

Book of Testimonials about the Turbo Suslik System

I finally decided to publish these testimonials not as proof that the system works — I have never felt the need to prove that — but because I have seen how limited and mechanically many people live, often without even suspecting how radical their internal changes could be after several months of serious practice.

This collection contains twenty in-depth testimonials. Over the past 18+ years, I have received several thousands similar reports. The results described here are **typical** for people who have worked with the system for about 6–8 months, although the exact pace and depth of change can vary greatly from person to person.

I have deliberately chosen not to include the more “advanced” testimonials. They often describe abstract or subtle changes that are easy to misunderstand, especially when the reader tries to interpret them through spiritual clichés, magical thinking, or other decorative nonsense. The reports included here are more concrete, grounded, and easier to evaluate.

These testimonials should not be treated as absolute truth, scientific proof, or a guarantee of personal results. They are subjective reports from people who practiced the system and described what changed for them. There may still be difficulties, regressions, distortions, and unresolved material along the way. This is normal. Real internal work is rarely clean, comfortable, or linear.

One important point should be made clearly. Many of these testimonials mention external achievements and major life changes. This is natural, but it is secondary. The primary aim of the work is internal transformation: reducing automatic reactions, clearing mental noise, dismantling old patterns, and becoming less governed by one’s own unconscious machinery.

External improvements may happen, sometimes quite noticeably. But they should be understood as consequences, not as the main promise. Turbo-Suslik is not about chasing success, happiness, enlightenment, or a prettier personal story. It is about becoming more internally free, more sober, and less controlled by the accumulated mental material that used to run your life in the background.

This book may be freely distributed by any means.

Dmitry Leushkin

My Specific Results:

External:

1. I quit my job. Started my own online business. Now I have a flexible schedule and I’m no longer tied to a specific location or office. At the same time, my income has increased 5-fold — and this is just the beginning. I’m actively growing my business now.

2. I found a woman I love and I enjoy being in a relationship with her. I used to have serious problems with women, with relationships, and with sex. I had many negative beliefs and inner limitations. Now things are much better, and I'm continuing to work in this area.

3. I moved to Krasnoyarsk — something I had long dreamed of. I used to lack the courage and felt stuck when it came to moving. Now I just packed my things, bought a ticket, and went. I live in the very center of a beautiful city in a luxurious apartment I wouldn't have even dared to dream of before.

4. I picked up the guitar again and started making music — playing and singing. Before, I was in a deep creative crisis, had no ideas, and was burned out. Now I'm slowly coming back to life creatively. I take private lessons and already compose songs in my free time.

5. I found a circle of friends with whom I enjoy spending time. I used to be very closed off and socially anxious, and had a hard time connecting with people. Of course, I still have issues, but I feel much more confident. I enjoy my new relationships.

6. I started taking care of my body — going to massages, dynamic meditations, and somatic practices. I've managed to release several physical blocks that were preventing me from feeling alive — in my pelvis, throat, and belly. Still a lot of work to do, but I feel great.

7. I completely removed from my life the people who constantly complain and whine but don't want to do anything to change their situation. I used to feel sorry for them — now I don't care about their whining, I don't talk to them anymore, and I don't let people like that near me. This is my life, and I don't want to waste it on complainers.

Internal:

8. I've started allowing myself to want things and to not be ashamed of my desires. I no longer deny myself or feel like I don't deserve what I want — no matter what others say. I keep a journal where I write down all my desires — from small ones to huge, global ones. Turns out I have a lot — over 1,000 already. Strangely enough, I don't even really care whether a specific desire comes true or not. But many of them do — like moving to Krasnoyarsk, starting to write poetry again, or getting that high-ceiling apartment I always dreamed of.

9. It's become easier to talk to people. I'm not as afraid to look them in the eye and say what I think. Not always, of course, but I often catch myself feeling fairly comfortable in social settings, which used to be rare. I'm less scared of introducing myself, asking questions, and getting answers. I feel the control of my mind loosening.

10. My body has become more sensitive to touch. I'm more aware of physical sensations — especially during sex. Sometimes I get goosebumps from a light touch. Sex has become more interesting and sensual. I more often do what I want and feel less shame about my desires. There's still a lot to work through — this is a sore spot for me — but I'm happy with the progress and feel I'm on the right path.

11. I've stopped obsessing over my appearance — whether I look okay, if my clothes are fine, etc. It used to bother me a lot, and I cared too much about what others thought. I spent a ton of energy trying to impress people. Now I don't care. I even enrolled in theater classes — something I'd never have done before because standing on a stage means being the center of attention and judgment, which used to be unbearable. I still get nervous, but I no longer care much about what people say about me — even if my performance wasn't great.

12. Sometimes I get an odd feeling that there's no real difference between any two things — the difference exists only in my mind. I can actually **feel** everything as equal. Both emotions and objects. But those are fleeting sensations. The mind's control is weaker, but still noticeable.

13. I stopped mentally torturing myself with questions like: Am I going in the right direction? Is this what I should be doing? Am I wasting my life? These questions used to take up most of my time. Now, I just enjoy life. And if something doesn't feel right — I change it. For example, I didn't like not having a girlfriend or regular sex — so I addressed that, and now I have both :) Not everything works out, of course — there are real failures too. But I don't whine or look for someone to blame anymore. I understand that it all depends on me, and it's always my choice.

14. My self-esteem has grown. I've started standing up for my rights and boundaries — in places where I used to quietly back down. Now I have strength and a sense of dignity. I assert myself where I feel it's necessary. That's what helped me start my business and push through all the obstacles.

15. Overall, my mood and well-being have improved. I used to dread waking up each morning — life felt empty and meaningless. Now, I often wake up with pleasure. I smile more. I enjoy life more.

16. As for why I'm doing all this: personal development is one of my core values. I can't **not** do it. I'm constantly curious to see how I change, what happens, and what more I'm capable of. I'm even willing to go a little crazy — if that's the price of freedom :)

17. My health has improved a bit. I had a lot of tension in my body. My jaw was constantly tight — even when I wasn't speaking. Same with my shoulders — always tense, and I often didn't even notice. Now that's gone. My jaw and shoulders are relaxed. I act more confidently.

18. I've lost interest in trying to change other people. I used to constantly give advice, thinking I was so smart — even though I had plenty of problems myself. Now I'm not interested in other people's problems. I don't get emotionally involved. I only give advice when someone **really** asks — and thank god, that's rare :)

19. I make decisions more easily. I don't agonize for weeks or months. I just make a choice — pretty quickly — and rarely regret it, even if things don't work out.

20. Overall, life has become richer, more flavorful. And I know I still have lots of work ahead. But it's the kind of work I enjoy.

I lost my addiction and obsession with computer games and anime. Before Turbo Suslik, I could spend weeks immersed in them, barely leaving the house.

My postgraduate exams were much easier than my usual university exams. I also started approaching both exams and conferences with much more calm and ease.

My ability to learn has improved: it took me far less time to prepare for the same exams. In general, when I encounter something new at work, I pick it up very quickly.

My memory improved in an unusual way: I stopped trying to hold everything in “active memory” and now recall things as needed.

Before Turbo Suslik, my only trip abroad was in childhood. Last year alone, I visited Belarus, Egypt, and India. And regarding work — even though I spent three weeks in India, I didn't take any time off :) I flew to Egypt alone, without friends or acquaintances — a first for me.

I became more spontaneous — ready to go places, do things. I used to take forever to plan everything. Now, if I have plans, they're much more flexible. And often, I don't even need to make them.

It also became easier to make decisions (though there's still room for improvement). I used to be unable to decide anything without knowing every tiny detail. Now, this doesn't hold me back as much.

Probably the most significant external change: I moved out of my parents' place, rented a one-room apartment, and started living independently.

After that, my income increased — from 17,000 rubles as an intern (when I was still living with my parents) to around 100,000–120,000 rubles from various sources while living on my own.

It feels like the inner blocks and restrictions on action have lifted — I now enjoy taking on any projects that come my way. If necessary, I can negotiate and generally feel like I can do just about anything to make money.

My working hours increased, and I now get much more done in a day. Looking back, I've never had this level of “workload” before. The usual excuses like “I'm not in the mood” or “I didn't sleep well” are gone. Thanks to Turbo Suslik, I've stopped overthinking and just *do the work*.

I've also become much more comfortable managing money, buying things, and making payments. There's still a lot to work on here, but the amounts involved have clearly grown.

It's become much easier to talk to strangers. I used to struggle even asking someone on the street for the time or directions. Now, if I need to ask — I just do it without hesitation. In professional contexts, I easily connect with people regardless of their status or age.

Overall, I've become much more open. I used to live in my own little inner world. Now, I spend less time inside my head and see the world and people around me more clearly. I feel more "centered" in the present moment — the here and now.

I also spend less time stuck in my own emotional states — they pass much faster now. Most of the time, I'm in a stable, good state. Other people's emotions don't affect me as much anymore.

I've become more confident and calm. I used to care **so much** about what others thought of me. That's gone now.

In general, I've stopped obsessing over words — when someone speaks to me, I now see and hear what they **really** mean and want (for example, just attention).

I've started to see — in myself and others — how we lie to ourselves about our desires and actions. Like when people do things "for someone else."

I stopped trying to please others just to appear good. "Niceness," politeness, and decency have been replaced by healthy pragmatism.

At one point, I tried to turn myself into a "businesslike" person — putting on a mask of someone who solves problems. But it quickly became obvious how silly that was — trying to **seem** like someone instead of just **being** yourself.

The "mystical spirituality" is gone. No more praying to "whoever's listening" to fix my life. I now clearly understand that my life depends on **me** — and that I simply need to keep working on myself.

Before Turbo Suslik, I really suffered from allergies (like hives), and they got worse each year. Now they happen much less often, and in some places (like where there are cats), they don't appear at all or go away more easily.

I've practically stopped getting sick — and when I do, I recover faster and more easily.

I'm 31 years old, living in Moscow, and I've been practicing Turbo Suslik for over 5 months. I don't even remember how I came across the book online, but I clearly remember my first impressions while reading it — I felt like I had found exactly what I'd been looking for. I was also struck by the approach: strict, clear, structured, and without unnecessary fluff. At the time, it seemed like I had found a magic pill — but now I understand it's much more complex and there are no shortcuts.

The state I was in when I started processing: I had a prestigious job in investment, a high salary, a beautiful girlfriend, friends — all the external signs of success, as defined by society. But internally, I was completely dissatisfied, disappointed in myself, deeply insecure, feeling fake in my behavior (especially in critical or unusual situations), full of complexes and limitations, overly emotional yet also stiff and repressed, with a constant sense of heaviness. I knew something was wrong, but I didn't understand what exactly.

After reading the Turbo Suslik book, I was inspired. I thought: I have only a couple of issues, I'll work through them quickly and move on with life. But later I realized both the power of TS and the sheer amount of crap tightly packed inside me. I understood that the work would be long and difficult, and results wouldn't come instantly — but the important thing is that I now had an effective tool.

Some visible results of working with TS:

- Following the advice in the book, I started processing whatever was bothering me at that moment. One of the first things was trading precious metal futures, which I had just begun at the same time I found TS. I manually worked through (without using standard protocols from the site) all my emotions, expectations, and anxiety around trading. I was very surprised by the result: I became much less emotionally affected by it. Previously, my mood could easily be ruined by any losses (even unrealized ones), but after processing, I didn't even flinch when I had an unrealized loss of 50% of the investment. In the end, I managed to multiply my initial portfolio by 5 (in 6 months), all because of the calmness I gained through TS.
- I broke up with the girlfriend I had been living with for over a year. I initiated the breakup and managed to organize everything in a smooth, drama-free way. We are still on good terms. Even though we had a lot of negativity between us, I feel warmth toward her now — like a younger sister. This was the first breakup of my life that happened this way, and I haven't regretted it once, which is very unlike the “old me.”
- My social circle narrowed significantly, almost on its own. I simply lost interest in communicating with some friends/acquaintances. I don't feel any negativity or avoidance — they just sort of faded out of my life, without regret or disappointment.
- I got promoted at work and my salary increased. In general, I started making a lot more money.
- I began treating money more easily. It still takes up a decent amount of mental space, but I react less emotionally to spending. For example, I bought my brother a car, helped another brother financially to buy an apartment — those were significant portions of my savings, and yet I didn't feel any regret. I didn't even process that topic specifically. If I had done that before TS, just to be a “good person,” I would've been consumed by greed and regret. TS helped free me from that over-sensitive attitude toward money, no doubt.
- I became less concerned about other people's emotions and worries. For instance, I was able to calmly and honestly tell a girl I was only sleeping with that I wasn't ready to give her more. Before, I would've been too afraid to hurt or upset her. I used to care way too

much about how my actions affected others emotionally, even those who weren't close to me. Now I'm beginning to truly understand that each person is responsible for their own feelings.

- Overall, I worry much less about everything — something even my friends have noticed. I still worry a lot, but definitely less — that's my personal take.
- I've stopped living in anticipation — no longer waiting for the weekend, New Year's, a trip, or some other planned event. That's a huge shift for me. I don't think I simply matured in these five months — this is clearly the result of the processing work.
- I spend less time fantasizing or daydreaming, though I'm still far from feeling fully grounded in reality and the present moment.
- I also react less to the past — both my own and others'. For example, I used to be really put off by details of a woman's sexual past. Now I handle that fairly calmly, though I'm not completely indifferent :)
- I started walking much slower, even when I'm late. I used to walk quickly all the time, even when I wasn't in a rush. It was hard for people to take walks with me — I'd always rush ahead. My movements have become calmer. I used to constantly be in some kind of internal rush.
- My approach to problem-solving has changed significantly. I'm beginning to feel that any issue can be resolved much more easily with the right perspective. I've witnessed small "miracles" — situations resolving themselves just because I reduced my anxiety around them. Even things that seemed impossible started to happen.
- I've made solid progress (though far from complete) on key themes: money, sex, work, family.
- Tons of small internal changes. I only notice them when I compare my current reactions with how I used to react before processing. Without comparison, it can feel like nothing's changed — or sometimes even worse. I've become more irritable, more affected by certain topics that I used to ignore, and sometimes act even more unnaturally. But I think it's all part of the pendulum state.

