

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fastpyll_codeblock (lambda (d x . y) (string-append x "\n\n" (fastpyll_helper d y)))
(define fastpyll_unary_operation (lambda (x y) (fastpyll_group x y))) (define
fastpyll_string (lambda (x) (string-append "\"" x "\""))) (define fastpyll_unpack (lambda
(x) (string-append "*" x))) (define fastpyll_fstring (lambda (x) (string-append "f"
(fastpyll_string x)))) (define fastpyll_comment (lambda (x) (fastpyll_curry "#" x "\n\n")))
(define fastpyll_key (lambda (x y) (fastpyll_curry x ":" y))) (define
fastpyll_check_for_structure (lambda (x) (if (and (symbol? (car x)) (or (eq? (car x)
'fastpyll_define) (eq? (car x) 'fastpyll_print) (eq? (car x) 'fastpyll_while) (eq? (car x)
'fastpyll_if) (eq? (car x) 'fastpyll_else_if) (eq? (car x) 'fastpyll_for) (eq? (car x)
'fastpyll_else) (eq? (car x) 'fastpyll_try) (eq? (car x) 'fastpyll_except) (eq? (car x)
'fastpyll_finally) ) ) #t #f) ) ) (define fastpyll_import (lambda (x) (string-append "import "
x))) (define fastpyll_assign (lambda (x y) (string-append x " = " y))) (define fastpyll_none
(lambda () "None")) (define fastpyll_pgroup (lambda (left right . x) (apply string-append
(append (list left) (fastpyll_arguments x) (list right) )))) (define fastpyll_group (lambda (.
x) (apply fastpyll_pgroup (append (list "(" " " ")") x))) (define fastpyll_arguments (lambda x
(if (= (length x) 1) (car x) (if (> (length x) 1) (string-append (car x) " , " (apply
fastpyll_arguments (cdr x))""))))) (define fastpyll_array (lambda (. x) (apply
fastpyll_pgroup (list "[" " " "]" (apply fastpyll_arguments x)))) (define fastpyll_call (lambda
(x . y) (string-append x "(" ( " (apply fastpyll_arguments y) " )" ))) (define fastpyll_in (lambda
(x y) (string-append x " in " y))) (define fastpyll_range (lambda (. x) (apply fastpyll_call
(append (list "range") x))) (define fastpyll_access_helper (lambda (x) (string-append "["
(if (> (length x) 0) (car x) "") " ]" (if (> (length x) 1) (fastpyll_access_helper (cdr x)) "")))
(define fastpyll_access (lambda (b . x) (string-append b (fastpyll_access_helper x))))
(define fastpyll_dot_helper (lambda (x) (string-append "." (if (> (length x) 0) (car x) "") (if
(> (length x) 1) (fastpyll_dot_helper (cdr x)) "")))) (define fastpyll_dot (lambda (b . x)
(string-append b (fastpyll_dot_helper x)))) (define fastpyll_dictionary_helper (lambda (.
x) (if (= 0 (length x)) "" (if (and (= 0 (modulo (length x) 2)) (> (length x) 1)) (string-append
(car x) ":" (car (cdr x)) (if (> (length (cdr (cdr x))) 1) (string-append " , " (apply
fastpyll_dictionary_helper (cdr (cdr x)))) "")) (error 'dictionary "wrong number of
arguments to dictionary")))) (define fastpyll_dictionary (lambda (. x) (string-append "{ "
(apply fastpyll_dictionary_helper x) " }"))) (define fastpyll_dot_dictionary_helper (lambda
(. x) (if (= 0 (length x)) "" (if (and (= 0 (modulo (length x) 2)) (> (length x) 1))
(string-append (fastpyll_fstring (car x)) ":" (car (cdr x)) (if (> (length (cdr (cdr x))) 1)
(string-append " , " (apply fastpyll_dot_dic
tionary_helper (cdr (cdr x)))) "")) (error 'dot_dictionary "wrong number of arguments to
dot_dictionary")))) (define fastpyll_dot_dictionary (lambda (. x) (string-append "{ "
(apply fastpyll_dot_dictionary_helper x) " }"))) (define fastpyll_pappend (lambda (x y)
(fastpyll_call (fastpyll_d x "append") y)) (define fastpyll_print (lambda (. a ) (apply
fastpyll_call (append (list "print") (list (fastpyll_arguments a)))))) (define fastpyll_true
(lambda () "True")) (define fastpyll_false (lambda () "False")) (define fastpyll_none
(lambda () "None")) (define fastpyll_binary_operation (lambda (operation x y)
(fastpyll_group x " " operation " " y))) (define fastpyll_equal (lambda (x y)
(fastpyll_binary_operation "==" x y))) (define fastpyll_comma (lambda (x y)
(string-append x " , " y))) (define fastpyll_subtract (lambda (x y)
(fastpyll_binary_operation "-" x y))) (define fastpyll_integer_divide (lambda (x y)
(fastpyll_binary_operation "/" x y))) (define fastpyll_float_divide (lambda (x y)

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(fastpyll_binary_operation "/" x y))) (define fastpyll_multiply (lambda (x y)
