

COVER PAGE

for

Condensed, Expanded LIFE Reflections On (copyrighted 2-17-2017) as contained in the following
Last 11 Essays of 52 Essays + Song Sets developed as legacy of this particular life

Essays 42 - 52 registered for copyright 7-17-2018

Original LIFE Reflections On found in Original PDF at www.evacarynason.com
(Corrections needed to LIFE Reflections On in Original PDF are listed in
Essay 48 of Condensed PDF)

Not included in this set of 11 Essays are the autobiographical snippets as mentioned in Essay 42.
These snippets will become part of Essays 42-52 when the set of 52 Essays + Song Sets are ready for
distribution at some time within the coming year for my children or anyone who might be interested.

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Condensed, Expanded LIFE Reflections On
Eleven Essays

by

Eva Cary Nason

July 17, 2018

Snake et al: Dispossessed I - Set 42

In the previous essays I write from what is coming to seem to be a long-ago time in my life. A quarter of a century has elapsed since I wrote Essay 41.

Even then, I knew I had eleven more sets of songs and needed eleven more essays to complete the song project I had started.

As can be seen from the titles of the last eleven song sets, the needed essays would need to address change, change, change, concluding hopefully with that which could be said to stay constant.

It is my hope to now complete this song project by writing the eleven remaining essays.

At this late period in my life, being of the age of 77 today, July 15, 2017, I have considered that it would be good for me to say whatever else I might have to say about the previous portion of my life if I am going to have any sense of completion of that portion. Perhaps I shall have long life yet to come, but I think a new story will ensue.

On July 1 of this year my ex-husband of 25 years died. He was my only husband, the father of my two younger children and he exited my life 15 years ago. He was a good father and left his children a book containing summations of the periods of his life. His doing so has suggested to me the possibility of forming a portion of these remaining eleven essays from autobiographical summations of periods of my life.

Since this song project developed as a legacy for my children, it would seem reasonable to complete it now with autobiographical snippets, but I would hope to intertwine these snippets, as much as possible, with the theme of the song set itself and with a last task that I see before me. I abandoned the song project some 25 years ago because I had irreversibly caught onto the string of an inquiry I could not let go until it culminated in conclusions which I was finally able to sum up in a book format and send to the U. S. Copyright Office on February 17, 2017.

Neither my children nor anyone else of the approximately 150 people to whom I sent an electronic copy of the PDF of my 471-page book (found on my webpage at www.evacarynason.com) have likely perused it beyond determining to go no further than the initial perusal, if even that. I have suspected the radical nature of the book prevents it from lending itself to ease in reading or to ease in making use of any of the material in it.

Therefore, as part of my legacy to my children, I have determined that I must try to provide brief, comprehensive expositions of the material in the six parts of the book and some suggestions of how to more easily use it. I shall do this in nine of the remaining ten essays with the last essay being the culmination.

Songs from the Interior I - Set 43

My earliest writing regarding the string I latched onto 25 years ago, as mentioned in Essay 42, was based on my effort to look into voice improvement if I were going to be singing a lot to my children. I perused the writings of great singers and singing teachers and found they often made use of language for shaping the voice tract.

Eventually, I would come to connect the development of language at a given place on earth with the efficacy of the making of particular sounds in causing the body at that particular place on earth to line itself up in its optimum balance. Therefore, to use those particular most basic sounds in preparing and exercising the singing voice should naturally be often efficacious in directing a person toward a balanced body and, thus, a balanced vocal tract.

My entire work, as found in the PDF at www.evacarynason.com, hinges on my perceived discovery that there is a single optimum alignment for the body at any given moment. A friend has told me that her workplace occasionally holds seminars on measures for staying healthy. One measure was to use the voicing, aloud or silently, of our first numbers in reverse order, that is, 5,4,3,2,1, in order to jump-start our bodies to engage in whatever physical or mental activity needed. To do this in a certain way can have some effect in pulling the body into momentary alignment in the same way as utilizing many of the alignments laid out in my book based on knowing one's bodily structures and how they should be utilized at any given time.

However, the goal for a person wishing to create a body capable of perpetual optimum alignment and balance is to fashion the structures of the body so that they are not subject to lapsing out of alignment when one is not repeating over and over "5,4,3,2,1," or using some other trick based on no awareness of what the trick is actually doing to our many bodily structures. (Smile with your eyes, my son's wedding photographer told us - very efficacious!)

Manuscript I of Part 6 of my book in the PDF at www.evacarynason.com, the title of which is Life / Reflections On / What It Is / How It Developed/Develops / How It Processes To Death (but Possibly Need Not Do so) / What It Tells About Our Universe, describes my beginning effort to figure out what the perpetual, but constantly changing, optimum alignment of the human bodily structures might be and how the structures might be reshaped to allow for the perpetual reshaping needed to maintain constant optimum alignment.

That which I was discovering, which would lead to my writing Manuscript I, was that the way my body was arranged could give me very different sensations when I did things such as say "5,4,3,2,1." I could think the series of numbers in such a way as to seem to feel no change to anything except for a flutter of activity in my larynx, and I could say the numbers with there only being added on a bit of tightening of my pharynx in the area behind the larynx and the mouth.

Alternatively, I could say the numbers with emphasis on each and feel tightening occurring in the abdominal area and up my spine.

In the first instance of little sensation associated with the thinking or saying of the numbers, I was in maximum bodily sag mode in which breathing was altogether shallow, likely reaching only the very top lung segment/s of the 18 available segments.

In the second instance, of emphasizing the numbers, I have begun the process of tightening up my spine, even affecting the crista galli in the top front of my head. Since the spine is connected to everything else, I am thus rearranging areas such as the abdomen to alter lung segments quite likely for more extensive reach of breath.

Of the two people who have ever indicated to me they have read any part of Manuscript I of Part 6 of my book, they have both commented that the kind of things about which I am writing are

generally known. I assume they refer to it being known that breathing is of essential importance to the human being and that there are things which can be done to enhance breathing capacity.

So, how does it seem to me that my Manuscript I goes beyond these generally known concepts? In this first manuscript, I think I trace some of the path toward my coming to understand that I would need to learn my anatomy, that is, to know my bodily structures, and, also, to discover whether I could sense anything about them.

Some of the initial indications of Manuscript I, based on the obvious fact of the body being extremely complicated because of so many parts, are that if the body is not known in its many parts and what the parts ought to be doing at any given moment, then we have no way of really fixing anything.

Further, Manuscript I points toward the concept that optimal breathing leads to optimal functioning but that the large sequential number of spaces into which breath needs to be taken, or structures with which breath needs to be especially associated, are likely not known at all. Consequently, there is not even anyone telling us that the very limited number of spaces into which many of us breathe are altogether insufficient.

Manuscript I implies that a life style conducive to a laughing, smiling facial configuration brings human bodily structures toward their optimal alignment and that the jaw is the primary culprit in disrupting this alignment by misaligning muscles. This is due to the improper seating in its space of the head of the jaw, that is, the head of the condylar process (in front of the ear), a chronic condition which is greatly exacerbated by all kinds of mental and physical stress.

In Manuscript I, “back breathing” is discovered, that is, the possibility of breathing in such a way as to get breath to the back, lower sections of the lung.

However, now, at the end of all my “discoveries” to present, I am going to propose that I speak from time to time as though I were the writer of science fiction in order to not destroy whatever value the rest of this work might have if I advance theories that seem to be of a science fictional nature. Therefore, whenever I wish to jump to the “discoveries” I believe my years of work have brought me, I shall declare myself to be in SciFi mode.

In SciFi mode now, I would say a major importance of back breathing is its effect in expanding the back and, thus, effecting the possibility of more properly aligning lumbar vertebra 5 (L5).

Still in SciFi mode and jumping from Manuscript I to the present, my discoveries lead me to conclude that the proper alignment of L5 would result in the proper alignment of ourselves to the master one of the four dimensions in which we live of which we are aware, that is, the dimension of time, which I will deem to be the gravitational flow of our universe.

Continuing in SciFi mode, I would propose that the seating of the head of the jaw in its space is the arbiter of the degree to which we will experience alignment in all our four dimensions, that is, the dimension of time and the three spatial dimensions. I would further propose that it is the many ways we misalign to these four dimensions which cause all our maladies and our death.

A further implication of Manuscript I leading to a large concept derived in the present (which I will discuss presently in SciFi mode) hinges on my early realization that the rise in bodily structures which occurs as we inhale needs to be a rise in those structures which is maintained as we exhale. Only in recent months have I come to see the large concept to be derived from the realization that our inhalation should be done with and into an extending-spine body whereas exhalation should occur from a flexing-spine body, which is the process assuring that there is no collapse of risen structures during exhalation.

The larger concept involves the possible effect on the larger environment around us of

breathing in the two different ways, the one leading to an expanding environment and the other to a contracting environment. Reference to this concept is found on Page 422 of the book forming the PDF on my webpage, www.evacarynason.com and will be discussed further at the beginning of Essay 44.

Manuscript I declares there to be “a crux of the matter,” that the goal is to keep our center of balance at our center of mass.

As time went by and concepts leading to the rest of my book in the PDF emerged, it became more and more apparent that change truly does underlie everything because it came to appear that our center of mass should be ever altering from one structure in our body to the next through each day of each year and that all of these structures are undergoing change to accord with the constant change of our universe. Insofar as this is not happening and our center of mass remains more or less constantly associated with some main structure in our body such as the sacrum, then our body adapts itself to allow the necessary constant change to occur as wear and tear on various bodily structures until they give way rather than alter to fit themselves to universe change.

Songs from the Interior II - Set 44

As these latter 25 years went by, I began learning my bodily structures and the extent to which I could sense them within my body. Always, however, I was looking for the large picture - why do we exist at all? I read as much as I could from physics and other scientific disciplines and, inevitably, began devising possible scenarios for how the connections I was making within the body might relate to the larger universe.

Since I had nothing but myself and my books to inform me, when questions arose as to what the difference might be between a surely common normal way of breathing into a body with a flexing spine and exhaling from a body with an extending spine and the opposite way of breathing I had derived as associated with a more optimally aligned body, that is, with an extending spine during inhalation and flexing spine during exhalation, there was always the impetus to move toward an explanation that would shed light on my questions of why we are here and what it is all about.

The SciFi-mode theory I devised as to the large-picture difference between the effect of the one configuration of the spine during the breath cycle as compared to the other configuration was a large-picture concept indeed, the difference determining whether living, breathing creatures were contributing to universe expansion or universe contraction. There was a distinctly different sensation between exhalation in the old normal way and exhalation when I felt I had fixed my spine such that there could be no extension of it during exhalation as well as no collapse of structures which had risen during inhalation. In the old normal way, there was the obvious expulsion of breath from nose or mouth; in the new way, it were as though the breath I had inhaled was compressed by my body to be sent forth by some means from the various exit routes I had concluded must exist for sending forth what I suspected must be electromagnetic energy or what I referred to as spectral wave-length energy. There were six exit routes for this energy to accommodate what I further concluded must surely be the continuum of electromagnetic wave-length energy. (See Lines 28-33 of any odd-numbered page of the Tables of Part 4, Pages 117-356, of my book in the PDF at www.evacarynason.com.)

Always there was the question, "How could this be?" I had no means of verification, but, in my mind, the possibility was so intriguing that I had to try to present it in hopes of eventually also intriguing someone who might be in a position to determine any possibility of credence to my science fictional concept.

As time went by I began wondering whether there could be any credence to my growing suspicion of just how intimately entangled everything in our universe actually is. Would it be possible that some tiny happening on earth could radiate out to affect the larger universe? And, therefore, the configuration of a spine of a single human being on earth could have some effect on universe expansion or contraction? If so, then could it be possible that whatever was happening in one spot in the universe would affect all the universe?

In Manuscript II, *Musings with Anatomy Book*, I concentrate on discovering what I can about the effect of our sinuous spine on the rest of our body and the effect of the sacrum on our spine. The role of the larynx on our bodies is considered at length, and it is in connection with the larynx that I insert one of the longer italicized sections harkening forward to insights from the latter year or so. It is in this particular italicized section in which I present my SciFi mode theories regarding the source of the dimension of time and of the three spatial dimensions familiar to us and the role played by the sesamoid bones of our body in forming us to function as four-dimensional beings (see Page 400 of my book).

Continuing in Manuscript II, there is much attention to two big ligaments, one running along

the front of our vertebrae and the other along the back, the anterior and posterior longitudinal ligaments, with reference to their possible roles in the flexing and extending of our spine and the tilt of the sacrum and so on.

Finally, the last portion of Manuscript II explores, in particular, the connecting tissue in the brain, the membrane called dura mater, its attachments in relation to the peak portion of the skull's ethmoid bone, that is, the crista galli, the coming-to-be all-important indicator of body alignment, as well as the dura mater relation to the posterior longitudinal ligament.

It seemed that all the connections I was making in Manuscript I and II and the various different effects I seemed to be creating in myself both physically and mentally by manipulating bodily structures to better accord with what I was determining was a more balanced body were indicating that there was much not yet known about what was happening in our bodies as well as how we living creatures related to everything else.

No doubt I began wondering early on whether our various physical and mental maladies need not exist if we functioned in accord with some optimum alignment and balance of our structures. And maybe there was a way to align ourselves so that our bodily structures did not have to wear out. But, if I were beginning to imagine the possibility of arriving at a condition of on-going life, then I had to imagine the possibility of arriving at a condition of on-going happy existence, of that state of existence that gives us equanimity and underlying joy in being alive regardless of circumstances in order to make the prospect of on-going life palatable. I had my work cut out for me.

Native Americans: Dispossessed II - Set 45

In preparing to write these last 11 essays, I gave one or two word depictions of the periods of my life about which I might write. This period after university I referred to as floundering time, that is, coming from school ready for the next phase but not easily finding my way.

How nicely this dovetails with my plan for these essays to include some synopsis of the parts of my book as found in the PDF at www.evacarynason.com, in this case, Manuscript III of Part 6.

In Manuscript I and II, I was attempting to school myself in the anatomy of the body and determine what I could sense about the possible relevance of the connections of all the anatomical parts.

At the beginning of Manuscript III, I have distinctly moved on to the “larger questions” by stating that a base question as to our origin is to ask how matter comes into existence in the first place. Then I ask, “Is not the difference between living and non-living matter nothing more than the capacity of the collection of living matter to respond to its environment in a seemingly non-passive way?” I go on to respond that a means of doing this is “by affecting some kind of movement that issues from within itself.” (Later, I would come to suspect that what I refer to as non-living matter would result from the formation and development of my proposed Russian-type nesting-doll universe of “living matter” represented in levels of named energy entities, i.e. a universe, a galaxy cluster, a galaxy, a solar system, an earth-type living creature and likely one more level. Please remember that in SciFi mode I can imagine all sorts of things!)

To move on, then, beyond these introductory remarks of Manuscript III, I propose that “we might look at ways that chance movement became predictable, organized, controlled movement.”

Thus begins - or continues as the case may be - that which my moments of doubt declare to be a floundering effort to discover and explore possible paths to answer why we are here. However, my moments of doubt have been constantly superceded by those next moments of perception of possibilities seemingly not yet elsewhere proposed. Therefore, Manuscript III moves into a story of the functioning of living organisms as found in a process of add-ons, the accretions, with the process by which these occur developing into Parts 1 and 2 of my book.

I propose that these accretions result eventually from the initial continual movement from equilibrium to disequilibrium occurring within a collection of molecules which is discreet and separate from the environment around it but which takes substance from this environment by way of the opening or lengthening of that which encloses the collection of molecules, perhaps a globule-forming membrane. Then I draw a parallel between this membrane lengthening and the manner in which I propose muscle first developed to function by means of lengthening rather than contracting since contraction comes with much needed paraphernalia in the form of the development of other kinds of add-ons thru the eons such as ion channels of messaging systems.

Next in Manuscript III there is mention of the 22 amino acids used to form the proteins of our bodies and a discussion of the unique characteristic of only one of these 22 amino acids, glycine, whose carbon atom occurs in such a way as to not be asymmetric in the glycine molecule. This results in a molecule without right-handedness or left-handedness as compared to the DNA molecule which is a helix spiraling to the right. All the other amino acids found in proteins in our bodies are left-handed.