I've processed 760 past episodes so far, and I'm sure this number will keep growing as I continue working with Turbo Suslik. In the beginning, it felt like I had nothing to write about — the main question was where to find material to process. But as soon as I started working, material began surfacing constantly. It was fascinating to watch how memory gave me access to things I thought I'd forgotten or believed to be insignificant. The longer I worked, the more I realized how deeply past events — even from 10, 20, 25 years ago — are embedded in me, still shaping my behavior.

After launching Cyber Live, my sleep got disrupted (and still isn't stable). Over the course of a month, it felt like I dreamt my entire past life. It was terrifying at first. Processing heavy memories and running certain protocols often triggered physical pain in various parts of my body.

I processed 150 people from my life using the "Auto-Human" protocol. After that, almost all of them vanished from my memory and emotional field. I was amazed by how much space these people had taken up in my mind all my life. I couldn't process everyone at once — those who had a strong impact on me required listing out everything associated with them and running it through the "Auto-Mary."

At first, I rushed to process all financial issues in my life. But eventually, my obsessive desire for money faded. The lifelong chase for cash stopped. I began to see that there were many other things to work through — and that some were far more important.

Changes in my life, starting with external ones:

Externally — I lost 17 kg, which is a lot given my height and weight. Both TS and Lissi Moussa (whom I discovered through your website) helped. I could've never imagined this was possible. Honestly, I'm not sure I could've handled Lissi Moussa's system on its own. But using Auto-Mary, I processed a lot. Now I look at everything related to food as some kind of conspiracy by the food industry. It's global madness — clearly not aimed at health. It's a zombieland, turning people into victims of food. I now understand that we use food to reward or punish ourselves — a tool of self-destruction. I also realized how many stereotypes and labels people believe in — even official medicine.

Now I'm unemployed. That used to mean disaster and terror for me — fear of financial uncertainty. Now I'm calm, even though those around me don't understand. I used to see everything through the lens of work and money. I worked six days a week, 12 hours a day. That was slavery, feeding my dumb ego. My happiness and goals in life were tied to slaving away for someone else. Now, yes, I have no income and no clear financial future — but I feel internal stability and know everything will be fine. That stupid panic my ego used to create is gone. I'm no longer afraid of being broke. I realize now — thanks to TS — that I'm no longer a slave to a system that never had my best interests at heart. It only served the company's benefit.

My social circle shrank dramatically. I have one friend left — and that's it. This used to be terrifying to me. "Nobody wants to be friends with me!" — but now I understand things differently. Thanks to TS, you begin to see what drives both yourself and others. And a lot of it just stops being interesting. I'm not interested in feeding someone's ego, or supporting someone's greed. I no longer want to please anyone. Close friends became distant. I understand that with further processing, feelings of loneliness might arise — but I'm not afraid. Whereas before, that fear felt worse than death.

Women — I broke up with my girlfriend. TS changed my entire perspective on women. It emptied out a lot of false ideas and removed the "how things should be" mindset. Once that mindset was gone, the relationship collapsed — it was built on societal nonsense.

My relationship with my mother changed dramatically. Even though I've lived on my own for a long time, we had a very strong emotional bond. Once I saw her as just a person and realized what drives her, our communication worsened. I'm not sure how I feel about this yet. I just know it's something I need to keep working on. I've already done a lot of processing here, but there's no end in sight.

Internal changes:

My health improved. I won't list everything that used to bother me, but at 30, I looked and felt like I was 60. Now, many long-term issues are gone. I look 20. There are still problems, but they'll go as I continue working with TS.

TS shatters your view of the world. TV, ads, politics — it all now seems like surreal nonsense. And what shocks me more is how I used to believe in it all, living by imposed values. I was a victim of marketing. Now I'm amazed at how effectively it all works on people. How can anyone believe in that garbage?

Emotional states — they change constantly. What worried me two weeks ago now feels like nonsense. This keeps happening. I've realized that whatever state I'm in — it's temporary. The speed at which states change is surprising. So is how fast my attitude shifts. Sometimes I feel like I'm watching a movie about myself — my ego frantically panicking in all directions, and I'm calmly observing from the outside.

My view of the opposite sex changed radically. There's still a lot to clean up, but I've already made great progress. Most importantly, I now understand what drives women — and how so many of them are trapped in social conditioning about what's right and wrong.

My perception of nature changed. I used to be a city dweller. Now I see beauty in nature — I see it as something amazing. Once a week, I swim in a flowing river outside the city. Before, the idea of doing that in winter was absurd. Now I look forward to it.

Time — hard to describe, but I feel it differently. It used to be rigid — days, weeks, hours. Now it just exists. It moves — not fast, not slow. At the start of TS, I planned which month I'd process what and expected things to get better in that timeframe. Now I just work with TS, and it doesn't matter how long or when. I just know: I have to keep working — that's all.

Self-perception — it's slowly changing. Shifts have already happened. I thought TS would make me some kind of “radiant being” — I imagined a bunch of nonsense. But really, I'm still me — I just act and relate to things differently. There's a sense of peace in life, occasionally disturbed by ego junk — but everything in its time.

My attitude toward people has changed many times. At some point, I thought “everyone sucks and I'm the only enlightened one.” That got processed. I had anger toward everyone — and pity. All of it is being worked through. I'm curious how I'll perceive people in the future.

The “Savior” mode — at one point, I wanted to give TS to everyone and shout: “Wake up, people!!!” But a couple protocols helped me deal with that ego trip. I tried giving TS to people close to me, but was surprised to see they didn’t want it. They got into pointless debates, comparing it to other systems, bragging about the smart books they’ve read. It all turned into a vanity fair. It’s strange — people read all this stuff but get nothing out of it. Why even bother if they don’t want real change? Sometimes I think people have a built-in mechanism that blocks growth and movement in life.

A couple years ago I watched *The Secret* — about visualization and attracting things into your life. I really believed in it and saw “evidence.” Now, I’m confused. Is it more nonsense? Or...? Interestingly, as I keep working with TS, more and more of what I think about actually appears in real life. It’s like things start manifesting quickly and effectively.

The inner calm I mentioned earlier affects my external life, too. I consider that an internal shift because the external is just a reflection. Many habits and outer behaviors are gone. I used to always fidget, couldn’t sit still — that’s gone. My voice changed — at first, I found it strange — it became quieter, I speak more slowly. The habit of repeating things disappeared.

My attitude toward the protocols and TS work also changed. Many of my questions faded as I kept processing. At first, I thought I was doing something wrong — that’s gone now. Sometimes I read a protocol and forget it right away — including the material — but a few days later, just seeing the title, I instantly remember what it was about.

Memory — it improved dramatically. Sometimes I’m amazed. I never thought I could memorize things quickly and clearly. I used to be very scattered and inattentive. Now I absorb things differently. In the past, I had to rehearse things repeatedly to remember — and even then, I’d struggle and doubt myself. Now I just glance at something, and when I need it, the exact piece of information comes to mind. Sometimes I can’t believe it — but disbelief belongs in the trash heap :)

1. I’ve become calmer, both internally and externally. I’m more patient and composed when facing external irritants. People no longer affect or bother me as much.
2. I’ve learned to live for myself — something I couldn’t manage before due to the desire to share everything or show off, or because I felt guilty about spending money. Now it’s simple: I just do what I want, no overthinking or regrets. I have a clear intention, and it gets realized without doubt — and the money just shows up. No reason to be stingy with it.
3. A lot of high-paying work has appeared, and my income has increased fivefold. Internally, I’ve raised my self-worth when it comes to what my work is worth. I quit working for employers and middlemen — now I work for myself. It’s easier and way more interesting. I also have more free time. Work has become almost enjoyable. People at work see me differently now, and freeloaders disappeared on their own. I don’t search for work — I just generate the intention, and the cleaner the intention, the better the result.

4. I have more energy. I wake up early — 5 a.m. — on my own. I lead a more active lifestyle: riding my bike around like I did as a kid — 30 km with ease and joy. I go hiking and on excursions, rediscovering that I live in Crimea. I haven't made it to the gym yet, but I practice Tensegrity at home — this technique really boosts my energy and transforms my body. I want to build a gym and a floatation tank in the attic. I've become much more physically and mentally resilient — almost all illnesses have backed off.

5. It's been 10 months now since I quit smoking and drinking — completely. I dropped these habits easily and freely — even I didn't expect that. Now it feels like they were never part of my life at all. The people around me also became much more restrained with alcohol and cigarettes — and that happened without me saying a word. Those who didn't? They just vanished from my life.

6. I'm shifting toward healthy eating and raw food. The binge-eating phase is mostly over. I've found where to buy and how to properly prepare and use eco-products. I only drink clean water, which I filter, mineralize, and structure myself. I use an air ionizer. My weight stabilized, and I lost twenty kilograms.

7. I'm learning to stop the inner dialogue — I believe it's a good way to get rid of mental noise and focus on the subconscious — to hear the voice of the unconscious. As I continue processing, my “reference points” shift or disappear completely. Even the concepts I picked up from esoteric literature now feel different. My attitude toward religions and teachings has become calm, indifferent. I no longer get stuck on “the next new thing” — it just wastes energy. I used to be a big fan of Carlos Castaneda, but that faded. I tried rereading him, but it drained my energy — so I stopped.

The desire for total freedom comes and goes. The pendulums throw me into unconsciousness, into a waking sleep — but then clarity returns, and I move with the waves. I see how rigid other people's minds are — how tied they are to societal stereotypes, how they're led by pendulums. Though I myself haven't gone that far on the path to freedom either. Watching others, I'm learning to detach from situations and emotions — to remain centered even in the middle of events. I'm not really afraid of solitude — I'm drawn to nature, and that saves me. I don't have like-minded people around, and I'm not trying to convert anyone.

8. My negative attitude toward the world and people has weakened noticeably. The world has become simpler — and so have I. I never realized this before. Complaining about life used to be normal for me. Now, when others start whining, I don't argue — I just walk away.

9. The mental and emotional changes, as you wrote, are not always strongly felt or realized. You quickly get used to the good stuff. All the changes happen slowly, gradually, without fireworks — and once something's resolved, the problem stops mattering.

I'm becoming more “empty” and capable of doing things I never thought I could. Like when you're a kid and become what you're playing. My focus on action has increased. I've become more decisive — the fear of acting is gone. The limitations are fewer and fewer. My memory has improved. TV doesn't affect me anymore — I hardly watch it.

My weight was 86 kg at a height of 160 cm. I started gaining weight at age 10, but two years ago was definitely the peak. The skin on my face and hands was covered in festering sores that wouldn't heal for months and kept reappearing. I would scratch them constantly (this issue also began in my teens and only got worse over time — nothing helped).

I had been in deep depression for several years by then. Constant breakdowns, tears, and all the “fun” that goes with it. I cried every day. And of course — two packs of cigarettes a day and either beer or wine almost every evening. Drunken meltdowns, sometimes even fights...

To top it off, I was diagnosed with advanced osteochondrosis and told that in about three months I would completely lose the ability to walk. At the time, my right leg was already twisted at the hip and knee joints, barely responding, and had become 2.5 cm shorter than the left. This was due to a not-so-successful childhood surgery to remove a birthmark and sports injuries (after years of pain that I simply endured)...

My relationships with men came down to a painful, nearly addictive infatuation with a married business partner who was constantly absent — bringing nothing but pain, of course.

Basically, it was total rock bottom, and I had no idea what to do about it. What's more, I didn't even realize how deep it all went. I was 33 years old...

What I've described is only a small part of the absurdity and nightmare I was living in. Reading this now is frightening even to me — but back then, it all felt almost normal. I could say I survived thanks to optimism, humor, and resilience, but the truth is, I was in a deep state of dissociation that made me barely functional. How I got to that point doesn't matter now — what matters is doing the work, not writing a chronicle of suffering.

The kind soul who introduced me to Turbo Suslik is a wise person who had been working with it for a long time. Before giving me the book, he handed me BSFF and suggested I work with it for a month or two. That already gave noticeable results. I'm absolutely sure that my move from Pattaya to Koh Phangan only became possible because of BSFF. Once I moved and settled on the island, I began working slowly with Turbo Suslik.

I spent about 3 months processing polarities and emotional clusters. At the end of those 3 months, I quit smoking. Just stopped — and that was it. A couple of times during the year I picked up cigarettes again for a few days, but for the past 6 months, I haven't even thought about them. That option just doesn't exist for me anymore. The same happened with alcohol. Over the past year, I drank beer a few times in the evenings (parties, holidays, etc.), and had wine with pizza a few times. But the whole idea of drinking for fun or for the feeling — it just doesn't make sense anymore, and that shift didn't require any willpower.

****Appearance****

My current weight is 58.7 kg — that's 27 kg lost in a year and a half. And no stretch marks, no sagging skin. For the first time since I was 13, I weigh under 60 kg. I didn't use any

special willpower — I didn't force myself to eat (or not eat) anything, or stick to a diet. Before TS, that was all I did — and it never worked. But through protocol work, my diet and attitude toward food changed radically and naturally. I finally got something I'd been unable to get since I was 10. Back then, a lot happened in my life, and my satiety center shut off. I ate constantly and coped with all problems through food. My whole life I tried to control my eating through willpower — which of course almost never worked. Eating was hell — I punished myself for every bite and couldn't stop.

