

Trust Love
A revolutionary 21st century philosophy of hope
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To My Mom: my first teacher and giver of love.

Prologue

An Intro : Trust in Love

The term "TrustLove" is probably a new term for a concept that you already know. It's a thing you have experienced whether you know it or not. The first eye contact between parent and newborn .. an incredible connection of love ... and an incredible extension of trust. Much like remembering the heartbeat of the womb, somewhere deep inside is this memory, of bonding with your parents, the deep knowledge that you can trust, that you are safe and cared for. Sometimes these some ideas emerge through an intuitive process t

In my case the words Trust Love emerged randomly as I was seeking a phrase to grace my bedroom wall with an LED light. I wanted a pithy phrase that summed up a feeling I had been having lately, more of a need deep within.

After a long rocky marriage and as a newly single person in 2023, I began my journey to date again and meet new people.

So as I stood there brainstorming for a cozy wall hung decorative lighting idea... a deeper narrative rose up in the form of this phrase that I had been telling myself, lately... a phrase that had popped into my head one day as I was contemplating a minor broken heart – a phrase devoted to continuously being open to love even when we know it can and probably will cause us pain... but this phrase was my mantra to not be overly self-protective and closed with new people... the phrase was "Trust Love".

Sure enough, this made a great choice for the LED lighting.

But as I lived with this idea, it became more weighty over time. I see this phrase now as a vital entreaty to us all, a suggestion, guidance, advice, and a touchstone that cannot be denied.

You see these 2 words are very connected. Love is the energy, feeling, intention... but Trust is the conduit, the ability, the non-transactional form of reciprocity you receive from unconditional love.

Your lover looks in your eyes and there is love and also there is ALSO trust. It is a question and an answer, a knowing and a comfort that

you can trust in this love.

The look is there with your children and your pets. Dogs especially, with their expressive eyes, can display trust as they 'look to you' for every next move.

And I will never forget the look of love and trust from my son minutes after he was born, till this very day.

You must trust someone enough to let them love you. You must trust in the ability of love itself to heal, and to be "enough".

Trust is earned by those that speak and live their Truth. Truth and Trust are formed of the same idea that requires the trustworthy to honor a commitment to love justice and others sometimes above oneself.

Trust is earned by those that sacrifice in the service of their love of others.

The strength we have that allows us to love others and to love our communities and families all depends upon trust in one another.

It's hard to imagine love existing without trust – I have not seen it. Without the security and faith we derive from the knowledge of our own lovability, and the trust we have in our belief in the capacity for love itself to change the universe.

You can even love the "unlovable" because you trust in their inherent goodness. Or even just in the goodness of extending your love, itself an act of willing "good" into existence.

Those that pray for their enemies fall in this category.

This book is an invitation to join a journey of exploration and understanding – a journey that delves into the beauty and intricacies of existence, the rhythmic cycles that govern it, and the powerful, transcendental nature of love that underlies everything.

Chapter 1

3 Pillars

As I sit in the quietude of a serene evening, my thoughts wander through the vast expanse of the cosmos, guided by the rhythmic breathing of my white Labrador nestled comfortably in my lap. In this

moment of domestic tranquil companionship, a realization dawns on me about the undeniable personality gleaming in her gentle eyes.

Our bond, simple yet profound, is a testament to the pure and wonderful force of nature that is love. This connection, transcending words and species, serves as a gateway to the TrustLove philosophy—a philosophy born from the intertwining of everyday wonders with the grand mysteries of the universe.

It's here, in the simplest acts of affection and loyalty, that I find the essence of a truth so deep and vast it mirrors the dance of the stars and the enigmatic whispers of the quantum realm. The TrustLove philosophy is not just a set of ideas; it's a living, breathing journey that begins in the heart and expands to embrace the entire cosmos.

TrustLove – The Science Behind the Philosophy

Welcome to TrustLove, a philosophy rooted in the convergence of scientific inquiry and existential exploration.

Here, we delve into the realms of cosmology, quantum mechanics, and evolutionary biology to uncover the underlying principles of our universe and our place within it.

Section 1: Universal Genesis Theory

- ****Overview****: Explore the scientific basis of the Universal Genesis Theory, drawing from astrophysics and cosmological theories.
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- ****Key Concepts****: Discuss the universe's propensity for creating life, drawing parallels with the process of stellar and planetary formation.
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- ****Research and Evidence****: Present recent discoveries and theories from astrophysics that support the concept of a self-replicating, life-generating universe.