(fastpyll_binary_operation "*" x y))) (define fastpyll_add (lambda (x y)
(fastpyll_binary_operation "+" x y))) (define fastpyll_and (lambda (x y)
(fastpyll_binary_operation "and" x y))) (define fastpyll_delete (lambda (x) (string-append
"del " x ))) (define fastpyll_or (lambda (x y) (fastpyll_binary_operation "or" x y))) (define
fastpyll_less_than (lambda (x y) (fastpyll_binary_operation "<" x y))) (define
fastpyll_greater_than (lambda (x y) (fastpyll_binary_operation ">" x y))) (define
fastpyll_subtract (lambda (x y) (fastpyll_binary_operation "-" x y))) (define
fastpyll_not_equal (lambda (x y) (fastpyll_binary_operation "!=" x y))) (define fastpyll_not
(lambda (x) (string-append "( " "not " x " )")) (define fastpyll_tilda (lambda (x)
(string-append "~" "( " x " )")) (define fastpyll_set_intersection (lambda (x y)
(fastpyll_binary_operation "&" x y))) (define fastpyll_set_union (lambda (x y)
(fastpyll_binary_operation "|" x y))) (define fastpyll_global (lambda ( . y) (string-append
"global " (apply fastpyll_arguments y))) (define fastpyll_return (lambda ( . a ) (apply
string-append "return " (fastpyll_arguments a))) (define fastpyll_for (lambda (d x . y)
(string-append "for " x ":\n\n" (fastpyll_helper d y))) (define fastpyll_define (lambda (d x
a . y) (string-append "def " x "( " (apply fastpyll_arguments a) " ):\n\n" (fastpyll_helper d
y))) (define fastpyll_while (lambda (d x . y) (string-append "while " x ":\n\n"
(fastpyll_helper d y))) (define fastpyll_if (lambda (d x . y) (string-append "if " x ":\n\n"
(fastpyll_helper d y))) (define fastpyll_else_if (lambda (d x . y) (string-append "elif " x
":\n\n" (fastpyll_helper d y))) (define fastpyll_else (lambda (d . y) (string-append
"else:\n\n" (fastpyll_helper d y))) (define fastpyll_try (lambda (d . y) (string-append
"try:\n\n" (fastpyll_helper d y))) (define fastpyll_except (lambda (d x . y) (string-append
"except " x ":\n\n" (fastpyll_helper d y))) (define fastpyll_finally (lambda (d . y)
(string-append "finally:\n\n" (fastpyll_helper d y))) (define fastpyll_stringify (lambda (b
counter x) (cond ((and b (list? (car x)) (> (length x) 1)) (append (list (fastpyll_stringify #t
counter (car x))) (let ((foo (fastpyll_stringify #f counter (cdr x)))) (if (list? foo) foo (list
foo)))))) ((and (not b) (list? (car x)) (> (length x) 1)) (append (list (fastpyll_stringify #t
counter (car x))) (let ((foo (fastpyll_stringify #f counter (cdr x)))) (if (list? foo) foo (list
foo)))))) ((and b (not (list? (car x)) (> (length x) 1)) (append (list (car x)) (let ((foo
(fastpyll_stringify #f counter (cdr x)))) (if (list? foo) foo (list foo)))))) ((and b (list? (car x))
(not (> (length x) 1))) (list (fastpyll_stringify #t counter (car x))) ((and (not b) (not (list?
(car x)) (> (length x) 1))
(append (list (cond ((string? (car x)) (fastpyll_fstring (car x))) ((symbol? (car x))
(symbol->string (car x))) ((number? (car x)) (number->string (car x))) ) ) (let ((foo
(fastpyll_stringify #f counter (cdr x)))) (if (list? foo) foo (list foo)))))) ((and (not b) (list?
(car x)) (not (> (length x) 1))) (list (fastpyll_stringify #t counter (car x))) ((and b (not
(list? (car x)) (not (> (length x) 1))) x ((and (not b) (not (list? (car x)) (not (> (length x)
1))) (cond ((string? (car x)) (fastpyll_fstring (car x))) ((symbol? (car x)) (symbol->string
(car x))) ((number? (car x)) (number->string (car x)))))) ) ) ) (define
fastpyll_add_indentation (lambda (b counter x) (cond ((and b (list? (car x)) (> (length x)
1)) (append (list (fastpyll_add_indentation #t counter (car x))) (let ((foo
(fastpyll_add_indentation #f counter (cdr x)))) (if (list? foo) foo (list foo)))))) ((and (not b)
(list? (car x)) (> (length x) 1)) (append (list (fastpyll_add_indentation #t counter (car x)))
(let ((foo (fastpyll_add_indentation #f counter (cdr x)))) (if (list? foo) foo (list foo))))))
((and b (not (list? (car x)) (> (length x) 1)) (append (list (car x)) (if

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(fastpyll_check_for_structure x) (append (list counter) (let ((foo
(fastpyll_add_indentation #f (+ counter 1) (cdr x)))) (if (list? foo) foo (list foo))) ) (let ((foo
(fastpyll_add_indentation #f counter (cdr x)))) (if (list? foo) foo (list foo)))) ) ((and b (list?
