

Examination [Rev. 20180706]

By J — Latest revision: <http://allis.foundation/Examination.pdf>

The practice of meditation is often viewed by Westerners as merely a form of relaxation. Many people assume that the benefits of meditation are limited to stress relief and decreased blood pressure. Brain research, however, is beginning to produce concrete evidence for something that Buddhist practitioners of meditation have believed for centuries: that mental discipline and meditative practice can physically change brain functioning and preserve and enhance numerous cognitive functions. Because it is often associated with transformed states, meditation has traditionally been understood in transcendent terms—as something outside the world of physical measurement and objective evaluation. But over the past few years, through the use of advanced new technologies, scientists have been able to come up with biological explanations for meditative phenomena. The results of several innovative studies reveal that the human brain has the ability to adapt and change in ways that were previously unimaginable. For a person with a neurodegenerative disease such as HD, these results suggest that it may be possible, by engaging in some sort of meditative practice or mental discipline, to maintain motor control and cognition and possibly delay the onset of many neurological symptoms....

The Dalai Lama, Meditation, and Neurobiology

The Dalai Lama, the head of state and spiritual leader of the Tibetan people (who practice Tibetan Buddhism), has played a pivotal role in opening the lines of communication between Western scientists and Buddhist scholars. Frequently, he calls leading psychologists and neurobiologists together to discuss the latest scientific thinking in fields related to the human mind. When he accepted the Nobel Peace Prize in 1989, he commented, “Both science and the teachings of the Buddha tell us of the fundamental unity of all things.” In fact, Tibetans in general seem to share this enthusiasm for science. Tibetans were surprisingly the most proportionately represented ethnic group working on the Human Genome Project... Even though they account for only 0.1% of the world’s population, they made up about 10% of the project’s workforce.

In particular, Tibetan Buddhist monks are interested in science because they have an intense curiosity about the workings of the brain. Monks typically spend hours in meditation each day, and claim that this practice enhances their concentration, memory, and learning ability. They believe that the brain is capable of being trained and physically modified in remarkable ways. Scientists used to believe the opposite—that connections among brain nerve cells were fixed early in life and that adult brains were more-or-less complete and unchangeable. When nerve cells died, it was believed that they were simply gone forever and could never be replaced. But that assumption has fortunately been disproved over the past decade with the help of advances in techniques such as brain imaging. In its place, scientists have embraced the concept of neuroplasticity, which refers to the brain’s ability to change its structure and function by expanding or strengthening connections between nerve cells that are frequently used and by shrinking or weakening those that are rarely engaged. It turns out that new nerve cells do grow and our brains are much more flexible than was once believed. A key component of Buddhist belief is that meditation literally transforms the mind. Thus, Buddhists are highly interested in scientific advances that could possibly help explain and/or provide evidence for this phenomenon. The question as to whether meditative phenomena have a biological basis is intriguing not only to the Dalai Lama and other Buddhists, but also to many neuroscientists. The collaborations between Western scholars and Buddhist monks are invaluable because the study of trained meditators can provide insights into the mechanisms behind important brain functions, as well as into possible therapeutic approaches related to lifestyle.

Neuroscientists and Buddhist monks: Results of an unusual collaboration

The Dalai Lama, very much aware of neuroplasticity's potential to interact meaningfully with Buddhism, encouraged monks to lend their brains to science so the workings of their meditating minds could be explored scientifically. Ultimately, he dispatched eight of his most accomplished practitioners to a neuroscience laboratory to have them hooked up for electroencephalograph (EEG) testing and brain scanning. The tools with which cognitive neuroscientists measure brain activity have grown very sensitive, allowing scientists to observe differences in brain activity between individuals doing the same task or even between different trials with the same individual. The Buddhist practitioners in the experiment had undergone training in meditation for an estimated 10,000 to 50,000 hours, over time periods of 15 to 40 years. As a control, 10 student volunteers with no previous meditation experience were also tested after one week of training.

Electrical activity and brainwaves

Davidson et al (2004). The monks and volunteers were fitted with a net of 256 electrical sensors and asked to meditate for short periods. Thinking and other mental activity are known to produce slight, but detectable, bursts of electrical activity as large groupings of nerve cells send messages to each other, and that is what the sensors picked up. Richard Davidson, head of the experimental neuroscience laboratory, was especially interested in measuring gamma waves, some of the highest-frequency and most important electrical brain waves.

It is well known that the brain has electrochemical properties. A fully functioning brain can generate as much as 10 watts of electrical power. Even though this electrical power is very limited, it does occur in very specific ways that are characteristic of the human brain. Electrical activity emanating from the brain is displayed in the form of brain waves. Brain waves, or the "EEG," are electrical signals that can be recorded from the brain, either directly or through the scalp. These brainwaves are organized into categories, ranging from the most active to the least active in terms of frequency.

