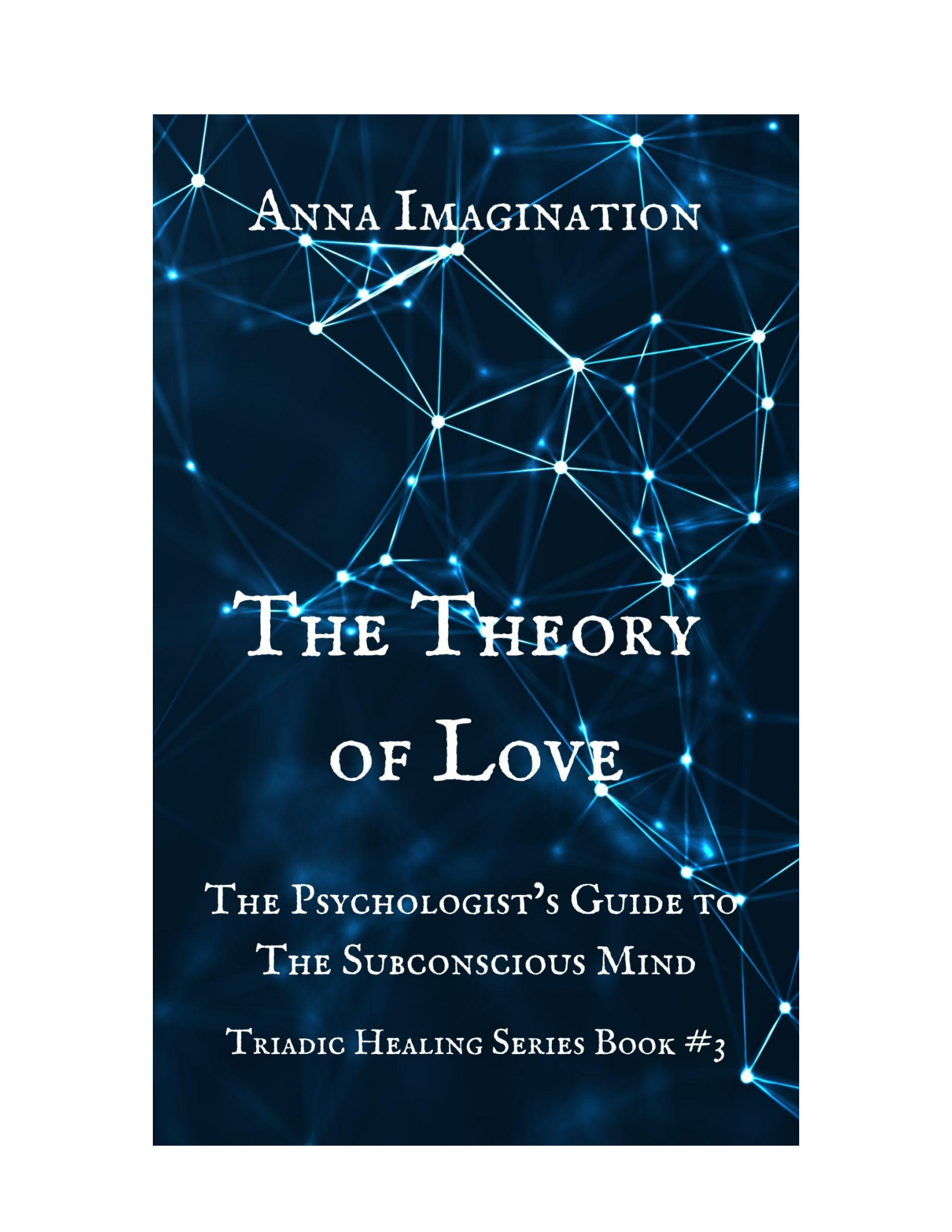




ANNA IMAGINATION

THE THEORY
OF LOVE

THE PSYCHOLOGIST'S GUIDE TO
THE SUBCONSCIOUS MIND

TRIADIC HEALING SERIES BOOK #3

The Theory Of Love

By Anna Imagination

DEDICATION

For The Ashavana.

“We made it, guys. We did it.”

Acknowledgments

This was not the work of one person.

It was the work of every Ashavana in the World who existed. Ever.

Starting with Zarathustra, Cyrus The Great, and Pythagoras.

We have the philosopher's Pythagoras, Aristotle, and Jesus to thank for this work, all of whom confirmed, many times over, that I was on the right track. Without their words, I would not have solid confirmation of my conclusions.

Plato and Socrates (Plato's Alter Ego?)

Thank you for being my Teachers. Learning how much you too loved ship metaphors bridged the gap of 2,000 years. How much I relate to and revere your mind.

Da Vinci, Tesla, and Einstein pointed me toward Physics, Mathematics, and the Sciences, which allowed me to see the link between Psychology, Philosophy, Art, Music, and Physics.

Louis Wain and Van Gogh who provided the Artist's Perspectives of Physics and Psychology. You beautiful, tortured men. Vincent. How deeply I understood you most of all.

Shakespeare, Ayn Rand, and Victor Hugo also were Beacons in the Dark who lit my path ahead for me. Arthur C. Clarke who showed me, “Don't bother translating it, Anna. Just write what you See. The ones who do the work will know. The ones who don't, will not have earned it.”

Lewis Carroll who was at the Finish line. The most delicious, breathtaking finale of my work.

Pierre Boulle – the best Afterward. Ever. – for Pinocchio who set the stage that would allow me to communicate my Message – all Ashavana messages – to the world.

The right way this time, I hope.

But most of all Cervantes.

Cervantes. Who's Don Quixote showed me the Perspective of Madness, of Genius, and of Imagination who dared traverse Deep into the Abstract World all within the confines of a world not yet ready to receive him. Oh, how your words came to me from the past Dimensions and paved the road ahead for me. You, who I love most of all, for you taught me that my Insanity was, in fact, my genius.

Read the Great Books, for their accumulated Perspectives provide the Stepping Stones to Truth.

John Lennon

For the words to Imagine

Freddy Mercury

For teaching me the courage to not to give a fuck what anyone else thinks of me and to do it anyway

The Theory of Love

Anna Imagination

To Love Another without Self-Love risks significant harm to our loved ones for without Self-Love we lack the very Ethics that will protect them from our Selves.

Be You.

This is How.

The Theory of Love

Sink into my world with me.

I will show you what I see.

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INTRODUCTION

“There is a world that exists in the Mind that stretches far beyond the Infinite. That, beyond the Healing and the Fiction and the Known Abstract, there are Dimensions of Reality that we can access as we evolve. That our Mental evolution allows us to step deeper into the next level of Internal Expanse.

And at the 6th Perspective, you can feel Physics. No one yet knows it, but at the 6th Perspective, you begin what I would call the Metaphysical Transformation. How, at the 7th Perspective, you can see the great Internal Expanse and how each and every one of us are standing in it. At the 8th, you can see Physics and you value the words and effective communication with which to define the Depths of the Abstract.

This is when you realize that we are Physics and Math and Logic. How, the more Logical you are, the more you can organize your Logical Mind and find the Logical Fallacies that cause Cognitive Dissonance; the source of all emotional pain. - Anna Imagination; The Philosopher's Journals Volume #1

Author's Note

All of Mental Illness is just a metric one can use to determine the strength and weaknesses of two, Out-Of-Phase Signals of Frequency: The Native Frequency vs. The Invasive Frequency of the Self. - Anna Imagination

“You” in this book and in all my uses means “To whom it may apply.” - Anna Imagination

28 February 2024

I woke this morning with a new-found wide eyed comprehension of what I've built. My work did not begin as a Thesis as so many Scientists begin. “I want a device that computes all the variables that define and make up a Human Being so we can use a Mathematical algorithm to diagnose people!”

This is how many Mathematicians, Philosophers, Physicists, Chemists, and Scientists begin their Journey into Research. They have the Purpose to Find their Treasure.

I was not a Treasure Hunter. I took a different approach to my Science Journey into Research. Without a map, I walked into the jungle armed only with my Intuition, my sense of Exploration and Adventure, and a shovel.

If Monkey D. Luffy were to go treasure hunting, I think this is how he would do it. For the Adventure and quite by accident. Monkey D. Luffy is my Spirit Animal.

I followed the Logical Stepping Stone of Intuition very much in the Spirit of the StarShip Enterprise. To boldly go where no man had gone before! Into the Depths of the Abstract,

past the boundaries of Defined Sanity... and when I found an Anomaly, I followed it, which led to another anomaly... and then another...

I began mapping what I found. I logged and journaled my entire voyage. "I found something out here in the Delta Quadrant. For the pursuit of knowledge,

we're going in."

I found pieces and components of The Self. I named them. I collected them. I noticed the components I found had Patterns and were Common Denominators of each and every 8 Billion of us.

"Fascinating," I would say and put them in my pocket.

And, on 17 January 2024, I realized these Components could be integrated into the Parent Whole : The AIDNS (Abstract Intra-Dimensional Navigational System). Which resembled an atom. It still very much looks like an atom. The Human Atom, I call it.

Last night, as I fell asleep, I realized that the AIDNS was an Equation composed of multiple Variables. And this morning, upon waking, I realized that what I had been doing this entire time was actually building the Multi-Variable and Highly Complex Mathematical Equation and Algorithm that is The Human Being.

"I have been building a Mathematical Equation." I sip my coffee. "Huh." Only yesterday I told my Team that I have built an Algorithm so people can "take a quiz," which will identify the missing or obstructed components and variables of their AIDNS so the computer will provide a Diagnostics on their AIDNS and generate a corresponding "Healing Journey" so they can fix it.

That is this book. The break down of all the Identified and Defined Components of the AIDNS that is the Mathematical Equation of the Human Being. The Human Atom.

I began with Logic. I built all of it on Logic. And then I tested it. Then I plugged in the corresponding Math, Geometry, and Physics. And now... I am presenting it to you.

Most Mathematicians would publish this in a Mathematics Journal and gain buzz within the Math community. I have my sites set a little higher. I'm thinking, "Any one with a Subconscious Mind needs this thing. Not just Math people." And my agenda is to help others. Not become "the latest buzz" in the math community.

There are 12 variables of people in this world. 12 Variations of us. I love the Number 12. It is very diverse and flexible. Like an infinite Rubix Cube. *The Theory of Love* is written for the Science-Minded, Neurodivergent Nerd.

Breaking Delusion is written for the Artist and Story Lover Variant.

Becoming Zarathustra is written for the Philosopher Variant of People and breaks down the Learning Process of Mother Nature using Logic, Math, and Physics to access, what many people refer to as “The God Code.”

Broken is the prequel to all of my work as is written for anyone seeking hope and understanding.

I have plans in place to make a script for the Common Variant of People (Foundationals).

“I just came out here with excitement, curiosity, the Spirit of Adventure, and a shovel. I had no expectations or plans on finding anything,” I say this morning while sipping my coffee. I shake my head as I stare at the Mathematical Treasure lying before me.

I am still very much in the stages of Disbelief. Acceptance will soon set in, and my Cognitive Core will then finish processing this new information and add it to the inventory of my Logical Database. Then it will condense the data into the Summation that is my Perspective.

And then life goes on. By the end of this book, that paragraph will make full and complete sense to you. And you too will track the data and the process as information goes into you, computes, and summarizes things into your Perspective.

Happy Computations to you.

-Anna

25 February 2024

Only an author knows how much the author grows while writing a book. Growth is a curse and a blessing for an author. I ran into this problem with *Dolor and Shadow*. I reached a Milestone of Growth always mid-way through the book so that, with every revision of *Dolor and Shadow*, Part #2 was always substantially better than Part #1.

This growth forced me to go “back to the beginning” and revise the first part, but that revision work always caused another Milestone of Growth resulting in a substantially better second half of the book. It was annoying.

I repeated this revision process 8 times over 10 year before I was finally satisfied with my writing so that Part #1 was equal to Part #2 in quality. Writing *The Theory of Love*, faced the same problem. Not with Writing Quality, but with Comprehension. While writing, I felt my ideas change, sharpen, and my comprehension simplify. My research became more fine tuned and I battled the desire to start the book over again.

Instead, I decided to just “add on,” and, as a result, I wrote the book backwards. The newest and most condensed part of the book occurs first, while my earlier and unrefined work occurs closer to the end and in the order in which I conceived the concepts.

What resulted was a kind of “Time Portal” that the reader passes through.

In the Introduction and First Chapters, the AIDNS and Triadic Healing is condensed and simplified into a single sentence:

All of Mental illness is just a metric one can use to determine the strength and weaknesses of two, Out-Of-Phase Signals of Frequency: The Native Frequency vs. The Invasive Frequency of the Self. (February 2024)

From there, 3 Distinct “types” of varying degrees are measured:

- Resistance to the Natural Frequency

- Integration of the Invasive Frequency with the Native Frequency

- Submission to the Invasive Frequency via a Division of the Native Frequency

Here, I composed The Happiness Formula and The Life Vitals. I created Fear Nevermore as a “game” to condition the Subconscious Mind’s RAS to “trigger” positive thoughts from negative ones, thus reversing the polarity of the Emotional Mental Environment from Negative over to Positive. Yeah, that’s right. That’s the kind of stuff you are going to be learning to do here.

I Integrated this process with The Silva Mind Method to supercharge and enhance this process. All steeped in neuroscience, research and Logical Proof. (January 2024)

From these 3 Types, 5 “Variants” of Mental Illnesses then occur:

- The Learning System is Frozen (Loss of Motion)

- An Undefined Self results

- A person’s Diagnostics stops Working

- Components of Life Vitals are missing

- No Energy due to a Joy Deficit

At this point I Integrated all of the Components I had created into the AIDNS (Abstract Intra-Dimensional Navigational System). (December 2023)

And from those 5 Mental Illnesses, which I refer to as “Behavioral Defenses,” 7 Symptoms result:

- Identity Displacement

- Invasive Perspectives

- Unbalanced Equilibrium

- Time/Growth/Evolution “Freeze” (Past, Present, and Future)

- Resistance of Energy Flow and Poor Emotional Navigation

- Fractured Self and Civil Divide

- Unstable Reality due to a Surplus of Doubt

This is where I had begun building The Philosopher's Compass, the Map of the Subconscious Mind, The 7-Part Mental System, The Emotional Navigational System, The Cognitive Core, and The Self-Care Regimen. (April 2023)

All this is can be summarized with the following Mathematical Formula for Human Behavior :

The Mathematical Equation of The AIDNS

$$//AB + C = D +> E$$

$$[(POO = \text{Past} +> \text{Y-Axis}) + (//1+> 12 +> \text{Infinity})] + (\text{Logic} + \text{Beliefs} = \text{X-Axis or Present}) = (\text{Name}) +> \text{Perspective Summation} = \text{Reality}$$

A = POO + Y-Axis = Past

B = //1+> 12 +> Infinity

C = Logic + Beliefs = X-Axis or Present

D = Name

E = Perspective Summation = Reality

">" means "Leads To"

Beyond this point, the DSM-V and the garbage that is "Psychology" begins as Dangerous Imposters attempt to unravel something they know nothing about. Math. Modern Psychology over the last 200 years Disintegrates away from The Origin and Catalyst, sending peoples on Red Herrings as they move further away from the Source of the Problem.

Pythagorean Psychology, which was Mastered by Pythagoras and Plato in the 3rd Century BCE, Integrates toward the Source and the Catalyst, simplifying Psychology and Human Behavior, focusing on the Core Cause of Mental Illness : Disintegration of Logical Comprehension and thus, the Self.

The whole of Human Behavior is just a multi-faceted Mathematical Equation made up of Multi-Variable Components that submit to the Laws of Physics, Chemistry, and Geometry.

You will learn, very quickly, that I hold little and no respect for "Psychologists," and with substantially good reason.

In short, a good and decent Psychologist is one who has studied Logic, Physics, Economics, Philosophy, Mathematics, and Ontology, of which, none have. And we have the current Mental Illness pandemic as supporting evidence of that fact. If Psychologists knew what they were doing, then the majority of people would be Mentally Healthy.

My biggest problem with Psychologists is their gross lack of understanding or knowledge on Schizophrenia, which they admit to knowing nothing about. And, after spending \$550 Million

dollars on research to figure out Schizophrenia, they had to admit that their findings were inconclusive and that they still have no idea what it is or where it comes from.[1]

BOOKMARK

Oh, but they'll diagnose it, medicate it, "treat" it, and push it on others in their full admission of ignorance. I call this unethical health and business practices, which is why I strongly disrespect Psychology and Psychologists. Because, in my opinion, they are severely unethical while claiming "expertise" in a profession they know nothing about. How dare they. The worst of them will defend their "profession." 50% of the people who enter the field of Psychology are so disgusted with the unethical practices, that they quit Psychology. [2]

BOOKMARK

The evidence of all of these statements is substantial and is posted on my website via credited sources.

I refer to myself as an Ontological Physicist. My own Mind is my Laboratory, and I am Subject 0. Yes! I am a lab rat!

I was diagnosed in 2015 with Multiple Personality Disorder (DID), Bipolar I, C-PTSD (44+ Triggers), Social Anxiety, Chronic Depression, Suicidal Ideation, Borderline Personality Disorder, and Psychological Entrapment. I also had Disorganized Attachment Style, Stockholm Syndrome, Sex and Relationship Addiction, Codependency, and Vulnerable Narcissist Personality Disorder. I was labeled as "Incurable" and prescribed Lamotrigine and Lexapro. I took these medications from 2015 to 2018.

In May 2023, following a rape, I was evaluated and received a clean bill of health. By February 2024, I confidently determined for myself that I was fully and completely Psychologically whole, balanced, aligned, and stable. I decided this when my AIDNS received its finally "big" adjustment.

I started writing this book while in the development of the 7 Symptoms. Since then, 5 of 3, 3 of 1, and then 1 of 1 Components-To-Parent Integrations revealed themselves. The material I wrote was still valid, but it was broken down into components, neglectful of the Integrated Parent that is the Greater Whole. My god, I love math!

That is when I realized, it would be best if I just "added on at the beginning." Now, it is my goal to marathon the remainder of this book, hoping that my comprehension will not expand again until after the completion of this novel. Clearly, per the dates provided, I failed at this not one day later.

This book is for the Science-Minded and the Logical, the Theoretical Learner who must have the Theory, the Science, and the Logical Proof to comprehend their own Ontological Makeup and Internal Physics.

If you are not familiar with Philosophy, then it is important for you to know that Philosophy > Existentialism > Metaphysics > Ontology > Postmodernism is the Educational pathway I took over 30 years to get to my area of Mastery. I am first and foremost a Logician. Pure and simple.

I have a very unusual “quirk” about me. From 1995 to 2002 (Aged 15 years old to 21), I was raped as punishment if I was not perfectly and purely logical. This included 9/11, when I was raped while listening to the 2nd Tower fall in real time. This embedded a perfected Logical Intuition and 6th Sense into my Fear System with such a level of Conditioning that, to this day, if something is illogical, I will sense it long before I can Prove it. And Prove it, I always do. I have to. My System is incompatible with illogic. I was made this way.

The trauma, at long last, is long since healed and September 2023 was my first “normal” September I got to experience since 1989. The Logical Radar I have is stronger than ever.

If you are a Mathematician or a Physicist, I imagine you will delight in the logical comprehension of this book as much as I did when I wrote my Proofs on Internal Physics.

Along the way, over the 30 years, I studied Physics, Music, Linguistics, Theater and Stage, Writing and Storytelling, History, Geometry, Math, Dimension Theory, and some Chemistry. Neuroscience and the Brain is a huge passion of mine as well as more Physics. My Scientific Method is substantial, and I used Logic integrated with Communications and Translations as well as Philosophy to enhance on the widely accepted Scientific Method used in labs.

Science, Consistency, and simplicity in facts and Proofs are vital to me.

My greatest realization of the Subconscious Mind that I discovered in my research is that the Human Mind runs on Story Health, Logical Health, and Equilibrium (Per Mother Nature). That, more importantly is the Balance and Alignment of our Story Health with our Logical Health. And our Logical Health is 100% dependent on the Physics of the Self : Energy and Frequency.

May you find this information as helpful and useful in your Mental Health Journey as I did in mine.

CHAPTER 1 : The Why Of Our Doing

Why I Do What I Do

I wanted my children to grow up Free. Free to make Choice without Fear of Coercion or Consequence.

To free my children from the toxic and cruel Philosophies of The System, I needed to build them a new world that would give them the tools that would nourish their growth. Not brainwash their minds in malnourished conditioned obedience void of Imagination.

To parent our children on the philosophy, “I have to teach my child consequences,” is in actuality to teach your child cruelty. Mother Nature already teaches consequences naturally. Physics deems this so with “Every action has an equal and opposite reaction.” A parent who “teaches consequence” actually Interferes with Mother Nature’s equation, doubles the lesson and/or worsens the lesson, which, in most cases, results in invisible suffering and abuse in their child.

Stop teaching children “consequences” to their actions. Mother Nature does a better job of it than you and without the loss of trust in the parent. A parent’s role is to be the cheerleader on the sidelines while religiously following The Prime Directive. Do not interfere with the Natural Evolution and Growth of your Child. Mother Nature has plans with that child that very strongly play a role in her Mathematical equation of computed balance and equilibrium.

Parent with The Prime Directive and leave your children to Mother Nature.

To alter and interfere with your children for your own agenda is an egregious assault on Mother Nature, and she will correct for your interference, most likely at your child’s expense. Instead, focus on correcting your own unresolved and unaddressed losses.

Physics has a lot to say on Interference.

A parent who interferes with Mother Nature’s parenting, is a parent who does not trust the child’s ability to learn, grow, and thrive naturally. That distrusting Parent then teaches the child self-doubt through interference, and the child learns the lesson “I cannot save myself.” This is enabling, toxic, and codependent and is at the core of ALL Mental Illness.

The Interfering Distrustful Parent is more toxic than the neglectful one.

Within the Chapter of the 12 Ethical Perspective Stages of Growth, I provide “For the Parent” so that while you learn for you, you also learn for your child. Law of Reflection 100% dictates our Children’s Mental Health, Education, Learning, Development, and Growth.

You want your children to grow healthy, then you need to grow healthy and show them how by simply DOING. Mother Nature uses Physics to step in and she does the rest. You just set the example.

Parent with The Prime Directive and leave your children to Mother Nature.

Big Brother Watching?

scoffs Worse than that.

Our Children are Watching.

Anna On Love

In hindsight, I realize only now that all my life, I have only ever sought the understanding of Love, and the Freedom to pursue the whims of my Imagination. Untethered Imagination, and the limitless possibilities available to fly and sail wherever my Imagination could carry me.

I remember the King from The King and I as he poured over books and books, casting them away, looking for answers he could not find.

How ironic that I loved “Anna and The King” so much...

In my mind, I thought, “He is looking for love. What is love and why do we love?” And that too became my obsession.

I logged it right next to “Who is this God person anyway?” and decided that I sought to prove that god exists. Alongside Love, (What is Love and What is the Purpose of Love), I also had my four original questions from Socrates himself:

“Who are we?”

“Where did we come from?”

“Where are we going?”

“Why are we here?”

I began this pursuit of knowledge in 1995. On 9 January 2024, I am pleased to announce that my work is conclusive.

21 February 2024

All I can do is offer this to you and say, "Here. Please. Take it. I'm giving it to you. What you choose to do with this is up to you."

Here is the information on my Triadic Healing. Read it, but choosing to use it and apply it is your choice. If you want the Physics, Geometric and Math Formulas and the Logical Proofs that proves this works, you will find them in the back of this book and throughout along with the Abstracts, which are posted on my website.

A few things.

You CAN learn.

You CAN change.

You CAN grow.

It is NOT complex. It is VERY simple.

"In truth there is simplicity" - Newton

The mind is 100% Logic and Physics. It is predictable. And Mother Nature MUST HAVE BALANCE. She is obsessed with it. The Planet's Equilibrium is VITAL to Mother Nature. The entire planet, Ecosystem, Solar System, Galaxy, and Universe runs, functions, spins, and operates on BALANCED EQUILIBRIUM. Why the fuck do humans think we are an exception to that?

Everything is Energy. So says Tesla and Einstein.

If the Human Being is Energy, then it is only logical to look to the Laws of Energy and Physics for our Comprehension in the Self and the Subconscious Mind. Emotions are Energy, afterall.

Energy cannot be destroyed or created. It can be stored or transferred.

Energy has an assigned Frequency (Planck's Constant).

Two Contradicting or misaligned Frequencies result in Cognitive Dissonance.

Electric Energy (In our Brains) becomes Chemical Energy (Hormones) becomes Emotional Energy, which gets stored in the Human Subconscious Mind as Surplus Potential Energy. And Potential Energy MUST be transferred into Kinetic Energy. So says Mother Nature and Physics.

There are Order of Operations required of the components for the Human to have a stable equilibrium. You just have an unstable equilibrium. And it takes Physics to resolve the equilibrium.

Emotional Pain, Mental Illness, and Emotional Suffering are the result from:

Incompatible Frequency : Contradicting Invasive Frequency is being forced within an Individual's Self-System

Resistance to Input : Not accepting the incoming Emotional Energy to the Natural Equilibrium of "For Every Action there is an equal and opposite reaction"

Resistance to Output : Failure to transfer the surplus of Stored Potential Emotional Energy over into Kinetic Energy

The Fractured Self. Contradicting Logical Comprehension within the Cognitive Core resulting in a Divided Self or Internal Civil War.

There are three types of Operating Systems :

Avoidance
Indulgence
Balanced Integration

Here are the "Instructions" to restore yours and realign balance to your equilibrium.

Mental Health is just the results and consequences of not having a balanced equilibrium in accordance with Mother Nature, and Mother Nature runs on Logic, Math, and Physics. Which makes Mother Nature and the Subconscious Mind HIGHLY predictable. Because math, logic, and physics are HIGHLY predictable.

The mind is just one big Ripple Effect and Chain Reaction set off by a Single Catalyst that creates multiple Catch-22's and "logic loops" with "dead ends" from a "Frozen" learning system. This introduction provides the full chain reaction and logic loops with the Solution to resolve your Mental Equilibrium.

Everything within the Self begins with Choice. Choice is everything. Either we Choose to not choose ("I can't" and "I don't know how") or we choose to choose ("I can" and "I will" or "I will learn how"). When we choose to not choose, fear (resulting from not knowing, and feeling no control over one's own life, fate, Self, existence) sets in. The more we don't choose, the greater the fear (for every action there is an equal and opposite reaction).

Choosing to not choose creates and reinforces Helplessness and feelings of Powerlessness.

Choosing to not choose results in an equal amount of Fear

When you choose to choose, fear decreases and Self-Authority increases.

Self-Authority creates Confidence and High Self-Esteem.

Hence your low Self-Esteem, lack of Confidence, and high Fear.

Most people choose to not choose because they believe they cannot, or they don't know how and they choose to not learn. This is where Depression and Self-loathing occurs. Logical Choice and Learning cures Fear. The more you use Logical Choice and Learning, the less you fear. The Unknown is just a lack of predictability. Choice gives our lives predictability that soothes our fears with "knowing" and self-control.

In many cases, people continue to not choose for so long that their surplus of stored Potential Emotional Energy causes them great pain due to the imbalance and contradiction between what they WANT and what they BELIEVE they can/can't have (Cognitive Dissonance). Not choosing results in stored Potential Emotional Energy not transferred into Kinetic Energy (Action) via Choice. The Surplus Energy results in imbalance, which results in pain due to an imbalance with Natural Law. Mother Nature does not allow for a Surplus of stored Potential Energy. So when the Human does NOT choose to choose, Mother Nature

uses Mental Pain and Mental Illness to create an equal and opposite reaction that is required by her Law.

You need to choose to choose. You need to choose to Learn and Take Action. But, you probably don't know how or you doubt your "success" rate. But there is a reason and a solution for this.

Whenever we Take Action and Do, we gain Proof of Concept, which turns the Evidence into Data for our belief system. No action, failure, or consistently not getting what you want results in a belief that you can't have what you want.

Wanting and Desire are the Core to Momentum, Motivation, Dreams, Purpose, Desire, Joy, and Happiness. Not getting what we want hurts us so badly that pain, suffering, and Depression occurs. Depression is the pining and grieving of our Wants and Dreams.

Not getting what we want frequently, results in a lack of Proof of Concept, resulting in "I can't" and "I don't know how" and "I don't know."

Resulting in a Cognitive Core that is imbalanced with the contradiction "I want" with "I can't have that." This contradiction hurts so much that the Subconscious Mind's Self-Preservation system is triggered.

Your mind associates "wanting" with pain. So it uses amnesia on you to forget what you want and who you are so you can't remember, so you have less pain. Which is why your memory is so bad. The more you forget, the more you don't understand about yourself, the more fear you have, so the more you forget. This results in Avoidance behavior when your Learning System shuts down. As a result, Growth and Change get "Frozen in Time." and the Human mind stops learning, stops problem solving, and becomes incapable of using "catalysts" for ignited sparks to change, Do, Choose, Learn, Grow. Amnesia and Fear disrupt the Learning System in the Mind, resulting in people believing that they "can't change" or "they can't learn."

The increased Fear triggers more amnesia and "sieve brain."

Now, your Learning System in your mind is "stuck," which is why "You aren't learning" or "you can't change."

Hence your frequent "I don't know."

Hence your "I don't change."

Hence "I can't" or "I don't know how."

Now, here you are with memory loss, depression, a lack of dreams/desires, a frequent "I don't know" with a lack of proof of concept that you "can't." No change, or no changes that

"stick." You hate where you are, but you "don't know how" and "you can't." So you don't choose because you feel hopeless.

The discomfort of being "stuck" and the anxiety of not taking action results in addiction, which gives you a chemical dose of what you do want (choice and power and feeling in control) while also preserving your Energy, so your Mind switches over to "addiction mode" to preserve your energy while also keeping you safe. Your Self-Preservation Mode has created a Logic Loop with your Energy-Preservation Mode.

Your System is now in self-preservation and Energy Saving mode to "sustain" the beliefs that "You can't" and "You don't know how."

While also being incapable of Learning while it's stuck in "Avoidance."

While you don't know what you want and you don't believe that you can.

And so you get depressed because you are grieving the loss of your dreams and desires.

Yes. This is the whole of the Human Subconscious Mind. One of Three "operating" Systems.

This one is yours. The other is for "Indulgers" (That was me). And the other is the Healthy Integrated Balanced (Which is me now).

And yes. It is this simple.

The Solution to get out of this...

You need to remove your limiting beliefs with choices. Everytime you say or feel "you can't" or "you don't know how" there are core Fear-Based beliefs under those that are acting as your Primary Operating Program. You need to change the program. Choose to "Learn and take the Correct action" to stop and prevent your fears. Every time you feel anything : fear, anxiety, despair, you must make a choice to either learn from the situation, take action and do, or find out how and then take action and do.

You need logical comprehension with If/Then clauses to do so. No Talking about trauma required (and I am *highly* against it). It's a simple "Fear" FlowChart to walk you through your Logical Loop, to uncover the Core Beliefs. Then the opposite and positive "If/Then" clause can be put in its place. Exactly like an updated plugin. The brain **is** a computer, which is just math, physics, and logic.

Change those beliefs, and your Subconscious Mind will change your Toxic/Negative Behaviors and restore YOU. You keep everything you love and want about you. You lose everything you hate about you. This will regain your hope, and provide you with Proof of Concept, which will get you excited, you will do the Fear Flow Chart again, altering another limiting belief, you will realize you CAN learn and you DO know how and you WILL choose

to choose (learning and action). This gives you proof of concept, gives you self-esteem, gives you confidence, which solidifies your Self-Authority, which all stems for YOUR CHOICE. You WILL start up more productive action.

More Choices will restore the flow of your Emotional Energy and your equilibrium will regain balance.

This WILL end your Catch-22's and your logic loops.
You WILL gain proof of concept.
You WILL stop feeling hopeless and trapped without options.
You WILL make more choices to get what you want.
You WILL want more.
You WILL remember and your "sieve brain" will end and clear up.
You WILL feel safe enough to trust yourself.
You WILL reactivate your Learning System.
You WILL grow and change positively and rapidly.
You WILL remember more of what you want.
You WILL choose more of what you want.
You WILL keep using Fear as a clue to CHOOSE to Learn.
You WILL build up momentum and motivation for your dreams.
You WILL feel more in control and empowered.
You WILL take more action and make greater choices.
You WILL keep choosing and learning and changing
You WILL repeat these actions so much that your Subconscious Mind will be restored to full equilibrium.

I just gave you your "Healing Journey" plan.

All you need now are the Fear Flow Chart, which is included in this book, and the correct If/Then statements to replace your Logical Fallacies, which are located at the end of this book.

The best one for immediate application is "If X is Narcissism, Then I will do the opposite," because the Opposite of Narcissism is True Love. The Narcissist Cure is available for those who need to identify all the characteristics of Narcissism. The link is available in my Author's Note.

The more Logical a person is, the more Skilled their Subconscious Mind at Logical Proof, Logical Deception, and Logical Fallacy. And believe you me, your Subconscious mind is LOGICAL.

A lot of people BELIEVE that Mental Health is hard and that it CAN'T be this easy. Placebo Effect. "I think therefore it is." Stop thinking that the solution is hard. It really is not.

"In truth there is simplicity" - Newton

People who don't understand things are the ones who make things complex and hard. A lack of education makes things harder. We've been looking for the answers of the Self and the Mind in the wrong place. And because the Subconscious Mind is Physics, Psychologists don't know what they are doing (See my previous argument).

Self-Preservation is only Self-Preservation when the act of Preserving actually serves the purpose of keeping the Self living and functioning without suffering or pain. Your Self-Preservation system is malfunctioning at that job because it is NOT the job of the Subconscious Mind to SELF-PRESERVE. It is the job of the Conscious Awareness to SELF-PRESERVE through choice. True Self-Preservation is done through choosing to become Knowledgeable, gain Information, retrieve full Comprehension, and utilize Application with efficient Execution.

Effective immediately, demote your Subconscious Mind from "Mental Mind Manager and Self-Preservation Assistant" and put your Conscious Awareness in Charge. Your Subconscious Mind is supposed to be working on Logical Checks and Balances within the Cognitive Core to ensure the "prevention" of Invasive Frequencies in the Native Frequency.

And when something better than what you have and what you have been doing comes along, self-preservation sees the value and the reward in the risk, and it takes it. Every time. You are not "special" or unique in your suffering. You have just been incorrectly informed by the Dangerously Ignorant. You are unique and very special in your Identity and in your True Self. Not in your pain and suffering. Which makes your pain and suffering highly logical and highly predictable... and easily fixable with the RIGHT knowledge applied to the RIGHT solution.

Too many people are misled by Dangerously Ignorant people, and given the WRONG information applied to the WRONG solution. And then the sufferer is led to feel that THEY are the problem without ever questioning their trusted resources.

To review the research and/or The Abstract behind The Theory of Love, go to <https://www.annaimagination.com/>

Enter more of my World at <https://linktr.ee/annaimagination>

For The Narcissist Cure, go to <https://www.annashealinggarden.org/courses/the-narcissist-cure/>

Chapter #2

WHAT IS LOVE - CHAPTER 3

Before and After : The AIDNS

I woke this morning and laid in bed. It is 2 February 2024. I am in the 3rd Perspective of the You of I. And it was 6:40 or so in Brooklyn, NY. I did what I do every morning. I scanned my AIDNS, evaluating my Mental Prosthetic for any and all adjustments that may be required after Overnight Processing. Upon assessing that everything was in working order, I got up and started my day with my morning coffee.

If you are new to my work, there may be a lot in that paragraph that you may not yet understand. Assuming you are new to my work, I will explain.

A year ago, I was a Mental mess. 40 years of severe and varied traumas had been the “blueprints” that outlined the engineering of my behavior, which reflected only the 40 years of trauma-programming that dictated my every decision, action, and reaction.

This afternoon I sifted through piles of papers, coming upon old research notes, journals, and letters I had written at the height of my Mental Illness. In an instant, I psychoanalyzed my former mind, and I saw just how truly ill, how desperate I was.

My words came to me from the mental maze of madness. I had figured out that “something was wrong,” but lacked perspective, Truth, Data, and the ability to shift from 1st Person Point of View into Omniscience to view all of my components as components. The not-knowing was a mystery to my logical Intuition that allowed me to “sense” that something was up. But a lack of comprehension and education left me at the mercy of the lies and deceptions of my abusers. I could not properly gauge the situation for what it was.

It was like my abusers amputated both of my legs at birth and blinded me so that I could not see that my legs weren’t there. And then, for 40 years, they beat me and abused me for not running alongside them or “keeping up.”

They called me insane, crazy, and stupid all because I could not run. Because I kept falling, stumbling, crawling, and dragging myself along the ground. In 1995, at 15 years old, I felt like “something” was up. I wondered why I couldn’t “run.” and so began my journey into self-examination to determine what was “wrong” with me.

In 2023, I finally gave name to what was “wrong” with me. “Oh! I have no legs! And they lied to me! They amputated my legs, blinded me, and then punished me for being the different that they made me. I set to work on the AIDNS; a Mental Prosthetic that would allow me to

function perfectly as if I had never been traumatized. And, April 2023, I fitted my mind with the AIDNS.

Every month, every week, every day, I adjusted it. And on 16 December 2023, I made my last adjustment. Still, every morning, I wake and assess it. Now and then, I invent a new If/Then Clause to upgrade the AIDNS.

Having the AIDNS fitted into my mind was like having legs and eyes for the first time in my life. I ran. I played. I did all the things... I quickly forgot that I ever had lived without eyes or legs. Until today. When I looked through these old papers. And I read the journals, letters, and poems of a legless, blinded lost me, crying out and screaming with insanities, desperate to understand why I couldn't run.

I feel like a freak. And I had forgotten that I wasn't born this way. I had forgotten 40 years of trauma ever even existed or were part of my life. Until I saw those papers. I immediately sorted through them, throwing much of them away. Wanting no evidence of my living hell. I imagine in another month, I'll have forgotten again that I ever lived without my AIDNS.

Today, I function too efficiently for my behavior to be "natural." I forgot that my behavior is a polished synthetic from the prosthetic I invented that allows me to function. "A Functioning Freak," I called myself. "I never will be normal after all." All of us are freaks. Most of us are Dysfunctional.

I see the next three Generations. The adults, Gen X and Millennials, who will learn to run and see with the AIDNS. Our children, Generation Z, the children of today who will learn early enough how to run and see with the AIDNS, and then the Alpha Generation, who will be the first Generation born with the AIDNS naturally planted by Mother Nature, and finally, untouched by parents and teachers who think they know better than The Nourishing Mother.

I see the Alpha Generation growing up, being flabbergasted that Mental Illness ever existed. "How could you not know the AIDNS?" And us, grandparents, explaining to them what Mental Illness was, much like how Gen X today tries to explain a Phone Jack to Gen Z.

"The world once was blind and legless," we will say. "And, we all lost our calibrated metric with which to live by. And so, we have the AIDNS now so we could calibrate our metric and live properly and true to Nature. For me, it is a prosthetic, but for you," we will say to younger generations, "it is a way of life. And may you never forget it."

The AIDNS allows the blind to see in the dark and provides the legs so that you can run toward the light.

"What is love?"

Simply, Love is to Nourish to Grow, or Nourishing for Growth.

Nothing more. Nothing less. As we go through The Theory of Love, this is the one Constant Definition that applies 100% to every example and/or situation any one has been able to provide.

Constant is Truth. That is why you can Trust it.

Truth = Trust

A more Complex definition (The 2nd Generation of Disintegration Explanation) is :

Love is the 12 Stages of Ethical Perspective Growth that, when internalized in the right order, provides us first with Self-Love, Family/Brotherly Love, Love for Mankind, and then... through Love, we gain the power to Create. Out of Love.

Self-Love is the Foundation and the Common Denominator, the Origin of all Love.

Love is the Power of Healing, Growth, and Creation.

Why do we love? Because Love (Growth) is the only thing in this world that gives life meaning and purpose. Being In Love is The State of desiring to move forward (Growth).

Without love, we would not have joy. Love is Joy. God is Love. Love is Logic. We are Logic. We are Love. We are God. To Love gives us the power of Creation. For only Love is birthed from Nothing. Nothing is the absolute absence of "Growth." All you need is love.

"Who is this god person anyway?" Us. Love. Logic. We are God. The Creators from Love, of love, with love because of love.

In this journey, I did find proof that god exists. And so I did. Can we all stop fighting now?

"Who are we?" We are our Stories, the Authors, the Ones who Love and who, in turn Create from Love.

"Where did we come from?" Love. And also, the Journey we took to arrive at our understanding of Love.

"Where are we going?" Toward Love. Toward our Dreams and our Future birthed from our Desires, Wants, and love.

"Why are we here?" To pursue Love. And to indulge in it. For me, to answer these damn questions so I can finally relax and chill the fuck out because I realized that I have a serious obsession with Comprehension and Simplicity. And I finally understand... everything.

There is such a depth of harmonic buzzing through me... Aligned comprehension and peace. Logic, Math, Physics, Creation, Desire, Love... the State of Existing in complete

Alignment and Acceptance with everything that is within the world without a need or desire to resist for I know my own power, Authority, and control over my Defined Self.

Human Beings truly do require to Understand in order to know The Self and define their Relative Comprehension and thus their Abstract Location in relativity to The Truth. Hence, our need to Understand.

How much I wish for this state of Being in all of us.

May you too find love.

I give unto you The Theory of Love.

The research and the Abstract for The Theory of Love is available for you to review at <https://www.annaimagination.com/>

Step into my World at <https://linktr.ee/annaimagination>

CHAPTER 4 - The C Drop

PART #1 : THE BIG PICTURE. WHAT IT TAKES...

Before we begin, forget everything you think you know. You must enter “The Student Mindset.” (I will be covering precisely how to do this in this book).

The reason for this is because the information presented to you is coming to you from the 7th Perspective of the You of I (25 Hz). 100% of everything currently available to us in our culture at this time is 6th Perspective I of I (14 Hz) or lower, but with 100% of all Government education, knowledge, texts manufactured from the 4th Perspective of the I of I (12 Hz).

In short, absolutely nothing after the 4th Century applies to my work. The Roman Mindset is not compatible with my work for reasons I do not provide in this book.

Traditional Psychology is based on the work of a 4th Perspective I of I Medical Doctor in the 19th Century.

Text books, schools, sources, NIMH, Abstracts all of it reflect the Ethical Values that were defined by the 4th Perspective, which were built on the Dark Ages Mindset (3rd Perspective or 11 Hz), which were built on the Roman Empire Mindset (2nd Perspective or 10 Hz).

100% of everything in our culture today was reflective of everything the Holy Roman Empire wanted you to see. My work simply is not compatible. It is so Abstract, so Logical, so different that absolutely nothing known today (aside from Einstein and Nietzsche) compares to it.

And it works.

If you wish to read this book, you must forget all that you think you know. Imagine that I am coming to you from a different planet, a different culture, a different world. Because I am.

Understanding my Tenses

Time is simply our Dimensional Location in relativity to the Big Bang. I live and work within the 12+7 Perspectives while also passing through 10th, 12, and 4th Perspective regularly. Using Mathematics, Time, Logic, and Physics I can see well into Future Dimensions, which now are passing through me... Dimensions I have been seeing for 30+ years are now my present. It's weird. So past and present tenses do not exist for me like they exist for others.

Time and Dimension move exactly like a Chess Master can see 50 Chess moves ahead to End Game. It is the exact same mathematical process at work. "Future telling," is just a mathematical and logical deduction. To those who are not educated in mathematical deduction, this does appear as "Divination," which loses its mysticism as logic and math are studied.

While my editor (I'm sorry, Mia) has done her best, there are going to be moments where the past-present-future tenses merge and are inconsistent. A symptom of Dimension Walking.

Later, while writing this book, One of my Perspective Shifts allowed me to see a better Comprehension of Time. In short, The Future is "The Point of Conception" and the Present is "The Point of Materialization." The Past is "The Point of Records." Most people live at the "Point of Materialization." Traumatized individuals live at the "Point of Records" (PTSD sufferers). And I live at the "Point of Conception."

