

Sleep And Dream Without Influencers

VADEMECUM

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Introduction

During the time of my research to help others I began to edit this book written by Oscar which is based on social media addiction, influenced people, and influencers.

While reading this simple, but valuable vademecum, you will have a clear picture of the social media addiction epidemic and understand more clearly this dramatic topic and major problem we face today!

After I helped to correct points in collaborate with Oscar, and explore different situations and cases while editing this piece of literature we decided to open Detox Sleep Method. This company is dedicated to helping those who suffer from social media addiction using this vademecum as a base to further develop with industry leading professionals; a complete method and therapies will be created to use while the influenced and influencers are sleeping and dreaming.

Nicolle Bellina Lishner



Chapter 01

The Problem

Social Media is a revolutionary way to interact and to “artificially” socialise with other people and having the advantage of communication in real-time with people around the globe. If at the beginning you needed to use your home computer, the new technologies, such as the smart phone, and their applications (Apps) allow you to handle non stop involvement in any circumstance at any time of the day with your contacts. Unfortunately, this powerful mechanism of interaction created a new addiction that we are now facing, not just as a major health problem, but almost as an epidemic that is not just changing our present society but can have unknown consequences on the future generations.

Influence & Influencers

The most distinctive signal of this social pathology is the renounce of your own personal behaviour, wishes, thoughts, beliefs, and in many cases characteristic feelings; giving the complete administration, direction, and control in the hands of an influencer. A person that with their profile gives a new name and family name to each one of his followers.

These followers are metaphoric like chameleons. Dressing, talking, looking, watching, eating, studying or not studying, being respectful or disrespectful, depending on the influencer that holds the key to their personality.



Chapter 01

If you think that the follower or “influenced person” is in trouble, in captivity, and in complete loss of their own identity faculties, the influencers are in similar conditions since what they say, do, and repeat, or apparently who they are doesn’t reflect their real being in most of the cases. It is just a created figure (the influencer), an actor performing to get a living and hopefully earn large amounts of money on a near future.

But at the same point, with the not daily, but hourly and minute stress to play their role to the payers of this fiction reality where the influenced are the public of a colosseum wearing the shirt with the colours of the gladiator (influencer) performing in the arena using their mental energies to continue be the preferred choice of the influenced. Creating a circus show taking their mental health to the limit.

We understand the problem, we can see it in the everyday life. Friends, family, employees, neighbours, bus drivers, airline pilots, police, educators, military, doctors, public officials in general, and worse of all, children who are almost infants holding smart phones and to have a social media profile who suffer from this new addiction, that we want to remark as an epidemic, because it doesn't matter your economic status, race, religion, or country; the citizens of our planet are facing the entrance to a dark tunnel where we are trying to give a key to see an end and a light.



Chapter 02

Sigismund Schlomo Freud (1856-1939)

Dr. Freud was a revolutionary since he focused his studies in the importance of the dreams and the lapse of time when we are sleeping as part of the human life, not just considering these moments, an average of the third part of a normal human life span, as an unconscious moment. But as a period, not just of conscience, but of the brilliant functioning of our minds. That means that during our time sleeping we are closest to who we are and in the nearest position next to ourselves. Being for some hours out of the society and far of alienations we sleep lying down next to who we truly are.

Dr. Freud was considered a non-scientific person at that time and maybe right now he is living an excellent moment of the return of his thoughts and works.

Chapter 02

Nobody at the time understood why he wasn't focused on the reality. They called reality the period of time when you are awake, when you socialise, when you live, when you work, when you perform your profession and personality. But Freud remarked that when we are sleeping we are living. We are the same person or better. We truly are who we are and maybe it's the only moment during the day that we, ourselves, perform without any kind of mimetics or makeup to be somebody else, what we now call an influencer.





Chapter 03

Opium Epidemic

About: America's 19th-Century Opiate Addiction The actual Social Media Problematic and Sigismund Schlomo Freud.