As Manuscript III continues with proposals for the role of the special amino acid, glycine, the manuscript moves on to discussion of the handicaps of muscle contraction as our means of movement. The special characteristic of glycine of even-handedness combined with my perception of the handicaps associated with muscle contraction as our means of movement lead me to hypothesize that

the initial development of the simplest living creatures could have been based on glycine as the first amino acid yielding symmetrically balanced creatures whose balance was eventually so greatly compromised as to require mitigating developments to handle incorporated unbalancing elements. I suggest that the long history of the development of a balanced creature probably continues to underlie the modern day creature who possesses an overlay system directed toward allowing levels of functioning based on imbalanced use of creature structures.

Then I speak of a possible source for the imbalance to the precursor globule as exemplified in the form of spirochete-type precursors as well as the manner in which on-going various unbalancing elements resulted, in particular, in 20 situations in which major change occurred to the organism which would become a human being. I write, "That which led to the perceptions underlying this story of beginnings . . . was the slow perception of the manner in which muscles developed to function in such a way as to maintain the balance of the body as a whole in order for the body to be able to function." I continue that after the development of twelve initiating muscles, all subsequent muscles developed by patterning themselves in sets of five (with a 6th muscle-resembling component) yielding 60 groups of muscles each containing five mostly two-part (mirror-imaged) muscles (plus a 6th muscle-type component) functioning together to maintain balance. These 60 groups are themselves divided into subgroups of three with each subgroup being associated with one of the 20 major-change accretions to the organism which becomes a human being.

In the subsequent remaining 15 pages of Manuscript III, the development of the eye as much more than an organ for vision is explored. There is then an italicized section, probably more in the SciFi mode than even the regular text, in which I propose that each muscle of a set of three muscles associated with a specific bone should activate in its turn in a specific direction alternative to its neighboring companion muscles, the middle muscle of the three, which is often stated as composed of circular fibers, performing in a different way and a different direction than its two companion muscles. Additionally, I propose the primary purpose served by each set of three muscles, with their alternative-acting directions, is to move along that which is in-taken by an organism as well as the manner in which this is done.

Next, there is a section on the possible role of spirochete-type precursor organisms as invaders of initial globule-type precursor organisms serving to initiate the development of the essential ion channels used by living organisms to convey designated molecules through cell membranes.

Then follows an exploration of, and relevance to our story of, the three muscle fiber types, slow-twitch for relatively small amounts of tension for long periods; fast-twitch for brief burst of force and fast fatigue-resistant for a more intermediate force for a more intermediate length of time. The role of myoglobin and the degree of oxygen from the blood-stream for the different types of muscle fibers are discussed.

Finally, as conclusion, there is another SciFi mode italicized section which, if valid, could explain a great deal. I delve into discussion of the three kinds of ion channels, i.e. gap-junction, voltage-gated and ligand-gated, and describe to some extent the make-up of each. Then, I presume to present my conclusions as to the situation calling for the use of each as regards what type of balance the body is experiencing and what it is having to do to handle unbalanced alignment of its structures requiring electrical and chemical messaging as represented by voltage-gated and ligand-gated ion channels. With greater presumption, I suggest the relevance of these usages of the ion channels in the bigger picture of what the body is doing in respect to its dimensional alignments to the universe to call forth the use of the several ion channels. In the months since having copyrighted my book in the PDF at www.evacarynason.com on February 17, 2017, there has been significant refinement in my perceptions regarding the ion channels of the body, which will be discussed in these last essays.

Revolution and War - Set 46

Revolution! Seeking a new unfettered destiny! Surely I knew I was doing that as I began making the associations of my bodily structures which would result in Part 1 of my book in the PDF at www.evacarynason.com.

I was in no way satisfied with the state of our knowledge about human maladies as well as the basis for our existence at all. I remember wondering whether I couldn't start discerning something about how my body worked if I just sat wriggling my toe and noticing what felt different in other parts of my body as I did so. Did I imagine I could go from there to determining why we exist?!

I began making notes, which became boxes of notes as the years went by. Those notes must tell in much more tedious detail than given in the text of Part 1 of my book how I slowly made the connections leading to the Bone / Muscle Table of Part 1.

Bodily structures, such as bones and muscles, seemed to group themselves. In Part 1, I write first about grouping muscles in sets of three and then relating these groups to specific bones and how a table grew out of this based on there seeming to be scaffolds of bones (each bone with its three muscles) forming themselves into 24 sets of scaffolds. The scaffolds of bones came from the seemingly natural bone groupings into sets of 24 bones each. There were 12 thoracic vertebrae and 12 ribs coming from them yielding 24 structures making up the thoracic spinal column. If I looked at the bones of the hand in a certain way, then I could see that five of the wrist bones could resemble the 19 finger bones to yield a set of 24 finger bones. Likewise with the foot and its toe bones, all comparable to the hand and finger bones, yielding 24 toe bones.

Then, later, it seemed reasonable to consider the role of the curious small round sesamoid bones attached to two finger bones and one toe bone as serving some role similar to that of the remaining vertebrae of the spinal column, that is, 7 cervical, 5 lumbar, 5 sacral and 4 coccygeal vertebrae, which, along with the 3 finger/toe sesamoid bones, yielded 24 non-thoracic vertebra-type bones.

That gave me four 24-member bone sets to serve as four bodily scaffolds if one bone were taken from each set of 24. So, how about the remaining bones, those of the main frame of the body and those of the head? It was easy to build a body-frame with the remaining main-frame body bones, starting with those associated with the sternum and clavicle and the shoulder blade and the long arm bones with four of the remaining wrist bones. Then came a few very small bones of the ear and neck to join up with hip bones, the long leg bones, with a kneecap, and the two remaining foot bones to yield 24 body-frame bones, the main scaffold. (The 24 "bones" of the head found on Page 34.)

So now I had five sets of 24 bones to give me 24 scaffolds of five bones if one were taken from each set. I could think of a 5-member scaffold including a main-frame body bone, a cervical vertebra / etc. bone, a finger bone, a thoracic vertebra / rib bone and a toe bone. The order of combining bones, one from each of five 24-member sets, was a little tricky, probably taking several years of sensing connections before I arrived at final arrangements, but at least the thoracic vertebra / rib set was straight-forward as well as some of the main-frame set, the cervical vertebra / etc. set and the others.

Many notes had surely ensued as I formed my Periodic Table of Elements / Correlated Human Body Structures (Page 1 of my book) and made the curious arrangement of the beginning and ending squares of each row of my Periodic Table. Suffice it now, I hope, to say that the way in which my Periodic Table had needed to be arranged as I saw the possibility of relating bodily structures to it lends itself to explaining how the human body developed in such a way as to possess structures designed toward giving it functionality in the dimensions of time and the three spatial dimensions.

There would need to be structures handling movement forward in the **x** dimension and another set for backward movement. Likewise, two sets would be needed for the **y** dimension and two for the **z** dimension.

However, as I came to see later, these dimensions all related to how the individual creature had developed in relation to what I came to assume had to be the gravitational “stream” as the basis of our universe.

When matter developed out of the energy forming the gravitational stream after the presumed Big Bang beginning of our universe, concepts of my book would seem to imply there had to be an accounting of how that bit of matter related to the gravitational stream and, also, there had to be a means within the bit of matter to align itself to the stream in order that it may flow along with it. The latter needed to be true even if the bit of matter would then use these means as the markers of how it comes to lag behind in the stream.

I have come to the concept that six of the head bones yield what is needed for providing the capacity for alignment to the gravitational stream and for providing oversight to the accounting needed when lagging behind in it. They are the first two bones and the last four bones of the first two columns of my Periodic Table, that is, the ethmoid and sphenoid bones at the beginning and the lacrimal and maxilla and the two parts (body and ramus) of the mandible at the bottom of the Table.

The entire Periodic Table serves to give the capacity for alignment and the accounting needed by the ethmoid and sphenoid bones at the Table’s beginning. However, within that framework, the structures in the four squares beginning the bottom two rows of the Periodic Table have their special ways of disrupting alignment and must have helpful structures for restoring alignment and for accounting. The lacrimal and maxilla bones toward the bottom of the Table are served by the six front teeth (canine and lateral and medial incisors - see Row 8 of my Periodic Table) whereas the mobile mandible (jaw) must be served and informed by the six sinuses / air cell sets and the sesamoid bones of the body (see Row 9 of the Table).

I slowly came to a perception of how our three spatial dimensions related to the gravitational stream. It is very confusing because there are two layers of relating to the stream, that is, the rather simple layer allowing for optimum alignment to the stream which requires the usage of bodily structures in one way (difficult!), and there is the layer of relating which becomes necessary when we are lagging behind in the stream and our bodies must keep track of how we are functional when not making use of the energy of the gravitational stream, surely our normal mode of functioning.

If we are using the layer allowing for optimum alignment to the stream, - in which case the sesamoids handling the time dimension, that is, lumbar vertebra 5 (L5) and the pisiforms of the wrist, are aligned, and I propose we are using gravitational energy for our functioning - then the body need not concern itself with alignment in the three spatial dimensions because they fall in line. I shall present a table below in this essay showing the relative simplicity of our functioning if we were able to be always aligned in the time dimension (to achieve this goal is the effort of my days!).

However, from the moment there is slippage in alignment of the structures responsible for balance in the time dimension, then the body must concern itself with the complicated process of seeing that all the structures of the body - I speculate all developed for handling the four dimensions - are, in fact, handling all these dimensions in such a way that we can function.

As I’ve written earlier, the basic first question of my quest for answer to why we are here was why do we breathe? My answer to this became we breathe because the universe requires it of us. Furthermore, I propose we exist because the universe required that we come into existence to breathe and consume the environment in order to process it to serve to extend the needed universe expansion or, alternatively, in order to contract the universe.

If there is not alignment of our structures such that my perceived requirement of the universe that we breathe and consume the environment around us to allow us to continue to use that breath and consumed environment in such a way as to enable us to use gravity for the energy required for the functioning that lets us be able to breathe and consume the environment, then where there is such misalignment of our structures, there must be compensatory provision of energy to the misaligned structures to bring them into balance to allow the needed functioning.

There are messaging systems in our bodies which developed to be able to see that energy is produced to bring sufficient, recurring balance to misaligned structures to allow increments of functioning. The types of energy associated with these messaging systems, mechanical, electrical, chemical, alternative to gravity, are formed depending on where our misalignments allow us to convey intaken breath and other intaken environment which is being handled by various organs of our body such as the kidneys, digestive system, liver, etc.

The destination of that which is conveyed by the messaging systems by mechanical, electrical or chemical means will ultimately be the structures handling the dimensions which must coordinate in order for there to be continued functioning of an organism.

I have spoken of the time dimension being overseen by lumbar vertebra 5 (L5) and the pisiform bones at the outer part of the wrist. When I am able to create the sensation of there being lines of a connected triangle joining L5 and the pisiforms of the two wrists, then I can discern that the structures of my body are all balanced to one another as proposed in my different tables and, as well, that breath is going to the appropriate place as shown in my tables.

Then, I can check the structures overseeing the three spatial dimensions, which will be aligned if the time dimension is aligned, and, as proposed, gravity will be our energy source. The simplest dimension I associate with up/down in the human body, which I speculate to have been the first stretch away from the gravitational stream involving the first matter which had had to come into existence from energy lagging behind in the stream requiring, then, matter fashioned for a path back as well. The structures of Row 2 of my Periodic Table would handle stretch-away, that is, in the human body as an energy entity, the vomer, palatine, xiphoid process, sternum, manubrium and clavicle (and a couple of tooth-related structures). Row 3 would handle the path back, that is, the inferior and middle nasal conchas, scapula (shoulder blade), humerus, radius and ulna (+ a couple of tooth structures).

The remaining two spatial dimensions were much more complicated, surely because they hinged on the first spatial dimension, that is, the up/down (stretch-away/back) dimension. That which I associated with the left/right dimension of the body became the reach-away from the up/down (stretch-away/back) dimension and then the path back from reach-away. The reach-away part of this dimension would require the structures of Rows 4 and 5, as well as involvement of those of Row 9, e.g. a wrist, ear, hip and the sesamoids. The return from reaching away would call forth all those 24 finger bones of Row 6 of my Periodic Table.

There developed then, also, a move-away and back path allowing movement away surely from both the reach-away and the stretch-away dimensions. This move-away dimension would require the structures of Row 7 of my Periodic Table, which would be in large part the 24 bones of the thoracic vertebral column, the 12 thoracic vertebrae plus the ribs. The path back from move-away would be handled by Row 8 of the Table, in particular the 24 toe bones.

I have written earlier of the optimum alignment of all our structures resulting in there being ultimate congruence of our spine to our body. Then, from this ultimate congruence, we will breathe into the place in our body which allows us to achieve and maintain optimum alignment of the bodily structures responsible for the four dimensions in which we function. I would propose that the place

and time of my conception on this earth, and my development resulting from my coming into existence at that place and time, and possibly the on-going pressure on that place and time, will determine the destination of each breath I will take throughout my life in conjunction with the alignment my structures will be able to have at any given moment in connection with the destination of each breath I am taking as influenced by all that has happened in my life added to the determining factors and possible on-going influence of the place and time of my conception. And, yes, I am proposing that everything is completely entangled, and it will be found eventually that everything depends on everything else!

If, by some fortunate circumstance at present and perhaps, eventually, by general understanding, learning and training, we do happen to breathe into the right place in a body in which the spine is congruently aligned to the body and maintain that congruence during exhalation, then I give now two examples of all that is likely needed to continue to effect the simple functioning which gives us optimum alignment of all our structures and, thus, our four dimensions allowing us to use gravity for our functioning which possibly results in our becoming on-going, long-term contributors to contraction rather than expansion of our universe, perhaps as good a science fictional proposal as many another! Each of the two examples I give represents a specific set of 3 days (Day 1, 2, 3) as associated with a specific person to function in this way but with each day of the year requiring a progression of different structures, as can be seen by the large difference between the two examples. The two examples given are from the first page of the Tables of Part 4 (Page 117) and then from approximately 250 days later (Page 283). Explication follows the two tables:

Day 1	Breath In (toward Sigmoid/Transverse Sinus)	Resulting In:
	<u>Pressurization / Weighting of</u>	<u>Possible Intake into / Area Lightening of</u>
(up/down)	xiphoid process - ciliaris, longitudinal fibers	vomer - dilator muscle of eye
(left/right)	Mc 5 - same muscle	C1 - ciliaris, longitudinal fibers
(back/front)	Mt 5 - same muscle	T1 - same muscle
Day 2	Breath In (toward Cavernous Sinus 1)	Resulting In:
(up/down)	xiphoid process - ciliaris, circular fibers	vomer - sphincter muscle of eye
(left/right)	Mc 5 - same muscle	C1 - ciliaris, circular fibers
(back/front)	Mt 5 - same muscle	T1 - same muscle
Day 3	Breath In (toward Mastoid Cells)	Resulting In:
(up/down)	xiphoid process - ciliaris, radial fibers	vomer - orbitalis muscle of eye
(left/right)	Mc 5 - same muscle	C1 - ciliaris, radial fibers
(back/front)	Mt 5 - same muscle	T1 - same muscle
<hr/>		
Day 1	Breath In (toward Superior Sagittal Sinus)	Resulting In:
(up/down)	Tibia - serratus posterior superior	Zygomatic - dilator muscle of eye
(left/right)	Mc 1 - interosseous palmar	L4 - procerus
(back/front)	Mt 1 - gluteus minimus	Rib 10 - digastric, anterior belly
Day 2	Breath In (toward Cavernous Sinus 5)	Resulting In:
(up/down)	Tibia - rectus abdominus, 4 th /5 th part	Zygomatic - sphincter muscle of eye
(left/right)	Mc 1 - interosseous lumbrical	L4 - occipitofrontalis (epicranius)
(back/front)	Mt 1 - gluteus maximus	Rib 10- middle pharyngeal constrictor
Day 3	Breath In (to RLS 6)	Resulting In:
(up/down)	Tibia - serratus posterior inferior	Zygomatic - orbitalis muscle of eye
(left/right)	Mc 1 - interosseous dorsal	L4 - corrugator supercilii
(back/front)	Mt 1 - gluteus medius	Rib 10 - digastric, posterior belly

As explication of this small table, I would say that conformational change to the breath-receiving receptacle will be in conjunction with pressurization (weighting) in what I have referred to as the day's return-from-stretch-away, the up/down dimension bone (the body-frame bone) with its mirror-imaged halves balanced together. There will be a concomitant balanced-together pressurization /weighting in the companion return-from-reach-away, the left/right dimension bone (the metacarpal bone) as well as the companion return-from-move-away, the back/front dimension bone (the metatarsal bone).