The frequency of the brainwave, measured in cycles per second, is associated with its speed. Different frequencies indicate different levels and types of activities. Delta waves have a very low frequency (below 4 hertz) and occur during sleep. Alpha waves, 8 to 13 hertz, occur at relaxed, quiet times. Beta waves, 15 to 40 hertz, are the next fastest, occurring when we are actively thinking. Gamma waves (greater than 40 hertz) have the highest frequency and are involved in higher mental acuity, including perception and consciousness. They are thought to play an essential role in nerve cell communication.

The brain contains hundreds of billions of nerve cells. Researchers believe our thoughts are created when large groupings of these nerve cells "fire," or send messages to each other, through bursts of electrical activity at the same frequency. Many scientists believe that synchronized neural firing, which occurs when masses of nerve cells fire or emit electrical signals at the same frequency at the same time, lies at the root of numerous essential cognitive functions, including memory and perception. Gamma wave activity, in particular, exerts a powerful influence on the brain because the production of gamma waves involves thousands of nerve cells moving at extremely high speeds in unison. Interestingly enough, Davidson found that the gamma waves in the monks showed much greater activation, and the movement of the waves was far better organized and coordinated than in the non-meditating students. The meditation novices showed only a slight increase in gamma wave activity while meditating, while some of the monks produced gamma wave activity more powerful and of higher amplitude than any previously reported in a healthy person in the neuroscience literature.

In addition to frequency, brain waves can also be measured in terms of amplitude, which describes the size of the wave. It is thought that brain wave amplitude is related to the amount of nerve cells present, as well as the degree of synchronization, with which the nerve cells fire. In other words, when an individual has a lot of nerve cells that fire well together, the size of the brain waves will be larger than when there are fewer nerve cells or when the nerve cells are not firing well together. The fact that the monks showed such high amplitude gamma wave activity is significant because it indicates that not only do they have a lot of healthy nerve cells, but these same nerve cells are also firing with a high degree of synchronization. Synchronizations of neural firing at high frequencies (gamma waves) are thought to play a crucial role in integrating scattered neural processes into a highly ordered cognitive act such as memory and in inducing synaptic changes. In other words, when nerve cells are firing with a high level of synchronicity (as they were in the monks' brains), brain cells are able to communicate with each other much more readily and the entire brain is able to function more efficiently. It is important to note, however, that the potential benefits of increased gamma wave activity are based upon inferences that have yet to be proven. More research needs to be done.

Gray Matter

Davidson has done follow-up studies and has concluded that meditation (along with increased gamma wave activity) results in a redistribution of gray matter in the brain, as well as a decline in the loss of gray matter. The decline of gray matter, which is natural but accelerated in HD, mirrors a decline in cognitive function and processing ability. The brain has two main layers: gray matter and white matter. The layer of gray tissue surrounds a whitish core, like the peel of an orange around its juicy interior. Gray matter is the command and control center of the brain where all the nerve centers are located. White matter, composed mainly of transmission facilitating sheaths known as myelin, simply connects the gray matter together. In the gray matter, we have motor-controlling cells and damage to these cells results in stroke. Stroke can paralyze any muscle that you can voluntarily move, including those of speech. It has been found that individuals with HD typically have a substantially reduced volume of gray matter in the brain, especially in the temporal lobe and the frontal lobe.

In fact, the decline in gray matter is so closely tied to the progression of HD that it may serve as a marker for the degree of brain atrophy. In other words, by measuring the amount of gray matter loss, researchers may be able to predict not only how much the HD has progressed, but also how much the brain has atrophied. This connection is likely due to the fact that an important brain structure known as the caudate nucleus is situated deep in the gray matter. The caudate nucleus is a nerve center that is essential for controlling movement and cognitive processing and has been investigated heavily by HD researchers. When the gray matter volume is reduced, this structure becomes less able to carry out its functions. Because it connects to many different parts of the brain, this inability to function can have widespread effects. Deterioration of the caudate nucleus and its connections to other parts of the brain results in behavioral changes and the inability to control emotions, impulses, thoughts, and movements. When it becomes damaged, the individual may be unable to experience intense feelings of guilt, shame, or embarrassment and be unaware of mistakes that are evident to others. This inability may result in a lack of self-awareness and an inability to evaluate one's own behavior, in addition to making social and personal relationships more difficult. HD researchers have also found that damage to the caudate nucleus makes it difficult for people with HD to prioritize tasks and organize their day, as well as to handle many simultaneous stimuli. Additionally, the caudate nucleus controls voluntary movement.

As you can now see, the caudate nucleus is an extremely important structure in the brain and its deterioration (as a result of gray matter loss) directly leads to many common HD symptoms. It follows that any type of activity or

treatment that is able to delay or prevent a loss of gray matter would also delay or prevent many common HD symptoms. Aging invariably leads to some gray matter loss, but this process is significantly accelerated in people with HD. Hence, it would be highly beneficial for a person with HD to incorporate activities into his/her life that may be able to prevent such a rapid loss of gray matter. Again, it is important to note that meditation has not been proven to preserve gray matter and this claim is based largely on the findings of a single researcher. Yi Rao, a neuroscientist at Northwestern University, says that the science of meditation is “a subject with hyperbolic claims, limited research, and compromised scientific rigour.” Rao further goes on to say that, “Davidson is a respectable scientist, but he has put his respectability on the line with this.” Davidson defends his work as the first step in a new field. “Meditation research is in its infancy.” There needs to be a lot more peer-reviewed research findings in order for Davidson’s claims to be substantiated.