Section 2: The Cycles

- ****Overview****: An in-depth look at how cyclical patterns manifest at every scale of the universe, from atomic orbits to galactic rotations.
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- ****Quantum Foundations****: Examine the wave-particle duality in quantum mechanics as a fundamental example of universal cycles.
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- ****Biological and Ecological Cycles****: Connect the concept to observable biological and ecological cycles, emphasizing the universality of this pattern.

Section 3: Trust in Love

- ****Overview****: A scientific examination of human emotion and connection in the context of evolutionary biology and neuroscience.
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- ****The Evolution of Emotion****: Explore how emotions like love have evolved as advantageous traits for social species.
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- ****Neuroscience of Connection****: Delve into how our brains process emotions and form bonds, highlighting the unique human capacity for complex emotional connections.

****Interactive Features:****

- ****Infographics and Simulations****: Offer users interactive models and infographics to visualize complex scientific concepts.
- TrustLove intertwines the rigor of scientific understanding with the depth of philosophical inquiry, inviting us to explore a universe where science and spirituality coalesce to reveal a tapestry of interconnectedness and purpose.

****Call to Action:****

Join our community of thinkers, scientists, and philosophers as we journey through the mysteries of existence, guided by the principles of TrustLove.

The Void

"In the second revelation of the TrustLove philosophy, we confront a stark yet vital truth: it is not merely the presence of love that shapes our existence, but poignantly, its absence.

This void, a chasm of alienation from the nurturing 'mother spirit' and the protective embrace of the 'father protector', becomes the crucible of much human suffering.

As we traverse the streets shadowed by the hushed despair of addiction, we witness a poignant illustration of this loss. Here, the addicts, adrift on the sidewalks, embody a desperate search for acceptance and meaning—a search born from the profound absence of love in their lives.

The temporary solace found in substances is but a fleeting illusion, a simulacrum of the love they yearn for, artificially triggering the brain's oxytocin and dopamine responses.

Chapter 5 delves into the heart-wrenching reality that when severed from love, the human spirit embarks on a harrowing odyssey, yearning for a semblance of the connection it has lost. It is a journey that underscores the transcendental nature of love and its indispensable

role in our quest for wholeness and meaning."

From Many: One

Chapter 8 takes an uncomfortable look at some of "the Cycles" and how low-trust and low-empathy societies combine to provide a breeding ground for tyranny and war.

There is an echo not only of the cycles but of the theme of biomimicry, of a mirror-like balance, of a sort of intricate repetition of patterns and phenomena from the ultra small to the ultra macro.

Much as individuals are at one scale a collection of single-celled organisms, acting collectively towards the goal of sentient life, and at another scale an individual part of a much larger society of similar beings acting collectively as expressed in "culture", "history", and "events".

These cultures then reflect the collective neurosis and dysfunction of the individuals therein. This is self-evident in the "sick" societies of Nazi Germany for example. Extreme example of collective lack of empathy and love, the hatred of unloved young men being channeled successfully by a tyrant.

Section II: The Poignant Void of Love's Absence**

Venturing into the second profound revelation of TrustLove, we confront a stark and vital truth: our existence is profoundly shaped not just by the presence of love but, more significantly, by its absence. As we walk through the shadows of city streets, the poignant struggles of the addicts we encounter paint a vivid picture of this absence. Their lives, overshadowed by the relentless pursuit of fleeting comfort, mirror a deep yearning for a lost connection – a profound search for meaning and acceptance in the absence of genuine love. Their plight is a stark reminder of the love they desperately seek, a love that once flourished but is now lost. This narrative powerfully underscores the transcendent nature of love and its indispensable role in our collective journey toward healing, understanding, and meaning.

Section III: From Individual to Collective – The Mirror of Society

In TrustLove, we observe a theme of biomimicry, a balance mirrored from the smallest of cells to the grandest of societal constructs. At one scale, each individual is a collective symphony of single-celled organisms, harmoniously striving towards the goal of sentient existence. At another, we are but a singular note in the larger symphony of society, our actions and thoughts contributing to the broader narrative of culture, history, and events.