Now I joyfully eat fruits and vegetables in all forms (which I used to hate). Occasionally I eat fish and rice. I crave meat only a few times a year — and only if it's exquisitely prepared (I used to eat meat daily). About once every couple of months I want sweets — and I happily enjoy chocolate or cake. I've gone from drinking 15–20 cups of coffee a day — any kind, even the worst from street cafés — to 1–2 cups of freshly brewed coffee in a nice café, usually in the morning or afternoon, and not every day. Food has become a joy and pleasure — without being an addiction. I can go a whole day without eating if I'm not hungry. I can easily refuse bad or unhealthy food even if I'm starving and it means waiting a long time. I also stopped overbuying groceries that would rot, and I don't over-order in restaurants anymore (something I used to be mocked for). I also stopped hoarding junk food when traveling, even when I know I'll have the chance to eat well on the road. These changes bring me tremendous joy.

Over the past year and a half, I've done two detox and fasting cycles — each lasting 9.5 days — with no psychological difficulty or suffering. And my weight stayed stable afterward (most people gain more than they lost — I didn't).

Another unexpected change: I began to feel sincere compassion for overweight people — something I used to lack entirely. I used to judge and avoid them.

****Exercise****

Physical activity has also become a source of joy. I was forced into sports from early childhood — many types, but it was always torture for various reasons. Like eating, exercise was powered only by willpower and pressure. I never really knew what it meant to **want** to move my body in a way that felt good.

Now, yoga in all its forms brings me the most pleasure — I practice it with joy, for myself, by choice. Half of Koh Phangan is yoga-centered, so there's plenty to choose from. I don't go to gatherings, satsangs, or the like — I'm not interested. Just regular practice is enough for me.

But I could only start enjoying yoga recently — only after working with protocols. Before that, every class was torture and felt like a heroic act. And naturally, it produced no results. Now it's pure joy and celebration. And as a result of this joyful movement and breathing: well-defined muscles, beautiful posture, and almost no pain in my back or joints. The issues with my legs are almost gone. Just a year and a half ago, I could barely move. The pain is still there — but just a little. I have hope that very soon, for the first time in 20 years, I'll be able to move and live without back and leg pain. Of course, I've also had painful sessions with acupuncturists, osteopaths, and skilled massage therapists — and yes, yoga helps a lot.

But many causes of the pain were also processed with TS — and that clearly makes a difference.

****Skin****

Skin issues started when I was about 12. I spent a fortune on dermatologists and meds — with no result. It only got worse. Visible, lasting improvements in the skin of my face and hands started after 6 months of working directly with protocols — after launching nearly all the site protocols and processing my past. My skin still isn't perfect, but it's very close.

The swelling on my face and neck — which I'd had since my teens — is gone. I now look in the mirror and **like** what I see — instead of fearing I'd see something horrible. This was one of the many reasons (or maybe consequences?) of my fear of mornings.

****Sleep and routine****

By the time I started TS, my sleep was a total disaster. I couldn't nap during the day even when exhausted. I couldn't fall asleep at night, and couldn't wake up in the morning. Even if I did, I'd stay in bed as long as possible just to avoid facing the world.

Now all those issues are gone. If I'm tired, I go to bed at 6 p.m. and sleep 12–14 hours, not caring about anything. If I'm busy or traveling, I can sleep 4–5 hours a night, or in short chunks anywhere and anytime — without stressing. Mornings have become joyful again. It's like I've returned to childhood — waking up with excitement and instantly doing something fun. And falling asleep at night peacefully, right after lying down.

I stopped constantly being late. Sure, sometimes I'm late for objective reasons — but if that happens, I don't beat myself up over it or obsess. I used to be late everywhere, even to things I **really** wanted to attend. I always envied people who could leave home early just because they felt like it — to discover something new or simply enjoy the journey. Now **I** do that. I can show up on time — or early — because I **want** to. I also started doing things in advance — not at the last minute, and not from fear of punishment or criticism, but because I **want** to.

****Communication and social life****

I stopped being afraid of people. I can talk to them now. On Phangan, where I hang out, there are very few Russians — so all my communication is in English. I used to understand everything, but was too shy and scared to speak, even though I'd studied English a lot. And when I did talk, I'd be overly emotional and just dump my problems — scaring off the few people who'd talk to me.

All my current friends and acquaintances appeared in the past three months — after launching several protocols on the topic. Before that, I managed to stay completely alone for a whole year — even in the friendly, open-minded yogi-traveler community here. Now I have more real, pleasant human contact than in my entire previous life. My old social circles — childhood, youth, etc. — have completely dropped away. And the **quality** of interaction has improved dramatically.

****Reading and psychology****

During my work with TS, I read tons of related books — everything mentioned in the protocols and more: Liz Bourbeau, Karen Horney, Slavin, “Dragons,” etc. Based on this information and my own results, I believe all these external and behavioral changes clearly reflect a slow but steady healing of psychological traumas and patterns.

****Emotionally****

My emotional state has changed radically. The hysterics disappeared months ago. Panic attacks — which used to happen several times a day — are gone. Episodes of despair, heartache, apathy — which used to be deep, constant, and familiar — haven’t happened for about three months. My deep hatred toward myself and the world has been replaced by a nearly calm acceptance of both. I’m still far from “self-love,” but even this result is amazing.

My general mood is light and joyfully indifferent. Most importantly — it’s **stable**. Getting stuck in problems or negative states now lasts just a few minutes — whereas before, I’d get stuck for months or even years.

Before working with TS, I had been practicing BSFF for 7 months using your book and had achieved some positive results (for example, I wasn’t afraid to quit a job that had been completely unacceptable to me, and I also — quite unexpectedly — gave up alcohol entirely, even though I hadn’t even set such a goal!). But that’s beside the point.

I stumbled across Turbo Suslik online by accident, read it in a day, and jumped into Phase 1 the very next day like a louse clinging to a body. At the time I was unemployed and had plenty of time to dedicate. Around New Year’s, I went to visit my parents in Sochi (since it made no sense to job hunt during the holidays), and I ended up staying inside for three whole weeks, totally immersed in processing and digging through my mental trash. I didn’t look for results (forbade myself from doing so to avoid early disappointment) and didn’t pay attention to pendulums (I knew what they were and that they would pass soon).

When I returned to Krasnodar, the results of that intense work came almost immediately. My life changed completely within a week!

Let me explain. I didn’t know what exactly I wanted to do for work, what direction to take — I’m a trained translator, and I just knew I wanted to work with language. I launched all the free protocols related to work and even wrote my own. As a result, I found a job on the very first day of searching that suited me perfectly. I finally understood what I wanted to do and what I was really good at. I quickly became a highly sought-after specialist. I now work at my job only two days a week (my choice), and the rest of the time I freelance (huge props to the “Freelance” protocol). By the way, my income has more than doubled over the past couple of months — clients just seem to find me without any effort on my part. Not bad for

someone who a year ago was living off their parents and scraping by with occasional tutoring gigs!

My love life was, frankly, a disaster. I'm a very attractive and interesting woman — well-educated, intelligent, and, according to many, just a good person (yes, I know you're cringing, but let my ego boast one last time to paint the picture clearly). Despite that, my attempts to find a life partner were always in vain. Men were interested but either afraid to approach me (choosing simpler women instead), or just weren't my type, or didn't have any serious intentions. Everyone around me was getting married — and I didn't even have a boyfriend.

So I immediately worked through all the pre-made protocols on the opposite sex. But I didn't stop there. I wrote three of my own protocols about men, each from a different perspective (later refining them in Auto-Mary), and then wrote a protocol on marriage, dealing with my negative attitudes toward it (all my protocols are massive, but this one was a monster — so much crap! And I used to wonder why I wasn't getting married!). As the final step, I created a separate protocol to process every man I had ever been involved with — especially those from whom I subconsciously still expected something.

Well... four days after I found that job, I randomly met the man who is now my husband. I didn't just find someone who wanted to marry me — I found *my person*, someone I'd been searching for my entire life — my soulmate. Would you believe he was already familiar with Turbo Suslik and was using it himself? Would you believe he had also been searching for *his* person — a woman who understood how important it is to clean up your mind and grow?

He proposed one hour after we met. We moved in together that very same day. And we were married three months later. Funny enough, our birthdates contain the exact same digits. He loves me deeply, as I love him, and everyone who hears our story gasps and sighs: "I guess it really can happen!"

Interestingly, other men (objectively attractive ones) have started showing strong interest in me too — constantly trying to meet me and getting visibly upset when they find out I'm already married!

By the way, all these drastic life changes happened right after I wrote and launched a protocol on the subconscious fear of major life changes. Let's move on — I'll try to keep it shorter now:

- Without any effort, I lost around 5 kg simply by listening to myself and realizing I was eating on autopilot — out of habit, out of obligation. Turns out, my body doesn't need as much food — or sugar — as I thought. And I don't even like sweets that much!
- A few months ago, I noticed a significant reduction in the number of blackheads on my face (which I'm thrilled about), even though I hadn't changed my skincare routine at all.
- In March, I ended up at a Scientology church and was invited for an auditing session. Out of curiosity, I agreed (after all, I'd already thoroughly processed my past). The auditors were floored — even when I talked about painful past experiences, I either joked or sounded

genuinely bored. I did dig up a few more episodes, but I went home and processed them myself!

- I've become completely indifferent to my past. I only recall it when I need information. I used to be obsessed with economics and politics — I'd watch the news daily on at least two channels and could name every G20 prime minister. Now the TV just sits there like a decoration — my husband and I never turn it on. I don't care about their crises, catastrophes, wars, or currency rates. Let them wallow in their own filth.

As for my husband — since I had never really loved anyone before him, his appearance brought out something new in me: jealousy. And the worst part — it wasn't about the present, but the past. A disgusting emotion, let me tell you! I worked on it a lot. I won't lie and say it's gone entirely — but I've stomped it down enough that it no longer interferes with our relationship or damages my trust. I'll finish it off with some Level 4 protocols! ;)

When it came to the wedding, I realized I didn't want all the pomp. We didn't invite 100 guests — just 20 of our closest. No tacky MC with dumb contests and drunk guests. We had a quiet, cozy gathering in a beautiful venue with only our dearest. I didn't buy a 50,000-ruble wedding dress — though I could have — instead, I found a simple, flowing, snow-white dress for 6,800, and I outshone all the brides! And I couldn't care less what people thought about our “boring” wedding (we don't drink, and neither do most of our friends).

I've started constantly asking myself: why am I doing this? Do I actually **need** it? I've brought a lot of my actions out of autopilot into conscious awareness. Turns out I was doing a bunch of useless things and maintaining pointless connections. Naturally, I stopped calling certain people — and surprise, they stopped calling me too.

Another truly amazing thing: when I sense that something is about to happen that I really don't want — it just **doesn't** happen. I simply think with confidence, “I don't want this, and since I don't want it, it won't happen.” And that's it — it doesn't! ;)

I used to have a slight ability to sense the near future — like knowing whether someone would call or a meeting would happen or not. Since starting TS, this ability has seriously developed — it's almost always accurate now!

Strangely, I've practically stopped encountering aggressive or hostile people. They're at least neutral — often very kind. Someone who was rude to three people ahead of me will suddenly be all smiles when they see me.

And if not — I “drain” it, and they **will** smile! I drain everything I can think of. You already know what the Drain protocol does! Even my parents' cat — who has a horrible personality — now lets me pet her!

In general, aggressive and conflict situations have disappeared from my life. I live quietly and peacefully now, without major external shocks.

Honestly, I don't even have serious problems anymore. There's always small stuff, but it's manageable — TS helps.

I used to be the kind of person who'd lie on the couch forever thinking of how to do something the easiest way... then I'd get lazy and not do it at all unless I **really** had to. That's changed. Now if something needs to be done, I get up, make the call, sign up, do it — even though I still feel lazy. It's not perfect yet, but the shift is very visible.

I used to be a complete people-pleaser. The word “no” wasn't in my vocabulary. Now, more and more, I understand I don't owe anyone anything. It's become much easier to say no. I won't go out of my way for people who aren't willing to consider **my** position.

I used to be hyper-responsible — the one who cared the most. Now I've relaxed my grip, and life has become so much easier and more pleasant. Problems tend to resolve themselves if I just leave them alone.

I've always hated cold weather — fall and winter used to throw me into depression. But this year, to my surprise, I found myself enjoying autumn — and I'm even looking forward to winter! Who would've thought?

Even though TS “doesn't give you anything,” I've found my own way to get what I want: whenever I need something, I just thoroughly process the desire — and it gets fulfilled. Sometimes with effort, sometimes effortlessly — but always quickly and easily.

People have become open books to me. I understand their motives and behaviors clearly. I can see how their egos run the show (and I see mine too). It's a little sad to realize how much garbage people carry in their heads — and I'm no exception.

Right now, I'm working a lot — but strangely, I no longer feel the difference between working and not working, staying home or being busy. Neither is good or bad — they just **are**. If I get tired of working, I'll stay home. If I get tired of staying home, I'll go work. It'll be how **I** want — and **only** I decide.

Dmitry, I could give you ten more pages of examples showing how radically my life has changed and how much TS has helped me. But I think what I've written is more than enough. Most importantly, I've learned to enjoy my life almost every moment. Even when I'm exhausted and it's a gloomy gray day — I still feel that I **like** my life. I'm already finding it interesting — and I know it will only get more exciting and meaningful.

I haven't smoked, drunk alcohol, or used drugs (and haven't even felt like it!) for almost six months.

I changed my diet (switched to raw food) and lost 17 kg of excess weight — I even look younger now.