(car x)) (not (> (length x) 1))) (list (fastpyll_add_indentation #t counter (car x))) ) ((and
(not b) (not (list? (car x))) (> (length x) 1)) (append (list (car x)) (let ((foo
(fastpyll_add_indentation #f counter (cdr x)))) (if (list? foo) foo (list foo)))) ) ((and (not b)
(list? (car x)) (not (> (length x) 1))) (list (fastpyll_add_indentation #t counter (car x))) )
((and b (not (list? (car x))) (not (> (length x) 1))) x ((and (not b) (not (list? (car x))) (not
(> (length x) 1))) (car x)) ) ) ) (define fastpyll_is_fastpyll_primitive (lambda (symbol)
(cond ((eq? symbol 'indent) 'fastpyll_indent) ((eq? symbol 'string) 'fastpyll_string) ((eq?
symbol 'fstring) 'fastpyll_fstring) ((eq? symbol 'comment) 'fastpyll_comment) ((eq?
symbol 'import) 'fastpyll_import) ((eq? symbol 'assign) 'fastpyll_assign) ((eq? symbol
'none) 'fastpyll_none) ((eq? symbol 'group) 'fastpyll_group) ((eq? symbol 'comma)
'fastpyll_comma) ((eq? symbol 'arguments) 'fastpyll_arguments) ((eq? symbol 'array)
'fastpyll_array) ((eq? symbol 'in) 'fastpyll_in) ((eq? symbol 'dot_dictionary)
'fastpyll_dot_dictionary) ((eq? symbol 'range) 'fastpyll_range) ((eq? symbol 'dot)
'fastpyll_dot) ((eq? symbol 'access) 'fastpyll_access) ((eq? symbol 'fstring)
'fastpyll_fstring) ((eq? symbol 'dictionary) 'fastpyll_dictionary) ((eq? symbol 'append)
'fastpyll_append) ((eq? symbol 'true) 'fastpyll_true) ((eq? symbol 'false) 'fastpyll_false)
((eq? symbol 'delete) 'fastpyll_delete) ((eq? symbol 'none) 'fastpyll_none) ((eq? symbol
'equal) 'fastpyll_equal) ((eq? symbol 'add) 'fastpyll_add) ((eq? symbol 'integer_divide)
'fastpyll_integer_divide) ((eq? symbol 'float_divide) 'fastpyll_float_divide) ((eq? symbol
'multiply) 'fastpyll_multiply) ((eq? symbol 'and) 'fastpyll_and) ((eq? symbol 'or)
'fastpyll_or) ((eq? symbol 'not_equal) 'fastpyll_not_equal) ((eq? symbol 'not)
'fastpyll_not) ((eq? symbol 'tilda) 'fastpyll_tilda) ((eq? symbol 'less_than)
'fastpyll_less_than) ((eq? symbol 'greater_than) 'fastpyll_greater_than) ((eq? sy
mbol 'set_intersection) 'fastpyll_set_intersection) ((eq? symbol 'vertical_bar)
'fastpyll_set_union) ((eq? symbol 'global) 'fastpyll_global) ((eq? symbol 'return)
'fastpyll_return) ((eq? symbol 'subtract) 'fastpyll_subtract) ((eq? symbol 'for) 'fastpyll_for)
((eq? symbol 'define) 'fastpyll_define) ((eq? symbol 'while) 'fastpyll_while) ((eq? symbol
'if) 'fastpyll_if) ((eq? symbol 'else_if) 'fastpyll_else_if) ((eq? symbol 'else) 'fastpyll_else)
((eq? symbol 'try) 'fastpyll_try) ((eq? symbol 'except) 'fastpyll_except) ((eq? symbol
'finally) 'fastpyll_finally) (#t 'foop) ) ) ) (define fastpyll_precall (lambda (symbol_a . y)
(string-append symbol_a "( " (apply fastpyll_arguments y) " )")) (define
fastpyll_add_prefix (lambda (symbol_a) (if (eq? symbol_a 'list) (list symbol_a) (let* ((
fastpyll_symbol (fastpyll_is_fastpyll_primitive symbol_a)) (if (not (eq? fastpyll_symbol
'foop)) (list fastpyll_symbol) (list 'fastpyll_precall (symbol->string symbol_a)) ) ) )))
(define fastpyll_change_names (lambda (b counter x) (cond ((and b (list? (car x)) (>
(length x) 1)) (append (list (fastpyll_change_names #t counter (car x))) (let ((foo
(fastpyll_change_names #f counter (cdr x)))) (if (list? foo) foo (list foo)))) ) ((and (not b)
(list? (car x)) (> (length x) 1)) (append (list (fastpyll_change_names #t counter (car x)))
(let ((foo (fastpyll_change_names #f counter (cdr x)))) (if (list? foo) foo (list foo)))) ) ((and
b (not (list? (car x))) (> (length x) 1)) (append (fastpyll_add_prefix (car x)) (append (let
((foo (fastpyll_change_names #f counter (cdr x)))) (if (list? foo) foo (list foo))) ) ) ) ((and b
(list? (car x)) (not (> (length x) 1))) (list (fastpyll_change_names #t counter (car x))) )
((and (not b) (not (list? (car x))) (> (length x) 1)) (append (list (car x)) (let ((foo

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(fastpyll_change_names #f counter (cdr x)))) (if (list? foo) foo (list foo)))) ) ((and (not b)
(list? (car x)) (not (> (length x) 1))) (list (fastpyll_change_names #t counter (car x))) )
((and b (not (list? (car x))) (not (> (length x) 1))) (fastpyll_add_prefix (car x))) ((and (not
b) (not (list? (car x))) (not (> (length x) 1))) (car x)) ) ) ) (define fastpyll_string_precall
(lambda (symbol_a . y) (string-append symbol_a " " (apply fastpyll_arguments y) " ")))
(define fastpyll_add_prefix_to_string (lambda (symbol_a) (if (string? symbol_a) (list
'fastpyll_string_precall symbol_a symbol_a ) ) ) (define fastpyll_string_apply (lambda (b
counter x) (cond ((and b (list? (car x)) (> (length x) 1)) (let ((bar (fastpyll_string_apply #t
counter (car x)))) (if (string? bar) (fastpyll_string_apply #t counter (append
(fastpyll_add_prefix_to_string bar) (cdr x)) ) (append (let ((foo (fastpyll_string_apply #f
counter (cdr x)))) (if (list? foo) foo (list foo)))) ) ) ((and (not b) (list? (car x)) (> (length x)
1)) (append (list (fastpyll_string_apply #t counter (car x))) (let ((foo (fastpyll_string_apply
#f counter (cdr x)))) (if (list? foo) foo (list foo)))) ) ((and b (not (list? (car x))) (> (length x)
1)) (apply (eval (car x) (interaction-environment)) (append (let ((foo
(fastpyll_string_apply #f counter (cdr x)))) (if (list? foo) foo (list foo)))) ) ) ((and b (list?