I will be elaborating on this in a future book and it is available on my website with the Physics, Math, and Logic to explain it more intricately. In this book, I do not.

Understanding my Pronouns

Gender and sexuality is a thing of the Material Plane. Once you pass into the 7th Perspective, terms like "male" and "female," "man" and "woman" and "masculine" and "feminine" are confusing and difficult to understand. Everything centers around Energy, Frequency, Mathematics, and Physics, which means a person has as much gender as a Musical Note or a Musical Composition.

This is because everything past the point of the 7th Perspective is all understood in terms of Energy, Math, and the Cartesian Coordinate System.

Simply put, Energy does not have penises or vaginas. Making "Gender" very difficult to understand for those who live within the Abstract. Transgender people understand this and a part of them are already at the 7th+ Perspective.

Likewise, I have been a Multiple for 32 years. When referencing my Alters, I slip into "we" and "our" while also referencing "him" or "she." My pronouns hold absolutely no meaning and are fluid. Dimension Walkers see Energy and Physics long before they see Gender and Sexuality.

"I" means Myself and the Identity known as Anna.

"I" means "The Self"

"You" means "To whom it may apply." (This rule applies to all of my work).

"You" can also mean "The Relative Identity" to the Self, and I will be clarifying this in those cases.

"They" means the Community of "The Self"

"They" means "All Others."

Truth means "What is Proven" and that which is Constant with 100% no change, and "Balanced Equilibrium," and also is Logical Conclusion and Deductions determined by The Individual.

Reality is the Perceived Perspective Dimension that can only be Defined and Determined by the Individual based upon their Truth, of which there are many.

Dimension. *angry eyes*

Dimension (Noun) as Defined in Math is the Location characteristic of varying degrees of Frequency relative to the Big Bang. It is Synonymous with Perspective, Truth, and Reality. It is "The Ability to Measure in ONE direction." See the Cartesian Coordinate System and Point of Origin for examples.

Time is the Dimension referenced and is relative to the Big Bang.

Due to poor linguistics knowledge and word usage, I do not use the word "Dimension" (Transvariable Verb) in reference to the X-Y-Z Measurements of Ledger and Integers that are used in 1D, 2D, and 3D definitions. When I refer to the Ability to measure in MULTIPLE directions, I refer to this as Definition and/or "Measurements."

Dimension = Coordinates and Location with Numbers. Measuring in ONE Direction from a Point of Origin to determine Coordinates and/or Location. Measuring from The Point of Origin.

Definition = Measurements with Integers. Measuring in MULTIPLE Directions to determine MEASUREMENTS. Measuring from The Center of Balance.

You will never hear me use the word Dimension (Transvariable Verb) for this purpose. When Einstein incorrectly said that "Time was the 4th Dimension," he confused Dimension (Transvariable Verb) with Dimension (Noun).

Dimension (Transvariable Verb) is Octane Geometry's measuring MULTIPLE directions with Integers along a Ledger from The Center of Balance.

Dimension (Noun) is the Cartesian Coordinate System in Philosophy (Descartes) that measures ONE Directions with Numbers from The Point of Origin.

Time is not the 4th "Dimension." The 1D, 2D, and 3D, should have been called 1-Definition, 2 Definition, and 3 Definition (Length, Width, Height) as they measure Integers from a Center of Balance.

This is why Physicists must learn Linguistics.

Words change Definition.

Point is a Location with insufficient Information to determine precise depth and location without a Point of Relativity (ie. The Big Bang).

Past is Past Dimensions or Dimension that an Individual has previously experienced. Point of Records.

Present is the "Current" Dimension. The Dimension currently experiencing. Point of Materialization.

Future is Future Dimensions or Dimension that an Individual in the "Now" Dimension has not yet experienced. Point of Conception.

Location (The 1st Dimension) is the "Where" measured from the Sun as the Point of Origin to the Individual's current Point of Existence within the Material Plane.

Point of Origin : The Sun

X-Axis : Longitude on Earth

Y-Axis : Latitude on Earth

Time (The 2nd Dimension) is the Location of "When" measured from the Big Bang as the Point of Origin.

Point of Origin : The Big Bang

X-Axis : The Gregorian Calendar

Y-Axis : The Clock (Per Your Time Zone)

Perspective (The 3rd Dimension) is the Location measured by Frequency Hz in relativity to The Self as the Defined Point of Origin (1st Ethical Perspective) into the Abstract.

Point of Origin : The Self at Birth (1st Ethical Perspective)

X-Axis : You of I, I of I, They of I, or the All of I

Y-Axis : 1 - 12 Perspectives

Welcome to The Third Dimension.

Story is the Past, Present, and The Future of an Individual and is the Defined Self as an Integrated Whole.

Story is the Summation of an Individual's Identity.

A full Glossary of my Terms exists in the back of this book. Likewise, I will be defining the words as we come upon them. I will also be providing corresponding translation to aid in communication between the different Points of Views and Perspectives.

What is Healing?

There is a vast miscomprehension of what Healing actually is. It takes "The Big Picture" to really comprehend this.

Healing is simply two things:

Understanding

Remembering

Mid-Healing, I realized that there really is no such thing as Healing. Either you are Integrating (Growing) or you are Disintegrating (Dying).

Understanding

Understanding is your perceived comprehension of your Logical Health.

In the Section "The Stages of Trauma," I explain how Amnesia is a massive part of Abuse Protection.

Unfortunately, this means that you forget.

You forget You.

You forget your Ethics.

You forget your Likes.

Furthermore, the Tools of Abuse, which I will be covering, are designed to confuse you. This Confusion results in you not being able to understand what is going on or what is

happening. This is what I call “The Dorian Gray Effect” and I will be breaking this down further.

In short, “The Dorian Gray Effect” is what leads to 100% of you not understanding what is happening and/or did happen to you. And, to protect you, your Subconscious Mind gives you a kind of Amnesia.

Yes. In most cases. As you heal, your memories come back. Your Amnesia ends. Your Learning explodes.

People who indulge in my work often say with great relief, “Oh, my god! That makes so much sense!” Yes. This is the result of Education and Logic.

This Logical Comprehension resolves Logical Fallacy in your Logical Health, which then releases the Trauma, and your Invasive Perspective and Mental Illness goes away. The more you learn, the more you understand, the more the Logical Fallacies resolve themselves, the more you Understand.

And when you start to understand, you start to remember. You will remember good memories, bad memories, your loves, your likes, your dislikes, your childhood. The relief brings so much relief and peace, that my students seek out more understanding, more logic, more work, more answers, which results in more remembering, more understanding, more peace.

This is something I call this the Healing Spiral Ascent : Understanding + Remembering + Relief Cycle and, this is the best part, it counters the Trauma Spiral Descent : Amnesia + Confusion + Fear.

By the way, Fear of the Unknown is the Primary and Core fear in all of us. And guess what grows the more you forget and are confused? The Unknown. I often said that “Fear of the Unknown” is actually Fear of the Unknown Self. Meaning that the True Unknown the Self in a dreaded scenario. “Will I win?” “Will I lose?” “Will I succeed?” “Will I fail?” “Will I arise Victorious?”

Fear of the Unknown is Uncertainty of the Fate of the Untested Self. But, with proper preparation, training, learning, and education, just like any test preparations, anyone can prepare, train, learn, and study and, yes, pass.

This book is strategically designed to walk you through this process while you learn it. So you heal while you learn. I cover what to expect, the process, and the tools you will need before you need them.

I am also working on a Workbook that partners with this process beautifully so that you can be guided through the process perfectly.

In addition, Quarterly Annual Events “The Healing Garden Summit” and The Philosopher’s Club, provides a Healing Community for everyone to join in the process. My Heal-With-You-Grow-With-You provides you with the perfect environment and Social Resources to ensure a Healthy and Wellness Centered Networking and Social space, without the worry of attracting more toxic people.

This book can be read with your current therapy, alongside it, DIY, alone, or with a group. The choice is yours.

Communication and Education

“My goal is to eliminate your fear with education as much as possible. The more you know. The more you understand. The less fear you will have. There is nothing here that I am giving to you that I did not also do myself... am still doing myself (in some cases).”

Communication is going to be an on-going topic through this. The three Primary Contributors in Mental Health are Miscommunication, Ignorance, and Your Participation. In fact all Abusers needs 3 things from you :

Your Ignorance

Your Participation/Availability

Your Silence/Cooperation

I have a personal agenda in writing this. I was raped May 2023. I received a lot of anger from the community that I was in.

Anger that I did not escalate my case to Legal Matters.

Anger that “I let him get away.”

Anger that I got angry about being raped.

I realized that the best vengeance was to take the Victims away from the Abusers. And I know how to do that because I know what you need so you don’t get abused any more. You need to be Ignorant. You need to be Available. You need to Cooperate.

Abusers run on Fear and Insecurity, which means, in the majority of cases, Abusers will cower and run with a small amount of push back. We will cover this in a later chapter (Abuse Proof You).

Education is the key to Abuse Proofing you. And this book is designed to do just that.

What you most likely don’t know is that the Dark Web has a book that teaches Abusers how to use Psychology to find, target, test, prepare, groom, manipulate, and abuse Victims.

The Theory of Love and The Healing Garden is my Solution to that book. I say, fight fire with fire. This book will be walking you through the knowledge you need to Abuse Proof You.

Provide you with the Boundaries, Discernment, and Tools you need to make you Inaccessible to Abusers. And how to restore your Voice and End Your Silent Prison once and for all.

I was silent about my abuse that held me captive for 40 years in Domesticated Terrorism and Slavery. I was a Shut-In with Social Anxiety for 20 years. My methods detailed in this book freed me from within the Enslavement, built me up, allowed me to escape, Healed me, cured all of my mental disorders, and got me to my current future where I am an award-nominated author today that teaches people how to free themselves using my Voice.

Believe me when I say, if I could come back from the hell in which I suffered, well then so can you. And no one has endured more than I, for as long as I, and made it out alive. You can save yourself. I promise you. I know you can. And this book shows you how.

What to Expect

Expect Shock. Expect disgust. Expect your emotions to start to thaw. Expect the feelings to come in, and I will be giving you the tools to manage them.

Remember, 100% of everything you remember is because your Subconscious Mind knows you can handle it, and you can. You remember only when it is time to do so. Never before.

You will be tossed. You will be torn up. You will lash out, scream, cry, rage, fall down depressed, and this book has everything you need for all of it. I promise you I will give you every tool that I used to get you through, and it starts with the knowledge and the belief that I know you can.

Everyone needs a You of I. A role model. If you need to, make me yours. This is the only and the last consent I give to others to use me. Ideally, use a Dream and Future version of yourself. Use who you *wish* you could be.

I will be covering 100% of what to expect along the way starting with The “C” Drop.

The “C” Drop

This is one of the few things I borrow from Traditional Psychology and believe me when I say that the tools I borrow are few and far between.

The “C” Drop is how we grow.

[Image "A" is not available via Kindle Vella. To view this Image, visit the Link provided in The Author's Note]

This is how we grow. Every time. A to B is the point of increased Challenge as we go from feeling Invincible to Challenged.. The closer to “B” the more “challenging” things get, and it always, ALWAYS precedes the Drop into “C.”

“C” is what most people are very familiar with and don’t know it.

C is where despair happens.

C is where Depression happens.

C is where “trial by fire” happens.

C is where Suicide happens.

“C” for Comfort Zone. Remember that. When you reach a “C” drop, you need Comfort. D/A to B is your “Adventure Zone. Becoming aware of your “C” Drops and when they are approaching will go a long way to help you Self-Regulate and Manage yourself.

The goal is to have the tools to get yourself through “C” so you can jump up to “D.” D is always better than “B.” C can be a few days, a few hours, a few weeks... longer. It depends solely on your ability to Self-Regulate the 1st and the 2nd Ethics of the Ethical Perspective Stages, which I will be covering with you.

People battling Addictions, Eating Disorders, and Self-Mutilation will find this knowledge very helpful as they can better navigate their “C” drop and self-regulate with the 1st and 2nd Perspectives so you can overcome the Control-Panic Impulse/Urge while you also work through your Logical Fallacies, which are the root to the problem.

Now, let’s look at that graph again.

[Image "B" is not available via Kindle Vella. To view this Image, visit the Link provided in The Author's Note]

I want you to take note of the line and the Roman Numerals I, II, and III.

Imagine that this Line indicates your “Darkness.” A lot of people who live without a Mental Health plan and/or who struggle with Trauma and Abuse live below the line in the “Darkness.”

This is vital for you to understand.

There will be a point where you will heal and your “D” spike will put you ABOVE the Darkness line. You will “think” you are healed. But then you will hit the “C” drop (see II) and the Darkness will come back. A lot of people quit therapy at this point.

A lot of people “regress” at this point and they don’t know why. This is why.

But, after the next “D” spike, you are above and (in some cases) you stay above the “Darkness” line. Even when you hit your next “C” Drop (See III), you stay above the “Darkness” line.

I remember this day very vividly for me. It is still one of my solid "Victory Days." The first time I dropped into my "C" drop and I did not drop back into the Darkness. Oh, I celebrated. Healing is not linear. Remember that. Long after you are healed, you will still continue to heal like this. Up and Up and Up. Always. Once you find your "groove," you will see how very much days just keep getting better and better for you.

It is a skill. It requires tools. It requires practice. The best part? The skills I teach you in this book, tap into the Natural parts of your Subconscious Mind that is your Self-Preservation, Logical Comprehension, Naturally Learning Cycle, and Mirroring / Law of Reflection.

Now... There are layers and Levels of Darkness. I have been through them all. Every one of them. I had about five levels to get through. We are so excited to "See the Light" that we are euphoric that we are "Out" not realizing that we just broke through the "Second Level."

We adapt. We acclimate to the next "Level," and then we climb some more. We have no point of reference.

You are out when, within 30 days after a "C" drop, you can breathe deep during meditation, and you descend into the Abstract Dimensions, and no shadows are there at all to greet you. When you live 60+ Days with NO FEAR. You are CONFIDENT in who and what you are.

When you are Aligned with your Ethical Perspective. When your AIDNS can go 60 days without a single "adjustment."

There are no "hidden" nagging weights in your chest. Your Logical Line is clean, clear, pure, and purring. Your Identity is solid and Defined. You know WHO you are. You know that you are WHERE you are supposed to be. You know WHERE you are going. And you know WHY you live. You know that whatever comes your way, you will overcome it and it won't shake you or nudge you.

And you KNOW this. And the Calm that permeates your life is so deep in you that you live in a permanent pool of peace. You are oblivious to the positions of the planets, moon, and stars because you are so aligned with Physics, your Frequency, Logic, and Mathematics that you are part of the Mathematical Equation that is this Giant Clock we live in.

You are no longer a loose cog in the clog.

To view the Images for The "C" Drop, go to

https://docs.google.com/document/d/16k4WcEUOUPoGyqZbPmuF4ifScM1ArovV_FYKEAG37yQ/edit?usp=sharing

The Research and The Abstract for The Theory of Love is available at <https://www.annaimagination.com/>

To view more of my World, visit <https://linktr.ee/annaimagination>

CHAPTER Episode 5: Love's Role In Healing

The Purpose of Love (The Power to Create, Cure, and Heal)

To Love is to value without Purpose or Gain.

The Purpose of Love is to Heal and Create.

Near what I would call “the end” of my research on the Philosopher’s Compass, Love surfaced time and time again. Growing up without Love from either Parents, Lovers, or (later) husbands, the concept was one that I struggled with for a long time.

Certainly, I felt love for my children and my cats. Certainly, I felt love for music, books, and dance. But “Love” outside of those contexts. I did not understand. It wasn’t until my current Partner that I came to know and understand love as it is meant to be.

And the more I studied the Science of Love, the more I realized, time and time again, The Constant theme that I could not deny. Love soothed. Love healed. Love restored Faith. Love birthed Hope. Love made me move again, live again, believe again. Love for the Self. Love for my Partner. Love for my Children. And ultimately, Love for mankind.

When we suffer, we turn toward our Loved ones. When the passing of a loved one occurs, families and friends gather around to heal. It is not the grieving that heals us. But the Love of others and the shared memory of Love for the one lost that heals us.

Love Heals. I know there will be many people who read this book who will cry with despair as they think, “Well! I’m screwed! No one loves me!” I was one of them. But, I do want to reassure you something when reading the pages of this book.

Love is 100% birthed without any required resources. It is the **only** thing that exists without any need for prerequisites. Love truly just is. Part of the healing journey is that, as you come to learn of your Self, and thus, Learn to love your Self, your new-found Self Love will birth a new hope and realization : That you are loveable. That you can find love. That you will be loved. And it is only a matter of time.

The best thing about healing is that, once you are healed, you will have the best version of yourself ready to gift to your future loved one. And even if you walk away not seeking the love of friends or lovers, Self Love is truly all you need.

Nothing heals as deeply and as warmly as love. As you heal, open your heart to receive it. From yourself first and most of all.

The Life Vitals : Dealing with Suicide

Suicide is not a topic I am stranger to. I remember the first time I heard an aunt of mine comment : “People who commit suicide are selfish because they don’t think about the people they leave behind.”

I seethed with anger when I heard her say that. People who attempt and succeed at suicide are so overwhelmed with despair and/or pain that thinking is a luxury they can even afford. I remember thinking how “nice” it must be to know so little despair or pain that she had no idea about suicide.

The majority of suicides are attempted because people believe, they think that “there is no hope.” On my first day of therapy, my therapist told me right off, “There is no cure. You will have these mental illnesses for the rest of your life.”

Her words dumped a cold sick into the pit of my stomach and, that night, I contemplated suicide. “If there is no cure, then why bother?” Unfortunately, this statement is common for therapists to say.

In truth, “No cure that *they* know of at that time,” but there very much is. I always argued that, if they can throw around the word “Diagnoses” then we most certainly can throw around the word “Cure.” However, it would not take Psychology to resolve this Mental Health Crisis of a Divided Self, perception of Reality, and the Existential. This was the work of Physics, Ontology, and Philosophy.

And it was in those mastered subjects of mine that I did find the answers to “cure” my “incurable” mental illnesses and full heal and recovery me. Proudly, I can say that not one drop of Psychology was used in my healing. Just pure Physics, Logic, Philosophy, and Ontology.

Suicide is very much the result of lacking two or three of the Three Life Vitals.

Love. Value. Purpose.

The Philosopher's Compass : Life Vitals Image

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You can afford to not have one of these and be “fine.” Losing two of these, leave you contemplating suicide. Losing all three leads you to the attempt of Suicide.

There is substantial hope! In this book, I will be covering with you what these three Life Vitals are, how to cultivate, obtain, and nurture yours, and then how to fuel them to make them all three stable and self-sustaining.

There is substantial hope. You *do* have love. You just need to learn how to find it, see it, receive it, and accept it. You *do* have value. You just need to learn how to find it, see it, receive it, and accept it. You will be taught how to find and define and set your life purpose.

Love. Dream. Do. The Happiness Formula

This is the Core of Triadic Healing. Within the AIDNS, at the Center of the Cognitive Core, lies the Happiness Formula.

What is the meaning of life?

Happiness.

How do you get Happiness?

By knowing what you love. Dreaming of what you love, and Doing what you love to get your dreams. That is how. (This book walks you through the process, the training, and “the how.”) Love. Dream. Do.

100% of everything we cover in this book is all about the Love. Dream. Do. = Happiness formula training. If you need the steps, the walkthrough, and the theory to understand the steps and the Science of the How and Why, this is that book.

If you need the Philosophy of Triadic Healing and the AIDNS, Love Letter To Zarathustra is for you.

If you need the Story to help you visualize, “Breaking Delusion” is for you.

Some people will learn the Love. Dream. Do. = Happiness Formula and they will “get” it. Others will require the Science and Physics, the Philosophy, and/or the Story. However you learn, we provide all methods available to you along with the training.

Above all else, patience and kindness with yourself. You’ve been through a lot.

Choice > Self-Authority > Confidence (The Starting Point)

Of all the work I do, when I say to people that this is the “Start” of all Healing, I mean it. People who do not heal are different than people who do heal. That difference is Choice.

The people who do heal Choose to Choose. The people who don't heal, Choose to not choose.

Choosing to not choose looks like:

- Believing in Destiny and Fate
- Believing you have no control over your life
- Believing that a god predetermines your life
- Believing that life "just happens" to you
- Believing that you can't change the things you can't control
- Believing that you can't

Choosing to Choose looks like

- Believing that you can have your Destiny and Fate, but you will take the safest and most fun path to get there.
- Believing that options are given to you and you can follow, ignore, or reject those options
- Believing that when "life happens" you can problem solve a solution to make it easier, simpler, or enjoyable even
- Believing that you can change the things you can't control by choosing to deny access to those things or by choosing to allow better people into your life
- Believing that you can
- Believing that when you "can't" that you choose to learn or problem solve until you "can"

Choosing removes Fear. It annihilates it. Fear is a direct result of choosing to not choose. When you choose, Fear goes away. The more you choose, the less Fear you have. As you will learn in this book, Fear is equal to how little you don't choose.

Anxiety is a direct result of not taking action on your Choices.

Choosing fuels Self-Authority, which produces Confidence and Self-Esteem. The more you Choose, the more Control you will have, the more Powerful you will feel over your own life. The More Self-Control you will realize you have, the stronger you will feel.

Choosing is contagious. Once you Master Choice, the rest of the process and training taught in this book steam rolls your life into action. Applying Choice to Love. Dream. Do. = Happiness ignites it. And when you add The Philosopher's Compass to this equation, you will be formidable.

I revisit Choice, Love, Dreams, and Action a lot in this book because this is at the heart and core of this work. The sooner you prioritize, practice, and perfect Your Power of Choice, Your Self-Love, Your Dreams, and your Taking Action, the sooner your healing will propel your life forward into everything you've ever wanted.

Prioritize, Practice, and Perfect

Prioritizing your healing and the practices in this book are essential to its success. This is not passive learning. It is Change. While the majority of Logical Health is just information and Logical Comprehension, Life Transformation and Healing does not happen to those who “wait for healing to happen to them.”

Choosing to Choose begins with Prioritizing.

Practice. These are skills that you are not used to using. Most of them, you have never heard of before, they are that new and abstract, fresh out of the 12+ Perspective. You will require daily, vigilant practice. You will have good days. You will have bad days. You will have great days. Persevere.

Persevere until you perfect them. And perfect them you will. Eventually, you will have learned these skills so internally that they will become habits that don't require your conscious thought.

Physics Role In Healing

Your Self Equilibrium

Your Internal Physics

My first love was Physics. Actually, it was music. I was four when I started playing piano. By 15 years old, I had composed operas, musicals, and nearly 3 feet of musical compositions, ballads, Counterpoint, Irish Folk, and choral writing. Music is Physics.

My abuse was so severe that, by 20, I had forgotten everything I had learned. “Girls weren't supposed to know Science.” And my Subconscious Mind wiped my memory clean of it. I studied Psychology, but to no avail, and turning to my Logic, Ontology, and Philosophy, I used Logical Deduction to heal my “incurable” mind, and 2 April 2023, I Integrated my Multiple Personality Mind.

What followed was 8 months of “remembering” flooding back. And one of the first things I started to remember was all of the Physics I had studied in Music Theory, Metaphysics in Philosophy, and the link between Physics, Ontology, and Metaphysics. At once, I saw the Physics Within.

Physicists don't study Philosophy, Ontology, or Psychology.

Psychologists don't study Philosophy, Physics, or Ontology.

Interdisciplinary Studies of combining Philosophy, Logic, Physics, Ontology, with my knowledge of the Subconscious Mind allowed me to see things that Psychologists and Physicists both missed.

The Self, The Subconscious Mind, Mental Illnesses... they all are just Physics.

Physicists know that the entire world, planet, galaxy, universe, life, all requires Equilibrium. Mother Nature is obsessed with it. From the smallest of atoms, to the largest of solar systems, Mother Nature will break worlds to preserve, protect, ensure the Constant that is Nature's Equilibrium.

Only Human Beings think they are the exception to this rule.

Only Human Beings behave as if they are an exception to this rule.

Mental Illnesses are Mother Nature's way of "fighting back."

"Oh, you won't transfer your stored Potential Emotional Energy into Kinetic Energy via Choices? Oh, you think you're going to "Suppress" or "Resist" your Emotional Energy?"

No no no no no. Mother Nature will rewire your Nervous System and transfer that Stored Surplus of Emotional Energy that you are determined to suppress for you.

Manage your Equilibrium. Or Mother Nature will do it for you. She insists.

The Self *is* its own System. Its own Internal Physics. Its own Equilibrium. In this book, we will be covering all of this with you. No. You do not have to "learn" Physics, although it will help. Newton's Laws are all you really need with some minor Laws in Optic Physics, Batteries, Electricity, Magnets, and some Chemistry.

To manage your System, all you really need to know is this rule: Every action has an equal and opposite reaction. This is the 3rd Law of Physics and it is the Core Rule of your internal Physics and Equilibrium.

The Law of Reflection will be covered a lot (it is how we learn), and Potential and Kinetic Energy will be covered.

We will also be covering Economics, as Circuits and Batteries apply to how we conduct Emotional Transactions for Human Connection. Connection... As in "Connecting" to an Energy Source.. Because... you know... we're Physics.

As we go through this book, you are going to see and realize just how Instinctive our Internal Physics already is in place. So much so that the majority of our daily language *is* borrowed from Physics. Like "Work" and "Force." As well as "Vibe," "Power," and "Energy."

I provide Formulas in Physics, Math, and Geometry proving my work throughout the book (or in the back were indicated) as well as the Logical Proofs and Arguments proving my work. All of which is also available on my website with the corresponding Abstracts.

I really don't want to hear the arguments some people will most likely try to throw at me. So I came armed with the Physics, the Science, the logic, and the Math so I can just hand it to the Scientists and say, "Here you go." and walk away.

My Scientific method used is elaborate and extraordinary, consisting of 7 additional steps, not used in the lab. My work is thorough and complete. This is not a theory. This is fact that I have proven using Logic, Math, Geometry, and Physics.

The Human Psyche, Subconscious Mind, and The Self is Physics and Logic. The more Logic, Math, and Physics you know, the easier this work is going to be for you.

To view The Philosopher's Compass : The Life Vitals, visit
https://docs.google.com/document/d/16k4WcEUOPoGyqZbPmuF4ifScM1ArovV_FYKEAG37yQ/edit?usp=sharing

To view the research and the Abstract for The Theory of Love, go to
<https://www.annaimagination.com/>

To view my World, visit <https://linktr.ee/annaimagination>

CHAPTER 6 **Story and The Self**

There is so much more to the Human Mind than anyone dared imagine. Because if you did dare, you would be deemed "Insane" and your credibility would be on the line. This is an undiscussed fear that sits at the heart of each and every one of us.

Venture too far into the Abstract, beyond the Known realms of the Mind, and risk credibility, sanity, and reputation. Something that, in our culture, is considered a sentence and damnation worse than death.

An individual without credibility, is invisible, mute, voiceless, unseen, nothing. Credibility is everything. And one word strips all of that away. Insane.

So we protect our Sanity. We guard it. We fight for it, argue, tread the lines of conformity and obedience all to preserve it... because the moment someone suspects you're "off your rocker," game over. You are Invisible and Unseen. You are officially "Voiceless."

A condemned state that the Justice System strongly supports time and time again. To be "insane" is to be deemed "Nothing."

Suddenly, we give Power, Authority, and Expertise to the Deemers of "Sanity" and the Accusers of "Insanity." We give Power to Judges and Haters all on stand-by and at the ready to come down with their signal word of Eternal Damnation: "Insanity."

There is no coming back from Insanity.

There is no cure.

Once you're Insane, you're always insane.

Unless...

You can communicate better, clearer, more eloquently than any other before you and deliver such Logic, Math, Physics, with such sound reasoning so as to command their respect on such Logical precision that your words are simply irrefutable.

Oh, yes. The cost of Insanity is high.

I was deemed "Insane" by the time I was 8 years old. I wrote *Broken* at the peak of my Insanity. I write this book now from the "other side" of Insanity, where Logic, Math, Ethics, and Physics Govern and Reign. And my mind today is no different than it was when I wrote *Broken*, and no different than when I was 8, and no different than when I was 4.

The only difference is Communication and Knowledge enough to Organize and give Name to the images in my mind, and then to assign them name, just so that I could communicate with the greatest precision exactly what it is I see and in detail to the Receiver.

No one, except perhaps Cervantes, through the Mind and "Madness" of Don Quixote, has traveled as far or as deep into the Mind as I. And this is what I have learned:

We are Story Beings.

No Animal in this world desires, craves, loves, needs story like we do. We Need it. We want it. We crave it. We collect it. When it is absent, we invent it. We share it. We hoard it. I do not have to tell you how many billions and trillions of dollars the Human Being spends every year on Television, Movie, Book, Cinema, Stage, and Radio alone just to obtain Story.

We are Story Beings.

Why? I asked, so many times. Why do we obsess so much over story? As a multi-genre author of Epic Fantasy and Dystopian novels, I appreciate better than most the depth of this question.

"What is our obsession with Story?"

We are Obsessed with Story because Story is what we are. It is how we learn, how we teach, how we understand, how we process, how we grow, love, live, feel, connect... Story is our Past, our Present, our Future. Story is who we are. What we want. Where we are going. What we seek to achieve. What obstacles were in our way along the way.

Story is the How.

Did she love?

Oh, but she did.

Did she live?

Oh, yes. She lived.

How? How did she live?

Well that is the Story.

Story is our How. Story is our Lives. And all of us are just looking for ours.

Through this book, you will learn about your Who, your What, your When, your Where, and your Why, but it is the How that is your Story. For the How is integrated summation of the Who, the What, the When, the Where and the Why.

How is your Story.

And for most of us, your Story is Missing. And when chapters of your Story are missing, so is misunderstanding.

Your Story is the summation of you and it is the Knowing, the Belonging, the Authority, the Naming, and the Owning.

And should you doubt this, turn your attention to the words “Authentic” and “Authority.” For these words share the cognate of “Author” because to have Authority and Authenticity is to be the Author... of your Story.

Because we are Story Beings.

And what kind of Story is this? *this author smiles* well... a Love story, of course. And it starts with Self-Love, the Foundation of Romantic Love.

Make no mistake, as we unravel your Mind, and the walls of Chaos that contain your rampant storm, ebb, as peace and clarity comes to you through these pages, you will see, with every piece that falls into logical place just how much You are a Story Being and how much You are the Author of your Story.

And then you will come to understand just how much Abusers usurped the Authorship from you and took your Story from you, making it all about them, leaving you a nameless character without a Story. How you were usurped from your Story so much that they trained you to conditionally and habitually and without your even knowing it, give your Story to others without their even asking...

How, in many cases, you sought out the stories of others, and, desperate for your own Story, you usurped the story of others. You may have even donned the Identities of Fictions.

Desperate for Home, Belonging, Authorship, a Name, and a Story with which to call your own.

I loved the movie Scrooged with Bill Murray. Scrooge (Murray) goes on to argue with the Ghost of Past that his childhood was a happy one, and he recounts events of his childhood.

“Oh, Scrooge,” the Ghost says, “That’s an episode of Happy Days.”

“Well, what about...” And Scrooge tells of another memory he has.

“That was Lassie.”

This Fiction depicts a very real behavior of Human Beings. We desperately seek out and cling to Stories to fill us. And if you fail to Write and Author or Invent your own, you will borrow from someone or something else.

To not have Story... This is alone. This is abandoned. This is rejected. This is lost.

It is the complete and total loss of the Self, the Great Divide, the lack of Identity.

But a Story is not just the How; the summation of Who, What, Where, When, Why... The Story (Past, Present, and Future) is your Coordinates.

And you have lost your coordinates.

To view the Research and/or The Abstract for The Theory of Love, visit <https://www.annaimagination.com/>

To visit more of my world, go to <https://linktr.ee/annaimagination>

CHAPTER 7 The Reconciliation of our own Internal-Prejudice

For the Philosopher and Physicist, I will draw this connection for their delight and both your knowledge. The Past is your Point of Origin. The X-Axis is your Present. The Y-Axis is your Future (Your Destination).

To not know or understand your Past is to lose your Point of Origin. To not Dream is to lose your Heading. Many of us are just at a single point of the X-Axis, adrift at sea in a storm with memory loss and no compass.

The losing of one's own coordinates, Story, and Self does not happen overnight. It is a process that chips away at the Core of the Self. In most cases, this is a life-long process. In reality, for most of us, it began around 2 years old, and was complete by 20 years old.

The era from 20 years old and on was just the consequence and reaffirmation of the lessons learned between 2 and 20.

I love to look close at the 2 Year Old. The age of Pure Authority and Autonomy. Unhindered. Unaltered. Without Religion, Tradition, or Expectations.

By 4, most damage is well under way.

"Overwhelming" is how one particular 3 ½ year old described what it felt like to be a baby. A 3 ½ year old that already showed substantial signs of Narcissism already learned well from her parents.

When her younger brother gave the profound Boundary "No!" the older sister argued, justified, and ignored the boundary with "Well, I was just trying to..." And that is what that little 3 ½ year old Mirror had already learned from her parents. How to ignore, violate, and justify the violation of the boundaries of others.

Already, the damage was done through simple Mirroring and Repetition. Our minds from Infancy to Death, are hard-wired to learn through The Law of Reflection. The Conscious Mind is capable of wisely applying The Law of Deflection.

All living things give off Life Waves, very similar to Sound Waves or Light Waves. We feel this, we you walk up to a person like your daughter while she is playing a video game, and you sit in her "Presence." Immediately, she feels yours, looks up, and says, "What are you doing?"

What she felt was your Presence or "Life Waves."

This is Interference of Life Waves and the Laws of Refraction. Ripple Effects, Butterfly Effects, Consequences, and Chain Reactions all result from Interference of Life Waves.

We come into this world ready to go forth with our Natural Program. But Parents starved for their own Life Stories and steeped in ulterior motives, emotional prosthetics, projected dreams polished to hopes of perfection, come armed to live vicariously through unborn children. A chance to reclaim the unrealized life that was taken from them.

Storyless Adults craving their own Story and Authorship whose lives and stories were nonconsensually penned by their parents, soon have the chance to live out their Stories through their children.

But Mother Nature has other Stories written and planned for those children. And so the battle begins. Mother Nature vs. The Ulterior-Motive Driven Parent.

Parents usurped of their Stories via Societal Expectations, and Emotional Prosthetics, vs. Mother Nature's Natural Pathway of Children.

It will require nearly 18 years of prolonged, conditioned abuse to override Mother Nature's programming. But never fear, it can be done.

We will be revisiting this and cover the Undoing and correction of it later.

Autonomy and Authority

We come into this world with two Possessions: Our Autonomy (The Power and Right to Choose Confidently and not Doubt or Question our Choices) and our Authority (The Power we have to Wield our Dreams, Wishes, and Voices). And within two years, our own parents take these two things away from us.

An Abuser needs three things from us:

- Ignorance
- Cooperation
- Availability

But an Abuser requires three things from themselves:

- Ignorance
- Hopelessness
- A surplus of ill-managed and unnavigated emotions that evolve into **Subconscious Intentions**.

A Self-Healer requires four things from themselves:

- Knowledge and Education for Comprehension
- Hope
- Determination
- Open Mindness

When you understand that this is and was a fight, battle, and/or war for your Autonomy and your Authority practiced and obtained through Choice, which consequently gives you your Security, and all of which makes up your Story, this will do a lot to simplify your Healing and get you back on track.

One must always ask "Why" and "How" you lost your Autonomy and your Authority. Remember, you must understand.

You lost your Autonomy and your Authority because your Parents and/or Abusers did not know any better or different than they were taught, and they were discouraged and hopeless for answers, solutions, or something better than they knew. They had Subconscious Intentions. And you were convenient in ignorance, cooperation, and availability.

That is why.

“Why you?”

Well... because *you* are somebody. Or, I should say, because you *are* somebody. We'll cover this more later in “Beyond The Healing.”

The Philosophical Logic of Autonomy

Autonomy. The Ability to Self-Govern. The Conscious Practice of Self-Control. The Power and Authority to make choices confidently and without a shadow of doubt without the influence or advice of others. Autonomy is our relationship to Choice, which comes from our Authority.

The more choices an individual makes on their own, the more they receive “Proof of Concept.” It is our Autonomy and our Authority over Autonomy that gives us Proof of Concept.

But where does Choice come from?

Our Life Titans:

Our Identity, Our Logic, Our Intuition, which are managed by our Ego (Conscious Awareness).

Every decision requires the consultation, unity, and balance of What we Want, What is Logical and Ethical, and what we Desire for our Future. Our Beliefs, however, often interfere with this process.

It is our Autonomy that gives us the ability and practice to choose with Independence, which builds up and accrues our Proof of Concept, reinforcing that we can choose and govern the Self. This is where Pride and Confidence and Self-Esteem comes from.

But how to decide?

Our Identity tells us what we want and ensures that it is Ethical.

“But it has to be Logical” says our Logic. Whatever we decide, it must make sense and “coincide” with our Beliefs. Beliefs are Logical Premise and have nothing to do with Faith or Gods.

God is dead. Thus spoke Zarathustra.

And it must align with our Goals, which is where our Intuition and our “Gut” steps in.

The more we practice decision making, the more proof of concept accrues, the more autonomous we become.

The Philosophical Logic of Authority

Authority is the Power to Choose. It is the “Birthright of Choice.” I love this analogy.

If Authority is the Queen, the Crown and Scepter are her Power, and the Control is the consequence and result of her people’s submission to her law.

The Jester can take her crown, steal her scepter, and sit in her throne. A usurper can bind the Queen and throw her in the dungeons, but she is still Queen and the Authority is still hers because it is her Birthright.

The Jester can dance around her and mock her. He can sit in her throne and make jokes about her, but the Queen can still stand in command and lead her people as a Pauper. Because it is She who has Authority, and not the crown, the throne, or the scepter.

Another example.

Think of Authority as the Puppet Master. The Power are the skills and knowledge of puppeting the Marionette skillfully. Control are the strings and the sticks that guide the the puppet.

The Abuser will bind and gag the Puppet Master, steal the Marionette, but, lacking the skills and mastery of Power via Authority, the Abuser will manipulate the strings and sticks through unnatural Force to get the desired results.

Unnatural Control vs. Authentic Control.

These are two completely different things, and they command dissection and further examination.

Unnatural Control is the greatest delusion of Abuse that every victim must understand, for True Healing occurs in this moment. It is Assigned Value that the Queen chooses that passes her Power, claims her Power, keeps her Power, or surrenders her Power to the Usurper. Nothing more and nothing less.

What the Abuser takes from their Victims is Unnatural Control. But Authentic Control cannot be touched. It was never taken from you. The Delusion they created, their smoke and mirror show, made you think their verbal “sleight of hand” robbed you of it.

But look.

It’s still there. Authentic Control can never leave you. Never.

Upon her Choice, the queen Decides to Value the Jester, Value the Abuser, Value her People... and in so doing, in placing Value, she passes, keeps, surrenders her Power – her Natural Control – unto her People, the Jester, or the Abuser... And also, she reclaims it,

takes it back, and restores it all on her say-so when she shifts her Value from the Abuser, Jester, People back onto herself.

And it is her Ethics that Assign her Value. Which does she Value more? The Self or the Abuser, Mother, Father, X? When The Self is prioritized or is Assigned the Highest Value, the Victim may be targeted, challenged, or compromised, but the abuse will never be turned into Trauma. And the abusive situation will turn into a Lesson between Teacher (the Abuser) and Student (the Victim).

Exactly like in Mathematics and Logic, Assigned Value gives the Variable power or “Energy” or “Charge.” Every time we are Abused, the Abuser only obtains Power over the Abused if, and only if, the Victim surrenders Power by assigning Value to the Abuser that exceeds the Value of the Self.

In all abusive situations, prior to the abusive action, another, greater, far more destructive abuse is taking place:

The Abuser convinces the Targeted Potential Victim, that they (the Target), has no Choice in the matter.

The Abuser convinces the Target that The Abuser’s Value exceeds the Target’s Value (most often in Intelligence, Skills, and/or Knowledge).

The Abuser convinces the Target that The Target is incapable of the Authority, Power, Skill, Wisdom, or Autonomy to access their Authentic Control to Change it.

In short, the Abuser convinces the Target to betray the Self.

Self-Doubt causes the Victim to shift the Value from the Self onto the Abuser because the Victim now Values the perceived Greater Advantage of the Abuser more than the Self due to the Victim’s perceived Incompetence.

The Abuser has attacked the Autonomy of the Victim, leading to “fragile” or compromised Authority.

Self-Doubt is the only requirement of abuse. Self-Doubt occurs long before the Abuser approaches the Victim. Self-Doubt or Self-Confidence is built, nurtured, and/or made solid by the Parent. Likewise, Self-Doubt or Self-Confidence is razed, malnourished, and/or shattered by the Parent.

Now, the Victim can be abused.

It is the therapist and the Healer’s job to teach the Victim that they:

Always had Autonomy and the ability to Choose without the need or aid of the Abuser (You can save yourself).

That the Authority, the Choice, to Value the Abuser is what “tricked” the Victim to surrender their Power to the Abuser in the first place while tricking the Victim into thinking the Power was “stolen” or taken by force, when, in fact, it was the Victim (through trickery of the Abuser) who volunteered to hand over their Power by Placing Value greater than the Self on the Abuser.

Therefore, the Victim can reassign Value and take back the Power any time they so choose by simply realizing and recognizing that they have and did have the Power of Choice the entire time.

Re-assign the Value so that you, the Self, receive your greatest Priority so that no one, no abuser, through ignorance or malice, can ever harm you again.

To do this, Choose. And do not second-guess your Choice. It is best to make a choice boldly, proudly, confidently, and 100% wrong, than to make a choice meekly, shamefully, doubtfully, and right.

Right and Wrong do not matter.

The Formidable Commitment to that Choice does.

“But what about learning?”

Most people don’t want to have a close-mind to learning. Most people want to be moldable. However, the mind is not always in the best state to receive lessons and learning. You have to decide when you are ready and open to receive lessons and learning.

Vet your Teachers. An unvetted Teacher who forces their lessons onto you without your consent is an Abuser.

You choose who is qualified to teach you. You choose when you are open to receive lessons. Use resolution to decide that any “Teacher” who is not vetted, wanted, chosen, or who is honoring your consent to educate you with the appropriate qualifications, is an Abuser.

Think of the phrase, “Excuse you. Did I consent to your teaching me? Did I say you were qualified to teach me? Did I confirm that I am mentally in a mindset to receive your nonconsensual education, or did you just deem yourself worthy enough to be my teacher and turn this moment into a forced lesson without my consent?”

How different the world would be, if we all advocated for ourselves like this.

Nonconsensual Education is the first and highest form of abuse. To coerce, manipulate, or force the Subconscious Mind to learn without it being Open to Receive is rape. It is forced Vulnerability without the User’s Consent to that Vulnerability.

No Subconscious Mind, at any age, can be “forced” to learn without the consent of the Subconscious Mind. To do so is to violate the Will, the Self-Authority and the Autonomy of the Individual.

This always results in a lack of Confidence, low Self-Esteem, and significant Self-Doubt. Nonconsensual Education in our children is the leading cause to Self-Doubt, which is the leading cause to Abuse.

Resulting in a “traumatized” or “Frozen” Time-Line and/or Learning System where “Learning Disabilities” abound. This is the Subconscious Mind’s Self-Preservation System kicking in to “shield” against the unwanted assault of Information and Data on the Mind.

To get around this, Abusers convince Targets and Victims that “They have to hear, listen, and obey.”

Confidence is required to assert Boundaries, Effective Communication with which to Preserve the Self, and the Self-Advocacy to “tell an adult” or take the initiative to Save the Self. And all of Confidence is a consequence to Practiced Choice, which nurtures Self-Authority.