As inhalation causes conformational change to the breath-receiving receptacle and pressurization /weighting in the day's body-frame bone (for the return-from-stretch-away up/down dimension) and the day's metacarpal bone (for the return-from-reach-away left/right dimension) and the day's metatarsal bone (for the return-from-move-away back/front dimension), there occurs concomitantly what feels to be some manner of inflow - yielding a sense of lightening in the area - into the actual stretch-away up/down dimension bone, which will be the day's skull bone as well as inflow into the day's reach-away left/right dimension bone, which is the cervical vertebra/etc. bone, and the day's move-away back/front dimension bone, which is the thoracic vertebra/rib bone.

The sense of inflow and lightening will occur in conjunction with the continued intake of breath until breath-capacity limit is reached.

I propose that the continued maintenance of congruence of the spine to the body, and thus the continued optimum alignment of the structures handling the four dimensions for the day, result in exhalation bringing no collapse of structures which had experienced pressurization or inflow during inhalation. The very strong sense is that the exhaling body possibly causes incorporation into the body-frame and metacarpal and metatarsal bones of whatever had been pressurizing them during inhalation whereas that which had seemingly inflowed into the skull and the cervical vertebra/etc. and the thoracic vertebra/rib bones is processed or handled in such a way as to likewise bring no diminishment to these structures as well. There is the further sense that what has occurred to and/or in the six bones mentioned here, i.e. the body-frame, metacarpal, metatarsal, skull, cervical vertebra/etc. and thoracic vertebra/rib bones has resulted in there being produced that which creates a strong sense of non-material outflow (light energy?) from the six exit routes I have named, that is, the bladder, skin/armpits, lactiferous ducts/nipples, anus, eye, vagina/penis.

The table presented in this essay gives the structures used by the body to provide for its energy needs (by means of gravity) when the spine maintains continuous congruence to the body which prevents any break in the system of lines running through the body. When there is no break, I am proposing it is fairly simple for the body to manipulate just a few parts in order to pull all parts into the correct configuration to allow continuous functioning. Any break in the congruence of the spine to the body results in a break to the system of lines, and then I hypothesize that all parts of the body must be messaged as to what they must do to have the correct configuration to allow for an increment of functioning. In Essay 47 I shall discuss how that might occur.

This Essay 46 was to sum up Part 1 of my previously copyrighted book. However, I seem to be writing my way toward an ever deeper and simpler understanding of what our bodies are doing such that I'll leave Part 1 to stand on its own with no further attempt at explication.

Slavery: Dispossessed III - Set 47

I am having a great deal of difficulty in writing Essay 47 possibly because I finally determined I should try to write about how I perceive our bodies function incorrectly as slaves to their complicated, energy-intensive mechanical/electrical/chemical messaging systems. Previously, I had always assumed I'd never try to do this because it seemed it would be just too complicated as compared to the simple daily system I was devising which allowed for what I believed to be correct functioning by means of gravitational energy. In this attempt to write of misaligned bodily functioning, part of what I'm writing here is no doubt wrong, but, I think, not wrongly aimed. I strongly suspect it's in the right direction, and it is my great hope that eventually some knowledgeable person will look at it and conclude it's a direction worth pursuing. (Text >next page)

Anyone at his/her spot in the universe, misaligned, using mechanical/electrical/chemical energy Tables

<u>Day 1</u>	<u>Breath In</u>	<u>Breath Out</u>
8:52a -	xiphoid process - ciliaris, longitudinal fibers	scapula - platysma
11:16a	C1 - same	S4 - thyroepiglottic
for	Mc 5 - same	Mc MP5 - deltoid, back part
up/down	T1 - same	T3 - rotatores brevis
	Mt 5 - same	Mt MP5 - inferior gemellus
	triquetrum - esophagus, longitudinal fibers	malleus - large intestine, long. fibers
for	S2 - nasalis, alar part	Cx 1 - levator labii sup. alaeque nasi
left/right	Mc 4 - trapezius, frontmost part	Mc MP4 - trapezius, 2 nd front part
	T5 - longissimus capitis	T7 - longus colli, superior oblique part
	Mt 4 - adductor hallucis, oblique head	Mt MP4 - extensor halluc./digitor. brev.
	stapes-internal oblique abdominus & cremaster	fibula - sternocleidomastoid, sternal h.
for	L1 - zygomaticus minor	L5 - sternothyroid
back/front	Mc 3 - adductor pollicis, oblique head	Mc MP3 - biceps brachii, short head
	T9 - palatopharyngeus	T11 - omohyoid, superior belly
	Mt 3 - vastus medialis	Mt MP3 - tibiales anterior
Day 1		
11:16a -	sternum - uterus/scrotum, longitudinal fibers	humerus - levator costae brevis
4:04p	C2 - same	S5 - transverse arytenoid
for	Mc 2 - same	Mc MP2 - flexor carpi radialis
up/down	rib 1 - same	rib 3 - intertransversarii, cer. post./ant.
	Mt 2 - same	Mt MP2 - (ishio)coccygeus
	pisiform - stomach, outer longitudinal layer	incus - rectum, longitudinal fibers
for	C6 - orbicularis oculi, palpebral part	Cx 2 - auricularis anterior
left/right	scaphoid - teres minor	capitate - rhomboid minor
	rib 5 - interspinalis cervicis	rib 7 - rectus capitis anterior
	navicular - abductor digiti minimi, medial	cuneiform lat.-gastrocnemius, med. h.
	hyoid - transverse thoracis	patella - internal intercostal
for	L2 - superficial masseter	Mc Ss 2 - diaphragm, anterior costal p.
back/front	trapezium - opponens pollicis	Mc PP1 - supinator
	rib 9 - cricothyroid, straight part	rib 11 - geniohyoid
	cuneiform medial - semitendinosus	Mt PP1 - fibularis brevis

In my own mind, I have made an analogy between one portion of the human race enslaving another portion to do its work for it and there occurring the situation of structures of the human body, which were brought forth to serve in their way as independent structures, being commandeered to serve in a system in which all are subjected to daily great unnecessary labor in order that a compromised system continue to exist at all. (I have long considered that the seeming different nature of the microscopic world, spoken of in quantum mechanical wave-function language, from the macroscopic classical world, spoken of in Newtonian physics collapse-of-the-wave-function language, is to be found in the functioning of an energy entity as a part of the gravitational stream utilizing its version of the simple daily system of Essay 46 with no collapse of the wave function, or in the functioning of an energy entity as collapsed from direct participation in the gravitational stream, there being what the physicists refer to as continuous spontaneous localization due to gravity not being able to serve as the energy source for the energy entity.)

To go with the table of Essay 46 proposing how we correctly utilize our bodies based on

Day 1	Breath In	Breath Out
4:04p -	manubrium-levator pal. sup., superficial lamella	radius - heart, anterior pectinate
12:36a	C3-same (levator palpebrae superioris, sup. l.)	S3 - lateral cricoarytenoid
for	Mc PP5 - same	Mc DP5- extensor carpi radialis brevis
up/down	T2 - same	T4 - levator veli palatini
	Mt PP5 - same	Mt DP5 - adductor minimus
for	hook of hamate-small intestine, long. fibers	upper hip-conjoined l. (rectum/lev. ani)
left/right	S1 - orbicularis oris, superficial fibers	Cx 3 - levator labii superioris
	Mc PP4 - subscapularis	Mc DP4 - triceps brachii, long head
	T6 - longissimus thoracis & cervicis	T8 - rectus capitis posterior minor
	Mt PP4 - quadratus plantae, medial	Mt DP4 - flexor digitorum brevis
for	femur - serratus anterior, upper part	calcaneus - bulbocavernosus
back/front	L3 - tragus	Mc Ss1-genioglossus, horizontal fibers
	Mc PP3 - flexor pollicis brevis	Mc DP3 - extensor digitorum
	T10 - orbicularis oris, deep fibers	T12 - palatoglossus
	Mt PP3 - psoas	Mt DP3 - tensor fasciae latae
Day 1		
12:36a -	clavicle - bladder, longitudinal fibers	ulna - heart, anterior papillary
7:14a	C4 - same	C5 - vocalis
or 8:52a	Mc PP2 - same	Mc DP2 - extensor pollicis brevis
for	rib 2 - same	rib 4 - tensor tympani
up/down	Mt PP2 - same	Mt DP2 - soleus, inner part
for	lunate - longitudinal bundle of bile duct	pelvic hip-corrugator cutis ani/conj. l.
left/right	C7 - levator anguli oris	Cx 4 - lateral pterygoid, inferior head
	trapezoid - pectoralis major, clavicular part	hamate - coracobrachialis
	rib 6 - semispinalis cervicis	rib 8 - semispinalis capitis, medial
	cuneiform intermediate - interosseous plantar	cuboid - biceps femoris, short head
for	tibia - serratus posterior superior	talus-urethrovaginalis/urethrae sphinc.
back/front	L4 - procerus	Mt Ss 1 - intrinsic tongue, sup. long. f.
	Mc 1 - interosseous palmar	Mc DP1 - flexor digitorum profundus
	rib 10 - digastric, anterior belly	rib 12 - scalene, anterior
	Mt 1 - gluteus minimus	Mt DP1 - adductor brevis

gravity as our energy source, I wrote the following: There is distinct sensation, when I am “fixed” at the end of inhalation so that there will be no collapse of structures during exhalation and no incongruence of spine to body, that the position attained by bones and muscles due to inhalation holds steady in relation to larger environment during exhalation perhaps resulting in internal change to these structures so that in the next breath cycle, this possible change occurring during exhalation, is an added increment of change to the one that went before during the previous breath cycle.

In recognizing the sensation I’ve just described, I find the source of my long-time sense of being a creature who can serve as a ratcheting mechanism for the universe. And gravity is, then, surely the impetus for me being able to serve as a ratcheting mechanism for pulling the universe back together by taking in environment and processing it back to spectral energy.

In Essay 44 I suggested what might be happening as I served as a ratcheting mechanism. I wrote, “There was a distinctly different sensation between exhalation in the old normal way and exhalation when I felt I had fixed my spine such that there could be no extension of it during

Day 2	Breath In	Breath Out
8:52a -	xiphoid process - ciliaris, circular fibers	scapula - hair follicle muscles
11:16a	C1 - same	S4 - inferior oblique of eye
for	Mc 5 - same	Mc MP5 - deltoid, middle part
up/down	T1 - same	T3 - multifidi
	Mt 5 - same	Mt MP5 - obturator externus
for	triquetrum - esophagus, circular fibers	malleus - large intestine, cir. fibers
left/right	S2 - inferior rectus of eye	Cx 1 - lateral rectus of eye
	Mc 4 - pectoralis, abdominal part	Mc MP4 - trapezius, middle part
	T5 - spinalis cervicis & capitis	T7 - longus colli, vertical part
	Mt 4 - abductor hallucis	Mt MP4 - extensor hallucis longus
for	stapes - rectus abdominus, 1 st part	fibula - pyramidalis
back/front	L1 - helix minor	L5 - sternohyoid
	Mc 3 - abductor pollicis brevis	Mc MP3 - anconeus
	T9 - inferior pharyngeal constrictor	T11 - subclavius
	Mt 3 - vastus intermedius	Mt MP3 - flexor hallucis brev., both h.
Day 2		
11:16a -	sternum - uterus/scrotum, circular fibers	humerus - circulatory system muscles
4:04p	C2 - same	S5 - accessory muscle bundle
for	Mc 2 - same	Mc MP2 - palmaris longus
up/down	rib 1 - same	rib 3-intertransversarii, lum.med.&thor.
	Mt 2 - same	Mt MP2 - obturator internus
for	pisiform - stomach, middle circular layer	incus - rectum, circular fibers
left/right	C6 - depressor supercilii	Cx 2 - auricularis superior
	scaphoid - latissimus dorsi	capitate - levator scapulae
	rib 5 - oblique capitis inferior	rib 7 - oblique capitis superior
	navicular - opponens digiti minimi	cuneiform lateral - plantaris
for	hyoid - rectus abdominus, 2 nd part	patella - innermost intercostal
back/front	L2 - temporalis	Mc Ss 2 - diaphragm, sternal part
	trapezium - palmaris brevis	Mc PP1 - pronator quadratus
	rib 9 - cricopharyngeus	rib 11 - mylohyoid
	cuneiform medial - articularis genu	Mt PP1 - flexor hallucis longus

exhalation as well as no collapse of structures which had risen during inhalation. In the old normal way, there was obvious expulsion of breath from nose or mouth; in the new way, it were as though the breath I had inhaled was compressed by my body to be sent forth by some means from the various exit routes I had concluded must exist for sending forth what I suspected must be electromagnetic energy or what I referred to as spectral wave-length energy. There were six exit routes for this energy to accommodate what I further concluded must surely be the continuum of electromagnetic energy, which, in sets of two, I simplified into radio and micro wave lengths, infrared and red wave lengths, orange and yellow, green and blue, violet and ultraviolet, X-rays and gamma rays (see Lines 28-33 of any page of the Tables of Part 4 in the PDF of my book at www.evacarynason.com beginning on Page 116).

To move on now to speak of what is occurring when our bodies slip out of alignment to our four obvious dimensions of functioning, as discussed in Essay 46, in this SciFi picture I'm creating of how our universe works at the local level, I would propose that channels, - which actually exist in the

Day 2	Breath In	Breath Out
4:04p -	manubrium-levator pal. sup., middle lamella	radius - heart, septal pectinate
12:36a	C3-same (levator palpebrae superioris, mid. l.)	S3 - superior oblique of eye
for	Mc PP5 - same	Mc DP5 - brachioradialis
up/down	T2 - same	T4 - salpingopharyngeus
	Mt PP5 - same	Mt DP5 - gracilis
for	hook of hamate-small intestine, circular fibers	upper hip - internal anal sphincter
left/right	S1 - medial rectus of eye	Cx 3 - levator labii superioris
	Mc PP4 - supraspinatus	Mc DP4 - triceps brachii, medial head
	T6 - spinalis thoracis	T8 - longus capitis
	Mt PP4 - interosseous lumbrical no. 1	Mt DP4 - flexor digiti minimi brevis
for	femur - rectus abdominus, 3 rd part	calcaneus - superficial transv. perineal
back/front	L3 - heliis major	Mc Ss1 - genioglossus, vertical fibers
	Mc PP3 - abductor digiti minimi	Mc DP3 - extensor carpi ulnaris
	T10 - superior pharyngeal constrictor	T12 - hyoglossus
	Mt PP3 - quadratus lumborum	Mt DP3 - sartorius
Day 2		
12:36a -	clavicle - bladder, circular fibers	ulna - heart, septal papillary
7:14a	C4 - same	C5 - oblique thyroarytenoid
or 8:52a	Mc PP2 - same	Mc DP2 - extensor indicis
for	rib 2 - same	rib 4 - uvula
up/down	Mt PP2 - same	Mt DP2 - popliteus
for	lunate - common bile duct (choledochal sph.)	pelvic hip - external anal sphincter
left/right	C7 - depressor septi nasi	Cx 4 - medial pterygoid
	trapezoid - pectoralis minor	hamate - abductor pollicis longus
	rib 6 - splenius cervicis	rib 8 - splenius capitis
	cuneif. intermed.- inteross. lumbri. nos. 2,3,4	cuboid - quadratus femoris
for	tibia - rectus abdominus, 4 th /5 th part	talus - deep transverse perineal
back/front	L4 - occipitofrontalis (epicranius)	Mt Ss 1 - intrinsic tongue, vert./trans. f.
	Mc 1 - interosseous lumbrical	Mc DP1 - flexor pollicis longus
	rib 10 - middle pharyngeal constrictor	rib 12 - scalene, middle
	Mt 1 - gluteus maximus	Mt DP1 - pectineus

body - which allow trafficking in and out of cells, can be seen to be associated with what's happening when the body can't use gravity as its energy source and has to switch to messaging the body as to how to function through the use of mechanical, electrical or chemical energy messaging systems.

Three major kinds of channels will be mentioned here, that is, gap-junction ion channels, voltage-gated ion channels and ligand-gated ion channels. A gap-junction ion channel is composed of six parts (or subunits), and each subunit has four of what are referred to as domains (these domains possibly addressing what adjustments need to be made in structures handling the four dimensions in which we function). There is connected to the six subunits what I think of as a complementary set of six other subunits with four domains in each of these. What moves through these channels are ions which are atoms or molecules with a non-zero net electrical charge and there is the possibility for two-way movement of ions through gap-junction channels because of their structure.

