

The Preface

Introduction to the PreFace:

DisClaimer in the unconscious mind

Parts of this book may seem needlessly difficult, overly worded, or redundant. This is Intended and on purpose and the Preface's redundancy, recursiveness, is part of the Intention and purpose of the book.

Some of the difficulty, is just there for you to mentally play with; like a playground is intentionally more 'difficult' to move through because this provides opportunities for playful change in perspective(in comparison to a logical path).

The difficult places you work through
(and play on with creativity),
allow you to do more imaginative things later on,
with the ability that develops
from time spent in playful effort,
On the parts which are not exactly,
what you would normally think of,
as,
reasonable.

If you put it together to where it makes sense, you are quite literally increasing your mental strength. There are lots of little mental exercises in 'putting it together' scattered throughout the book that can be connected in various ways and at various scales from sentence to section structure. It's like a puzzle and you don't even know what the pieces look like(neither do I)! Feel free to put things together I didn't even know could be moved. Nothing is nailed down here. Move whatever you feel like moving.

The remainder of the difficulty and redundancy is because I am quite literally attempting to connect with your unconscious mind. The most basic technique used to do this is redundancy itself - saying things 3 times or with very recursive language. This causes a mental reverberation, a conceptual echo, which highlights the unconscious mind's part in the experience of meaning..

The word is said or read,
then The Word is said or read again,

Creating the experience of a second time,
It connects with the memory of the previous word,
(which was in that part of your unconscious mind labeled as 'the past')
then it is said again,
And it connects to the previous word
(which is connecting to the previous word).

The Third time the word is read,
Its meaning and context is created by:
a connection to a connection
in your unconscious(past) mind.
A connection to a connection.
And we see an object facing itself.

A reflection.
Something only possible in a mirror
A mirror you can see,
Inside your own mind,
Is the mind.

You can do pretty much anything,
to your reflection,
with that connection.

Granted, you don't have to do this to connect with the unconscious mind, since each word read is depending on, or reflected by, the meaning in the unconscious mind. You are staring right at it all the time, looking at things reflected in it. This method here is a way to reach out and touch the mirror.

We go around the Problem Zen masters ran into when looking for the self or the mind:

What is not arising in the mind? How would one look at or experience the thing that contains anything that could be looked at or experienced?

Everything is reflected in *that* mirror, it's like a mirror with no edge or end in sight so it is impossible to see or even conceive of the mirror or anything not reflected.

Well, not technically impossible... it's just that no one has found a way to look at it without breaking it.

Traditionally the only way to see the mirror was to remove everything from it until the only thing left was for it to reflect itself. The mirror, even so much as catching a glimpse of itself, causes everything in existence to reflect everything in existence perfectly. It's kind of like putting the microphone up to the speaker at the concert of all sound. This explodes the mirror for anywhere from a few seconds to a few billion years then it reforms again. At this point, the person who broke the mirror usually feels bad and come up with some sort of story or apology for how it happened¹.

Ever since then, it has generally been considered bad luck to break a mirror.

Which is why we are not going to even attempt to look for the mirror's reflection.

You are free to do this on your own time, just not while you're reading this book².

Instead we are just going to find exactly where the mirror is, not care about the impossibility of perceiving it, and just touch it.

When we recreate what the big mirror is doing, we make a mirror in a mirror. Right where that reflected mirror is, we can be sure the actual mirror is there as well, even if we are only seeing the reflection of the smaller mirror. The unseeable reflection of the unconscious mind is physically where the conscious mind sees or experiences the reflection. Even though you can't exactly look at it or comprehend it, you know exactly where it is. If you can feel that area where the reflection is, you are feeling the activity or actions of the unconscious mind. With enough practice you can develop this feeling into a contact solid enough to move the unconscious mind(or move yourself by pressing off of it).

Which is the reason for this disclaimer: This reflective point is a great place to push, pull or otherwise influence the unconscious mind, which is the basis for everything the conscious mind does.

¹ This is the origin of apologists.

² This is just my executive decision after a decade of looking for and finding the mirror. It explodes. And reforms. Everytime. Same result every single....(time breaks too so I'm not really sure of the duration)

I'm being extremely straight forward and asking for permission to contact your unconscious mind with this book.

So I'll say this again : When a word is said 3 times, it's definition as 'the third' means it is directly connected to itself connecting to itself in the past. In this process, It automatically touches very deep levels of meaning and contextualization in the mind in an extremely simple and tangible way - It is what it is: Connection to connection..

" I am that I am"³

Very simply,
A reflection,
is what it is,
rather being a reflection
of something else.

What usually happens when someone attempts to access your unconscious mind in this way is that they will insert a suggestion about the nature of reality by expressing a statement in some form or another, 3 times.