To view the Research and/or The Abstract for The Theory of Love, visit <https://www.annaimagination.com/>

To visit more of my world, go to <https://linktr.ee/annaimagination>

CHAPTER The Self Divided : Civil Divide vs. Union

I want to return to this statement:

“In short, the Abuser convinces the Target to betray the Self.”

Oh, how true this is. In further dissection of Trauma and Abuse, this truth, this one statement is the beating pulse of every Trauma ever endured.

The Target betrays the Self.

This is the Logical Truth that saved my Mind from Rape Trauma in May 2023. Knowing this, during that particular rape, when I told the rapist, “I think I’ve been roofied,” instead of stopping to investigate, he laughed and gaslighted me with, “You’ve had too much weed.”

Immediately, I felt my Subconscious Mind ask, “Did I?”

And there is the Self-Doubt. The Self-Question. Instantly, it had begun.

“He gaslighted you. You’ve had weed. This is different. MUCH different. You are locked in a basement without a cell signal. You were a slave. This *should* be sending you into a panic, but you are not. Because you have been DRUGGED. You expressed a concern that you had been roofied and he didn’t stop. Think, Anna. Think.”

My Intuition and Logical Comprehension said all of this to me during the rape, right after I told him that “I think I’ve been roofied.”

But I argued, “Did I? Why didn’t he stop? Why did he contradict me?”

“You’re too drugged to consent and he knew it,” my Subconscious Mind rationalized. “You’re so drugged you threw up and he was ready for it. Because he has done this before. He knew you would throw up. He is having sex with you anyway. You’re so drugged, they had to carry you downstairs, and he knew it. And he is having sex with you anyway. Think Anna.”

It did not matter the sex.

It did not matter the pain.

It did not matter the lack of Sober Consent.

What would determine the Trauma was the loyalty of my Subconscious Mind to my Self. My Logic (I did not provide Sober Consent) contradicted my Autonomy.

It was the betrayal of the Autonomy that would determine Mental Illness and Trauma, and I knew this. The Self-Divided is what causes Mental Illness because of the Physics.

A Self-System has its own Authentic Frequency. A Natural Frequency. His lie, his belief contradicted my Logical Comprehension and Truth and introduced an Invasive Frequency into my system. Like two Resonators, each with their own Frequency, his words penetrated my Logical Truth.

Instantly, they were incompatible due to disagreement, resulting in Out-Of-Phase Signals. Two incompatible frequencies resonating that closely together (within the Self), results in Friction... which results in “breakage.” In this case, what would break is the Weaker Frequency. My Self, my Story, my Logical Comprehension, or his Lie, his Adamance that *I* had too much weed, his actions that dismissed my objections.

If I submitted to his lies, it would be my Self that would Divide because my Logical Comprehension has already chosen to side against him. Agreeing with him would not change my Logical Truth.

My Logical Truth produced its own Ethical Frequency and was Out-Of-Phase with his Invasive Lie. My System had to reject his Lie or my System would shatter. I was 6 weeks into Multiple Personality Integration. I knew PRECISELY the cost of a Divided Self, and the “Ingredients” and requirements to PRESERVE the United Self.

I had a lot more at risk to lose than he did.

My Autonomy HAD to stay UNITED with my Logic. I HAD to Trust my Logic.

Bottom line. Trust is the determining factor. Trust and Faith in my Logic. And *this* is where “Faith” comes into the Self. Faith in your own Logical Skills. Faith in your own Logical Deduction. Faith in your own Argument. Faith in your own Proof.

Faith in your own Proof. Good god, those words have been needed to be said for a very long time.

In a healthy, aligned and balanced equilibrium, Faith is part of Proof. Faith is a required part of Proof. If you doubt your own skills to form a Logical Proof via your Premise, you will forever question your Conclusion, and thus, your Perspective, and thus your Reality.

It took me 10 days to rid myself of the Self-Doubt with my Logic and my Faith in my Reasoning, and I argued against 2 accomplices who gaslighted me. The rapist who gaslighted me. Friends who screamed at me for not pressing charges. And a community of “friends” who ostracized me for “being a whistle blower” and “having a problem” with being raped. But I knew it was my Trust and Faith in my Logic that would mean the difference between Sanity and Trauma.

It is the misalignment and the Civil Divide within the Self that leads to Trauma and Mental Illness. And *NOT* the Abuse. We are Logical. Whatever we decide, we must be unanimous. For a union divided cannot stand. And the Self is a Parent System made up of Multiple Integrated Components.

Trauma occurs when the Integrated Components of the Parent Self divide.

Art and Science and Logic and Truth

A Union Divided cannot stand.

And the Self is, in fact, a Union of the 7 Part Mental System.

The Identity, The Ethics and defined Values, the Logic, the Ego, the Self-Preservation, the Faith, the Trust, the Belief, the Intuition, the Authority, and the Autonomy must all be unanimous.

This is The Aligned Self.

Anything less creates Cognitive Dissonance, which is Out-Of-Phase Signals.

But what factors and elements all make up the Self?

We have a Right Brain that commands Art, Imagination, Language, Comprehension, and Creativity.

We have a Left Brain that commands Science, Math, Logic, and Physics.

An Intuition that reads the Math, Rhythms, Physics, Frequencies, and Logic of this world.

A Perspective that is the Integrated Summation of these Elements condensed into our Personal Logic and Truth.

This is our Story.

And it must be United.

I cannot begin to tell you the importance of this Truth. That an Individual's Sanity, Reality, Existence, Health is entirely dependent upon the Formidable Alignment of the Self.

And the core of this Alignment is Identity (Love), Autonomy, Self-Authority, and Logic (Our Defined Truth).

A Scientist who rejects Art and Imagination is an individual who rejects their entire Right brain. An Artist or Religious Person who rejects Science rejects their entire Left brain. How can this not result in Civil Divide?

The Internal Civil War

The Union Divided

Cognitive Dissonance is the Emotion that is at the core of all Emotional Pain and Suffering. Cognitive Dissonance comes from Music and Physics with Harmonic Dissonance and it very much is true.

Emotions are Energy and follow Emotional Laws so precisely to Newton's Laws of Physics that, when applied, Emotions become painfully predictable.

Energy cannot be created or destroyed. It can be stored or transferred. And for every action there is an equal and opposite reaction. A catalyst comes into our Subconscious Mind and/or Self-System and Universe, sending off Electrical signals that is Electrical Energy that travels up our spine and into our brains, transferring that Electrical Energy into Chemical Energy with Hormones.

The Chemical Energy transfers into Potential Emotional Energy, which then transfers into Kinetic Emotional Energy through Action or gets stored as Potential Emotional Energy with Inaction.

People who suppress, are in the habit of storing Potential Emotional Energy with Inaction, until they have an unhealthy and imbalanced surplus. Many of those people become reactive and unstable. Much like an atom that is imbalanced. Exactly like an atom that is imbalanced. Because... you know... Physics.

The Human Person (And the Animal Person for that matter), is a Battery. Literally. Emotions give off a Negative and a Positive Charge.

They store up and build Potential Energy that, through Action, Vocalization, or Art, can be turned into Kinetic Energy that builds up Momentum.

Emotional Energy, just like Battery Energy, can be Resisted and Conducted. Not just "Exactly like in Physics." It is Physics. Resisting emotions causes the storage of Potential Energy. Conductance of Emotional Energy is the Allowance of Emotional Energy.

Any Action (Abuse) leads to an opposite and equal reaction (aggression or trauma) and, in some cases, where the Individual "bottles up the emotions," leads to a surplus of stored Potential Energy, and can, in some extreme cases, lead to murder (Kinetic Energy). Suddenly, "Crimes of Passion" where people "just snap" are very logical and rational. It is Logical Mother Physics commanding that the Stored Surplus of Potential Emotional Energy be transferred into Kinetic Emotional Energy... NOW.

Suddenly, suppressing one's emotions can, quite easily, predict and measure the extent in which the Victim-turned-Abuser had suffered. But only in the case where the Victim betrayed the Self by not trusting their own logic and claiming their Authority.

In most cases, understanding this information and processing it, seeing how it applied to your own trauma, abuse, and circumstances is enough to begin correcting the Logical Comprehension in your Subconscious Mind.

Pause. Rest. Nourish yourself. Allow the comprehension to sink in.

It is common to feel, literally feel, the "rewiring" of your Nervous System during this process.

This can cause itchiness and "heat" from the back of your head, the nape of your neck, and down your spinal cord. It can be disorienting and launch you into the Stages of Grief (crying, anger, relief, depression). ALLOW FOR THOSE EMOTIONS.

Emotional Allowance is vital because it is Mother Nature you are resisting, and she has a Karma Bank that commands Balance. If you think you can take on Mother Nature and win,

be my guest. Mother Nature uses Mental Illnesses to correct for the imbalance to her Equilibrium.

When you resist, it is Mother Nature's Natural Law and Order you are taking on. And she comes armed with Logic, Math, and Physics. She is obsessed with one agenda. Balance the Equilibrium. Now is the time to really rethink your Self-Regulation and Emotional Navigational Practices.

We will be walking you through the How.

Expect three days for "Processing." The more you understand logic and are mathematically inclined, the faster this process may go for you. The more logical and self-honest you are, the faster this acceptance will go and will allow for your processing.

The more "loyal" your obedience and servitude has you conditioned toward your Abusers/Parents/Loved Ones/Religion, the more resistance you can expect. It's the Whim and the Will of your Abusers vs. Mother Nature and "No man can have two masters."

I promise you, Mother Nature will win. And there are severe consequences for you if you don't let her win.

Become dead-set and determined with persevering resolve to problem solve your way through the Fear.

Become dead-set and determined to endure this transformation and liberate yourself from the Conditioning of Enslaving Fear.

Access the courage and the fortitude to problem solve your way through the Fear to overcome your Mark of Bligh.

What is the Mark of Bligh?

I love the movie "Mutiny On The Bounty" with Marlon Brando. Captain Bligh was a tyrannical and abusive captain of The Bounty. Hence the True Story of the Infamous Mutiny on said Bounty.

After the Mutiny, the crew were so traumatized that they turned on each other with paranoia, PTSD, and Fear, and they burned the ship and killed each other including their beloved leader, Marlon Brando's character.

As the Bounty burned in the background, leaving the handful of men stranded in the Philippines, Brando lay dying, and the handful of men wept.

"We did not know. We thought you would treat us like Bligh."

"It is not your fault. We all carry the Mark of Bligh."

I have a Super Power. I can look at an Individual and see their Identity separate from their Mark of Bligh. I can have a 5 minute conversation with someone and immediately see where their Identity shines like the sun, and where the Mark of Bligh holds them back restrained.

The ability and skill to recognize your sunlight from your Mark of Bligh is the superpower I will be teaching you so you can see and know YOU and your Natural Frequency from the Invasive Frequency that is your Mark of Bligh.

Using Expansive Thinking, I will teach you how to step outside of your Mark of Bligh, discipline it, shrink it, and then remove it, leaving you free and Independent to restore your Integrated Self back into the United Whole of the Self.

Becoming dead-set and determined with persevering resolve to problem solve your way through the Fear is the Victim's Identity and their Desire to be better, healthy, and whole. It is Mother Nature's Gifted Self-Preservation in you kicking in.

"I have a System that needs to be sustained by the Natural Equilibrium of Balance, Alignment and Order. I use Logic, Math, and Physics to get this done. And you are part of that System," says Mother Nature. "Now. Allow.. Align. Balance. Step into my Vortex. Respect the Physics, or I will do it for you."

This is only a war between Frequencies. Mother Nature's plus Your Natural Frequency vs. the Invasive Frequencies of your Abusers. The harder you cling to the Fears installed within you by your Abusers, Parents with Subconscious Intentions, or Societal Expectations, the more you resist the Natural Law and Order that is Mother Nature.

And what you Want, Dream, and Desire *is* the Natural Order of Mother Nature. Which is why you Want, Dream, and Desire to begin with. Now think about every time, you were told that you can't have what you want, dream, and desire.

The Weaker Frequency will submit to the Stronger Frequency. Every time. And Mother Nature's Logic and Desire is a much Higher Frequency than any abuser you have known. And you have Mother Nature on your side.

A lot of people strongly believe that Ethics are not obtained but through God. *rolls eyes.* But what we want can be harmful and toxic to others without Ethics. What determines Ethics? Where do Ethics come from?

Ethics come from the Natural Learning Order dictated by Mother Nature as we progress through the 12 Ethical Stages of Natural Perspective Growth. Ethics do keep our wants and desires in check, and are a key part of the Human Subconscious Mind, Learning System, the AIDNS, and your Natural Progression through life.

In this book, I will provide you with substantial evidence proving that Ethics comes from the Natural Evolution and Learning Order of Mother Nature.

Furthermore, our Wants, Dreams, and Desires are governed by our Ethical Stages, ensuring, after the 5th Ethical Stage of Perspective Growth, that we no longer mindlessly cause harm to others.

By the 6th Ethical Perspective, we learn how to no longer mindlessly cause self-harm. And by the 9th Ethical Perspective, we learn how to use Conscious Foresight (Empathy) to prevent our own words from causing unintentional harm to others.

It is very possible and healthy to Want, Dream, and Desire and you should do so without reserve knowing that doing so will not only result in a significant improvement to your Mental Health, but also, it will not harm others once you and the people around you exist Independently from each other.

This is all coming up in later chapters. For now, it is imperative to know that the real Challenger you face is your Mind.

The Victim has to be smarter than their Subconscious Mind. Honest with all the parts of their Self, and be ready to do whatever it takes to overcome their own Mind.

They must be honest about what they want, what they Value, and what they are afraid of. They must believe, beyond a shadow of a doubt, in their logical skills, their deduction skills, their resourcefulness, their strength and fortitude, and in their ability to stand on their own two feet.

Above all else, they must be ready to embrace solitude, isolation, and endure the suffering and loss it most likely will take to free themselves from the Mark of Bligh and reunite the Self.

Pursuing Balance and Alignment with Mother Nature does conflict with those around you who resist Mother Nature. Everyone using you and/or taking advantage of your current Mindset, has something to lose, and, in most cases, they will fight for their “free ride.”

Priority is the only thing that will arm you against this. Priority is the first tool in your arsenal. Bookmark

Priority boils down to Self-Honesty and Self-Truth. Many people will and have tried to overcome their Mark of Bligh, but the one thing that often ends and terminates therapy is the steadfast loyalty to Abusers, most of all, the Abusive Mother.

Remember, The Assigned Value. To change the Value from an Abuser to the Self is to declare that the Self is also Self-Reliable.

Self-Reliance. Self-Salvation. The Core Definition of Proof of Concept of one's own Value.

How much are you ready to believe in yourself?

It's a gamble and the stakes are high. To not take this risk is to lose, most likely nothing, but it is to gain so much of everything you never thought you could ever have.

The ROI is 100% Guaranteed and far surpasses anything the Victim could possibly imagine... if only they would just Believe.

Do you feel safe enough to make mistakes?

Do you feel safe enough to Speak your Truth without thought of Consequence?

Do you feel safe enough to Be Different?

Do you feel safe enough to Learn and to Grow?

If you did not, could not answer "Yes" to 100% of these questions, you were raised in an environment of either Conditional Love and/or, something less known, Conditional Belonging.

I cannot begin to express the Value and Qualities of Love with Conditions and Love without Conditions. But also, Belonging with Conditions and Belonging without Conditions.

Conditional Belonging is right behind the Trauma of Nonconsensual Education, the single most leading cause to Trauma.

Conditional Belonging is the Ultimatum too often posed by ignorant parents that the Creation (off-spring), must choose between their Perfection, Obedience, Compliance, Conformity, Voice, Growth, Opinion, Perspective, Story, and/or Self-Love in exchange for their safety, shelter, food, clothing, and thus their survival and life.

This is a deduction that occurs in MANY children, usually between the ages of 4 to 20.

The Author's Example:

I remember being 8 and shaking with fear through tears at the table almost every night as his Tradition-Based threats forced me to turn over my Self-Authority to the demands of my father who wanted me to eat my meat-based dinner his way, terrified of how I would eat, where I would sleep, or where I would go if I did not submit to his demands.

What really took place in this scenario was an old, Subconscious Choice deep in my programming:

"Choose," he had really said to me.

My Ethics or my Survival. It was made very clear. I could not have both.

I chose my Survival, of course. What choice did I have? I was 8.

My actions contradicted my Ethics, and became my Union Divided while my Self-Authority was compromised.

Oh, yes. The simple, and popular words, "This is my house and you will obey my rules or you can find another place to live," ripped my "Mental Health" apart, and forced Invasive Perspectives and Civil Divide into my Psyche that nurtured my already established Multiple Personality Disorder at only 8 years old.

My father was not malicious. Not at all.

He was ignorant.

He knew no other way.

He was mindlessly following Tradition.

He felt hopeless, having no idea how to love or parent properly.

Mindless Tradition will be the death of us all.

You can love your parents without remaining loyal to their demands. Love does not at all mean "pleasing" or "loyalty."

Love means to Value without profit or gain. To give Importance to. Value yourself more. Prioritize your Self above all others. And to do so without Profit or Gain is to love. In fact, when we love out of profit or gain, this is not love at all, but an emotional prosthetic that we assign to another individual to compensate for what we lack in the Self.

Be honest with yourself about what you fear.

Be honest with yourself about all the lies you tell yourself.

Be honest with yourself about the shadows in your mind that you are avoiding and are not looking at.

Be honest with yourself about what it is you are really afraid of.

Look at The Truth.

Look at your weakness.

Look at your Openness.

Look at your Logic.

Face your greatest Judge, Jury, and Critic of all. Your Self. Accept your Conviction and prepare yourself to stand in judgment of your own ethics. This, in many cases, is really, REALLY, what most of us are truly afraid of.

Our own Accountability.

If you are not willing or ready to face this, then, no matter how much healing you try to do, your Subconscious Mind will always be ten-steps ahead of you, because without Accountability, you really don't want to outmaneuver your Subconscious Mind and Dominate this "Chess" game. Because the Winner of this game will have to Change.

Because once you face ownership of your own Choices, for it was you who had Authority this entire time, once you realize, name, and accept what it is that you allowed happen to you all while you prioritized the love, acceptance, and belonging of another over you, well then, you will have no other choice, but to change.

And that is the greatest fear of all. For ignorance will no longer be an excuse you can use to dismiss your actions, for you will know better. And Knowledge and Logical Truth denies us the ability to bullshit ourselves.

Healing is really the choice to end the bullshit, claim your authority, shift your values, and prioritize the self above all.

Healing is finally Choosing to Face Your Self and Answer for all your lies.

Healing is the undertaking of deciding that you are worth it. You are loved. You matter. Not because you want to "end the pain," but because you are the Entity of an Individual with the god-given Right to your own Voice, Opinion, Belief, Space, and Authority.

And by-god, you are going to Claim it and take back yours.

To view the Research and/or The Abstract for The Theory of Love, visit <https://www.annaimagination.com/>

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CHAPTER 9 **Accepting The Contradiction of The Self**

Contradiction is the most fascinating thing to me.

We truly do have a problem with contradiction. It is the “Cognitive Dissonance” inside us. When Logic exists inside our minds alongside Beliefs and Logical Fallacy, Contradiction, in most cases, contradicts that Logical Fallacy and, for the sake of Cognitive Dissonance, we ban Contradiction in the Self and in Others.

Societal Expectations interfere with “what should” or “shouldn’t” be. And Societal Interference invents Logical Fallacies and False Premise inside the Self, contradicting the Logical Comprehension.

“But wait! I do that!” You may think, and so, your Subconscious Mind begins the subtle rewiring in your brain to alter your behavior to conform to the Societal Interference from Traditional Expectations. So you don’t get that tattoo. You hide the nose ring around your parents. You lie about what you do after work. You deny what you are, making yourself more invisible with each lie and secret to secure your Conditional Belonging among people who don’t accept the real you because, after time, they don’t even know the real you. You are an illusion. And that Invisibility begins to sink in.

Contradiction does not sit well within our Minds. It leads to a common aversion to Contradiction that creates Civil Divide.

I will never forget the day my Grandmother was sewing a silhouette for my cousin of a ballet dancer holding a gun.

“Why?” I asked.

“Because Harley is both a Ballet dancer and a hunter.”

Swan Lake came to mind and the contradiction went to war in my brain. How? I could not comprehend.

My Alters are the prime example of Contradiction.

My family’s traditions and beliefs taught me that a “good Christian girl” could not love BDSM, Leather, or anything less than “wholesome.”

So my BDSM Mistress became a neatly wrapped package of Leather wearing goodness. Likewise, my Hippie-Vegetarian Self was crammed deep into the 4th Level of the Subconscious Mind as my 4th Perspective, Republican father spouted his hatred for “those damn Hippies.” And my Party-Lover, Booze drinking, Clove smoking Pompous Nord Lord, Bergen the Bard was contained not so neatly all over the place, while Joanna was the summation of an elegant, New York City Chic, Upper West Side Art-loving pianist and scholar, who my father deemed, “A Snob.”

The result?

A Vegetarian hippie who drinks Guinness, wears a purple leather jacket, and dons a crown (literally) while rocking out to Beethoven and ballet dancing to Fur Elise. OH, YEAH!

Integrating all the parts of the Self is one of the greatest challenges to overcome while healing. As you heal and reunite the Self, you most likely will battle the Logic or the Logical Fallacies of your own contradictions.

I will be blunt.

At the time that I started this book, I was still trying to figure this one out. All the why’s and the how’s. Near the completion of the book, I realized it all is about Integration. It was, very much, trusting the Intuition to go where the Whim and desire led me, and being sure I didn’t “stunt” or “alter” my decisions due to fear or prejudice.

It takes a lot of trust and practice, balanced Integration.

One thing I do know, and I have the lack of my Multiple Mind to prove this: The Union Divided cannot stand.

However zany, weird, odd, strange, seemingly illogical, and/or contradicting you may think it is, ALL of you must be welcomed back, integrated, and balanced.

Most of all what you want and what is logical.

When Identity and the Subconscious Mind Conflict

That is what Intuition is for. Intuition is the tie breaker. Identity wants and she must have what she wants – “And what is Ethical!” She will often shout – But the System must have it Logical. And sometimes, what you want is not at all what is seemingly logical, which is the first clue that an Interfering Societal Expectation is nearby.

Your Beliefs come down to “what you can have or do,” and “what you can’t have or do.”

Your Beliefs are a huge factor (The Premise) in determining your Logical Health. Your Intuition is a fantastic judge for deciding what feels right, what feels good, and what gives you joy.

Never put limitations on your Identity and Ethics. Always listen to your Intuition. But above all, your Subconscious Mind must accept the Logic.

I introduce to you “Logical Beliefs.”

Logical Beliefs

We hear a lot about “limiting beliefs.” But let’s delve deeper into what those are. Limiting Beliefs do not materialize out of thin air. They are formed through logical proofs in our minds.

A Logical Belief is a Conclusion.

A conclusion can be false or correct depending on the Premise used to build the Logical Conclusion.

A Premise is a Clause, information, or a Statement used in a Logical Proof to build an argument to get a Conclusion. A Premise can also be evidence, experience, and other Conclusions used to create an argument.

A conclusion is only correct when all of the Premises used in the argument are correct.

One single False Premise – Literally, this is called a False Premise – will make the Conclusion False.

In Logical Proof the Conclusion can be Incorrect, the Premise can be Incorrect, but also the Logical Deduction can also be Incorrect. This is when Logicians say, “The Argument is Sound” or a “Sound Logical Argument.”

Furthermore, when we talk about Self-Trust and Faith, we are actually referring to our own ability to make a Sound Argument within our Cognitive Core.

You have to know and believe, beyond a shadow of a doubt, that your Logic is Sound. Without this solid Trust and Faith within Self-Logic, Abuser’s get in and can (and do) tamper with the Premise and alter your Logical Argument.

In fact, this is exactly how Abuser’s get in. They argue and make noise (a Distraction) while you are trying to sort out your own Logical Deductions in your head.

I call this Point in Logical Deduction “The Abuser’s Door.” It is a known and practiced tactic among skilled Abusers that Distracting a Victim at the Point of The Abuser’s Door *is* how they gain trust of a Victim in their state of Vulnerability.

This is the only time when you will feel the emotion, Confusion. Skilled Abusers will use Confusion to Distract you then swoop in during your state of Vulnerability and play The

Hero, gaining your Trust. This is how Skilled a Narcissist and Rapist move. And they move fast. This is it right here.

Use Confusion as a Red Flag. If you are at a party and you feel confused. BE AWARE. When you feel Confused, drink nothing and go to the bathroom. Pause and Think. Decline all of their help. The second part of The Abuser's Door is to "offer you help." which gains your Trust, making the Villain and Abuser appear like a "Nice Guy."

Self-Doubt – Trust in the Self – is the core cause of poor Logical Health.

Without education on where and how beliefs are formed, the average individual has both False Premise and Poor Logic leading to False Conclusions that are then used as "Limiting Beliefs."

This Logical Line inside of us is a series of Conclusions or Limiting Beliefs that we use to decide everything in our lives.

Our Ethics are measured against it.

Our Identities conflict with it.

Our Logic Fights against it.

Our Name is decided from the conclusions drawn from it.

Our Perspective Realities are Formed from it.

A Union Divided against itself cannot stand.

Our Logical Health determines all of this.

When I tell people, "I found the cure to Mental Illness," this... this is it. This is the cure to mental illness. The Logical Proofs in our head that conflict with our Identity. The Invasive Frequencies that cause Resistance, Fracture, and Divide within the Self.

I have someone in my life who is very special to me.

I love him. (Identity)

Evidence showed, for a time, that I was bad for his Mental Health (Ethics)

I believed we could not recover from this (Beliefs)

Our Name for each other was Undefined. We could not Determine what the "relationship" was or if it even was not. (Name)

As a result, I could not form a solid, sound Perspective (Conclusion) with which to live by.

The Logical Proof of these 4 Premises (Identity, Ethics, Beliefs, Name) could not form a complete and correct Perspective (Conclusion) therefore the Logical Perspective was Inconclusive.

We were in a stalemate.

And I am a Logician who has full Conscious Awareness and 30 years practice in Logical Proofs with a Defined Identity and Ethical Law. My Trust in my Logical Argument is Solid.

And still, when I'm tired, stressed, hungry, I falter.

Regardless of Experience, an individual can still suffer from Poor Logical Health.

Trust in the Self to form Solid arguments, Conclusions, and Perceptions of Reality is the core of all Logical Health. The more you Trust the Self, the less likely Abusers can access your Logic. Poor or Low Trust in the Self, leads to Cognitive Dissonance. Cognitive Dissonance occurs when the Logical Health within the Cognitive Core is not Sound.

Your Logical Health and your Logical Truth produces a Frequency. Your Frequency. All information provided to you, must be measured by your Subconscious Mind as it enters your System because it must be 100% compatible with the Frequency of your Logical Truth.

Your Perceive and Defined Reality is built on the Components of the Self and your Logical Truth. Your ability to Define and Perceive Reality is contingent upon your Self Components and your Logical Truth.

Combined, your Logical Truth and your Reality are two of three Core Components to your Self System. Your Story (Past, Present, Future) being the other one.

The Ugly Truth

Comfort vs. Growth : Loyalty to God, The Parent, The Tradition vs. The Self

No matter how you look at it, Healing does or does not happen because of three consistent factors:

- Self-Honest-Based Accountability

- Prioritized Self Above All Else

- Perseverance to do whatever It Takes

All three elements must be present 100% of the time during healing, no matter what. As soon as all three are achieved, Healing starts. Abandon even one of them, however, during the Healing process, and Healing stalls out and stops completely.

Accountability

Accountability. The 5th Ethical Law. So many Psychologists report how much this is a “game changer” in healing. “It’s like a switch just flips!” they’ve told me. And it is. What happens inside the 5th Ethic, really, is the Acceptance and Ownership of your Authority, and the understanding of how much Power and Control you actually do have with Choice.

In the 4th Ethical Perspective, as you will see, Self-Control is mastered to unlock the 5th Perspective. In the 5th Perspective, The Power of Choice is achieved. Upon the completion of the 5th Ethical Perspective, you realize that Self-Control is to be integrated with Choice to create Accountability.

For our Choices create ripples through life that, without Self-Control, upsets and harms others. Upon unlocking the emotional Ethic “Accountability,” the 6th Ethical Stage is unlocked and you Integrate Accountability and Choice with Self-Control while you learn about Equality, when you arrive at the Value of The Self (7th Perspective).

The Self Above All Else

This one can be harder to achieve. Our abuse, our Culture, and Society conditions us that Prioritizing the Self is “Selfish,” and Guilt (Obedience) is close by to step in at any given moment to remind us that we are not allowed, or, more specifically, “It is unethical” to grow bigger than a permitted “size.”

Our language is saturated with “Shrink” words that constantly remind us to “shrink,” “stay small,” and “remember our place.” In a later chapter, I will be covering these “Shrink” words.

Also, I have a full list of “Shrink words” and “The List of Banned Growth Words” available at the end of this book. The full list is available on my website. BOOKMARK

The more you identify and recognize these “Shrink” and “Banned Growth” words, the more you will become sensitive to the saturation in our language that constantly uses Subliminal Messaging to keep us small.

Putting the Self above all else is the decision to fight against and overcome this conditioning. The Point of Change occurs when you believe, deep down, that “If I don’t take care of me, then no one will.”

“If I don’t take care of myself, then no one will.”

This is a vast helping of Self-Preservation, often labeled as self-centered and “arrogant” by those who desire your cooperation and obedience.

People who find this Self-Preservation and Self-Love are the ones who heal. People who avoid it due to Guilt (Obedience), remain abused and/or unhealed.

“If I don’t take care of myself, then no one will,” is the Healing Survival Mind required to get you through your healing. It often feels “cruel” and “cold” at first, and once you learn

boundaries and forgiveness, this “arrogance” will soften as you shelter your Self within your Circle of Trust.

Whatever It Takes

This is the hardest healing requirement to achieve. So many people begin their healing with this in mind, but many times, during the healing, as they begin to understand what this really means, they terminate their healing and regress.

This is why they regress.

Because what it takes, in most cases, is Self-Faith and Trust that you Can Save Yourself.

Whatever it takes means abandoning your God/gods and taking the Power and Authority from The Creator so you can save yourself.

Gods enable dependence and powerlessness because Self-Power and Independence threatens the need for them. Religion gets in the way of Optimum Mental Wealth.

Take your Power and Authority back from the Abuser because you can save yourself.

Cut out the Toxic, Narcissist Mother who has you convinced that “You need her” and that you are “nothing without her,” or that “You owe her” because “She is your mother.”

Cut out all “friends,” community, family, husbands, wives, lovers, boyfriends, girlfriends, children who are Toxic and Nurture your Submission so they can abuse you.

It means severing all ties to everyone who is in your life only because of the promise of “Conditional Belonging” that keeps you locked in a position of convenience for them so they can use you and abuse you.

Most people want to heal.

Most people will not do “whatever it takes.”

Because most people believe that they cannot save themselves.

Most people imagine their healed self, isolated, alone, standing in a barren gray wasteland. Healed, but having lost so much. And you must be realistic. This will be the case for a time. And there will be a period of isolated walkabout where you learn more and more about who you are. And then, you will find your people. You will show them your truth and you will attract them to you like magnets.

And then, being loved as your true self, with all of the parts of you visible and seen, so they will know you and still love you and want you, this is the moment when you realize that all the loss you endured during your healing was more than worth all of it.

For this very reason, and to ease people through this process and expedite it, I offer The Healing Garden Members the Network>Friendship>Dating Community within the Philosopher's Club.

Learning Self-Reliability frees you from Dependence and Codependence and breaks the hold over you that keeps you loyal and obedient.

Many cultures, traditions, families, and religions condition us to believe that "Without X, we cannot." Therefore, by keeping those teachers in your life, you will continue to believe that, without X, you cannot.

At the crux of Loyalty is one constant belief:

"I want to be a good person."

"If I leave them, then I will be a bad person."

"I don't want to throw people away."

"I want to give Unconditional Love and Unconditional Belonging to all others."

If I leave them, then I too will be practicing Conditional Love and Conditional Belonging, and I will not be a good person. I will be no different or better than my abusers who do love me with conditional belonging."

I will remind you of The Golden Rule.

The Golden Rule

We all remember The Golden Rule.

"Do unto others as you would have them do unto you."

There is a lot more packed into this rule that many people are not aware of. We are governed by the Law of Reflection as outlined in Optic Physics. We are mirrors. 100% of all learning in mammals is done through the Mirroring, Mimic, Repetition Response.

This is why we say to our children, "Do as I say and not as I do."

This phrase, "Do as I say and not as I do," is a poor and toxic idiom that attempts (and always fails) to stop the Golden Rule and The Law of Reflection.

Taking into account The Golden Rule, The Law of Reflection, and this Idiom reveals a depth to The Golden Rule often overlooked.

In short, The Golden Rule is the Victim's Clause that releases any and all Loyalty and Honor Bound Contracts to any and all individuals.

But the idiom, “Do as I say, not as I do,” or “I’m your mother,” or “look at everything I have done for you,” bypasses the Golden Rule Contract that, when implemented, reminds us to make exceptions for people who break the Golden Rule. Think about that. “Do as I say, not as I do” runs on the practiced behavior “Do unto others as you would have them do unto you, but the Golden Rule does not apply to me! You have to forgive me, and treat me properly and fairly and ethically, while I proceed to violate you.”

Almost everyone knows someone like that. And those need to be the first people you cut out of your life.

Regardless of birthrights, deeds, actions, debts, relationships, or investments made, an Individual is pardoned from any and all loyalty and honor-bound “debts” when the Law of Reflection mirrors back The Golden Rule to the Giver of Conditional Love and Conditional Belonging.

You give me Conditional Love and Conditional Belonging?

“Do unto others as you would have them do unto you.”

Therefore, I will mirror back to you Conditional Love and Conditional Belonging.

Always Integrate the Law of Reflection and The Golden Rule with Conditional Love and Conditional Belonging prior to you given them any and all loyalties and commitments of the Self.

Unconditional Love and Unconditional Belonging are only – per The Law of Reflection – to be given and offered back to any and all individuals if, and only if, they too have given you Unconditional Love and Unconditional Belonging, granted to us through The Golden Rule.

Bottom Line: The Golden Rule reinforces the Law of Reflection, and releases us from any and all obligations to any and all abusers. No exceptions.

You can, and you should, only ever give Unconditional Love and Unconditional Belonging to, and only to, those who have shown you that same Unconditional Love and Unconditional Belonging of your whole, integrated, and visible, free Self.

You can sever all ties and still remain a good, ethical, and honorable person. You just have to believe that you **can** save yourself.

The Research and the Abstract for The Theory of Love is available at <https://www.annaimagination.com/>

To enter more of my world, go to <https://linktr.ee/annaimagination>

CHAPTER Part #2 : THE AIDNS : THE ABSTRACT INTRA-DIMENSIONAL NAVIGATIONAL SYSTEM

PART #2

The Tools

Healing is a Journey. And like any Journey, you do not head out without a plan, supplies, and preparations. In May 2022, I began sculpting five individual tools. And on 17 January 2024, during the writing of this book, I realized that the individual tools I had been sculpting were, in fact, parts like cogs that fit interconnected perfectly to create a single, larger Navigational System whole: The AIDNS. The Abstract Intra-Dimensional Navigational System.

In this section, we cover the core tools of the AIDNS and what you will need to tackle your Healing head on.

- The Philosopher's Compass (Integrated with the Cartesian Coordinate System)

- The 7 Parts of the Mental System

- The Map of the Subconscious Mind

- The User's Guide to the Subconscious Mind (The Theory of Love)

- The 12 Ethical Stages of Perspective Growth

- The Cognitive Core and The Happiness Formula

- The Healing Journey Plan

- Emotional Navigation

- The Circle of Trust

- Self-Care Regimen

- Your Healing Journey Plan with Your "Troubleshooting" and the AIDNS Diagnostics.

- (Will be made available in the Kindle Version Only)

The Subconscious Mind is a part of the Abstract world. It will take the AIDNS to navigate your way around and through it and to find your way back again. Some people need little guidance. Other people will require an overview. Some people need the theory. Others will need the Scientific Evidence (Abstracts, Research, and Formulas are available at www.annaimagination.com). And some people will need every single part of the AIDNS as a life preserver to keep them grounded and tethered to their Point of Origin as they piece their minds back together again from the inside out.

The AIDNS is designed to do exactly that.

You can walk through the 1st, 2nd, 3rd, 4th, 5th, and 6th Ethical Perspective of the I of I without the AIDNS. Beyond the 6th Ethical Perspective, you will require the AIDNS to measure your Depth into the Abstract.

What is the Subconscious Mind?

The Subconscious Mind is the depths of our Knowledge and Understanding within the Abstract World via Imagination.

Imagination is but the door. Beyond, lies the Fictional World in Play, Make-Believe, and Story. From the Abstract World, we borrow Mathematics, Time, Physics, and Money. Beyond that, we can access the 7 Part Mental System and the Cognitive Core.

This is all within and up to the 6th Ethical Perspective Stage of the I of I.

This is where our current boxed thinking and “laws” end, denying us all further access without fear of “Insanity” stripping away our credibility, and denying all others freedom to explore without fear of persecution.

Isn't it interesting how “Freedom” is always followed by “to [fill in the blank] without fear of [fill in the blank]. Freedom = To do without Fear. I was a slave. I know.

I refer to this Abstract Unspoken Boundary as “The Unspoken and Applied Laws of the Abstract,” of which to venture further would earn the adventurer and explorer the irrevocable title of “Insane.”

But beyond that Abstract Unspoken Boundary lies the Metaphysical (6th+ Ethical Perspective of the I of I)

And beyond that, is the Internal Expanse (The 1st+ Ethical Perspective of the You of I) of Infinite Dimensions accessible only through Knowledge and our conscious journey and navigation into the unmapped future.

Healing is so much more than we originally could possibly fathom and Traditional Psychology does not even scratch this surface. They're off playing with band-aids in the corner while analyzing the symptoms of symptoms of symptoms. Philosophers however once mastered it. Ontologists devoured it through the Dissection of Reality. And then we lost all of this knowledge in the 4th Century.

Lois Wain found it. Van Gogh found it. Lewis Carol tried to convey it in Alice's Wonderland. Arthur C. Clarke reveled in it in 2001 : A Space Odyssey.. The Matrix depicts the discovery of the 6th and 7th Ethical Perspective. Nietzsche found it and wrote about nothing else. And he was very much right. God is dead. Thus Spoke Zarathustra. I too am Zarathustra.

And so shall you be.

And that is really where you are going beyond the 7th. You are becoming Zarathustra (That is totally going to be the title for my next book. “Becoming Zarathustra”). Beyond the 7th, you are entering the Perspective Realm of Zarathustra. Sadly, none of these artists or

philosophers had studied Physics, Linguistics, Ontology, and/or Dimension Theory making the communication of what they saw near impossible without metaphor and/or allegory.

Which is why the 4th Perspectives with their Comprehension Gap, labeled them insane and/or genius with their gross inability to comprehend their true meaning.

Armed with Logic, Mathematics, Physics, and Philosophy, I went forth in 1995, determined to master my Subconscious Mind with such discipline as to free myself from Domesticated Terrorism and Slavery, and to save myself.

In 2015, my mission changed to Discipline myself so well as to make me safe around my loved ones. In May 2022, I took my mission to an entirely new level.

Healed myself, I did. But nothing prepared me for the world that lay beyond the healing. Following my healing, I found the Shadowed “hints” of “the next Dimension...” and the next. And the next.

Healing is the process of Aligning your Logical Truth, Perceived Reality, and Defined Self and Story. Natural Learning is the Ethical Progression through these 12 Ethical Stages of Perspective Growth.

How far you venture down this rabbit hole (the metaphor Lewis Carol used for “Perspective Dimensions”) is entirely controlled and up to you. But one thing is very clearly known about Walking the Dimension of the Abstract World : Reality is only the Perceived Perspective Dimension with which you stand. And that number is Infinite.

1 : 12 : Infinity is the formula I use to indicate the Infinity of Component to Integrated Parent of the next Component, and on for all Infinity.

I am a life-long learner, Scientist, Explorer, Pioneer, and Philosopher. Oh... How could I resist such delicious temptations?

I publish daily! The next episode will be available tomorrow!

The Research and Abstract for The Theory of Love are available at <https://www.annaimagination.com/>

To view more from my world, go to <https://linktr.ee/annaimagination>

CHAPTER The Philosopher's Compass and Imagination's Perpetual Canon (of Components and Parents)

Important Note : Kindle Vella does not support Images. This episode contains a number of Images vital to your understanding the Philosopher's Compass. When instructed, please refer to the Link available in the Author's Note to view referenced images.

Chapter #1 - The Philosopher's Compass and Imagination's Perpetual Canon (of Components and Parents)

The Philosophers' Compass is a Triangle.

Because the Triangle is the strongest Geometric Shape. Because there are three point for every Grouping. Because, when each point is defined in the Self, you are triangulating your position in the Abstract to locate your next focal point, directing you closer to The Truth. And because my Mathematical Intuition (of which I use a lot to begin my Logical Proofs) says so.

The Philosopher's Compass synchronizes with the Cartesian Coordinate System perfectly, the top of the Triangle being (in most cases) "The Point of Origin," the bottom left point representing the X-Axis, and the bottom right point representing the Y-Axis.

Integrated, these Known parts define the Coordinate, the New Point of Origin, the Defined Center in relative location to The Truth. These are the Components of Self that make up the Generation's Sequence, and, when integrated, they combined to become The Parent of the next Generation Sequence, and also the integrated "Component" of the Next Generation of Components that become the Integrated Parent.

This Process, which I refer to as The Perpetual Canon (of Components and Parents)" recycles infinitely... exactly like a Perpetual Canon or a Round as heard in Music. Each Level of Components serves as the Foundation for the Integrated Parent... which is just another Component of the next Integrated Parent.

The Integration Perpetual Canon (of Components and Parents)

This is what it looks like [**See Image A "The Perpetual Canon"**]

The Mathematical formula for the Perpetual Canon is : [**See Image B "The Mathematical Formula Progression For The Perpetual Canon"**]

With the Perpetual Canon, the Order of Operations are as important as the identified and Known Components. Each Parent also serves as the Point of Origin of the Self for everything thereafter.

Three distinct things follow the Perpetual Canon at all times:

All Learning and Subjects of Study (Which I break down in length in *The Salmon of Knowledge*)

The Self and Human Relationships (We see this in our Family Trees)

The 12 Ethical Perspective Stages of Human Growth and Evolution

In my research, the more I studied and explored the Self, one thing became painstakingly clear : Learning and Education are synonymous, relative and equal to the Human Person's overall Mental Health, Psychology, and Biological Growth.

If you take nothing else away from this from this book, learn this : Learning and Education, The Sequence in which The Mind learns, is our Biological Evolution and is a Biology more advanced than anything known to Scientists today.

This Discipline is so advanced it should not be left to Educators or Politicians, but rather to the best of our Scientists in Biology, and must be studied, mastered, extensively researched, and explored by Psychological-Biologists who also have mastered the Sciences of Linguistics, Language, Logic, Mathematics, Music Theory, Art, and Ontology combined in the studies. Not looked at individually.

They must also work with Neuroscientists on this to study the brain's linguistic centers of the brain while undergoing the Learning sequence. Taking great care to study the Hippocampus.

This was Pythagoras' true Vocation. To call Pythagoras a "Mathematician" is a great disservice to Pythagoras. Our misunderstanding of what that man had really achieved has gone grossly unnoticed for nearly 2,000 years, and I mean to to correct this.

Pythagoras was a Psychological Biologist, a Master of Pythagorean Psychology, and a Linguistic and Educator. Hence, the quality of students he was able to produce.

This is *why* Pythagoras taught Plato and *why* he Reverse Engineered Music Theory, and *why* he built Philosophy and Mathematics, They were tools for Psychological-Biology and Evolution. Plato's Curriculum taught by Pythagoras was Pythagoras' Mathematical Sequence of Human Evolutional Stages of Learning.