In the situation of the human body making extensive use of gap-junction ion channels, the manner in which the body receives energy for functioning can have its beginning description as

Day 3	Breath In	Breath Out
8:52a -	xiphoid process - ciliaris, radial fibers	scapula - temporoparietalis
11:16a	C1 - same	S4 - aryepiglottic
for	Mc 5 - same	Mc MP5 - deltoid, 2 nd front part
up/down	T1 - same	T3 - rotatores longus
	Mt 5 - same	Mt MP5 - superior gemellus
for	triquetrum - esophagus, muscularis mucosa	malleus- lg. intestine, muscularis muc.
left/right	S2 - nasalis, transverse part	Cx 1 - mentalis
	Mc 4 - deltoid, frontmost part	Mc MP4 - trapezius, back part
	T5 - iliocostalis thoracis & cervicis	T7 - longus colli, inferior oblique part
	Mt 4 - adductor hallucis, transverse head	Mt MP4-extens.digitor.long.& fib.tert.
for	stapes - external oblique abdominus	fibula-sternocleidomastoid,clavicular h.
back/front	L1 - zygomaticus major	L5 - thyrohyoid
	Mc 3 - adductor pollicis, transverse head	Mc MP3 - biceps brachii, long head
	T9 - stylopharyngeus	T11 - omohyoid, inferior belly
	Mt 3 - vastus lateralis	Mt MP3 - tibiales posterior
Day 3		
11:16a -	sternum - uterus/scrotum, radial fibers	humerus - levator costae longus
4:04p	C2 - same	S5 - oblique arytenoid
for	Mc 2 - same	Mc MP2 - flexor carpi ulnaris
up/down	rib 1 - same	rib 3 - intertransversarii, lumbar lat.
	Mt 2 - same	Mt MP2 - piriformis
for	pisiform - stomach, inner oblique layer	incus - rectum, muscularis mucosa
left/right	C6 - orbicularis oculi, orbital part	Cx 2 - auricularis posterior
	scaphoid - teres major	capitate - rhomboid major
	rib 5 - interspinalis lumborum	rib 7 - rectus capitis lateralis
	navicular - abductor digiti minimi, lateral	cuneiform lat.-gastrocnemius, lat. h.
for	hyoid - transverse abdominus	patella - external intercostal
back/front	L2 - deep masseter	Mc Ss2-diaphragm, post.lum.& crus p.
	trapezium - opponens digiti minimi	Mc PP1 - pronator teres
	rib 9 - cricothyroid, oblique part	rib 11 - stylohyoid
	cuneiform medial - semimembranosus	Mt PP1 - fibularis longus

though it were optimally aligned for functioning by gravity, not needing the use of any ion channel. This will be because the inhalation portion of a breath cycle can be more easily accommodated or maintained by an optimally aligned body than the exhalation portion.

To emphasize the stage-setting I have tried to indicate I can frequently form by my years-long attention to bodily sensation, I interject here that when I have created the stage-setting of being optimally aligned, there is the strong sense that my body is not being run or fueled by the food I have eaten or the breath I have taken but by the use of gravity to arrange one part of it to move or arrange another part. In this scenario there is the sensation that during the inhalation phase of the breath cycle, all the six exit routes running from my body are opening for activity of some sort. If I am able to maintain the optimally aligned body during the exhalation phase of the cycle, then there will be the sensation of outward flow through the six exit routes of what I can only deem to be spectral energy. It is assumed the body then has its manner of moving material refuse, mined of its spectral energy, on through and out of the body. This sensation of outward flow of energy is quickly and easily ended by

Day 3	Breath In	Breath Out
4:04p -	manubrium-levator pal. sup., deep lamella	radius - heart, posterior pectinate
12:36a	C3-same (levator palpebrae superioris, deep l.)	S3 - posterior cricoarytenoid
for	Mc PP5 - same	Mc DP5- extensor carpi radialis longus
up/down	T2 - same	T4 - tensor veli palatini
	Mt PP5 - same	Mt DP5 - adductor magnus
for	hook of hamate-small intestine, muscul. muc.	upper hip- anal canal, muscularis muc.
left/right	S1 - risorius	Cx 3 - depressor labii inferioris
	Mc PP4 - infraspinatus	Mc DP4 - triceps brachii, lateral head
	T6 - iliocostalis lumborum	T8 - rectus capitis posterior major
	Mt PP4 - quadratus plantae, lateral	Mt DP4 - flexor digitorum longus
for	femur - serratus anterior, lower part	calcaneus - ishiocavernosus
back/front	L3 - antitragicus	Mc Ss1-genioglossus, oblique fibers
	Mc PP3 - flexor digiti minimi brevis	Mc DP3 - extensor digiti minimi
	T10 - buccinator	T12 - styloglossus
	Mt PP3 - iliacus	Mt DP3 - rectus femoris
Day 3		
12:36a -	clavicle - bladder, radial fibers	ulna - heart, posterior papillary
7:14a	C4 - same	C5 - thyroarytenoid
or 8:52a	Mc PP2 - same	Mc DP2 - extensor pollicis longus
for	rib 2 - same	rib 4 - stapedius
up/down	Mt PP2 - same	Mt DP2 - soleus, outer part
for	lunate - hepatopancreatic ampulla sphincter	pelvic hip - levator ani
left/right	C7 - depressor anguli oris	Cx 4 - lateral pterygoid, superior head
	trapezoid - pectoralis major, sternal part	hamate - brachialis
	rib 6 - semispinalis thoracis	rib 8 - semispinalis capitis, lateral
	cuneiform intermediate - interosseous dorsal	cuboid - biceps femoris, long head
for	tibia - serratus posterior inferior	talus - compressor urethrae
back/front	L4 - corrugator supercilii	Mt Ss 1 - intrinsic tongue, inf. long. f.
	Mc 1 - interosseous dorsal	Mc DP1- flexor digitorum superficialis
	rib 10 - digastric, posterior belly	rib 12 - scalene, posterior
	Mt 1 - gluteus medius	Mt DP1 - adductor longus

any number of things I can do to misalign various structures.

However, even though I start a breath cycle by inhaling into an aligned body, I have discovered that I can easily fail to maintain the alignment after I've reached the limit of inhalation and am transitioning to exhalation. As happens most easily at the beginning of exhalation, the structures overseeing the time dimension, lumbar vertebra 5 (L5) and the pisiforms of the wrist, misalign, removing me from direct flow with the gravitational stream and, thus, from alignment in the time dimension. If, however, the three spatial dimensions remain aligned (as overseen by Mc Ss 2/incus, Mc Ss 1/hyoid, Mt Ss 1/patella), then I speculate the gap-junction ion channel messaging system is adequate for opening cells for intake of whatever is available in that moment of transition from inhalation into an optimally aligned body to an exhalation which causes slippage in the L5/pisiform time dimension. As exhalation begins with the changed bodily alignment, I have hypothesized the possibility that there could be transmission from the cells by means of the complementary six gap-junction ion channel subunits to what has become a now limited number of spectral-energy-transmitting exit routes of whatever spectral energy has been able to be mined by the differently aligned body from intaken outside environment. Portions of the intaken environment, in this situation of misalignment of the time dimension even if not the three spatial dimensions to one another, must surely be processed to provide whatever fuel is needed by those structures experiencing misalignment.

I am proposing that gap-junction ion channels could possibly handle the situation of messaging the body to do what it needs to do to function when the three spatial dimensions have not misaligned to one another because there remains balance between the two parts of the mirror-imaged bones and muscles responsible for alignment in each of the spatial dimensions.

(I envision a 4-sided figure [a quadrilateral] being formed by lines from equal origins on the two Mc Ss 2s and on the two incuses of the ear as well as similar 4-sided figures for Mc Ss 1s/hyoid and for Mt Ss 1s/patellas. None of the 4-sided figures I envision representing the three spatial dimensions will be disrupted so long as there is no slippage in the dimension overseen by each of the 4-sided figures.)

Before continuing commentary regarding the body's use of ion channels for messaging of cells, I interject the scenario I am imagining of how it came about that a developing "energy entity," which would become a human being, could no longer rely on gravitational energy for its functioning and had to switch to using messaging systems based on other types of energy to arrange structures. It begins with something in the "entity" needing to move itself away from its original extension of stretch-away from the gravitational stream as well as its additional reach-away extension. I imagine that in order to do this, that is, to move away from the original stretch-away extension with its reach-away component of extension, there had to be interjected somewhere along the extension, structures which would eventually become a thoracic spinal column with rib extensions under which a set of lungs and a heart would develop. But all this new development would provide a means for misaligning the original structures on either side of the interjected new development. This would prevent gravity from being able to use structures to weight one, or perhaps a mirror-imaged part of one, to eliminate pressure from another. And perhaps this was the basis for the need to develop lungs and a heart to do what they do so there would be the necessary equipment to run messaging systems to handle the interjection of a thoracic spine in the original extensions from the gravitational stream.

There would develop then alternative ways for the body to function without the use of gravity as energy source for taking in outside environment and extrapolating spectral energy from that intaken environment to be sent forth from the body. These alternative ways of functioning will now use the in-taken environment (breath, food, etc.) to be converted into fuel for its continued

functioning, and its exit routes are no longer open for outward transmittal of an extensive range of spectral energy wave length.

I propose that voltage-gated ion channels became necessary when the structures developed to oversee the three spatial dimensions could no longer all be aligned to one another. As a spatial dimension went out of alignment, the mirror-imaged parts of the structures responsible for its alignment lost the ability to adjust to one another to maintain balance.

Before continuing and concluding my discussion of the role of ion channels in allowing a misaligned body to continue to function, I shall stop once more for interjection of a needed introduction to the complicated matter of breath direction in the body as well as a preceding statement of my manner of being able to tell whether my body has slipped out of optimum alignment to which I will refer when speaking of breath direction.

It was not so very long ago that I finally isolated out the determining sensation as to whether I was optimally aligned, particularly as I began exhalation, and was then able, therefore, to truly ascertain whether slippage in the L5/pisiforms time dimension automatically resulted in the body no longer being able to use the simple table of Essay 46 and, thus, had to use these tables of Essay 47 showing bones and muscles throughout the body which would need to be arranged for increments of functioning. It had to do with whether, on exhalation, there is sensation of pressure along the back of the vertebral column at the level of the top of the throat and on up. The alternative, which occurs in the misaligned body, will be the sensation of pressure during exhalation along the front of the vertebral column.

What makes the difference is that in the aligned female body, it is the posterior longitudinal ligament which must be secured upward and forward toward the crista galli during the breath cycle in order to offset the somewhat posterior placement of the uterus as contrasted to the anterior placement in the male of the scrotum.

If there is sensation of pressure along the front of the female vertebral column, then it is the anterior longitudinal ligament which is being secured upward toward the underneath side of the basilar part of the occipital bone, thus pulling the sacrum into an incorrect tilt that has the effect of pulling down on the posterior longitudinal ligament and pulling backwards the crista galli, misaligning everything. I predict that a different situation prevails in the male body due to the forward placement of the scrotum, and it could be likely that a male should experience pressure upward on the anterior longitudinal ligament during a breath cycle to achieve optimum alignment.

To proceed now to the matter of breath direction in the body as it plays a pivotal role in the way in which a body is aligned and balanced, I offer the introductory remark that until I began the effort some 25 years ago to discover how the human body really functions, it had always been my understanding that breathing was just a lung function. As time passed in my effort, it became obvious how much more was needed in understanding the role of breath intake than viewing it purely as a lung function.

I jump over years of effort to comprehend the possibility of an enormously expanded role for breath intake beyond lung function by simply stating that when L5 misaligns with the pisiforms of the wrists so that the time dimension is disrupted, that which has occurred is the opening up of the nasal passage to the pharynx by means of the lowering of the soft palate from contact with the wall of the pharynx at the back of the throat to close off the nasopharynx. The result of this is the closing down of such canals for breath conveyance as the nasolacrimal ducts and the Eustachian tubes and the nasal meatuses, preventing breath from going to, or having an effect on, ear, head, brain structures to activate them in particular ways to allow gravity to serve as energy source. As the soft palate lowers to open up access of the nasal passage to the pharynx (passage from the nasopharynx to the

oropharynx) so that now breath by-passes the nasolacrimal duct and other nasal passages, the breath is shunted to larynx and lungs by way of the pharynx (the oropharynx and laryngopharynx).

All that which I have been describing above as to the opening up of the nasal passage to the pharynx for incorrect breath destination is in conjunction with the posterior longitudinal ligament in the female not being maintained with a strong upward, forward positioning, possibly with the same situation obtaining for the male as regards his anterior longitudinal ligament.

The possibility to which I refer is likely not at all recognized because I believe that people who do maintain a nasal passage closed off from the pharynx (thus providing the lungs with their much reduced need for breath by way of the incisive canal through the hard palate) are few and far between if existing at all!

To re-iterate, due to the importance of the concept, I maintain that it is where breath goes in the body during inhalation, and how it is handled through exhalation, that determines what will happen with all the parts of the body during that breath cycle. How the body functions, what structures it will use and so on, is determined by what the breath does in each breath cycle. If breath goes to the correct place and is handled in the correct way during exhalation in a breath cycle for a given person in a given time period, then the effect of the inhaled breath will be to cause weighting in the appropriate body-frame and finger and toe bones. The weighting of these three bones causes a lightening in the appropriate skull, cervical/etc. and thoracic vertebra/rib bones. Because of the special association of these particular structures, the lightening frees up the breath-receiving compartment to receive breath until limit is reached.

Then, if at the beginning of exhalation, the body is fixed so that there can be no slippage of the alignment of L5 to the pisiforms, thus allowing no incongruence of the spine to the body to occur, there will be no sense of collapse of structures that “rose” during inhalation BECAUSE of the radical concept I have had to come to that the breath that was inhaled, by having its component of spectral energy removed to be sent on from a truly aligned body, has allowed the body to move on in the gravitational stream such that its structures, which rose during inhalation, are now in a position in relation to the larger environment to not need to sink back down during exhalation. At the same time, all of this that has happened has created a new situation in and for the body in relation to a new situation for the outside environment such as to cause the body to have to once again take in breath. In the truly aligned body, the sensation is that the intake of breath occurs purely as a requirement of the breath-receiving structure to once again have incoming breath, but perhaps inhalation occurs as a function of internal changes of the body as well as external changes in the body’s outside environment.

To continue and conclude now the earlier discussion of the role of the ion channels to allow a misaligned body to continue to function - quite likely observing the manner of usage of structures suggested in the tables of this essay - I return to my proposal that voltage-gated ion channels became necessary when the structures developed to oversee the three spatial dimensions could no longer all be aligned to one another. As a spatial dimension went out of alignment such that the mirror-imaged halves of the bones and muscles overseeing it lost the ability to adjust to one another to maintain balance, with quite likely a wider-ranging unbalancing effect, there developed means of intervening in the system to allow there to happen that which had to happen.

I hypothesize that when there are only one or two spatial dimensions which misalign, then voltage-gated ion channels are able to serve as the intervening means to allow functioning to continue. There has been a lowering of the soft palate to open up the nasopharynx to the oropharynx so that there has been the closing of the nasal passages which would have allowed breath to play its role in causing head and brain structures to activate in particular ways to allow gravity to serve as energy

source. However, there has been no complete break in the messaging-system connectedness of the thoracic spine to the cervical spine above and/or the lumbar spine below, as will have happened when ligand-gated ion channels become necessary as discussed below. Because there has been no hypothesized complete break in transmission channels along the spinal column, then electrical transmission of signals by means of voltage-gated ion channels remains possible. The body itself seems to be still used in much the same way as when it is in optimal alignment in terms of the particular lung segments which are utilized on any given day and things of that sort. However, I would predict that a great deal has changed in regard to the role played by the head and brain structures when voltage-gated ion channels must activate due to slippage from optimum alignment. These structures will surely have become involved in seeing that all the structures of the body below have what is needed to continue functioning when gravity can no longer directly provide.

Finally, I speak of ligand-gated ion channels, the means whereby the body uses a chemical messaging system. The messaging which occurs by means of all the ion channels is from one cell or neuron to another across a "synaptic cleft," the transmitting cell or neuron being called the presynaptic neuron and the receiving neuron being the postsynaptic neuron.