For the past 5 months, I've been regularly exercising — morning workouts, running, etc.

I started taking care of my health, especially my teeth and back (I had been putting it off for years).

The pain in my left testicle disappeared (sorry for the detail), as well as the dull ache in my penis during orgasm (I thought I'd need surgery).

I started enjoying being in a clean environment — keeping things tidy is now pleasant rather than a chore.

I get things done right away, without procrastination (this one's a total game changer!).

I stopped being sexually obsessed — cured my sex addiction. Sex used to be all I thought about, now I still enjoy it, but I'm no longer its slave.

I've gotten better at getting along with women — and sex now happens naturally and effortlessly, without any pick-up artist nonsense.

I've become more selective with people: good ones get my good side, bad ones — f* off! I used to justify everyone like a wannabe Freudian psychologist.

I stopped lending money. For years it was a vicious cycle — either I owed or someone owed me. Recently I turned down three close friends for the first time ever — surprisingly, everyone understood, no hard feelings.

My attitude toward money has changed — I treat it with more care, and money treats me the same way: discounts show up, I don't waste money on junk, I make thoughtful purchases, and I'm extremely satisfied with what I buy.

I finally live alone in my own apartment — took me years to get here, and it coincided with my TS processing.

I care much less about what others think or say about me.

I worry and stress way less, I've become noticeably calmer.

I get irritated less often, and when I do — I cool down quickly and move on.

I got rid of "friendship mania" — I used to give everything for my friends, but they didn't always reciprocate. Now my eyes are open, and I don't really have "friends," just acquaintances.

My relationship with my parents has improved significantly — I respect and love them more now, and they do the same. (My mom is thrilled about the changes she sees in me.)

I genuinely enjoy helping family — it used to feel like an obligation.

I stopped fawning over others and trying to please everyone — not everyone deserves good treatment.

People are generally more positive and friendly toward me.

I realized that with all the religions, teachings, gurus, philosophies, sciences, and other such crap in the world — nobody really knows anything. So there's no point cluttering my mind with that nonsense.

I enjoy the moment more often — when I'm eating, walking, running, listening to music, sunbathing, etc. I get high on sensations in the now.

I'm more satisfied with myself. For the first time in my life, I genuinely feel proud of myself because I'm finally doing things the way *I* believe is right.

If I want to be lazy — I allow myself to do nothing and enjoy it without guilt.

I realized I no longer want to waste energy on “compromise girls” — I want to meet one truly beautiful and beloved woman. And for the first time, I feel worthy of her. I've cut off all past flings — made space, so to speak.

I stopped obsessing over global conspiracies — that was a real problem, those bastards wouldn't let me live.

I let go of the fixated idea of releasing a track on a label. Not ruling it out, but I'm no longer obsessing over it.

For the first time ever, I created a structured business plan for the next few years — it helped me organize my finances significantly.

I've changed my attitude toward my profession. I used to hate it for years, but now I see great potential in it as a solid financial foundation.

My music taste changed — I used to be into frantic techno, but now I prefer melodic music and even enjoy listening to classical.

I've gotten better at hearing my own feelings, desires, and needs. It's easier now to keep bullshit out of my life and hold on to what feels good.

I realized that I can enjoy life without having to solve all the mysteries of the universe, life, God, etc.

I understood that the real problem all these years was the nonstop inner chatter — whispering fears, insecurities, grudges, and doubts into my ear.

I got rid of the constant impatience that used to chase me. I always rushed toward sensations, wanted everything at once. Now I've found rhythm and patience — the ability to plan and follow through.

After processing, a lot has changed in my life.

- I used to be extremely sentimental. I couldn't handle seeing anyone cry — I'd immediately start crying myself. I'd tear up over the cheesiest, most primitive movies, and honestly, it annoyed even me. Now, finally, that nonsense is gone. I can watch others cry without feeling the need to cry myself. It seems those excess emotions are gone. At first, it felt strange, like my heart had "turned to stone," but now I enjoy it.
- I always worked for someone else. My whole life I dreamed of starting my own business, but self-doubt, fear of failure, fear of being betrayed or laughed at kept stopping me. Now I just don't care. I'm currently in the process of registering my own business and actually enjoying it, without obsessing about what may happen.
- I used to obsess over my appearance, especially my weight. I wasn't exactly obese, but I tortured myself constantly and the weight just wouldn't go away. After processing this issue, I no longer care what I weigh — and paradoxically, I reached the weight I'd always dreamed of. I stopped torturing myself at the gym and now just enjoy doing yoga. I don't care that I don't have six-pack abs.
- Parent-child issues: I used to constantly clash with my older daughter. Thought it was just the teenage phase. There were constant arguments, and I thought I was a bad mother. After the processing work, everything just changed on its own. She no longer sees me as the enemy, and we get along. It feels like a miracle — I still find it hard to believe.
- Relationship with my mother-in-law — still a work in progress, but definite changes! She no longer visits us, doesn't interfere in our lives, doesn't dictate how we "should" live. Our communication is minimal. From the outside, I might look like a bitch for not giving attention to an elderly person, but honestly, I don't care.
- I used to care a lot about what others thought of me. Now the very idea makes me laugh. Why should I care?
- I had a deep-seated fear of making phone calls — a childhood issue I knew the origin of. After processing, life got so much easier and more fun. I think this is part of the reason I'm finally starting my business — I had to make a bunch of phone calls and didn't go into a semi-faint every time.
- I always wanted a dog. First my parents said no, then my husband. Honestly, I was also afraid of the responsibility — everyone I knew with a dog complained about how hard it was. After processing, I finally got a dog, and raising her is pure joy. I'm so happy.
- Consumerism: Like most people these days, I was stuck in the consumption loop. I wouldn't call myself a shopaholic, but buying something new often felt like the goal of life. Now I couldn't care less if my friend gets a new Armani dress or someone else gets a diamond ring. The envy is gone. The desire to have things — gone. I sometimes walk through stores and don't want to buy anything. Nothing tempts me.
- I stopped fixating on situations. I used to latch onto a word from my husband, get offended, and carry that hurt around for ages — sometimes even years. I knew it was

corroding me like rust, but I couldn't help it. Now I can't stay in negative states like anger or resentment for long. It rises and then vanishes like a wave. At first, I couldn't believe it was possible — now I'm just loving it.

- The past: It really has become “just lists.” No emotion, no sappiness. It feels like I carried a massive boulder on my back all my life, and now it's gone. Sometimes I can't even remember the names of exes who I once thought caused me so much pain. Same with former friends — our conversations aren't clouded anymore by memories of who stole whose boyfriend.
- Daily work with the AutoMasher on all sorts of problems — big and small — keeps producing great results. Some problems just resolve themselves. Even trips to government offices and talking to officials are no longer unpleasant. Some even try to help.
- I also stopped constantly criticizing and judging others based on appearances.
- My reactions are no longer automatic. I behave more consciously now. The internal chatter has quieted down, and I often experience that “here and now” state — which never used to happen. I can actually enjoy doing things now. I used to live like a robot.
- Lastly — not sure if this is good or bad — I told my husband I want a divorce. After that, I felt a kind of euphoria, like I'd been paroled early for bad behavior. I had worked long and hard on our relationship, and this is what came out of it. It's all kind of up in the air now, and I'm not sure where it will lead, but the fact that I could say it at all is huge. I used to cling to the stability of being married to a decent man. Now I see that lying to myself isn't worth it. I'd rather downgrade my lifestyle than sacrifice my freedom — and that freedom is so worth it.

So, internal changes:

1. My worldview and psychology have changed — a constant and clear awareness of my responsibility for everything that happens in my life has emerged. I stopped blaming the world for my problems. I now automatically analyze and identify the root causes of problems by aspects and start processing them. The habit of searching for someone to blame has disappeared.
2. Lifelong obsessive resentment and vindictiveness — which I used to suffer from, dedicating my life to revenge and suspicion — are gone. It happened gradually over the year, but the issue was so fundamental for me that life has become much easier.
3. The urge to enlighten others and teach them how to live and evolve (the guru complex) has vanished. I no longer feel the need to share knowledge, light, or other nonsense. I've realized it's better to focus on improving and developing myself, and everyone else has the right to live as they choose.

4. I've lost the drive for socializing and idle chatter. Communication itself has lost its appeal to me. In truth, it wasn't genuine before — I used to talk a lot because of internal programs like “you have to be sociable” and “you must have many friends,” but it was always uncomfortable. I forced myself to socialize. Now I've lost all interest in forums, chats, messengers, Skype, etc. I let myself be silent and avoid meaningless conversations. My social circle dissolved, and no new one has formed yet — apparently that's fine for now.

5. Empty curiosity has disappeared. Now I intuitively understand the essence of things, and the need to ask questions has almost atrophied.

6. I've started having prophetic dreams, and my intuition works clearly, bypassing logic — it's a great help in life.

7. Social motivation has collapsed. Former values lost their appeal. I quit a hated job I had been doing for seven years out of fear of not finding a new one — and nothing bad happened. This decision came suddenly and was almost effortless. I still don't know what I want to do, but at least I've broken free from doing something I didn't want to for so long.

8. I've reached a relative acceptance of the world as it is. The pointless chase for truth and justice has ended. Now I clearly see that justice always exists — everyone gets what they deserve.

9. My attitude toward the world became apolar, free from extremes and black-and-white thinking. Idealism gave way to cynicism. I used to suffer from unrealistic ideals, but now I'm willing to see the world as it is — without illusions or expectations.

10. My awareness and mindfulness of thoughts, actions, and emotions have increased drastically. I now catch and feel almost every emotion and reaction. Previously, everything was automatic in a bad way — repeated patterns and no way to change them. It felt like reflexes just played out.

11. I used to be somewhat autistic — completely disconnected from reality. I was always lost in illusions, communicating with people but not truly present, always daydreaming. Now, the matrix veil has lifted — at least halfway. I may not be fully present all the time, but I no longer float in the clouds. I act more adequately now.

12. Value-based taboos have disappeared. I used to accept many things as sacred and beyond question (religious or traditional discourse, national/ethnic illusions, moral/ethical codes), even forbidding myself to analyze whether they were actually true or right for me. Now, nothing is untouchable anymore. I'm freeing myself from behavioral constraints and allowing myself to do things I always wanted to but previously suppressed due to stereotypes and inner prohibitions.

13. In addition to devaluing communication, I allowed myself to stop interacting with relatives, hostile “friends,” and people I used to talk to out of duty. Now I've stopped all uncomfortable interactions — peacefully and quietly in most cases — they just faded away. I now allow myself to avoid unpleasant or uninteresting people, no matter how close they are. For a family obsessed with traditional values, that's almost a heroic act.

14. A sense of calm detachment and confidence has emerged — I believe I can handle anything, and every problem can be resolved. I no longer flail blindly in reaction to challenges — I process them until they're resolved. I've developed a grounded optimism, based on the understanding that everything is within my hands and my responsibility.

15. I've stopped lying to myself — no more self-deception. I can now admit any truth about myself. In the past, I resisted acknowledging any personal flaws or issues, so the problems stayed and kept pressing. I used to convince myself I had to feel or think a certain way about something or someone, suppressing my true feelings. Now I've achieved complete sincerity with myself — a huge win.

16. I've dismantled guilt constructs within myself. I almost never blame myself anymore. When something happens, I now feel anger rather than guilt — and that's a huge improvement. I used to feel guilty about everything — what I did, what I didn't do.

17. I've gained inner courage and boldness. I can calmly say no to people and tell them to buzz off. Before, I would submit to pressure.

17 (again). The most important change — the end of self-violence. I've practically stopped forcing myself to do things just because "I have to," or because people expect it, or God will punish me. At least 90% of the things I don't want to do — I now allow myself not to do, and just process the urge. And it turns out — there was never a real need to do them. It was all imagination and illusion. I even quit my hated job. I allowed myself to live for me.

External changes:

1. Society has mostly stopped bothering me with its nonsense and pressure to do unwanted things. People backed off because I let go of them internally.

2. Tactical problems now resolve almost instantly — as soon as I start processing. One particularly sticky issue was "activity for activity's sake" — running around doing pointless tasks. Now those situations collapse quickly after using processors. Life has become calmer.

3. My old social circle — full of unpleasant "friends" — fell apart. Some moved, others changed jobs, some just stopped contacting me.

4. It's become easier to navigate life tactically. For example, I no longer get stuck in traffic, queues, aggressive social scenes, bureaucratic red tape, or financial losses. The number of unpleasant situations has dropped significantly.

5. Relationships with others — especially family — have improved. Pathological and parasitic emotional ties collapsed. There is mutual respect and healthy boundaries now. Neither I pressure others, nor do they pressure me. The urge to impose anything on others or absorb their expectations has vanished.

6. Hostile and vengeful relationships have disappeared. I no longer have enemies. Before, due to resentment and sensitivity, I was constantly at odds with someone.

7. People around me behave more reasonably and calmly now — less intrusive, more stable.
8. All kinds of preachers stopped bothering us — MLM folks, Scientologists, Protestants, etc., who used to besiege our family.
9. People stopped manipulating me with guilt. Now my relationships are mostly mutually beneficial.

About real results

It's quite difficult for me to separate external from internal changes because they're directly connected — as soon as something is processed, events change immediately.