(car x)) (not (> (length x) 1))) (let ((bar (fastpyll_string_apply #t counter (car x))))
(if (string? bar) (fastpyll_string_apply #t counter (append (fastpyll_add_prefix_to_string
bar) ) (list (fastpyll_string_apply #t counter (car x))) ) ) ) ((and (not b) (not (list? (car x)))
(> (length x) 1)) (append (list (car x)) (let ((foo (fastpyll_string_apply #f counter (cdr x))))
(if (list? foo) foo (list foo)))) ) ((and (not b) (list? (car x)) (not (> (length x) 1))) (list
(fastpyll_string_apply #t counter (car x))) ) ((and b (not (list? (car x))) (not (> (length x)
1))) (apply (eval (car x) (interaction-environment)) (list)) ) ((and (not b) (not (list? (car x)))
(not (> (length x) 1))) (car x) ) ) ) ) (define fastpyll_fastpyll_helper (lambda (x) (begin
(string-append (fastpyll_string_apply #t 1 (fastpyll_add_indentation #t 1
(fastpyll_change_names #t 1 (fastpyll_stringify #t 1 x) ) ) ) "\n\n")))) (define fastpyll
(lambda (x) (apply string-append (map fastpyll_fastpyll_helper x)))) (define
fastpyll_c_indent (lambda (x) (if (= x 0) "" (string-append " " (fastpyll_c_indent (- x 1))))))
(define fastpyll_c_curry (lambda (. x) (if (= (length x) 0) "" (if (> (length x) 1)
(fastpyll_c_curry (car x) " " (fastpyll_c_curry (cdr x))) (car x)))) (define fastpyll_c_helper
(lambda (d x) (if (pair? x) (string-append (fastpyll_c_indent d) (car x) ";\n\n"
(fastpyll_c_helper d (cdr x))) (string-append (fastpyll_c_indent d) "}")))) (define
fastpyll_c_struct_helper (lambda (d x) (if (pair? x) (string-append (fastpyll_c_indent d)
(car x) ";\n\n" (fastpyll_c_struct_helper d (cdr x))) (string-append (fastpyll_c_indent d)
"")))) (define fastpyll_c_codeblock (lambda (d x . y) (string-append x ":\n\n"
(fastpyll_c_helper d y))) (define fastpyll_c_unary_operation (lambda (x y)
(fastpyll_c_group x y))) (define fastpyll_c_string (lambda (x) (string-append "\"" x "\"")))
(define fastpyll_c_star (lambda (x) (string-append "*" x))) (define fastpyll_c_fstring
(lambda (x) (string-append "f" (fastpyll_c_string x)))) (define fastpyll_c_comment
(lambda (x) (fastpyll_c_curry "/" x "\n\n"))) (define fastpyll_c_check_for_structure
(lambda (x) (if (and (symbol? (car x)) (or (eq? (car x) 'fastpyll_c_define) (eq? (car x)
'fastpyll_c_while) (eq? (car x) 'fastpyll_c_if) (eq? (car x) 'fastpyll_c_else_if) (eq? (car x)
'fastpyll_c_for) (eq? (car x) 'fastpyll_c_struct) (eq? (car x) 'fastpyll_c_else) ) ) #t #f ) ) )
(define fastpyll_c_include (lambda (x) (string-append "#include " x))) (define
fastpyll_c_assign (lambda (x y) (string-append x " = " y))) (define fastpyll_c_pgroup
(lambda (left right . x) (apply string-append (append (list left) (fastpyll_c_arguments x)
(list right )))) (define fastpyll_c_group (lambda (. x) (apply fastpyll_c_pgroup (append

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(list "( " " )" x)))) (define fastpyll_c_arguments (lambda (. x) (if (= (length x) 1) (car x) (if
(> (length x) 1) (string-append (car x) " , " (apply fastpyll_c_arguments (cdr x)))))))
(define fastpyll_c_asm_arguments (lambda (. x) (if (= (length x) 1) (car x) (if (> (length x)
1) (string-append (car x) " " (apply fastpyll_c_arguments (cdr x))))))) (define
fastpyll_c__asm__ (lambda (. x) (string-append "__asm__(" (apply
fastpyll_c_asm_arguments x) " )")) (define fastpyll_c_array (lambda (. x) (apply
fastpyll_c_pgroup (list "{ " " }" (apply fastpyll_c_arguments x)))) (define fastpyll_c_call
(lambda (x . y) (string-append x "( " (apply fastpyll_c_arguments y) " )")) (define
fastpyll_c_access_helper (lambda (x) (string-append "[" (if (> (length x) 0) (car x) "") " ]"
(if (> (length x) 1) (fastpyll_c_access_helper (cdr x)) "")))) (define fastpyll_c_access
(lambda
(b . x) (string-append b (fastpyll_c_access_helper x)))) (define fastpyll_c_dot_helper
(lambda (x) (string-append "." (if (> (length x) 0) (car x) "") (if (> (length x) 1)
(fastpyll_c_dot_helper (cdr x)) "")))) (define fastpyll_c_dot (lambda (b . x) (string-append
b (fastpyll_c_dot_helper x)))) (define fastpyll_c_arrow_helper (lambda (x) (string-append
"->" (if (> (length x) 0) (car x) "") (if (> (length x) 1) (fastpyll_c_dot_helper (cdr x)) ""))))
(define fastpyll_c_arrow (lambda (b . x) (string-append b (fastpyll_c_dot_helper x))))
(define fastpyll_c_binary_operation (lambda (operation x y) (fastpyll_c_group x " "