This messaging across a synaptic cleft is extremely rapid in the electrical messaging of voltage-gated ion channels because there is direct flow of current from one neuron to another. However, when the body has aligned itself so that ligand-gated ion channels become necessary for conducting messages as to what cells must do, then there is no direct continuity between neurons at what is a chemical synapse. It is necessary for a presynaptic neuron to release a neurotransmitter into the synaptic cleft which is then taken up by the postsynaptic neuron resulting in a slight delay in messaging as compared to electrical messaging.

So what determines whether electrical or chemical messaging of cells to do what they must will prevail?

I have written earlier in this essay of the likely interjection into creatures on their way to eventually becoming humans what would become a thoracic spine with rib extensions, this thoracic spine being interjected in the midst of structures which would be in the modern-day human a cervical spine above and a lumbar/sacral/coccygeal spine below. (The non-thoracic vertebrae, which include the 7 cervical vertebrae, 5 lumbar, 5 sacral, 4 coccygeal and 3 sesamoids form one of the six 24-member columns of the body so the interjection of the 24-member [12 vertebrae and 12 ribs] thoracic spine can rightly be seen as enormously disruptive.) I have suggested the possibility of ease of misalignment of bodily structures due to this interjection such that a human energy entity could be perpetually misaligned to the gravitational stream, unable to use gravity as the energy source for its functioning, possibly developing gap-junction ion channels as a messaging system to tell cells what to do when its spatial dimensions remain aligned. Then, when misalignment occurs in only one or two of the spatial dimensions, allowing there to remain enough continuity in the spinal column for there to be some flow of electrical current due to one remaining aligned dimension that can still manipulate the mirror-imaged parts of relevant structures to produce balance, then voltage-gated ion channels will have developed to handle this situation.

However, there comes the situation I have perceived in which the shape of the thoracic spine becomes so incongruent to the body and the cervical spine above and/or the lumbar spine below that there can no longer be a flow of electrical current continuously along the spine. All three spatial dimensions are misaligned and voltage-gated ion channels can no longer serve. Chemical messaging across what has become widened synaptic clefts becomes necessary.

In this essay there is a table of structures running underneath the first part of the text. I propose these tables show in each time period of 24 hours which structures are on call to be

manipulated for carrying forth the functioning of the body when there is no alignment to the gravitational stream (the time dimension). They are on call as shown when there is no complete incongruence of the thoracic spine to the cervical and/or lumbar spine due to misalignment of all the spatial dimensions, and, therefore, gap-junction and/or voltage-gated ion channels can remain functional.

However, when all spatial dimensions misalign and no direct current messaging is possible along the extent of the spinal column, then the 24 bones of the cervical/lumbar/sacral/coccygeal spine (+ sesamoids), part on one side of the “break” with the thoracic spine and part on the other side have had to develop some means of being able to connect in order for some manner of functioning to continue. I propose that since the connection and direction of activity can no longer be through the thoracic spinal column, there is messaging across this column by means of ligand-gated ion channels to reverse the direction in structures below the thoracic column to cause them to function in an opposite direction around the front of the body back to the top of the thoracic spine. Therefore, the direction of stretch in muscles shown in the tables of this essay is reversed from insertion point to origin point and Day 1 and Day 3 muscles are exchanged in usage. Breath to the lungs by way of the oropharynx to the laryngopharynx will travel very differently, going to the opposite counterpart of wherever it went when there was no break in usage of electrical messaging along the spinal column.

I would predict that it is bodies in which none of the spatial dimensions are able to be aligned within themselves (the mirror-imaging of the structures overseeing each of the spatial dimensions is unable to provide balance within any of these structures) which are most prone to mal-functioning because of the possibility of mishap in the chemical messaging of ligand-gated ion channels. We are encouraged to obtain exercise and be active to maintain the greater health that is surely provided by a body whose structures have had to be somewhat elevated as the body stretches itself out to move, thus resulting in the use of messaging systems and energy source associated with greater connectedness of bodily structures.

To conclude this part of Essay 47, I utilize a note written on February 5, 2018: Because I am trying to make these essays of explication of my book in the PDF at www.evacarynason.com my last hurra for further “intellectual” endeavor at this time, I undertook the development of the tables of this essay which I propose are quite likely useful in determining how we unknowingly misuse our bodies. Through the days of developing these tables, I experimented a great deal with letting my body sag in an effort to determine which muscles are being used and the direction of their action. During this time I’ve had periods of being totally without initiative/energy or whatever it is that gives us will to carry on. I suspected such periods resulted from imbalances I was making my body observe added to the probable situation of it having to function, in any case, with the use of under-developed structures during those times when I was not forcing imbalance on it. I have assumed that even when I am not optimally aligned, my body has altered for the better toward more balanced alignment during the past months causing me to use structures, even when not in optimal alignment, differently than I had for years. I am at the very end of the long period (24x3=72 days) of the thoracic vertebrae/ribs providing the 3-Day Bone as Bob Center and maybe these bones have been especially needful of re-building of themselves and their aiding structures such that my body is especially deficient in the energy-carrying lines or production centers it needs for giving me oomph.

However, sufficient oomph for joyful living or not, I am thoroughly aware of how free of stress my entire body is when I am optimally aligned. To be so to the greatest extent possible continues to require attention, which can’t be given at various times. Thus, I come to moments of awareness of lack of optimal alignment, at which time I can check to see what my body is doing otherwise. The tables of this essay lend themselves to showing what is happening when I slip out of

optimum alignment, and I present them in hopes they will be recognized by someone for what they are and will be more fully developed as to how the universe goes about using our bodies when they are not properly aligned and are not able to serve what I believe to be the universe ultimate goal, that is, always accelerating itself back together by means of the everywhere pervasive gravity.

Before leaving any further commentary of this essay regarding my book in the PDF at www.evacarynason.com, I shall address a different area of discussion from Part 2 of my book. I attempt to lay out the manner in which an energy entity in the form of a living being, that is, a human being, could have developed through the eons. This development is based on my SciFi notion of there having come into existence at what would be earth-spot a bit of matter which could take its outside environment into itself to grow and grow to become a bit of matter, i.e. an “egg,” containing within itself all that was needed to become a 180-element set of structures mimicking a Periodic Table of 180 elements.

The manner in which the bit of matter grew into this “egg” is the initial subject of Part 2 and depends on a concept based on that which happens when there is over-pressurization by incoming outside environment into a discreet entity such that there begins a process of emptying out of the discreet entity into an extension compartment of itself, leaving behind “spaces” within the discreet entity to become always over-pressurized again.

This perpetual ability within the original discreet entity, and all those which are to form and follow, to become over-pressurized will allow for the discreet entities to have the power to alter the extension compartments of themselves. And each extension compartment will form other extension compartments and will have the same power of alteration over the ensuing extension compartments. These formations of extension compartments will continue until there is an “egg,” that is, an entity containing within itself all that is needed to be a set of structures mimicking a 180-element Periodic Table.

When the “egg” is grown into its initial form, Part 2 of my book then speaks of the ensuing process of differentiating out individual structures within the “egg” which will become bones and teeth and lung segments and sinus/air cell sets, each of these being one of the elements of my 180-element Periodic Table of Elements / Correlated Human Body Structures.

In connection with the differentiating out of the 180 bones/teeth/breath-receiving bodily structures of my Periodic Table, many other structures of the body, such as gyri of the brain, cranial nerves, various organs, etc. are brought forth.

In this present effort to summarize the parts of my previous book, a number of new concepts have developed from the effort to better understand possible implications of earlier concepts. To conclude this essay, I shall include my ever more fanciful recent attempt to arrive at a concept for why there came to be the bit of matter of which I speak above which first became a discreet entity at earth-spot and would be able to grow into what would become a living creature. I can only conclude that in my perceived universe which is composed of Russian-nesting-doll type energy entities, one of which is a solar system, then the earth itself had been brought forth as one of the rows of the initial bit of matter that was going to grow into a 180-element Periodic Table capable of becoming our solar system and which, through the same process, had been spawned by our “nesting-doll” galaxy.

If earth represents a row of a bit of matter extending away from our galaxy which could grow into a 180-element Periodic Table that will become our solar system, and if an initial bit of matter extending away from this earth (which is only a row of a 180-element Periodic Table solar system) can become a human being which is its own 180-element Periodic Table energy entity, then I shall conclude that there surely are very precise circumstances determining just where a bit of matter will form which can become a 180-element Periodic Table energy entity. Happily or not for us living

creatures here, earth-spot obviously fit the circumstances needed for an initial bit of matter to extend away from whatever was going on at what would be earth's spot in the universe to develop eventually into this human being energy entity.

There has always been the question of how less fully developed living creatures than human beings fit into this scheme, but answer for that will be pursued on another day.

Civil War - Set 48

According to my scheme for these last essays, this first part of Essay 48 is supposed to speak of the Preparatory Tables of Part 3 of my book in the PDF at www.evacarynason.com. When I did this part of my book, I was attempting to sum up in some easy-reference form a number of the connections of human bodily structures I had made which would help me put together and/or check for accuracy of other parts of my book.

However, I pause now on this Monday, 7-9-18 to put in a caveat, a perhaps too personal note to begin Essay 48. As stated in Essay 42, these latter essays were to be in three parts, the 2nd or 3rd of which was to be autobiographical snippets. In preparing the “idea” portion of these last essays to stand on their own to be copyrighted as safe-guard before I finish the work of which they will be a part, I’ve chosen not to include the 2nd & 3rd parts of the essays. But, I find I am more and more inclined to write “autobiographical” material regarding the development of the ideas as I complete these last essays, with constant question as to whether to remove it or not. Since all of this will be part of the larger work I’m trying to create as legacy for my children, I think I’ll let it stand.

I have just finished Essay 47, which was quite difficult, but because I had written already lots of material I could use for Essays 48-52, I decided I could finish up these last eleven essays to send to the U. S. Copyright Office on 7-17-18, a date I might be able to remember in future as the date I took my life back! For as long as I can remember I have felt, if at all possible, I had to use the best period of my day for thinking about and trying to progress in forming as complete an answer as I could to my long-time questions of “Why are we here?” and “What’s it all about?” I thought I had done what I could on 2-17-17 when I copyrighted my 471 page book summation of the best answers I had been able to come to at that point. However, 471 pages was just too much and, thus, the past year found me trying to condense the essential ideas into eleven essays which I had to complete in order to finish the 52 essays I needed for the other work I’d begun years ago. This year of continuing to think about these ideas led to a good bit of expansion of the ideas, much of which has already been included in Essays 42-47.

On this day’s morning, I’d set myself the task of brushing up Essay 48 which I’d already written a lot of and finishing Essay 49, which I thought was perhaps the most important one of all as the explication of Part 4 of my big book, the “how to do it” part. Curiously, on this morning, which was Day 1 of the all-important pisiform as the 3-Day bone, I began very dull of brain. Therefore, after a bit I allowed myself to drift into sleep and had an extraordinary, long, complicated dream, the culmination of which was the disappearance of my baby daughter from where I had laid her among all the books and papers I’d brought to our front porch to work from as soon as my daughter began her morning nap. I searched through the vines surrounding the porch into which I thought perhaps she’d slipped and then searched for her on all the beds and couches within the house, finally knocking on the door of a visiting friend to ask for help. I awoke at that point. This dream seemed significant in speaking to me of my need to move on from these years of concentration on this one effort.

As I re-commenced trying to work, I kept in mind the extent of my ability to call forth a fact, a name, any of those number of things which can be lost in a so-called “senior moment,” if I would but pull my body and brain into alignment so that I felt appropriate pressure on the day’s overseeing gyrus of the brain of the 24 distinct gyri I’ve distinguished. As always, this was helpful, but even so, I developed the desire to write this caveat as an escape mechanism to my fearing my brain may not be up to the task of concluding these essays with as much continuity and conclusiveness as I would like by my target date, next Tuesday, 7-17-18. I shall probably do a bit of cobbling together now to bring

what has always felt like a monumental task to a final conclusion.

After I have copyrighted the meat of these eleven essays (the remainder being the two other parts of each essay which I mentioned above that I would not include here), I will have done what I can to lay out a basis, science fictional or not, for the functioning of a human body to accord itself in various ways to serve our universe in whatever direction it may be going.

As I move into whatever my future will be, I shall have that basis to call on in continuing to shape my body from day to day as well as in the journey toward ever increased knowledge and understanding. There will still be two specific “intellectual” tasks to finish in the form of finishing up the actual book of some 200 songs, divided into 52 Song Sets each with an accompanying essay, which I began so long ago, as well as editing and correcting the 471-page book, copyrighted on 2-17-17, preparatory to finally having printed copies of it. However, none of this work will be rife with big, possibly science fictional ideas, which I will be having to rack my brain to try to express as clearly as possible and which someone else might be able to take and run with if I haven’t safeguarded them as best I can. Therefore, I can finally use the energetic part of my day for life tasks and fit the other work in as I can.

Now to begin cobbling together essays 48-52, I continue this Essay 48 by writing of the relationship of this essay to Song Set 48 -Civil War rather than first giving a summary of Part 3 of my book. I do this because I had earlier determined that instead of writing much regarding the content of Part 3, I would write of any glaring corrections needed to my book. This led to my thinking of the large corrections needed to human society and wanting to speak of my conviction that the most right/correct humans will ever be able to be will come from having a thorough knowledge of the how and why they came to exist within the context of the how and why their universe came to exist and, then, beyond that, an understanding of the ramifications of this knowledge.

In these eleven essays to end my yet-to-be-completely-typed-up 52 Song Sets with their beginning essays, I have hoped to suggest that true knowledge of how we came to be and continue to fall out might help us perfect society.

In a recent note to myself, I write that the only thing likely to save us as a species is knowledge; and the only thing that is going to tell us whether we’re worth saving or not is knowledge, that is, knowledge of whether we might uniquely serve some purpose in whatever the universe is doing giving reason for us to continue to evolve and develop as a recognizable species. In order to ever figure that out, we must finally figure out what the universe is doing and what it is, actually. When we’re trying to determine what we ought to do individually or as a society, then the most correct we can be in what we do will come from our having as thorough a knowledge of what is factually known as possible and, then, engaging in a thorough effort to understand the ramifications of this knowledge.

I have not observed my own insight as how best to proceed. I have not acquired as thorough a knowledge of what is factually known as does exist before I have begun advancing theories as to the ramifications of the knowledge I did acquire. I would offer as defense that the knowledge I acquired was as much as I could at the time and the theories seemed to demand to be made. No doubt many of us would use the same defense for their ideas and theories. As recompense for my failure to be as informed as possible before advancing the theories in this work - many quite subject to proving to be purely fictional - if I am to go on living for any extended period of time as a result of living in accord with the seemingly non-fictional portion of my theories, it is my intention to become ever more knowledgeable of that which is known in disciplines relevant to the area in which I theorize.

Among the songs of still-to-come Set 51 is “Down by the Riverside” or “Ain’t Gonna Study War No More.” To study war no more is surely a dream we might possess, but, to address the topic

of this Song Set, i.e. civil war, slavery had to be abolished. There could have been no advancement in any aspect of civilized life growing out of a society based on slave labor or out of a society which was a neighbor to another based on slave labor. War against the recalcitrant slave-owning society was inevitable, and this has been the case from time to time when human beings have shown themselves to be monstrous in their treatment of other human beings.

Thus, we had the Civil War, and we made the needed correction of ending slavery, but, oh, how much work there was to be done afterwards to ever bring those who had been enslaved fully into the family of man. One hundred fifty years later, society still hasn't finished its work in that regard.

I would question whether we will ever finish the work so long as societies are arranged in such a way as to allow for the inequitable distribution of whatever they have or produce which provides for the necessities of life. And this question is raised by my question as to whether we will ever understand the depth to which we are all one family, such that until "the least of these" is brought into full participation in the family, then there is little hope of the family ever being anything but dysfunctional.

I persist in writing of my SciFi vision of our how and why because it has given me a basis for suspecting there is a most right understanding of why we are here and what it's all about and that we have quite likely developed to the point of being able to finally grasp this understanding.

As regards needed corrections to my book in the PDF at www.evacarynason.com, the list of corrections I include now is primarily for me as I begin correcting and editing the book but, also, for anyone who might ever actually take a look at my book and wonder about inconsistencies. I believe at this time that I have significantly erred in the connections I have made among human bodily structures primarily in one area, that is, in the sequencing of the Day 2 bones in their relationship to the other bones of the body. The Day 2 bones are s-orbital bones found in the first two columns of the Periodic Table of Elements/ Correlated Human Body Structures on Page 1 of my book. The corrections I'll make ensue from my having realized (by means of sensation primarily) that Day 2 s-orbital bones alternate 3 days by 3 rather than progress 2 sets of days by 2 for given sets of four 3-Day bones.