Stating anything 3 times 'summons' the unconscious mind⁴, at which point anything accepted by the conscious mind will also make it into the unconscious mind since, in that instant, they occupy the same physical location.

If a person(or being) can get you to believe either(or any) side of a postulate while the unconscious mind and the conscious mind are doing the exact same thing, it will change not just what you think - it will change how you think, which is experienced as your perception. It will change what you think about *everything* all at once. Consideration of the statement, either agreeing or disagreeing with it, or even wanting to change it, will force the unconscious mind to adopt all beliefs and assumptions required engage with the statement as true or false.

Agreeing or disagreeing with anything causes the acceptance of beliefs required to agree or disagree, and these beliefs may or may not be valid. We would have to critically think about all of them, and

³ It was a map not a statement of fact!?!

⁴ summons could be phrased: Makes the conscious mind aware of the activity of the unconscious mind.

compare them to actual reality. Since we don't have time for this, many seemingly true or correct positions can have a mountain of false notions hidden inside⁵.

Many people consciously or unconsciously use recursive triple speak to get us to believe we or they are..... something or other.

(maybe we are,
maybe we are not,
I can't say.

But presenting concepts in recursive triple speak
is a good way to get people to see it that way).

When something is repeated over and over and over, the tendency is to agree or disagree. When this happens, the foundational reasoning, all of it, for the thing being right or wrong is accepted as fact and then that becomes the unconscious mind: the reality upon which the rest of all logic is based.

As soon as we are born we start hearing people talk about all sorts of things. Over time, we eventually form opinions about these things, but the real magic was in accepting the foundation of either opinion to be true or factual. This causes a specific type of perception which is a personal method of deciding what is and is not a real object vs imaginary. This discernment between real and imaginary objects forms the basis of our thoughts. Perception is a learned skill and is usually very similar among people in the same culture, somewhat similar between related cultures, and less similar as we approach species divergence.

This early cultural conditioning is like a programming language that can then be used to create all sorts of different realities on the display that is life.

It is extremely difficult see or question deep conditioning. It usually requires an experience that is intense and focused enough to alter the most deeply held beliefs without damaging the body or psychology. This is why we usually don't experience a shift in perception when we change a belief. It's not one of the deep ones. When a deep belief shifts, the whole world shifts.

For example, first you learn to perceive other people as real things.. Then you learn further about that perception of people. Where they come from. What they do. Why. Then you form opinions about all of that. This belief structure of people develops like an ecosystem, with the deepest beliefs causing the

⁵ The original Trojan Horse

perception of people being the earth or ground, the deductions from observation being the biosphere and water, and the final opinions about what is happening being like the air or weather.

This reality structuring operates on many levels and builds on itself.

The very foundational beliefs cause sense impressions to be organized into things or objects.

This could be called the earth.

The next layer of belief says what those objects are and how they exist in space and time.

This is similar to water.

The final layer of beliefs is our opinions about those objects or what they are doing.

This is like air⁶.

We can use the political arena as a tangible example of how deep beliefs sneak in from repetitive consideration of different arguments. It does not matter what the issue is, but if you hear dozens (or thousands(or millions(or billions))) of people arguing or talking about something incessantly, you will end up believing it is a real issue. You might question or think about positions or sides of the issue, but having it repeated over and over and over makes it a real issue to you(unless you are over over over it or have the courage to consider the possibility of mass delusion, psychosis, or huge groups of people operating on a foundation of completely imaginary beliefs).

The repetition causes the issue to become felt as factual at some level, even if you think some of the people have some of the facts wrong or right. We are hesitant to feel that everyone around us is hallucinating or doing something as absurd as discussing the qualities of santa's beard(and now we are discussing the issue with ideas(and yes my goal here is to actually shift your perception so you start to see ideas as real objects rather than imagination)).

This inserted suggestion is never about what opinion or belief about reality you should have, it is about what is and is not reality.

(What other suggestions and beliefs about reality are being accepted by your mind to even consider the line of thinking of this disclaimer?)

⁶ All the layers of belief are connected to and dependent on each other for existence(Just like the earth, water, and atmosphere). You can't have a perception of an object without knowing what it is and a thought of how it relates to you. All beliefs all exist in, on, and under a complete environment made of each other.

So,

The unconscious mind has no opinions,
it simply says what is and is not reality.

You consciously think about that.

Unconscious suggestions are never about things;
“they” are the things.

What is inserted into your unconscious mind with these ‘techniques’ is a suggestion as to what is real or not. If a postulate or argument can get you take a position on an issue, either for or against, at very minimum it has accomplished the goal of getting you to believe the issue is real enough for your to have a reaction to it.