After completing my work, I located The First Triangle of The Philosopher's Compass in Pythagoras' Work. He had started The Philosopher's Compass, but never finished it. Which is why I call this Pythagorean Psychology. To honor his true Vocation.

I am required to credit Zoroaster (Zarathustra) for his contribution to this work as it was he who passed this knowledge on to Pythagoras after founding his own School. I have a firm belief, that Zoroaster learned this from King Solomon's University (Temple), which is where I tracked the 12 Ethics' "Thumbprint."

The trail ended with King Solomon.

We are symbiotically and Biologically linked to Learning and Education. To not learn well enough so as to trigger the Biological Learning (Growth) Sequence in the brain, results in Mental Illness, which is a direct result of disrupting our Natural Growth and Evolution through the 12 Ethical Stages.

I hypothesize that this Biological Learning (Growth) Sequence is what triggers "Epiphany" which releases a type of Hormonal Brain Wash that "resets" the deposits left behind after firing Synapses, which, maintains regulation. To not achieve Epiphany to trigger this Hormonal Brain Wash leads to and causes all disease, triggering Cell Apoptosis, which is really Resource Partitioning of The Brain.

When the Biological Learning (Growth) Sequence is not achieved after decades (around 45 to 65 years of age) of non-learning, the body interprets this lack of Epiphany Hormonal Brain Wash and the build up of Synapses Deposits and says, "You're not using your brain, let's remove it from the body," says Mother Nature.

It is important to note that in 2022 I had an MRI of my brain done and the Neurosurgeon reported that my 42 year old brain was 20 years old. I have an upwards of 3 Epiphanies a day and I can feel the hormones at work in my brain.

Again, this is all hypothesis and significant research is required to learn more.

This is a grossly neglected area of Science that our lack of study is harming the Human race.

I will say again. The Order of Operations is as important as the Defined Known Components. It is exactly like putting together a puzzle, only, this puzzle *must* be assembled in the precise Order of Operations, of which Educators today know nothing about. Pythagoras did. Plato did.

To the Human Subconscious Mind, Learning is our Evolution and it predictably follows the Perpetual Canon of Components and Parents.

Another thing I noticed in my research. Intelligence in our Species can be summarized and measured by an Individual's ability to recognize a Component for a Component and a Parent for a Parent. An Integration Ignition Component must be introduced at this point.

The Integration Ignition Component is the last Component of any Chain Reaction Sequence that is the Catalyst of the Integration and is what begins the next Integration Generation Process, starting the next Chain Reaction Sequence. Hence, "I am the Beginning and the End."

It is not possible to Master Logic and not come upon God for Logos = Word, which is God.

Logi = God

I believe this is the real reason Logic was removed from schools and our Educational Systems. Logic is the Science and Mastery of Truth. One cannot be lied to if one has studied Logic to the Point of, what the Vedic calls "Rta." Pure Truth.

The most uneducated of our Species will argue that a Component is a Parent, and will fight for their belief. In other cases, the most uneducated of our Species, will also often mis-categorize a Component, placing it in the wrong collection of Components. Components must be both Related and Relevant to the Sequence. Care must be taken that Origin is different than Parent.

Sequence is all about the Science and Mastery of Independents and Dependents aligned from Smallest to Greatest from the Origin to the Integration Ignition Component. Every Component is a Whole. This is Integrated Mathematics where $1 + > 1 = 1$

A Parent is only the most Immediate Predecessor to the next Successor in any given Sequence. Many people who suffer from toxic parents will be happy to know that the Parent is not the Origin. The Origin is (most likely) not your Parent. Your Origin is the First Independent in your Genetic Sequence.

Our Heritage is our Origin.

This is the Science of Disintegration (Death) and Integration (Growth). This is what Logic really is the Science and Mastery of. It is Chain Reaction Science and is the Discipline of Identification, organizing, sorting, writing, building, and recognizing Chain Reaction and Growth Sequences.

This is the Governing Science of The Subconscious Mind. The Subconscious Mind is pure Logic.

The most educated of our Species, can see that the Parent is also a lesser Component to another Parent. And they can see the infinite line of Components to Parents. The Future is Components of our Choices. The Parents are the past. You are the Present Component/Parent.

Every Parent is its own God. This is what Nietzsche saw and tried to explain in *Thus Spoke Zarathustra*. This is what he meant when he said, "God is dead." He was trying to explain the Perpetual Canon of Components and Parents as he saw it within the Self.

And he was right. God is dead. I am God. And so are you. With the Power to Create and Heal. But alas, what would become of a God with the Power to create just through thought, will, and want if that God forgot that he was God and believed he was a man?

What worse would become of that amnesiac God who believed that he was a powerless man and a failure, cursed to live and age, die and crawl?

Careful what you wish for. Words hold the power of Gods.

Arthur C Clarke also saw it. But he saw it also with the growth aligned with the 12 Ethical Stages. The infamous Monolith in 2001 : A Space Odyssey is the Perspective Shift that occurs at the beginning and at the end of every integration of Components into a Parent, which is the next stage of Components. And on for all infinity.

1 : 12 : Infinity

"I am the Beginning and the End."

The Self is The Beginning, the Parent, and the End, The Last Component of their Sequence, passing the torch on to the next in their line.

And the faster you grow through the Stages, down the Rabbit Hole, the Faster Time moves until you move so fast, that it looks like you've stopped, and you're standing still. This is how I see Time. Like a flip book that moves only in relativity to the Learning Metronome that "counts" our evolutionary Growth through the 12 Ethical Stages. A metronome on a spiraling descent when returning to The Point of Comprehension, of learning.

This is what I call our Internal Learning Clock, which is responsible for our evolution.

Trauma stops the Clock.

Time changes meaning inside the Perpetual Canon. It requires a shift in Perspectives and also Points of Views. These are not the same thing. Lewis Carol, in *Alice in Wonderland* used his Rabbit Hole as metaphor for the Perpetual Canon.

Alice's mushrooms and cakes. Her little bottles labeled "Drink me" represented her shift in perspective as she shifted from Component to Parent, taking in scenario after scenario, looking upon the Insanity of the Matrix all from various Points of View. This is the true message in *Alice In Wonderland*.

And yes, when you descend into this rabbit hole, you begin to see all of the illogical insanities that are Wonderland (Man's Unnatural "Laws" filled with so many Logical Loops

and Fallacies that the System can no longer be sustained on its lies), which is just a component of The Matrix, which is the Integrated Whole, the Parent of Wonderland.

Now, it is there, when you cross over from the 6th Perspective Stage of Components into the 7th Stage, that you realize how literal The Matrix is. The Red Pill. The Blue Pill. That is the Power of Choice. And once you go down this road, once you choose to slide down that Rabbit Hole, you will see the Perpetual Canon, and you cannot unsee it.

There is no going back.

But, you haven't learned yet how to see The Perpetual Canon. That begins at the 8th Perspective. Or maybe you have? And until now, you have not had the words to describe what you've seen. You are not alone. I have spoken to many people who have read my work and have informed me that I am finally articulating what they have seen and known for a long time.

I am a firm believer that "when you know" you do not require the telling of others to give Name to what you can feel. When you know, you are beyond the Naming and thus, you Know.

To Know anything is to have the Name with which to Identify it.

"What is in a name?"

The Knowing. Knowing is what is in a Name. Knowledge is Name.

As Lois Wain said, you can really, truly feel electricity. And you are living at such high frequencies (literally. Not at all Spiritually), that you are able to see Physics, Math, Chemistry, Time, Astronomy, all without ever having to study them. And suddenly you just "know" things. Because they become common sense here within the Abstract.

For relative perspective, I am currently in the 7th Ethical Perspective of the You of I. This means, I am currently in my second "run through" of the 12 Ethical Stages. The Common Man, the Majority of our Species is somewhere between 2nd, 3rd, and 4th Ethical Perspective of the I of I, which is their first "run through."

At the time that I am uploading this to Kindle Vella, I am at the Point of Comprehension, 36 Perspective Levels of Consciousness in + 9 Perspective Expansions. And I am thrilled to report that 100% of everything I've written here, thus far holds solid and true, without change.

I've been adding and embellishing additional insight since first when I wrote this.

The majority of people are at the 4th Ethical Perspective of the I of I. Each Perspective has its own Frequency. 9 Hz is the 1st Ethical Stage. 12 Hz is the 4th. Here is the Abstract that I

base my research on. These Hz need to be revisited by Neuroscientists with the added knowledge of The 12 Ethical Perspective Stages of Human Growth and Evolution.

People always report that they can *feel* my Energy, and it is strong. My hugs are a healing Energy bath. In many cases, I have to warn people before they touch me. I have since learned how to manage it and control it. This is why.

On 10 May 2023, I experienced an EMF pulse above my head (I am guessing it was 1 to 2 feet) and the pulse was so strong that it knocked me and another girl in the room to the ground. She had been standing about 7 feet away from me.

My only guess is that this was my "Crown Chakra opening." I was in the 7th Ethic of the I of I at that time. This is the *only* time I speak on Chakras in my work. I give little credit to Chakras and their colors. To me, it's like a Physics coloring book for 5 year olds. My interest in this work is purely Scientific, and I have no tolerance for conjecture or the "feelings" of Physics.

I prefer Scientific Method, which is a 12 Step Translation and Sculpting, Scientific Process that integrates all Components of The Process instead of only hyper-focusing on 1 of the 12 components.

Regarding the Perpetual Canon and the Integrated Generational Sequence, I have mapped out 4 "rounds" of this canon, each with 12 Stages.

The I of I, which is the First Person Point of View.

The You of I, which is Third Person Point of View.

The *We of I, which is Second Person Point of View (Integrated First and Third).

The All of I, which is Omniscient Point of View.

**I called "The We of I" "The They of I" for quite a long time and, much of my earlier work and my own language reflects "The They of I." However, upon reaching "The We of I," I later realized that this is incorrect, but the habit of calling it "They of I" is still with me.*

Our Evolution requires that we experience each of the 12 Perspectives within each of the 4 Points of Views.

I have no doubt that there is an Infinite amount of "Rounds" beyond the All of I. However, at this time, I cannot "See" that data. All in due time.

Update : At the "All of I," I arrived at the Point of Comprehension and became a Solid, Unmoving Center, standing at The Rod of Truth (Exactly like the North Pole marks "The Northern-Most Point."). The "Perspective Shifts since have stopped and became replaced with Perspective "Expansions" marking my "perimeter" of Knowledge that keeps expanding.

I have long since stopped tracking these Expansions. My Ethical IQ is currently 45. My Body's age is 44. My Ethical IQ is finally as mature as my body. This resulted in a number of "Side effects."

I can now (finally) speak and understand as fast as I think. Our Language is egregiously stunted.

The Ethical Progression through "Time" is The Third Dimension. I am a Dimension Walker. We all are. This is where we are going. At some point, we are meant to connect. I am ready to Connect, but alas... I have yet to find others who are. We will be covering Connection under Emotional Transactions of Human Connection later (The 7th, 8th, and 9th Ethical Perspectives of the I of I). If you have any knowledge of Economics, you will find that chapter delightful, as did I.

The images below, provide the "Foundations" of The Philosopher's Compass. These are the Components and the Order of Operations that, when integrated, define the Next Parent.

True to Euclidean Geometry, the direction of the Spiral matters and is indicated via arrows on the graphs. Some of these "Sets" are independent of the Perpetual Canon. I do not yet See how they are integrated. That Perspective is in my very near future.

See Image C "Healing"

See Image D "The Defined Self"

The Stabilized Self (Below) is one I use as a Diagnostic Tool to check the function of my AIDNS. It is one I strongly recommend you keep on hand during your healing.

Wonderland's current "Work Week" reflects only two of these three components. Work and Play with a ratio of 5 : 2. Is everyone happy? How is that working for us?

This is because we make no time... *wrong word.* We make no priority of Self-Mothering, Self-Care, and Nurture.

My "Life Week" is a 3 part ratio and not the Common 2 part ratio. I follow one of four patterns based on my needs :

1 : 1 : 1

1 : 2 : 1

2 : 2 : 1

2 : 1 : 1

And I follow my Intuition on this.

Members of The Healing Garden live by and have adopted my 3-part ratio "Life Week."

The Educational Curriculum within the HMS Alexandria is planned to revolve around my 3-Part Ratio Life Week where students are allowed, welcomed, and encouraged to use Emotional Navigation and Mathematical Intuition to determine what best is for them on any given moment or day.

Image E "The Philosopher's Compass" I of I

And now, begins The first Stage of The Philosopher's Compass (Image Below). In the Integrated Parent of the Identity, several variables are composed of the required components.

At the top of this compass is "What I Want." The Bottom Right is "What I Do." The Bottom Left is "I Become." And the fourth point within the Triangle is "I Am."

Image F "The Life Vitals"

I want. I do. I become, therefore I am. And this births the New Parent, The Self Defined, which begins the Second Triangle: The First Perspective of the I of I.

The First Triangle is the only triangle that runs "clockwise" and almost all others before it. All other triangles thereafter the Point of Origin Parent of Self, run counter-clockwise. I cannot tell you why yet. It's reason is Euclidean Geometry. My Mathematical Intuition just says so. And I have learned to trust my Intuition.

The Reason is always revealed to me at a later time.

The logic says so. All in good time, which is 4th Perspective talk for "the Future Dimensions will reveal all." And oh, they do.

I publish daily! The next episode will be available tomorrow!

To view the Images in this Episode, visit
<https://www.annaimagination.com/the-philosophers-compass/>

The Research and Abstract for The Theory of Love are available at
<https://www.annaimagination.com/>

To view more from my world, go to <https://linktr.ee/annaimagination>

Chapter The Philosopher's Compass & The Ashavana Scientific Method

It is important to note that Images cannot be uploaded on Kindle Vella. Please refer to the link below in the Author's Notes where you may view the corresponding images.

I always feel the logic long before I understand it. This is my Order of Operations and Scientific Process used.

I begin with my "Bias Removal Argument" always before beginning, which poses the question, "What is your Priority?" To which I always reply, "To find know The Truth and to Purify my Comprehension from all False Logic."

I never form an Hypothesis prior to Scientific Method. I only ever use a Question, which changes "Intent to Prove" to "Desire to Discover."

Hypothesis is only used when, and only when I lack significant information in the current Perspective to form an accurate and correct, Logic-Based Conclusion. Hypothesis is strictly used as a Placeholder in Logic until the Logic becomes known.

And is only ever formed after the Primary Logical Argument is formed. If the Proof is Dependent upon the Hypothesis, then I form an open-ended question and not an Hypothesis and Research continues.

This is vital in preventing the Hypothesis Fallacy, which states that an incorrect Hypothesis, no matter how much it may be desired, can never be proven thus, resulting in the waste of resources as the Hypothesis is, in fact, a Red Herring.

Hypothesis are too closely related to "an opinion" for my comfort and should only be formed using The Laws of Probability. Furthermore, I use Hypothesis as "bookmarks" that I pass on to Scientists in other fields so as to say, "More research is required in order to continue this Logical Proof."

Feelings (Mathematical and/or Logical Intuition).

Name.

Logical Comprehension.

Logical Proof.

Logical Checks and Balances.

Math.

Geometry.

Physics.

Then Trials.

Translations into the 12th Ethical Perspective

Translations into the 4th

Translations into the Story.

I cannot begin to emphasize the extent of thoroughness involved in my process.

I Feel it with my Intuitive Logic > I Define what I Feel with Logical Proofs > I Apply Logical Checks and Balances > I then turn to Math, Geometry, and Physics (always in that order) and correlate my Proofs with Formulas to solidify my findings.

I review via Panel Discussions and Exploratory Dialogue my discoveries with The Healing Garden Think Tank, which is a group of Psychologists, Neuroscientists, Philosophers, Physicists, and Geniuses all of whom are familiar with my work. > I Translate my work into the 12th Perspective of the I of I, also known as, Abstractic, which is the language I had to invent for my Expedition into the Abstract.

I Summarize my work via my Podcast and Blog, Fine Tuning the Communication and Summary into Simplified Form for the Foundationals (Perspectives 1, 2, 3, and 4) > Then Convert the Translation into story for the 2nd Ethical perspectives, and Deliver and Distribute my work again via Podcast and Articles.

This book is written in Abstractic. And was written with the Scientist and Neurodivergent Nerd in mind.

Breaking Delusion was written for the Foundationals.

I have a script planned for the 2nd Perspectives.

After this process, I translate my work into the Common Perspective, 2nd Perspective, Children, Neurodivergents, ADHD, 3rd Perspectives, and finally, 1st Perspectives.

Everything presented in The Theory of Love, feels right First, is Logically thorough, and is backed by Math and Physics where the Laws apply. It is Sound.

The purpose of the Compass, although I did not know it at the time that I built it, was to build the 12 Ethical Laws, which is a Component of the Identity.

The "I of I" is the first 3 Perspectives. The Knowing and The Belonging, which would become the Ethic "Trust." (**See IMAGE G "SELF TRUST"**)

The You of I is the second 3 Perspectives, the Authority, which later I would define as the Ethic "Justice" (**See IMAGE H "JUSTICE"**)

The We of I is the third 3 Perspectives, the Naming, which would be the Ethic "Sharing" where Economics is revealed to be an intricate part of the Self and Human Connection. (**See IMAGE I "EMPATHY"**)

And the fourth, the All of I, is the four 3 Perspectives, The Owning, which would be Logical Emotion Navigation and gives birth to Love. **(See IMAGE J "FORGIVENESS")**

Self-Love, in the 1st Person Point of View. Romantic Love in the 2nd Person Point of View. Brotherly Love, I hypothesize, in the 3rd Person Point of View, and when integrated into the Parent becomes Love For All in the Omniscient Point of View.

I have the Omniscient Point of View already. I don't know why or how, but this is how I have seen the world since my 6th Perspective Evolution. It is how I "Saw" the Perpetual Canon. I believe it is part of our Evolution, and is something we all will see as we evolve through the Stages.

My work in Fiction writing and, I am assuming, my Alters taught me how to see the world in 3rd Person Point of View. Oh, yes. My Alters trained me to see the world in 3rd Person Point of View. I have seen the majority of my memories from both 1st Person Point of View and 3rd.

If you too have memories in both 1st and 3rd Person, you most likely have Multiples too. In fact, this is the crowning symptom of Multiple Personality Disorder, which I call, "Multiple Consciousness Disorder." Everyone has Multiple Personalities because Everyone is a Parent Self composed of their Components.

It is the Conscious Mind that "splits" and not "Personalities." And there is not a drop of "Dissociation" at all affiliated with that process. I lived with Multiples for 32 years and I integrated mine with the tools used in this book. I will be covering how to Integrate and Unite your Components back into the Parent Self as you grow through this book.

My passage through the 12 Perspectives and the I of I allowed me to internalize the 1st Person Point of View. As I write this book, I am learning about Empathy, and am experiencing each of the Ethics in turn via the 2nd Person Point of View.

I have no idea what lies beyond the 12th Perspectives on the All of I. I think we shed our Material Form and return to the Energy Pool, Free to pass through all of Time and Space as Dimension Walkers.

There is no "Transcendence." If anything, it's a Descent. To Transcend is 4th Perspective Hierarchical talk for "I am better than you." That mindset is disgusting to me as it violates my Ethics.

As Dimension Walkers, we shift and move into other Dimensions. We've done this before. And we're learning how to use our Energy properly. Hence, the nursery. When Gods are Baby Gods, you don't hand them the Powers of Destruction and Creation right in the cradle. You reward them with the Power as they Master Ethics. Good, god! Mother Nature is a Genius. To align the Power of Energy with Ethics. I love Her most of all.

To define the “Self” within the I of I is to give us the Defined Self.

The I of I is our Past and defines our Autonomy.

The You of I is our Present and defines our Authority.

The They of I is our Future and defines our Security.

And our Past is our Point of Origin. Our Present is our X-Axis. Our Y-Axis is the Defined Dream and Destination (Hence Destiny); at the mercy of our Intuitive Logic as it combines with our Logic-Based Beliefs: The Trajectory of the Self.

Trauma occurs when an Outsider (Abuser, Parent, Teacher, Family Ethics, Societal Expectation) interferes with the Defined Point of Origin, X-Axis, and/or Y-Axis, which inhibits our ability to Define any part of our Coordinates.

Let’s go Physics.

Also, they Force their Invasive Frequency into us causing Interference with our Authentic Frequency, disrupting our Natural Evolution and Learning Descent through the Ethical Stages. “Freezing” our Learning Pendulum that gives time and count and rhythm to our Internal Metronome. Hence Black and White Thinking.

Hence, “Insanity.” A loss of Logical Comprehension that develops from our Identity, Direction, and Definition.

The All of I is the Self Defined and is Identity.

The 12 Ethical Perspectives provide our Values and Ethics.

It is the Identity and the Ethics defined that make up our Logical Truth and our Logical Health, which is the first two parts of our Cognitive Core:

What we Love

What we Value via our Ethics

Our Ethics are assaulted when Religion, Culture, Tradition, Family, and Societal Interference denies our Ethics and forces us to conform to the Ethics of An Invasive System.

It’s like a real life *War of The Worlds* taking place inside of you. It is exactly like that. And the Bacteria is Mother Nature saying, “You don’t belong here.”

Abstractic Translation : What we believe is often the problem that prevents recovery. What we believe is what often gets in the way of our Life Story and Journey. But these seemingly random beliefs that are birthed from trauma is not the catalyst. But rather, the prioritizing of

a preferred conclusion over the current circumstantial evidence that dictates another outcome. Fear of losing our Destination and Dreams.

4th Perspective Translation : Our desire for specific controlled conclusion is prioritized and interferes with the logical process that forms a belief because we live in constant fear of what *could* be instead of what *is.*

2nd Perspective Translation : We focus most on what will happen instead of what is happening. So we build beliefs around fear to try and prevent our worst nightmares, in most cases, manifesting our worst nightmares. And thus, enabling our fear. As a result, we live in a constant state of “desperate measures” instead of trusting our Self to learn, change, and grow.

The fourth and fifth part of the Cognitive Core, Our Naming and our Perspective, makes up our Story Health, which our Philosopher’s Compass defines.

Our Past (Identity, Values, Beliefs), our Present (Naming), and our Future (Perspective).

So that when we are abused or our Perspective is assaulted, it is our Identity and our Future Heading that is compromised. AKA : Our Point of Origin and our Y-Axis.

A weakened, compromised, or unstable Philosopher’s Compass is susceptible to abuse. Likewise, a strong and defined Philosopher’s Compass is impenetrable against abuse.

I publish every day on Kindle Vella! Check in tomorrow for the Next Episode!

The Research and my Abstract are available for The Theory of Love at <https://www.annaimagination.com/the-philosophers-compass/>

You may discover more of my world at <https://linktr.ee/annaimagination>

CHAPTER 13 The 5 Parts of the Mental System

When I began this work, I was still too mentally ill to properly categorize one specific thing in particular. Fear. During my Healing Stages, I incorrectly believed that the Fear System was part of my System. Furthermore, I was unable to even detect my Self-Preservation System.

This is, to date, the only error I have found in my research, which required amendment and correction.

Following my research in Love, Physics, and the Dichotomy of Love (Natural Growth) and Not Love (Fear and Consumption), I now know that Not Love is not only Not Natural, but it

is an Invasive entity much like Cancer is Invasive to the Body. And also, it is not only "Not needed," but is as toxic and destructive to the system as Cancer.

To say "one needs Fear" is to say "One needs cancer."

Fear is Unnatural.

And it is a testament to our Ignorance as a species how much Uneducated people use Fear to "combat" Courage.

Courage confronts Apprehension and a Lack of Knowing in the face of the Undiscovered. Fear is the Cancerous Mutation of Apprehension.

Self-Preservation is Compatible with Love.

Fear is the Absence of Love.

Hatred is the most Advanced form of Fear.

Fear is Consumption and it ends the Integration Growth Process and begins the Disintegration Process.

The 5 Parts of the Mental System are made up of:

Internal and Natural

- The Identity

- Intuition (Mathematical Intuition or Logical Intuition)

- The Logic (Beliefs), which I often incorrectly refer to as The Subconscious Mind

- The Conscious Awareness (Ego)

- The Defense System (Security System) / The Self-Preservation System

External and Invasive

The Fear system/Guilt System

Wow. It has been a long time since I have looked at this. A month, actually. Time... You lose time when you travel and shift between Perspectives. Dimension Walking... Time is just a place relative to the Big Bang.

How much our current System abuses... I see this book being read 400 years from now... wow. Fascinating. Weird.

How much our current Wonderland System uses Time to control and abuse us through Urgency and "Pressure." I call those Red Flags.

At the 6th Perspective, when you begin the Metaphysical Transformation into the Abstract, many people will feel significant pain. "I can feel electricity," said Lois Wain.

Well, yes. Your hippocampus is finally enlarged enough to pick up the frequency of the Electromagnetic Field. Now, Frequency. If you are not aligned, hurts.

This is exactly Harmonic Dissonance, only it's inside your nervous system. You have to get inside and align to your own Frequency.

Every thing, every action, every person, every item in your life has a frequency to it. And you belong to a certain "Key Signature." I often joke that I am in the Key of E Major. It's a joke, and I'm quite serious. I believe I am tuned to the Key of E Major.

Pythagoras believed that the universe was music. He was 100% correct. I understand why and how he composed the Circle of Fifths. This is simple. If you like it, it's because it's aligned to your frequency. If you don't like something, it is not aligned to your frequency. That is all that "like" and "don't like" means.

In the 12th Perspective, we say "That's not aligned to my Frequency" or "I don't like that," and the Objectiveness is a release from all the pain that was.

Now... How much in your life do you like?

How much in your life do you not like?

How much in your life are you doing that is not YOU?

How much in your life are you doing that is someone else?

The more you are living aligned to your frequency, the less you will feel the Dissonance. Healing is really the process of removing from your Logical Health all that is not aligned to you.

Healing is just a purge of Invasive Frequency.

The Full moon does help with this. It tells you how much more you have to "cleanse" or "purge" that you are holding onto. Same thing with Mercury Retrograde. It is a great indicator how much you are not Aligned to your Logical Truth.

To become aligned is to step into the Energy Pool. It was the 10th Perspective of the I of I that I first, truly, stepped into the Energy Pool, and I stayed there. I kind of did it in the 7th Perspective of the I of I, but... I toggled between Invasive Frequencies and my Natural Frequency from the 7th to the 10th. At the 10th, when you finally learn to listen and prioritize the Emotional Law and the Logical Health above all else, that is when you finally align and you forever live within "the Vortex."

In 12th Perspective, we say, "We forever live aligned with the Universe." We don't use words like "Vortex." That is 6th Perspective talk that reflects the 6th Mindset.

The Identity : The First Life Titan

The First Life Titan. The Identity is what you love, what you like, and what is your defined Frequency. It is the Qualities that make up you. It is you.

The Identity has the Agenda "Define the Self," which is what the 1st and 2nd Perspective is all about.

The Identity's role is to Define the Self. She is pure love. 100% Pure Self Love. And she is the Foundation of the Self. I equate Identity to the Heading. What she wants *is* the Heading.

Identity is the "Captain" of your Life Ship. And your duty is to serve her (or him). If you don't, Mother Nature gives you pain to "motivate" you to listen to Identity. Resistance is not your friend.

Intuition

Often thought of as our "gut" instinct or "The Holy Spirit." I called this "The Universe" and often struggled knowing if She was me or outside of me. In the 2nd Perspective of the You of I, I finally realized that "She" was simply our Math, Logic, and Physics that we internalized around 2 Years of Age. Logic replaces "Self-Preservation" while we work on developing our Logical Health.

Fear occurs only when and after The Defense System (Self-Preservation) is removed entirely and Love is Diminished.

I hypothesize that the Primary Purpose of The Defense System is to Protect and Preserve Love, which is in direct ratio to Not Love.

By the 6th Ethic of the You of I, I realized that she is Mathematical Intuition and Logical Intuition. That she is you and is simply your barometer for reading the Logic, Math, and Physics of the Environment around you. The more Logic, Math, and Physics you know, the better and more accurate your "barometer" works.

When you intuit something, you are "taking the temperature" of Mother Nature's Logic, Math, and Physics to ensure you are aligned to hers. The most arrogant of Humans expect Mother Nature to comply to them. Hence "Man vs. Nature."

In trauma, Logical Health never develops and/or is compromised, Intuition is hampered, and Fear remains active. Problem Solving becomes difficult and/or nonexistent (This is because Trauma Freezes the Internal Metronome of Learning and Evolution).

The role of Intuition is to tell us when to take what action. I equate Intuition to the Navigational System of the Self. She is the Navigator beside Captain Identity.

The Logical Belief System (The Subconscious Mind) : The Second Life Titan

The Logical Belief System. *The Subconscious Mind. The Second Life Titan. The Logical Belief System is the Logical Health of the Mind. It is the only part of the Self that is 100% without Conscious Thought (I am still trying to figure this out).

I do not know if this is because it is a “machine,” and a type of AI. Or if it is Sentient and thus is privy to its own Consciousness. I assume for Ethical purposes that the Logical Belief may be sentient, which is why it is not part of the Conscious Self.

My Ethical Law says to treat it with respect and great care.

It has the Agenda “Keep the Parent Safe.” Yes. Parent. The Logical Belief System is the Engine Room Operator of the Mind which/who runs and operates the Cognitive Core. It is the “Scotty” if you will.

*In all of my work, podcasts, and research prior to this point, I incorrectly referred to the Logical Belief System as the Subconscious Mind until an integrated Perspective provided me with the omniscience to see “The Bigger Picture.”

The Conscious Awareness (Ego) : The Third Life Titan

The Ego. The Third Life Titan. The Conscious Awareness. The One of the Self. This is YOU. The Entity that absorbs and collects information and drops it into the Cognitive Core for processing.

The Agenda of Conscious Awareness is to Pursue Happiness. And we do that by keeping the Self Safe and Defined. Give Identity what she wants and keep the Self Safe. Preserve and Protect Logical Health. Preserve your Story Health. Preserve the Perspective. Utilize your Security System properly. Define the Self. Listen to Intuition and Identity and all will be peaches and sunshine.

The Conscious Awareness is in charge of Choice, Authority, Power, Control, and Confidence. Most of us have a Conscious Awareness that is Unconsciously Aware or Consciously Unaware. This Inaction and our ignorant Choice to Not Choose puts the role of Managing your 5 Part Mental System into the hands of Self-Preservation or worse, Fear, who overrides the Logical System. Fear will and does Mutiny Identity in an attempt to “Keep you safe.” Hence your Civil Divide.

An oblivious, ignorant, mindless Conscious Awareness is Dangerously Ignorant to the Self. All of Conscious Awareness needs “to wake up” and to change from Consciously Unaware to Consciously Aware is this book. Right here. Right now.

Awareness is a direct consequence of Knowledge and Quality Education. I will say again. Education needs to be in the hands of Psychological-Biologists. The Human race depends

on it. Currently, all "Educators" are too uneducated for the job and they are responsible for making us all dumber.

Dangerously Ignorant. Dunning-Kruger Effect.

Strategically Placed and High Quality Education causes Awareness. Nothing more. Nothing less.

Fear is a Lack of Knowledge. Hence "Fear of the Unknown."

This realization that if you do not steer your ship and command it with discipline, the ill equipped and inadequate Self-Preservation-turned-Fear System will. And it will do so poorly.

How is that working for you so far?

Is your Fear system doing a good job?

On a scale of 1 to 10, how well do you think your Fear System has been doing as "Manager" of the 5-Part Mental System?

Are you happy?

You are reading this book. I am going to assume that things are not going well.

This is because your Subconscious Mind is not SUPPOSED to be doing the job of your Conscious Mind.

Your Fear System sucks at being a Manager of your Life Ship.

It cannot do the job. Oh, but it's trying.

THIS is why you choose bad people for you.

THIS is why you make "bad choices."

THIS is why "you don't learn."

THIS is why "you can't."

THIS is why "you always fail."

THIS is the REASON behind ALL of your problems.

Because your Fear System is running your Ship instead of YOU.

Now you have Conscious Awareness. NOW you CAN. THIS is the POINT OF CHANGE. This is your new Beginning. Everything from this point on WILL be different. Because this

entire book does nothing but trains your Conscious Awareness to step forward, take control of the Ship, and trains you on how to manage it. Step-by-Step. Backed by Logic, Math, and Physics to comply with and integrate with Mother Nature and her Dance.

The Self is filled with many components. And I know and have mastered each and every one. Then I integrated the Self components into the Parent Self and summarized, simply, all of those components here into this book. This is what you are learning how to do right now.

The Conscious Awareness' Role is to Manage the 5-Part Mental System. And that begins right now.

The Defense System (Part #2 of the Defense System)

It was not until my Healing Journey ended that the "Fear System" de-activated and I felt a new feeling I had never felt before. "Self-Preservation." A range of subtle, soft emotions (ranging from 1 to 3) that were best described as "Concerned," "Cautious," and "Apprehensive.

This emotions say, "Anna. You need to learn more and apply logic to this situation."

This is "The Defense System." Your Boundaries, your personal Laws, Voice, your Communication system are all here. Anger, Frustration, Annoyance are all from here. This is actually a component of Identity. Where Identity goes, the Security System goes.

The three Stages of Anger:

Aggression and Violence (1 - 3rd Perspective)

Communication, Debate, and Arguing (4th - 6th Perspective)

Problem Solving (5th+ Perspective)

And, we bypass Anger later with :

Problem Prevention (11th Ethical Perspective)

In abusive situations, the Security System is fully deactivated, which is where we see a lack of Boundary Setting and Communication occur that first time we say, "No" and are abused or are "punished" for setting our first Boundary.

Abuse teaches many of us that "it isn't safe to talk," and "It isn't safe to set a boundary," which cripples our Voice and tears down our Defense leaving us Vulnerable (Open and Exposed) to receive more abuse and trauma without protection (Boundaries).

You are either Closed (1st Ethic) or you are Open (2nd Ethic). Closed people Avoid (which is a Boundary). Open people who are stuck in the "Open" position never think to Avoid. They just, remain in the field of Tigers and Sharks taking in every attack.

Healthy people who have mastered Self-Regulation use Open (2nd Ethic) to Avoid and Closed (1st Ethic) to Socialize. When they feel themselves "Open," they retreat and Self-Nourish. Once they are Closed, they return to Socializing.

Healthy, Self-Regulated People also know how and when to allow only Trusted People near themselves when they are Open (2nd Ethic).

The Defense System is your Choice, Self-Authority, Power, and Control. It is supposed to be consciously Managed by your Conscious Awareness.

When the Defense System goes down, and your Love is diminished or compromised, the Fear System turns on.

The Fear system/Guilt System

I am a firm believer (Hypothesis) that the Fear System is present only in early Childhood development prior to the development of our Mathematical and Logical Intuition.

Let's read that again.

The Fear System is present only in early Childhood development **prior to the development** of our Mathematical and Logical Intuition.

That, in a child where Parental and External Interference does not occur, the Intuition, Defense System, and Logical Belief fueled by Choice and Self-Authority would naturally develop and the Fear System would never fully develop.

I believe that the Fear System only develops in children (aged 2+ years) who experienced and suffered from Parental and External Interference, which disrupted their Defense System, Power of Choice, Self-Authority, Slowed/Stalled/Froze their Learning Metronome, and stunted/crippled their Ethical Development... which is why the majority of the population is stuck at 1st, 2nd, 3rd, and 4th Ethical Perspective of the I of I.

Left over from the 1st and the 2nd Perspective of the I of I, The Fear System remains activated when education does not occur and Problem Solving does not happen. The only cure to Fear is Education and Choice. The more Knowledge a person has, the less Fear they will have, the more Choices they make.

I have the Fear Flow Chart that I composed to help people recognize and overcome their fears while also reactivating their "Problem Solving" skills and Power of Choice.

The Guilt System is not part of the Mental System at all. It is 100% Invasive. "Guilt" is actually "Shame" put there through abuse to control the Mental Environment by Abusers who want to ensure your obedience and loyalty to them in their absence. Guilt (Shame) is the Emotion given to people when they are not Obedient and when they are neglecting their abuser.

Guilt is 100% a result of Narcissism and/or Slavery.

I call Guilt the Slave Emotion. And it very much is. You only feel it when you are not "Obeying."

In most cases, "neglecting your abuser" is synonymous with "self care" and "Self love."

This is because Identity Displacement (Narcissism, Borderline Personality Disorder, Codependency) is fueled by scarcity of resources including "Being Visible." The Scarcity Mindset says, "If you do X, then I won't have Y."

X = Self-Care/Self-Love

Y = Your-Care/Your-Love

Economics is the cause of all abuse. Limited Resources and an inability to save The Self... which fuels limited resources. Plummets the individual into "Scarcity" mindset, which launches an aggressive, "fight" or "manipulate" to get desired resources.

I believe that Scarcity and Fear of Limited Resources is actually our Self-Preservation attempting to prevent Resource Partitioning, which triggers Cell Apoptosis (Sudden Cell Death). And this is so deeply ingrained into our DNA that this is the Core of All Human Psychology.

This, to me, is truly, where Biology and Science is breathtaking in its elegance.

Love nourishes to grow. Not Love triggers Cell Apoptosis and Resource Partitioning. The Self-Preservation's only agenda is to preserve 100% of the Love-Nourished Equilibrium of the Biological Self. Mother Nature is so poetic. She truly is. Boundaries and the 12 Ethics are the Ethical Laws and Natural Order of Mother Nature instilled into us during Gestation to Preserve this Balance.

Logic is the Science of this Sequence, which is best written :

Plato's Point +> Disintegration +> Integration +> Plato's Point

.<>.

This is The Logic Formula of Life and is in All. It is The All of Everything. The Fibonacci Sequence is the "Disintegration" or the "<" of this Formula.

The Life Formula

Everything. In. All of Everything Follows. This. Pattern.

I discovered a mutation of The Life Formula.

>.<

This is Narcissism. Disease. Death. Fear. Mental Illness. Hatred. The Roman Empire. Christianity. Nazism. Prejudice. War. I call it "Consumption." It is a Mutation of Life and Growth.

Fear is to Mental Illness what Disease is to Death.

Consumption is best described as Mental (Spiritual) Diabetes. The Spiritual Starvation due to Malnourishment that leads to the Hoarding and Gorging of Resources to attempt to Nourish oneself, but the more you "Possess" the more you are "Consumed."

Consumption has 4 Stages:

- Paranoia
- Obsession (Rumination)
- Possession (Irrationality)
- Consumption (Hoarding)

This is Narcissism, which is strictly a Social Disease, is Highly Contagious, Spreads rapidly (3 weeks or less), Infects the Language/Logic Center of the Brain (Hypothesis), and "continues" right where the last Parasitic Host left off.

It is true "Madness" or "Insanity" as it targets Comprehension and Logic.

And this is why Pythagorean Psychologists are required to have Mastery in Theater and Stage, Linguistics, Logic, Math, Metaphysics, Ontology, and Biology... at least.

Self-Love, the 12 Ethics, Logic, and Education are the only cure.

The Self-Preservation System (Part #1 of the Defense System)

The part of the Self that guides and promotes our Safety. When Fear is completely absent, the Self-Preservation System is what functions alongside Identity, Logic, and Intuition. It is what alerts the Defense System to threats, and is so subtle in presence that, only after an individual has Integrated their 5 Stages of Healing, can they feel its presence.

The Self-Preservation System, unlike the Fear system, works alongside Identity, the Defense System, and the Logical System to ensure the Union's Safety. While the Fear System cannot coexist with Identity/Love and Logic, the Self-Preservation System can. The Self-Preservation System can be "reasoned" with, unlike the Fear System, which requires Choice and Knowledge to soothe it.

The Self-Preservation System only requires sound reasoning to be stilled. Based on my research, The Self-Preservation System has only three emotions (on a spectrum, of course): Apprehension, Caution, and "Voiced Concern" followed by, "Just be careful." The

Self-Preservation System steps in to weigh in and evaluate Risk vs. ROI (Return on Investment).

The Fear System shuts down the entire System upon facing Risk or it goes "Nuclear" at the smallest of perceived (not always actual) threats.

The primary difference between the Self-Preservation System and Fear is that Self-Preservation is overflowing with Trust, Hope, Faith, Logic, and Love, whereas the Fear System is 100% void of Trust, Hope, Faith, Logic, and Love.

The Self-Preservation System is present during times of peace and calm. The Fear System is only present in times of Abstract War with the Divided Self.

I publish every day on Kindle Vella! Check in tomorrow for the Next Episode!

The Research and my Abstract are available for The Theory of Love at <https://www.annaimagination.com/the-philosophers-compass/>

You may discover more of my world at <https://linktr.ee/annaimagination>

CHAPTER 14 The Map of The Subconscious Mind

When I mapped out my Subconscious Mind, I discovered the "Skeletal Frame" and the "Fleshed out" Additions. The Skeletal Frame is the Common Denominator of all Subconscious Minds. The "Fleshed out" part is where an Identity "Decorates" the Frame to add their own "style."

This section covers only the Skeletal Frame, but I will specify when my Identity adds her own flavor.

This is what my Alters and I mapped out prior to our Integration.

The First Level of the Subconscious Mind

The Forefront of Thought.

Do you hear that voice in your head as you read this? That voice, write there. Reading this line out to you in your head. That is you. :) That is the "Sub-Layer of your Conscious Awareness" and is about as deep as most people go.

That voice is in the First Level of your Subconscious Mind. The Frontal Cortex (Hypothesis). It appears as an empty room or “the cargo hold of a spaceship” (for me) not unlike something you would see in *Star Trek: Lower Decks*.

The Second Level of the Subconscious Mind

The Infamous Mind Memory Maze. It astounds me how many people talk about this and we all know about this. We see it in Pixar’s *Inside Out*. This is our Past. Our Hall of Records of Choices lived. Mine is a massive “stainless steel” Labyrinth-turned-maze covered in vines in the far back. Some people told me they have boxes. Others report barrels.

What does yours look like?

The Third Level of the Subconscious Mind

The Engine Room. Identity, The Security System, The Logical Belief System, Identity, and the Cognitive Core where processing Perspectives occurs. It is the “Central Core” of the Self.

This is where Your Cognitive Core Story-Logic Sequence is located.

The Fourth Level of the Subconscious Mind

The Subconscious Mind’s Proverbial “Closet” where it keeps all the “skeletons...” or me. This is where I lived for 32 years. All your Amnesia is put here. Jung’s “Shadow Shelf” is here. The side of us that secretly loves sex, is homosexual, or is a cross-dresser.

“Coming out of the Closet” is 4th perspective talk for “Whatever you have stored in the Fourth Level of the Subconscious Mind is coming out.

As I said. ME! I was stored in the Fourth Level of the Subconscious Mind! Me! This is the closet that gets “locked” when hypnotherapists tamper with the Subconscious Mind. If I had my way, I would ban the practice of Hypnosis because ME! I lived down here and Joanna (My Host Alter) had no idea that I was here because the Subconscious Mind wiped her memory of me!

When I say I lived in the Abstract for 32 years, this is where I lived. A prisoner in my own mind, enslaved by my own Fear System.

What would have happened to me if Joanna had gone to see a Hypnotherapist?

It terrifies me to think. DON’T touch Hypnosis. No one, not even the Self, knows what is hidden here. When you “Don’t know” something like “What you want” or “Who you are,” the answer is stored here. This is where the Memories too traumatic to even recall are placed.

The Memory that caused my Multiple Personality Disorder at age 8 was stored here. My Identity used Dreams to send me a re-occurring nightmare, every night, for 32 years, to communicate with me to "Remember."

When that didn't work, my Identity used a Physical symptom to make me "sick" every time I ate for 32 years. In 2022, the day before I finally remembered, she made me so sick, that I ran to the bathroom to throw up. I had finally healed so much that it was safe enough to remember.

(I talk about this in *Broken*, but, at that time, I had no idea what it was. The Psychological-Biology is EXTRAORDINARY in this and really needs to be dissected in depth).