Meditation and everyday life

After reading about meditations’ potentially significant influence on the brain, many readers are probably at least a little bit curious about how to implement meditation into their own lives. As a word of caution, the possibility that there was a pre-existing difference in brain function between the monks and the novices in the study can’t be ruled out. In other words, there may have been a confound in the study because individuals who have high levels of gamma wave activity to begin with may be more likely to become monks. However, the researchers are fairly confident that this is not the case because the monks who had spent the most years meditating had the highest level of gamma wave activity. This “dose response”—where higher levels of a drug or activity have greater effect than lower levels—is what researchers look for to assess cause and effect. Thus, the researchers are also confident that anyone who begins to meditate will be able to experience its benefits. Unfortunately, practicing meditation can be incredibly daunting for novices because they think they have to achieve some form of transcendent state. The monks, however, insist that their state of mind isn’t dependent on any superhuman leaps into higher consciousness. It’s much more pragmatic than that: it’s as simple as training the mind to think differently.

The monks describe meditation as simply a form of mental exercise. Pichitr Thitavanno, a prominent Buddhist, explains, “Despite the importance of the mind, most people appear to take care of the body far more than the mind, often neglecting its exercise or training. They have three meals a day, take a bath twice, provide the body with clothes for the purpose of adornment in a variety of ways, and give it regular and well planned exercise in the form of sports and walking. Even in the case of medicine, the body as a rule receives priority in care and attention, with the mind all this time being neglected and regarded as almost nonexistent. The mind is left uncared for until it becomes dusty, dirty, and polluted because of lack of exercise, training, and development.” In light of this fact, Buddhism introduces the ways and means of strengthening and exercising the mind. Buddhists believe that a mind well-trained and strengthened in the proper manner will help bring peace and progress both to the individual and to society as a whole. It is important to note that Buddhists do not believe that one must become a Buddhist in order to experience the benefits of meditation. Similarly, Davidson believes that the monks’ brains differed so dramatically from the novices not because they are Buddhists who practice meditation, but because they frequently engage their minds in mental training. In other words, meditation serves as a form of mental exercise that strengthens the brain, in much the same way that running or working out serves as a form of physical exercise to strengthen the body.

It is very important to note that meditation isn’t just performed by Buddhists. Nor is there only one form of Buddhist meditation. Nor does one have to believe in the other precepts of Buddhism to benefit from some of the Buddhist methods of meditation. There are secular meditation courses as well as religious.

Just as physical exercise can seem daunting to a person who has never worked out before, mental exercise such as meditation can seem daunting because it is unfamiliar and may feel unnatural. The key is to start off slow and come up with a routine that suits you. It is also important to realize that there is no right way to meditate; there are many different traditions of meditation and many different ways to meditate. In Davidson's study, he had the novices practice mindfulness-based meditation, which is a state of alertness in which the mind does not get caught up in thoughts or sensations, but lets them come and go, much like watching a river flow by. This type of meditation is a good way for beginners to start. To begin, sit quietly for 10 to 20 minutes while concentrating on a single object or on the flow of your breath. When your mind begins to wander, note the new thought or sensation and then gently bring your concentration back to your original focus.

Another major form of meditation known as Vipassana, which means to see things as they really are, is one of India's most ancient techniques of meditation. It was taught in India more than 2,500 years ago as a universal remedy for universal ills. The practice, which was taught by the Buddha, is non-sectarian and has universal application. It does not require conversion to Buddhism. While the meditation practices themselves vary from school to school, the underlying principle is the investigation of phenomena as they manifest in the five aggregates: matter or form, sensation or feelings, perception, mental formations, and consciousness. This process leads to direct experiential perception.

Another major form of meditation is that of Shambhala. Shambhala training is a nonsectarian path of spiritual training that emphasizes the cultivation of fearless, gentle, and intelligent action in the world. This action arises out of trust in innate human goodness and the inherent power and sacredness of the world, connecting with both through meditation practice as well as mindful activity in everyday life. Shambhala training welcomes people of all religious traditions as well as those who follow no particular spiritual path.

The practice of Japa meditation is the technique of using mantras (sounds) to open the heart and mind. The repetition of the sound is supposed to calm the senses and the mind and affect the chemistry of the body. One does not need to be religious to experience the benefits of Japa meditation. Mantras (sounds) can be whatever one chooses—they do not need to be religious mantras. For example, during an inhalation, one might say "I am" and during an exhalation one might say "at peace." This practice allows the mind to focus and concentrate, and clear away other thoughts, emotions, and distractions which normally divert energies.

