Cover

Disclaimer

Acknowledgements

Meaningful Quote

Contents

Dedication

**Induction *Etiology or Teleology?***

**Breach 01 *Y(our) Goal-cause***

**Breach 02 *The Proof***

*You and the Contradictions*

Memory as data for your Goal-cause

- Inside Data: Memory as a data mine for Goal-causes (+my own examples + others)

- Outside Data: Everything You Sense is a data mine for Goal-causes (+made-up examples)

**Breach 03 *Their Goal-cause***

Dividing “Other” into Supply Seeker and Supply Generator

Their Goal which Causes: To Flood Input, for Expected Output.

**Breach 04 *PSIM(I) Engine***

- Pause (GABA + Serotonin)

Metaphor: hitting pause on chaos

Breathing + body-scan protocol + Connection

- Scan (Acetylcholine)

Metaphor: magnifying glass on the moment

Five-sense ritual & journaling

- Influence (Dopamine)

Metaphor: motivational sparks

Track small rewards and nudges

- Modify (Interfere) (Norepinephrine)

Metaphor: tweak the recipe

Spotting surprise feedback + confidence loops

**Breach 05 *Acceleration***

PSIM(I) Accelerator + Societal Tools

- Fueling Rapid PSIM(I) Progression

Boost neuroplasticity through biological inputs and behavioral precision.

- Supplements & Protocols | Supplement | Dosage & Timing |

|-------------------------------------|-----------------------------------------|

| Optimized Carnitine (Life Extension)| 2 capsules – morning, empty stomach |

| Sunflower Lecithin (Legendary Milk) | 6 capsules – morning, empty stomach |

| GABAtrol (PureLife) | 2–3 capsules – morning, empty stomach |

| Omega-3 (Amazon Essentials) | 2 capsules – morning, empty stomach |

| Naturelo Multivitamin | 1 capsule – morning, empty stomach |

| BrocElite (if inflamed) | 1 capsule – anytime with food |

| BrocElite + CurcElite (chronic) | 2 BrocElite + 2 CurcElite – split meals |

- Food Foundations & Behavioral Routines

High-protein, high-healthy-fat, and Fiber. Why the body doesn’t need sugar, and how it slows circulation and absorption of nutrients.

- Sleep Behaviors:

optimized sleep, routine pausing

- Movement: Exercise, Walking, anything is better than nothing.

- Capitalizing on Emerging Community Safety Nets

+ (Total financial cost per month)

**Breach 06 *Recursion***

For Fucks Sake, make sure to sleep. Sleep Cements the Recursion

From the Bottom, to the Top

- Neurons repeat their state through inducting contradiction, hybridizing, then releasing. You repeat your state through inducting contradiction, hybridizing, then releasing.

**Breach 07 *The Three-Phase Cure***

A practical sequence for rewiring stress adaptations once labeled as disorders.

Phase 1 – Dissonance Integration

Embed PSIM(I) into daily living

Identify contradictions to states as catalysts

Phase 2 – Stella Sympathetic Reset

Reset flashbacks, hyperarousal, and mood volatility

Lifestyle tweaks + guided calm rituals

Phase 3 – EMDR Final Push

Maximize awareness through eye-movement protocols

Merge insights into daily cognition

**Breach 08 *Contradiction Recursion***

Cultivate dialectical respect and adaptive collaboration.

Awareness of Other

Each person runs their own PSIM(I) cycle

Observe without interrupting the loop, but help if you can.

Do NOT Idealize or Devalue

No praise, no rebuke

Feedback = data, not judgment

Encourage & Discard Opportunistically

Offer nudges—then step back

If a suggestion fails, discard it with neutrality

Discouraging tasks you’ve done or Encouraged is a one-way ticket fuck-town.

**Breach 09 *Beginning and End***

I wanted to make some new words to encapsulate “sort of both” and goal-cause into something with more coherent meaning. Let’s hybridize etiology’s Greek root with teleology into... teleoaitia. It literally means “purpose-cause” or in an extended way, it can also mean “beginning-end.” Then, the study of these goal-causes would be:

Teleoaitology: Greek Roots: telos + aitia = teleoaitia, which means “goal-cause.” The study of goals which cause, or the study of the origin to the end.

**Breach 10 *The Dead End***

True Narcissism **is tactically seeking supply without contribution.**

**Contradiction *What does the World look like?***

A Free World Could be...

A world where (X) exists, and (Y) does not exist.

But that world is here, now, and how to see it, when some don't want you too.

**Epilogue *Why I Made this Book***

This Book will always be here. You're free to come back anytime.

Don’t Let them eat you,

The Author

10. Epilogue – Why I made this book