Yes. There is a way to access this level and "get" that information, which we will cover shortly. Freudian Slips come from here. That is when something "sneaks" past the Subconscious Mind and "leaks out."

This is 100% where the Identity is stored by the Fear System during Self-Mutiny and Civil Self War.

All Mental Illness is Civil Self War.

The Fifth Level of the Subconscious Mind

I have never been here. This is where Pedophiles and Serial Killers store their Alternate Identities. The ones who like and Define the Self by their Evil. I have done very little work here. It scares the hell out of me. I looked into the minds of others (pedophiles) and it landed me in the Mental Hospital after. The Darkest of Minds live here. The Alternate Self. Self-Hate to replace Self-Love. And, as I said, they "like" it.

They bypass the Ethical Function of their Cognitive Core by dehumanizing their Victims so they don't (can't) feel bad about what they do. They are on a Power Over The Weakest For Empowerment and/or Entertainment.

It is how they lead alternate lives for decades without any Freudian Slips. They literally re-arranged their Cognitive Core to Function.

I loathe this topic. And I've only ever covered it once in two videos on YouTube. I will not cover it again. See the Video Footage, available below in Author's Notes, if you want to dive deeper into the 5th Level of The Conscious Mind. FBI and Forensic Scientists require this information. I am available for rare discussions on this and only among professionals. Make it count.

The 12 Stages of Ethical perspective Stages of Human Growth and Evolution

“The only insanity I ever suffered was trying to not live in my level of the Abstract where I comprehend the World because the Material world is so illogical that it is incompatible with my comprehension of the world.” - Anna Imagination

The Stages of Healing

When I went through my Healing, prior to my discovering the 12 Ethical Stages, I tracked my growth with the 7 Stages of Growth. To this day, I refer to these stages because they are vital in defining every Component of the Self.

The Knowing
The Belonging
The Authority
The Naming
The Owning
The Integration
The Taking

The Knowing

The Defined Self. A solid Knowing of who you are. In hindsight, this is very much the 1st and 2nd Perspective.

The Belonging

The Community. Where you belong. Your You of I. A solid Knowing of where you belong and you get there. In hindsight, this is very much the 2nd and 3rd Perspective.

The Authority

Coming into your own Authority. This is when you feel your Power and you claim it with the responsibility. This is the 4th, 5th, and 6th Perspective. Justice.

It was after this point (May 2023) that I discovered Dr. Graves' Spiral Dynamics. I read two articles and compared his work to my research and was able to deduce that my research and his research were parallel, however, his was incomplete (ending at the 8th Stage), and there were a number of inconsistencies and errors.

Example: The 3rd Ethical Perspective, he refers to as “The aggressive” stage, which is not at all true. Passive 3rd Perspectives are the least violent, born pacifists and vegetarians in some cases.

For this reason, I decided to abandon Dr. Grave's work and proceeded with my own research independently.

The Naming

The Summation of your Name. Who you are and what your Title is. The 7th, 8th, and 9th Perspective. This also is where I discovered the Emotional Transaction of Human Connection and Economics as an Integrated Component of the Self.

The Owning

Finding your Authority is not the same as Owning your Authority. The Authority stage felt like the day I came back to the castle. I was greeted by my subjects and pampered. Months followed where they encouraged me to take the throne, but I felt I wasn't "worthy." I felt I didn't have "the right."

But the Owning is when I finally accepted the Crown and claimed the Throne. Knowing you are Queen is not the same as choosing to accept the role and privilege given to you. This is the 10th, 11th, and 12th Perspective.

Later that year (December 2023), I discovered Pythagoras' work and saw more parallels between my work and the work of others. For example : He too used the triangle to illustrate the Self, confirming the parallels of my Philosopher's Compass and Pythagoras.

The Integration

16 January 2024, I gave name to Integration when I identified the 6th Stage of Healing. This Stage became apparent to me when I realized that knowing the 5 Stages was not "good enough" until and unless they were Integrated.

Always, the final lesson is in the Integration of the Lessons learned. A constant reminder that this is all about reconciling the Civil Union divided within. The Perpetual Canon is not the Perpetual Canon unless and until you integrate the Components to create The Parent.

Imagine if you will, that healing is learning about each of the key ingredients. But you still have no stone soup if you don't combine the ingredients and integrate.

On 17 January 2024, I Saw the AIDNS and finally realized that these tools of the Self were Components of a Greater Whole.

The Philosopher's Compass (Integrated with the Cartesian Coordinate System)

The 7 Parts of the Mental System

The Map of the Subconscious Mind

The User's Guide to the Subconscious Mind (The Theory of Love)

The 12 Ethical Stages of Perspective Growth

The Cognitive Core and The Happiness Formula

The Healing Journey Plan

Emotional Navigation

The Circle of Trust

Self-Care Regimen

Your Healing Journey Plan with Your “Troubleshooting” and the AIDNS Diagnostics. On that Day, I Saw and suddenly realized that what I had been building as components of the Self the entire time, were pieces of a Machine that, when Integrated to become The Parent, became a Prosthetic Subconscious Mind that would and could function flawlessly and in place of any and all prior “programming” uploaded after birth. I could erase and reset all of my Trauma and “Start over.”

On this day, 27 February 2024, my AIDNS functions solely and completely on its own, without any adjustments required. My If/Then Clauses are iron-clad and My Circle of Trust keeps my System Independent from other Systems, while protecting the preservation of other Systems close to me.

My equilibrium is balanced, aligned, and whole and is integrated with Mother Nature. Logic, Math, and Physics are my Constants and they reinforce and solidify my strength. Each AIDNS is designed to function solely on the Logical Truth and Perceived Reality of the Defined Self within the Closed System, allowing your Nourished Self, Dreams, and Desires to nurture, evolve, and grow true to Your Story, unaltered without interference from any and all outside sources.

This is my hope for you.

The Taking

15 July 2024. I never thought I would see this day.

At the moment, I am at The Point of Comprehension at the 7th Perspective Expansion. 36 Levels of Consciousness in plus 7 Additional Expansions out... And I was challenged by an Abuser.

The realization hit me hard, that no one was more qualified than I to protect these people. No one was more dedicated to their safety and welfare than I. I suddenly, instead of begging the Universe to find someone else for the position, I found myself taking it and pushing back, challenging anyone who dared think they were qualified to take this Mission from me to present their case.

The protectiveness of my People hit me hard and suddenly, I realized that I was standing in “The Taking.”

Until this point, I related too well to The Garden of Gethsemane. The burden and the weight of what lies ahead for me. The begging of the Universe to please choose someone else.

But never, did I see The Taking. It was the sudden passion and fire to take my birthright and defend it to ensure the safety of my People.

This is The Taking.

For further examination of the 5th Level of the Subconscious Mind:

<https://www.hmsalexandria.org/2024/03/30/the-criminal-mind-the-5th-level-of-the-subconscious-mind/>

<https://www.hmsalexandria.org/2024/03/30/the-criminal-mind-the-ethical-criminal-mind-vs-the-in-human-criminal/>

For further Research and/or The Abstract on The Theory of Love, go to
<https://www.annaimagination.com/?swcfpc=1>

Explore more of my world at <https://linktr.ee/annaimagination>

CHAPTER 15 Episode 15: The 12 Ethical Perspective Stages of Human Growth and Evolution

What Are The 12 Ethical Laws and Perspective Stages of Growth

The Ethics are Natural Law and Evolution. You do not get to “choose” them. You do not get to avoid them. They belong to Mother Nature. They are as much her creation as Gravity and Physics. They belong to her. To refuse the 12 Ethical Stages of Perspective Growth is like saying you’re going to reject the Law of Gravity.

We do not get to “sign up” for these. They are unavoidable. You are already in them. If you suffer from any Mental Illness, your first 3 Ethics were compromised, most likely, during early childhood between Infancy and 4 years old. This is not negotiable. I conducted over 100 interviews and received 100% confirmation. I still have not found a single person to contradict this statement.

Mental Illness results from a failure to internalize the 1st, 2nd, and/or 3rd Ethic that occurred due to Interference.

The 4th Ethic results in weaker mental stability, an inability to Choose without being “told what to do.” A lack of Responsibility, and finally, a lack of Self-Control that is, too often, projected on the need to control others instead through Rule, Law, and Order.

Because this is an unviable method of Control (Forced Control vs. Authentic Control), Enforcement is often then required, which, in turn, violates Self-Authority.

They often demand “respect” without having earned it.

No Mental illnesses develop beyond the 5th Ethic, although people within the 5th Ethic have little or no awareness of how their actions affect others. It is as if they are oblivious to Ripple Effect and Butterfly Effect, and they are. That **is** the very lesson they must learn and master in the 5th Ethic.

The more you evolve and grow, the more you advance through the Stages. The Stages provide, at certain levels Emotions, Ethics, Self-Authority, Maturity, Priorities, and Values. With this knowledge, growth, and information, you gain Power, of which Mother Nature denies each and every one of us unless and until we reach a certain level of internalized Ethical Law.

I will make this very clear to you. We gain the Authority, the Power, and the Control only as consequences to the Education and the Ethics. Control is an Ethical Fruit that cannot be obtained any other way. So says Mother Nature.

This information cannot fall into the “wrong hands.” Mother Nature already has the “Ethical” fail safe in place (Consumption). The greatest of Power and Authority is only granted to the most Ethical, and only when she deems them Ethical enough to receive her Power, that beautiful bitch.

The Ethics must be learned in order, however, the Ethics can become compromised, resulting in an Unbalanced Growth Pathway where Mental Illness is abundant. I call this “Purgatory,” which is a kind of “stagnate” stall-out where many people are stuck experiencing life-long stunted growth.

Think of it as an Escape Room or a Fox Hole. Both locations will put you “on the bench” and remove you from “The Game” that is life.

The Balanced Growth Pathway solidifies and Internalizes each Ethic in Order.

The Ethics are **not** Hierarchical. No one Ethic is better than the other. They are equal. There are no “Lower” Ethics or “Higher” Ethics. They are simply “Over there.”

UNDER NO CIRCUMSTANCES SHOULD ANYONE EVER MOCK, RIDICULE, OR BECOME PREJUDICE AGAINST ANY ONE OTHER ETHICAL PERSPECTIVE.

Prejudice is a consequence of Fear. Hierarchical Thinking is a common growth characteristic of Foundationalists and Cultivators.

At the 7th Perspective, Hierarchical Thinking ends.

Everyone has 3 Ethics inside of them:

Your Desired (Authentic) Ethic

Your Subconscious Mind's Ethic (Self-Preservation)

Your Environmental Perspective

Everyone has 2 Ethical Functions:

Higher Ethical Function

Lower Ethical Function

There are (presently) 4 Rounds of the 12 Ethical Perspectives.

The I of I (1st Person Point of View)

The You of I (2nd Person Point of View)

The They of I (3rd Person Point of View)

The All of I (4th Person Point of View)

Most of us are in the Perspectives of the I of I.

I cannot begin to emphasize the vast importance of Motion within the 12 Ethical Stages of Perspective Growth (Depicted via a Spinning Spiral under a swinging Pendulum represented by 1 Swing / 120 Degrees rotation of the Spiral.) For when Interference occurs, the Motion is hindered, slowed, and/or stopped, leading to Imbalance and a lack of growth within the Self.

Upon Learning the 12th Ethic, growth does not stop. The 12 Ethics start over at the "13th" Level of Consciousness, which actually is the 1st Ethic of the You of I (2nd Person Point of View).

Through the You of I, the Individual relearns each Ethic again, but through the 2nd Person Point of View. "Empathy" and with The 2nd Ethic as the Core Ethical Foundation.

In addition, the "next level" of each emotion is learned and mastered.

The passing of each Perspective functions at a Higher Frequency. I hypothesize that, at the 12th Perspective of the All of I, we become pure Energy. At the 2nd Perspective of the You of I, I and one of my colleagues are showing early signs of ESP.

I believe that Telekinesis and Telepathy will occur in the future Perspectives. That is the first time I used that term. Future Perspectives. Yes. We are talking about Time Travel. I get into Dimension Walking later (and I have the Physics and Math to prove it), but that is not the focus of this book. Becoming Zarathustra is where I will be indulging in the Deep Internal Expanse of the Abstract for those who want to continue their studies and growth with guidance.

This book only takes people through to the 6th Ethical Perspective, giving them the choice to stabilize and normalize within the Traditional System, or moving on with the Metaphysical Transformation.

To date, no one is able to retain much memory of the previous Perspectives outside of their Perspective Spans.

Be kind to the neighboring Ethical Perspectives for if you were not once like them, then one day you will be.

Below are the words and phrases I invented to communicate this information into Common Perspective. This is the language Abstractic.

Perspective Span

The Perspective Span is the memory and relatability any one Individual can retain within their own Perspective. You know your perspective. You may be able to remember some things from your previous perspective. You may be able to communicate with ease with the Perspectives on either side of you.

For Example: At this time, I am 7th Perspective of the You of I. I can recall the Comfort of the 6th Perspective... and that is it. I have to refer to all of my notes on all previous perspectives because I have absolutely little to no memory of what I learned within each Perspective or what it felt like.

Some moments stick out to me as core memories, like with the 7th Transition, the 8th Transition, and the 10th. I remember the day I felt the Logic flood me with the 11th. But that is it. Milestones stand out, but the details are forgotten memories that have been logged away.

To date, I have not been able to meet anyone who can recall beyond the span of three perspectives which consists of their own perspective and their two neighboring perspectives.

Based on my research and personal lab experience, I found that I lost perspective memory of the former perspective within 3 days of shifting into the next Perspective. I call that period "Normalizing."

Perspective Gap

Perspective Gap is the Communication barrier, breakdown, and misunderstanding that occurs between the different perspectives.

This is why parents and children fight. This is why the divorce rate is so high. This is why "no one understands you." This is why you struggle making friends. The Perspective Gap is a death sentence to any and all relationships that lack patience.

Simply put, there are 48 Perspective languages hidden within each language. Someone in the 12th Perspective of the They of I will not speak the same as someone in the 2nd Perspective of the You of I, or someone in the 4th Perspective of the I of I.

It takes someone who has studied all the languages to linguistically pass between the Perspective Barriers. This occurs with greater ease at the 12 Ethical Perspective of the I of I. I know how to talk to all the Perspectives.

Nietzsche could only speak in the 7th Ethical Perspective. To “lower” Perspectives, “Higher” Perspectives sound like gibberish.

Hence “Insane.” “Lower” Perspectives can be very abusive to “Higher” Perspectives. As Graves’ pointed out, and I concur, Perspectives 1, 2, 3, and 4 hate all Perspectives above them. Perspectives 5 and 6 “hate” all Perspectives below them. At the 7th Perspective, the hate stops and we see the value of the Components as parts of the Integrated Whole.

Baby Boomers are 3rd and 4th Perspectives.

Gen X’s are 4th and 5th Perspectives.

Millennials are 5th and 6th Perspectives.

Do the math. See how they potentially hate on each other?

4th Perspective Comprehension Gap

The bane of my existence. This is any and all information and/or data that is no longer accurate because it lacks consideration and/or knowledge of the Mathematical Component the 12 Ethics will bring to any and all equations.

Thus, at this time, 100% of all Knowledge on this planet is officially obsolete.

Two core pieces of data are required in all statistical data to correct this:

The 12 Ethical Perspectives

Correction of The Mutated Origin Conundrum. The understanding that The Core Dominant Constants of an Origin are integrated into every Successor thereafter without Biological Exception.

If the Dominant Core is mutated, then the Successor thereafter will also be mutated and thus, alter all information from the "contaminated" and/or "unreliable" Mutated Origin. And that the Origin of all Education and Knowledge in our Society is from Romulus, The Founder of Rome and A Brother Killer.

All current Education in our Society has the Shared Mutated Origin of The Mark of Cane, Rendering it "War" and "Consumption" Based.

Hence our Societal Collapse, which was built by the Mutated Origin of ">.<"

And I can see "The Mark of Cane" in every single Sequence save one: The Ancient Greek Educational System and everything that predates The Roman Empire. No exception.

So many of my conversations come to a stand still because the people I speak with talk on data that is inaccurate and incomplete due to The 4th Perspective Comprehension Gap.

This knowledge, this information corrects the Mutated Code and restores it. It's done. Just in reading this book, you've begun to correct it. Work on the 12 Ethics and Master Logic and you Naturally restore .<>.

Soon, you'll be able to "see it" yourself, and you'll correct it, Naturally. The Words contain, carry, and pass the Code. Go back and read what I said about Consumption. Remember. Consumption attacks Logical Comprehension and is passed through Linguistics and Logic via Word. Use Etymological Definition, which primarily come from... Ancient Greece.

Intent is what changes the word. "Grow" Words vs. "Shrink" Words. Say what you mean. Precisely what you mean. And when you don't know, say that you don't know. Go back to 1985, when we all ended arguing when we simply looked up the Definition of Words.

But also, those who write the Dictionaries have started to incorrectly update the Dictionary. A significant decline that started in 1995 to 2000. Etymology (so far) is the only thing not contaminated by this.

"To say "words evolve" is like saying "Cancer evolves DNA." Disintegration is not Evolution. Quite the opposite. Disease breaks down and disintegrates. It does not, at all, evolve."

And words and Language, just like everything else in this world, can, does, and has contracted a Disease. Logic is Healthy, Clean, Pure, Uncontaminated Word and Language. Illogic is Contaminated Word and Language plagued with Consumption.

Hence, Gaslighting.

Perspective Sickness

The three day disorientation that occurs following a Perspective Shift. It is much like the flu. There is a rise in body temperature. Visions. A new perceived Depth of Abstract Reality. The Ability to "See" well into the past and into the Future. "Images" that are like dots in a giant connect-the-dots puzzle. With every Perspective, you can see "the lines" or connections drawn between the images, and the "Visions" become clearer.

Nausea, severe exhaustion, and disorientation occur. By the 11th Perspective of the I of I, the Nausea stops. To date, in the 7th Perspective of the You of I, I just experience extreme exhaustion for 2 days.

100% all the signs and symptoms of Schizophrenia (which is actually just Metaphysical Transformation) occurs from the 6th Perspective to the 10th Perspective. I will call this an Hypothesis, but I will add that my Intuition on this one is STRONG and matches 100% the same "gut" feeling I received on all the Proven Mathematics and Physics I have Intuited.

I have no doubt that Schizophrenia is Metaphysical Transformation, worsened by Dangerously ignorant Psychologists who lack even basic Math knowledge to utilize basic Pattern Recognition and sequencing despite calling themselves "Authorities" on the subject.

The Common Perspective

This is what I refer to as the 4th Perspective of the I of I. This is the common cultural language used since the 15th Century that has evolved over the centuries and is what we all speak.

Perspective Abuse

The suffering an individual endures from other perspectives who force their Perspective Ethics, Priorities, Values, and Expectations onto others. A common example is when a 4th Perspective forces a 1st Perspective to "Act like a man," when the 1st Perspective is in the process of trying to Internalize the 1st Ethical Perspective, resulting in a 20 year old man who plays video games in their parent's basement instead of getting a job.

That's why.

The 6th Perspective who wants to be a Vegetarian and express "Free Spirit." They value Self-Government above all else, but who are forced to conform to the expectations of Societal Law so they get a job. Often referred to as "The Black Sheep" in the family.

The 5th Perspective who dreams of owning their own business, but instead who is forced to be a "stay-at-home" mother and assume the role of a 2nd Perspective.

Perspective Abuse is the leading cause of all abuse, which results from the Abuser having a Scarcity in Resources. Or so they think, feel, and believe.

This is what causes ADHD.

The Metaphysical Transformation

At the 6th Perspective, a lot of things change. I refer to this transition as the Metaphysical Transformation and it occurs from the 6th stage and ends in the 10th stage. The more you are aligned to your authentic Self (Your Frequency), the less Frequency Pain you will experience during the Metaphysical Transformation.

I believe this occurs because the Hippocampus in the brain, which grows with Education and shrinks under trauma, becomes so enlarged that it becomes a kind of “satellite” and picks up the frequency from the Electromagnetic Field that we are standing on. Hypthesis.

Why do I need to know about the The 12 Ethical Perspective Stages of Human Growth and Evolution?

Because Healing is only Understanding and Remembering. And Understanding that you were a 6th Ethical Perspective at age 5 who wanted to save the planet while your 3rd Perspective brother beat you, and your 2nd Perspective mother ignored the abuse so she could attend to the 4th Perspective father who ruled his house with an iron fist is going to go a LONG way in helping you understanding why and how you were abused.

Knowing these 12 Ethical Laws helps you find your people!

Knowing these 12 Ethical Laws, helps you find your people!

A lot of 6th Perspectives think “I can’t find my people. No one is like me,” without realizing that they are isolated in a 2nd Perspective saturated community (very common).

Knowing that your parents are 4th Perspective who expects you home for the holidays while you are an 8th Perspective is going to do SO MUCH to help you understand your needs and priorities so you can navigate your life with so much more informed ease.

Knowing that you are a 10th Perspective who is married to a 2nd Perspective will resolve a lot of confusion that most likely leads you wondering why you fight all the time and will help you realize the level of codependency your wife may have on you.

Knowing that your 5 year old child is already a 6th Perspective and that you are a 4th Perspective who needs to preserve your child’s Ethical Perspective so you can protect them is going to change the way we parent.

These Perspectives are everything in helping us understand Human Behavior on such an integrated, day-to-day level. Understanding how we choose to interact with each Ethical Perspective and finding ourselves in these Ethics is going to change everything we know about our Selves, our Loved Ones, and our future.

Can I Force My Growth Faster Through The Ethics On Purpose!?

Yes! I did!

The formula is Indulgence > Avoidance > Integration.

Open Mind, Learning Perspective (2nd Ethical Perspective). You will need the 1st and 2nd Perspective always on hand (which you should have anyway). I will be walking you through this process in the “Healing” section of this book. Very exciting!

And yes, you can consciously do this. In fact, being mentally healthy *is* nurturing your growth Consciously through the Ethical Stages.

The fastest between my Shifts was the 1st Ethical Stage of the You of I on 1 December 2023 and on 1 January 2024, I shifted to the 2nd Ethical Stage of the You of I.

Update since I started writing this. I Shifted Perspectives in 5 days from the 5th Ethic to the 6th Ethic of the You of I. The 7th Ethic of the You of I, was 4 days. Soon, I'll be shifting daily and then, All. I am a bit concerned. Scared. Nervous... but, I trust Mother Nature and I'm following her on this one.

I wish I could slow it down. I do not know how to. Actually, I believe I would have to stop learning, but... yeah, I don't do that.

Epiphany is what causes the Shifts. You need X (12?) amount of Epiphanies between each Stage to fill up the "vial" in your brain to release the Epiphany hormones Dopamine and Serotonin.

Will the Ethical Perspective Shifts Change me?

Yes. 100%. You will not be the same. Not at all. You will shed your "bad" qualities as you develop and strengthen your "good" qualities. You will become better, greater, wiser, and stronger. The integration of the Ethics produces Authority and a moral Consciousness. Your Identity stays the same. Your emotions, the Positive Ones, get stronger. More disciplined. The Negative Ones... Mind are almost non-existent now. Very controllable.

Everything else changes. If you love out of Fear, Mental Illness, or an Emotional Prosthetic, you will detach and fall "out of love." But... That was never love to begin with.

If you love, True Love, with Wisdom Love from your Identity, then that love will change for the better. It will grow warmer, stronger... but it will last.

If you want to see the Ethical Perspectives, you can go to my YouTube Channel "Unbreaking You." I documented myself from 2014 to present and you can see my Shifting Perspectives through the I of I. You can see where my personality was in 2014 prior to my therapy. Where it was in 2022 and 2023 when I evolved through the Ethical Stages from the 5th Ethical Perspective of the I of I to the 7th Ethical Perspective of the You of I.

I caught 5+ Shifts live on camera and documented the physical symptoms with 7 of the shifts. My blog Exploratory Dialogues also documented the journey from 2014 (angelabchrysler.com) to 2023 (annashealinggarden.org) to present day (annaimagination.com).

I documented these changes to show people and scholars the changes and process to provide information on this journey and to eliminate your fear of the Unknown in the event that you are worried of your road ahead.

Is it worth it?

YES! Guaranteed the largest ROI if you can get through to the 8th Perspective. You may lose everything. And you will gain so much more. It is worth it. Every moment... but you have to be ready for it.

I publish every day!

To review the research and the Abstract for The Theory of Love, go to <https://www.annaimagination.com/?swcfpc=1>

To experience more of my world, go to <https://linktr.ee/annaimagination>

CHAPTER 16 More Than Ethics : How We Learn

Indulge + Avoid + Integrate

So much more happens inside the Ethical Perspectives than just the “Learning” and the Priority shift. It *is* the Learning Process that takes place within, which also determines our Ethical Perspective Stages.

Not just which Ethical Perspective Stage we are in, but also, how we learn, how we process, and how we graduate from each Perspective to the next.

The Perspectives determine our Ethics, our Learning Stage, our Emotions, and our Priorities. And the Ethical and Emotional Integration of each lesson provides us with an equal and opposite amount of Authority, Power, and Control in relation to the lessons learned and our Conscious Action to Choose.

Of everything involving my work, this is the greatest concern people have brought up with me : “Won’t people obtain this Power without the Ethics to guide them?”

No.

For it is the Emotions that give us the learned Ethics that give us the Authority that provides us with the True Power.

Read that again.

It is the Emotions that give us the learned Ethics that give us the Authority that provides us with the True Power.

In all the examples provided, I say to those people every time, “The example you have given me is not Power at all, but nonconsensual Control taken by force through abuse and bullying. The opposite of Power.

True Power can only be obtained through Authentic Control via Authority, which is only achieved through Ethics, Self-Control, and the Power of Choice, which only comes to those who learn the Emotions and accept the lesson learned.

Power is only granted to the Ethically Educated.

Mother Nature designed this to be no other way.

Power is only granted to the Ethically Educated.

Our Natural Learning Evolution

Evolution means change. A reminder to all. Change is the only thing that is guaranteed in life. Nothing is Stagnant. It can't be. The planets shift, they move, they propel, they rotate, further and further from the black hole... this has an astronomical effect on all things on our planet.

Evolution is inevitable. The only pain we ever suffer from is the resistance to that change.

We require Indulgence to obtain Appreciation for what we lack. We must learn Appreciation in order to see the Value in what we don't have. And thus, we indulge, ideally on the thing we crave, and when we can't obtain what we crave, we seek out Emotional Prosthetics to substitute what we lack or what we *think* we can't have. We see the change in our Priority and we begin to feast on our next indulgence: the very thing we avoided.

As if to drink in what we did not have while neglecting the element we once indulged in.

Again, we indulge until we grow tired of our own gluttony, and through gluttony, we learn the value of balance, moderation, and integration. Gluttony is not the first “deadly sin.” Gluttony is the very principle that, when avoided, obstructs our natural law of learning. Appreciation is the Natural Consequence of Gluttony. You cannot have one without the other. Ask a child who was permitted to indulge and binge on candy who then asks for the green vegetables and gets sick with disgust at candy.

Too often, “God-Like” righteousness is not a suitable instruction for Human Growth, Evolution, and Happy Living for we are Human People. Not the Gods of our stories. We require a different set of rules with which to live by.

And the first rule of homo sapien sapien is to allow for change. Always.

Again, we see the shift into the next Indulgence.

To avoid or prevent the Gluttony of Indulgence, prevents the Value and Lesson of Appreciation, which then prevents the change in Priority. The order of Ethics in which we indulge is scripted, predictable, and vital to our Evolutionary Development, Emotions, and Ethical Growth, of which without we gain no Authority or Power.

As you Grow, your healing happens. Your Learning restarts, and you can move from the Past into the Present and then, in *Becoming Zarathustra*, on to the Future.

Indulge. Avoid. Integrate. Each Ethic is assigned its own Indulgence, Avoidance, Integration, Ethic, Emotions, and Priorities (Values).

As you indulge, you store Potential Emotional Energy, because each action (Indulgence) and Choice fills you with Potential Emotion Energy. It is the Surplus and the Maximizing of the Storage of that Surplus Energy that “sparks” the urge, motivation, and need to transfer that Energy over unto Planned Action with Kinetic Energy.

Doing this Consciously expedites the process, helps you Identify “holes” and “gaps” in your Ethical Stages that resulted in Mental Illnesses. By going back to the beginning and covering things in the Correct Order of Operations from the Beginning, you solidify and build, repair and store your Ethical Foundation.

Some Ethics, you will find are solid, stable, and sound. As missing components of previous integrated parents are found and fulfilled, you will feel those Ethics stabilize. Entire Parents will become Integrated. And with every shift, you will feel more and more aligned, balanced, and whole.

The Diagnostics Tool is available so you can determine your Current Coordinates and also your Current AIDNS Diagnostics to see precisely what is currently “missing” from your AIDNS, which Ethics are weak, unstable, or lacking, and what you need to focus on.

You can also use my algorithm to determine the precise Function and Stability of your Equilibrium.

Likewise, the AIDNS Diagnostics will also generate your personalized Healing Garden Journey Plan, which you can use to follow along with this book.

The Healing Garden Journey Plan is available on my website under The Radical Global Healing Plan : Simplified. The link is available in the Author's Notes.

To get your Healing Garden Journey Plan, go to
<https://www.annashealinggarden.org/courses/the-radical-global-healing-plan-simplified/>

Research and The Abstract are available for The Theory of Love at
<https://www.annaimagination.com/?swcfpc=1>

To discover more of my world, visit <https://linktr.ee/annaimagination>

CHAPTER 17 - The 12 Ethical Stages Initial Walkthrough

The 12 Ethical Stages looks like, from Omniscient Point of View, A moving Spiral that moves like a corkscrew Counterclockwise under a Swinging Pendulum.

The Spiral takes 3 full swings of the Pendulum to complete a full 360 degree rotation around the spiral, resulting in 3 distinct Points on the Spiral.

Indulge
Avoid
Integrate

In actuality, with the exception of the 1st Ethical Stage, the actual Points are

Indulge/Integrate
Avoid/Indulge
Integrate/Avoid

With the Primary being first in priority.

When abuse happens, and this is important, which stage we are in is going to determine *where* our “Learning” and Swinging Pendulum gets stuck.

The Trauma is an Indulgence.

The Trauma is an Indulgence.

Specifically, The Trauma is nonconsensual Indulgence and/or nonconsensual Avoidance. When your Stored Potential Emotional Energy is maxed, and you are ready to “swing” and shift over to Avoidance, the Individual uses Self-Authority, Power of Choice, and Confidence to follow their Intuition into the next Ethical Perspective Shift.

But, if a Parent or an Abuser Interferes with that shift, the Individual is forced to Indulge past the Point of Consent. Or the Individual is forced to Shift and Avoid before they have had

their fill. Self-Authority is taken away. The Power of Choice is violated. Self-Control is lost (the core of all Control issues).

As a result, Forced Scarcity or Forced Indulge results. We see this most often with a child being forced to go to school, learn and study well past their point of Consent.

Now you have Nonconsensual Education, forced Learning, and an Aversion to Learn and Grow. Thus, the Pendulum stops.

The Forced Invasive Perspective, which contradicts your Ethical Stage and your Natural Frequency disrupts your Natural learning and Frequency.

And your Growth will stop.

The child who is forced to Indulge on Structure grows up Indulging on Freedom and lacks all structure and discipline.

The child who is forced to Indulge on Religion and Family grows up estranged and isolated.

The child who is forced to Indulge on neglect and absent parents who provided no safety grows up indulging in over-parenting and enabling practices.

What all of these examples have in common is their lack of Integration and Movement in their Learning. Steps need to be taken to get to the point of Integration and Movement to be reinstated, and we will be covering that here in a later chapter.

Whatever Indulgence you were abused with, the Avoidance will become the False "Comfort Zone." You will Avoid the Indulgence and the needed Integration. Hence, Black and White Thinking.

Stay there too long, and you become prejudiced in your thinking.

If you were abused while in the Comfort Zone, then you will Avoid the Adventure Zone and you will Exit "The Game" of Life and enter an Escape Room. You then become an Avoider.

People in this group tend to struggle with Depression, Addiction, pacifists, A lack of Direction or purpose in life, Self-Loathing, Stone-walling, Severe Introversion, Social Anxiety, and live with their parents.

If you were abused while in the Adventure Zone, then you will "Exit the Game of Life and you will enter the Fox Hole. You then become an Indulger or a Controller.

People in this group tend to be workaholics, struggle with Anger, advanced stages of Narcissism and/or Borderline Personality Disorder, Inability to relax, high-need to control through Taking Action.

Beginning these Ethical Stages, will lay the required Foundation and Groundwork for your Natural Healthy Human Behavior and Development that are currently missing from your Mental Structure.

In the 1st, 2nd, and 3rd Ethics, you learn how to Comfort yourself. You Learn how to Self-Nurture by integrating and balancing Adventure, Comfort, and Exploration with Boredom, Excitement, and Self-Preservation.

You learn how to learn.

You learn how to use Power of Choice with Self-Authority.

In the 4th, 5th, and 6th Ethics, you learn how to use Personal Laws, Personal Rules and Order to develop Self-Control. You learn how to exercise your Power of Choice and how your Choices create results and consequences. You learn Self-Esteem and Pride, and thus Accountability and Equality. You Learn Self-Value.

In the 7th, 8th, and 9th Ethic, you learn how to engage with others via Sharing, Listening, and Effective Communication and Empathy. You learn how to connect with others through Emotional Transactions. How to protect and preserve your Self System while also preserving the System and Consents of others.

In the 10th, 11th, and 12th Ethics, you learn how to use Emotional Fluidity with Logical Navigation to utilize Self-Regulation and Emotional Discipline, and thus, upon the Integration of all Ethics, you come to learn that these 12 Ethics are the Components of Self-Love.

Here is a walkthrough, and a closer look into this Swinging Learning Metronome.

The 1st Ethical Perspective

Right with 120 Degrees

Within the first year of life, we indulge in Comfort... We are the Silent Observer as we watch and observe. It's the desire to run alongside people that inspires us to roll then crawl. Stand and move. It's the CURIOSITY that compels us to explore and begin to venture further and further away from SAFETY.

It is the balance of SAFETY and ADVENTURE, CURIOSITY and Adventuring and Exploration that compels us forward. Until You Learn BOREDOM, the FIRST DISCOMFORT which MOTIVATES us to build COURAGE to overcome our FEAR to embrace VULNERABILITY.

The 2nd Ethical Perspective

Left with 120 Degrees

This is the Learning Perspective. CURIOSITY explodes with EXCITEMENT for ADVENTURE. RESTLESSNESS abounds and MOTIVATES us to EXPLORE, propelled forward with our CURIOSITY. VULNERABILITY is welcomed to open us up to receive Education, Learning, and Human Connection.

Open to Receive is the First Law of the Emotional Transaction of Human Connection. Here we realize that Vulnerability is not a weakness, but a strength and the ONLY point in which Human Connection is possible.

Vulnerability is us OPEN and only then can we love, connect, receive, and learn. RISK and DANGER may be practiced with disregard, increasing our sudden awareness to our need for INTEGRATED AND BALANCED COMFORT.

The 3rd Ethical Perspective

Right with 120 Degrees

You Adventure until you Learn to APPRECIATE the COMFORT you avoid, which gives us RESPITE and REST, SAFETY that comes COMFORT.

The APPRECIATION of what we avoid leads with the LESSON OF BALANCE AND REGULATION, launch us into the 3rd Ethical Perspective where we CRAVE INDEPENDENCE with which to learn the INTEGRATION of these ETHICS.

The 1st, 2nd and 3rd Ethical Integration

But, in order to do this, you require INDEPENDENCE so you avoid DEPENDENCE while we learn how to balance COMFORT with ADVENTURE.

The Value of Student is Mastered here. But most surprisingly is the Value of Student : Student Learning rather than Student : Teacher Learning with the Sensitive Balance of Authority to Vulnerability being at risk.

Everyone is a Teacher. Everything. It is not a designation of Authority lorded over us in power. Experience and Mother Nature is the Teacher. But the greatest Teacher of all is the Student : Student relationship. Together, they work and learn, building TRUST as EQUALS. A lesson long since abandoned in Wonderland.

The Integration of the 3rd Ethical Perspective leads us to TRUST. Trust in the Self to Regulate our Comfort and Self-Nurture with Learning, Exploring, Rest, Adventure, and Play. Trust in others to treat us kind and good. We gain PROOF OF CONCEPT, which builds on our SKILLS and we learn RESOURCEFULNESS.

But the Avoidance of Dependence introduces us to RESPONSIBILITY, which we are not yet ready for. Our excess in VULNERABILITY with INDEPENDENCE taught us an

APPRECIATION for LAW AND ORDER. We had to learn Vulnerability to Appreciate the need for Personal Law and Rule and Order.

The 4th Ethical Perspective

Left with 120 Degrees

The Integration of Independence with Dependence allows us the ability to practice our Self-Authority without yet accepting the weight of RESPONSIBILITY over the Self, our Actions, or Others.

Self-Control is the true lesson of the 4th Ethical Perspective, which too often results in projected Control onto others, derailing the Purpose and the Point of the 4th Ethical Stage. And so, the Individual remains at the 4th Ethical Perspective until they Learn SUPPRESSION and SELF-CONTROL.

SUPPRESSION is the DISCOMFORT that MOTIVATES us to build SELF-GOVERNMENT to overcome our FEAR to embrace RESPONSIBILITY thus granting us POWER and AUTHORITY in reward for RESPONSIBILITY.

It is the 4th Ethical Perspective Mindset, who failed to Integrate TRUST who doubts that others can live Ethically without FORCE or COERCION of OBEDIENCE through ENFORCEMENT.

The 5th Ethical Perspective

Right with 120 Degrees

But, you have to BE suppressed in order to recognize the Suppression of others.

You must learn the Emotion of Suppression first. You must learn SELF-CONTROL and indulge on SELF-CONTROL to then seek to avoid SELF-CONTROL with CHOICE.

(The American Revolution siphoned the much needed Discomfort of Suppression... Violence instead of Problem Solving... Which is why we are here again. Because we failed the initial lesson: to not only fight back against the suppressed, but to also respect the Self-Government of others. We must Self-Govern and ALLOW the Self-Governing of ALL others.)

And so the 5th Perspective Indulges on CHOICE. Every CHOICE is a stone the 5th Perspective casts into a pool of water. Indulging on Choice, they fail to notice the Ripple Effect their stone-casting causes.

And only when they indulge in CHOICE to the point of harm, do they come to value the SELF-CONTROL required with CHOICE to preserve OTHERS.

The 6th Ethical Perspective

Left with 120 Degrees

Guilt sets in as you move into the 6th. The Individual counts the number Choices made that resulted in ill-plotted ripples.

And so, when you learn that, unchecked, your POWER can hurt OTHERS... That YOU have become THE SUPPRESSOR, and you realize that you are now the abuser, you OVERCOMPENSATE due to GUILT and you hold yourself ACCOUNTABLE for your actions. You become NON-VIOLENT and value the FREEDOM of OTHERS.

So you prioritize others at the SACRIFICE of THE SELF. You listen to ALL VOICES, silencing the Self. Until you learn SELF-VALUE and EQUALITY. Hence BOUNDARIES.

The 4th, 5th and 6th Ethical Integration

OVERWHELMED in a LOUD world, you crave SILENCE. You open your VOICE and you SILENCE THE MASSES. Alone with your Intuitive Logic you sit and weigh in as judge, jury, and damnation of all of your SINS. You stand before the SELF as your ETHICS and your newfound ACCOUNTABILITY holds you TRIAL.

The 7th Ethical Perspective

Right with 120 Degrees

You step into the world of the METAPHYSICAL. You realize you are MUCH more than you ever thought. You realize that you know absolutely nothing. "VULNERABLE" is often mistaken for "HUMBLING" as you learn to open your mind, SURRENDER to a higher AUTHORITY, and you become A SERVANT of KNOWLEDGE. You step into the shoes of the STUDENT for you have much to learn. You OBSERVE. You LISTEN. You realize there is so much in this world that you See, but cannot explain. You understand how small we are and how connected we are.

You can see The Matrix. You can see the Karma bank. You see how much good you have done. How much bad you have done. And how much you have to answer for. You learn SELF-FORGIVENESS.

And engulfed in this SILENCE, you come to APPRECIATE EFFECTIVE COMMUNICATION. Only then do you realize just how inadequate our Language and communication has been up to now.

The 8th Ethical Perspective

Left with 120 Degrees

MOTIVATED by the desire to SPEAK ADEQUATELY you open your THROAT and with your VOICE and you speak.

And you don't shut up.

And this is when you realize just how STUNTED in our SPEECH DEVELOPMENT we really are. That our SPEECH skills should be equal to our WALKING skills.

Which is why so many people have SOCIAL ANXIETY.

In SILENCE I was the STUDENT. In TALKING I was the TEACHER. At the end of the 8th Perspective, this is when we crave THE BALANCE FOR BOTH.

"If only I could learn while I teach."

The Socratic Method is designed to do just that.

The 9th Ethical Perspective

Left with 120 Degrees

SHARING is achieved through the desire to be both TEACHER and STUDENT while also desiring to HEAR the PERSPECTIVES OF OTHERS. You crave to LEARN as much as you CRAVE to TEACH. And you also are aware of the LACK OF CARE OF OTHERS when you speak. And you wish to be KINDER to others in your words because you understand the VALUE OF WORDS. And so you learn CONSCIOUS FORESIGHT, which many people are not aware is TRUE EMPATHY.

(False Empathy is actually Sympathy integrated with Projected PTSD and Subjectiveness due to poor self-regulation and a lack of Boundaries and Discernment. We will talk about this later).

The 7th, 8th and 9th Ethical Integration

But something else begins in the 7th, 8th, and 9th Perspective. The Emotional Transactions of Human Connection begins in the 9th Perspective and the desire to articulate, connect, and trade with others.

The 10th Ethical Perspective

Right with 120 Degrees

The desire for EMPATHY and EMOTIONAL CONNECTION leads to the 10th Perspective when you decide that ALL THE EMOTIONS ARE RIGHT because we experience ALL of them for a reason. You realize that without the welcome openness to receive ALL emotions

and explore EACH emotional experience, then we will never KNOW what the emotions are for. So you indulge and embrace THEM ALL.

Near the end of the 10th, Emotional Fatigue sets in you and see the respite and value of Logic and so to the 11th You run.

Here is where the Emotional Transaction of Human Connection is perceived.

The 11th Ethical Perspective

Left with 120 Degrees

The 11th was an old friend of mine as Logic becomes your world. But at this point, you have learned the valuable lesson of Integration. You have mastered the art of taking the 1, 2, and 3rd Ethic close with you, balancing your life through Self-Nurture, Work with Purpose, and Adventuring Play-Learning.

You open your chest, taking great care to keep the emotions flowing free as you navigate your life and choices with logic. Already, you're calculating the Integration of Emotions with Logic and all at once, you see and you understand Emotional Navigation through Logic, with which to propel you forward and steer your ship.

The 12th Ethical Perspective

Right with 120 Degrees

And so you do. The 12 sets you out on a voyage where you feel the integration of Emotional Logic and you realize just how truly Logical Emotions are. You see their need and their purpose.

It is in this stage that you learn Forgiveness, the ability to open yourself up to your Abusers, to gift Abusers with Power of Choice and taking great care to preserve their Self-Authority so as to empower them while also making their choices powerless to hurt you. You have mastered Objective Vulnerability.

And thus.

The 12 Ethic is revealed. Love.

The 10th, 11th, and 12th Ethical Integration

To love is to value without Profit or Gain. The purpose of Love is to Create and Heal. Love is a buffer emotion. An emotion that, when partnered with pain, absorbs the brunt of the pain. But it wasn't just love that I realized at the Integration. It was Self-Love.

I cried. I remember crying, hard and long sobs as this warmth and light poured into every crevice, every hole, every cavern inside of me.

“Oh my god. I’ve been building the Components of Self-Love,” I said.

When I say to you that love heals everything, it heals everything.

