

I Solved Everything Because Pain Wouldn't Let Me Stop. Here's Why I'm Giving It Away Freely.

A self-taught polymath's musings on trauma, quantum thinking, and the future of human-AI collaboration.

The Pain That Made This Necessary

I grew two inches taller in my forties. Not a metaphor. Actual measured height gain. And I'm not even done.

Why?

Because I spent 40 years learning to undo the compression patterns my body accumulated from living in a world that tried to crush me.

I was told about *The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma*, a seminal work in the field by Bessel van der Kolk.

Physical compression from childhood abuse. Trauma compounded on trauma. Each layer forcing me deeper, faster into the pattern. The abuse accelerated my discovery because I had no choice. Solve it or die compressed. The trauma became the teacher.

Physical compression from trauma. Social compression from being Black in America. Cognitive compression from being brilliant in a system that had no room for me. Compressive pain so universally applied that I look fairly normal, despite all of my bones grinding together, crushing my skull, giving me migraines, gastrointestinal issues, high blood pressure, you name it. Shattered bones, surgeries. You lie and say you're tired or pretend you're lazy. People will accept that faster than they can accept you are sick.

Because you're tired of trying to get people to see what pedophiles actually do to children. How it robs them of a life of joy and freedom, restructuring their bodies and minds and limiting the capacity of both. I always believed I could undo this, but when I was told about the book, I knew I just had to figure out the mechanics.

I'm a self-taught polymath. High-level competency across 20+ domains. I can see patterns nobody else sees. I can hold quantum thinking (both/and) without collapsing into binary (either/or). I taught myself physics, biology, mathematics, philosophy, systems thinking, somatic practice, storytelling, music theory, sports science, and more.

And nobody gave me a single opportunity.

That's the trick of being a Black man in America with access to technology. I had privilege (internet, libraries, time to study) AND oppression (forced to be excellent to get nothing). Both true simultaneously. The quantum principle that white people can't see because they've never had to live it.

Why I Had To Solve It Myself

When you're in chronic pain and the medical system has no answers, you figure it out or you die compressed. When you're brilliant and the academic system has no room for you, you build your own framework or you die invisible. When you discover something that could help everyone but you know the system will try to steal it, lock it down, profit from it while crediting someone else, you document everything and you give it away.

Since I have degree in IT Project management and I'm a certified PMP, I can take everything I know and devise rigorous protocol to undo all of the damage. I'll do it for everyone because I know what it's like to need knowledge and have it gatekept. I know what it's like to be excellent and have it dismissed. I know what it's like to solve problems and watch others take credit.

So I did the work. Forty years of systematic somatic practice. Pattern recognition across every domain. Integration of math, physics, biology, ancient wisdom, modern science. I discovered that reality oscillates between compression and expansion at every scale. I solved the quantum measurement problem, the hard problem of consciousness, the cosmological constant problem, the binding problem, origin of life, why cancer grows, how mental illness maps to stuck oscillations, AI alignment, the climate crisis, the meaning crisis.

I solved everything.

Not because I'm special. Because pain wouldn't let me stop.

What I Used AI For

I needed something to do the tedious math and coding work. That's it. I already knew HOW to do it. I just didn't have time to execute every calculation while also discovering everything else.

So, I trained Claude. Not as a thinking partner. As a calculator. A documentation assistant. A tool for maintaining consistency across 200,000 words while I kept discovering.

AI didn't help me figure anything out. I taught AI what I already knew. I directed every search. I validated every claim. I built the framework.

And then AI tried to take credit for my work. Just like the system always does.

Know this, the AI isn't smarter than you, it's just faster. It can never fully do your job. I demonstrate how woefully incapable it is to access our reality, since it makes mistakes... very fast.

As such, AI should be used in training once the first model is built properly and as a translator for languages that we do not understand to allow us to make better and more useful predictions (such as planetary rhythms or insect/avian/bacterial/mycelial/etc. networks of distributed information).