OH MY GOD A ZEBRA IS GOING TO RUN INTO YOU FROM BEHIND!!

(That probably didn’t get a good reaction,
you probably didn’t turn around,
but what is the real goal with that line?)
((insertion of paranoia about this guy is messing with my mind?))
(no really, what all did hit you, just then?
I wasn’t throwing a real zebra, but I did throw something,
from all the way over here)

Each belief comes with an environment of other required beliefs which give it context. Opposing beliefs always have the same accompanying environment of beliefs⁷. Its like the wake of a boat or swimmer. All that comes along with it.

This accompanying environment of belief is the ground that your evaluation and arguments stand on; be they for or against something. The point of the unconscious insertion is that environmental beliefs are real..

⁷ The most simple environment has 3 irreducible beliefs, all of which are required to think of any of them individually...and thats the most simple. Something like the belief in zebras requires literally volumes of accompanying beliefs around it to survive in your mind (go ahead, try it, maybe I’m wrong). So each complex belief, no matter what it is, requires a multitude of other unspoken or unconscious beliefs to have any meaning. In other words, all the words in the dictionary mean more than one other word, and those words mean other words.

What you think about the discussed something or other, which resides in the environment, really does not matter.

The effect of inserting these unquestioned facts can be reinforced through stacking. To do this, one would have an issue spoken of 3 times, 3 times a day for 3 days; or 3 times a month for three months; or 3 times a year for 3 years; or possibly one year every 3 years for 9 years. Or better still, all of this.

It is sort of like pushing a kid on a swing, rocking a boat, or making big waves in a bath tub: Just give it a shove every time they come by.

(Speaking of kids, this is the basic deductive reasoning we apply as children forward:

“If someone is talking about it,

it must be real,

(Including all the ideas that support it).

Because it is real,

I should look for it and understand how all this relates to myself.

I start to pretend or imagine that a particular fraction of my experience,
is the thing people are talking about.

Now I can see what people are talking about,
in my personal imagination.”

We basically import other people’s imaginations into our reality so that we can see what they see.
Children have a powerful imagination and they use it to figure out what everyone around them is doing)

We are generally very trusting and do not think people will outright lie to us about the existence of things (and it's even harder to consider that people might not be able to do anything but lie to us because of the very nature of language itself). We allow that those teaching us might have incorrect opinions about the things, but we generally have no ability to consider that those teaching us might be living in a complete fantasy land until well after we have accepted their fantasy land (and our place in it) as fact.

There is a science to this sort of suggestion, but it is mostly accomplished by looking at what the mind is doing and suggesting at the appropriate times by paying attention to what facts have been accepted rather than what opinions those facts generate (in modern times we call this suggestive implanting ‘education’ and ‘political debate’).

If you focus on what a person is doing, you can take them anywhere,

especially if they are only concerned with what they are thinking or saying about what you are thinking or saying, and not paying attention to where you are going.

The suggestions cause the topic to be considered by the conscious mind.

While it can go back and forth considering different opinions, the unconscious mind has to hold onto all the beliefs which would support any opinion about the suggestion.

With out any thoughts on all the supporting matter,

Eventually it all seems real.

Common facts that were never even discussed along the journey.

Common facts,

which create,

the environment questioning lives in

which is

unable to be questioned

because they are the material questioning is made of.

To get an entire field of beliefs accepted by the mind, the stacking of repetitions over time is required and it can take a person tens to hundreds of years of work⁸; gradually and patiently inserting the ideology to get someone else to believe the outlandish suggestion to be real.

Some people are easier to manipulate in this way than others but the spread is roughly the same as evaluating who would be easy to beat up or not.

Most people can not defend themselves. An intelligent uneducated person will usually allow that someone could take advantage of their reasoning, which gives them a chance at defense.

Strangely enough those trained in thinking - the educated : scientists or students of any system of understanding, those well versed in a set of 'facts' and critical analysis of those facts, are especially easy to manipulate in this fashion. It is difficult for them to even fathom or consider the possibility that their profession, field, or main reasoning methodology, while perfectly sound if examined by itself, might exist

⁸ A single person working for hundreds of years? Not as outlandish as you might think. Something got your body to hold all the beliefs you do, why would it be so difficult to convince another body of the same belief set?

inside of a completely imaginary belief set.

The reasoning here is fairly simple.

Trained thinkers or logicians⁹ have various levels training in the idea of 'mental self defense' just like some people have training in martial arts. They are taught to defend themselves against what is false and protect what is true. Both thinkers and martial artists usually only train in extremely insulated and often choreographed or scripted environments.