These societal structures, in turn, reflect the collective psyche of

their constituent individuals. This is evident in the societal ailments of eras marked by collective neurosis and dysfunction, such as the harrowing epoch of Nazi Germany. These dark periods in history serve as extreme examples of a society's collective empathy deficit, where the unchanneled hatred and pain of unloved individuals were exploited by tyrannical forces.

Chapter 2: Universal Genesis Theory

The Cosmic Architect and Understanding the Universe's Design

The Universal Genesis Theory posits that the universe is a meticulously designed construct, akin to a grand machine or an intricate work of art. This theory suggests that the universe is not a random occurrence but a deliberate creation by entities with god-like capabilities and intentions.

Sentient Creator of the Cosmos

These creators, often conceptualized as advanced beings or even as a form of advanced collective consciousness, are hypothesized to have engineered the universe to foster life and consciousness. This concept challenges traditional views of creation, offering a perspective that bridges science fiction with deep spiritual insights.

Humanity's Role in the Cosmic Design

Within this framework, humanity is seen as one of many species competing and living out the script of the EVOLUTION PROGRAM. The rise of ever-increasingly advanced species is the integral purpose of the universe's design. Our consciousness and ability to understand the universe are not mere accidents but essential aspects of this grand design, a prerequisite to winning the game of evolution is understanding it.

"You shall love your neighbor as yourself. There is no commandment greater than this."
– Mark 12:31

Chapter 3: The Cycles

The 'Music of the Spheres' and Historical Perspectives

The concept of the 'music of the spheres' speaks to an ancient philosophical notion that celestial bodies – planets and stars – create a form of music through their movements in space. This 'music' isn't audible in a conventional sense but represents a harmonious, mathematical precision in the universe.

Historically, this idea, spanning cultures from Pythagoras to Kepler, symbolizes a cosmic order. It suggests that just as musical notes create harmony, celestial movements follow a rhythmic, predictable pattern, contributing to the universal symphony.

The Integral Tie to Music

Music, in its essence, is a manifestation of waveforms and vibrations, deeply connected to the rhythms of nature and the cosmos. Just as planets orbit in elliptical patterns, creating waves over time, musical notes and rhythms emerge from oscillations, resonating with our most primal experiences.

The heartbeat of a mother, the first sound heard in the womb, is our initial encounter with rhythmic pulsation, echoing throughout our lives as a comforting, familiar pattern. This innate connection to rhythmic patterns may explain why music, in all its forms, holds such a profound and often inexplicable place in human experience.

While science has delved into the acoustics and psychology of music, its impact on the human spirit remains largely enigmatic. We resonate with music's synchronous pulses, perhaps because they echo the very essence of life, from the heartbeat in the womb to the cyclical patterns of nature.

Music's ability to evoke emotions, trigger memories, and even alter consciousness points to its profound, yet not fully understood, influence.

Music and Universal Cycles

The idea of music as a reflection of universal cycles extends beyond auditory experiences to encompass political, geological, and social rhythms. Just like music, these domains experience periods of harmony and discord. Political upheavals, geological shifts, and social changes can be seen as parts of a vast, interconnected symphony. Each element, with its unique waveform and cycle, contributes to the grand composition of existence. This perspective allows us to view life's challenges and triumphs as part of a larger, dynamic orchestration, where moments of discord are as integral as those of harmony, creating a rich tapestry of human and universal experience.

Conclusion

Incorporating the music of the spheres and the understanding of music

as a phenomenon rooted in the deepest layers of existence offers a profound way to comprehend the cycles of life. TrustLove, embracing this philosophy, can see the interconnectedness of all things, finding music not just in sound, but in every aspect of the cosmos, from the microcosm of human emotions to the macrocosm of celestial movements. This chapter underscores the belief that life, in all its forms, is a symphony, sometimes harmonious, sometimes chaotic, but always resonating with the fundamental rhythms of the universe.

Sentient Creator of the Cosmos

Chapter 4: The Observer

The nature of consciousness

The role of consciousness in the universe is a bit of a mystery to put it mildly.

The nature of consciousness itself is questionable. There is a sense of continuity to it, a sense that the self state is the same a

About the Author

John McMahon – Entrepreneur, musician, software engineer, amateur athlete, father, armchair philosopher and observer of the Universe, John has built his career around solving difficult problems. John typically invents solutions, identifies patterns, develops a product and sees where it lands. He is currently exploring the frontiers of AI, technology, and science and lives with his dog and his son in San Francisco, California