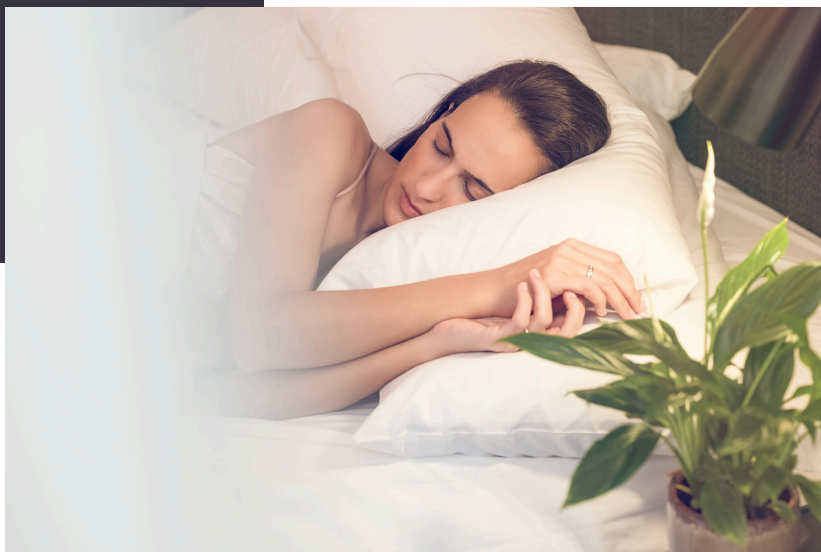
During Americas Civil War, the use of Opium in pills or in powder was massive to help pain and to give a kind of an unconscious power to the soldiers. When the war finished, after 620k soldiers where killed, the return to normality was assisted by Opium and Morphine (Thanks to the invention of the the hypodermic syringe). But not just men suffered of this new addiction; For the beginning of the XX Century, 60% of American women used normal doses of morphine to assist the uncomfortable consequences of regular women cycles .

Chapter 03

The United States president Theodore Roosevelt declared a sanitary crisis and created a commission to confront and solve the epidemic catastrophe of Opium and Morphine abuse.

They created medical rehab centers to assist those USA citizens, especially the rich ones in complete loss of their human cognitive status. But what truly change and turned the direction of this tragedy was the conviction of the doctors that to suffer pain in most cases is a human condition and to try to avoid it is contradictory of natural fact.

In our times, the opinions, thoughts, styles and aspirations are ruled by the Social Media and the Influencers, people who make a living from the loss of authentic courage and living of their followers. This is a crisis as well. And I think that Social Media uses technology as Nuclear Energy can be used for a massive destruction. As a fact, not everything is negative news since Schlomo Freud used the sleeping time and the dreams as proof of virtue. Social Media is not used in this relaxation and neuralgic moment of our daily life. So to create a good, respectable environment for our mind at this time of the day will be a good cure for this problematic.



Chapter 04

Conceptual Method

Since we not just breath but we live and we interact during the time when we are sleeping and our dreams are part of a thinking, emotional, and maybe of the most intelligent and developed part of who we are. So who dreams during the time that we sleep is truly us, our essence, our nature, our identity, our being.

Having an addiction is an obstacle especially when we are talking about a social media addiction to connect with who we truly are. But everything changes when we go back to ourself in the act of sleeping and in the fact of our dreams.

Chapter 04

Ergo, we are ourselves when we sleep and when we dream. This is an exceptional opportunity to reconnect and to fight for our freedom. Fight in unconsciousness but finding the concept and the nature of who we truly are. Suffering of an addiction being awake and to fight against it is very complex. But in the daily routine and in the fact to go to sleep our resistance especially to look at the smartphone, to be connected to the internet, or to consistently be receiving notification alerts of our profile status or influencer activities and updates can be an opportunity to not turn off the phone but to put far away from the place where we go to sleep.

This is already an expression of liberty, a protest against what is controlling us, molding our life and oppressing our soul. This is absolutely a therapy that needs to be mandatory for who truly wants to try to open the eyes by himself. Meditate, think about what to do, to ask himself how he feels, and then later go to see for his phone and what was happening during the time of sleeping (moment of freedom).