The corrections needed to the sequencing of the Day 2 bones are most importantly in Part 4 of my book, which is the primary "How To Do It" section. In the Tables themselves of Part 4 (excluding the introductory text), in each of the last 3 boxes on the front of each sheet (that is, on all the 120 odd-numbered pages beginning on Page 117), the s-orbital Day 2 bone is shown as (1).

Until I have corrected my entire book and replaced the original PDF with a corrected PDF, then I know not how else to specify the needed changes except to state the following:

1. In sets of 4 odd-numbered pages from Page 117 through Page 147, and again from Page 165 through Page 355 at the end of these Part 4 Tables, the s-orbital bone shown in (1) in the last 3 boxes for the 2nd odd-numbered page in each set of 4 should be exchanged for the s-orbital bone shown in (1) in the last 3 boxes for the 3rd odd-numbered page in the set of 4.

To go along with the changes made in "1." above and in "2." through "9." below, there are 3 additional changes to be made to correct the s-orbital bone arrangements in the Tables of Part 4:

- 1st - Wherever the s-orbital bone in (1) in the 3 boxes at the bottom of an odd-numbered page is exchanged with (1) in the 3 odd-numbered boxes of another, then the sentence following the date in the 2nd of the 3 boxes at the bottom of the odd-numbered pages should also be exchanged. The referred-to sentence will comprise the first 2 lines in the 2nd box at the bottom of odd-numbered pages, excluding the date.

2nd - Referencing the top of the odd-numbered page, in the 3rd box down (DAY 2 BOB CENTER), this box on the 2nd page of a set of 4 should also be exchanged for that on the 3rd page of the set of 4.

3rd - On the reverse of the 2nd and 3rd odd-numbered pages in a set of 4, that is, on the even-numbered side of the 2nd and 3rd odd-numbered pages in a set of 4, counting boxes down on the left, the entire section across the page for the 4th box down should be exchanged between the 2nd and 3rd even-numbered pages in a set of 4 even-numbered pages.

At Page 149 through Page 163, there is an anomaly in the process I have described above for correcting the Tables of Part 4. This occurs because, in this one place, there is a set of two 3-Day bones which has a set of four different-type 3-Day bones interjected before the remaining two of the previously-begun set of 4 are able to continue and conclude. For these pages, I shall list how their (1)'s should be shown:

2. Page 149 is correctly shown.
3. Page 151 should have its (1)'s in the last 3 boxes changed to "Highest Nasal Concha."
4. Page 153 is correct.
5. Page 155 should have its (1)'s in the last 3 boxes changed to "Highest Nasal Concha."
6. Page 157 should have its (1)'s in the last 3 boxes changed to "Superior Nasal Concha."
7. Page 159 is correct.
8. Page 161 should have its (1)'s in the last 3 boxes changed to "Superior Nasal Concha."
9. Page 163 is correct.

As regards any other corrections or alterations at this time to the Tables of Part 4, I will comment that there is ambiguity in meaning in the sentence following the date in the first of the 3 boxes at the bottom of odd-numbered pages. I use the phrase "through the aegis of the 'x' Gyrus." As explained below, this phrase could be changed to "overseen by the 'x' Gyrus" or even "which is the 'x' Gyrus."

At the time of attempting to finish my book in the PDF at www.evacarynason.com, I had still not determined how the 24 gyri of the brain fit into my scheme. For a while I thought they might be involved in "instigating alteration" to other structures but finally concluded sensation told me that during a proper body-extending breath, the on-call gyrus for the day was, if anything, having a vacuum created in it rather than was being pressurized. Therefore, the gyrus would not be what I had determined to be an instigator of alteration, but rather, would itself perhaps experience alteration during exhalation. Thus, I concluded that the gyrus was likely to be the RNA-making or DNA-making Apparatus which is mentioned in the sentence following the date in the 1st of the 3 boxes at the bottom of odd-numbered pages.

There is need of re-wording in some of the first set of across-the-page boxes on the even-numbered pages of the Tables of Part 4. My sense of what is happening during inhalation is that the instigator of alteration (found in the third column toward the top of even-numbered pages) becomes pressurized by some means (inflow of one sort) causing the structure which I have proposed is to be

altered during exhalation (found in the fourth column) to develop a vacuum allowing for the inflow of another sort providing substance which will then be used to alter the structure by outside pressure on the structure during exhalation. During this exhalation the instigator of alteration will be prepared to be able to become pressurized again during inhalation, either by incorporating into itself whatever the inflow had been which had previously pressurized it during inhalation or by expressing same from itself. I have considered it possible that the instigator of alteration during the inhalation phase could itself experience alteration during the exhalation phase.

Note from 7-16-18: Before these last essays become part of the larger 52-Song Sets work, I hope to establish much greater clarity regarding the matter of pressurization of/intake into/weighting & lightening of/vacuum-formation in all the number of structures I have proposed as being possibly subject to these effects.

To reflect the needed corrections in Part 4 of my book, which I have stated above, there will need to be corrections made in Part 1 and Part 3.

In Part 1, the box at the very top of each page of the Bone/Muscle Table (as Scaffolds) (Pages 16-21), must be corrected to show still that “The first scaffold bone for each set of 5 reading across is based on which of 5 is the 3-day Bone,” but now the understanding is that the first scaffold bone alternates down the 5 columns of 24 bones each rather than serving 2 by 2. Therefore, on Page 16 it should read “for xiphoid process (& manubrium [not sternum]), it is the Vomer; for C1 (& C3 [not C2]), the Superior Nasal Concha; for Mc 5 (& Mc PP5 [not Mc 2]), the Parietal; for T1 (& T2 [not rib 1]), the Temporal; for Mt 5 (& Mt PP5 [not Mt 2]), the Lacrimal. Then for the sternum [not manubrium] (& clavicle), the Palatine; for C2 [not C3] (& C4), the Highest Nasal Concha; for Mc 2 [not Mc PP5] (& McPP2), the Occipital; for rib 1 [not T2] (& rib 2), the Zygomatic; for Mt 2 [not Mt PP5] (& Mt PP2), the Maxilla.” Comparable changes will need to be made in the top box for each of the remaining five pages of The Bone / Muscle Table (as Scaffolds).

In Part 3, Page 73 must be changed such that the 2nd bone in each set of 4 is lowered to the box below and the 3rd is raised to the box above.

In Part 3, on Page 75 in the section entitled “Interceded Spinal Nerves” in the 3rd column, bones Number 2, 6, 10, 14, 18 and 22 should be swapped with the bone immediately below it, for example, the vomer with the palatine below it.

In Part 3, there must be change made to the middle column of the Tables on Pages 89-97, i.e. “Day 2 Bob Center.” The change will consistently be the following: in each 2 by 2 set, the material in the boxes for the middle two bones will be exchanged. Toward the bottom of Page 90 and at the top of Page 91, this change will need to occur by considering that the Day 3 Bob Centers shown in Column 3, that is, S2, C6, S1 and C7 form the set of 4 in which change needs to take place in the 2nd column.

A last obvious need for major correction is in the Tables of Part 5 when there is reference to the cranial bones. Where they are shown, the 2 by 2 arrangement is given, and this must be changed to show the alternating nature of the service of the cranial bones. The needed corrections will be to Pages 361-2 and 366-8.

One miscellaneous correction: On lines 30 and 31 in left-most box on odd-numbered pages of Tables of Part 4 (and left-most box on 5th and 6th lines up from bottom of even-numbered pages), the time given as 12:36a likely needs changing to 12:04a or 12:52a (not yet checked out).

Home, Sweet Home - Set 49

In this Essay 49, I am to attempt to explicate Part 4 of my book at www.evacarynason.com and possibly/hopefully make more accessible its usefulness as the “how to do it” part of the book.

As preliminary to an actual listing of “how to do it” steps, I don’t believe I can do better than reproduce here an introductory part of the Text for Tables of Part 4 and follow this with several notes written during the previous year giving some background as to what is to be achieved if a person is able to engage in the “how to do it” portion of the book.

The title of Part 4 of my book is Tables for Day 1, Day 2, Day 3 Extending-Body Bob Centers. The Introductory Text for these Tables, an initial portion of which follows now will perhaps seem very fanciful when I come to speak of a Pendulum Bob or Pendulum. Please remember to view it as my SciFi way of creating some model for what I sense to be occurring within me as I proceed now to quote the first one and one-half pages of Part 4’s Introductory Text:

Text for Tables of Day 1, Day 2, Day 3 Extending-Body Bob Centers

I come now to writing an introduction to Part 4 of my work.

The 240 pages of Part 4 have grown out of all that is contained in the remainder of this book. What is on the pages grew out of years of learning, primarily from anatomy books, the parts of my body and, then, sensing out the relationship of these parts to one another by the very slow, direct reading of actual sensation in my body as I manipulated its parts - slow, requiring years of refinement, because of the nebulous, confusing quality of sensation. The presentation of Part 4 in this book is the last of innumerable iterations of these relationships, and I believe it to have proven itself over and over through many months now to be accurate such that I can declare it to be an essentially accurate final iteration.

The front and back of each sheet of Part 4 represents one of the non-S-orbital bones found on Page 1 of this book in my Periodic Table of Elements / Correlated Human Body Structures. These are what I have named the 3-Day Bones, and there are 120 of them as represented by the following 120 sheets of the Tables of Part 4. [Each of the 120 3-Day Bones is associated with 3 muscles responsible for manipulating it through 3 days such that each of the 120 sheets represents 3 days of a 360 day year. I make reference to the concept of our most optimally balanced functioning being based on a 360 day year on Page 112 of my book.] The remainder of the non-S-orbital boxes of the Periodic Table are represented by tooth structures and breath receptacles (lung segments and air cell sets and sinuses), which will appear in the Part 4 Tables as structures associated with the 3-Day Bones.

Pendulum Bob or Pendulum

In order to attempt to explain the different sections on each of the 120 sheets of the Tables of Part 4 (front and back equaling 240 pages), I will proceed down the front of the sheet providing comment about the significance of the content of each box which extends across the page as I come to it more or less in sequence down the page. Where possible, I shall incorporate portions of the text from other parts of my book to give explanation. As regards the first 4 boxes, to explain how I came to refer to myself as an “8:52 a.m. 7/2/1939 HUMAN as Bob or Pendulum from Crista Galli as Hook or Pivot,” I take from Page 000 of Part 6 the following paragraphs: There came a time in my work in which I had to accept “that a living organism is intricately entangled with the universe, at different

levels of remove, thus arriving at a concept from which I would work that each organism serves as a pendulum part or a pendulum itself in a universe composed of pendulums. What I had referred to for a long time as the fulcrum or balance point of the body became the Center of any body serving as a Pendulum Bob hooked in at the body's Crista Galli or it became the Bob for a Pendulum swinging from the Crista Galli serving as the pivot for what is now the body as a Pendulum rather than a Pendulum Bob. There is implied an enormous difference in whether the body serves as a Pendulum Bob or as a Pendulum. As a Pendulum Bob hooked at the Crista Galli, the implication is that the body is directly entangled in what I came to think of as the universe flow (actually the gravitational flow) and must constantly alter itself to accord with the flow. In contrast, when the body is serving as a Pendulum pivoting from the Crista Galli, then it happens that there is lost the possibility of a constantly changing fulcrum giving accordance of the entire Bob to the gravitational flow, with this loss allowing gravity to flow on leaving pendulums answering to other forces than gravity and thus requiring alterations within the pendulums based on the needs of the other forces."

From this quoted section from Part 6 above, I am attempting to explain that I can align myself in such a way as to serve as the bob at the end of a pendulum's cord with the bob attached to the cord at the crista galli and with the cord hooked into what I propose to be the gravitational flow or stream. The material on the front and back of each sheet of Part 4 is a lay-out of the parts which need to be aligned on a given day in order for the human to serve, as I have imagined or speculated, as a pendulum bob hooked directly into the gravitational stream and subject to constant alteration to accommodate itself to the stream. Also, this material shows the patterns to be followed in aligning the relevant parts in order for proper alteration to occur.

Throughout this material are the innumerable departure points at which the pendulum bob can lose its direct attachment at the crista galli such that a pendulum cord begins extending away from the crista galli with the body then coming to serve as its own pendulum, subject now to forces beyond the gravitational force. I have proposed the parts of the body developed in conjunction with handling the dimensions through which the body must move, and a result of its becoming its own pendulum is that there has come to be misalignment of its dimensions to one another, requiring the use of non-gravitational forces which can deal in dimensions not balanced to one another.

Sperm Meets Egg

One of the many questions to be answered is how does a person quickly, easily determine at which minute of which day a sperm and egg join to begin their journey together as a human being? Perhaps it will be found that a simple reading of some aspect of a person's DNA will give the answer. I determined that, for me, the minute and day was 8:52 a.m. on 7/2/1939. This determination was made by first proceeding backwards from my birth moment to what would have been the beginning of a normal gestation period. Then, I used sensation over a period of time to attempt to feel what would be the most appropriate moment of my beginning based on alignment of my parts issuing from various possible moments in the vicinity of what would have been the likely beginning moment of my gestation period when sperm and egg combined. I have been perhaps wrong in what I established as my beginning moment, but it has felt correct through this number of years of developing the 240 pages of Part 4 based on 8:52 a.m. on 7/2/1939 as that first moment of me. [I look forward to a time when a simple test is developed which can be used to determine the first moment of each of us should that prove to be important to know.]

To proceed now to several previously written notes regarding the simple sort of bodily

functioning that is to be achieved if a person is able to engage in the “how to do it” portion of my book, on January 10, 2017 I wrote: The body developed in such a way that there are particular structures to handle movement in each dimension on a given day. As we breathe, swallow and, very likely, bring any outside environment into our body, I propose that we are engaging in up/down movement, which I have defined elsewhere as stretch-away from the gravitational stream with structures for a path back.

Upward dimensional movement required by our body in allowing us to engage in the inhalation portion of the breath cycle is handled by the cranial bone (shown as the Day 2 Bob Center on Line 6 of any odd-numbered page of the Tables of Part 4 but with a correction stated in the preceding Essay 48) and its dilator or sphincter or orbitalis muscle. Concomitant downward dimensional movement allowing us to exhale will be handled by the day’s body-frame bone with its muscle for the day (the first of the five body scaffold bones to which I often refer but with there always being an initial head bone which is the cranial bone). Corresponding to the L5/pisiform connection as measure of the degree to which the body is aligned to the time dimension, the set of sesamoid bones giving a measure of the degree of alignment in the up/down dimension is the metacarpal sesamoid 2 bone at the inside base of the index finger as connected with the incus of the ear, that is, Mc Ss 2 / incus.

When I am most optimally aligned so that my body’s structures are used to observe the dimensional parameters described above, then I propose that that which is achieved with the exhalation completing each breath cycle is my ability to send (toward and perhaps only eventually) forth from the body’s six exit routes the whole range of spectral energy which has been (or is being) produced and prepared from in-taken substance during inhalation (or other in-take activity) to be ready to send it on its way during exhalation.

I would propose the gyrus of the brain for a given day’s activity is likely involved in overseeing the track to the exit routes. However, when my body slips or sags out of optimal alignment, it must surely be the effect on the gyrus which tells the body how to proceed in using its mechanical/electrical/chemical messaging systems to continue to function.

To maintain optimum alignment, then the remaining two spatial dimensions must remain aligned with the up/down dimension. Any component of left/right movement, that is, any reaching away from the up/down dimension, will be handled by a structure associated with our cervical spine/etc. series of 24 bones, and the return from reaching away is handled by a structure associated with the 24-member finger bone series. The measure of the degree of alignment in the left/right dimension is given by the set of sesamoids, the double-bone metacarpal sesamoid 1 at the inside base of the thumb as connected to the hyoid bone at the back of the chin, that is, Mc Ss 1 / hyoid.

Any back/front movement, which is move away from the up/down, left/right dimensions to be handled by the 24 bones of the thoracic spine/ribs, is completed in the return-from-move-away as handled by the 24-member toe bone series. The measure of the degree of alignment in the back/front dimension is given by the set of sesamoids, the double-bone metatarsal sesamoid 1 at the bottom-side base of the big toe as connected to the patella of the knee, that is, Mt Ss 1 / patella.