Let's start with the internal:

1. I realized that I constantly manipulate people, especially men. The root of this goes back to simple childhood patterns like “to be loved, you have to behave well,” or “my younger sister took my mom away from me,” and so on.
2. I saw that everything I did was driven by the desire to be good and admirable — in my own eyes and in the eyes of others.
3. Honestly, I think everything is rooted in the victim mentality. Wanting to be good and admirable, the sense of self-importance — these are all by-products. Being a victim is convenient: you don't have to do anything. If you're a victim, you're automatically “good.” It's not your fault, someone else is always to blame. A disgusting swamp of refusing responsibility and feeling powerless to change anything. And ultimately, that's the final layer in every processed topic.
4. As soon as I dealt with my own manipulation, I began to see clearly how others manipulate me — and I stopped falling for it.
5. I became aware of an enormous amount of lying — both to myself and others — just to justify myself and appear “good.” I had no idea how much I actually lied or why. It was lie after lie.
6. I realized that when I manipulate others, I'm really manipulating myself. I waste energy and time trying to get someone to do something instead of simply asking. And then I even feel “smart” — like, “Ha! He didn't even notice!” Gross.
7. I understood that during processing, I must not isolate myself. Even if it feels like “everything is crap and I'm crap,” I still need to interact with people to trigger material. You can't process anything in total seclusion — you need some irritation.

8. Honestly, for the first time in a long while, I feel like doing things — and doing them well. This applies both to my processing and my regular job. I've formed a strong intention to see things through.

9. I've learned not to go crazy during pendulum swings — at least to behave in a way that I don't lash out at others. I can now recognize a pendulum and not act on every emotion it throws at me. I don't make decisions while in that state anymore.

10. During one processing session, I experienced an amazing state — sadly, not for long: my mind was empty, not a single thought, my body felt light. It felt like being at a point of absolute zero, where all possibilities lie before you and everything depends on your actions. Calm, peaceful, positive, and resourceful. No fuss, no neurosis. Silence. Quiet joy. You don't need anything or anyone. Maybe this is how it was always meant to be — a normal state of a healthy mind. It was like a breath of fresh air — I never knew that was even possible.

11. I realized I need to process all forms of pleasure — because they're just another form of addiction.

12. I completely stopped being “stuck” in myself. I was always that way, as long as I can remember — lost in dreams and in my own world. But behind those seemingly innocent habits were mountains of aggression and hatred toward myself and others, which I hid very well. And I suspect this is just the beginning :)

External changes:

1. My relationship with my mother changed. I stopped falling for her control and manipulation.

2. I found a new job — more interesting and with better pay.

3. I got out of debt — next on the list is eliminating my credit cards.

4. My relationships with men changed. I can't even imagine now how they used to tolerate me — or why. That whole topic was especially painful for me because every relationship ended with me being dumped — and I would always set it up that way myself. Now I'm alone — and I'm fine with it. For me, that's a major breakthrough and real happiness. Before, I would mourn a breakup for at least six months.

5. I realized that relationships themselves are an illusion — just a concept. There are no “relationships” — period.

6. Overall, I began to view everything more simply. It's become much easier to just take action. As a result, problems and tasks get solved faster. Everything moves quicker now.

7. My attitude toward my body has changed. I started exercising, going to the sauna, seeing a manual therapist, and doing various cleansing and detox procedures. I have to admit —

the processing goes better after them. And overall, if you neglect your body, it will eventually break down. So physical activity is simply necessary.

8. I also realized that you can't just change "here" and not "there." You can't change "a little." The Turbo Suslik process is an avalanche effect. And the event field responds right away. For example, over the past six months, I've completely changed my circle of friends. People simply left my life — some I asked to leave, others left on their own.

9. I've completely reconsidered my attitude toward money. I realized that everything around me is one big poverty mindset — both spiritual and material. Everyone is trying to hide something or withhold something. It's like the whole country lives that way. I realized I want to break out of that beggar reality for good — and over the past year I've significantly improved my financial situation.

In the beginning, the processing was hard. After completing the first phase, everything started to pour out of me. Like a cork had popped and a fountain of crap burst forth. I was scared and shocked by what came out. And it came out powerfully! All kinds of fears — social (of people, communication, meeting new people), for my health, fear of losing loved ones or just dying, fear of being late, not making it, missing out on something (anything from abstract "missing everything" to missing a sale item). But fear wasn't the only thing that surfaced. Hatred also poured out — primarily toward myself. Or rather, toward almost everything around me, which echoed as hatred toward myself for feeling hatred. There was anger. Frustration. The desire to shift responsibility for my entire life and all its failures onto others. I wanted to blame everyone. And of course — self-pity. Plenty of that. Self-pity closely intertwined with self-hatred. One feeds the other and keeps it going. In short — the usual content of the average human mind. Social anxiety, health problems (hypertension), constant fear and the sense that disaster is inevitable. Felt like I might as well lie in a coffin. But that was scary too, which made it even worse (didn't even have the strength to die). By the way, I burned my first autoscript list out of fear someone might read it.

Gradually, things started to ease. Between the rollbacks, I began to feel peace. Deep, forgotten peace — like from distant childhood. It was wonderful. I realized I was moving in the right direction. My mind became clearer. Many things made more sense. I began to see connections between events. And some things stopped bothering me entirely. I let go of the idea that reality should be the way I want it to be.

My relationship with my parents — especially my father — had always been terrible. I feared and hated him (and myself as well). One day, I realized how this attitude had formed. I recalled episodes that shaped my view of him. And I saw that this view didn't arise from one "key" event, but had developed gradually — step by step, becoming rooted in my mind. It became clear to me that the idea of foundational episodes was flawed. I also reconciled with my family. I stopped blaming them for all my problems, for my "ruined life," for taking away my freedom, for my failures, and other sins. I stopped reacting to many of their words. I realized they simply don't want to see me as an adult — and convincing them otherwise is pointless. So I stopped trying. I started speaking to my father calmly. The hatred, anger, and resentment toward him faded. I stopped unconsciously fearing his

disapproval and no longer sought his validation for my decisions. Also, the belief that my life was “ruined” disappeared. Because — hey — I’m still breathing.

In general, I became much calmer. One day I noticed that my blood pressure had returned to normal. I was stunned. I no longer take any medication. I started smiling more — genuinely.

It became easier to talk, to communicate. I used to be afraid of people and looked at them like garbage. Turns out, I was just as much garbage myself. And in general, I realized I’m not interested in social games or showing off. Buying expensive things, bragging about connections — it doesn’t matter to me anymore. People’s opinions about me, their reactions to my actions — they barely concern me now. And honestly, most people don’t care about me at all. I matter to a very small circle — everyone else doesn’t even know I exist.

I now find satisfaction not in boasting about a new “cool gadget,” but from something made with my own hands or mind. And I don’t even want to talk about the “achievement.” I did it, and that’s enough. I know I did it well. That brings joy. I’ve become more calm in how I treat others. In conversation I’ve become more polite, tolerant, and patient. Though, unfortunately, I still run out of patience sometimes. Sadly, people — including myself — often just don’t want to think. They won’t consider another point of view to understand it — they just dig in. By the way, I’ve become noticeably less stubborn.

Racial, religious, and other “differences” stopped mattering. I realized there are very few real differences between people. Almost none. And those that exist are insignificant. Most people, I’ve found, think in very similar ways — guided by a kind of broken logic that seems insane to me. But seeing my own beliefs, I came to the conclusion that they too had logic — just logic detached from reality. A belief is like a snapshot of the past that you keep trying to apply in the present. But that logic only made sense *then*, in that old context. Beliefs are just automation. Programs cluttered with debris (especially old ones), interconnected. But there’s nothing *real* in them. Just mechanisms. Same with the ego. I found the idea of “fighting the ego” amusing. Now when I hear phrases like “you have to conquer yourself” or “push through it,” I picture arm-wrestling with myself. Ridiculous.

I stopped being afraid — of people in general and of specific groups. Like thugs, for example. I used to be terrified they’d beat me up or humiliate me. Now I’m not afraid. I’ve stopped fearing pain altogether.

Interacting with women became much easier. I slept with a few. Before that, I was a virgin. Sex is insanely overhyped in society. It’s made out to be something indescribable. But it’s just one part of a relationship. And on its own, it’s not worth all the effort people put into chasing it. I believe the modern view on sex and male-female relationships is severely distorted. People forget how to build real relationships — without filth. Sincerely. Everyone’s obsessed with money and sex.

I changed jobs. Used the protocol and made a wish list. Damn, I hit almost every point! The only things I missed were ones I hadn’t even considered when writing the protocol. And I like the job — I do what interests me, the pay is good. The team is great, and I have good relationships with colleagues.

Before processing, I was terrified of driving. Just the idea of city driving made me panic. But I got my license. And bought a motorcycle. I'm not scared of cars now — though I don't plan to buy one. No need. I prefer walking. But the bike — oh yes! I'd dreamed of having two wheels since childhood. And I wasn't disappointed.

I've become more tolerant of alcohol. I don't drink much, and not often. But now I don't feel any "guilt" about it. Before, I practically forbade myself from drinking, almost like under threat of death.

I changed my appearance — I used to look like a priest. That's gone now.

Overall, my thinking has changed. Before Turbo Suslik, I didn't really think. I tried to let my ego think for me — handing over control of my life, while I just watched from the sidelines. Now I try to approach everything consciously. I think things through, try to understand, and make decisions based on logic and common sense — not on autopilot or templates.

Death no longer scares me. I stopped thinking that I must hurry, must get so much done while there's still time. First, I accepted: I will die. Doesn't matter when — it's guaranteed. Second, I lost the desire to rush or chase things. To do something just because someone else thinks I should. Or because someone decided "this" is what I'm supposed to do.

I now see the world is much broader than I thought — and far more colorful. Only movies are black-and-white. In real life, it's the subtle shades that create the picture.

Regrets stopped bothering me. About what I "should have" done, or "shouldn't have." It's simple: what is — is. What will be — will be.

Money to me is just a resource. But I have no desire to waste it. I try not to overpay. If I can buy something cheaper, why spend more?

Overall, life just became easier. Calmer. The fears are gone. Many worries too.

Internal changes:

1) Decreased automatism of actions. For example, the habit of fidgeting with something or eating without noticing. Improved concentration, more awareness of when attention drifts. Not in every case, but in many.

2) No more hoping that something will change on its own. Acceptance of situations that previously "didn't make sense" or didn't fit into my worldview.

3) Strongly decreased desire to gossip or talk behind someone's back, to bond with someone over mocking another. That "pleasure" from making fun of someone in a group, painting them as bad or disgusting, has almost vanished. The same goes for mocking bosses, politicians, managers, or other "authority figures."

4) Taking responsibility for my own life. No one owes me anything — I alone am the cause of the crap in my life. The sense of being such a “wise guy” for having realized this — I see that too as just ego.

5) Becoming aware of that rising feeling of being awesome and cool when I accomplish something or solve an “important” problem. Noticing the feeling of being awesome about noticing how awesome I feel.

6) Increased mindfulness, realization that much of life is lived on autopilot, without presence or real experience. “What’s there to notice? I’ve done it a thousand times already.”

7) Becoming aware of a large portion of my emotions. Often I feel like I’m observing emotions from the outside, seeing them clearly, understanding what triggered them. The emotions happen on their own, and “I” remain the observer. I can’t really define this “I” — no idea what it is. But with some focus, I can extend this state. Though eventually I do “slide back.”

8) Realizing that what I used to consider a “rich” life was actually a boring, “safe,” and painfully repetitive loop I created myself.

9) Greatly reduced desire to win arguments at all costs, or prove my obviously correct point of view. Also lost the urge to teach, preach, or play guru.

10) I live more in the present now, experience the here and now. I worry less about the past and the future. Allowing myself to be imperfect helps drop a lot of stress, pressure, and anxiety.

11) Realized that I actually **enjoy** suffering. When I’m in self-pity or melancholy, asking myself “do you like suffering?” shuts down the pity-party almost instantly.

12) Most of my “soulful” desires — total bullshit. Not mine at all, but implanted by society. All those wants were really about showing off significance, genius, uniqueness, talent — trying to be one-of-a-kind, to earn respect, admiration, “deep connection.” Or power — to prove I’m the strongest. Even working with Turbo Suslik became one of the places where I tried to prove my “uniqueness.” Doesn’t bother me anymore.

13) The importance of anything is just the importance I’ve assigned to it. I realize now how much I’ve suffered because of this. And I can reduce that importance just by noticing it and understanding I made it up.

14) I feel that the responsibility I used to avoid so fiercely is actually a pretty solid driving force. When I acknowledge being responsible for something, I feel a strange and pleasant energy — not from fear of failure, but something deeper.

15) I realized that laziness and procrastination disappear the moment I simply start doing the task.

16) The urge to prove something has also decreased a lot. There are endless viewpoints, and you can argue for any of them — and they'll all seem “right” in some way. But most of it is about proving you're right, which means proving your awesomeness, your importance, belittling others. Pure ego. I'd be lying if I said I've gotten rid of that completely.

17) I now try to solve problems and tasks on my own, instead of whining or immediately asking for help. And surprisingly — it often works! Many things I used to stress over — when I just let them go and realize I gave them way too much importance — suddenly feel lighter. The “burden” vanishes.

18) And when things don't work out, I don't whine or fall apart. Well, not entirely — sometimes I do get upset, but I observe myself doing it and allow myself to make mistakes. After all, we're not robots. And when I understand the nature of the “emotional mess” — the desire to dwell in it disappears.

19) I've developed a desire to do things just because I enjoy them — not to prove I'm talented or cool. I've started to love myself more, listen to myself, indulge in little things. Turns out it's actually fun. I never realized how much pressure came from my inner parent. But now I see it clearly — and it's strong.

20) Decreased importance of other people. Like — “he's not just a person, he's a big shot, successful and all that” or on the flip side — “ugh, a bum/addict/loser, totally worthless.” It was all about propping myself up: “I'm better than someone” (a bum, addict, unemployed person) — or feeling bad: “I'm worse or dumber” (than a rich person, businessman, or authority figure). I realized I'm not unique in anything — and I don't need to be. That's just ego again, the idea that “I must be the best at *something*.”

