The avatar-connector (AC) (as described here) connects to the orion layer (OL) with connecting tubes.

0.1 While 'thought command' will work with skib – <u>all 'step 6' (activate) will need to be given 3D status</u> either through verbal command (of line 6) or by signing using a pre-defined 3D physical confirmation 'sign'.

Tube	Procedure to install and connect each individual tube using Skib	
8	1. Skib, I give permission to connect tube 8 2. Skib, connect tube 8 3. Skib, install the lines in tube 8 4. Wait for the install time (1 min) 5. Skib, I give permission to activate the lines in tube 8 6. Skib, activate the lines in tube 8 **3D sign** (or verbal command)	*Install time:* 1 minute *Description:* 2 visual cognitions and the 3D-avatar connector. 2 interfaces, to use them both together. Interface 1 is making the shape of objects; interface 2 is adding the colours to it. Whatever the colours mean is another question.
1	1. Skib, I give permission to connect tube 1 2. Skib, connect tube 1 3. Skib, install the lines in tube 1 4. Wait for the install time (8 min) 5. Skib, I give permission to activate the lines in tube 1 6. Skib, activate the lines in tube 1 **3D sign** (or verbal command) 7. Skib, I give permission for loading the energy storage in tube 1 8. Skib, load the energy storage in tube 1 9. Wait for the loading time (3 h) 10a. Skib, I give all 23 permission to initialize the system in 23 incremental steps. 10b. Skib, initialize all 23 steps and wait 20 seconds between each step. (10c. Wait 8 minutes for 23 steps to complete.)	*Install time:* 8 minutes *Loading time:* 3 hours *Initialization steps:* 23 (23x20s =8 min) *Description:* Booster for the cognitions.
2	1. Skib, I give permission to connect tube 2 2. Skib, connect tube 2 3. Skib, install the lines in tube 2 4. Wait for the install time (8 min) 5. Skib, I give permission to activate the lines in tube 2 6. Skib, activate the lines in tube 2 **3D sign** (or verbal command)	*Install time:* 8 minutes *Description:* All non-visual cognition e.g. auditory, smell. Needs a while to get activated and running.
9	1. Skib, I give permission to connect tube 9 2. Skib, connect tube 9 3. Skib, install the lines in tube 9 4. Wait for the install time (15 min) 5. Skib, I give permission to activate the lines in tube 9 6. Skib, activate the lines in tube 9 **3D sign** (or verbal command)	*Install time:* 15 minutes *Description:* About the cells: strengthening the cell walls, making a denser internal cell ambient, combining some cells into super-cells, and removing damaged cells.
10	1. Skib, I give permission to connect tube 10 2. Skib, connect tube 10 3. Skib, install the lines in tube 10 4. Wait for the install time (9 min) 5. Skib, I give permission to activate the lines in tube 10 6. Skib, activate the lines in tube 10 **3D sign** (or verbal command)	*Install time:* 9 minutes *Description:* Automatic regulation of the cells in the body (also regulating things with the DNA). 10 kinds of regulation. For example, can prevent cancer cells from growing
5	1. Skib, I give permission to connect tube 5 2. Skib, connect tube 5 3. Skib, install the lines in tube 5 4. Wait for the install time (20 min) 5. Skib, I give permission to activate the lines in tube 5 6. Skib, activate the lines in tube 5 **3D sign** (or verbal command) 7. Skib, I give permission for loading the energy storage in tube 5 8. Skib, load the energy storage in tube 5 9. Wait for the loading time (5 h) 10a. Skib, I give all 21 permission to initialize the system in 21 incremental steps. 10b. Skib, initialize all 21 steps and wait 20 seconds between each step. (10c. Wait 7 minutes for 21 steps to complete.)	*Install time:* 20 minutes *Loading time:* 5 hours *Initialization steps:* 21 (21x20s =7 min) *Description:* Booster for all regulatory systems: Nervous system, hormone system, and water-electrical system. This is the energy supply for the system. The water-electrical system is the main executing tool for body control from outer-core: 230% body control from 100% with only nervous system.
4	1. Skib, I give permission to connect tube 4 2. Skib, connect tube 4 3. Skib, install the lines in tube 4 4. Wait for the install time (16 min) 5. Skib, I give permission to activate the lines in tube 4 6. Skib, activate the lines in tube 4 **3D sign** (or verbal command)	*Install time:* 16 minutes *Description:* Auto-monitoring and stabilization of the body.
6	1. Skib, I give permission to connect tube 6 2. Skib, connect tube 6 3. Skib, install the lines in tube 6 4. Wait for the install time (23 min) 5. Skib, I give permission to activate the lines in tube 6 6. Skib, activate the lines in tube 6 **3D sign** (or verbal command)	*Install time:* 23 minutes *Description:* Increases oxygen capacity & oxygenation of the blood.