operation " " y))) (define fastpyll_c_equal (lambda (x y) (fastpyll_c_binary_operation
"==" x y))) (define fastpyll_c_subtract (lambda (x y) (fastpyll_c_binary_operation "-" x
y))) (define fastpyll_c_divide (lambda (x y) (fastpyll_c_binary_operation "/" x y))) (define
fastpyll_c_multiply (lambda (x y) (fastpyll_c_binary_operation "*" x y))) (define
fastpyll_c_add (lambda (x y) (fastpyll_c_binary_operation "+" x y))) (define
fastpyll_c_and (lambda (x y) (fastpyll_c_binary_operation "&&" x y))) (define
fastpyll_c_bitwise_and (lambda (x y) (fastpyll_c_binary_operation "&" x y))) (define
fastpyll_c_or (lambda (x y) (fastpyll_c_binary_operation "|" x y))) (define
fastpyll_c_bitwise_or (lambda (x y) (fastpyll_c_binary_operation "|" x y))) (define
fastpyll_c_less_than (lambda (x y) (fastpyll_c_binary_operation "<" x y))) (define
fastpyll_c_greater_than (lambda (x y) (fastpyll_c_binary_operation ">" x y))) (define
fastpyll_c_less_than_or_equal_to (lambda (x y) (fastpyll_c_binary_operation "<=" x y)))
(define fastpyll_c_greater_than_or_equal_to (lambda (x y) (fastpyll_c_binary_operation
">=" x y))) (define fastpyll_c_bitshift_left (lambda (x y) (fastpyll_c_binary_operation "<<"
x y))) (define fastpyll_c_bitshift_right (lambda (x y) (fastpyll_c_binary_operation ">>" x
y))) (define fastpyll_c_ternary_operation (lambda (x y z) (string-append "( ( " x " ) ? ( " y
" ) : ( " z " ) )")) (define fastpyll_c_subtract (lambda (x y) (fastpyll_c_binary_operation "-"
x y))) (define fastpyll_c_not_equal (lambda (x y) (fastpyll_c_binary_operation "!=" x y)))
(define fastpyll_c_not (lambda (x) (string-append "( " "!" "( " x " )" " )")) (define
fastpyll_c_bitwise_negate (lambda (x) (string-append "( " "~(" x " )" " )")) (define
fastpyll_c_return (lambda (a) (string-append "return " a))) (define
fastpyll_c_system_library (lambda (a) (string-append "<" a ">")) (define fastpyll_c_for
(lambda (d x . y) (string-append "for( " x " ) {\n\n" (fastpyll_c_helper d y)))) (define
fastpyll_c_struct (lambda (d x a . y) (string-append "struct " x " {\n\n"
(fastpyll_c_struct_helper d y) "}" " a " ;))) (define fastpyll_c_define (lambda (d x a . y)
(string-append x "( " (apply fastpyll_c_arguments a) " ) {\n\n" (fastpyll_c_helper d y))))
(define fastpyll_c_while (lambda (d x . y) (string-append "while( " x " ) {\n\n"
(fastpyll_c_helper d y)))) (define fastpyll_c_if (lambda (d x . y) (string-append "if( " x " )

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{\n\n" (fastpyll_c_helper d y)))) (define fastpyll_c_else_if (lambda (d x . y) (string-append
"else if( " x " ) {\n\n" (fastpyll_c_helper d y)))) (define fastpyll_c_else (lambda (d . y)
(string-append "else {\n\n" (fastpyll_c_helper d y)))) (define fastpyll_c_switch (lambda (a
d . y) (string-append "switch( " a " ) {\n\n" (fastpyll_c_helper d y)))) (define
fastpyll_c_case (lambda (a d . y) (string-append "case " a " :\n\n" (fastpyll_c_helper d
y)))) (define fastpyll_c_do_while (lambda () "havent implemented do while yet")) (define
fastpyll_c_do_struct (lambda () "havent implemented struct yet")) (define
fastpyll_c_do_literal_character (lambda (x) "" x "")) (define
fastpyll_c_do_literal_address (lambda (x) "&" x)) (define fastpyll_c_type_cast (lambda (x
y) (string-append "( " y " )" y))) (define fastpyll_c_label (lambda (x) (string-append x ":")))
(define fastpyll_c_goto (lambda (x) (string-append "goto " x))) (define fastpyll_c_type
(lambda (type x) (string-append type " " x))) (define fastpyll_c_void (lambda (x)
(fastpyll_c_type "void" x))) (define fastpyll_c_const (lambda (x) (fastpyll_c_type "const"
x))) (define fastpyll_c_extern (lambda (x) (fastpyll_c_type "extern" x))) (define
fastpyll_c_static (lambda (x) (fastpyll_c_type "static" x))) (define fastpyll_c_int (lambda
(x) (fastpyll_c_type "int" x))) (define fastpyll_c_short (lambda (x) (fastpyll_c_type "short"
x))) (define fastpyll_c_long (lambda (x) (fastpyll_c_type "long" x))) (define
fastpyll_c_unsigned (lambda (x) (fastpyll_c_type "unsigned" x))) (define fastpyll_c_float
(lambda (x) (fastpyll_c_type "float" x))) (define fastpyll_c_float_literal (lambda (x)
(string-append x "f"))) (define fastpyll_c_post_increment (lambda (x) (string-append x
"++"))) (define fastpyll_c_pre_increment (lambda (x) (string-append "++" x))) (define
fastpyll_c_post_decrement (lambda (x) (string-append x "--"))) (define