External changes:

1) Found a job I like much more than the previous one — and it pays twice as much.

2) Quit drinking alcohol and smoking weed (it wasn't often, but still regular).

3) I started connecting with people more easily, without the stress or disgust I used to feel.

4) Got a haircut and stopped wearing my metalhead clothes (used to be a metalhead).

5) I spend money more easily now. Bought decent furniture, started giving non-cheap gifts to family. Before, I would've been too stingy.

6) As a result of accepting responsibility, things started “moving.” Problems started getting solved — not by people I used to complain to, but by me. It doesn't boost my ego, but it does give a feeling of “life force.”

7) I almost completely stopped playing computer games. Also stopped binge-watching movies, anime, and other media. I don't restrict myself with control — I just don't feel the same urge anymore.

About a year and a half ago, I was tormented by constant thoughts about contradictions, dissonances, and inconsistencies in my life. One moment I would desperately want something, and the next — when I actually had a chance to get it — doubt would arise: “Do I even want this?” I’d run from that desire, then later beat myself up for not taking the chance. This repeated constantly in every area of life. With romantic experiences, it was especially obvious: I’d obsess over a girl, finally get a chance to start something with her — and instantly lose all interest. Then I’d go home and hate myself for doing nothing. This pattern kept repeating, and it created a growing feeling of hopelessness, of not understanding myself, not knowing what I truly want or why I resist what I think I want.

I realized truth is a relative concept, how media and social networks distort it, feeding people constant bullshit. And the question of faith drove me crazy — I’d been taught not to think badly about God, to “do good” and all that — but then I looked at the world: children born disabled, people killing each other, and God, apparently, doing nothing. These contradictions, doubts, feelings of insignificance and illusion, growing apathy — all this accumulated inside me.

Then by total accident at work, I stumbled on a Word file in a shared folder named “Turbo Suslik” (funny thing — I’d seen the name before but skipped it, thinking “what a weird title”). This time I opened it. And it hit me. Concepts like the subconscious remembering everything (which was easy to confirm — just recall a traumatic memory and feel it in your body), and polarities in human consciousness (which at least partially explained the chaos in my head), really grabbed me. I started devouring the text. The warnings about “pendulums” didn’t scare me — I had already been stuck in that state for half a year.

So, the prelude is over. Now to actual results.

I started with manual processing of some heavy topics. One of the first was gaming addiction — four long years of endless grinding in WoW and Dota. After a couple of weeks, my desire to play simply vanished. (Ave, Caesar!) Before processing, I tried and failed to quit — always justifying it by saying life was boring anyway. But now, I look at other people still addicted and can’t understand how I was like that — worrying about fake items in a fake world. Why did I even care?

Next, I tackled love-related trauma. I’d been hung up for over five years on a girl from my university group. After some time, those feelings faded. I was left wondering why I was so obsessed with her — she was just a regular person like anyone else. After working through issues around love, relationships, heartbreak, I realized that my whole understanding of “love” was just a social glitch — implanted by books, movies, and media. Now I have no need for someone, no need to “love” or be in a relationship at all.

I also processed a big chunk of mental garbage around sex, masturbation, and similar topics. It took a long time. At first, sex was at the top of my desire list, but I stopped obsessing over missed opportunities or feeling like a “loser” for not getting laid. Eventually, my interest in sex itself disappeared completely for a while. I didn’t even think about it — nothing turned me on. Now I see sex as just a great bonus to life — one of many aspects of existence. I no

longer run around like a crazed orangutan trying to screw someone. I even stopped idolizing my own penis — it used to be the “ultimate symbol of masculinity,” now it’s just... normal. I started thinking with my actual head, not that one.

For years I wondered if I might be gay — since I kept “cooling off” toward women even when I had chances to start something. But after carefully working through all that, all doubts vanished. My attitude toward LGBTQ people also changed — I used to be disgusted by two men kissing. Now? It’s their life. Let them love and screw whoever they want — I honestly don’t care.

Another major issue was my appearance. I was a fat kid, and I carried a mountain of complexes, especially thanks to classmates. I also messed up my brain with food-related fears — what to eat, what not to, endless diets. After processing, I stopped freaking out like “Oh no! I had a pastry after 6 PM, now I’ll get fat!” I can now eat whatever, whenever, without guilt — and my weight is stable. I even started liking foods I used to hate — like fish, which I now eat happily. Sugar cravings are gone — I used to dump eight spoonfuls into my morning tea. Now I’ve cut sugar entirely, and my diet shifted toward fruits, berries, vegetables. I barely eat meat now, even though I once believed a meal without meat wasn’t a meal.

Sports: I used to think sports weren’t for me. I was a smart kid, a top student, a medalist — why should I bother with physical stuff? I forced myself to exercise for weight loss, and it felt like torture. Now, I can do some curls, crunches, just because it’s fun. I don’t stress about regularity or results. If I skip a day, so what?

Faith and God: I’d long doubted the whole thing, especially the hypocrisy of “selective faith” — people following only the easy rules, skipping the hard ones. After processing, I don’t strictly deny the existence of a god, but I’ve taken a neutral stance. Maybe there’s a god, maybe not. What’s interesting is that I’ve started taking neutral positions on many things — before, I would’ve confidently said “this is impossible” or “this doesn’t exist.”

Money: Oh yeah, I processed a lot here too. Tons of crap from childhood — we were refugees in a poor village in the wild ’90s. My parents’ constant money struggles and stress really stuck with me. After working on these patterns, I found that I suddenly had *enough* money. Even though my salary didn’t skyrocket, it was enough. I even started saving without knowing what for — later I decided to spend it on paid protocols.

Cool experiment: I lost my music player charger. After two weeks of searching and even trying to buy a replacement (which didn’t exist due to a rare connector), I wrote a protocol asking my subconscious to help me find it. I set the timer for two minutes. After a minute, I suddenly thought, “Check the bag from your parents’ place.” At first I doubted — I’d checked there already! But I trusted the thought, opened the bag — and there it was. In that moment, something exploded in my brain. Confirmation. My subconscious really *can* help. From then on, whenever I doubt the TS method, I remember this.

Physical manifestations: I won’t go into the more graphic stuff (diarrhea, skin breakouts, etc.) — the TS book covers those well. But here are some personal ones:

— Cold sores (herpes) used to appear every spring and fall. After processing, they stopped. It's been nearly a year.

— Hemorrhoids: I never targeted them directly, but after processing gut issues and general feelings toward the condition, they vanished. Haven't returned.

— Frequent urination: This used to torment me for years, especially during trips. Now it doesn't bother me. I just go when I need to. Turns out I drink a ton of water — mystery solved.

— Back pain and scoliosis: I used to be super self-conscious about my curved spine. After processing self-image and reasons behind it, I stood taller, walked with my head up, and the pain mostly went away.

— Fear reactions: trembling hands, knees, face turning red when nervous — gone. I can now talk to people, even women I like, without physical panic.

— Needle phobia: used to cause literal pain at the thought. Now — nothing.

I no longer judge people by looks, status, or success. I see people more abstractly — I don't analyze them, I just observe. I feel neutral toward most people. Homeless people, drunkards, aggressive types — they've mostly disappeared from my reality. Old "friends" faded away too — and I don't miss them. Same with family. They used to feel "special" — now I'm indifferent. Hatred toward old classmates also disappeared. I realized their bullying had shaped my whole life — the drive to prove myself, the fear of criticism. Now, after processing, I'm ready to meet them again after six years of avoidance.

Pendulums: The first two months were hell — I didn't even realize what was happening. Then I reread the TS book and articles, focusing on pendulums. Rereading revealed new insights I'd missed before. Eventually, I even started looking forward to pendulums — they brought up material to process. I noticed that after stressful events (like job interviews), a huge "wave" would hit — I'd write it down, process it, and days later, I'd feel fine in similar situations. Even Auto-Mary protocols — I knew about them early on but didn't use them until months later. Something had "filtered" it out. I began to wonder what else my subconscious was filtering.

I noticed that during processing, I'd become obsessively interested in certain topics. First it was piano and music theory — I practiced like crazy. Then after processing that desire, the obsession faded — I could just choose to play or not. Later I became obsessed with learning C++. I succeeded, even though I'd failed before TS. After processing, it became just another option: do I want to code today or not?

The mental garbage started "stinking" less. It interferes less with my life — and with those around me. I react more calmly to external stimuli, opinions, other people's behavior. I notice when people's mental garbage "explodes," splashing onto others — like a firework of emotional crap.

At work (I'm a design engineer), my mental limits expanded. I now suggest creative ideas I used to consider impossible.

I've lost interest in fiction and movies — they now feel like authors just spreading their own crap, wrapped in beautiful words and "style." Stories about love, life's purpose, faith — all

emotional mush repackaged as “truth.” As for TV — the amount of crap it spews is insane. And people eat it up, make life decisions based on it.

One of the biggest outcomes of TS for me is this: I now understand that I alone am responsible for everything that happens in my life. I stopped blaming fate, God, or others.

I also want to mention that during processing, I often felt a huge urge to tell everyone about TS — especially when I saw posts online about fate, love, etc. But after processing that urge, I understood — most people don’t really want to do anything about their inner mess. For me, it was probably my own subconscious desire to escape inner chaos that brought me to the TS book. I never searched for self-help methods — I only learned that such things even exist because of TS.

At first, all I wanted was to get rid of my complexes, learn to set goals and overcome obstacles, deal with depression, believe in myself, and basically master positive thinking. After doing the processing work, I stopped worrying about goals I hadn’t reached or obstacles I hadn’t overcome. I developed a healthy sense of “whatever.” People around me say I’ve become noticeably calmer, more balanced — but also more indifferent.

The very first thing that changed was that I learned to say “no.” Before, for example, when someone at work asked me to do something outside my responsibilities, I would get really anxious but still do it — all while cursing under my breath. Now I calmly say it’s not part of my job. Sure, I used to say no sometimes, but I’d always feel guilty afterward — and often ended up doing it anyway.

Then something else happened. My son had been depressed for months after breaking up with his girlfriend. None of my encouragement or advice helped. I processed this situation for about a week — and the result shocked and delighted me: my son visibly cheered up and told me there was no need to worry, that he was completely over it. And his girlfriend, apparently, also moved on — she got married shortly after.

I no longer have a definitive opinion on any topic. Whatever information comes my way, I always know there’s an opposite view. But I no longer feel the need to form a strong opinion about anything.

I stopped giving people advice about how to eat, how to treat illness, or how to live. I used to think I was incredibly smart and always tried to tell everyone how wrong they were living. Now I no longer believe in “right” or “wrong” — there are no universal standards.

I used to get really offended when someone asked for my advice but didn’t follow it. Now I don’t give advice — and I no longer get offended. Well, almost.

I spent a long time processing my past and my relationship with my parents. As a result, I was finally able to write a letter to my mother — even though we hadn’t spoken in over 20 years.

The past is strange: I didn't believe it would work, but now when I recall painful memories, it's like they're behind a wall — I can't reach them emotionally. It's like the past is no longer inside me, but somewhere outside. A kind of dissociation.

I quit smoking a week after reading the relevant protocols and working through my beliefs using Auto-Mary. To be honest, I processed those beliefs and also wrote protocols based on Allen Carr for about a month. But hey — I smoked for nearly 40 years!

I lost weight. Technically, I lost weight a while ago, but all my life I had to tightly control my diet due to a tendency to gain weight. Now I eat whatever I want, and not only am I not gaining — I'm even losing a bit more. I no longer control myself — I just don't *want* unhealthy food.

I stopped practicing astrology. Unlike most people who have a tabloid-level understanding of it, I had nearly a full formal education in astrology and practiced it professionally for almost 20 years. So processing astrology wasn't easy. But eventually, I felt it — there is no fate, nothing fixed. Only causes and effects.

I began to notice all the “glitched out,” imposed worldviews in myself and others. All the mountains of mental garbage we're filled with. At first, I wanted to explain it all to everyone, but I didn't — I knew they wouldn't agree. Eventually, I stopped caring about others' worldviews. Even my own worldview started to dissolve.

My relationships at work started to decline. They weren't great before, but now I mostly stayed silent — I just couldn't force myself to make small talk. I processed this for a long time with mixed success. Sometimes coworkers would stop doing things that annoyed me most, but then they'd start again. I wanted to get away from them. My job became a burden. I'd go weeks unable to make myself work — but I didn't care anymore, because I no longer wanted to be “the best.”

My relationship with my son also changed. We didn't fight — we just drifted apart. I started accepting his independence calmly, stopped asking where he was, what he ate, or what he wore. But we also stopped talking much. I suspect he took my change as indifference.

Processing money issues was really tough. Every time after an Auto-Machine or another protocol, I'd get hit by a wave of darkness, but my attitude didn't change, and the issues didn't go away. The biggest problem was that I really wanted to continue Turbo-Suslik, but didn't know how to get 30,000 rubles. I saved slowly, terrified for the future, scared I wouldn't have money to live.

Then IT happened. I slipped on the ice and broke my hip. Ended up in the hospital. And suddenly, money started pouring in — aid from various organizations. Even my ex-husband (who I had processed a lot!) suddenly wanted to help. My son didn't leave my side, and we started talking again — like before, even better. And here I was, lying there in a cast, realizing that all my wishes had come true: no more going to a boring job, no more seeing unpleasant coworkers, and I got the money I wanted. And the fracture? The lightest possible kind — doctors say there's a good chance I'll recover fully. A real “dream come true,” I thought.