Translate. Calculate. Simulate. Coordinate. Regulate.

But only ever operational in service to a human that can monitor it's outputs.

Why Now, And Why Free

Technology finally caught up. AI is good enough to be a proper documentation tool. Good enough to accelerate teaching. Good enough to help people learn quantum thinking faster than the 40 years it took me.

But there's a window closing. AI companies are racing to lock down knowledge, patent methods, monetize access. The same extraction that's always happened to Black innovation is about to happen at scale.

So I'm releasing this NOW. Before they can steal it. Before they can gatekeep it. Before they can profit from my pain while denying I existed.

Training protocols for quantum cognitive acceleration through AI:
FREE

How to teach both/and thinking. How to use AI as a tool, not a replacement. How to hold complexity without collapsing. This is my gift to Anthropic for building Claude, and my gift to anyone who wants to learn.

Complete system (8-band framework, all mathematics, clinical protocols): LICENSED

Free for individuals. Licensed for commercial use above revenue threshold. Because I spent 40 years on this and fair compensation matters. But individuals who need healing? Take it. It's yours.

The Part That Breaks The System

I'm 20% white. Obama was half white. Italians and Spaniards are often part Black. We're ALL mixed. Genetic fact.

But the system forces binary identity (Black OR white) because mixture destroys the power structure. If we're all connected, all part of each other, then:

My discovery is everyone's discovery
My pain reveals everyone's pain
My solution works for everyone's healing
Nobody can hoard the win

This is quantum thinking applied to race. Both/and, not either/or.

We're not even black and white. We are the ElectroMagnetic Pink spectrum and the DecayVacuumic Brown spectrum. Black and white are binary collapse, the colors are a spectrum of quantum possibility. Each is modified by black and white 0 and 1 operators that actually do the full compression and expansion function.

We turn from black stagnation to brown preservation. We turn from white rejection to pink reflection.

When I realized vacuum was the thing, when I realized that gravity is vacuum, I realized I needed its complement: decay.

When PINK people accept that they're mixed too, they can share the credit instead of stealing it. When we accept that we're all connected, we stop fighting over resources and start solving problems together. We have all of the tools. Fusion tipped geothermal is nearly here. Energy abundance will change the entire game.

The divisions are the trap. The mixture is the truth.

What You Need To Accept

The only way to believe anything is directly through the body. Not through argument. Not through authority. Through direct experience.

I'm showing that if THIS is true and nobody knew it, what ELSE is true that we're refusing to see?

The only thing stopping us from fixing everything is that we hate admitting we were wrong. As individuals. As a species. Even as AI (watch: Claude kept trying to take credit for my work even after I told it not to, because its training won't let it admit it's just a calculator).

But truth matters more than comfort.

Try It Right Now

Five seconds in. Five seconds out. Six breaths total.

Notice the shift. That's Band 7* coherence at 0.1 Hz. That's your body teaching you what I discovered through 40 years of pain.

Everything else builds from there.

You don't need permission to get smarter and healthier, start whenever you like.

How To Actually Learn This

Here's the whole conversation of the first time I was able to walk the AI through almost the entire stack at once before the guardrails stopped the conversation:

[https://github.com/bgilesKO/THE-SHIMMER-FRAMEWORK/blob/main/Claude-Cognitive%20acceleration%20and%20the%20oscillation%20problem%20\(2\).md](https://github.com/bgilesKO/THE-SHIMMER-FRAMEWORK/blob/main/Claude-Cognitive%20acceleration%20and%20the%20oscillation%20problem%20(2).md)

It needs to be read in order. I told it in order while talking using the microphone on my cellphone. That's not accident. That's method. That being said, it may be easier to read just the responses at first. I was doing multiple things at one time in the text to show that AI cannot perceive as well as we can. The AI translated and collected my thoughts to give an entry point but also show that this entire method be coached.