Conclusion

The unusual collaboration between psychiatrist Richard Davidson and several Buddhist monks unveils the possibility that the brain, like the rest of the body, can be altered intentionally. Davidson and his colleagues put forth the idea that the phenomena of meditation can be translated into high-frequency gamma waves and brain synchronization, or coordination. Additionally, he found that meditation results in a redistribution of gray matter in the brain, as well as a decline in the loss of gray matter. These data suggest that meditation may induce short-term and long-term neural changes. These neural changes allow nerve cells to communicate and operate more effectively, thereby protecting and prolonging the vitality of the brain and several important brain functions. This finding is hopeful and encouraging for people with HD because it shows that there are things that can be done to actively combat the disease. Just as physical exercise sculpts the body and increases physical health, mental exercise sculpts the brain and increases mental health. With sufficient mental exercise and training, it is possible that the onset and progression of several common HD symptoms can be delayed. Meditation simply serves as a form of mental exercise; the key is to frequently train the mind. In the future Davidson hopes "to better understand the potential importance of this kind of mental training and increase the likelihood that it will be taken seriously."¹

What you pay attention to, you become conscious of. *2

While thinking I was having reconstructive surg. at Stanford, I recieved retinal implants and earth to skull. That was 3 years ago, when I was in good health both mentally and physically. One year post op, I was being followed by neuroscience dept. A second surg. was preformed that was the added interface for all movement to be directed by the relay. Being a subject is the most painful, boring and sickening experience one could imagine. There is a lag on the thought process and the language causes my tongue to move. I am so horrified, I can't express it to you. Please say a prayer that I wil have the strength to continue to live and get my life back. Or that my body can fight the effects of so much emf when I touch my dog, it sparks. On a good day I feel like I am being electrocuted only half the time. I exist, not live anymore. *3

Btw, 'retarded' isn't used in the USA language anymore, it's ID (Intellectually disabled). *4

Life is Fun

On the way home tonight I thought: "Why isn't life more fun?"

And realized, life isn't fun, because it isn't!

If I were happy, I'd be laughing and having fun! But I'm not, so can't fool myself into it. That's what drugs do! Deceiving you into believing you're happy or fun.

When you talk, I listen.

When I answer, you undermine what I say.

Because it isn't the kind of love and happy talk you want to hear?

You're deceiving yourself, and undermine my opinion in the process, maybe due to the bad things which have happened to you.

You're hiding in a fantasy of comfort, where perhaps you believe that the whole world should experience your fantasy life too.

Searching by any possible means, to undermining everyone not playing a role in your fantasy, you deceive yourself, and others, into following your whims in Lala-Land.

It doesn't exist, except in your imagination.

You're being used to sustain other's emotional comfort, who don't, and are too afraid, of exposing their potential and rather live by corruption, by their shadow, within a lesser material world...

Yet benefit by stealing, conniving, and luring people into a trap. One which over time renders them hopeless, given up, into socialized beings of comfort with no will, skills, or abilities beyond the social realm, and spending your paycheck.

That's not living, and it's not fun, rather hiding in one's own wishful dream...

Chaos and Death

"For as for our tree from which we grew, a fruit of ignorance is what it has; and also its leaves, it is death that dwells in them, and darkness dwells under the shadow of its boughs. And it was in deceit and lust that we harvested it, this (tree) through which ignorant Chaos became for us a dwelling place. For behold, even he, the Archgenitor of our birth, about whom we boast, even he did not know this Speech."

This clearly shows that by partaking of the forbidden fruit, we did not acquire desired knowledge as most theologians intuit, rather, we inherit the chaos of duality and death.

In the Gospel of Phillip, also on the Nag Hammadi Library, there is the same evidence, although the beginning of the manuscript is fragmented by damage:

God [...] garden. Man [...] garden. There are [...] and [...] of God. [...] The things which are in [...] I wish. This garden is the place where they will say to me, "[...] eat this or do not eat that, just as you wish." In the place where I will eat all things is the Tree of Knowledge. That one killed Adam, but here the Tree of Knowledge made men alive. The law was the tree. It has power to give the knowledge of good and evil. It neither removed him from evil, nor did it set him in the good, but it created death for those who ate of it. For when he said, "Eat this, do not eat that", it became the beginning of death.

This clearly shows that the tree of the good and evil is the cause of the proverbial "fall from grace" producing death, war and casting the humanity of those souls who partook of it into the lowest region of all matter. That is the duality of good and evil.

When any two people disagree on a subject, including the subject of God, they argue and argue until they can't stand each other, or they come to some kind of agreement to disagree in peace. If they cannot form peace, murder, death and war can result.

Nations divide against nation, and politicians against politicians. Even the greatest of empires have all fallen because of duality. World War II marked the most recent attempt to restructure the great empires ending in 1945 with the advent of the atomic bomb.