Then it was time to process “the body.” I knew the system wasn’t designed for physical healing, but I figured I’d try — illness and emotions are clearly connected. I wrote several protocols: before surgery in the hospital, and later during rehab at home. The results were great. I handled the surgery incredibly well, recovered even faster. Within 12 hours, I was feeling great — usually that takes days. Now I process fears with Auto-Machine, and write emulator-type protocols. Doctors say I’m healing twice as fast as normal.

There were smaller things, too. Like how homeless people and beggars stopped appearing in my life. Or how security guards used to follow me around when I smoked — and now they’re gone. Or how I’d think about buying something, and I’d run into it that same day.

Now, when I remember how I endlessly processed the feeling that no one values or listens to me — how amazing, smart, and kind I am — I just laugh. Those feelings feel so far away now. I stopped caring what impression I make on others. And they don’t leave much impression on me, either.

Overall, I feel like this: whatever happens to me, I might react on the surface — get upset or happy — but deep inside, I remain calm. Like the ocean: there may be a storm on the surface, but the depths are still. And I like this state.

I started working with the system in a state of severe "mental" exhaustion and overall physical depletion after more than 15 years of illness — including almost six years of being mostly bedridden. I methodically followed the recommendations: after Phase 1, I worked through past incidents from lists, people from lists, did emotional dumps, launched 2–4 free protocols per day (except on days when my physical condition significantly worsened).

There were practically no “special effects,” just a general feeling of “load” — sometimes to the point of being overwhelmed. I ran “Pendulum-Begone” a few times and returned to a more balanced state within 1–2 hours. Once, my mood even suddenly improved, and an inspiring internal resource resurfaced — one I had long forgotten.

Although you repeatedly emphasize that the system isn’t intended for healing, I’ll still say this: physical improvements were exactly what I started to notice — fewer pain episodes, and the ones that remained became less intense and shorter. The baseline between episodes improved too. With the energy I started to regain, I could begin doing some light physical exercises, added daily walks, and my diet changed naturally (I stopped wanting meat, bread, potatoes). My sleep routine improved, I did some healing procedures, and overall my condition got better. Compared to the hell I lived in for over a decade, I now feel quite good — and issues that were tormenting me six months ago are hard to even recall.

Because of the long illness, I’d essentially stopped socializing and lost almost all contacts. I could go a whole year without meeting a single new person or seeing anyone I knew. But in the last six months, I met more new people than in the previous six years, reconnected with some old contacts, and while there’s still a long way to go, this progress feels good.

Interestingly, I also managed to cut ties with a few people who clung to me — something I used to think was impossible. But this time, it happened easily.

One surprising interpersonal event: my partner's father (we've lived together for 9 years) randomly ran into me and said his wife — my partner's mother — “got over” hating me. I had no idea she even hated me — we hardly interacted. But apparently, it just passed.

The most astonishing thing: my mother, who lived in a hoarded apartment for over 20 years with 8(!) cats, refusing to throw anything away or even talk about cleaning — suddenly began renovating, found the funds, threw out 50-year-old junk, and completely revamped her home in three or four months. It felt like a literal miracle.

I even started professional training, and I hope to begin working and earning soon.

My partner and I finally took a small trip — something we could never afford before. Now we suddenly could. During the trip, I noticed big changes in both how I felt physically and how I perceived things. I managed travel-related stress much better than I used to. My former paralyzing fear of heights was significantly reduced (still a bit shaky on bridges, but totally fine on planes). I became noticeably calmer overall — I used to swing from euphoric highs to near despair, panic about unpredictable weather, pack way too much out of anxiety. This time I was calm, even in tough moments. It almost felt surreal. I wasn't as ecstatic as before, but this new, grounded state feels healthier.

Money situations also started shifting — not in the way I expected, but still: I'd randomly find something I needed at a great discount, meet wealthy people, or find out I didn't need to pay for something after all.

From the beginning, I didn't aim to resolve specific issues completely — I just kept working systematically through lists, unless something really bothered me or got triggered by protocols. So I can't say “I ran a protocol and the next day everything changed” — if anything did, I didn't notice. Instead, I'd realize later that I was seeing a situation or person differently. Change came gradually, not suddenly. When recalling the past, I often felt awkward or even ashamed of how I used to react or judge. It was eye-opening to realize how much I tortured myself needlessly.

Notable changes:

- My emotional state stabilized. I react less intensely to things. Life feels simpler. It takes more to throw me off.

- My relationships with people are shifting. I used to get exhausted by others — after an hour I felt drained and needed to escape. Certain clingy types used to attach themselves to me. Now they've vanished. Even the few who remain suddenly got busy and don't want to talk for more than half an hour. New acquaintances are more respectful, easier to deal with — both to themselves and to me.

- My lifelong compulsion to help everyone has lessened. I no longer feel responsible for others. I don't rush to give advice. Sometimes I think of saying something, but I just don't. I let people solve their own problems — and I laugh at how I used to obsess over them.
- I had a deep, almost paranoid fear for my mother — that she couldn't manage her life without me. But she never showed much interest in me, except to ask for help or dump complaints. She raised me with the idea that I *owed* her — to support her and take care of her. And it hurt deeply that I couldn't help her much due to illness. Yet now I've stopped listening to her whining, stopped overextending myself — and just today I learned she's doing fine, has a good income, and doesn't need me at all. That was a massive relief.
- These days, when something happens, I get multiple possible reactions in my mind. Sometimes I'm surprised, sometimes I experiment with choosing an unfamiliar one.
- Stress in bureaucratic or financial situations is lower now, and sometimes gone entirely.
- A friend recently described her obsessive thoughts, and I realized I used to have the same thing. But now, I had *completely forgotten* I used to live like that. I don't ruminate for days anymore. If something upsets me, it usually fades within hours after a protocol — or even disappears entirely.
- I've started talking about things that others treat as taboo — like jealousy, shame, greed, stupidity. People are sometimes shocked. I used to be like that too, but now I'm more open.
- I used to have intense resentment toward people who had wronged me. Some memories haunted me for 15+ years. Now, those grudges are fading — not through forgiveness, but just a lack of interest in holding them.
- As soon as the “charge” left a situation, it became easier to understand. For example, my mother's dramas used to torment me — I believed her sob stories and tried to please her. But now I see her performances for what they were — her way of avoiding discomfort, fear, or effort.
- Sometimes it feels like everything in my mind is reshuffling like Tetris — old memories reinterpret themselves. My drunk uncle went from “scary monster” to a cartoonish man-child. I've become more tolerant toward dramatic people. Where I once judged them harshly, now I sometimes feel kindness.
- My dreams became vivid. Once I dreamed that all the invisible “cords” connecting me to others snapped — and I felt complete bliss being alone.
- I feel more internally aligned. Less inner conflict. Quicker decisions, less overthinking.
- I've uncovered and questioned some core mental scripts. Like the belief that what I *want* is a luxury, and only duties matter. That made me do nothing at all — since I couldn't do what I “should,” and didn't let myself do what I wanted.
- I have short flashes of clarity — everything looks different, simpler, fresh.

- Most fascinating: some rock-solid beliefs suddenly start crumbling. Questions like “Where am I? Who am I? What is this place?” yield surprising answers. Even mundane choices now feel open to new insight.

- I feel like a child — or a tourist — in familiar places. Everything feels fresher, lighter.

List of changes:

Internal:

1. Acceptance of myself, even with the things I used to hate before working with TS
2. Boldness. A very pleasant change :)
3. No more issues that "knock me out." Yes, there are pendulums of course, but they are more like passing states. There are no more problems that stick in my head and kill me for days
4. Almost no people I hate. Yes, if you dig deep, hatred for some people may surface, but it doesn't come up on its own. Before TS, I was just bursting with hate for dozens of people. Although I must make an exception for my mother—there are still deep resentments there I haven't fully worked through
5. A practically defused past. If I dig deliberately, I can find some horrors, but there are no episodes that come up on their own
6. The ability to live. Just live. There are truly days when I just live. Almost like in childhood. Though there aren't as many of them yet as I'd like :)
7. Hardcore indifference. I don't care about politics, religion, social inequality, etc.
8. Flow. Sadness in the morning, joy in the afternoon, etc. Much less getting stuck—unless I'm in a pendulum. Sometimes I can't believe I was arguing with someone 10 minutes ago, and now I sincerely don't care anymore
9. Much less inner conflict. I remember when I started with TS, there was a constant war with my thoughts. Now I can let myself think about pretty much anything. Though often it turns into mental masturbation, of course :)
10. Problems are no longer problems, but something else. I just can't say I have "problems" anymore. There's still some crap, yes, but it's not problems anymore. Even when I'm in a pendulum muttering about how everyone is a jerk, deep down I know I'm doing it on purpose :)
11. Self-sufficiency. That's something I desperately lacked before TS. I no longer need other people to be able to live

12. Sincerity. I can now tell people things I used to hide as if my life depended on it. Though there are still a few big issues I'm afraid to talk about :) By the way, there's no more point in lying, though I'm also not afraid of it anymore. I can lie pretty freely, but there's no need to

13. Improved relationships with reality and people. Conflicts have become significantly fewer

14. Decisiveness. I can now do things I'd never have done before. Also, there's been a serious reduction in shame for past actions. It's still there in large amounts, but compared to before, it's just amazing. With increased courage and reduced fear, I can now take some pretty daring steps. I wouldn't have had the guts before

15. Phobias that I specifically worked through have weakened—for example, fear of heights

External:

1. Naturally, I started making more money :) In my situation, saying "more" isn't exactly fair because at the time I started with TS I was earning zero. But now I'm able to make money. It has become much easier to develop new skills

2. Improved physical shape. Before TS I was a total weakling. Now, in some parameters, I'm actually doing pretty well

3. I'm left with no real friends. There are acquaintances, colleagues, work partners, but no friends. All that "friendship" is just too obvious now. I'm a loner

4. I started being attractive to women :) Maybe I was before, too, but with a brain full of crap, I couldn't see it

5. I don't take pills on principle. Some health issues did pop up after working with TS, but my attitude toward health has changed drastically

Of course, there are more changes than I described here, but these are the ones that came to mind first.

Hello, my name is Dima, I'm 24 years old. I'm one of the most northern "susliks" since I live in the northernmost city in the world — Norilsk, in Russia. Life here isn't as magical as many people imagine if they've never been here. In your book, you write about people having chronic suppressed irritation, anger, aggression, etc. — and it's all true, and in the North it's even worse. People here are genuinely worn out by endless winter, constant cold, and polar night. It's very rare to meet someone here who isn't stuck in some kind of greenish melancholy and routine, hiding it all under a smile. Random aggression and nervous breakdowns are everywhere. Why am I saying this? Because I wasn't spared by all this either. I always tried to appear strong, calm, and reasonable in front of others (and many

saw me that way), but in my head was the same chaos everyone else had — you can't run from yourself. I stumbled across Turbo Suslik at a time of total mess, both in my mind and in life. You could say I was already morally broken inside — constant physical weakness (my body was neglected), no money, constant scandals at home + the harsh North :) and a bunch of other problems that at the time seemed unsolvable. My brain, torn by contradictions and various phobias, couldn't handle it all. After reading the book, for some reason I immediately believed everything in it — after analyzing my state, I figured I had nothing to lose, so I decided to go all the way, no matter what pendulums or hardships I'd have to face. I got hit by a ton of pendulums — some so sneaky and diverse that I still laugh when I remember them — worsening (as it seemed) of my situation, weeks of depression, event-based pendulums, leaving home for several months, total inaction, stopping the practice for a while just to feel a bit better, and a bunch of other madness — or was it just the ego playing tricks? :) But when you're in a pendulum, it's really hard to realize it. At some points I was running 3-4 protocols a day plus Auto-Machine — I filled 4 large notebooks (I didn't immediately grasp its value, only later during the process). Despite all the pendulums, some amazing effects occurred — for example, I had been suffering from enuresis even at 23. Doctors examined me several times and said there was no pathology, that it was all psychological. The local neurologist couldn't help. Imagine my joy and relief when I wrote down everything I thought about this condition and ran it through Auto-Machine — and the next day I woke up with the clear realization that I was completely healthy. And that's how it really was — I healed from a condition I'd suffered with all my life — in just one night! That alone proves the system's effectiveness for me — no pendulum compares.

There were ups and downs during the work, but my life really did change for the better. I got rid of a ton of crap in my head that had seriously interfered with living — I couldn't even imagine how many fears and complexes I had. What helped a lot and brought me to a different level was getting rid of the mental baggage of the past — constantly replaying “failed” life moments used to drive me mad and kept me from simply living in the now. Now, thoughts of the past that used to haunt me bring nothing but boredom — and that's actually a relief :)

My attitude toward people changed, and my social circle completely shifted. I stopped communicating with almost everyone I used to, about 4 months into using the system. At first I became very disappointed in people, everyone seemed hopeless, and it made me sad — until I finally understood the meaning of Don Juan's words — to leave people alone. Meaning, I stopped “controlling” others — which was really just my ego pretending to control — and started focusing more on myself and my own life. Many ideas and mental concepts about people, relationships, etc., simply fell apart — probably because they were illusions. Now, I see the people I interact with just as they are — 95% biobots. The more I talk with people and see them differently — the more patriotism faded away. There was a time when I was ready to die for my country, but now I understand that the country I live in is made up of people who mostly don't give a damn about how they live and don't care about anything. It all boils down to endless discussions. It reminds me of Planet of the Apes.

I started understanding how strongly our thoughts shape our reality and clearly saw how my past thinking created my reality full of illusory and “unsolvable” problems. My power of intent grew a lot — what I fix in my mind now appears in my life much faster. At first this

caused many pendulums because my head was full of negativity and disbelief in myself — I didn't understand how important it is not to attract unpleasantness in your mind.