All of the above is overseen by the time dimension structures which allow such diversions from the gravitational stream. These are the ethmoid/sphenoid bones, 18 tooth structures, the lacrimal/maxilla bones and the body and ramus of mandible, all utilizing the eye’s zonular fibers as muscles.

The movement of a structure is permitted by involving the halves of the day’s mirror-imaged structures overseeing the dimension in which the movement is occurring to weight themselves in such a way as to cause the other halves to cause movement.

The remaining notes from my previous year to duplicate here will serve as introduction to the six “how to do it” steps which I shall list. These notes from 6-29-17 / 7-1-17 give the most basic steps to aligning one’s body to be as optimally balanced as is possible. It is movement in relation to the dimension of time (the gravitational stream) which determines all else. The structures overseeing the time dimension have been given as lumber vertebra 5 (L5) and the pisiform sesamoid bones on the inside of the wrist below the little finger. As I wrote in early summer last year, all that is required in order to have a body that is truly aligned to pure gravity - that is, the non-stepped-down-into-other-forces gravitational flow of the universe - is to create the sensation that the two sides of one’s lumbar vertebra 5 (L5) are as securely connected as is possible to the two pisiform bones of one’s body, these being the small round bone found in the left wrist with another in the right wrist on the little-finger-side of one’s hand where the hand joins the wrist. The small round bone can be felt at the inner bottom of the little-finger-side of the palm-up hand.

To create the sense of the most greatly secured connection between one’s L5 vertebra and the two pisiform bones, if one is a woman, will require her quite likely to create the sensation of shifting her L5 backwards. If one is a man, it is likely the shift will need to be forwards. In Essay 47, I have written of the importance for the female of securing the posterior longitudinal ligament, which runs along the back of the vertebral column, strongly upward and forward toward the crista galli in order to have the correct tilt of the sacrum/coccyx at the bottom of the vertebral column, which will determine the alignment of L5 immediately above the sacrum. For the male, it is likely that the anterior longitudinal ligament needs to be secured upward toward the underneath side of the basilar part of the occipital bone.

In establishing the six “how-to-do-it” steps, I have placed the aligning of the structures overseeing the dimension of time and the three spatial dimensions as first on the list. The goal in aligning these dimensional structures is to optimally position one’s crista galli such that there can be no extension of pendulum cord from it, thus assuring that the human serves as a pendulum bob hooked into the gravitational stream rather than allowing itself to extend a cord from the crista galli turning itself into its own pendulum. To place the alignment of the structures overseeing our four dimensions as first in my list does not allow me to place as much emphasis as I would like on the ultimate importance of breath destination in determining everything that happens in the body. Therefore, I shall list breath destination secondly, but, because it will initiate the action of the body’s structures in each breath cycle, I shall assign Numbers 1 and 2 to both be Numbers 1and/or 2.

How-To-Do-It Steps

1. and/or 2. Align the two structures overseeing each of our 4 dimensions, that is, the time (gravitational stream) dimension and the 3 spatial dimensions:

- a. time dimension: L5 / pisiform
- b. up/down dimension: Mc Ss 2 / incus
- c. left/right dimension: Mc Ss 1 / hyoid
- d. back/front dimension: Mt Ss 1 / patella

(See Note 1 below after Number 6.)

1. and/or 2. Breathe by way of designated breath tract toward the structure to be activated by incoming breath as stated in the 2nd, 3rd and 4th boxes on the odd-numbered pages of the Tables of Part 4 (starting on Page 117), these breath tracts and to-be-activated structures associated with Day 1, Day 2 and Day 3 Bob Center bones. During any three days for a 3-Day bone (this bone always the Day 3

Bob Center), it is useful to try to create the sensation of breath going toward all three to-be-activated structures as shown in the three boxes for Day 1, Day 2 and Day 3 Bob Centers.

3. To next most immediately create a sense of alignment is to use that which I list in Number 5 below, but its use is perhaps more difficult than paying attention to the scaffold of 6 bones responsible for our alignment in a given 3-day period. Therefore, I list the bone scaffold next and quote from Number 8 on Page 111 of the PDF at www.evacarynason.com: *Check for seeming pressure on mirror-imaged bones for the day's 6-bone scaffold as shown in boxes Number 8, 9 and 10 (same scaffold through three days). This "seeming pressure" creates the sensation of each mirror-imaged bone having its two reversed images of itself actually "present and accounted for" in the same general location in the body. In a sagging body, it is easy to create a sense of pressure on any bone in one side of the body without there being awareness of the presence of its mirror-image on the other side. When L5/pisiforms are properly aligned and I call attention in myself to a particular bone on one side, the same bone on the other side is obviously present too.*

4. The 6 bones of a day's scaffold will each have an associated muscle for each of the three days on which that bone scaffold is responsible for our alignment. These muscles are often not so very hard to distinguish in our body and manipulate. I quote from Number 9 on Page 112 of the PDF: *Check for similar direction of stretch pressure on mirror-imaged muscle associated with each of the six bones for a given day (in most cases the muscles change day by day). My effort to determine how my body functions began so many years ago with the effort to figure out what my muscles were doing. Now, at the end of this portion of the effort and the end of the How-To-Do-It section, the muscles receive only two lines of text with emphasis instead on so many other parts of the body!*

5. To address the impressive efficacy which can be had in aligning ourselves by paying some attention to organs and glands, I quote from Number 3 on Page 109 of the PDF: *Check for continuous pressure in the area of spectral energy associated structures as described in across-the-page box Number 5 (I've thought of these as substance-producing organs whether it be material substance or nerve impulses, etc.) for given time of day for given day as shown in box Number 7. All six organs in the relevant time line across the page are important, but I have felt it to be sufficient if I concentrated on the organs in the appropriate time line for the columns marked at their tops as 2 and 3, that is, the organs associated with the body-frame bone shown as (2) in the three boxes at the bottom of the page and with the cervical/etc. bone shown as (3) in the same boxes.*

6. In the "How-To-Do-It Steps" part of the Text introducing the Tables of Part 4 (Page 109 in PDF), the most extensively described step is Number 7 with its four "(7. continued)" entries. I shall quote here only Number 7 itself although this step, as described in all the parts of Number 7, may be the one which must happen if we are to continually alter ourselves to accord with what may be the direction of universe alteration which could possibly result in non-destructive, non-death-inevitable change to ourselves. It is complicated. Correct inhalation and exhalation are essential to carry through this step. I quote: *On inhalation, check for expansion pressure in, or contraction, i.e. compression, pressure in/on, the day's Bob Center, whichever the case may be. If the day's Bob-C, as stated at the beginning of box Numbers 8, 9 or 10 at bottom on sheet front "instigates alteration," then there should be felt expansion pressure in it whereas the structure to which it is stated it is instigating alteration should have some sensation of pressure on/in it to be compressed or contracted.*

Then, on exhalation, there should be a reverse on these structures of the sense of expansion in/contraction on/in pressure.

Note 1. This is Number 6 on Page 110 of the PDF and speaks of structures of assistance to those primary structures overseeing our 4 dimensions: *For some time, I thought that all I needed for alignment of my entire body was to use the vowels, YUOIEA (see first page of Part 6, Page 444), to remind myself to create a sense of mirror-imaged balanced alignment in my larynx (Y), my lower mandible, i.e. jaw (U), my upper mandible, i.e. maxilla bone (O), my nose (I), my ears (E) and my crista galli, i.e. peak at the top of the ethmoid bone in the front top of the head (A). Later, I added to this the desirability of having a sense of balanced alignment of the metatarsal 3 (Mt 3) bones coming through the middle of the foot (see Page 457 & 467 of Part 6) along with the vomer, i.e. the septal plate in the nose, and the crista galli. At a later time, I determined that using YUOIEA, Mt 3, the vomer and the crista galli were useful primarily for aligning the structures of our three spatial dimensions but did not have enough alignment power to affect L5 to move back the spine at the waist to align L5 and the pisiforms to align my female body properly in the time dimension. The caveat to this would be if the crista galli were straightened right/left and pulled up and forward (in females; probably up and back in males) in which case I would propose that L5/pisiforms could be so properly aligned as to allow the body to need only its connective tissue for functioning (see Page 434 of Part 6). To assure that YUOIEA + Mt 3/vomer/crista galli provides all the desired alignment, then I add a check for a sense of pressure in both or either of the last two structures at the bottom of the column labeled 3 in the 6th/7th across-the-page set of boxes on a sheet front. These structures are the cranial ventricle (serving 12 days at a time) and the spinal nerve (serving 3 days at a time).*

The end of Note 1 has just mentioned the cranial ventricle (serving 12 days at a time) and the spinal nerve (serving 3 days at a time). This latter, the series of 24 spinal nerves, shown in Column 3 in the 7th across-the-page set of boxes on a sheet front of the Tables of Part 4, parallels 24 of the dermatomes of the body, C5- S3, and knowing these and giving them appropriate pressure on appropriate days has proven to be very helpful in alignment. On Page 75 of Part 3 of the PDF are found tables of spinal nerve correlations showing the table of what I perceived to be the base spinal nerves, i.e. C1-C4 + S4-S5 + the coccygeal nerve and the table of interceded spinal nerves, i.e. C5-S3. The dermatomes of which I've made much use parallel C5-S3, and are beautifully shown on Page 150 of Frank H. Netter's Atlas of Human Anatomy, 2nd Edition.

I conclude these "How-To-Do-It Steps" with the "Concluding Remarks to Text to Part 4" from Page 112 of the PDF: *As I believe I have mentioned elsewhere in this work, I dream of the possibility of a time when school children will learn the structures of their bodies, just as they learned in an early grade in my day the multiplication tables.*

I will consider my effort in creating this work worthwhile if it could start a trend of people being interested in knowing the parts of their body and beginning to notice that they have the ability to use that knowledge to help themselves. It might be the case that great benefit would come from becoming familiar with only a very limited set of muscles each day and trying to assure that those sets have on them similar stretch pressure from proper origin to proper insertion throughout the day. Similarly, help might come from learning the location of a few sets of bones or organs, such as the kidneys or suprarenal glands, and creating the sensation that these bones or organs are level or equal to one another in their location and spaciousness in the body. So often, when I allow myself to sag back into the arrangement of my parts which has developed through the many years of my life when I have not known of my lack of aligned, balanced functioning and, more recently, have not yet

been able to consistently maintain the new way of balanced functioning, then I become aware of the sensation of all my mirror-imaged parts being at odds to one another.

I look forward to the day when we do truly understand the in's and out's of our functioning based on a real knowledge of why we are here and how we fit into the universe order. Also, I look forward to the day when the only kind of pill/ pharmaceutical permitted on the market deemed to be safe will be one which assists a living creature to move toward according itself with what we discover to be the real purpose of our being here. It will be a pill/ pharmaceutical / health or beauty aid one can use without fearing adverse side effects because it will be based on a thorough understanding of where its recipient is in his or her progress toward maximum balance of his/her parts and on what will be of aid in furthering that progress. Inasmuch as I deem quite difficult the on-going effort involved in doing the sort of things suggested in this work to bring about properly aligned, balanced, non-wearing bodily functioning, then I have joked to myself that the medical profession could now develop tests for this new kind of balanced functioning and the pharmaceutical companies could divert their research to developing "pills for proper overall functioning with no adverse side effects" based on the tests (and in some new day coming, not enrich themselves unduly at the expense of the public!)

Finally, three more notes:

Note 2. When I speak of arranging body structures in this way or that by creating some sort of sensation regarding them, it may well be that all I really need to be suggesting is that I do whatever is required to remove the weight of the body from relevant structures so that they can do whatever they need to do.

Note 3. As I wait and work to achieve the hoped-for and seemingly ever-closer perpetual optimum alignment for myself, I devise what I have thought might be a broad-brush method of protecting the body from internal harm - but only if the exhalation phase of a breath cycle is paid especial attention - that is, I breathe into all the nasal passages and available cavities in my head assuring that the soft palate will rise to close off the nasopharynx. This will include the nasolacrimal duct and the lacrimal canaliculi - giving the sensation of breath directed toward 6 brain sinuses plus the parts of the cavernous sinus - as well as the Eustachian tube and nasal sinuses and air cell sets, including the ethmoid, tympanic and mastoid air cells. With the soft palate keeping the nasopharynx closed off, I then pay attention to there being breath directed to all 18 lung segments by way of the incisive canal through the hard palate and, in particular, to the back lung segments.

Then, during exhalation, I must assure there is no relaxation in the soft palate in its maintaining its secure connection to the pharynx to close off the nasopharynx. If I can do this, I can ascertain that the 6 exit routes of the body are all open for transmission of what I hypothesize to be spectral energy, these exit routes being the urethra, skin (with armpits, etc.), lactiferous ducts (nipples), anus, eye, vagina (penis).

Note 4. I found a note to myself stating: much that we are is that which can happen in the degrees of separation between L5 and the pisiform sesamoid bones of each wrist. Earlier I had written of there being 6 processes (bone projections) on each side of L5, and I proposed that what is happening to align a human to pure gravity by forming the most secure connection between L5 and the pisiforms is that the continuum of connections between whatever connects to the 6 processes on either side of L5 and proceeds on through the series of connections extending to that which finally connects to the

pisiforms is made to eschew any lapse from a gravitational orientation which would require the use of any other force to message body structures to do this or that. By July 8, 2017, I made so bold as to hypothesize a lumbar vertebra 5 (L5) with 7 sesamoids taken from it (Netter, Page 144):

1. The 2 pisiforms taken from the vertebral foramen,
2. Mc Ss 2 taken from the area of the inferior articular process,
3. the 2 incus bones taken from having been part of the area of the spinous process,
4. Mc Ss 1 taken from the area of the mammillary process,
5. the hyoid taken from between the 2 superior articular processes,
6. Mt Ss 1 taken from the area of the accessory process,
7. the patellas taken from having been part of, or from along, the transverse processes.

World War - Set 50

Someone very close to me made the statement that knowledge about how the universe and living creatures work is not likely to in any way inform her daily life and, therefore, would likely not be of much interest. Probably true for many. However, when there is a failure of *joie de vivre* in daily life for so many different reasons - bad beginnings for too many, youth's good health dissipates, calamities such as war and death come - and the brevity of life and the quantity of struggle it can contain loom large, then, through all the beauty of morning sun and summer shade, one can begin wondering about the seeming cruelty of a universe which can create creatures capable of caring about so much and yet never, ultimately, show its creatures any caring. I see the lightening bug - or it could be a big palmetto bug; it makes no difference - struggling in a swirl of water, and I do not think, "Wow, isn't it wonderful the degree to which we living creatures struggle to survive." No, my foolish heart continuously breaks for that bit of life so easily destroyed.

I do what humans have done through the eons. I create possibilities for there to be some rationale for it all. I do not posit the existence of a God or of an eternal life after death basking in the glory of some God, thereby, being happy and content. Instead, I entertain the possibility that we weren't necessarily destined to die for perhaps as simple a reason as that, if we knew what we were doing, we could be playing a continuous role in serving the universe, and along the way discover the physical means of living with on-going *joie de vivre*, living a "heavenly" existence without having to navigate the completely unknown realm of death.

At this time, I am musing that the war we must mount against death is quite possibly most strongly in the realm of dealing with those structures overseeing the exhalation portion of the breath cycle. Part 5 of my book in the PDF at www.evacarynason.com, about which I am supposed to be writing in this essay, is entitled "Tables of Day 1, Day 2, Day 3 Flexing-Body Bob Centers." It is very brief as compared to Part 4. I have spent little time paying attention to Part 5 because the body structures in these Tables are those overseeing exhalation, and they are utilized in such a way as to be on call for such brief periods of time. Moreover, the structures overseeing exhalation, as shown in Part 5, would seem to apply only for a properly aligned body, and most of my time has been spent on attempting to determine a properly aligned body during the inhalation portion of a breath cycle. Only fairly recently, have I begun to sense that the war in which we may be unknowingly engaged regarding the direction of the universe, which so far has led always to our destruction, probably occurs primarily during the exhalation portion of the breath cycle. Our body pulls breath in without too much effort if we're reasonably healthy, and now I recognize that the breath is pretty well "shot down" and incapacitated as to its ability to effect desirable change when our exhalation is from misaligned, sinking-back-down bodies which are simply unaware of the effort that needs to be made to cause that breath to do its real work during exhalation.