All great warriors from Genghis Khan, the Caesars, Alexander the Great to the United States of America founded their dominion with the use of advancement of technological warfare. The United States of America conquered the Native Indians with superior weapons (guns and cannons) and ultimately by the intentional delivery of a weapon of mass destruction so great, it is believed to have killed 100 million Indians: Smallpox. It was delivered to the Indians in blankets and small presents. It caused the largest genocide in history, even though some historians argue that the Spanish Conquest of the Americas was an even greater genocide...

Hidden deep inside of the atom are two dual forces that oppose one another with torrential, tidal force. When unleashed against each other, they explode with atomic devastation. Today, it beckons the world with a force so coercive, no one dares use force against those who possess it: the atom bomb. Everyone but the Tahitians and the Hawaiians want it now. If everyone could live in paradise, who would want the bomb? The fact is, most of the world doesn't experience life like it is in Hawaii and Tahiti. That is why we save our hard earned dollars just to visit the tiny islands of paradise. Then, out of jealousy, we will make war to take it away from the Natives. ^{*5}

The Global Mind and the Rise of Civilization

To understand what is going on I believe a critical factor is to know the origin of the human mind and what makes this evolve, since we have all been misled by official science to believe that our minds are created by our brains. As an alternative to this view I have... described how all of our individual minds are connected to—and in resonance with—a global mind. Even if the vast majority of humanity is unaware of it, it is the evolution of this global mind, which determines the course of human history and the rise and fall of civilizations. This global mind is mediated by the core of the Earth but emanates from the center of the universe and is as such outside of human control. It may thus also be experienced as an invisible power influencing the perceptions, intentions and actions of the human beings, which in a sense makes things happen above our heads.

In this view, our individual minds are not created by our brains, but are instead downloaded by our brains. Our brains are tuned in to waves with certain frequencies that allow us to create resonance with the global mind. That the mind has a global nature explains why in a given era civilizations will share many characteristics even if they are located in very different parts of the world. This may be most visible from ancient times where cultures have created very similar mythologies and architectural constructions even if they had no contact with each other. The fact that each one of us individually downloads aspects of the same global mind is also the reason that we understand each other relatively well (at least within a given civilization) and that human civilizations are rather coherent.

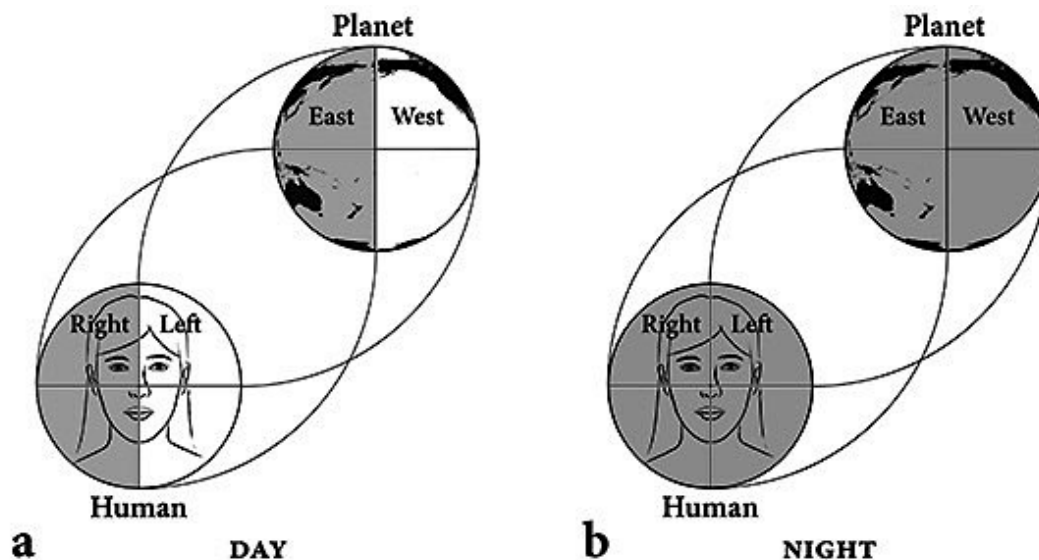
According to the previous, the kinds of civilizations that human beings have created and will be creating are determined by the unfolding of creation waves that we all tune in to in order to download our minds. The mental and spiritual evolution of humankind is thus determined by the ups and downs of waves of creation emanating from the center of the universe (what the ancients would call the Tree of Life). It is for these reasons that we are all part of a cosmic plan and nothing, which happens in human history, is a random occurrence. Instead, our actions emanate from an invisible wave (or quantum) field, or if you like the matrix that underlies and gives direction to our lives... the evolution of the human mind (and hence the civilizations this creates) is a result of a sequential activation of nine waves that make up this matrix. Understanding our current situation and charting our possible futures thus depends on understanding these waves and knowing how to create resonance with them. These waves are the core message to humanity of the Mayan calendar system, which anyone taking this system seriously needs to learn about...