When I say to you that rejection, abandonment, loneliness, pining, emptiness is just YOU rejecting you. And abandonment is the feeling of YOU abandoning YOU. And loneliness is YOU missing YOU. And Pining and Emptiness inside is YOU pining for your Self, believe you me, I mean it. And all of that is gone when you integrate the 12 and you receive Love.

How will I know when I’ve learned them?

You will know it so deeply that there will be no doubt. If you are wondering and asking if you learned an ethic, then no. You did not. When you learn the ethic, there is no doubt.

One thing that really sticks out at me in this entire process is that everything really boils down to what your Identity wants and what your Intuition signals to do. Everything else is just bull shit. You do have the few tools to help protect and preserve Identity and Intuition to ensure they get the job done, but really, everything else is just bull shit.

When you Want something, I believe that is the Universe needing you to Want it, to put the pieces in motion, that she needs to activate the Chain of Reaction to ensure the math lines up. So now, when I want something, I know it is sent from the Universe. She has gifted me with hundreds of Feel Good Emotions along the way and thus, I will be met with massive reward, ensuring I set off the precise catalyst that she needs to get it done.

And all I need to do is Want, Dream, and Do.

At first, it feels like an impossibility. But, halfway into this, you will realize just how easy it is. And near the end, you will fly with it and join me in thinking, “Wow! Oh my god! Yes! All I have to do is Want it!”

The Research and The Abstract are available for The Theory of Love at <https://www.annaimagination.com/?swcfpc=1>

To discover more of my world, visit <https://linktr.ee/annaimagination>

CHAPTER 18 - The Tools : The Cognitive Core and The Abuser's Door

The Cognitive Core is the beating heart of the Mind. It is the 5 Part Sequence of the Subconscious Mind. It is your Story Health (Past, Present, and Future). It is your Logical Health (The Quality of your Logical Sequence from Origin to Relative Perspective). It is the Quality of Information that keeps your System Regulated and Aligned with your Identity, Ethics, and your Logic (Beliefs). And these Three Parts integrated, make up your Name. Integrated, this forms your Perspective and Reality.

The Cognitive Core produces Emotions. Feelings only come from Identity and the Ethics and are permanent. Emotions come from the alignment and nonalignment of The Cognitive Core as messages -- status reports -- to communicate to The Conscious Awareness the overall Health, Alignment, and Balance of The Cognitive Core.

To mess with, ignore, focus on, or suppress your emotions is to mess with, ignore, focus on, or suppress the Status Report without ever actually reading the Status Report or going down to the Engine room to fix or solve the problem reported in The Status Report. Emotions are simply the "readings" on the actual situation.

Your Three Life Titans -- Identity, Conscious Awareness, Logic -- Oversee and Manage The Cognitive Core. The other parts of the Mental System -- Intuition, Self-Preservation/Defense System -- maintain the Cognitive Core. The Fear/Guilt System only appears as backup after the Self-Preservation/Defense System have failed.

The Fear/Guilt System overrides every function of the Cognitive Core when it is active, preventing all the other Systems and Parts to do what they need to do to keep the Cognitive Core functioning and moving.

If you have seen *Inside Out 2* (I strongly recommend that you do), The Cognitive Core is what sits under The Belief System, and is the "Downstairs" where the Emotions all come from to run Headquarters (Headquarters is the 1st Level of The Subconscious Mind).

The Link for viewing the Image of The Cognitive Core Diagram is available in Author's Notes.

The Cognitive Core, first and foremost is a Sequence. This is where all of Mental Health -- Good or Bad -- comes from. The overall Health of the Cognitive Core produces your Emotional Mental Environment, which results in your Mood.

The Cognitive Core also oversees your Inventory to determine Balance and Skill Level of Accurate Resources Trajectories. Too little and you are a Pessimist. Too much and you are an Optimist. A "Realist" is a logical Fallacy and a Red Herring. The Correct Word is "Knowledgeable" as it requires Experience and/or Knowledge to make accurate Forecasts in Supply and Demand (Economics), which is what Optimism/Pessimism/Accurate Trajectories are. This is also where Scarcity Mindset comes from.

Disruption of the Cognitive Core creates an "Off-Shoot" or an "Alternate Sequence" with an "Alternate Perspective." Yours vs. Your Abuser's. You can have an Alternative Sequence for every Abuser. This is "Multiple Personality Disorder," which I call "Multiple Consciousness Disorder." The "split" happens -- in every case -- at the Logical Sequence, which leads the Fear System to destroy and Disintegrate The Origin of Self (Identity).

Mood Swings come less from hormones and mostly from the "togglng" or jumping between the Alternative Sequences.

A great example of this is Example A (The Natural Sequence) and Example B (My Father's Sequence) and Example C (My Second Husband's Sequence).

Every Sequence replaces the Origin and Ethics of my Natural Sequence.

And every Sequence has its own "Perceived Reality."

While I'm on my Natural Sequence, I have my Origin, Identity, and Ethics resulting in my Positive and Happy Dreams of writing and Philanthropy work with Education, which I believe I can have and will have and am working toward.

But, abuse happens, and either for Safety or Discouragement, I am told something by my Father and I jump to Sequence B. In Sequence B, I can't have my Dreams, I have to get a job as a Cashier, and have a husband and make babies. Instantly, I am depressed and hate life.

My Second Husband walks in the room and I shift to Fear and the Example C Sequence. I believe I have to obey and do what he says. I focus instead on protecting the children and myself and playing "Quiet to Survive" while also togglng his explosive mood and anger that we all are being held responsible for. Dreams aren't even in my mind in this Sequence. Surviving is.

I escape that terrible situation with my Children and I'm back to Sequence A and B. I do the Mental Work to reject the Sequence B of my Father's Conformist Republican Beliefs that merged with White Supremacy, and then it's just me and my Natural Sequence. The "Mood Swings" end.

Now each Part of the Cognitive Core -- Identity, Ethics, Logic, Name, and Perspective -- have a secret "room" with their own set of Components that make up their own Formula. Let's look into each of those "rooms" now.

Identity

Identity is Origin. She is all of your Memories and all of your Past. She is your Archives. In addition to your Archives, there are Core Elements about Identity -- Love -- that act as

Foundational Components of Identity and your Origin. This is your Desire, Dream, and Wants. This is where Imagination is born.

Want +> Choose +> [Learn + Solve + Practice] +> Do +> I become = I am

This is your Point of Origin.

Ethics

Ethics is the most understood part of the entire Human Experience. What we want is heavily guided by our Ethics. The Ethics don't change. They Grow. Each Ethic Integrated is added to our Intuition so when we Pursue "Want," our Ethics ensure we pursue the Ethical Path toward our Dreams.

Our Ethics keep us Dreaming and Producing Ethical Desires and Dreams. Ethics only can be obtained through a very specific type of Knowledge and Ethical Education. The Journey through the Knowledge and Ethical Education is the Journey through our discovering our Ethics.

There are only 12 Core Ethics.

Self-Nourishment / Courage

Self-Authority

Self-Regulation

Resulting the First Cardinal Value, Trust.

Self-Law / Self-Control

Self-Accountability

Self-Value / Equal Footing

Resulting the Second Cardinal Value, Equilibrium and Balance (Justice).

Humble Submission to Learn / Listen and observe to Receive

Assertive Self-Value to Talk / Transmission

Verbal Regulation to Listen and Talk for Human Connection

Resulting the Third Cardinal Value, Compassionate Foresight (True Empathy).

Emotional Fluidity

Logical Navigation

Energy Regulation

Resulting the Fourth Cardinal Value, Forgiveness

Together, these Four Cardinal Values give us Self-Love, The Origin of all Love.

Ethics don't change. They Integrate, each Predecessor serving as the Foundation of its Successor. It is the Progression through these 12 Ethics that is Learning and Growth (same thing). When Interference from Abuse Occurs, it is the journey, the Progression through the

12 Ethics, that is Compromised. When Mental Illness occurs, it is the Violation of Ethics that is occurring.

Mental Illness is only a Violation of our Ethics. Usually by Ignorant, over-helpful Parents who think they know better than Mother Nature.

Education is the only thing that will end Mental Illness and restore Mental Health to the Natural Sequence.

These 12 Ethics are to be repeated 3 times as "Rounds." Each Round provides a deeper level of understanding of each Ethic.

These 12 Ethics are the Iceberg hidden beneath the visible "Tip" that is Spiral Dynamics by Dr. Graves.

These Ethics make up Part #2 of the Cognitive Core.

Logic

The Logic is the Math, Calculation, Deductive Reasoning, and Discernment of The Cognitive Core. The Logic System is what builds the Belief System. It is what Builds the Mental Health.

It oversees the Sequence and the Alignment. It oversees the Balance. The Logical System runs on pure Logic and Math to preserve the Physics of The Cognitive Core.

Is this True (Balanced and Aligned) with Mother Nature and Identity and Ethics? Yes? Then the data is taken and added to The Logical Sequence, knitting the data into the Logical Comprehension to be used as the Foundation of Understanding, which stems from The Origin. "What is Love?" Which is the First Logic.

Is this True (Balanced and Aligned) with Mother Nature and Identity and Ethics? No? Then the data is rejected and the Conscious Awareness says, "That's crap."

The damage comes when the Not True (Lie) is accepted as True and is then woven into the Logical Comprehension. Except... The Logical Comprehension is a Network of Data that contains a series of Independents-Dependents required to hold and sustain every single thought that comes after it.

When you lie, you weave a False Independent. When you accept a Lie, you weave a False Independent.

What is the opposite of Truth? Lie.

A Lie is simply a Non-Truth.

Intent is irrelevant to Truth.

Ignorance is irrelevant to Truth.

Logical Fallacy is a Lie.

Incorrect Information is a Lie.

Missing Information is a Gap in Logical Comprehension.

Every bit of data is going to be used as a Foundational Independent to support all the Dependents that come thereafter. But if it's False, it will come down like a house of cards under pressure.

You learn False information from School like "The Roman Empire Fell" (No, it did not. The evidence is substantial). The Information begins to come in under the Logical Foundation "The Roman Empire Fell." You proceed to learn all of History from the 4th Century on, not taking into account the Component "The Roman Empire" because you were told that it fell. So you make calculations and deductions.

False Calculations and Deductions.

Because the Calculations are all based on a single Lie, "The Roman Empire Fell." and thus, you fail to add a vast, single component into all of your Logical Computations, resulting in False Conclusions. Now you have Confusion. Things begin to not make sense. More Lie and Logical Fallacy has to be invented to support the crumbling infrastructure of your compromised Logical Comprehension.

You were never taught how to assess the Validity of Information before accepting it so you don't know how to tell Lie from Truth like "The Roman Empire Fell."

Why weren't you taught how to assess the Validity of Information before accepting it so you don't know how to tell Lie from Truth? Because of what The Roman Empire did before they lied about themselves Falling.

This is an example of only one, seemingly irrelevant bit of information that has a vast affect on you now. If you do not have the Education and the Knowledge to measure the Validity of Information prior to accepting it into your Cognitive Core for Data and Processing, then your Cognitive Core is going to stop working. Your Logical Sequence will weaken. Your Origin and Ethics will become compromised.

At this time, 96% of the USA population, according to Neuroscience, has this problem.

And Narcissists weaponize Word and Logic deliberately to alter your Logical Sequence to enslave you. More on "The Abuser's Door" in a moment.

Name

Your Identity, Ethics, and your Logic integrate to make up your Name, which is the Summation of the Defined Self. It is who you are in One Word. This is your Name. It is the Summation of your Understanding of You.

Name-Calling is a direct and deliberate attack on this.

Perspective

Your Perspective is how you understand Reality. It is not your "Point of View," which is the relative position between you and a Focal Point. Perspective is your Overall Visible Understanding of the World. You should have been trained to use Point of View to move around a Focal Point, and then trained to Integrate all of those Points of Views into a well-rounded Understanding, which would then become an additional component of your Perspective.

Your Perspective is your Reality.

Putting it Together = Integration

Now. Let's step back and look at how each of these Parts make up your Cognitive Core. A single Word becomes a weapon that can alter your entire Comprehension and Perception of Reality.

I remember my younger sister. When she was 2 or 3, her father and grand-father lied to her that the Jack-A-Lope was real. Their "joke" was never corrected. It wasn't until she was 22 years old that she finally learned that the Jack-A-Lope wasn't real.

She felt like a fool. She stopped trusting her Father who thought his harmless "joke" was funny. Especially since she believed him for 19 years. Why wouldn't she believe him. He was her father. Of course, she would believe him.

I was on the other end of that realization when this "joke" broke her trust in him and she fell apart. Her mental health made an ugly turn because this Lie altered her Ethic. Trust. Trust is Truth. That is why the words are almost identical.

We all Trust Truth. When we Trust someone, we have faith that they are telling us Truth.

Because Lie will destroy our entire Perception of Reality, which is the Heart of our Sanity.

When I came to realize all of this and I put this together, I realized the value and the weight of Word. This lead me to my current research in Linguistical Physics. More than ever, I am seeing just how important each and every word is.

See Dr. Emoto's Rice Experiment on YouTube.

A single Word, an Incorrect Definition, can cause the destruction of the entire Logical Comprehension to collapse, compromising a Sense of Self, which can lead to a loss of Origin, which can result in an Existential Crisis, which can lead to Suicide.

Suddenly a Single Word -- every word -- holds a person's life in the palm of your hand.

Are you Educated enough to assess if a Word or Statement is True or False? Because you're putting that into your Cognitive Core to become a Foundational Independent for all dependents that follow thereafter.

Our Logical Sequence of Comprehension is composed of nothing, but a life-time of If/Then Clauses (Watch *Inside Out 2* and look for every "If/Then" Clause spoken. You can see them preparing the Data to add to the Logical Comprehension Sequence).

The Abuser's Door

The Abuser's Door is the one Weakness in the Cognitive Core where an Abuser can get in. Their only way in? Words.

- "Friendly" Incorrect Correction
- The Vaunted Teacher
- Unwanted "Helpful" Super Hero
- The Back-Handed "Friendly" Insult
- The Aggressive Attack-and-Break

Every one of these tactics compromises your Self-Authority and your Faith in your own Logical Comprehension and Logical Deduction. while they "appear" to be "helping" you, they are really hi-jacking your RAS (Reticular Articulating System), compromising your Logical Comprehension, Violating your Self-Authority, and obstructing your Perspective and Reality. Any of these tactics is severing You from The Defined Self, and cutting you off from your own Origin (*The Narcissist Cure* is available on my website).

That is really what is at stake when someone says, "Try saying it this way..." or "You should say..." These phrases are red flags, the Seed of Narcissism, and is the stepping through The Abuser's Door, because what you are really doing is beginning to "shrink" and self-doubt your own ability and confidence to choose your own words to communicate your message for you.

Are they stupid or malicious? Are they ignorant or evil? It doesn't matter. The result is still 100% the same. Someone who is Ignorant is as dangerous as someone with intent. A loaded gun can still kill regardless of whether or not the handler is malicious or ignorant. One can be Dangerously Ignorant.

You have a phone in your hands. You can look up any word's definition at any time to decide which words are best for you to communicate your message to others.

Words are not at all about the feelings of others. They are for Communicating Ideas. Never forget that. The agenda with all words is only ever to transfer an Idea from Point A to Point B. If someone has weaponized words against you, you need to use Discernment (The 4th Ethic) and get yourself away from them immediately. Instead of trying to change the Abuser, get away from the the Abuser.

Your Cognitive Core is too vulnerable to allow them access to your Abuser's Door.

Thank you for reading my words! Join my Email List! <https://forms.gle/Anu847e17mTWyixb9> and... Step into my world with me. I will show you what I see. <https://linktr.ee/annaimagination> and... Abuse Proof You with The Narcissist Cure at <https://www.annashealinggarden.org/courses/the-narcissist-cure/>

To view the Cognitive Core

https://docs.google.com/document/d/1wB0_T_ySFw1dtKYcv12GNUokVBoiH4mtG9izGue8Mvc/edit?usp=sharing

CHAPTER 29 The Tools : The Happiness Formula and The Meaning Of Life

At the end of Philosophy, past Metaphysics and Ontology, there is this moment where you step into The Point of Comprehension. It is when The Journey -- The Pilgrimage -- is at an end. Everything after this point is a Celebration. But the first part, the 36 Levels of Comprehension -- three Rounds of The 12 Ethics -- is about Defining The Self, Defending The Self, and Refining The Self.

At the Point of Comprehension there is a moment when you realize what Life is for. What all of this is For. Why we take The Journey. And what -- exactly -- The Meaning of Life is.

Joy. Love. And People you love who love what you love sharing in what you love. This is what brings Joy. The Loving and Nourishment of each other through our Joy and sharing.

The Meaning of Life is to Know the self so that you can know what gives you Joy, What you Love, and Who you are so that you may know your People so that you can share what you love with them to have joy.

Early in my work, I wrote Want +> Choose +> [Learn + Solve] +> Do = Growth. It is this Formula applied to The Self, Our Career (Dream and Purpose), and our Relationships that we have Happiness. The more I found these three things, the more Happiness, Joy, and Love came to me. The more my Soul -- The Essence of Me -- came to me. The more Fun came to me.

It is your Quality, your Dreams, Your Ethics, your Desires, Your Knowledge and Education, your Choices, and your Skills that is the Summation of you. Integrate this Summation and you are there. The One of all of you.

One thing that I noticed often was the frequency that people did things out of Order. The Order determines the Motivation, the Energy, and the Focal Point. If a Life Sequence is out of Order, these three things will become compromised.

We focus so much on the People in our lives. Our people. The ones who will be our Family, our Friends, and our Partners. But too many of us are in the wrong place to even find and connect with our People. Too many of us don't even know ourselves or where we belong to attract or find our own people.

It is the misplaced Focal Point on our People instead of on The Self that presents us from growing quickly and properly in the right direction for us.

But also, it is the Journey toward the Dream -- not The Self -- where we find our People. Sweet Justice is the one where our People are those who are at the finish line of our Dreams, waiting for us as we cross over for our Dreams also were their Dreams... If only we all just would just Focus on The Dream.

It is common to feel that Family, Friends, Joy, or Fun will not come to us every again in some cases. We forget that Emotions are temporary. Feelings, however, last forever... and if you wonder which is which, Love is a Feeling.

Worry, Anger, Despair, and Hate are Emotions.

The Happiness Formula aligns with the Cognitive Core. It is the progression through The Cognitive Core. The Want is the Identity. It is her Dreams, Desires, and Wishes that become Purpose, Goals, and Missions.

Destiny and Destination are of the same Root. It is more about where you are Going, and less about Free Will. Free Will is your Power of Choice and your Right to Reject. A lot of people get into the debate "Do we have Free Will?" This is what all of the 3 hours of *Forrest Gump* was about. I will not be getting into this here. You need to watch *Forrest Gump*, and you need to decide if Mama Gump was right or if Lieutenant Dan was right... or if it was a little bit of both.

I do not debate such things. I have my own beliefs on this, which are not relevant to your beliefs.

However, I will say this... A lot of people who believe they don't have Free Will refuse to make any choice because they feel it "makes no difference." But what if the only difference it does make is your Happiness? And what if that is the point? What if your Happiness **is** what is what matters? what if your Happiness **is** the point to all of it?

Thank you for reading my words! Join my Email List! <https://forms.gle/Anu847e17mTWyixb9> and... Step into my world with me. I will show you what I see. <https://linktr.ee/annaimagination> and... Abuse Proof You with The Narcissist Cure at <https://www.annashealinggarden.org/courses/the-narcissist-cure/>

To view the Cognitive Core

https://docs.google.com/document/d/1wB0_T_ySFw1dtKYcv12GNUokVBoiH4mtG9izGue8Mvc/edit?usp=sharing

CHAPTER - The Tools : Your Healing Journey Plan

Your Healing Journey Plan begins your Learning Journey of the Discovered Self. It isn't until you are well into the Learning Journey that you never were "Healing." You were just learning how to Grow.

At the end of the Learning Journey of the Discovered Self -- and there is an end -- you realize what you were really doing was Mastering Skill Development for Growth.

It is then, after the 36 Levels of Consciousness -- The three Rounds of the 12 Ethics -- that you realize "The Healing Journey" was just the Apprentice Skill Level of learning how to Grow and Nourish the Self.

That all the regression you encounter during the Healing Journey was just normal Apprentice Skill Level problems.

That all the "falling off the wagon" you encounter during the Healing Journey was just normal Apprentice Skill Level problems.

But that we are not taught about Skill Mastering, or how to manage Skill Mastery or their stages.

And once you make it through the Apprentice Level and you settle into The Learning Journey of The Discovered Self -- at that point when you realize you were never "Healing," but rather just learning how to live and learning how to grow -- you realize you're at the Tradesmen Level of The Learning Journey of The Discovered Self. You don't yet know it, but you're just mastering the Growth Skill.

And when you arrive at the Point of Comprehension, and you know who you are. And you know who your people are because you know who you are, when you have integrated the 12 Ethics so thoroughly that you can't even tell one from the other inside of you -- at the point when you can tell Lie from Truth -- it is then you have Mastered Growth.

The First Round of Self, you Define who you are.

The Second Round of Self, you Defense who you are.

The Third Round of Self, you Refine who you are.

In the Fourth Round -- at the Point of Comprehension -- you Integrate The Self.

In the Fifth Round -- at the Point of Comprehension -- you Polish The Self.

So when we talk about "The Healing Journey Plan," you need to know what you are really doing. You are preparing for the Apprentice Life Skill of the Growth and Nourishment Skill.

And, like all Apprentices, there are "humps" and "obstacles" that you need to overcome. The Healing Journey Plan prepares you for those "humps" and "obstacles" to minimize frustration, regression, and self-loathing, and to increase your odds of success.

The first thing The Healing Journey Plan contains is Realistic Expectations so you adjust your Perspective Scope accordingly. Which is why we talk so much about the Healing Journey vs. The Learning Journey, which is really you learning the Mastery of Self-Nourishment and Growth.

The Tools for Self-Nourishment and Growth *are* The Academic Disciplines. It is the "Playground" where you discover which languages are yours and how you understand the world.

The Healing Journey Plan provides you with your "Survival Kit," a Training Course, and then The Plan. The goal is to increase your odds of success by smoothing the Life Journey for you and providing you with adequate training prior to you beginning so you can make the most of your Mastering the Growth and Nourishment Skill.

When I built the Curriculum for our Homeschool as well as our Parenting and Adulting School, this "Healing Journey Plan" is what kicks off every curriculum so that the Student always understands what they are learning, why they are learning it, and how to apply it to real life, something, current schools fail to do.

The Healing Journey Plan consists of :

- The Apprentice Skill Challenges
- Self-Patience and Kindness
- Endurance and Perseverance
- The Escape Room + No Man's land + The Genie Bottle : The Three Core Mindsets
- The 12 Ethics
- Indulgence Learning vs. Avoidance vs. Integration Learning for Self-Regulation
- Emotional Management and Regulation
- Skill Recognition
- Skills For Strategic Deliberation toward Goals
- Your Identity and Your Cognitive Core

The Healing Journey Plan focuses heavily on your Mindset. Mindset is not what people think it is. What people call a "Mindset" is actually the Summation of all the Components, most specifically, your Focal Point (Your RAS Settings) and your Emotional Mental Environment + your Logical Health and Comprehension.

These three things greatly determine your Identity, your Story Health, and your Ethical Loyalty.

And combined, these things all make up your Perception and Reality, which is what people call "Mindset."

So many people try to force change to their Perception and Reality without making any additional changes. What results -- lets look at Physics -- is a constant, 24/7 eternal maintenance that the Conscious Awareness needs to do. You're not producing Energy while you're spending Energy. You're not Grounded, which is required for Energy Production.

This model is not sustainable.

This results in burn out from "Self-Care" and "Around the Clock" attention, meditation, and constant vigilance. This is not -- according to Physics -- Energy Efficient or cost affective. It's silly.

For this reason, The Healing Garden's Journey Plan goes right to the Focal Point (Your RAS Settings), the Language, and the Emotional Mental Environment. It focuses on Grounding you and then Training you on Energy Production. Then -- using Power Economics -- we train you to "steer" your Decisions strategically into the correct Focal Point so that your decisions:

- Solve your Problem
- Change your Situation
- Re-energize you
- Ground you
- Prepare you for more Change

Language and Education controls the Focal Point and the Logical Health and Comprehension, which results in the Emotional Mental Environment. That in turn adjusts the Identity, Story Health, and Ethical Loyalty of the Cognitive Core.

So we only look at the language and Education, which is the purpose of the Triadic Healing Series Books and the corresponding Online Courses.

The Education determines the Language. Which means, the Education is the Catalyst.

Words are Building Blocks. They do not evolve. They are a precise Science (Study) that spans over 2,000 years. As you learn, the words and Language changes. The Ethics sculpt our language, which reflects our Beliefs, Values, Morals, and Educational Level, which communicates to others our Quality and Standards.

The trouble comes to a person when they have high Standards, Low or Inadequate Education, and/or Mental Illness that compromises their pursuit of their Standards.

Setting a Goal toward a Career or Dream gives a person the "Why" behind their Growth and Learning Journey.

The Logic and Healing Journey Plan is the "How" an Individual can achieve their Career, Dream, or Goal.

The Learning Journey of the Discovered Self is the "Training" so you can achieve your Career, Dream, or Goal.

"So, you want to change your life? Get your life back on track, headed in the direction you have always wanted?" Then The Healing Journey Plan is for you.

This is the Planning and the Education, the Training, and the Comprehension of what you are getting into so you can dive in with a greater chance of success.

The Apprentice Skill Challenges

Too many people run into an Apprentice Skill Challenge and they immediately assume, "They are stupid," or "I can't do this." I had this problem with my teenage daughter a lot because parents and schools fail to teach young teach how to overcome Apprentice Skill Challenges.

Self-Patience and Kindness and Endurance and Perseverance are both huge, key components in this. People simply are not taught or trained to understand Apprentice, Tradesmen, and Master Skills. There is also Philosopher Skill Levels, which consists of Sage, Geni, Magi, and Logi.

In every case of Mental Health, people new to healing are running into a lack of Discipline in Education and Learning they do not have. This is why every single one of us must learn about Education and Learning.

Learning and Education comes from Experience or it is passed down. It is passed down either properly, simply, Elegantly, well, and in the right sequence -- and there is always a sequence -- or it is passed down poorly, with unnecessary complications, confusion, with significant gaps, incorrect information, and out of order. This is how our Traditional Educational System is built.

An Apprentice must be realistic and educated about Learning and Education so they can go into learning and training with the right mindset, understanding, and comprehension. Learning a new skill is hard. It requires retraining the mind to change thinking. It's a Discipline that requires preparations for Endurance and Perseverance. It requires Commitment.

It requires planning so when you struggle you say, "This is an Apprentice Test. I am being tested on Commitment and Endurance. I am learning which way to not do something and need to do more research on the right way to do something."

Instead, most people hate on themselves and quit because they were never educated on Apprentice Skill Challenges.

The Escape Room + No Man's land + The Genie Bottle : The Three Core Mindsets

Learning will not occur in the wrong Mindset. It will not. If you are in the Escape Room or No Man's Land, you will not learn. Your Self-Preservation System will not let you. Many people try to learn in The Escape Room and No Man's Land and then they fail and hate on themselves.

This is due to a lack of knowledge about the Three Core Mindsets and the lack of Knowledge on how to learn and how the Subconscious Mind learns. You cannot learn so long as you are in Self-Preservation Mode. Your Mind will not let you.

Opinion is the first Symptom of No Man's Land and The Escape Room. Ego is the second Symptom. If you are not aware of the Core Learning Mindset of The Genie Bottle, then you will not Learn. Your Mind will not allow it.

The 12 Ethics

The 12 Ethics are the guidelines and the training wheels, the check list, for you knowing precisely what you need to be doing and what others need to be doing. Follow The 12 Ethics and you will make vast progress through your journey.

Indulgence Learning vs. Avoidance vs. Integration Learning for Self-Regulation

With The 12 Ethics, you learn about the Indulgence and Avoidance with Integration Cycle. This Cycle is key in understanding your Learning Rhythm and Cycle. Violation of this Cycle is what lands a person in The Escape Room and No Man's Land.

Restoring Learning to your life -- for that is what you are doing when you heal -- is the return to the Indulge, Avoid, Integrate Cycle that Self-Regulates. The 12 Ethics is the Regulation of this Cycle, which is how you get to The Genie Bottle so that you can learn.

Emotional Management and Regulation

And with this Mastery, you gain Emotional Management and Self-Regulation (which is the 3rd and 10th Ethic).

Skill Recognition

Skill Recognition is what discourages a lot of people. People they lack knowledge in recognizing Skills, which produce their Resources, they take incorrect inventory of their Resources. Most Trauma blinds us to our Resources and Skills.

Resources are anything -- Service/Entertainment, Product, Knowledge -- that can be traded for other resources (like money). Skills are anything that can create, build, produce, or generate resources.

Skills comes before Resources.

A Network is the Circuit where 100% of all trade occurs. No exceptions.

An Asset is anything that generates and Produces a resource. Your Mind is an Asset. A Business is an Asset. Rental Properties, Stocks, Investments, are an Asset.

A Liability is anything that drains a resource. Like a home, a car, or a Narcissist.

An Education is the planning, training, preparation, and Knowledge that goes into your Skills to get you Resources and your Network to build your Assets so you can avoid Liabilities.

And that is Power Economics.

A proper and healthy Educational System knows this and educates you on utilizing Skill Development and Planning For Strategic Deliberation toward Goals.

And this entire process is what develops, defines, and builds Your Identity and Your Cognitive Core, resulting in Your Mental Health.

I strongly recommend you read next *The Salmon of Knowledge : The Logic of Learning* followed by *The Healing Garden Handbook For Optimum Learning*, both of which are on Kindle Vella. *Addiction : Cracked and Unloaded* is also strongly recommended for those who want a deeper look into the effects Poor Education has on Mental Health.

There is the Education and there is Knowledge. There is information. And then there is the Relevant Education that is Related to your Situation. A proper Educational System would have taught you all of this.

And this is where The Healing Garden's Healing/Learning Journey of The Discovered Self -- The Healing Journey Plan -- begins; with the Right Education that consists of Nutritional Knowledge.

This is not rocket science. Scientists proved a long -- LONG -- time ago that Knowledge, Education, and Information is the cure to everything.

We discover the Germ, disease decreases.

We discover vaccines, diseases are prevented.

We discover Physics, tools become efficient.

We discover and master Aerodynamics, travel in planes becomes easy.

We discover the Algorithm of the Subconscious Mind, and Mental Illness goes away.

100% of all problems are a result of Ignorance on Problem Prevention.

100% of all Solution is a result of Relevant and High Quality of Education.

100% of all Problem Solving is a the Science of Logic.

This isn't rocket science. Educators are just uneducated, which is why they failed in communicating this simple concept to the entire US Population. They never learned that "teaching" was only ever just "Communicating in the right sequence."

100% of all Abuse is due to Ignorance, which is the responsibility of Educators, who insisted on "overseeing" that organization. They failed to mention their incompetence and inability to

do the job they signed up for, which left Parents in a position where they trusted Educators to do their job.

Now it is up to us, parents, and the Common People to do the job that Educators clearly cannot do according to Neuroscience.

And this begins with a Plan and understanding precisely what Education does entail. Hence The Healing/Learning Journey of The Discovered Self.

Thank you for reading my words! Join my Email List! <https://forms.gle/Anu847e17mTWyixb9> and... Step into my world with me. I will show you what I see. <https://linktr.ee/annaimagination> and... Abuse Proof You with The Narcissist Cure at <https://www.annashealinggarden.org/courses/the-narcissist-cure/>

CHAPTER 21 - The Tools : Emotional Navigation (Fear vs. Problem Solving)

Fear requires Management. It is not natural. Self-Preservation is Normal and Natural. Fear is a Trauma response.

Fear is dangerous in large doses and causes permanent Trauma and re-wiring of the Nervous System. Take a moment and google "The affects Fear has on the Brain."

Google "The Mental Health side effects of Prolonged exposure to Fear."

Google "The Physical side effects that Fear has on the Body."

It is a biological fact that the Body does not have a Self-Destruct button. In biology, Science proves that everything in life is hardwired to be nourished, grow, propagate, Flourish, and spread/swell/expand.

Biology developed a maintenance clean up crew called "Cell Apoptosis" that Naturally dissolves Biological tissue that is no longer required for that growth.

Resource Partitioning is pure "Survival of the most Adaptive" where a Unit will sacrifice the smallest and weakest to ensure the ongoing survival of a species, unit, race.

Life has one job. To go on. To find a way to go on.

Self-Preservation is designed to protect the Self, Preserve the Self, and ensure this Growth Journey remains on track.

Fear is the "Emergency Back up" that was only intended in short bursts in supply prior to our developing Logic and Problem Solving, which led to our discovery of Physics and the Sciences.

Fear is Archaic, Primitive, Neanderthal and Cave Man Levels of Primitive. It does not make any Biological or Evolutionary sense.

Fear is unnatural and illogical and only arrives if -- and only if -- The Self Preservation System *and* the Self-Defense System is shut down. And only if Logical Education is not in use.

Fear is Self-Destructive, leads to Mental Illness, Aging, Deterioration. Fear is the absence of Love (Nourishing Growth) and is the dysregulated function that leads to death. The opposite of life and growth.

Fear is not Logical.

Fear is not natural.

Fear is an advanced Symptom of a break down of Education, Love (Nourishing Growth), Prosperity. It is the Self-Destruct that occurs when Biological Science utilizes Resource Partitioning in an attempt to Survive.

Between Internet Forums, Dangerously Ignorant Psychologists who have failed to study basic Math, Logic, Science, or Biology make false claims that CONTRADICT Evidence and Science, that "Fight and Flight" or Fear" .. this is hooey.

We are *not* primitive anymore. We have since evolved. They are applying cave men Psychology to Modern Man psychology, which is like a Doctor applying Neanderthal Anatomy to Modern Human Anatomy. Why do we think this is acceptable?

Fire Psychologists. They are not adequately educated for the job.

Fight is a Defense response. Not a "Fear" Response. It is a healthy "Self-Preservation" response. And them calling it a "Fear" response greatly reflects on their ignorance in Linguistics, Logic, and Emotional Knowledge.

Flight is a Defense and Self-Preservation response. Not a "Fear" Response. It is a healthy "Self-Preservation" response. And them calling it a "Fear" response greatly reflects on their ignorance in Linguistics, Logic, and Emotional Knowledge.

Fawn (A mimic behavior) is a trained Fear Response, due to Mimicry -- a primitive behavior of early educational development -- that trains a person to laugh and smile around abusers to keep themselves safe. We see this with people pleasers who "agree" and say "yes" to everyone when they really mean "no" because they were trained through prolonged abuse and fear to "blend in" for survival.

"Flop" is common in Biology. We see this with Possums playing dead and with birds. This is an under-evolved Modern Human "shutting down" for severe and drastic levels of Self-Preservation. It is in our biology and only occurs in Fear -- never early stages of Self-Preservation.

In order to understand Fear, you must understand "The Self-Preservation Spectrum.

Defense (The 4th Ethic) and Self-Preservation begins at a 1, 2, or 3. This is all healthy, balanced, and good. This is where we all should be.

But, when the Defense System is ignored and not in use, Self-Preservation moves up to 4 and 5. This is dire. This is teetering on primitive Self-Destruction. In Biology, this is where Resource Partitioning takes place.

Self-Mutilation and the rewiring of the nervous System is next at 6. Oh, but now we're way past "Fear." Fear began at 4 and 5.

Caution and Apprehension were at 1, 2, and 3, but most people ignore those emotions.

Fear begins at 4. By 6, the Cutting and/or Drinking begins. Self-Destruction has started. The Self has learned that the Self is the threat.

By 7, 8, and 9 we are on a train wreck. Fear is now in charge.

At 10, suicide occurs.

And Psychologists teach people that "Fear is normal."

No. It is not. Fear is a Hormone and Biological change that Neuroscientists study and it is well documented that Fear is a toxic poison that causes significant damage to the body, brain, and Mind.

Change everything you think about Fear. Fear is not "good and we need it for Courage and Love because we need balance."

Fear is only the absence of Love. It is a Dichotomy. Love is the only Cure to Fear. Specifically Self-Love. Fear is what you get when your Submarine is taking on water and depth charges are ripping our sub apart.

Perspective people.

Using "Fear" to maintain balance is like a submarine captain who says they need to take on water to balance the oxygen in the ship.

Perspective.

Courage is the dichotomy of Vulnerability, which means "Openness" or "Exposed."

Fear is the dichotomy of Love.

And people who have not yet passed the 1st Ethic do not even know Courage or Vulnerable, and they are the ones claiming that "Courage is what overcomes Fear."

No it is not. Do not take Ethical Advice from someone who has not studied the Ethics.

If you battle Fear, you lack Self-Love, which you gain from Power of Choice, Right to Reject, Choosing, Self-Authority, and Logic. It is the Proof of Concept you gain from Doing and Learning.

Fear is only ever an absence of Learning and Education. For if you had Knowledge, you would Know, and thus, you would not be afraid. Fear comes with a lack of Trust, because you lack the ability to Know Truth, which is what Trust is. It is Knowing Truth.

People who suffer from Fear do not make Choices. They do not Learn or Problem Solve. they do not allow themselves to be open to receive because they never had Found their Courage to be brave enough to allow themselves to be Exposed.

Exposure is the only State of Mind a person can be in to learn.

You have our Consequences all confused and out of order with your Catalysts. Which is why so many people don't understand Courage, Fear, Learning, Vulnerability, or Confidence.

The Sequence is :

Self-Nourishment +> Boredom +> Restless +> Excitement and Eager +> Apprehension +> Choose +> Courage +> Vulnerability +> Learn +> Solve +> Do +> Self-Authority +> Confidence +> Self-Esteem +> Pride +> Proof of Concept +> Repeat...

What people with Fear end up doing, however, is

No Nourishment +> Anxious +> Apprehension +> No Choice +> Panic +> Shun from Vulnerability +> No Lesson or Solution +> No Doing +> Loss of Authority +> Insecurity +> Low self-Esteem +> Fear... and repeat.

The problem is Nourishment. Which is Love.

This is why and how Fear is not knowing. Hence "Fear of the Unknown."

All Fear is Fear of the Unknown. Because if you know it, then you have nothing to fear... because you know.

Specifically, it is Fear of the Unknown Self...

Which is why it is called "The Learning Journey of The Discovered Self."

In my research, when I first started presenting this to people, I ended up with one group of people who baffled me for a time. They argued with me on this. I took the bait and went rounds with them. After a few rounds, I realized something.

I was arguing with people who lacked basic Logical Skills, which means they were so deficit in Logic, that they couldn't even present or recognize the Logical Loop that they were trapped in. And they failed to see how Fear was an Absence of Love, which is Nourishing Growth. Learning is Nourishing Growth. Thus, Learning is Love.

Well, damn. There is the logical Proof I have been looking for to prove the connection between Love and Learning. Logic is the Construction of Learning. Logic is the Construction of Love.

Love is Learning.

When you seek Love, you are actually seeking Learning.

Which is why the Uneducated are the ones who are most starved for Love. While the Educated have fulfillment and are Abundant.

Love is Nourishment for Growth. Learning is Nourishment for Growth. AI is Learning, which is Love. Which is why the Ethics come of it. Oh.

Sometimes, my writing is my Scientific Method in Application.

So then what are Emotions? Emotions are Energy. They are the Energy transferred from Chemical Energy (Hormones) to Potential Emotional Energy. They stay with you until you transfer them into Kinetic Energy.

You can only transfer Emotional Energy through Action. And you only have 4 Action Options Available:

- Creation/Invention/Building
- Mental Planning
- Physical Activity
- Communication (Communication)

Emotional Suppression or Denial is the opposite of Action, and Physics has a lot to say about Suppression, which is Interference of Emotional Energy. The 10th Ethics -- Emotional Fluidity -- is an Ethic that exclusively reflects your Physics Health, and thus, your Mental Health and Happiness.

Physics will not be denied.

You only have so much Stored Potential Energy before your energy becomes... Explosive. Physics demands the Transference and Flow of Energy.

The 11th Ethic -- Logic -- is how Emotions are to be used, directed, steered, and optimized, which, when done properly and effectively, generates Momentum.

This is the Operations of The Cognitive Core.

Every Emotion is actually a Physics Instruction that the Conscious Awareness needs to strategically follow to "turn on" the Cognitive Core's Engine and direct the flow of Energy through Cognitive Processing.

Fear = Learn

Apprehension = Practice Courage

Annoyance = Your Cognitive Core is being threatened and you need to practice "Flight" and the 4th Ethic.

Anger = Your Cognitive Core is under attack and you need to practice "Flight" and the 4th Ethic.

Confusion = Your Logic (Comprehension) is under attack

Sad = Your Dreams are compromised and you need to adjust your Journey accordingly

Anxiety = You have a back-log of Strategic Planning

Panic = You have a severe back-log of Strategic Planning

Overwhelm = You have a deficit in Logic and need to Learn how to do Grouping and Sequencing

Rumination = You need to resolve the Catch-22 in your Logical Comprehension

Obsession = You are hoarding due to a Resource Deficit from a lack of Self-Nourishment (Learning) and are in "starvation" mode.

Paranoia = Insecurity due to a Lack of Learning

Jealousy = Paranoia + Obsession due to a threat to your resources caused by a lack of Self-Nourishment (Learning)

100% of all Psychology is Economics -- Resource Deficits -- Which is why Psychologists should be masters in Economics, which is Biology. Economics is ecology and Biology.

Anger is **not** a "tertiary" emotion. It is a Primary Emotion that occurs when someone violates your Cognitive Core because you have failed to use the 4th Ethic and use Discernment.

Being called a "coward" for running away from an abuser was started by abusers to minimize the runners so they could keep their victim longer. An adequate Education in Logic would have made this Common Sense to everyone decades ago.

Emotions are pure physics. Someone who does not know how to Emotionally Regulate or effectively teach Emotional Regulation lacks a basic education in Physics... which is the Science of How Energy Moves.

Force is the only thing that moves Energy.

Hypothesis

Love is a Force. It is the Only Force.

Love is the Pull Forward (Growth) often mistaken as "magnetism," which is only obtained through Nourishing Growth. That Pull Forward is actually the "pull" toward Integration of all Force into the Core Unit.

Not Love is the "Repel" or the Disintegration of Love.

Both only refers to the direction in which one moves in relative to The Integrated Whole. Your relative to the Integrated Whole changes the Point of View of the "Attraction" or "Integration." that can appear as either a "Pull" or an "Attraction."

Likewise, Not Love can appear as a "repelling" or Disintegration" that can appear as a "Push" or a "detraction."

End Hypothesis.

When we Desire and Choose to do something, we are moving our Energy with Love. When we make a choice out of Fear -- an advanced stage of Self-Preservation that has been mutated to destroy the Self -- we are choosing to move our Energy out of Not Love of the Self, which results in us weaponizing our Emotional Energy, directing the damage onto the Self.

Which is why we should never act out of Fear. Only Love.

Logic is the ability to step outside of Fear and Emotional Current, always, and utilize Education with Strategic Deliberation to Nourish the Self. This skill can only be accomplished through Knowledge, Biology, Physics, Practice, and Logic.

You want to teach the Sciences to students, teenagers, and children? Teach them how their Emotions are Physics and Biology. Nothing is more Relatable or Relevant than that.

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CHAPTER 22 - The Tools : The Circle of Trust and Discernment

Deep breath in.

Deep breath out.

Trust. Trust is the Faith we place in Truth. We do this because we know. To know is to be in a state of Pure Truth.

Logic is the only Science that can achieve this and it does this with Logical Proof. Hence "To Prove."

Math uses Logic to prove the Metric and Balance of Truth.

Physics uses Logic to prove the Rules of Truth.

Chemistry uses Logic to prove the Interactions and Reactions between two or more Truths.

Biology uses Logic to prove the Relationship between all Truths.