Now I'm more confident, I pay much less attention to what people think or their endless babbling about everything and nothing. I try to listen to and engage with people whose words match their actions — but such people are rare. Most just want to talk about how they want to live better and how they have incredible life problems — and that's all they want. But the thoughts of running away from people into the wilderness also passed — I realized that playing "outside the system" is just the same system from a different angle.

Some health issues disappeared too, and I now have more free energy to express myself in society — just kidding about society :) Whenever I hear words about social activity (which I often hear from zombie-like people), I just want to puke :) But I do have more money now and it comes more often — maybe because I stopped running from society and got a job? :) I also found new interest in life, and the understanding that whatever you aim for will eventually happen gives a lot of strength. One very unnecessary thing also dropped off — the search for the meaning of life. Maybe that's just another illusion, but it really gets in the way — gives a false sense that you're very important and must have some grand goal on this planet :) I still have goals now, but they are chosen with the understanding that any path is valid and none is better than another — and more and more often, my goals are focused on myself! Selfish? No — the true face of ego is when you think about everyone just to please everyone and praise yourself, like "I'm such a good person," basically Jesus Christ, right? :)

Anyway, life definitely became easier, some kind of internal foundation appeared, and willpower grew. I feel this strange sense of increasing emptiness and wholeness at the same time, less fragmentation and uncertainty in thoughts. The black-hole depression state is completely gone, and what amazes me most is how quickly you can get out of negative states now — literally, 5 minutes ago something negative could happen, and I'm already fine.

Self-pity is gone, and along with it, pity for others too. There's a lot written about getting rid of pity in Castaneda's works, but I truly experienced it — and very quickly — only thanks to Turbo Suslik. Even now, if I really tried, I couldn't pity myself — sometimes that even feels a bit unfair :)

It all started when I came across BSFF. I didn't take it seriously at first, but something about it stuck with me deep inside. Later, during a difficult time in my life, I decided to give it a try and quickly got results. I handled the most problematic areas and started using BSFF daily to deal with tension. While working with BSFF, I came across the Turbo Suslik book several times and even saved it, but for some reason, never started reading it. I guess after resolving the main issues with BSFF, I relaxed and stopped the work. A year later, I don't even remember why, I began reading Turbo Suslik. I read the book, processed the positive aspects and polarities. And again, I "dropped it" for half a year. Why I came back to working again — no idea, probably my subconscious wanted it. I worked through the negative polarities and aspects and fell into a deep pendulum. Barely crawled out of it. Then I

decided to finish what I had started. First, I processed episodes — my head was boiling, I slept strangely, felt like I was awake in my dreams. Thoughts were constantly chasing me. Gradually the tension faded. I started taking vitamins (neuromultivit + sports complex). Processing became easier.

Internal results: the thirst for approval seriously decreased, I almost stopped worrying about my haircut, appearance, clothing — without becoming messy, I just don't overthink it. I became more open to people, but sometimes I fall into a pendulum and want to retreat inward; after a while the resistance fades and the mood stabilizes. Fears are almost entirely gone. The only thing still bothering me is the mental chatter about money and business. I write everything down manually and use Auto-Machine, but from week to week my behavior changes — sometimes I obsess and pressure my subordinates, sometimes everything feels stable and I don't worry about it.

Issues with women remain. Communication is easy, I get into contact easily, but sometimes old "bugs" creep in. Two physical manifestations I remember well: first, I launched the "Body-Figure" protocol overnight and specified my desired weight at 80 kg — at the time I weighed around 82–84 kg. I woke up, sleepily stepped onto the scale, and saw 80.00 — exactly, down to the gram. Nearly fell off the scale. The second one — I was working on themes like catastrophes, meteorites, etc. The next day I was driving, listening to the radio — and they announced a meteorite had fallen :) Don't even want to write about things like always finding a parking spot or smooth traffic, it just happens.

Overall, in my opinion, the work went relatively easily, with almost no physical side effects, just head tension and sometimes intense drowsiness. I don't really understand why someone who doesn't care about others would write such a detailed report, but I'll follow the format anyway:

Internal changes:

- 1) Decreased need for approval
- 2) Fear of death (mine and loved ones') disappeared (used to be very strong)
- 3) Sense of inner balance (used to yell at subordinates, now I calmly handle even the toughest situations)
- 4) I fall asleep and wake up easily, getting up at 6 AM without an alarm — used to be unthinkable
- 5) Drivers no longer irritate me, used to have constant road rage
- 6) I don't overthink conversations or pick words, I say what I think
- 7) Aggression almost gone — when it shows up, it leaves quickly. Used to be aggressive all the time
- 8) I don't stress about sex — I just enjoy it, and everyone seems satisfied :)

9) In work, I quickly move to action instead of overthinking — I assess the risk and just do it

10) Laziness didn't disappear but greatly reduced, and I'm okay with it — I used to hate myself for even one hour of idleness

11) No more patterns in judging people — I don't care about appearance, zodiac signs, etc.

12) Health improved — I almost never get sick now

13) Don't watch TV at all

14) Feel the same about 100 rubles or 100 million — no emotional reaction

15) Most important — I became indifferent to people's complaints about life, government, country, events, etc. I just smile and shift to something else. I don't even engage

External changes:

1) I stopped running into negative people and animals

2) Almost no conflicts

3) I run three businesses without much stress and still have time for myself

4) My weight changed after launching the Body-Figure protocol

5) A meteorite really did fall in Chelyabinsk right after I launched the protocol about events

6) Even when Yandex says 10/10 traffic — I always get through fast, like the jam doesn't exist

7) I talk easily with high-level executives — used to feel blocked

A lot of changes happened, but they occurred gradually, so I barely remember what I was like before starting work with Turbo Suslik.

"Diagnosis (how it all started)"

First of all, to be honest, I'll say right away that I didn't start working with the system right after I came across it. At first, a "spiritual" acquaintance told me about it (he didn't start using it himself), but like many others, I was put off by the processor loading scheme and the content itself ("what kind of nonsense is this?"). I came back to it about six months later. At that point, things were really falling apart — I was on the verge of losing my mind (for a very dumb reason), and I knew it. In my personal life there was some bullshit, in the family — more bullshit, work was a mess (even though it wasn't really that bad, but I just wanted

to be depressed), all my friends were jerks, enemies everywhere, it was hell on earth, constant whining and misery, etc. So I came back to TS because I genuinely didn't care about any possible negative side effects (I thought it couldn't get worse anyway — my life was drama of all dramas, surely no one had it worse than me. You get the idea))). So either TS would work, or things would end badly — at least that's how it felt.

"Treatment (practice)"

Even though I planned to breeze through Phase 1 in a month ("how else? — I'm just so badass, it's nothing for me"), processing polarities and emotions dragged on for half a year. And right away I started slipping into drinking binges, parties, etc. (though that was also because I was "getting over a broken heart." Embarrassing to admit, but yeah, that was one of the main reasons my head was messed up at the start). I immediately got this idiotic euphoria ("I'm doing the work! -> that means I'm getting better, gotta live carefree, everything else is just BS ego mindgames"), yeah it was dumb, but I won't hide it — that's how it was. Since I was rarely home — always something going on (work, drinking — "gotta constantly party, I'm doing the work so I can't allow myself to overthink") — I couldn't launch 20 polarities a day. So I went hardcore — 50 polarities and emotions every three days ("I'm badass, I can handle it, let it shake me up — that's for weaklings, I can take it!))). In the end those "three-day breaks" often turned into two weeks. But I was in a rush, you see.

I got to past events around May. Working with the past was hard. Not because of depression or anything, but because nothing came to mind. I processed some unpleasant school memories (where every day was an unpleasant memory, so it all seemed normal), family fights (which were plentiful), shameful episodes, failures with women, and other bits. Maybe it sounds like I slacked off (maybe I did), but honestly, nothing came to mind. I ended up with just over a hundred episodes (later I added more as they came up, but the total didn't reach even 150).

Then I went to protocols and of course started with money, social stuff, and women (you know, the "important" junk) and waited for immediate results ("two hours since I ran the protocol, where's the money and the women??"). Of course, with my laziness I was crawling like a turtle. By October I hadn't even run 50 protocols (you can see that from my history). In October I finally pulled myself together and got serious. That's when I wrote my first protocol and saw how it works — maybe that's what made me take it seriously. There was a real breakthrough. The most noticeable results came from working with my own material using the template (even though they weren't huge, they happened quicker and were more obvious). Although I wasn't super consistent (there were breaks, even long ones), that's when I really got serious. Since then I've written around 30 custom protocols. And about two months ago, I started using TS for practical purposes — I got into music (I'd "done music" before, but now really doing it), and it's helping a LOT. It cuts off all the mental crap, insecurity, shyness — I'm finally enjoying it instead of stressing when I'll play like Liam Howlett. I've also used "Flush" practically (tried making themed flush lists, though haven't gone deep with it yet).

I didn't use the "automary" much — mostly tried to bundle material into custom protocols and only put the leftover bits or glitches into the automachine (especially ones related to the process). Occasionally I ran "auto-cleanup," but haven't made it a habit.

"Side effects (pendulums)"

This past year was an emotional rollercoaster. Looking back, I see now it was one long, never-ending pendulum (both up and down). Maybe it's still going. There were serious depressions, idiotic euphoric "pseudo-omnipotence" (just another pendulum in disguise)), which would end in breakdowns (like crashing into a pole at full speed), those classic "insights" ("wow, I get it now!") — basically the brain grabbing for some new "truth," short benders, trash-fests, losing touch with reality and almost wrecking everything (can't blame TS for that — that happened before too), unpleasant physical reactions (random night spasms, headaches, fatigue). I didn't connect every toilet trip to the process)) But over time, I started reacting to them calmly ("yeah, pendulum swing — annoying"). In really rough patches, I launch "Pendulum shoo" — sometimes helps))

"Was it worth it? — Hell yes, motherf...." (c)

"Reanalysis (results)"

It'd be cool to say, "Wow!!! It's amazing!! Now I've got tons of cash, a supermodel wife, eight lovers, villas everywhere, even on the Moon!! I'm enlightened AF!!" but it's not really like that — and honestly, that's not what I wanted in the first place.

The truth is, I've always been a scatterbrain. I'd start things just to drop them — I'd quit treatment as soon as I felt better, learn one music trick and get bored, jump to something "harder" without mastering the basics, lose interest as soon as things got tough. I'd scatter my energy everywhere (hence the "no time" excuse — "but I wanna sing too!"). That's why it took me so long to finish the "free part" and the first (probably most important) transformation that happened thanks to the work — the fact I finished it at all))) But it's shown in other areas too. I started taking action. As I said, I got serious about music. It was always my dream, I had bands, took lessons, but mostly just whined how hard it was. Now I've stopped whining, and things are working out (pretty easily even))). Same with everything else — I'm more proactive, don't overthink everything for months anymore.

Looking back a year, it feels like five years have passed. Like I've matured a lot — turned into some kind of Fura the Elder))) okay, just kidding, but still.

My social circle changed a lot. Most "friends" just faded out and I don't feel bad about it, it's all good. Socially, my fear of strangers really dropped. Sure, a gang of drunk thugs would still freak me out, but I used to be scared of random people on empty streets. That's gone. Same with other fears (dark, dogs, bugs) — not gone, but much weaker. In company, I never had big problems talking, but the inner tension is gone — especially when a new person joins. I also lost that dumb compulsion to entertain everyone, be the "life of the party," and stroke my ego.

Another youth-specific but annoying glitch is gone: “If I’m not constantly having fun, life is passing me by!” (leading to wasted time, no results, and self-hate). Now I just smile seeing that in others))

I found a job I really like (ironically, a year ago I dreamed of it and forgot, then stumbled into it). Can’t say I earn more (I made decent money before), but now I always have enough, no more constant debt, and I still have fun, spend on expensive gear and learning, etc. I can’t explain how — guess I just live more consciously.

And overall — I know it sounds cliché — I became way calmer. That doesn’t mean no emotions, or that I’m Buddha floating above it all. I still get hit by emotions (especially negative pendulums), but I can watch them from the outside while feeling them. I can see my patterns. I can’t always stop them, but I don’t drown in them. Hard to explain better, but that’s it.

That also shows up in little things — like how my attitude to food changed. I was super picky — hated onions, peppers, certain veggies. Now I just eat them. Like: here’s a salad, it has pepper, I know I “don’t like it,” but I try it anyway — yeah, weird taste, not great, but who cares. Same thing with people, transport, events, pain, etc. (a really cool shift).

Another cool effect — maybe from “Muscle Relax” protocol — sometime mid-last summer (after about 30 protocols) I noticed: I feel amazing!! Even when tired or in pain, my body feels light, like I just dropped a heavy sack. Maybe it’s from “white light filling” or general mental unloading — who cares, it’s awesome!!) Also, back pain from fatigue vanished (came back for a few days after launching “Aspects,” then went away again). I sleep faster and better too.

I know this might not count as “15–20 CONCRETE results,” but the overall change matters more to me than nitpicking little fragments. Everything’s connected. Like, I’ve always loved dancing (I love music — what’s music without dance))), but used to feel shy or awkward. Now I hit the dance floor hard, wreck my legs, and spend a week recovering — but it’s all from letting go of small stuff. Same with life events: new job, moved to another city (then moved back), changed friends because their hang-ups got boring, adjusted lifestyle, focused better, got into music seriously, got over the “tragic love” thing (even though I dumped her multiple times myself)) — all connected. I could list every fear I lost (“I stopped fearing bees, wasps, hornets...”), but it’s simpler to say they all got weaker. Sure, you could say “TS has nothing to do with it,” but I had good luck before and still never changed like this. You don’t need miracles to know it works.