I would propose that the Tables of Part 5 do, indeed, show which structure of our body provides the Bob Center for each exhalation when we are optimally aligned such that our entire body itself is a Pendulum Bob hooked in at the crista galli to what I theorize is the gravitational flow of our universe. The functioning that is occurring during the breath cycle for this optimally aligned body is modeled in the small table shown in Essay 46. When there is slippage from optimal alignment, then the body becomes a pendulum attached by a cord extending from the crista galli. A discussion of the bob and its bob center for the body itself when it serves as its own pendulum will not be undertaken in this group of essays. I propose the tables of Essay 47 are relevant to the non-optimal functioning of the body when it is serving as a pendulum swinging from the crista galli rather than as a pendulum bob hooked in at the crista galli.

I conclude this essay with continuing SciFi notions as found in the text introducing the Tables of Part 5, this text having been my attempt to give rationale for the development of the tables. As usual, much of the reference is to the no doubt infrequently-found optimally-functioning body.

*Text for Tables of Day 1, Day 2, Day 3 Flexing-Body Bob Centers
from March 17, 2013 Note*

Based on the extraordinary notions my discoveries have caused me to develop as regards the necessity of properly aligned bodies of living organisms to have constantly changing centers within themselves as bob centers, it is reasonable to theorize (and sensation in my aligned body would seem to validate the theory) that the bob center of an organism's body would be different when it is overall inputting and extending than when it is overall outputting and flexing.

Thus, Part 4 of my book in the PDF at www.evacarynason.com is the 120 pages showing the bob centers of the human body for 360 days of inputting/ extending. The following Part 5 shows the bob centers of the human body during outputting/ flexing. These latter are the same throughout the year except they differ Day 1 of a 3-day cycle from Day 2 and both Day 1 and Day 2 from Day 3.

The bob centers during inputting/extending (shown on 120 odd-numbered pages of Part 4) each endure for a 24-hour period perhaps because during that period the inputting body is resisting rotation and has come to be fashioned in such a way as to be able to catch the continuum of spectral energy from longer to shorter waves as the earth rotates and comes to travel with the direction of the on-coming spectral energy. The resistance of the body to rotation during each input (inhalation, etc.) of the 24-hour period reverts back, after an exhalation, to the same general location within the body, presumably with the necessary mechanism in place during each input/output cycle to alter, or perhaps only gird up, that particular location appropriately to maintain the resistance.

Then, I speculate, toward the end of inhalation, the resistance to rotation is overcome by the strength of the urge to rotation and the body goes literally headlong into the mode of being-one-with-earth-rotation. There is now output as needed to accord with the body flexing toward rotation and the bob center of the body swings toward the part of it most free to flex toward the direction of rotation – and away from its “attachment” to the earth - the freer part of the body being the head. Therefore, during Day 1, the bones of the head, the s-orbital bones, sequentially serve as the bob centers for the outputting/ flexing body (these bones serving alternatively when they are functioning as part of sets of four related bone scaffolds).

Because the body is “attached” to the earth it can only fully succumb to going with earth rotation during flexion for as far as its “attachment” will let it. Then, during Day 2, the flexed-body bob centers will move away from the head and cycle over and over through the main-frame bones of the body like an upright spinning top. Finally, during Day 3 when drag has set in leading toward there coming to be a new Day 1 input/extend rotation-resistant bob center, the output/flex bob centers will run the gamut sequentially of all 180 Periodic Table structures of the body as though having to try each one fixed in its place before the body can move on to having a new rotation-resistant bob center for the next 3-day cycle.

from March 23, 2013 Note

Why the difference in a body's bob centers between the time in which the body is inputting/ extending and when it is outputting/ flexing?

Could the difference be that the incorporation of some part of the outside environment into a

body (particularly one that is as aligned as it can be to the gravitational stream) changes the whole big outside environment of the earth and the response of the body to the changing outside environment has two components of response?

As was proposed in the previous March 17, 2013 Note, during the input/extend cycle of a body, there is resistance to the effect of earth rotation on it such that the body is freed to be responsive to the effect on it of the earth's revolution around the sun. The result of the effect on it of earth's revolution around the sun, which is likely consummated during the output/flex cycle, has then prepared the body for its next resistance-to-rotation input/extend cycle.

Since the change in the whole big outside environment being caused by the inputting body ultimately alters the relationship of the earth to the sun, the sun pressure on the inputting body will have altered at the beginning of each input/extend cycle in a minutely small way, but in a big enough way, to cause the altered sun pressure to very slightly affect the body differently moment by moment in the body's progression around the sun as part of the earth.

I have theorized that the inputting body of a living creature is a link to the gravitational stream at some particular location on the earth. During its input/extend cycle, that which the body takes in is ultimately sun's spectral energy from the earth's progression around the sun. Then, in a properly aligned body, there is the sense that each output/flex cycle functions to process the in-taken outside environment/ spectral energy so as to alter the body to serve the gravitational flow. From this aligned body it is somewhat easy to imagine that whatever output there is during the flexion cycle has been mined of anything which could be of use to the body in its service to the gravitational flow. Thus, the subsequent output can become some level of spectral energy itself in addition to that material substance which is left over from the process of mining in-taken substance of useable spectral energy for that organism. The material output is then available to disperse to add to earth accretion or be taken up and both mined and replenished by the processing system of another type of living organism.

Thus, we see an earth of orbiting/ revolving-around-the-sun living creatures taking in their environment to be uniquely processed by each particular creature extracting what it can of spectral energy by means of its particular processing system. But the spectral energy must travel on, and if it is in the form of in-taken material substance, then it must surely undergo transformation within the creature who most probably has existence purely to serve this function of matter/energy transformation.

Home Again; Please, War No More - Set 51

Finally, as regards reference to my book in the PDF at www.evacarynason.com, in this essay I was to speak of the remaining material in Part 6 beyond the three Manuscripts which I discussed in Essays 42, 43 and 44. This remaining material of Part 6 is in the form of notes I had written through the years, some of which seemed worth including and maybe several of which contained what I thought were “big ideas.” However, I have run out of patience for the moment. I want to be “home again,” doing the usual life tasks, rather than continuing even one step further in this possibly quixotic quest. Therefore, I finish out Essay 51 with a couple of notes written earlier, and Essay 52 has been partially ready to be included for about a year now.

From September 6, 2017: All through this time of the most consistent initial re-building of my body (or, at least, preparing it to resist further decay!) which I believe I have been carrying forth for some months now, I have experienced little of that energy which makes life and its daily tasks a joy. I have lamented being in a life situation as I approach my 9th decade requiring constant physical and mental effort which I simply have not felt like giving.

At the same time, I have acknowledged the probable benefit of being in such a situation inasmuch as the physical and mental me has had to remain quite functional during this time of what I sense to be initial re-building. There have been situations such as the necessity to move my daughter’s belongings from one place of residence to another due to her having emergency major surgery leaving her in the hospital during the week of the required move and leaving me carrying loads of belongings up and down steps over the days of a week. What a lot of opportunities were provided for reminding my body of how to be most aligned such that I would be able to be stable and steady as I pushed myself up the last steps with another load!

During this same period I was involved in trying to determine how to deal with a group of 10 animals - mostly large dogs - placed in my life by my other daughter, as well as coping with the death of my ex-husband and a close friend due to cancer.

Younger friends remarked on my physical stamina and emotional equilibrium. I, of course, had given up long ago suggesting I might have discovered the basis for much that afflicts us.

Whatever I have now of stamina and general equilibrium would no doubt be attributed by this one or that to my having good genes or good charka alignment or any number of other proposed sources of our good or bad physical and mental health. The point I’m making here and in my book is that good genes and all the other methods of improving our bodily conditions are quite possibly based on the serendipitous dipping into the proper bodily alignments I have proposed in my book. I have hoped a few others might eventually take a look at what I am doing to determine whether there could be shown some level of veracity beyond my personal conviction, hopefully leading thus, to expansion of what I have done.

From February 7, 2018: I do not talk to a God I have anthropomorphized into existence, but I do talk to the universe, that is, the whatever-is of which I am a part. Through these many years of attempting to figure out how our bodies work, my one-way conversation with the universe has seldom been friendly. As I have forced my body to breathe into unaccustomed places and utilize body parts in unaccustomed ways, there have been days without number of malaise of one kind or another: days of no energy, of inhabiting a stiff, arthritic-seeming body, of inexplicable pain or discomfort in one part or another and so on. In spite of the tendency toward hopelessness about my ability to finally ever achieve what I have set out to achieve which each of these episodes create, I have always been able to maintain the sense that each malaise is a passing phase.

But, oh, how I have faulted a universe which created creatures capable of suffering far beyond

anything I've ever suffered. And, if there could be credence to my conclusions that disease and death result primarily from our functioning in ways always resulting in imbalance to what I have deemed the gravitational stream such that it is the labor-intensive functioning of creatures enslaved to a wrongly-directed universe, I have to ask whether we would not be equally enslaved if we were functioning in such a way as to serve a rightly-directed universe, and be without the relief of death? I conclude, maybe so, but possibly, if we were extensions of the rightly-directed all-that-is, maybe I can dream that a universe engaged in more rightly-directed functioning would be more likely to consist of happily functional human-type energy entities whose discomfort-sensing mechanisms could become dormant.

What It's All About - Set 52

The title I have given here for this last essay is the one I gave years ago to the last in my series of 52 Essays+Song Sets, the book for which I hope to complete typing up the songs within several months, concluding it with Essays 42-52 found here to go with songs about revolution, slavery, war, home, more war and home again.

Alternative titles have been Resolution and Constancy, Big Concept, At Home in One's Life. I am bemused by the original title for this essay, that is, "What It's All About," because almost 30 years ago, the basis for this title was quite different than it became through the years, even though at that time I did question whether there wasn't a good deal more to the matter than the last verse in the last song of Song Set 52 would indicate. This last verse in "Love's Old Sweet Song" states the following:

"Even today, we hear love's song of yore, / Deep in our heart, it dwells for evermore.

Footsteps may falter, weary grow the way, / Still, we can hear it at the close of day.

So, 'til the end, when life's dim shadows fall, / Love will be found the sweetest song of all." Surely a sweet song, but the inevitable end of love through death in this life-time renders it a very sad, sweet song. My husband left before the end, but, had he not, the history of human life decreed loss to be inevitable. I found the effort to figure out what life really is all about to be a somewhat sustaining alternative to life not being able to be primarily about love's old sweet song.

I shall end my years of work with three earlier written very short notes that I typed up to be "big concept" Essays I, II and III. They began with Essay III, the ideas of which came to me and I wrote down on the morning of what would have been my ex-husband's 74th birthday and the day on which I would attend a backyard "memorial celebration" of him. However, before concluding with these short Essays I-III, I pose a question about the significance, if there could be anything to my work, of our development and our functioning being based on a 180 element Periodic Table, not 360. A next question to pursue?

I. Gravity Reigns Supreme by Requiring Mirror-Imaging by Eva Cary Nason September 12, 2017 and January 6, 2018

I have developed for myself the concept of our universe being formed from that which I have named "energy entities." In my concept, an energy entity is a collection of matter into a system which can effect some sort of movement or change from within itself.

I hypothesize that our universe is composed of six (6) Russian-nesting-doll-type energy entities, i.e. the universe itself (until perhaps it reverts to pure energy if that could ever be possible), a galaxy cluster, a galaxy, a solar system, a living creature such as a human being, and probably something quite small which I've not determined for myself as yet.

I propose that an energy entity first began as matter brought forth from gravitational energy. This is necessarily so since I have concluded that the basis for everything is gravitational energy. The function, then, of an energy entity is to "grow" itself in such a way that it, and all its progeny, have the capability of converting in-taken matter particles back to gravitational energy, a capacity which quite possibly can be altogether latent. I have difficulty with this concept for a human being as an energy entity until I remind myself of how many cells, molecules, atoms are required to compose a human body, possibly all able to be concentrated.

I hypothesize that the initial formation and subsequent “growth” of an energy entity - for whatever unknown initial reason - will always entail the formation of mirror-imaged structures. (I further hypothesize, for future reference, that a consequence of energy entities “growing” mirror-imaged structures is that the atoms forming the mirror-imaged pairs will always be entangled.)

The matter forming energy entities must be mirror-imaged because wherever matter exists, gravity must reign supreme. Therefore, each mirror-imaged half of the collections of matter forming an energy entity must have its mirror-image to serve as the weighting mechanism for leveraging its other half.

As an energy entity develops with its moving parts forming in mirror-imaged pairs, there concurrently develop the means whereby one-half of a pair can always weight itself sufficiently greatly in order that gravity’s pull on that one-half would cause it to move, thus forcing movement on its other half due to the physical connections between the two halves.

II. Possible Explanation for Source of Dark Energy, Dark Matter, Visible Matter by Eva Cary Nason December 14, 2017

It would seem likely that matter particles brought into existence from pure energy would possess mirror-imaging as discussed in Paper I above and that the two mirror-imaged halves can always be responsive to gravity alone if there is a network of proper arrangements. However, it would seem, also, that the collection of matter forming an energy entity can have the capacity for parts of itself to become non-congruent to one another (such as a human spine becoming non-congruent to the human body housing it when intake is a spine-flexing activity with output a spine-extending activity rather than vice-versa. See Page 422 of the PDF at www.evacarynason.com). In this situation gravity cannot serve to pull on one-half of a mirror-imaged pair of structures to move the other one-half when the connections between the two are disrupted. Therefore, alternative energy sources such as chemical and electrical energy must develop to play a role if there is to be continued functioning of the energy entity.

I would propose these alternative energy sources, and the developed paraphernalia needed for their use, can come to prevail over the continuing underlying gravity-dependent system such that existing visible matter can seem to form our universe. However, dark energy is by far the predominant influence in our universe. It must surely be all that energy which has not had to step down from gravitational energy into matter particles.

The primary matter constituent of our universe (as contrasted to the predominant energy constituent) is dark matter rather than visible matter. I would propose that dark matter is all that matter which, after it has been initially formed from pure energy, and subsequently “grown,” is able to continue in its use of gravitational energy for whatever energy need it has.

The remaining matter, visible matter, of our universe is all that matter unable to use gravity as its energy source and must step down to the use of the aid of alternative energy types.

III. Possible Solution to Mystery at the Heart of Quantum Mechanics

by Eva Cary Nason
August 12, 2017

I have hypothesized our universe is composed of Russian-nesting-doll-type energy entities, e.g. a human being, a solar system, a galaxy, a universe. (See PDF at www.evacarynason.com)

I would further hypothesize that each energy entity has come into being by a process entailing the establishment of structures allowing for the development of the sequence of the ultimate dimensions of time, down/up, left/right and back/front. Time I associate with what I have come to think of as the flow of gravitational energy. Down/up I depict as lagging behind in the flow of gravitational energy and catching back up in the flow. Left/right is depicted as reach away from / return to the down/up dimension. Back/front I depict as move away from/ return to the down/up and/or the left/right dimension.

The establishment of structures allowing for the development of the sequence of ultimate dimensions would seem to require mirror-imaging of each structure.

It is in this seeming requirement for the mirror-imaging of the structures forming an energy entity that I propose there could be found the answer to the mystery at the heart of quantum mechanics and the dual nature of light as wave and as particle (because, I hypothesize, of the uniqueness of each bit of matter brought into existence due to the uniqueness of its time and place of coming into existence).

If every bit of matter that is formed has to be first formed as a mirror-imaged structure, then I propose the two parts of any bit of matter must always be entangled.

Therefore, wherever one of the paired parts is found, there will be a connection from it to the other so that if circumstances allow, as in the 2-slit experiment when only one photon at a time is being sent to the two slits, then what goes through one slit has connected to it its entangled nature with its mirror-image.

There will be interference pattern so long as there is accommodation of the connection between the mirror-imaged halves of a matter particle as occurs in the 2-slit experiment.

However, as regards the situation of there being only one slit, since I hypothesize that a bit of matter has its wave function formed either by a series of steps forming the balanced connections between its mirror-imaged halves or by the series of steps away from balanced alignment of its paired halves, then I would propose that what the wave function does will hinge on one or the other of these series of steps. In the first case of wave function being based on balanced connections between mirror-imaged halves, and there is only one slit, then, I would suggest that the connections of the mirror-imaged halves go out of balanced alignment as the paired halves of the bit of matter must navigate the single slit, causing the halves to have some level of independent existence. In the second case of the wave function being based on unbalanced alignment of mirror-imaged halves, I would suggest the series of steps away from balanced alignment of mirror-imaged halves representing the wave function has been caught at a particular step when confronted by the single slit, and this allows each half to have independent existence in that context.