fastpyll_c_pre_decrement (lambda (x) (string-append "--" x))) (define
fastpyll_c_define_macro (lambda (x y z) (string-append "#define " x "( " (apply
fastpyll_c_arguments y) " ) " z ))) (define fastpyll_c_end_if (lambda () "endif")) (define
fastpyll_c_if_not_defined (lambda (x) (string-append "#ifndef " x))) (define
fastpyll_c_enum (lambda (x y) (string-append "enum " x " " y))) (define
fastpyll_c_type_define (lambda (x y) (string-append "typedef " x " " y))) (define
fastpyll_c_type_define_struct (lambda ( . a) (string-append "typedef " (apply
fastpyll_c_struct a)))) (define fastpyll_c_stringify (lambda (b counter x) (cond ((and b
(list? (car x)) (> (length x) 1)) (append (list (fastpyll_c_stringify #t counter (car x))) (let
((foo (fastpyll_c_stringify #f counter (cdr x)))) (if (list? foo) foo (list foo)))))) ((and (not b)
(list? (car x)) (> (length x) 1)) (append (list (fastpyll_c_stringify #t counter (car x))) (let
((foo (fastpyll_c_stringify #f counter (cdr x)))) (if (list? foo) foo (list foo)))))) ((and b (not
(list? (car x))) (> (length x) 1)) (append (list (car x)) (let ((foo (fastpyll_c_stringify #f
counter (cdr x)))) (if (list? foo) foo (list foo)))))) ((and b (list? (car x)) (not (> (length x) 1)))
(list (fastpyll_c_stringify #t counter (car x)))) ((and (not b) (not (list? (car x))) (> (length
x) 1)) (append (list (cond ((string? (car x)) (fastpyll_c_string (car x))) ((symbol? (car x))
(symbol->string (car x))) ((number? (car x)) (number->string (car x)))))) (let ((foo
(fastpyll_c_stringify #f counter (cdr x)))) (if (list? foo) foo (list foo)))))) ((and (not b) (list?
(car x)) (not (> (length x) 1))) (list (fastpyll_c_stringify #t counter (car x)))) ((and b (not
(list? (car x))) (not (> (length x) 1))) x) ((and (not b) (not (list? (car x))) (not (> (length x)
1))) (cond ((string? (car x)) (fastpyll_c_string (car x))) ((symbol? (car x)) (symbol->string
(car x))) ((number? (car x)) (number->string (car x)))))) ) ) (define
fastpyll_c_add_indentation (lambda (b counter x) (cond ((and b (list? (car x)) (> (length
x) 1)) (append (list (fastpyll_c_add_indentation #t counter (car x))) (let ((foo

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(fastpyll_c_add_indentation #f counter (cdr x)))) (if (list? foo) foo (list foo)))) ) ((and (not
b) (list? (car x)) (> (length x) 1)) (append (list (fastpyll_c_add_indentation #t counter (car
x))) (let ((foo (fastpyll_c_add_indentation #f counter (cdr x)))) (if (list? foo) foo (list foo))))
) ((and b (not (list? (car x))) (> (length x) 1)) (append (list (car x)) (if
(fastpyll_c_check_for_structure x) (append (list counter) (let ((foo
(fastpyll_c_add_indentation #f (+ counter 1) (cdr x)))) (if (list? foo) foo (list foo)))) ) (let
((foo (fastpyll_c_add_indentation #f counter
(cdr x)))) (if (list? foo) foo (list foo)))) ) ((and b (list? (car x)) (not (> (length x) 1))) (list
(fastpyll_c_add_indentation #t counter (car x))) ) ((and (not b) (not (list? (car x))) (>
(length x) 1)) (append (list (car x)) (let ((foo (fastpyll_c_add_indentation #f counter (cdr
x)))) (if (list? foo) foo (list foo)))) ) ((and (not b) (list? (car x)) (not (> (length x) 1))) (list
(fastpyll_c_add_indentation #t counter (car x))) ) ((and b (not (list? (car x))) (not (>
(length x) 1))) x ((and (not b) (not (list? (car x))) (not (> (length x) 1))) (car x)) ) ) )
(define fastpyll_c_is_fastpyll_c_primitive (lambda (symbol) (cond ((eq? symbol 'indent)
'fastpyll_c_indent) ((eq? symbol 'string) 'fastpyll_c_string) ((eq? symbol 'comment)
'fastpyll_c_comment) ((eq? symbol 'include) 'fastpyll_c_include) ((eq? symbol 'assign)
'fastpyll_c_assign) ((eq? symbol 'group) 'fastpyll_c_group) ((eq? symbol 'arguments)
'fastpyll_c_arguments) ((eq? symbol 'array) 'fastpyll_c_array) ((eq? symbol 'dot)
'fastpyll_c_dot) ((eq? symbol 'arrow) 'fastpyll_c_arrow) ((eq? symbol 'system_library)
'fastpyll_c_system_library) ((eq? symbol 'star) 'fastpyll_c_star) ((eq? symbol 'access)
'fastpyll_c_access) ((eq? symbol 'string) 'fastpyll_c_string) ((eq? symbol 'append)
'fastpyll_c_append) ((eq? symbol 'equal) 'fastpyll_c_equal) ((eq? symbol
'less_than_or_equal_to) 'fastpyll_c_less_than_or_equal_to) ((eq? symbol
'greater_than_or_equa_to) 'fastpyll_c_greater_than_or_equal_to) ((eq? symbol
'ternary_operation) 'ternary_operation) ((eq? symbol 'switch) 'fastpyll_c_switch) ((eq?