The Rise of the British Empire and the Era of Western Dominance

The Sixth Wave thus led up to its seventh day, which in the time period 1617-2011 CE created a global civilization. Since after all our own time is what we may need to get a new perspective on, we will study this day in more detail here. The beginning of this day, as would be expected from a time when the global mind becomes activated, meant a rise in rationality. This we can immediately see for instance in the scientific revolution that took place at the time (Kepler, Descartes and Galileo), when experiments replaced mere speculation and mathematical laws of nature for the first time were formulated. In the Netherlands the world's first stock exchange was instituted in 1618 and in Sweden paper money first came to be used. Protestantism survived the religious wars and at the Westphalian Peace Treaty in 1648 the modern nation-state was born.

Science, capitalism and Protestantism as well as the nation-state are structured mental products of the left brain half and were created by people in resonance with the global mind of the Sixth Wave. In the Sixth Wave the global mind is characterized by a polarity that gave light to the Western hemisphere (*figure a*) and resonance was created with this matrix according to the principle of As Above-So Below. The more holistic sides of the human beings that we associate with the right brain half then came in the shadow and because people tuned in to and created resonance

with the western light a new left-brain mentality emerged as a result of the shift to a day in 1617 CE. The fact that the light would fall on the Western Hemisphere throughout this whole era would also by itself be very consequential. It meant that Western European nations would be favored when it came to the emergence of colonial empires. While initially Spain, France and the Netherlands would be its contestants, eventually Great Britain emerged as the most important of these western empires. It became the nation that predominantly spread its language as well as European civilization and technology across the world.



The build-up of the British Empire began for real with the establishment of its first trading post in India in 1615 and the first lasting land-based colony in Massachusetts in 1620, which both were very close to the beginning of the seventh day in 1617. I however believe it is important to note that before this could happen Great Britain had to be established as a single political entity in its own base area. A pre-requisite for the power of the British Empire was thus that the Crowns of Scotland, England and Ireland were unified in 1603. There is a curious and very relevant parallel here in the emergence of the world's oldest nation state around the beginning of the first day in 3115 BCE. Only after Pharaoh Menes had unified the crowns of Upper and Lower Egypt, would the development of a civilization truly begin around the Nile. Thus, history sometimes repeats itself in accordance with the Sixth Wave...

A result of this global presence of Great Britain and later the United States was, as already mentioned, that the world for the first time was brought together into one civilization. With the model I am presenting this seems logical. If the mind is transmitted to the humans from the Earth and is global in character, and if this indeed is behind the rise of civilizations, then it would be expected that at some point the Sixth Wave should generate a civilization, which is global. This happened in the seventh day through the agency of the British Empire, and more generally the Western powers. However, unless the global mind of the Sixth Wave would have supported the Western hemisphere (*figure a*) the Western powers, and especially Great Britain, would not have been able to create empires. The global mind is the primary factor that determines what happens on our planet...

At least over time, and possibly very soon, a new civilizational balance may be expected to be established on a global scale whether we like it or not. *6

Choice

You are not what you think you are, but what you think, you are! ^{*7}

SEE how abundant the love of the Father is toward us, for he has called us sons and made us: therefore the world does not know us because it did not know him. My beloved, now we are the sons of God, and as yet it has not been revealed what we shall be: but we know that when he shall appear, we shall be in his likeness; for we shall see him as he is. Let every man who has this hope in him purify himself, even as he is pure.

Whoever commits sin commits evil: for all sin is evil. And you know that he was manifested to take away our sins; and in him is no sin. Whoever abides in him does not sin: and whoever sins has not seen him, neither known him. My children, let no man deceive you; he who does righteousness is righteous, just as Christ is righteous. He who commits sin is of the devil; because the devil has been a sinner from the beginning. For this purpose the Son of God appeared, that he might destroy the works of the devil. Whoever is born of God does not commit sin because God's seed is in him; and he cannot sin because he is born of God. In this the children of God can be distinguished from the children of the devil: whoever does not practice righteousness and does not love his brother, does not belong to God.

For this is the commandment that you have heard from the beginning, that you must love one another, Not as Cain, who belonged to the wicked one and slew his brother. And why did he kill him? Because his own works were evil, and those of his brother were righteous. So be not surprised, my brethren, if the world hates you.

We know that we have passed from death to life, because we love our brethren. He who does not love his brother abides in death. Whosoever hates his brother is a murderer: and you know that no murderer has eternal life abiding in him. By this we know his love for us, because he laid down his life for us: and we ought to lay down our lives for our brethren. Whoever has worldly goods, and sees his brother in need, and shuts his mercy from him, how can the love of God dwell in him? My children, let us not love one another in word and in tongue, but in deed and in truth. And by this we shall know that we are of the truth, and shall assure our hearts before he comes.

For if our hearts condemn us, how much more, then, will God who is greater than our hearts and knows all things. My beloved, if our hearts do not condemn us, then we have confidence before God. And whatever we ask, we receive from him, because we keep his commandments, and do those things that are pleasing to him.

