

BIS Help Guides

How To Find Inner Peace

This short guide will help you find yourself both spiritually and physically.

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INTRODUCTION

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TOOLS:

- [Tree](#) (1)
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Step 1 — Preparing The Shopping List



- Grab a pen and some paper so you can write down the following objects needed: 1 Rope.

Step 2 — Hardware Store



- Head to your local hardware store and buy whats on the shopping list.
- ① I would personally recommend a strong multi thread rope to get more bang for your buck

Step 3 — Tie Your Rope



- Now tie your rope in the form of a hangman's noose. Its important this knot is tied properly, if you're not an adult its important to get your mum or dad along to help.

❗ If you have trouble with this please follow this simple guide
<https://www.wikihow.com/Tie-a-Noose>

Step 4 — Final Preperation



- Find a nice strong tree to hang your rope from.
- This is now the time to place your head through the noose.

Step 5 — Execution



- Sit back and enjoy the world fly past. Feel your worries fade away. Feel your soul being cleansed. This is what peace feels like, no more slav, no more meme review, no more gloria borger. Freedom