symbol 'case) 'fastpyll_c_case) ((eq? symbol 'and) 'fastpyll_bitwise_and) ((eq? symbol
'bitshift_left) 'fastpyll_bitwise_bitshift_left) ((eq? symbol 'bitshift_right)
'fastpyll_bitwise_bitshift_right) ((eq? symbol 'or) 'fastpyll_bitwise_or) ((eq? symbol 'add)
'fastpyll_c_add) ((eq? symbol 'if_not_defined) 'fastpyll_c_if_not_defined) ((eq? symbol
'end_if) 'fastpyll_c_end_if) ((eq? symbol 'enum) 'fastpyll_c_enum) ((eq? symbol
'type_define) 'fastpyll_c_type_define) ((eq? symbol 'type_define_struct)
'fastpyll_c_type_define_struct) ((eq? symbol 'divide) 'fastpyll_c_divide) ((eq? symbol
'multiply) 'fastpyll_c_multiply) ((eq? symbol '___asm___) 'fastpyll_c___asm___) ((eq? symbol
'define_macro) 'fastpyll_c_define_macro) ((eq? symbol 'and) 'fastpyll_c_and) ((eq?
symbol 'or) 'fastpyll_c_or) ((eq? symbol 'not_equal) 'fastpyll_c_not_equal) ((eq? symbol
'not) 'fastpyll_c_not) ((eq? symbol 'bitwise_negate) 'fastpyll_c_bitwise_negate) ((eq?
symbol 'less_than) 'fastpyll_c_less_than) ((eq? symbol 'greater_than)
'fastpyll_c_greater_than) ((eq? symbol 'vertical_bar) 'fastpyll_c_set_union) ((eq? symbol
'global) 'fastpyll_c_global) ((eq? symbol 'return) 'fastpyll_c_return) ((eq? symbol
'subtract) 'fastpyll_c_subtract) ((eq? symbol 'for) 'fastpyll_c_for) ((eq? symbol 'define)
'fastpyll_c_define) ((eq? symbol 'while) 'fastpyll_c_while) ((eq? symbol 'struct)
'fastpyll_c_struct) ((eq? symbol 'type_cast) 'fastpyll_c_type_cast) ((eq? symbol 'case)
'fastpyll_c_case) ((eq? symbol 'do_while) 'fastpyll_c_do_while) ((eq? symbol 'if)
'fastpyll_c_if) ((eq? symbol 'else_if) 'fastpyll_c_else_if) ((eq? symbol 'else)
'fastpyll_c_else) ((eq? symbol 'label) 'fastpyll_c_label) ((eq? symbol 'goto)
'fastpyll_c_goto) ((eq? symbol 'type) 'fastpyll_c_type) ((eq? symbol 'void)

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'fastpyll_c_void) ((eq? symbol 'const) 'fastpyll_c_const) ((eq? symbol 'extern)
'fastpyll_c_extern) ((eq? symbol 'static) 'fastpyll_c_static) ((eq? symbol 'int)
'fastpyll_c_int) ((eq? symbol 'short) 'fastpyll_c_short) ((eq? symbol 'long)
'fastpyll_c_long) ((eq? symbol
ol 'unsigned) 'fastpyll_c_unsigned) ((eq? symbol 'float) 'fastpyll_c_float) ((eq? symbol
'float_literal) 'fastpyll_c_float_literal) ((eq? symbol 'post_increment)
'fastpyll_c_post_increment) ((eq? symbol 'post_pre_increment)
'fastpyll_c_pre_increment) ((eq? symbol 'post_post_increment)
'fastpyll_c_post_increment) ((eq? symbol 'post_pre_decrement)
'fastpyll_c_pre_decrement) ((eq? symbol 'post_post_decrement)
'fastpyll_c_post_decrement) (#t 'foop) ) ) ) (define fastpyll_c_precall (lambda (symbol_a
. y) (string-append symbol_a "( " (apply fastpyll_c_arguments y) " )"))) (define
fastpyll_c_add_prefix (lambda (symbol_a) (if (eq? symbol_a 'list) (list symbol_a) (let* ((
fastpyll_c_symbol (fastpyll_c_is_fastpyll_c_primitive symbol_a)) (if (not (eq?