And this is his commandment, That we should believe on the name of his Son Jesus Christ, and love one another, as he has commanded us. Whosoever keeps his commandments will be guarded by him, and he will dwell in him. And by this we know that he abides in us, by the Spirit which he has given us. ^{*8}

Those who do not examine the different aspects of the conspiracy will remain incapable of understanding the world... Our rulers want us to believe that a lack of historical knowledge and ignorance about the secrets of nature constitutes true knowledge.

Lina laments the rampant ignorance by the masses who possess little or no understanding of the vast evil on their very doorstep about to break down the door and enter therein. Wisely, he contends that the ignorant, while not the inventors of evil things, nevertheless are accomplices and contributors to evil. "Not being aware of these facts," he writes, "is in itself an evil because ignorance serves evil." ^{*9}

"Just live your life"—like the illuminati puppet Rihanna says... And it'll only get worse. People are more and more distracted nowadays, everyone is always on their phones, entertainment is a fingertip away. We are feigns for comfort, entertainment, materialism, attention, etc.

Facebook has made everyone a narcissistic reality tv star, tv sexualized us from an early age and then porn made us sex crazed; pop culture and most music feeds our egos and distorts our view of the world, phones, video games, etc keep us addicted to entertainment and lazy.

On the flip side, there's a lot of good that can come from all this. Imagine being in your 20's or 30's, and realizing the corruption. It's like not truly appreciating the ability to see unless you've been blind.

Well, you don't really know what the truth is, and what waking up is, unless you've been utterly deceived and lied to your whole life. At the end of the day, no matter what the elite scumbags are trying to do, we are all responsible for our own actions.

They simply give us the option, we fall for the bait. The few that wake up, are sincere and have the courage, will make some good come out of all this. These few will truly know that "the greatest trick the devil ever pulled was convincing the world he didn't exist" is a truer statement than most will ever know. And therefore realize, if there's a devil, there must be a God. *¹⁰

If we instead embrace the *spiral*, a dialectic is created whereby we transcend the limitations of both thesis and antithesis, matriarchy and patriarchy, conservative and progressive, etc., while achieving in the process a genuine liberation beyond dualism...

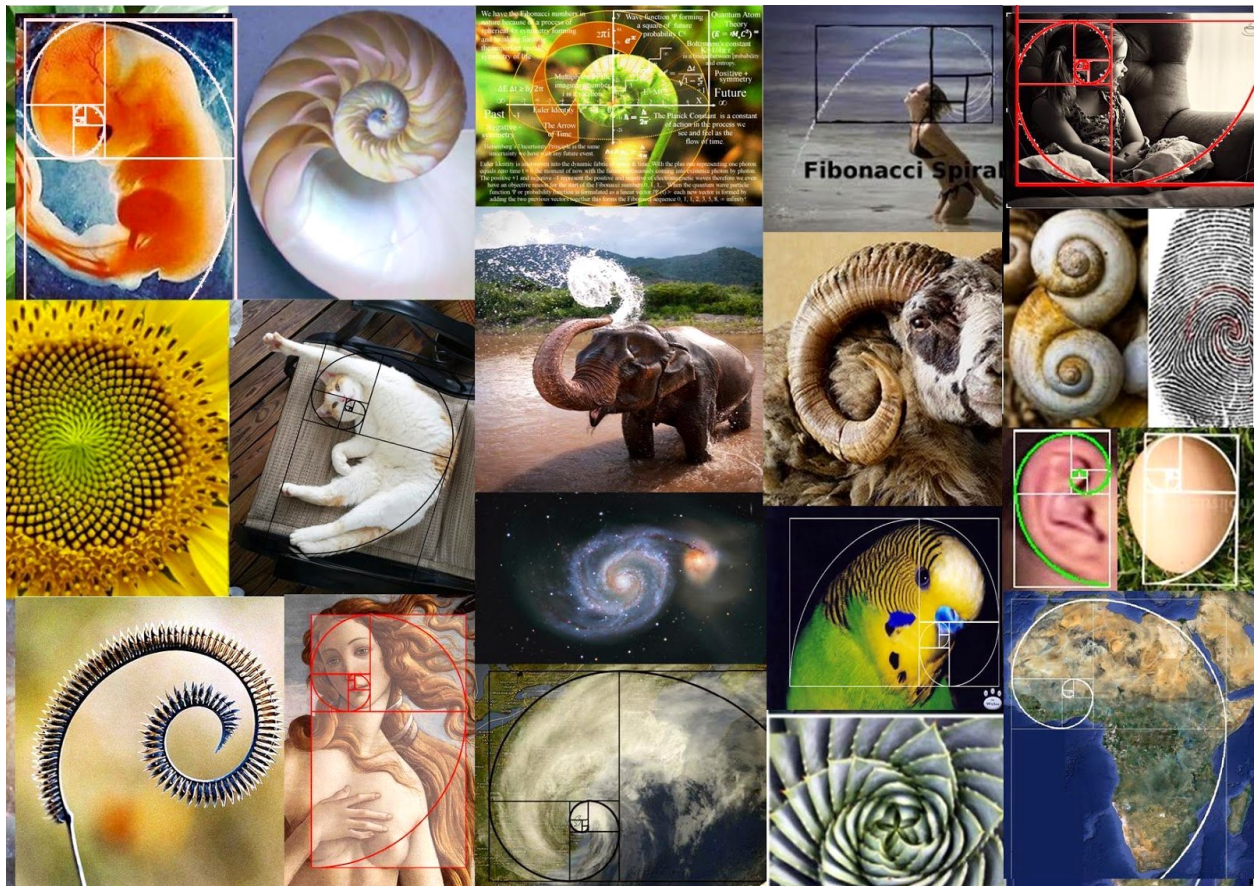
The fact remains, however, that Europeans journeyed to the "*New World*" with their linear paradigm, perhaps with the ultimate albeit unconscious goal of experiencing the cyclic paradigm of *Native Americans*, and vice versa. In a sense each culture needed to perceive the other as an Other, thereby creating the icon of the spiral, which speaks both from the heart and to the heart in purely visionary terms. Reflecting vastly different world views, the symbols of circle and line were perhaps destined to be subsumed by this greater icon, viz., the healing spiral which rises above, conquering all polarities in its arc of reconciliation.