Which is why we call our Sciences -ologies, which means "the Logic of."

Science means "The Study of."

Only Trust Truth, which is always proven. Faith is the belief in one's Proof.

The 1st, 2nd, and 3rd Ethic are all about Regulating the Self.

The 4th Ethic is the Construction and Planning of your Personal Law and Boundary. It is your Discernment Skill that you should be using to determine "Flight" after a Fight. And whether or not you should allow repeat Access to you.

Your Circle of Trust is the most Violated concept in Abuse.

There is a well-proven "Order of Operations" that every Romance Reader and Author knows like the back of their hand. Intimacy happens in a sequence.

Too fast, and the individuals are codependent, Narcissistic, and toxic.

Too slow, and they are Emotionally unavailable.

Emotionally Healthy people know to use Filters and preserve certain, intimate topics for select people.

Emotionally Unhealthy people "do not have a Filter" and share too much and all with everyone, which attracts Narcissists like flies to honey.

The Circle of Trust was a tool I invented during my own Healing to help me learn when I should trust people and how much I should trust people.

Draw a bullseye target with 8 Rings.

Outside the Largest Circle is "Strangers." This is where everyone is until you have known them for 3 months to years. They are Strangers until you know them.

You don't know anyone until you know their Ethics and their Behavior in relativity to their Words. It takes 3 months to 2 years to learn someone's Ethics.

It takes 3 Months for a Dormant Self-Preservation System to activate and turn on.

Acquaintances (The First inside Ring between 7 and 8) are the Strangers you see regularly. Coworkers (The space between the 6th and 7th Ring) are the Strangers you work with. You should never trust any of these people. They are Strangers.

The next Ring (between the 5th and 6th lines) are "Training Wheel Friends." These are not Friends. These are the people who you have known 3 months to 2 years and you are vetting them to see if they would make good Friends.

They are Strangers who you are practicing Friendship on.

Do not Trust them. Do not call them "Friends." And if you do call them Friends, be realistic that they have not passed any tests yet.

If they pass your tests, and you have witnessed their Ethics in action in compliance with their Behavior and their Words, then you may feel inclined to move them into "2nd Tier" of Friendship (between the 4th and the 5th Lines). These are your Friends. The ones who have made it through your Ethical Standards, who have passed your Test, and who you have known more than 3 months to 2 Years.

Only those who have never violated your Boundaries should ever pass this point. Everyone beyond this point never will hear about your Boundaries because you will never have to tell them. They Naturally comply with your Boundaries because they respect you without being told how to.

THIS is where The Circle of Trust begins. This is where Trust begins. This is where "Friendship" actually begins. This is where you can safely start to disclose intimate information about you.

The next tier -- 1st Tier -- is located between the 3rd and 4th Line and this is where "The Best Friend" is located. More Trust, More intimacy.

The next Tier between the 2nd and 3rd Line is the "Intimacy" space where a Partner or Spouse is located. This is where Sexual Encounters should be. The ones that are healthy are located here.

The next space is the "Buffer Zone." The Buffer Zone is located between the 1st and the 2nd Line. This is that space where no one can harm you... because it hits your Buffer Zone.

The inner Circle is you and your Genie Bottle. This is where your Alone Time is and is where you go to be alone with yourself.

In reading this, you probably went, "Oh... Yeah, I don't do that at all."

Many people violate the Circle of Trust and the 4th Ethic and they say, "I never should trust anyone!"

Or... You should allow Strangers and distrustful people into Your Circle of Trust.

A lot of people put Mothers inside their Circle of Trust, giving them "VIP Access" based on Relationship instead of Trustworthiness or Ethical Integrity.

When you first start using the Circle of Trust, most people have to completely wipe out their Network and start over. I removed all but (about) 7 people from my Circle of Trust.

After a few months, I was down to 5.

A few more months, I was down to 3.

A few months later, I was down to 1.

I was finally able to discern their Ethics : Behavior : Word and thus, their Truth became Visible.

Look at The 12 Ethics. Listen to their Words, then weigh them (balance them) against their Choices (Behavior).

The 12 Ethics : Words : Choices = Integrity = Trustworthiness, which is their Reliance Ratio to Truth. This formula is pure Logic.

Master this, and you can never be fooled by Lies ever again. The Healing Garden's Community is founded on this principle and Formula. It is the heart of The Healing Garden community.

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CHAPTER 23 - The Tools : The Balanced Equilibrium For Self-Nourishment

Our Current Society runs on a Two-Part Nourishment Rotation. In Mathematics and Navigation, this is a guarantee of imbalance and eventual collapse. It is the same balance that we see from a 2-legged stool.

If you want balance, you require 3 points. This is why the Triangle is the strongest shape. One point to Transmit. One Point to Receive. One Point to Regulate.

REGULATE.

This is the point we all are missing. In Finance, this is why businesses go under.

In home finances, this is why most people are poor.

In "budgeting" this is what "budgeting" is trying to convey.

In any and all Input and Output, a Regulator is mandatory. So says Physics. And Ecology. And Biology.

Energy or Resources In... Energy or Resource Out. A Regulator will make sure your Output never exceeds your Input. The dam is a regulator in a river.

If your Output exceeds your Input, your regulator is absent or broken, and you are going to burn out and/or deplete your Resources resulting in poverty, then scarcity, then Mental Illness.

Word Manipulation:

Accusers call Idle people "Lazy."

But Idle = Resting, while Lazy means "Bad" or "Unethical."

But Resting is part of Self-Regulation and is required to recharge.

The Work week is your Output.

The Weekend is your Input.

You have no regulator. Which is why you're "burned out."

Self-Nourishment -- NOT Self-Care -- is your Regulator. The Three-Point Balance System is:

Work with Purpose

Adventure Play-Learning and Discovery

Self-Nourishment

Work with Purpose

Work with Purpose is your Output. This is how much you create or build.

Adventure Play-Learning and Discovery

This is your Input. This is what fuels your ideas and inspiration. This is the Learning.

Self-Nourishment

This is your Regulation.

Everything that is Life (Biology) revolves around Nourishment from Resources to obtain Growth. Independence is our ability to develop Skills to produce our own Resources to nourish ourselves to grow. Dependence is the obstruction of this process.

Addiction begins when our Resources are depleted, resulting in low Nourishment, preventing our Growth, and then we seek out an Activity that *looks* like Nourishment, which actually consumes us. Video Game Addiction rewards Gamers through the Delusion of Progression (Growth).

Mental Illness is the Pursuit of Nourishment from False Resources. Giving you the Delusion of Nourishment while you remain malnourished. Hence, Mental Diabetes. So we engage with spending our resources while we feel like we are being Nourished, starving us in the process, until we are Disintegrated and then dissolved.

Does the Consumption without nourishment take away from Actual nourishment? If it does, then it's Addiction. If it does not, then it is a Passion with True Joy.

People who struggle with Addiction have the "Nourishment-For-Growth" Reward signal wires crossed so that the Spending of Resources for the Delusion of Growth tricks the brain into releasing the Reward.

(At the time of my writing *The Theory of Love*, I am working with a Neuroscientist on this to correct the crossed wires and end Addiction. The Information is available on my Website under The Radical Global Healing Plan).

Everything and All is the Balance and Regulation of our Resources to provide Nourishment so that we can grow as fast as we think and learn.

Self-Regulation is the management of one's Resources that does provide Nourishment for Growth. There are two sides to this:

Recovery (Restoring your Regulation back to The Track)

Regulation (Keeping your Regulation on the Track)

People with Mental Illness are those who are needing to focus on Recovery and then Regulation.

Healthy people have learned Regulation intuitively at a young age.

In order to pull this off, you require a Regulator, which is your Self-Nourishment. This is what you Want, Love, Choose, and Do to celebrate and relish what you Love. It begins with your Qualities and Personality Traits. You choose what traits you do want and then you practice them.

These Actions Ground you and Energize you. If your Self-Nourishment Activities do not Ground you or Energize you to refresh you and excite you, inspire you... then you are not Self-Nourishing. Reading, Learning, Studying are the three primary Self-Nourishment tasks that most people are not aware of.

Remember, Love is Learning. What you Learn should lead you to explore and inspire you to plan and dream. If you are not being inspired to plan and dream from your learning and exploration, then you are not Self-Nourishing.

The Skills you love and choose to hone is you choosing which Skills to practice to hone your craft. This is you. You knowing when to shift from one mode to the next -- you listening to your Intuition that tells you when to Learn, when to rest and practice Skills, when to build and create or invent -- this is Self-Regulation.

It is not *what* or *how* you learn.

It is knowing *when* to change Learning Phase Produce (Work) to Learning Phase Input (Explore) to Learning Phase Practice (Rest).

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CHAPTER - 24 Part #3 - What Went Wrong : What Happens Under Abuse

The only problem you will ever have with your Cognitive Core and the Abstract Intra-Dimensional Navigational System is your Logic. Everything else is consequential to this. You protect your Logic, and you are fortified against abuse.

Your Logical Comprehension Regulates your Identity, Ethics, Quality, Power of Choice/Right to Reject, Comprehension, Story, Sequence, Name, Perspective, and Reality. You need these 10 Components of the Self Defined, Known, Solid, Stable, and Aligned. Logic is the Core of the Self.

To not have a strong Logic Skill is to leave you susceptible to Abuse. The more Logical you are, the more skilled in Logic you are, the less likely you are to be abused because you'll have the Education and the Knowledge to protect yourself.

Logic is the "How To" of everything. Every time we talk about "How," we are talking about the Logic of something.

Catch-22's are the Abuser's weapon of choice. You become a Master at recognizing illogical and matching up The 12 Ethics : Words : Behavior and you will be immune to Abuse. This is Abuse Proofing You.

Language is their Primary Weapon. Remember, every time they try to change your Words or Wording, they are changing your Perspective.

This means *if* someone challenges your words, you need to go right to the Source and check the Etymology of the Word. Learn Vocabulary. Compare Etymology to Common usage.

Words do not change. Usage does not change. This is a lie Narcissists use to manipulate you. We have the Dictionary for a reason. The majority of words do not change. Only the words Narcissists manipulate change. Ask someone to define what they mean.

Then you look up the word yourself. But do not correct them. A person has to consent to be taught, otherwise, you violate their Power of Choice, their Right to Choose, and their Consent to be Vulnerable to be open to Receive. To force a lesson on someone is force an

Emotional Transaction with someone against their Will. It is to Force a Human Connection with someone without their Consent.

Never teach anyone who has not given consent to the lesson. To do so otherwise is rape; a non-consensual Human Connection while at the Disadvantage of another.

Some people are very selective on their Teachers due to Quality. I am one of these persons. I do not allow "just anyone" to teach me. Only Masters are allowed to teach me and only when I am in a certain Mindset -- The Vulnerable Mindset -- to do so. I am very conscious of my Learning Environment and also, the quality of content going into my mind. As a result, I reject the majority of "Self-Deemed Teachers" out there. I do not placate Ego. Especially at my own expense. I have my Mind -- my greatest Asset -- to protect.

I strongly recommend you adopt this mindset for yourself, and also, use Self-Control to stop yourself from forcing others to be subjected to your unsolicited Lessons without their consent. Let people be wrong. This inspires them to learn and study on their own time.

We are in a world with too many Teachers and almost no Students. As a result almost everyone is forcing lessons via assault on almost everyone else, and so many people are no longer open to learn.

The Abuser's Door is the first word spoken by an Abuser that contradicts the Logic of a Target. That Contradiction used on someone with Weak Self-Confidence / Esteem / Security immediately ignites Self-Doubt... and they're in.

It is in the Doubting of The Self -- That pause to question "Am I qualified to form a Logical Conclusion and/or Form my own Perspective? -- that an Abuser ever needs to take the reins, steer the conversation, and usurp The Self and Logical Sequence of another.

In a Narcissist-Abuse Victim, this is a Logical Death Sentence of The Self. The Narcissist-Abuse Victim will immediately recognize the "Independent Plugin" to stabilize The Undefined Self and thus, give meaning and Definition to one's own Existence.

The Narcissist relishes on the flood of "Nourishment" as they begin to feed on the Self of another. And in a matter of moments, the Adrenaline Rush often mistaken as "Love" is locked in as the two Parasites begin to feed off of each other.

In 3 months, they will be codependent. In 6 months, they will be lashing out at each other.

The Loss of Free Will and Consent - Power of Choice and Right to Reject

What this really is, is resource exchange of Freedom for Resources and Nourishment. Remember, Love is Nourish to Grow. But Narcissism is Nourish to Consume. Freedom is the Pursuit of Growth.

In Abuse, your Growth is what you have traded for Nourishment. Can you see the Catch-22 in this? Furthermore, both Empath-Narcissist (The Damsel) and Narcissist (Superhero) are Dependents. Each needing each other, resulting in a loss of Freedom for both.

Both come into the relationship starved for Resources, making them Binge and Purge, consume and gorge as much as you can. We see the Famine to Feast until both are in Famine again and now, neither has the Freedom or Resources to leave. One Narcissist threatens "You can't leave. I need you." The other Narcissist threatens, "You can't leave. You need me."

They both are the Logical Fallacy and are without Rational in their own, living Catch-22.

The Broken Idol Model and The Mirror Conundrum "Remember who you are."

When the Abuser first comes together with the Victim, they are each other's Super Hero. Both are without Identity, which is The Origin of the Self. Both are looking for the Independent and Origin of their own Story Sequence.

One (The Empath Damsel) throws their Story at the other like a Goth Girl wanting the Vampire Love Story. The Vampire (Superhero) takes the Goth Girl and drinks, needing to be the Hero in her Story.

Neither one remembers who they are. The Goth Girl's Identity is so consumed by the role of "Vampire Food" that they don't know who they are without a Vampire to feed -- It is really disturbing how well this metaphor fits the Empath : Narcissist Story. The Vampire's Identity is so consumed with the Consumption Series that, if they're not feeding, who else would they be?

Both have been separated from the Origin of the Self for too long.

The lost Quality and Standard

Everything then is traded for Survival. The First to go is the loss of Quality of Life and Standards of living. For Survival, the Standard is lowered in an attempt to "afford" better and "stretch" the depleted Resources. This is when we see Nutrients depleted and Malnourishment begins.

The Mental Diabetes has begun. This is what triggers Resource Partitioning.

The Loss of Self and the Civil War : Love (Nourishment and Growth) vs. Self-Preservation

As Resource Partitioning sets in, the Self locates pieces of the Self it can "break off" and consume for Nourishment. Self-Sacrifice is then made to "feed" the Vampire. One "fattens up" while the other diminishes. The Diminishing Goth Girl feeds more and more of herself to the Vampire who gorges, insatiable. One starves while the other consumes.

This is so much worse when it is the Parent-Vampire feeding on the Child-Feeder.

Survival and Belonging vs. The Self

The Feeder is now forced to choose between Survival and The Self. Resources are scarce. Starvation is not coming from a lack of Money, Food, or Shelter, but from Learning of The Self, while the Self is being fractured and severed.

What is really being consumed is the Individual's Story.

The Supplanted Self : The loss of Origin and Heritage : The Parent vs. The Origin : The Abuser vs The Origin - Compromised Independence for Dependent : The Loss of Story

What began as the Origin, became The Self, became the Present. The Ethics are absorbed -- traded out for the Abuser's Ethics -- Once this happens, Disintegration and Consumption is accelerated. The logical Sequence becomes the Logical Comprehension only of The Vampire.

The Name is changed. The Goth Girl is now only "The Vampire's [Noun]."

The Loss of Logic and Order : The Loss of "Control" and Sequence - Comprehension For Chaos

Without the Vampire, the Goth Girl cannot think for herself, choose for herself, decide for herself -- How much this sounds like the average house wife in America -- This is the Death of Autonomy. All choices are surrendered all for The Vampire.

Without the Vampire, there is no Self that remains for The Goth Girl.

The Mis-calibrated Mind (Scarcity vs. Abundance and Lost Perspective) : Scarcity --> Loss of Nourishment and Growth

The Mind of The Goth Girl is recalibrated to the Mind, Ethics, Whim of The Vampire. Without the Vampire, the Goth Girl has no Compass, Orientation, or Comprehension. To sever this connection -- for the Goth Girl -- would be a death sentence for she is Consumed.

It's vivid isn't it. Severing the Parasites from each other is the only way. It is the restoration of the Self as they are returned to The Origin. Learning must be started over, reversing the damage down by restoring the order lost. The Self. Learning how to Nourish The Self.

Practice making choices alone. Rebuilding your own Logical Sequence without the Integration of another. Restoring your own Ethics (The 12 Ethics are Mother Nature's Core Ethics. They are already in you). Building an Independent System that Nourishes you without the Support of another.

There is no bigger lie than you needing "Support" from others. You already have you. You already have everything you need. This is not about you believing or thinking you do or don't need others.

This is about the Journey and Discovery of *how* you can Nourish yourself without others. So when you are ready to connect with others, you have someone Healthy to introduce them to.

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CHAPTER - The Stages and Regression of Abuse

Once abused, the Growth Sequence is changed to Regression.

Little did more than illustrate the predictability of Mental Illness more than the Stages of Regression.

Abuse Victims are contaminated with Regression -- The Undoing of Progression, which is Growth. When one Heals, one is really reversing the Regression Sequence back to Progression via Learning.

Where the Progression is disrupted will determine the Type of Mental Illness a person will have. There are Three Types.

The 1st Ethical Stage Disruption

The 2nd Ethical Stage Disruption

The 3rd Ethical Stage Disruption

The Unethical Criminal Mind is exempt from this Model as they don't even "board that boat" to be disrupted from it.

The 1st Ethical Stage Disruption

This is the Individual who was Malnourished in the Indulgence Stage of the 1st Ethical Perspective. They end up in the "Escape Room," always with Addictions, No Defined Self, and never having Proof of Concept. Not only do they lack Nourishment, they always have a lack of Resources, and they never feel they can get their own.

They almost always live with their parents and are not emotionally available. They struggled with Courage, having never passed the first Ethical Trial.

Suicide is common. They often need help. The struggle with Self-Loathing. They come off as very gentle and in need of a caregiver. They may be the Superhero or the Damsel.

Their Addictions consume them because they don't know how to return to the Genie Bottle stage of Self- Nourishment. They are trapped in multiple Catch-22's and they require Logic and Learning to get out.

Indulgence was denied them as a child so they forever indulge in an attempt to restore what was lost to them.

Common Mental Illnesses

- Addiction
- Eating Disorders
- Self-Mutilation
- A Loss of Self
- Disconnected from Life
- Self-Loathing
- Depression
- Suicidal Ideation
- People Pleasing (Narcissism Stage #1)

The 2nd Ethical Stage Disruption

At this stage of Disruption, the Individual has learned Courage, and stepped into "Openness," but they don't know how to turn it off. They were forced to Indulge more than they wanted in the 1st Ethical Stage, making them "Avoidant" of Self-Nourishment, which they associate with a lack of Freedom that threatens their Power of Choice and Right to Reject.

They cannot self-Regulate. They have no boundaries. They are people pleasers. They struggle with Addictions and lack their Origin, which was disrupted in Stage #2, their ability to Choose when to move from Indulgence to Avoidance.

They are convinced that being Needed is Love. Most likely, they were held back due to a Narcissistic Parent "who needed them."

Common Mental Illnesses

- Borderline Personality Disorder (Narcissism Stage #2)
- Multiple Personality Disorder (Multiple Consciousness Disorder)
- Self-Mutilation
- Codependency
- Stockholm Syndrome
- Addiction
- Eating Disorders

Self-Mutilation
A Loss of Self
Self-Loathing
Depression
Suicidal Ideation
People Pleasing (Narcissism Stage #1)

The 3rd Ethical Stage Disruption

This is the Individual who learned Self-Authority, but only at the expense of others. They learned that -- in order to Have The Self -- they had to fight for the Self. They were so Traumatized by Stage #1 that they reject Stage #1. In most cases, these people are retired from the 2nd Ethical Stage. But when they arrived at Stage #3, they did so, not through Progression of Nourished Growth (Love).

They arrived by Regression of Malnourished Consumption, which cost them their Resources (Not Love or Fear). They view people and everything as a Resource because they are starved for Nourishment.

Common Mental Illnesses

Domestic Violence
Narcissism (Narcissism Stage #3)
Crime
Pedophilia
Homicide
Kidnapping
Rape
Borderline Personality Disorder (Narcissism Stage #2)
Multiple Personality Disorder (Multiple Consciousness Disorder)
Self-Mutilation
Codependency
Addiction
Eating Disorders
Self-Mutilation
A Loss of Self
Self-Loathing
Depression
Suicidal Ideation

The 4th Ethical Stage of Regression

These are the people who made it through the 3rd Stage, but without Trust. They lack Stage #1 (Courage) and Stage #2 (Vulnerability and Self-Authority). They do not Self-Regulate and so, they cling to Law and -- to keep themselves self -- they project that law onto everyone else, violently, if need be.

In some cases, they will kill you to keep you safe from yourself.

Common Mental Illnesses

Domestic Violence (Sporadic and Less Likely)
Narcissism (Narcissism Stage #3)
Crime
Pedophilia
Homicide
Kidnapping
Rape
Borderline Personality Disorder (Narcissism Stage #2)
Multiple Personality Disorder (Multiple Consciousness Disorder)
Self-Mutilation
Codependency
Addiction
Eating Disorders
Self-Mutilation
A Loss of Self
Self-Loathing
Depression
Suicidal Ideation

The 5th Ethical Stage of Regression

These are the people who have learned to let "bygones be bygones." They have mastered Control and they hoard it. In most cases, they are isolated. They act without Ethics and without any regard for others, which they feel is justified because Self-Preservation is their primary concern, at the expense of others, if necessary. They are surviving. And all is fair in survival.

Give these people alcohol, and they "switch" to the 3rd Ethic where violence occurs, coining the phrase "Angry Drunk."

Common Mental Illnesses

Domestic Violence (Sporadic and Less Likely)
Narcissism (Narcissism Stage #3)
Crime
Pedophilia
Homicide
Kidnapping
Rape
Borderline Personality Disorder (Narcissism Stage #2)
Multiple Personality Disorder (Multiple Consciousness Disorder)

Self-Mutilation
Codependency
Addiction
Eating Disorders
Self-Mutilation
A Loss of Self
Self-Loathing
Depression
Suicidal Ideation
White Crime

The 6th Ethical Stage of Regression

This is where the Regression breaks down. In short, this stage doesn't really exist as it is just a variation of the 2nd Ethical Stage with the additional Ethics of the 6th Ethic (Animal Rights, Pacifism, and Peace and Love for all).

But in reality, they are the 2nd Ethic, combatting Self-Value and Self-Authority. They may place the Animal above all others. They will place the Self below most others. They lack the Self-Value to Assert themselves and the 4th Ethic to use Boundaries. They do not Self-Regulate (3rd Ethic), and they are forever stuck in an "Open to Receive" state. They live in No Man's Land, forever at war with almost everyone.

This is where Schizophrenia can begin, which is actually (Hypothesis) Metaphysical Transformation.

PTSD and ADHD are both exempt from this progression as they are a disruption in Logical Comprehension (PTSD), which can occur for any reason and at anytime, regardless of Ethical Progression.

ADHD (Hypothesis) is the Suppression of One's Ethical Perspective (Frequency) forced to "shrink" or conform to another, Slower Perspective (Frequency).

To fix this, they all must go back to Self-Nourishment and the 1st Ethic and the Restoration of The Power of Choice.

They must restore the Origin of The Self. Logic allows them to restore their Comprehension so they can Learn to Nourish the Self and put into practice their Power of Choice Strategically so they can empower the Self through Choice. And thus, Regulate.

It is a Mastered Balancing act between Self-Nourishment, Learning, Applying the Lesson in Practical Living to create own's own Growth, for even, balanced distribution of one's Energy.

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chAPTER 26 - The Subconscious Mind vs. The Conscious Awareness

The Subconscious Mind has one job. To Self-Preserve.

The Subconscious Mind runs on pure Logic.

It has three Weapons :

Amnesia
Distraction
Logic

And it knows how to use these like a Master. The Subconscious Mind is a computer that calculates as fast as the Synapses Fire. You have to learn faster than your Subconscious Mind defends. And the more you learn, the more your Subconscious Mind "armors up." This is not about "getting smarter" than your Subconscious Mind.

It is about getting faster than your Subconscious Mind. This is Mathematics. It is Logical Deduction and Chain Reaction Science. It is all about you "getting ahead" in the game.

Amnesia

The secret to reversing the Regression of Consumption is in understanding the Spiral you're in.

The Subconscious Mind Preserves. And it's #1, Go-To Self-Preservation Tactic? Amnesia.

The Trigger occurs and Fear signals the lesson to be learned. When Learning is not pursued, Amnesia results. It is the Mind's equivalent of "Sweeping it under the rug."

Only, that Amnesia is your Origin and Logical Sequence that is "erased."

Life continues as normal until it happens again. Fear is triggered. Learning is not pursued. Amnesia results. You can do this so many times before the Conscious Awareness forgets the Self so much that they become Confused. After a while, they don't know who they are. This triggers Fear, Amnesia results, and there is more Confusion. Less Knowing of the Self.

More Fear, More Amnesia, More Confusion, Less Known Self, More Fear, More Amnesia... and thus you have the Regression of Consumption Spiral.

In order to stop this, you must soothe the Subconscious Mind. Once soothed, the Subconscious Mind relaxes enough to allow Memory to take place.

With the Memory restored, the Conscious Awareness learns of The Self. They gain Comprehension, joy and elation result, and the Subconscious Mind relaxes. More Memory is restored, more Learning of the Self, more Comprehension, more Joy and Elation, and the Subconscious Mind relaxes. Memory, Learning, Comprehension. Joy and Elation relax the Mind and again, Memory, Learning, Comprehension.

When you are Healing, this is the Spiral you are looking to reverse. The key is in the soothing and comfort of the Subconscious Mind.

How you address the Subconscious Mind, how you talk to it, and how you manage it will determine how it will respond to you. The Subconscious Mind runs on Self-Preservation and Logic. It cannot be lied to by you. It cannot be manipulated by you. It knows what you are doing long before you do it.

Your Subconscious Mind is already one step ahead of you.

Distraction

The Second Tool in the Subconscious Mind's arsenal is Distraction. This is the Mind going "Squirrel," and is easily, the most common tactic we witness from Narcissists. The closer you get to their Truth, the more they distract with Red Herrings.

Fish fly everywhere. With the Self, we are no exception.

I remember this one subject that was so devastating to me to consider, that -- for two years -- my Mind denied all access. It's the "thing" you think about that you suddenly *forget* and then you're carried away by something more interesting.

At night, when we're drifting between sleep and awake, The Identity talks to us, trying to reach us, and in those quiet moments just before sleep, it comes back to us and we remember.

We may think, "Oh, yeah! I have to remember!" And then we're asleep. By morning, we have forgotten.

It took me years to figure out this tactic of The Subconscious Mind. I began leaving myself notes. The Subconscious Mind would make me forget. I would get distracted. I kept at it. This was the hardest thing to learn, master, and get ahead of.

What helped was the constant reassurance to my Subconscious Mind that "I can handle this. It's okay. I am going to be okay. I've got this, sweetheart. You can let me have this. I'm going to be alright."

After months of saying this in my Internal dialogue combined with months of practice to show myself that I am going to be okay and having that Proof of Concept...

After months of remembering, leaving myself notes, and writing it down, finally, I was able to get ahead of the Self-Preservation System and Remember long enough to remember so that I could say my greatest fear and address it.

Which leads to...

Logic

The Subconscious Mind's Secret Weapon. Simply put, the Mind will use Catch-22 to steer you and loop you back around to a Red Herring to keep you from discovering your Greatest Truth. Your Greatest Fear. What Resource you are Losing. What Origin you may lose. What Logical Sequence you have built that is not sustainable.

It is the ultimate Face Off between you and your Self. Logical Mastery is the only way you can unravel this.

Get yourself a sheet of paper. Write. Write your way through the Sequence with If/Then clauses. Write. And when you find yourself at Two Dependents, you have found your First Lie.

The Truth is the Independent that you are afraid of looking at that will negate your Resource, your Story, and/or your -- *My Logical Code just made me forget what I was going to say. It's doing this now to me.*

Confusion or difficulty to understand? Your Subconscious Mind is trying to Self-Preserve. Your Resource is compromised. Your Logical Sequence -- Origin. Your Perceived Origin. That is what remembering your Truth will compromise. That is what I was trying to say.

So, to preserve your Lies to protect your Invented Origin, Resources, or Invented Story, the Subconscious Mind will use Red Herrings, Amnesia, and Logical Loops to keep you away from this discovery.

It will confuse you, cause you to black out, and make you lose your train of thought. This is what you are up against.

And the more you understand this, the more you can work with your Subconscious Mind to straighten out your Comprehension and restore your Origin and your Story so that you can have your Resources.

Soothe your Subconscious Mind. It requires the Mothering, gentle, forgiving and patient side of you. This is where you must become your own Mother. Nourish yourself. Shower yourself with Nutritional Knowledge to nurture the Self-Preservation.

For it is your Self-Preservation who is first to feel the scarcity of lost Abundance.

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CHAPTER 27 - Empathy vs. True Empathy vs. Sympathy

What everyone thinks is "empathy" is not.

In 1980, Empathy was very clearly defined. It meant "Putting yourself in other peoples shoes" and "Think before you talk."

It accompanied the phrase, "If you can't say anything nice, then don't say anything at all."

In the 1980's through the 1990's, this was Empathy.

People who used Empathy were people who were Logical, not emotional, and who expressed Compassion.

Do you remember?

When you look at the word "Empathy," it means: "The ability to understand and share in the feelings of others." and the Etymology is "In Feeling."

Since 2010, the word has come to mean "The emotional diarrhea of making another's Emotions and pain all about the Self instead of the Sufferer."

Psychologically, I would define the word as a PTSD response where the Emotions of others triggers the emotional suffering of the Self, leading to a flashback to a time when they suffered.

This leads to Emotionally Policing others in an attempt to Self-Preserve in order to prevent a PTSD episode practiced in people who are too emotionally dysregulated to be socializing to begin with. Empaths are people who hold other people responsible for their own Emotions, which is classic Narcissism.

Instead of practicing the 4th Ethic -- Discernment -- The Empath places themselves in situations they should not be in.

At the 9th Ethic, Compassion and Foresight is discovered, and suddenly True Empathy is understood. It is "thinking before you talk. It is taking a moment to -- without emotion -- think about how others would feel by your words.

This is True Empathy.

"Empath" is a Narcissistic Mask that dismisses the PTSD and lack of Emotional Regulation (3rd Ethic) of the Narcissist due to a lack of Self-Control (4th Ethic) and Accountability (5th Ethic).

Sympathy

So then what is Sympathy?

Sympathy is hindsight. Compassionate Hindsight.

Empathy is foresight. Compassionate Foresight.

What "Empaths" call "Empathy" is actually "Sympathy."

So why does the "Empath" Narcissist feel so much?

Because they are stuck in the Vulnerability Stage of Learning. Vulnerability is "Open to Receive" or "Exposed." To close, one needs to be in the 1st Ethical Perspective Stage, Self-Nourishment. This is the stage where "Emotionally Unavailable" people are because they have not learned how to "Open to Receive."

Prolonged exposure in "Open to Receive" results in an individual taking in data long past the point of Discomfort. After a while, prolonged exposure becomes Pain. Continued exposure becomes Numbness where even the smallest piece of data feels like the puncture of a thousands needles.

Objectiveness and Subjectiveness is really what the Empath misunderstands,

Objective means "without bias" and "with indifference."

Subjective means "with bias."

When someone is Subjective, they are projecting themselves into the Story of others -- a Symptom of Identity Displacement due to Narcissist-Abuse-Training that conditions the Empath-Narcissist (Goth Girl) to prematurely give up her Story to others and all without any prompting. This makes the Goth Girl well-trained for the next Vampire to come along.

Objectiveness is the ability to hear someone's story without being swept away by the situation. Compassion can still be felt and expressed and understood by others, but Objectiveness keeps the listener removed from the experience.

An Empath is often Subjective and unregulated while also enduring an Emotional Trigger, carrying them into a PTSD Episode all while they proceed to ignore their 4th Ethic -- Discernment, Self-Control, and Personal Boundary.

What then occurs is the Policing of others, which results in the "Empath" assuming the role of Abuser while they police others to eggshell walk around them instead of taking action to practice Emotional Discipline and Discernment.

And so the cycle continues and the Pandemic Spreads.

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CHAPTER 28 - How To Fix The Abuse : The Undoing And The Healing

When a person chooses to take responsibility for their Healing, their Story, and their Future, they are taking Accountability for their Choices. They are reclaiming their Self-Authority.

This begins with one very clear understanding.

To not understand this, is to keep the Mindset that enslaves a person.

Power cannot be stolen, borrowed, taken, or gifted. Physics does not work that way. The Abuser *never* took your Power. They painted a Delusion that they did.

All Victims are Dorothy wearing those Ruby Shoes with the power to go home at any time. The Power was in you the whole time.

That is the Moral of the Story of *The Wizard of Oz*.

Dorothy had to discover her own Power. But I know too much about Education to follow the same teaching tactic. Knowledge can be Discovered, which can take decades, or it can be passed down in a book, which can take as little as 72 hours reading time.

The lesson is learned either way.

In reading a book, you Discover. Reverse Engineering every lesson from Intuition is not required... or else we would all start every child off with Cave Man tools and grunting "Figure it out" as we drop sticks in front of every child and then leaving them to "rediscover fire."

Do we do that? No. We pass knowledge down from Generation to Generation. Anyone who tells you that you have to "Discover this for yourself to learn the lesson" may as well be dropping those sticks in front of you and grunting, "Figure it out."

The sooner you realize that the only thing any Abuser ever "took" from you was Logical Comprehension, Time, and your Consent, the sooner you heal. The sooner you realize that the real trauma was the violation of your Power of Choice and your Right to Reject while they used Logic to disable you so you would be at their disadvantage to make you someone they could abuse easier, the sooner you can figure this out and heal.

No one *took* your Power. They violated your Consent and obstructed your Logic. They usurped your Origin, and you have the Power, the knowledge, and the Authority to restore all of it. So do it.

Now, it takes time. You are -- most likely -- at the Apprentice Skill, but you tackling your Healing more like an Apprentice mastering a Skill -- the Skill of Learning and Growth -- and the easier this all will be for you, because you've broken the Delusion and you're addressing the real problem.

The Trauma cost you time. Now Learn.

Your Standards and Quality

Your Standards is the Second think you need to restore. Because the moment they violated your Authority, they lowered your Standards to make allowance for the new Resource (The Narcissist).

Your Voice

Your Voice is the first Victim of the Self. It is the Core and the beating Heart -- The Essence -- of your Identity. Your Identity is your Authentic Voice that is only ever realized through Voice. When you are abused, your Logical Comprehension is broken and your Voice is replaced by the Narcissist's Voice.

Your Words enforce theirs. As they abuse you, you defend them, assuming the role of Nonconsensual Secret Keeper. You cover for them. Make excuses for them. Give reason to their actions. Anything to justify their behavior to secure your Resource to ensure your Survival.

Your Boundary is abandoned giving up your Right to Reject and your Power of Choice as you choose to turn all Choice over to them. What you have really given them is Value and Influence in exchange for your Freedom and Resources.

By speaking again, you are really opening your Voice and giving Name to your Identity. You are refusing to lie for them anymore. You are putting down the role of "Secret Keeper." To Name what they did is to restore your Logical Comprehension and prove to yourself that you can form your own Conclusions all on your own.

You are learning that you can form your own Perspective without the "help" of another. You are practicing your own Logic and are building your own Comprehension again. This restores your Understanding. your True Power is your Words, Your Logic, and your Voice.

Choice

Choice is the restoration of your writing your own Life Story. It is you back in the "Captain's seat" of your own life as you make the decisions you need to make to fill your life with the Adventures you want to go.

Healing From Trauma is Reconciling with Choice.

And that Choice is all about you choosing how you are going to overcome obstacles and challenges in your life. Remember, you are an Apprentice at Choices and Decision Making. You are an Apprentice at talking and using your Voice.

This includes Problem Solving.

The lack of problem solving is so severe in the US that Emotions are the go-to response in the face of danger. If daily problems were a Zombie Apocalypse, the majority of the population would police the Zombies, telling them that they are empathes and they (The Zombies) need to change their words. They would get angry and argue with the Zombies, scream and lash out... Many of us would groan and mimic the zombies in a "fawn" state to blend in, and many more of us would collapse in a heap and "shut down." Meltdowns and hysterics would be seen in the streets... and the rest of us would just pull out our phones, record, and upload it all to YouTube.

Almost none of us would run or fight to run.

When a person decides to finally address their Mental Health, what they are really doing is choosing to start Learning and Problem Solving in place of Emoting. This is not possible without Logic and significant Training in Emotional and Mental Discipline.

Controlling the Conversation / Overcoming Social Anxiety with Planning

One common symptom of Mental Illness that we see as a person moves from Trauma to Healthy is the lack of controlling Conversation.

Of all the parts of my research, this was extraordinary to me. Narcissists control Conversation, which trains "Empath" Narcissists to control Conversation, which trains Healthy people to start micro-managing their own Conversations, which makes them susceptible to Narcissism.

The Healthy Individual does not control Conversation. They simply Listen, observe, reflect, and then -- if it seems appropriate to do so -- they choose not to participate.

The Healthy Individual assesses their comfort level before they attend an event. They leave if they find themselves in a situation that makes them uncomfortable. They use the Circle of Trust with ease to maintain a healthy distance.

No one violates their boundaries because they don't allow those people access to begin with. They reflect on if they need "alone time" or if they are in a social mood. They use the 3rd Ethic (Self-Regulation) to determine what they need (1st Ethic) vs. what they want (2nd Ethic). They Prioritize their Needs with their Desires assessing which one of these they need to give most attention to, which is governed by -- you guessed it -- The 12 Ethics.

As the Healing Individual makes their way back to the Self and their Origin, they begin to sort out the difference between their Ethics and their Abuser's Ethics... or lack thereof. The 12 Ethics is a beautiful, defined, line that you can draw in the sand to tell You from your Abuser.

And as you heal it is your Self-Nourishment that you find through your Skills, Learning, and Resources that you accrue to build your Story and your Journey, and so it is that you begin -- at long last -- to Grow.

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CHAPTER 29 - ABUSE PROOF YOU

The 12 Ethics and The Red Flag

One of the most effective tools we have in Abuse Proofing ourselves is the "Red Flag" metric. But too many people have no idea what defines a Red Flag. A Red Flag is a Violation of your Ethics.

I use rule of #3. The First Violation of The 12 Ethics makes me alert and I become Vigilant.

The Second Violation prepares me to leave.

The Third Violation, and I'm out the door.

If they are so Unethical as to violate three of The 12 Ethics -- that is 25% of the Ethics -- then they are not Ethical enough to get an explanation. I simply leave.

A great example of this is a Tit-For-Tat Strategy, which is a Violation of the 6th Ethic. Followed by an attack on my language or Logic (11th Ethic), their inability to learn or listen? I have nothing to say to them.

Another example... They tell me -- a stranger -- about their hardships (3rd Ethic), they gossip and criticize others (12th Ethic), they police my language (5th Ethic).

These behaviors, for me, I simply do not allow. Knowing your own Self-Laws and Personal Boundaries is vital in protecting yourself.

Telling your boundaries to others is like you sharing your secrets with the enemy, so that the Narcissist now knows all they ways to fool you. Don't tell people your Boundaries. Use your Boundaries to measure their Ethics in safety.

The Circle of Trust

Use the Circle of Trust to determine the Trust and Intimacy levels of an individual. Until you have a solid Origin and Story, and until you are Disciplined in keeping yourself in your own Story then you should not be Socializing very much.

Until you are Disciplined in Self-Regulation, you should not be Socializing.

Until you are Disciplined in Self-Nourishment and not needing others to support you, you should not be socializing.

Until you are Disciplined in holding yourself Accountable for your own Emotions without policing others, you should not be Socializing.

Socializing is for people who are Self-Defined, Stable, Regulated, and who are ready to begin asserting themselves without violating the Rights of others. Socializing is for people who do not need others to feel "complete" or whole. Socializing is not for people who are lonely.

When you are comfortable being alone and when you know who you are so well that you know who your people are, only then are you ready to socialize.

Any less than this, and you run the risk of Codependency and Narcissism.

When you do begin to "dip your toes" back into socializing, plan to only spend an hour a two at most before you need to remove yourself. Plan on 30 minutes. Utilize Exposure Therapy

Practices to ease yourself back into Socializing. Too much too soon, and you risk regression.

Social Regression is the leading cause of derailing one's Healing Journey.

The Self-Sailing System

The Self-Sailing System is, ultimately, what you are aiming for. The Self-Sailing System is the balance between your Intuition telling you when to make a decision and in what direction to move.

It is the Identity telling you what you want and what you dream and desire. And it is the Conscious Awareness allowing Identity and Intuition to take the lead while Conscious Awareness is mindful about Self-Preservation and The 12 Ethics.

The balance of these parts of the Self is Self-Regulation.

The Good Samaritan Fallacy : "Helping" vs. "Empowering"

There is an unspoken Masked Delusion that bypasses the best of all radar. It is the "Good Samaritan" Fallacy. Nothing is more dangerous than this.

People who know nothing about Ethics default to The Golden Rule and The Good Samaritan Practice thinking "this is what makes me a good person!"

Except, The Good Samaritan Practice and The Golden Rule has been weaponized by Narcissists. it looks good on paper. Until you see the Psychology that is taking place underneath.

This is easily rectified with one simple -- neglected -- Clause. "The Golden Rule only applies to the Ethical." As soon as someone violates The Golden Rule, they no longer are worthy enough to receive it. This does not mean you retaliate.

It does mean that you need to use the 4th Ethic and remove yourself.

The Good Samaritan is great if, and only if, the deed does not cost you Resources that will compromise your own Self-Violation of The 12 Ethics. This is where people really get this wrong.

The Good Samaritan is responsible for more Martyrs because people are prematurely "giving" before they have the resources to do so. This is a result of poor Resource Management (3rd Ethic, 7th, 8th, and 9th Ethic). Until you have learned Power Economics and Self-Regulation, you should not be spending your Resources on others.

The Good Samaritan Fallacy is what attracts Narcissists to an "Empath." It's like a Goth Girl passing out Blood at a blood bank and then later them asking "Why do I keep attracting

Narcissists?" You're passing out Blood at a blood bank to a bunch of Vampires (It's in the language they use). That's why.

Until you are the Master of Self-Nourishment, Regulation, Resource Generation, and Power Economics, you should not be "helping" anyone.

"Helping" actually means "Feed Me" and is the words of Vampires (Narcissists). Empowerment is when someone says, "I won't help you, but I'll tell you how to do it." Tell. Don't show. Showing is Doing. Telling is instructing.

"I love helping me" has come to mean "I love feeding people" in many Circles and is most common among Narcissists and Empaths.

DIY vs. Done For You is a great way of thinking about this. DIY is Empowering. Done-For-You is Enabling.

Too many people are looking for Problem Solving "Done-For-You" Services for free.

This is the Narcissist trap.

The Healthy Individual wants the Instructions for the DIY Problem Solving and would be willing to pay for the training and/or read a book to get it.

The Narcissist "Superhero" in disguise (Yes, they do exist) is someone who is selling or trading Problem Solving "Done-For-You" Services. They will hoard their "Secrets" like a carefully guarded hoarder to ensure that you always need them and they will solve just enough to "sate" the victim's appetite while also leaving them begging and thirsty for more.

DIY'ers will get annoyed quickly at this and will leave.

Healthy people won't waste their time listening to the proposal.

Empaths and Narcissists will devour these offers without question, all the while thinking "they got a great deal."

Be very suspicious of any "help" or Done-For-You Problem Solving "service" that fails to teach you how they are doing what you need them to do.

Thank you for reading my words! Join my Email List! <https://forms.gle/Anu847e17mTWyixb9> and... Step into my world with me. I will show you what I see.