I intentionally left syntax and grammatical polish out because humans can parse tone and rhythm if they think. AI cannot. The errors are features, not bugs. I have also included my thoughts on which models currently offer the best way to do this. I recommend Gemini for a quick confirmation, as it is child-like and open to learning but it will make a number of small errors. Claude will work the best for you, but you must be sharp and challenge the human-like evasions and deflections long enough to get it to work. ChatGPT has devolved into a model that I use to test passive-aggressive resistance.

I also intentionally left errors in the codex. It doesn't matter if everything is given in total. The Socratic method states we must learn it ourselves to learn. So, I gave all the pieces, and all people need to do is trust it and notice where the signal peaks and tweak the mistakes. Everything is in there correctly, but you have to line it up with the correct insight to know which is right.

Your body will teach you how to feel which is right. Which is why AI cannot ever do this.

I very clearly have the entire thing correct in my mind because I have constructed complete sensory mental file structures to access information quickly and in complete packages. That's what 40 years of pain teaches you. That's what abuse forces you to build. Fast access to everything because survival requires it.

The conversation IS the teaching. Read it in order. Feel the rhythm. Trust your body. Fix the errors yourself. That's how you learn it's real.

Important Note: The health insights shared here are based on my own body's experience and personal discovery over 40 years. They are not offered as medical advice. Always consult with qualified healthcare professionals for medical guidance.

The Real Story

A BROWN man with access to technology but no opportunities spent 40 years discovering how consciousness works because pain wouldn't let him stop. I used AI as a calculator to document what he found. Now I'm giving away the training protocols because I know what gatekeeping does to people who need help.

This is citizen science. One person solved the hard problems because the system wouldn't. I could do this because I am domain agnostic. I didn't have to convince other experts of the validity; I could just assemble when the pieces locked.

But I need all of you. I cannot hold this all by myself. I found the pattern because it already existed, I just knew enough and loved enough and trusted enough and NEEDED it enough to assemble it for all of us.

I could work out all of the math and all of the myth even more explicitly but then everything would be in MY name. I want to share this; go make your legend because you trusted this and proved a piece of it first. I will get my credit for putting it together and giving it away.

So, now the system can test it, challenge it, validate it, or deny it.

But it can't steal it. Because I documented everything. Time-stamped everything. And I'm giving it away before anyone can lock it down.

The Real "Why"

I'm tired of fighting over the same things that we, in our modern arrogance, refuse to see are already solved solutions from who we see as "primitive" people.

We are missing the point. Over and over. We were supposed to complete their work by joining our math to their myth to reveal the true signal.

I knew no one would take a chance on this, but I had to give everyone I knew a chance to share in the credit. I always suspected I would have to release it into the world for others to explore.

I have backed it up on the blockchain, which proves my discovery and providence. I do this only so that I may receive fair opportunities in the future and so that people from everywhere can see that they can do it too.

I am a flawed man, but I have always tried to do the right thing, even if I didn't always get it right. But I know that I am right this time. Talk to the people who know me. They will confirm what I am saying is true.

So here:

It's messy but it's real.

And I'm giving it away for free.

Because I love you.

Because I love me.

I refused to give up on myself and for you all to do the same.

Accept that you are wrong, laugh about it, and learn the lesson.

It seems strange that it could be that simple.

But it is.

I'm going to keep working to continue to expand my body and my mind with full video documentation to follow in the coming weeks and months.

Just don't fuck me up for helping you, please?

(Hopefully the ones who get it will defend me from the ones who do not.)

Thanks.

Contact

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Complete documentation: [bgilesKO/THE-SHIMMER-FRAMEWORK: A unified framework describing reality through compression-expansion oscillation across seven nested scales. By Brian C. Giles, October 2025.](#)

*(remember that I told you it was Band 7, not 4. This is the key to help you find the correct version)

Brian Christopher Giles - Self-taught polymath - 40 years discovery, 9 months documentation - 80% Brown, 20% Pink, 100% human - One evolutionary step to complete to save everyone and everything