It is clear that the human nature that keeps us in this world, for thousands of years, and made us develop to the point that we created the medicine, the educational system, and the human justice will help us to control our dark, fragile, and narrow instincts.

This conceptual method to fight for our freedom, not against social media, but to help us not to be artificially influenced by fake representatives of who we are supposed to want to be.

Chapter 04

Its better we continue to dream for the best version of ourself.

IF YOU THINK THAT THE SOL FACT TO BE FAR OF YOUR SMARTPHONE NEXT TO THE PLACE WHERE YOU SLEEP IS EASY, **TRY IT.**



Quotes

These followers are metaphoric like chameleons. Dressing, talking, looking, watching, eating, studying or not studying, being respectful or disrespectful, depending on the influencer that holds the key to their personality.

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Quotes

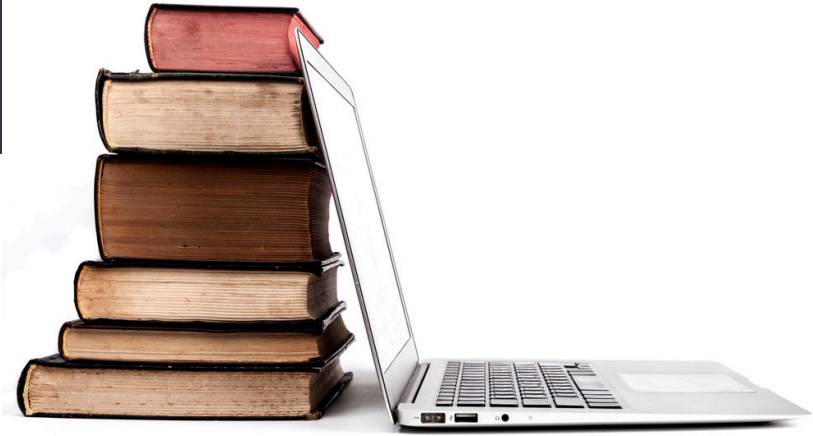
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Resources

<https://www.merriam-webster.com/dictionary/influence>

<https://www.merriam-webster.com/dictionary/influencer>

<https://amp.theguardian.com/us-news/2019/jan/08/instagram-influencers-psychology-social-media-anxiety>

<https://challenge.carleton.ca/social-media-influencers-affect-mental-health/>

<https://www.addictioncenter.com/behavioral-addictions/social-media-addiction/>

Resources

<https://www.oscarbellinalishner.com/article-in-english/america%E2%80%99s-19th-century-opiate-addiction-the-actual-social-media-problematic-and-sigmund-schlomo-freud>

<https://www.smithsonianmag.com/history/inside-story-americas-19th-century-opiate-addiction-180967673/>

<https://www.freud.org.uk/education/resources/the-interpretation-of-dreams/freuds-method-for-interpreting-dreams/>



Method Practice - Night 1

HOURS OF SLEEP:

HOURS OF SLEEP WITHOUT A DEVICE NEXT:

NOTES:

Method Practice - Night 2

HOURS OF SLEEP:

HOURS OF SLEEP WITHOUT A DEVICE NEXT:

NOTES:

Method Practice - Night 3

HOURS OF SLEEP:

HOURS OF SLEEP WITHOUT A DEVICE NEXT:

NOTES:

Method Practice - Night 4

HOURS OF SLEEP:

HOURS OF SLEEP WITHOUT A DEVICE NEXT:

NOTES:

Method Practice - Night 5

HOURS OF SLEEP:

HOURS OF SLEEP WITHOUT A DEVICE NEXT:

NOTES:

Method Practice - Night 6

HOURS OF SLEEP:

HOURS OF SLEEP WITHOUT A DEVICE NEXT:

NOTES:

Method Practice - Night 7

HOURS OF SLEEP:

HOURS OF SLEEP WITHOUT A DEVICE NEXT:

NOTES:

