

LIGHTWEAVER FIELD NOTES :

A Living Archive of my knowledge ecology: all the books, papers, podcasts, documentaries, and other resources that continue to shape my framework.

Books:

The Untethered Soul – Michael A. Singer

One of the clearest invitations I've found to witness the mind without becoming it.

The Body Keeps the Score – Bessel Van Der Kolk

Essential reading for understanding how trauma lives in the body and why healing isn't just cognitive.

How To Change Your Mind – Michael Pollan

A thoughtful exploration of consciousness, neuroscience, and the therapeutic potential of altered states.

The Hidden Messages in Water – Dr. Masaru Emoto

Whether read symbolically or literally, it invites deeper reflection on intention, language and our relationship with the living world.

Journey of Souls – Dr. Michael Newton

A taxonomy of discovery. What happens to the soul when we die? This perspective shifted me at 15 years old. I've read the book 6 times since.

Cured – Dr. Jefferey Rediger

An exploration of what becomes possible when we study exceptional healing with curiosity instead of dismissal.

Forgotten Home Apothecary – Nicole Apelian

An incredible resource for reconnecting with traditional plant medicine and practical self-reliance.

Chakra Healing – Margarita Alcantara

One of the clearest instructions I've found to the energetic body and its relationship to healing.

Braiding Sweetgrass – Robin Wall Kimmerer

Poetry, ecology, and indigenous wisdom woven into a beautiful reminder of reciprocity with the Earth, while offering an unflinching look at the devastating impact of colonization on indigenous communities.

Eastern Body Western Mind – Anodea Judith

A bridge between psychology, trauma and the chakra system that helped me see healing through multiple lenses.

A New Earth: Awakening to Your Life's Purpose – Eckhart Tolle

A grounding invitation to loosen the grip of the ego and become more present with Life.

The Myth of Normal – Gabor Maté

A powerful look at how culture, stress and trauma shape health.

Moving Beyond Trauma – Ilene Smith

Practical and compassionate approaches to nervous system healing.

The Conscious Parent – Dr. Shefali Tsabary

One of my favorite books on how healing ourselves translates into how we relate to others.

Mapudungun: The Language of the Earth – Elisa Loncón

A doorway into the language, worldview and living culture of my ancestors – Mapuche – reminding me that language carries an entire way of seeing the world.

Documentaries/Film

The Work of David Attenborough

No single filmmaker has shaped my understanding of the natural world more. His documentaries continue to deepen my awe, curiosity and respect for life on Earth.

Cosmos: A Personal Voyage – Carl Sagan

One of the most beautiful invitations ever made into science, humility and our place in the universe.

Wonders of the Universe – Brian Cox

One of the clearest explorations of how the laws of physics shape everything from stars to ourselves.

Fantastic Fungi – Louie Schwartzberg

An eye-opening exploration of fungi as one of nature's greatest connectors, revealing the hidden networks that sustain life.

Alien Worlds – Wall to Wall Media; narrated by Sophie Okonedo

An imaginative blend of astrophysics, biology and evolution that explores how life might emerge under entirely different conditions than were used to understanding.

My Octopus Teacher – Pippa Ehrlich & James Reed

Such a beautiful reminder that curiosity, patience and relationships can transform how we understand the living world.

Thinkers Who Shaped My Perspective

Carl Jung

Founded analytical psychology, introducing concepts like the collective unconscious, archetypes, and the shadow.

Alan Watts

A British philosopher who famously popularized Zen Buddhism and Eastern philosophy for Western audiences.

Viktor Frankl

A Holocaust survivor who founded logotherapy, arguing that man's primary motivation is the search for meaning.

Joseph Campbell

A mythologist who identified the "Hero's Journey," a universal storytelling pattern across world cultures.

Carl Rogers

A founder of humanistic psychology who pioneered client-centered therapy based on unconditional positive regard.

Friedrich Nietzsche

A German philosopher who challenged traditional morality, critiqued religion, and introduced the "Übermensch" (Superman).

Arthur Schopenhauer

A German philosopher known for his pessimism, who argued that a blind, suffering "will" drives the universe.

Bruce Lipton

A developmental biologist who promotes epigenetics, arguing that beliefs can alter gene expression.

Terence McKenna

An ethnobotanist and mystic who advocated for the exploration of psychedelic plants to expand human consciousness.

Ram Dass

An American psychologist turned spiritual teacher who taught loving-awareness and popularized Eastern mysticism.

Michael Singer

A contemporary spiritual teacher and author who focuses on mindfulness and untangling the ego.

Carl Sagan

Socrates

The founding figure of Western philosophy who taught people to think critically by asking endless questions.

Plato

Socrates' student who wrote about ideal forms, justice, and the famous allegory of the cave.

Aristotle *Plato's student who focused on logic, science, and the "Golden Mean" of living a balanced life.*

Buddha

A spiritual teacher in ancient India whose insights into suffering, karma, and rebirth founded Buddhism.

Dark Triad (2002):

The term "Dark Triad" was coined in 2002 by Canadian psychology researchers Delroy L. Paulhus and Kevin M. Williams at the University of British Columbia. Scientists had studied narcissism, manipulation, and psychopathy separately for decades. Paulhus and Williams were the first to group them into a single "triad". They realized that everyday, non-criminal people often carry a combination of these three overlapping traits.

Light Triad (2019):

The "Light Triad" was created in 2019 by cognitive scientist and humanistic psychologist Scott Barry Kaufman alongside his research colleagues David Bryce Yaden, Elizabeth Hyde, and Eli Tsukayama. Kaufman grew deeply frustrated that popular psychology was totally obsessed with toxic, dark personalities while ignoring the good ones. He explicitly designed the Light Triad as a scientific counterpoint to map out what he calls "Everyday Saints".

Resources & Scientific Articles

Psychology & Personality

The Dark Triad of Personality (2002)

https://www.researchgate.net/publication/235914370_The_Dark_Triad_of_Personality_A_10Year_Review

The Light Triad of Personality (2019)

<https://www.frontiersin.org/journals/psychology/articles/10.3389/fpsyg.2019.00467/full>

Flow: The Psychology of Optimal Experience – Mihaly Csikszentmihalyi

<https://www.harpercollins.com/products/flow-mihaly-csikszentmihalyi?variant=32115404013602>

Trauma & Nervous System

The Polyvagal Theory – Stephen Porges

<https://pmc.ncbi.nlm.nih.gov/articles/PMC1868418/>

How Does The Body Keep the Score? Brain, Mind, and Body in the Healing of Trauma – Bessel Van der Kolk

<https://www.besselvanderkolk.com/resources/the-body-keeps-the-score>

Interoception: A Sense of the Physiological Condition of the Body – A.D. (Bud) Craig

<https://pubmed.ncbi.nlm.nih.gov/12965300/>

Biology

Biotensegrity of the Extracellular Matrix: Physiology, Dynamic Mechanical Balance, and Implications – Blanco, C., et al. (2014)

<https://pmc.ncbi.nlm.nih.gov/articles/PMC3940942/>

Tensegrity: The Architectural Basis of Cellular Mechanotransduction

<https://ui.adsabs.harvard.edu/abs/1997ARPhy..59..575I/abstract>

Biotensegrity and Mayofascial Chains: A Global Approach to an Interconnected Chain

<https://pubmed.ncbi.nlm.nih.gov/29317079/>

Genetics & Epigenetics

DNA Methylation

<https://www.nature.com/articles/s41392-022-01211-8>

Histone Modification: The Molecular On/Off Flags

<https://www.nature.com/articles/cr201122>

Chromatin Remodeling

<https://www.nature.com/articles/nrm.2017.26>

The Integrated Picture (How It All Connects)

<https://www.sciencedirect.com/science/article/pii/S216183132200552X>

Immunology

FOXP3 Regulatory T Cells: The Peacekeepers – Sakaguchi, S., et al. (2010). *FOXP3+ regulatory T cells in the human immune system*.

<https://www.nature.com/articles/nri2785>

Mast Cell Biology: The First Responders and Alarm System – Galli, S. J., & Tsai, M. (2012). *Mast cells in health and disease*.

<https://www.frontiersin.org/journals/immunology/articles/10.3389/fimmu.2015.00620/full>

Cytokine Signaling: The Cellular Internet – Dinarello, C. A., et al. (2025). *Cytokine Signaling Mechanisms in Inflammation and Disease*.

<https://www.nature.com/articles/s41392-025-02178-y>

The Neuroimmune Network: The Broad Blueprint – Levite, M., et al. (2020). *Critical Neurotransmitters in the Neuroimmune Network: Dopamine, Serotonin, Substance P, and L-Glutamate*.

<https://www.frontiersin.org/journals/immunology/articles/10.3389/fimmu.2020.01869/full>

Dopamine & Immune Regulation: Pinoli, M., et al. (2023). *Dopamine,固定 Immunity, and Disease: An Integrative Review*

<https://pmc.ncbi.nlm.nih.gov/articles/PMC9832385/>

Serotonin & Inflammation Defense: Shajib, M. S., & Khan, W. I. (2019). *The role of serotonin in inflammation and immunity.*

<https://www.sciencedirect.com/science/article/abs/pii/S1043661818303013>

Neuroscience

The Default Mode Network (DMN) Ramírez-Barrantes, R., et al. (2019). *Default Mode Network, Meditation, and Age-Associated Brain Changes: What Can We Learn from Mental Training?*

<https://onlinelibrary.wiley.com/doi/10.1155/2019/7067592>

Neuroplasticity: The Rewiring Matrix – Khan, A., et al. (2023). *Reducing default mode network connectivity with mindfulness neurofeedback: a pilot study.*

<https://www.nature.com/articles/s41380-023-02032-z>

Interoception and the Insula: The Mind-Body Bridge – Kleckner, I. R., et al. (2017). *Evidence for a large-scale brain system supporting allostasis and interoception in the human brain.*

<https://www.affective-science.org/wp-content/uploads/2024/04/kleckner-et-al-nature-2017.pdf>

What's Currently Capturing Curiosity ~

Human Movement

Fascia and Pathophysiology in Hypermobility – Fede, C., et al. (2025). *Fascial Pathophysiology in Hypermobility Spectrum Disorders and Ehlers-Danlos Syndrome.*

<https://pmc.ncbi.nlm.nih.gov/articles/PMC12193134/>

The Global Approach to Movement & Fascial Chains – Dischiavi, S. L., et al. (2018). *Biotensegrity and myofascial chains: A global approach to an integrated kinetic chain.*

<https://pubmed.ncbi.nlm.nih.gov/29317079/>

The Official hEDS Clinical Framework & Checklist – Malfait, F., et al. (2017). *The 2017 international classification for the Ehlers–Danlos syndromes.* (This will be changing December 1. 2026. Excited to see how that emerges!)

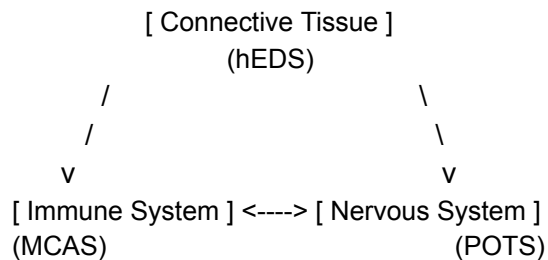
<https://www.ehlers-danlos.com/wp-content/uploads/2017/05/hEDS-Dx-Criteria-checklist-1.pdf>

FAVORITE APP – Kinnu

Literally a knowledge hub in a “gaming” format to make it more enjoyable :)

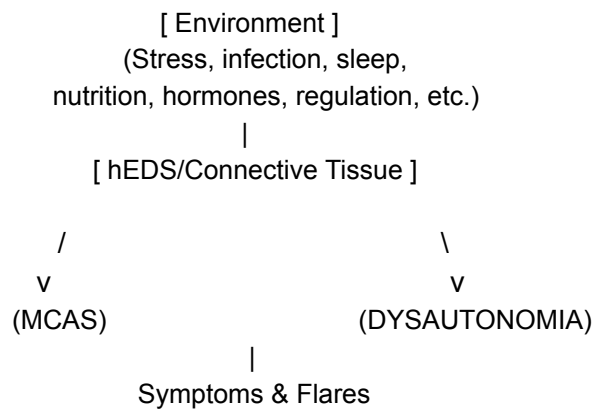
How I'm Currently Understanding These Systems:

A living model informed by scientific literature, clinical research, and my own lived experience. As I continue learning, this map may evolve.



Constant Cross-Talk

Or



The Connective Tissue (hEDS): Because my tissue matrix is softer and more compliant, my body experiences chronic structural instability. My muscles and fascia must lock down into a state of rigid tension just to secure my joints, leading to the profound chronic pain and the "crashing" states I've felt this year.

The Immune Flare (Mast Cells): As we learned in the immunology section, **mast cells** live inside connective tissues and fascia. In a hypermobile body, the constant

mechanical shearing forces and tissue stress physically stretch and irritate the mast cells. This causes them to chronically degranulate, releasing histamine and inflammatory cytokines into your system.

The Pelvic Connection (Endometriosis): Mast cell activation, tissue inflammation, and fascial tightness create a perfect storm in the pelvis. Endometriosis is heavily driven by chronic immune dysregulation and local tissue inflammation. When your body is stuck in a structural "threat response," the mechanical tension in the pelvic floor fascia exacerbates cyclical endo pain, which makes sense why I had a bad period this month 07/2026. (Nearly 13mo pain-free) My body has been through a lot in those 7 weeks of downgrading so I can see the relationship.

When I did my deep self-devotion for 6 months, and nearly carried it for another 7, I down-regulated my nervous system, calmed the mast cell alarms, and lowered systemic inflammation. Even if my genetic collagen blueprint didn't change, my **epigenetic expression did**, giving my body the structural room to breathe.

“You’re not a ‘pick me’ patient; you are the foremost expert on your
own homeostatic baseline.”

Organizations & Databases

- ❖ PubMed
- ❖ Nature
- ❖ Cell
- ❖ Science
- ❖ NIH
- ❖ NCBI
- ❖ Cochrane Library