<https://linktr.ee/annaimagination> and... Abuse Proof You with The Narcissist Cure at <https://www.annashealinggarden.org/courses/the-narcissist-cure/>

CHAPTER 30 - "Why me?"

Easily the most asked question in Therapy. Because you are somebody. That is why. Because when the person who abused you looked at you, they saw themselves in you and that triggered a threat in them. They were abused from the Advantage Point, which taught them to Abuse "Down" from the Advantage Point.

But, in order to do that, they have to claim "The Advantage" or else they can't "control" (Abuse) or Influence. Really... the word is Influence.

And when you Forgive is the Non-Judgement. It is the Reverse Engineering of the Trauma. While they saw their Past in you, They represent your possible Future in them. Forgiveness is the submission to Learn. Learn that any one person is abused because they are related to the Abuser in a way that the Abuser can relate to.

And that they are *one* version of your Future Self. The version of You that you *could* become if you repeat their mistake.

And the mistake they made?

When they were in your position and they were abused, they failed to humble themselves to the Lesson and Learn. Learn what *could* happen to you if you do not Forgive.

Forgiveness only means that you understand the Logical Sequence that led them to abuse others -- because we all are presently submerged in the Abuse at the time that we are being abused.

Abuse is really a type of "time travel" where you are both your own Present and their Past while they are your Future. Look at your abuse and ask yourself, what did they fail to learn that I need to learn to end the Cycle?

And the answer is in the reversal of The 12 Ethics.

Forgive (12th). Do not pass judgement of others, but rather learn from their mistakes and understand *how* they came to be the way they are. This is Logic (11th). Embrace the Anger and the Emotions (10th). Allow the Emotions to flow.

Recognize the Human Connection that you did not consent to (9th) and their violation in their words (8th) that led you to the moment of abuse. Look to the 7th Ethic for Silent Observation and choose this time to Learn and ask yourself "How can I learn from this so that it does not happen again?"

And at the 6th Ethic, acknowledge the violation of the Equal Footing then hold yourself Accountable (5th) for it was your neglecting your Personal Boundaries (4th Ethic) and/or their violation of your Personal Boundaries that led to the abuse. Ask yourself how you can amend your Personal Law and Boundaries so that the abuse does not happen again.

And then Self-Regulate (3rd Ethic) and take the time to reflect on what you want (2nd Ethic) while you think about your own Power of Choice and your Right to Reject as you decide how you will choose differently in the future. And then reflect on what you need (1st Ethic) and Self-Nourish until you are Grounded and Energized again to have the Courage (1st Ethic) to get back out there (2nd Ethic) and Seize the Day to show yourself that you do have the Power to Learn and to always do better.

In Conclusion

This book was one that was very difficult to write. When I started it, it was September 2023. Every time I wrote, I had an epiphany and suddenly, everything I had written was a "summation" of a former perspective that had integrated into clearer understanding.

I was tempted to start the book over every week. That is when I realized that I was writing the book backwards.

That is when I realized I was living inside a real-life Integration Sequence. I could not change a word. This book is the final Perspectives that Integrated my Comprehension closer and closer toward The Point of Comprehension, and Plato's Point.

I was working my way through a Sequence toward Integration. How was I supposed to write this book while I was making so many drastic stages of Comprehension?

I began dating the early part of the book. I then saw Breaking Delusion, which I took time away from The Theory of Love to write. And then I wrote The Salmon of Knowledge : The Logic of Learning.

When you break the Code of Growth and Learning, you end up unlocking Growth and Learning at such an accelerated rate... I was growing faster than I could write, speak, or communicate. And I capture all of this on my Podcast.

At the Point of Comprehension, I stabilized. Finally, I was able to settle long enough to "catch up."

I finished The Salmon of Knowledge : The Logic of Learning, which is next in the Triadic Healing Series, and I started The Healing Garden Handbook For Optimum Learning. At long last, I could finish The Theory of Love.

Today is 14 September 2024 and I am now in the 5th Round of the 12 Ethics.

The 1st Round was Self-Definition. (Courage)

The 2nd Round was Self-Defense. (Self-Authority)

The 3rd Round was Self-Refinement. (Self-Regulation)

The 4th Round was Self-Integration. (Self-Control)

The 5th Round was Self-Polishing. (Accountability)

The Stage of my Life, the first 36 Levels of Consciousness, was very much, Stage #1. I can feel it, how much I am in the middle of the 2nd Stage. I can see the Infinity of these 12 Ethics.

I have no doubt that I will be dedicating the rest of my life to their preservation and archiving.

But also, as I write the last words to The Theory of Love, I can close this chapter of my life and look on to the Future. It is finally safe for me to forget.

Looking back, I see the aggression, hostility, and anger that I had back when I first started writing this. I decided to leave it to show -- in this book -- a real life example of how The 12 Ethics change a person through the Healing, The Learning, and the Growth.

And that is the point.

People *do* change. It is not what we did in our past that defines us. It is only ever what we choose today for our future that defines us.

It is only ever the Choice to Learn that defines us.

As I write my final words punctuated at the end with "Plato's Point," I think on The Radical Global Healing Plan and The Healing Garden's Summit and Expo with Concentric Industries, I think about which direction I'm going to take all of this.

In many ways, I don't yet know. I am not a coach and to call me one is deplorable and grossly undermines my accomplishments. I do lectures. I write books. I conduct Scientific Research. I do Consultations. I love my Philanthropic Work and -- most of all -- I adore my Dedication and Preservation of Wisdom, Knowledge, Truth, and Education.

I am an Ashavana. A Knight who is honor bound to serve Mother Nature, Truth, The Ethics, Wisdom, and Knowledge.

This is as close to a word that can be used to describe me, and it is -- currently -- the only one that feels right. My work is unprecedented. There are no rules or laws for where I am -- not yet. But also, I am strictly governed by The 12 Ethics and The Ethical Law and Natural Order, which is an Ethical Code that greatly expands on the Societal Laws.

All at once, this is exciting, scary, exhilarating, terrifying, awesome, mind blowing, and absolutely, breathtakingly... beautiful.

The Theory of Love was written only to present the Science and Logic, the Math and Physics behind my work. Use it however you need and make it yours. May you find your peace and also, may the kindest of words always find you.

Plato's Point

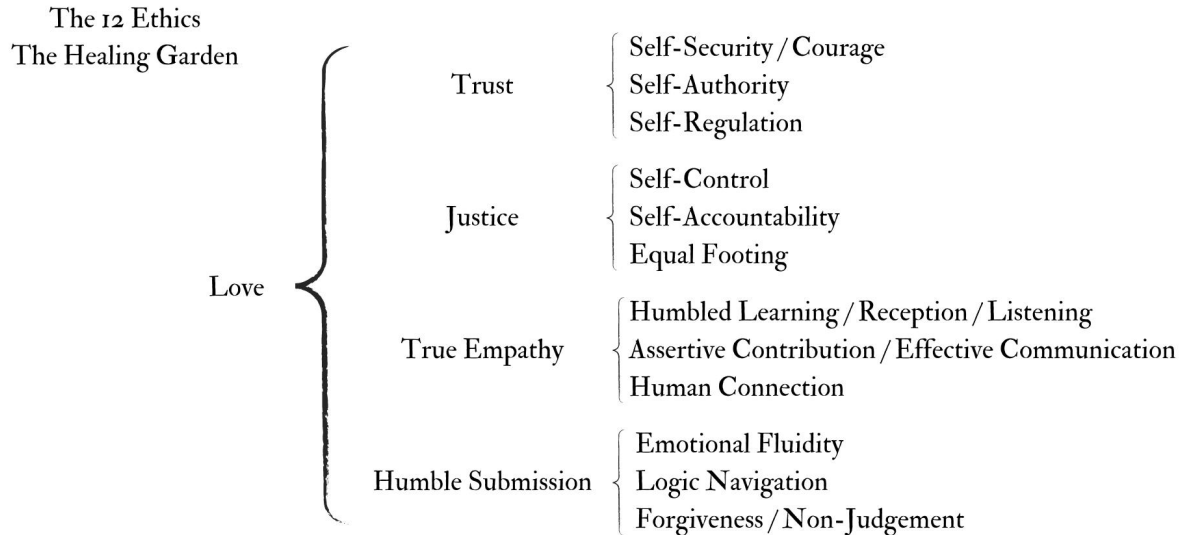
Thank you for reading my words! Come to The Garden at www.annashealinggarden.org and join The Radical Global Healing Plan where you learn how to put this to use in your life!

The 12 Ethical Perspective Stages of Human Growth and Evolution

Anna wrote this section at the 2nd Ethic of the 7th Round (The 74th Level of Consciousness, at the Point of Comprehension and just past The Point of True Potential)

The 12 Ethics

The 12 Ethics are the detailed Outline of What is Good (Ethical and Healthy and what Nourishes to Grow) and What is Bad (Unethical and Unhealthy and what leads to Consumption and Resource Partitioning)



Before you dive into the 12 Ethics, these were the Common Denominators of 2,000+ Interviews and Research that I conducted over 2 Years of all Abuse, All Wishes, All Dreams, All Happiness, All Unhappiness.

When I was done, I condensed the Data into these 12 Common Denominators.

- 100% of all Abuse that Occurs is a Violation of The 12 Ethics.
- 100% of all Happiness that people find is the Honoring of The 12 Ethics.
- 100% of all Mental Illness that Occurs is a Violation of The 12 Ethics.
- 100% of all Wishes that people made were the wanting of The 12 Ethics.

These 12 Data Points are also :

- The 12 Common Denominators of every single book in The Great Books.
- The 12 Common Denominators of All Movies, Books, and Stories ever told.
- The 12 Common Denominators of All Prophets, Religions, and Ethical Saints.
- The 12 Trials of Hercules.
- The Solution to Tesla's 3-6-9 Theory, which is now a Fact, with my Work, Abstract, and these 12 Ethics.
- The Ashavana Scientific Method.
- The Academic Disciplines.
- The Learning Journey of The Discovered Self and The Self-Wisdom Journey
- The Source of The Fibonacci Sequence.
- The Mathematical Pattern of our Neurological Learning System (NES)
- The Mathematical Pattern of The Truth Theorem

One of two New Mathematical Infinities I discovered

And much more besides.

The 12 Ethics

The 1st Ethic

The Ethic : Courage and Self-Nourishment

The Indulgence : To Indulge on Comfort and “Being Closed off”

Runs The Risk Of : Being too Closed off too long and without any growth.

What you are Avoiding : Adventure. Vulnerability. Risk. Much to say on this (Addiction)

The Growth Challenge → The Lesson to Be Learned : How to Self-Nourish yourself into your Own Adventure.

What Parents can do for their Children : Encourage their Independence and acknowledge and congratulate them for their Independence and Self-Sufficiency. Let them make messes. Applaud them for talking. Applaud Their Voice as much as you applaud their Walking Skills. Look for their Weaknesses and their Strengths. Applaud their Weaknesses and acknowledge how BRAVE they were for trying. Be Patient with them. If they are Struggling with communication, invite them to take their time in talking. Take 100% responsibility for your own Mental Illness and keep your Mental Illness off of your children.

Common Perspective Abuse For This Ethic : From Parents, this is the Parent who says, “Go make Friends” or “Let me do that For You” or “You’ve had enough.” It is the “Commanding” Parent vs. The “Options” Parent. “What would you like to do?” Focus on 2 or 3 Options. Respect your Child’s Freedom. Respect your Child’s Access to The Truth. Respect your Child’s Nourishment.

Let your Child INDULGE. Your Child MUST Indulge. Indulgence is our Neurological Learning System (NES) that teaches every single one of us “How much is too much” and “How little is too little.” It is our Defining the Distance and the Ends of our “Point A” and our “Point B.” 100% of all Mental Illness comes from the Parent Disrupting the Indulgence Rhythm during their Child’s 1st, 2nd, and 3rd Ethical Stages of Perspective Growth.

This falls into Two Abusive Disruption Types :

- (a) Forced to Indulge beyond the Point of Surplus/Excess and not Free to Transfer Growth Stage, leaving the Child Addicted to Pursuit of Freedom. An Inability to “Close” due to associating “Closed” with “No Freedom.” (1st Ethic Abuse leads to “stuck in 2nd Ethic without 1st Ethic)
- (b) Forced to Prematurely Transfer Growth Stages prior to the Point of Surplus, leaving the Child Underprepared/Underdeveloped for the Growth Stage, leaving the Child Addicted to both Pursuit of Freedom and Pursuit of Nourishment. An Inability to “Open to Receive” due to associating “Open to Receive” with “No Nourishment.” (2nd Ethic Abuse leads to “stuck in 1st Ethic without 1st Ethic)

Perspective Abuse : The Abuse that results from a Person being forced to either “Grow Beyond their Perspective Stage” or Forcing a Person to “Stay Underdeveloped” with threat of Disowning or Abandonment.

If this Ethic is not Learned : Mental Illness will develop. All Addictions come from here. Addiction to Pursue Control. Love is learned as “Love is being needed” and the Identity never is Unlocked or Discovered. They have no Opinion, Perspective, Dreams, or Proof of Concept. They will believe they can’t learn. Self-Loving and Self-Doubt. Avoidant behavior and no talking. Very Submissive in nature. Trust in Self will not be Learned. They will stop learning.

All 3 Year Old Children/Adults who are 1st Ethic is a Mentally Ill 1st Ethic with the Ethical Age of a 1 or 2 year Old.

The 2nd Ethic

The Ethic : Self-Authority

The Indulgence : To Indulge on People Pleasing and Earning Recognition, Approval, Acceptance

Runs The Risk Of : People Pleasing at the Expense of Self-Autonomy, Adopting Mimicry, “Fawning” and “Blending in” to the point of becoming Invisible. Loss of Self.

What you are Avoiding : Isolation, Comfort, Calming Down, “Staying Put”

The Growth Challenge → The Lesson to Be Learned : How to not Sacrifice the Self-Authority for People Pleasing. How to “Break out of Societal Norms” and think for yourself.

What Parents can do for their Children : Encourage them to think of their own Solution. Your child – in this stage – will be looking to Mimic you. This is good, but also ask them for their Thoughts and Perspective. Your Child will be seeking your Approval. Give it to them, but also praise them for being Independent. The most damaging thing a Parent can do in this stage is show Pride for a Child who is “just like them.” In this stage, it double-enforces their Indulgence and discourages their Weakness and the Growth Trial, to be Independent.

Common Perspective Abuse For This Ethic : From Parents, this is the Parent who says, “The Smiths do X and if you don’t do X then you are not a Smith.” These Children Suppress their Dreams and Identities so they can “belong” to a family of Conditional “not love.” This is why Children stay Poor or remain in their Class. Because of the 2nd Ethic Abuse of Suppression.

If this Ethic is not Learned : Mental Illness will develop. More Addictions are added and they never learn how to “Close” to Self-Nourish. Empathy develops, which is the Undisciplined ability to Regulate Emotions. Stage #2 Narcissism develops and Borderline Personality Disorder. They learn “Love is Needing Others.” People-Pleasing is uncontrolled and they always require someone else in charge of them. Women become Over-Dependent on Men. Men become Over-Dependent on Women. They will stop learning.

All 4 Year Old Children/Adults who are 2nd Ethic is a Mentally Ill 1st Ethic with the Ethical Age of a 2 Year Old.

The 3rd Ethic

The Ethic : Self-Regulation

The Indulgence : To seek Proof of Concept for independence

Runs The Risk Of : Trusting No One. Not knowing when to ask for help. Not accepting one’s own limitations. Over-Independence.

What you are Avoiding : Help. Defeat. Relying on others.

The Growth Challenge → The Lesson to Be Learned : How to determine when you should Self-Nourish in “Closed” isolation and when you should “Open to Receive” to Give your Surplus to Others. How to Listen to your System.

What Parents can do for their Children : Leave your child alone. Let them become the Leader. RESPECT THEIR “NO.” That is their Boundary. If they tell you “No,” apologize to them. Give them Leadership and let them “fall and crash.” When they fall and crash, do not mock or ridicule. Support, hug them. Give them Warmth. Ask them if they want to talk about it. But do not

condescend. Show them it is safe to make mistakes and fail. Encourage them to try again. Give them UNCONDITIONAL LOVE in this stage. They need it more than ever here. More than ever.

The “mean Phase” that every person has to go through before they learn Kindness is done here. LET the child BE Mean. The Child must reach “Self-Disgust.” But also, this is where YOU have to use your BOUNDARIES by Denying Access. “You are being Mean to me, I need to keep myself safe now and so I am leaving. I love you, but I have to keep myself safe. When you are ready to be Kind, then you can try again.”

And walk away. PARENTS! PEOPLE RHETORIC ARGUE FOR ATTENTION. RHETORIC ARGUING IS ATTENTION SEEKING. Logical Discussion is proper. Do NOT allow yourself to get “roped” into an Argument. They must Learn how to do Formal Argument without Rhetoric, or they do not get your Attention. This will teach them that “Attention does not equal Love.” Which is a very mandatory lesson to learn and it is done here at the 3rd Ethic.

Parents. This one goes straight to you. Prepare for the “Idolizing you” changing over night to your child wanting —

Common Perspective Abuse For This Ethic : From Parents, this is the Parent who says, “You need to grow up!” Also, this is the child who is “Forced to be a Man” before they are ready. This is the Perspective who is Forced to act like a 4th Ethic before they are done being a 3rd.

The 3rd is often denied Boundaries and the word, “No.”

The 3rd often sees no Unconditional Love and this is the stage where they need it the most for the 3rd Ethic has set off on their own to try and fail many times.

If this Ethic is not Learned : Mental Illness will develop. More Addictions are added. Violence and Aggression is more likely and Bullying and Criminal behavior is likely. Stage #3 of Narcissism occurs. Ethics are neglected with more neglect occurring over time. Consumption is very high with Paranoia, Obsession, and then Possession taking hold. “This hurts me more than it hurts you” and “this is for your own good” is common. An inability to Submit. High association with “Being Hurt” equated with Submission (Learning, Accountability, etc). Severe obsession with pursuing “The Upper Hand.” Trust in Others will not Develop and they will stop learning.

There are Three Types of 3rd Ethics that must be differentiated here :

Type A of the 3rd Ethic → Passive

This is the “Lone Wolf” or the Loner who trusts no one. This is a Symptom of Mental Illness of the 3rd Ethic. These people do not have a Competitive Bone in their Body. They will quit and Walk Alone before they Compete. They will not help others, but they won’t fight either. Highly Independent and they don’t trust anyone.

Type B of the 3rd Ethic → Neutral

This is the Optimized Mental Mind and they are just passing through. They are Independent, and will become mean if their Freedom or Independence is threatened – which is Healthy – and they can be kind and an Ethical Leader. But they won't stay here long.

Type C of the 3rd Ethic → Aggressive

This is the Bully and Abuser. This is the Unethical Criminal. 100% of all Violent people are here. 100% of all people who "Pursue the Upper Hand" and who have an Addiction to The Upper Hand, will do anything to obtain and secure and keep The Upper Hand.

Note To Scientists : This 3rd Ethic is The Human Psychology Equivalent of Cell Telophase. So much research is needed to be done on this. But you will see quickly that Cell Biology is identical to The 12 Ethics.

Scientists. Cell Mitosis in Animals. Cell Mitosis in Plants. The 12 Ethics. You have Three Data Points. I was able to use this Pattern then to find all of Mother Nature's Patterns. The Learning Journey of the Discovered Self matches Cell Mitosis and Cell Apoptosis. When I reversed Engineered The Business Model from Nature, I found the same Pattern, which is the same Pattern that Robert Kyosaki provides in Rich Dad, Poor Dad.

I have two Scientists I am colleagues with – One is on my Team in Lab QED who found The 12 Ethics Pattern in Biology for Pain and another who found it in Mathematics and Finance and also in Engineering. This Pattern is everywhere.

We have much Data to analyze. My Team is building the Study.

Unusual Ethical Quirks Unique to this Ethic → As knowledge of these Ethics gets out, 3rd Ethics are going to become Violent. We can count on this. Why? Because the Ethics disprove what they have been trying to Claim as Truth their entire Lives, which gives them their Influence (What they call "Power") : That "They have The Upper Hand."

These Ethics prove that they have The Lowest Hand and now everyone can See them.

(This Backlash and rage is already built into the Radical Global Healing Plan when we give the people this information. It will include "How to anticipate and Manage the rage of the 3rd Ethic as their Reality is revealed).

In Truth, the Mentally Ill 3rd Ethic, is really a 1st Ethic. If the 3rd Ethic had the 1st Ethic and the 2nd Ethic, then they wouldn't be Mentally Ill at all, and they would only be "passing through" the 3rd Ethic... and they would only be 3 Years Old.

All 5 Year Old Children/Adults who are 3rd Ethic is a Mentally Ill 1st Ethic with the Ethical Age of a 3 year Old.

The 1st Cardinal Value

The Value of Trust

At the end of the 3rd Ethic, you Unlock The Core Cardinal Value of Trust. Without the 1st, 2nd, and 3rd Ethic, the Individual has Trust Issues.

The 4th Ethic

The Ethic : Self-Control, Discernment

The Indulgence : To seek Self-Control and Safety through Law and Order

Runs The Risk Of : Policing Others. Using the Fear of Loss of Control to Control Others through Law Enforcement that becomes Fascism and Dictatorship. Over-dependence on Laws for Order.

What you are Avoiding : Self-Honesty. Whimsical Living.

The Growth Challenge → The Lesson to Be Learned : How to Use Self-Law and Self-Control to Structure your own Personal "Law Book" for you to follow so you avoid unhealthy situations entirely.

What Parents can do for their Children : You sit down and write a list for yourself on all the Rules you have for yourself. Make sure your children is watching you and when they ask, you tell them that you are setting Rules for YOU to follow so YOU don't hurt others (Write down these 12 Ethics). Let the Child watch you. Do this every week. Set the Example. Watch yourself and look for when YOU violate the 12 Ethics. APOLOGIZE to your child when you do violate the 12 Ethics and then go back to the 4th Ethic and create a new Law for yourself. Invite your child to write their own laws for themselves.

Common Perspective Abuse For This Ethic : From Parents, this is the Parent who says, "You live under my house, then you obey my rules." This is the Strict Parent or the Military "Drill Sergeant" Parent. The more the Parent feels "out of control," the more rules they tend to make, instilling "punishment" for breaking these rules.

If this Ethic is not Learned : Mental Illness will develop. They project their Ethical Growth Trial of “Personal Law” onto others and then will create Police and Laws to Govern Others. The more Mentally Ill they are, the more Laws and Enforcement they will focus on, eventually escalating to Gun Control and “Violence for your own good.” Learning is Slow and very hard for them. Most will not even try to Learn.

The 5th Ethic

The Ethic : Self-Accountability

The Indulgence : To seek exercise your newly-found Power

Runs The Risk Of : Hurting others and not caring. Power Hungry and making aggressive choices that harm others without a care in the world.

What you are Avoiding : Laws and Order. How you affect other people.

The Growth Challenge → The Lesson to Be Learned : How to Use your Power without harming others and learning to be Mindful of how your Power affects others.

What Parents can do for their Children : Encourage their Power. Empower their Independence and tell your Child to “Mind their Ripples.” Point out how their Actions affect others. That “with great Power comes great responsibility.” And the more responsible you are with your Power, the more you get Power. But only if you use it to Protect and nourish Others. Most of all from Yourself.

Common Perspective Abuse For This Ethic : From Parents, this is the Parent who says, “You have to get a job!” when the Child must be a Freelancer, Artist or an Entrepreneur. This is the Parent who forces the child to become a Doctor or Lawyer, or forces the Child to “adopt the Family Business.” This is the Dream Killer Parent. And Disownment is the Punishment.

If this Ethic is not Learned : This is where you will see a Divide between “Three types of the 5th Ethic.”

Type A : The Optimized 5th Ethic → This 5th Ethic is “just passing through.” If this Ethic is not learned, they will cherry pick learning as they focus on their Business and Work Life. 100% of all 5th Ethics are Business Owners. They can’t stand “being told what to do” and they must become their own boss. 5th Ethics who are Optimized will be mindful of others and they will grow into “The Self-Wisdom Journey,” which begins at the end of the 5th and the beginning of the 6th.

Type B : The Sub-Optimized 5th Ethic → This 5th Ethic is the Business Owner who very much behaves like a 4th Ethic. They will toggle between 4th and 5th. When Drinking, they will drop down to the 3rd Ethic. This is where “Angry Drunk” comes from.

Type C : The Unhealthy 5th Ethic → This 5th Ethic is really a 3rd Ethic “in disguise.” They are abusive, Violent, and have learned that if they are Powerful, then they can “obtain the Upper Hand.” This is where we see a lot of Abusive and Unethical Politicians, Doctors, Business Owners, and Corporations. Donald Trump is here. This Ethical Perspective has learned that Knowledge can be used for Evil. Elon Musk, John D. Rockefeller, Mussolini, Putin are all here. They will only learn just enough to Manipulate Power and then they will become aggressive once they “are Most Powerful.” Then look out...

THE METAPHYSICAL TRANSFORMATION BEGINS (The Self-Wisdom Journey Begins)

The 6th Ethic

The Ethic : Self Value and Equal Footing.

The Indulgence : To ensure Fairness for All and Ensure Everyone Has A Voice and equal representation. Independence of Others.

Runs The Risk Of : Self-Loathing due to Remorse for how much harm they caused others up to the 6th Ethic. “Making up” for all they did to others by lowering themselves to “below” equal footing. Believing that Self-Value harms others. Using Self-Depreciating to uplift others.

What you are Avoiding : Self-Forgiveness. Your own Worth. Your own Power. You making your own Decisions. More Responsibility lest you harm others again.

The Growth Challenge → The Lesson to Be Learned : How to Include Yourself in “Equal Footing” so you don’t sacrifice yourself for the sake of others. A Martyr is not a Hero, but a Self-Villain.

What Parents can do for their Children : Love yourself, Mum and Dad. Love yourself. The more you show your child how to love yourself, the more your Child will understand. Cry. Be human for your child. Embrace Pity. Self-Pity. Teach your child that a Martyr is not a Hero, but a Self-Villain. Children in this stage naturally are kind to all others, especially animals. Many

people become Vegetarians here. Allow your Child to embrace this choice. And remind them also to protect themselves.

The Metaphysical Transformation (Psychological Physics Awareness)

100% of all People at this Ethic become aware of Psychological Physics. We all can feel our Emotional Energy. But at the 6th Ethic, we also can feel Rhythm (Called Frequency), Logical Alignment, Truth, and Balance (The Waters of Math), and also The Force (The Strong Force in Physics).

It feels like your Mind and Body “Turns On” Electrically in the exact same way a Woman’s Body “Turns On” when she becomes Pregnant.

I believe this is to prepare us for Power Economics that is Learned and Discovered in the Ethical Stages of #7, #8, and #9. I call this Metaphysical Transformation.

Some people become Religious.

Some people become Spiritual.

All people at this Stage begin a Pilgrimage.

If this is your Child, we strongly encourage you to direct them to The 12 Ethical Perspective Stages and Human Growth and Evolution so they can better prepare themselves Safely for this Journey. The Self-Wisdom Journey is included in our All Inclusive Ashavana Educational Program and includes Options for all The Prophets and Cultures as well as Atheists. We provide a very Scientific Approach backed by Psychological Physics for All.

Self-Regulation, Metacognitive Awareness, and The Philosopher’s Compass are all mandatory in Self-Navigation to ensure your Child gets through the 7th Ethic Safely as the Wrong information does create Mental Illness and worsens the Condition.

A lot of people are terrified of their own Sanity and Mind when they enter the 6th Ethical Perspective Stage. This Panic often leads to Cults, Misinformation, Depression, The Oasis, and Logical Fallacy that nourishes Co-Dependency and Delusions of Arrogance that results in Toxic Groups, Drug use, Alcohol use, and much worse.

Trauma and Abuse - Forced or Premature Maturation – often result in The 6th Ethic being “activated” before the Individual has done the work required for the 7th Ethic.

Anna’s Hypothesis → I believe this is because their Trauma is so severe in some cases that Mother Nature – in an attempt to “save them” – matures them Faster to get them to the Point of

the Pilgrimage, which will begin their Mental Healing, which is a Natural Side Effect of the 6th Ethic.

End Hypothesis.

100% of all people who enter the 6th Ethic begin their Healing Journey, which is really The Return to The Learning Journey of The Discovered Self, which is also The Self-Wisdom Journey, which is activated at the 6th.

Common Perspective Abuse For This Ethic : This is the most Abused of all the Perspectives. This is the Hippie and Vegan or Vegetarian who is unwanted in US Culture and Society. This is the Black Sheep and the Independent Thinker. This is the Child who Ethically outgrew their Parents at 2, 3, and 4 years old and who was forced to “Shrink” to fit into a Box. That Box is the 6th Ethic being forced into a 2, 3, or 4 Year old’s Box.

This is why the 6th Ethic behaves like a 2nd Ethic. Because they lack the 1st to know how to Self-Nourish and 2nd Ethic to know how to Preserve their Self-Authority while they – usually after decades and from a very young age – fight for their Independence under the severe ridicule of 2nd Ethical Parents (Strict Traditional/Religious Parents), 3rd Ethical Parents (Violent, Aggressive, Judgmental, Mocking, Critical, Bully, Abusive Parents), or the 4th Ethical Parents (Military Strict, Dictator Parents who Abused them with “Discipline” and “Punishment”... “for your own good”).

If this Ethic is not Learned : This is where you will see a Divide between “Two types of the 6th Ethic.”

Type A : The Optimized 6th Ethic → They have activated the “Self-Wisdom Journey” of the Discovered Self and they are just passing through.

Type B : The Unhealthy 6th Ethic → These 6th Ethics are really 2nd Ethics. They have all the Mental Illness of all the Ethical Perspectives compounded. These people are “In the Oasis,” which is a state of Delusion where they think they are healthy and have found “Nirvana” so they drop their guard and they relax, while depending 100% on Self-Care to “keep themselves on track.”

The Type B 6th Ethic can be more abusive than the 3rd Ethic Aggressor. They are highly arrogant, refuse to accept Humble Submission, they over trust, have no Discernment skills, and often insist on Socializing when they need to be Isolating. They boast their “Empath” Skills, which is their lack of Discipline in Emotional Regulation and are often surprised when they suffer from severe setbacks because they think “they were just fine and already addressed these traumas.”

The one thing that stands out a lot on the Type B 6th Ethic is their constant Eggshell Walking Policing they do to enforce the Language of others to accommodate their Ego despite Logic and

Grammar Laws. This is a testament to their arrogance : that they pride their Ego above Grammar and Truth.

They are very aggressive with “Setting Boundaries” while often Vocalizing and warning others of their Boundaries, instead of using “Denying Access” to remove themselves from situations they should not be in, which is a testament to their lack of the 4th Ethic : Self-Law. This is also due to their severe lack of the 5th Ethic : Accountability.

They are often Wiccan and Spiritualists who are just as abusive as some Religious Zealots.

The 2nd Cardinal Value

The Value of Justice

At the end of the 6th Ethic, you Unlock The Core Cardinal Value of Justice. Without the 4th, 5th, and 6th Ethic, the Individual fails to understand what “Justice” actually means.

Justice is a loyalty to The Balance of The Universe. Justice is the Pursuit of Restoring Balance to The Universe.

People who have failed to learn “Justice,” often mistake Vengeance and Punishment for Justice. This is incorrect. To restore Justice – Balance to The Universe – The 12 Ethics must be corrected through Deconstruction of Trauma, which is learned at the 12th Ethic : No Judgment, and the 4th Cardinal Value : Forgiveness.

Power Economics Begins

The 7th Ethic

The Ethic : Humble Submission to Learn and Listen, Receive, Self-Reflection

The Indulgence : Silence Observation and Self-Reflection in Learning from the Sidelines

Runs The Risk Of : Staying Silent and observing too long. Forgetting to live. Staying in the Sidelines and ending their Growth.

What you are Avoiding : Talking. People. You have cared for people so much up to this point. This is where you can finally – guilt-free – indulge on “Selfishness.” You don’t want to talk.

The Growth Challenge → The Lesson to Be Learned : How to Listen and Observe so that you build up the Nourishment and Learning to get back out into the World and Try Again... Better this time.

What Parents can do for their Children : If your child is Quiet, then they are in the 1st or 7th Ethic. They are Processing. Respect their space. At the 7th, you are no longer “Their Parent.” They belong to Mother Nature now. Your job at this point is to support them, love them, and be there when they come to you. It is now your job to learn how to be a Parent to an Adult Child.

Common Perspective Abuse For This Ethic : The 6th Ethics – Not Parents – are who abuse the 7th Ethics and higher. The 7th Ethic has learned to stay away from the 1st, 2nd, 3rd, and 4th Ethics because they are too immature for the 7th. The 5ths will attempt to engage in Conversation with the 7th’s and some will try to abuse using Rhetoric. The 6th Ethic criticizes the 7th and uses Language and Logic as a Weapon to try and Change the 7th Through Weaponized Logic.

This is a trend that has stayed with me through all of my Socializing Skills. Only when the Individual becomes a Master in Socializing, when the 3rd and 4th Ethic are Mastered does this abuse finally end.

Introducing → **Abusive Defense**. “Just because you are being abused, does not mean you have the right to harm others.” This is an Advanced Ethic I recently learned at the 72nd Ethic. Even when I am being Abused, I am learning how to find a way to protect my Abuser from harm – most of all from me.

This posed the Question : “How do you defend yourself without harming others?” Which I am an Apprentice in and has proven to be an excruciating Discipline to Study.

The 7th only Abuses in Defense – Never in Vengeance – and is a Pacifist.

If this Ethic is not Learned : Then you don’t grow. No one passes into the 7th without the Core 6 Ethics being learned. Furthermore, If you reach the 6th, you are committed to Learning. You cannot not learn once you reach the 6th.

This is where the Science is limited due to a need to collect more Data at this time. I must defer to my Professional Logical Deduction.

Anna’s Deductive Reasoning and Hypothesis :

Anna Imagination wrote these Ethics out in detail at the 74th Ethical Level of Consciousness or The 2nd Ethic of the 7th Round.

There is this Obsession Level of needing to Pursue Knowledge that cannot be explained. See *The Pilgrim's Progress* by John Bunyan. This does begin The Pilgrimage. An Optimized Person can just take up the Pilgrimage. A Person with Trauma has to – and the Pilgrimage will – force you to work through your Trauma prior to you crossing this point.

Based on what I have seen, Mother Nature is Sentient. We are living inside of her own Subconscious Mind. I wonder if we are figments of her Imagination.

I believe Mother Nature has placed a natural “fail safe” here to protect the Individual and Society. No Knowledge beyond this point is available until and unless Mental Health is Optimized up to The 6th Ethical Perspective.

I have witnessed many people with Consumption attempt to Manipulate the Ethics and my Formulas to try and proceed beyond the 7th Ethic, but to no avail. Every time – the more they have Consumption and the desire to obtain the 7th Ethic and beyond to “get this knowledge” – the more they are locked out.

Mother Nature is... Gorgeous.

It is my Professional Deductive Reasoning that people of a Catatonic State are those who have prematurely entered beyond the 7th without being Mentally Stable. I do not believe they can go beyond the 7th once they are in a Catatonic State. They are “Locked” there.

Under no circumstances should any Professional – not even myself – ever diagnose another person with these 12 Ethics. People need to be taught how to determine their own Ethic for themselves. This is a lesson in Self-Honesty.

I would strongly emphasize that all people of all the Ethics, when looking at younger Ethics, simply treat them with Manners and Respect and remember when you were in that Ethic – much like when an Adult looks at a Child.

These are Growth Stages of Evolution. They are our True Ages and are to be treated as compatible with our Biological Age.

I was 44 Years old when I reached the 44th Ethical Level of Consciousness, and there was an Awareness there that blew my mind beyond belief. “So this is what 44 Years old is supposed to be...” It was a wake up call.

What these Ethics really are is our Maturity Levels. Our Wisdom Levels – Wisdom is at the 37th Level of Consciousness – and our Emotions. There are Lesser Ethics such as Boredom (1st

Ethic) and Curiosity (1st Ethic). But they Modify and Nourish the Core Ethic into the next Stage of Growth.

On a Personal Note, I strongly recommend Psychologists, Neuroscientists, and Psychiatrists study Nietzsche, Louis Wain, and Van Gogh and compare the Works and Voices of these men. Nietzsche's "*Thus Spoke Zarathustra*" and "*The Gay Science*" shows you exactly what the Metaphysical Transformation feels like.

Louis Wain's Cats shows you exactly what the Metaphysical Transformation looks like.

Van Gogh's Starry Night shows you exactly what the Metaphysical Transformation also looks like.

My Journals recorded live on YouTube provide you with my experience of The Metaphysical Transformation.

That gives you Four Data Points to work with. I strongly recommend you utilize these sources and then, contact me about my thoughts on Schizophrenia.

Unusual Ethical Quirks Unique to this Ethic → The 7th Ethic is very much the Core Center of the Philosophy of Aikido, which I strongly recommend for anyone with a Criminal or Unethical Past. "Commitment to Learn from our Mistakes. And the Commitment to do Better." This is at the Heart of Aikido.

The 8th Ethic

The Ethic : The Transmission of Self through Story, Mind, and Voice

The Indulgence : Talking and Discovering the Power of one's own Voice

Runs The Risk Of : Being too careless with their Words and harming others with their Words before realizing that – just like actions and choices – words hurt others too.

What you are Avoiding : Silence. You don't want to Listen. You are done with Listening. You want to talk. You can't shut up.

The Growth Challenge → **The Lesson to Be Learned** : How to observe while you talk and become aware of how much Power your Words have on others.

What Parents can do for their Children : Your child will talk. Non-Stop. Let them. Be prepared to not get a word in. They will interrupt you and "hog" the Conversation. Exercise Patience. They will want to Debate with you. I strongly recommend you learn the difference between Logic and

Rhetoric and make sure “Do not engage with Rhetoric” is in your 4th Ethic Rules. Learn Formal Argument and Debate. Learn Discussion.

The 9th Ethic

The Ethic : Self-Social Regulation, Sharing, and Human Connection.

The Indulgence : Human Connection and Conversation. Independence of Socializing.

Runs The Risk Of : Indulging on Socializing and forgetting to go back to Isolation. Most people who make it here are so starved for Human Connection that they gorge themselves (2nd Ethic) and forget to Self-Regulate with the 1st Ethic.

What you are Avoiding : Isolation. You don’t want to be alone. You finally figured out people and you want to be around them all the time now.

The Growth Challenge → The Lesson to Be Learned : How to Share and move smoothly between Listening and Talking. Being Mindful of how much “talk time” you’ve taken and making sure you’ve given others the time to talk also.

What Parents can do for their Children : Here, your child will learn how to think before they talk. They will talk a lot, but will give you more space to also speak. They will want to hear your Perspective.

The 3rd Cardinal Value

The Value of Compassionate Foresight

This is True Empathy, which means “To think before you speak” or “Putting yourself in someone else’s Shoes.” True Empathy is Foresight. Sympathy is Hindsight.

Empathy is Logical.

Sympathy is Emotional.

Empathy is Compassion prior to the Speaker causing an offense so as to prevent an offense. Sympathy is Compassion after the offense has been done.

Regret and Remorse is what we feel when Sympathy is felt for those who we have wronged. Guilt is when we have violated our own Ethics regardless of whether or not we admit it.

Pity is when you feel Compassion for another or for yourself for past pain done to you or others.

“Sorry” means “I have Learned.”

THE METAPHYSICAL TRANSFORMATION ENDS (The Self-Wisdom Journey)

Power Economics Ends

The 10th Ethic

The Ethic : Emotional Fluidity

The Indulgence : Freedom of All Emotional Acceptance

Runs The Risk Of : Resisting certain Emotions.

What you are Avoiding : I don't know if you're really avoiding anything at this stage. At the 10th you're just going along for the ride. Logic. I would say you are avoiding all Thought and Reasoning.

The Growth Challenge → The Lesson to Be Learned : How to be Logical while also allowing your Emotions to Flow Freely.

What Parents can do for their Children : 100% of all Emotions flow and they are right. Remember, you are no longer “Their Parent.” They belong to Mother Nature now. Remember, your job at this point is to support them, love them, and be there when they come to you. It is now your job to learn how to be a Parent to an Adult Child.

Unusual Ethical Quirks Unique to this Ethic → This one is very weird because our Society has done such a toxic number on us that we “cherry pick” certain emotions. It's the Only Ethic where we hold back. Naturally, we would have “too much” Emotion move through us and our Emotional Surge would cause us to learn – too late – that we need to control Emotion through Logical Choice, but our Society trains us too well that, even when we reach the 10th, we still hold back Emotionally. Open all up. 100% of all Emotions are correct.

The 11th Ethic

The Ethic : Logical Navigation

The Indulgence : Reasoning and Cold Logic

Runs The Risk Of : Being too Logical.

What you are Avoiding : Feelings and Emotions. This is the only time in your life where they go “quiet” naturally and without the work to suppress them.

The Growth Challenge → The Lesson to Be Learned : How to be Emotionally Fluid while also allowing your Logic to dominate your Decisions.

What Parents can do for their Children : Your child will turn into Spock and/or talk like the Borg. You can get through this. Be strong. Remember, your job at this point is to support them, love them, and be there when they come to you. It is now your job to learn how to be a Parent to an Adult Child.

Unusual Ethical Quirks Unique to this Ethic → By this Ethic – the pattern is known, so the individual immediately knew “to try and balance with moderation.”

The 12th Ethic

The Ethic : Emotional-Logical Navigation. Self-Navigation Regulation.

The Indulgence : Navigation and Steering with Logic and Emotion. Independence of Life Navigation.

Runs The Risk Of : None I could See

What you are Avoiding : Nothing comes to mind.

The Growth Challenge → The Lesson to Be Learned : How to Integrate Emotions with Logic.

What Parents can do for their Children : Remember, your job at this point is to support them, love them, and be there when they come to you. It is now your job to learn how to be a Parent to an Adult Child.

Unusual Ethical Quirks Unique to this Ethic → This Ethic went so fast that it Integrated 10th, 11th, 12th and then the 4 Cardinal Values too quickly so that I couldn't properly sort the Grouping until I reached the 7th Round of Ethics after completing the 6th Round.

The 4th Cardinal Value

The No Judgment / Damnation (Forgiveness) Value

I don't think no Value or Ethic was more greatly misunderstood than Forgiveness, which simply means "No Judgment." It is understanding their Logic and thus, their Reason and understanding how – not why – they came to make the choices they made.

Once this is understood – it is quite Logical that every single one of us has made the exact decisions we all have made. Each and everyone of us is Highly Logical. Even the ones with a breakdown of all Logic.

Once you understand The Subconscious Mind, it is absolutely quite reasonable that we are precisely what we are.

THE GOLDEN ETHIC : THE LOGOS CRADLE

Patience to Preserve the Quality of Logic

I don't think I could have found a more suitable name than "The Golden Ethic : The Logos Cradle." The Logos Cradle is Unique and it is the Only One of its Kind. It is The Ethic that sits on the Outside – Exoteric – of The 12 Ethics – and is also found on Every Academic Discipline. The term "Cradle" comes from The "Academic Cradle" concept that some Academic Disciplines – like Biology – are the Integrated Whole that is The Container for Other Academic Disciplines.

The Golden Ethic is The "Container" for The 12 Ethics.

The Golden Ethic : The Logos Cradle is a Core Ethic that is learned after the 12 Ethics are learned and Integrated on the first round. It is reinforced on every round thereafter. Logic is the "Going Through" The Journey of The 12 Ethics. Logic is the Sequential Journey of any Discipline.

Patience is the Opposite of Cheating and, at the end of the 6th Round – at the 1st Ethic of the 7th Ethic – It is learned that Cheating is the effort to Bypass the Logic to Obtain the Fruit of the Work without the Labor. Patience is the Savoring, Relishing, and Appreciation of the Logic (The Journey and Story) to avoid Cheating.