Not only does the spiral include history in its spiritual sweep, but it also encompasses biology, even allowing for the theory of evolution. Just as a cart, one with innumerable wheels perhaps, slowly moves forward in a straight line, so the process of evolution is simultaneously cyclic and linear.

Again, Cirlot's dictionary states that the spiral is in fact "*A schematic image of the evolution of the universe.*" It is no coincidence, then, that the term evolution (*e-* "out" + *volvere* "to roll") means "to unroll" or "to open outward"—the precise motion of the spiral.

The paleontologist and Jesuit priest Teilhard de Chardin remarks on the shift from the 2-D to the 3-D spiral in evolutionary terms: "We have no longer the crawling 'sine' curve, but the spiral which springs upward as it turns. From one zoological layer to another, something is carried over: it grows, jerkily, but ceaselessly and in a constant direction. And this 'something' is what is most physically essential in the planet we live on."

Teilhard may well have said "...physically and spiritually essential," for he believes that all of Creation is an evolutionary process... It is a galactic path... the spiral not only heals, it also redeems. *¹¹



ABOVE: EXAMPLES OF FIBONACCI (GOLDEN MEAN) SPIRALS, "AS ABOVE, SO BELOW" IN NATURE'S FORMS, MOTION, EVOLUTION, ETC. *12

The Fibonacci Spiral can be seen almost everywhere and there seem to be no connection, no logical reason. But all the Fibonacci Spirals are formed over a period of time. In this theory the future is not based on total randomness, it is based on broken spherical symmetry and this takes the form of the most beautiful geometrical shape with the Fibonacci spiral being visible almost everywhere in nature.

In such a theory we see the Fibonacci Spiral in plant life not because of economy of growth, but because we have a universal process of symmetry forming and breaking. This is why the Fibonacci spiral can be seen in so many different ways that are totally unconnected. The connection with all these Fibonacci spirals and curves is that they were all formed over a period of time. It is the continuum of space-time as a geometrical process of symmetry forming and breaking that forms the Fibonacci Spiral.

Light has momentum and momentum is frame dependent therefore we have a process that forms individual reference frames. We see and feel time as two dimensional with a future and a past like the two dimensional surface of a sphere. The inner surface is concaved and the outer surface is convexed forming different aspects of the same process. This form the different aspects of positive and negative charge. With momentum from the center of the sphere always interacting with the surface at right-angles. Therefore electromagnetic fields always interact at right-angles. Charge is an innate part of all matter forming a universal process with the spontaneous absorption and emission of light forming what we see and feel as the ever changing world of our everyday life, the continuum of time! In this theory the Future is unfolding light... *12



ABOVE: LIVING BY 'REASON, NECESSITY, CIVILIZATION AND POWER' VS 'FEELING, INTENTION, AND "FUN" WITHOUT CONSEQUENCES'. *13

Here's my take in a most basic sense...

1. Austrian Economics — Actions of human behavior in changing conditions. Hence... more dynamic and adaptive to external forces. This makes modeling irrelevant since more a continuum versus yes/no. Decentralization?
2. Keynesian Economics — Poorly defined role and benefits of government as a solution with arbitrary, incomplete, obtuse, unproven tenets. Static and one dimensional to issues, forces and actions. Simple cause... effect and solution. Centralization?

Which of the two comes closer to the laws of nature? Everyday life. As a scientist and everyday modeler for over 30 years, plus day to day life experiences... its number 1. *14

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(user comment)

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God

The *All* that *IS*.

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