fastpyll_c_symbol 'foop)) (list fastpyll_c_symbol) (list 'fastpyll_c_precall (symbol->string
symbol_a)) ) ) )) (define fastpyll_c_change_names (lambda (b counter x) (cond ((and b
(list? (car x)) (> (length x) 1)) (append (list (fastpyll_c_change_names #t counter (car
x))) (let ((foo (fastpyll_c_change_names #f counter (cdr x)))) (if (list? foo) foo (list foo))))
) ((and (not b) (list? (car x)) (> (length x) 1)) (append (list (fastpyll_c_change_names #t
counter (car x))) (let ((foo (fastpyll_c_change_names #f counter (cdr x)))) (if (list? foo)
foo (list foo)))) ) ((and b (not (list? (car x))) (> (length x) 1)) (append
(fastpyll_c_add_prefix (car x)) (append (let ((foo (fastpyll_c_change_names #f counter
(cdr x)))) (if (list? foo) foo (list foo))) ) ) ) ((and b (list? (car x)) (not (> (length x) 1))) (list
(fastpyll_c_change_names #t counter (car x))) ) ((and (not b) (not (list? (car x))) (>
(length x) 1)) (append (list (car x)) (let ((foo (fastpyll_c_change_names #f counter (cdr
x)))) (if (list? foo) foo (list foo)))) ) ((and (not b) (list? (car x)) (not (> (length x) 1))) (list
(fastpyll_c_change_names #t counter (car x))) ) ((and b (not (list? (car x))) (not (>
(length x) 1))) (fastpyll_c_add_prefix (car x))) ((and (not b) (not (list? (car x))) (not (>
(length x) 1))) (car x)) ) ) ) (define fastpyll_c_string_precall (lambda (symbol_a . y)
(string-append symbol_a "( " (apply fastpyll_c_arguments y) " )"))) (define
fastpyll_c_add_prefix_to_string (lambda (symbol_a) (if (string? symbol_a) (list
'fastpyll_c_string_precall symbol_a symbol_a) ) ) ) (define fastpyll_c_string_apply
(lambda (b counter x) (cond ((and b (list? (car x)) (> (length x) 1)) (let ((bar
(fastpyll_c_string_apply #t counter (car x))) (if (string? bar) (fastpyll_c_string_apply #t
counter (append (fastpyll_c_add_prefix_to_string bar) (cdr x)) ) (append (let ((foo
(fastpyll_c_string_apply #f counter (cdr x)))) (if (list? foo) foo (list foo)))) ) ) ((and (not b)
(list? (car x)) (> (length x) 1)) (append (list (fastpyll_c_string_apply #t counter (car x)))
(let ((foo (fastpyll_c_string_apply #f counter (cdr x)))) (if (list? foo) foo (list foo)))) ) ((and
b (not (list? (car x))) (> (length x) 1)) (apply (eval (car x) (interaction-environment))
(append (let ((foo (fastpyll_c_string_apply #f counter (cdr x)))) (if (list? foo) foo (list
foo)))) ) ) ((and b (list? (car x)) (not (> (length x) 1))) (let ((bar (fastpyll_c_string_apply #t
counter (car x))) (if (string? bar) (fastpyll_c_string_apply #t counter (append
(fastpyll_c_add_prefix
ix_to_string bar) ) (list (fastpyll_c_string_apply #t counter (car x))) ) ) ) ((and (not b) (not
(list? (car x))) (> (length x) 1)) (append (list (car x)) (let ((foo (fastpyll_c_string_apply #f
counter (cdr x)))) (if (list? foo) foo (list foo)))) ) ((and (not b) (list? (car x)) (not (> (length

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x) 1))) (list (fastpyll_c_string_apply #t counter (car x))) ) ((and b (not (list? (car x))) (not
(> (length x) 1))) (apply (eval (car x) (interaction-environment)) (list)) ) ((and (not b) (not
(list? (car x))) (not (> (length x) 1))) (car x) ) ) ) (define fastpyll_c_fastpyll_c_helper
(lambda (x) (string-append (fastpyll_c_string_apply #t 1 (fastpyll_c_add_indentation #t 1
(fastpyll_c_change_names #t 1 (fastpyll_c_stringify #t 1 x) ) ) ) "\n\n"))) (define fastpyll_c
(lambda (x) (apply string-append (map fastpyll_c_fastpyll_c_helper x))))
;examples
;(display (fastpyll '((print "hello") (print "goodbye"))))
;(display (fastpyll_c '((print "hello") (print "goodbye"))))
;;to load this library (load "/path/to/fastpyll.scm"
;;this language requires guile 3.0 to run

```

this ends the gpl 3 license text. the license of the following text is unannounced.

music

<https://www.youtube.com/watch?v=6uN3dxJRnss> hl2 path of borealis
https://www.youtube.com/watch?v=GPTY6l_PX5k aurora teardrop
https://www.youtube.com/watch?v=_nVmJMAXtU8 presto adrián berenguer
<https://www.youtube.com/watch?v=IJiHDmyhE1A> christopher tin baba yetu official vid
https://www.youtube.com/watch?v=Jo_-KoBiBG0 ode to joy
les misérables do you hear th peoople sing
halo theme munx gregoriana
original halo theme
final victory music of starwars legacy
<https://www.youtube.com/watch?v=lovYZqGVPBQ> 6 Hours of The Best Epic
Inspirational Music for Studying and Working

on the next page is the old fast priestess art. her tablet represents her intelligence, her voice, and her emancipation. part of what inspired me to make this guide is the conviction become the kind of man who deserved love. but now what motivates me more is to be the kind of man who goes above and beyond in a self sacrificing way to help humanity, which is what many women do not prefer, and what many women do not deserve.



think again before you mess with scottland the brave, or find out.
dont mess with texas. see you space cowboy...