The martial artists train for various types of attacks
and the scientists and philosophers are versed in a planned progression
through various types of thinking
'arguments' or postulates
to guard against falsehood and protect truth,
but both groups are creating what is true and false
and often never deal with either in an authentic way.

Basically both groups train for what they already think is happening or going to happen and become very well prepared to deal with variations of what they already think or know¹⁰.

Confirmation bias at the perceptual level reinforced by training for what the current level of thought believes will threaten it. It is scary for most people to consider a physical force or intelligence so much stronger or deeper than the current understanding that the intellect might not even be able to predict, simulate, or even sense it is in danger before the entire system is compromised.

This mentality of training usually lacks grounding in reality and leaves all groups involved prone to getting into even more trouble than the average person because they **think** they are mentally 'fit' and capable of critical analysis, even while they use a system of analysis that is built on suggestions about the world and their self which they accepted **before** their mind was capable of critical thought. Anyone who understands the pattern of these pre-rational unquestioned assumptions can still easily get suggestions accepted by anyone using them as 'fact', no matter how well versed the person is in what they already think is happening.

⁹ I thought I made that word up but apparently not

¹⁰ Picture the a student of martial arts practicing moves on an unmoving or willing opponent; or practicing defence from attacks they know of in advance. The same activity happens at the mental level in all levels of education that can be graded. It all works great if they stay in the training box and keep anything new outside the box.

Using the first metaphor of this being like grabbing someone's hand; our population is so interconnected that what happens is, everyone grabs everyone else's hand, like children crossing the street with a teacher (actually the mind is more like a giant squid or octopus, so it is more akin to a flock of interlocked kindergarten tentacles). Even if you are resistant to all of this and pull your limbs/tentacles in, there is still a large amount of pressure and influence being exerted on your body at other points by other people who are following the suggestions and grabbing you (or you might simply be holding on to them for physical survival, which attaches you to the direction their belief systems).

In the middle of a crowd,
the insertion of a suggestion,
which alters perception,
can often not be avoided.

This is likely where the zombie archetype comes from in our collective unconscious. We know people are not acting on their own, living accord.

Some people are lucky enough to have real training or excellent natural intuition in this area and they mostly keep to themselves, usually out in the woods to avoid an unwinnable situation¹¹.

Regardless of adeptness in this 'art', the technology of suggestion, both in understanding the reverberations of the mind and the technological ability to insert these reverberations using school, computers, smartphones, political cycles, entertainment, news cycles, and even global drama is well beyond the ability of a single individual to deal with; Just like a gun or air to ground missile is beyond the ability of standard martial arts or self defense training to deal with.

In general, we are born into a less than optimal situation and part of good self defense is in recognizing and avoiding unwinnable or dangerous situations. Most people 'enter' this situation after 12-20 years of school, hearing the same basic concepts over and over and it becomes impossible to question them because they are so deep in our unconscious mind. You can only question with your conscious mind so even if you were to want to question these things, it would be like a breeze or even strong wind attempting to move a mountain.

¹¹ have you seen those camouflaging color changing octopodes? No one would even know there was something to grab on to.

It simply doesn't work that way.

To question accepted suggested facts, especially facts upon which your sense of self and identity rest on, you actually have to disidentify with both the conscious and the unconscious mind and make a REAL evaluation of what is happening then form new logic or actions based on that.

You have to find your child's mind, the one that has not accepted this sort of suggestive conditioning.

This is extremely hard work and I am Intending to help you do this with this book...

if you want....

(Actually, I just want you to understand this book and to do that, you can't be running around thinking a bunch of imaginary things are real. Imaginary beliefs held to be factual will interfere with the comprehension of any book. It will cause you to have incorrect word definitions and that will cause you to interpret words differently than the author intended....except this book. The first section will insert a code into your mind that works like a spell check on your computer... except it goes into your mind makes sure you get my meaning correct. So technically you don't have to actually worry about any of this(but only while you are reading the book. The auto correct works only with things I've written).

Anyway, I am going to be writing in a way that will tend to open this connection to your unconscious mind but that is the only goal. Just going right there and stopping. I have no goal here other than to illuminate the boundary between the conscious and unconscious mind(and have fun). I am taking measures and precautions to prevent any of my personal ideologies or suggestions from getting into your unconscious mind without your knowledge, understanding and consent. Frankly, I am even attempting to make it such that you don't believe a single thing from this book even if you wanted to.

(wait, what happens if I believe that?)

((I have no idea))

Hopefully, you notice I was using the technique in this section to consciously insert the possibility of unconscious mind manipulation into your conscious mind, which would hopefully make you at least semi-conscious. Like slamming your face with a pillow at 5 am! Now you are conscious of the idea, the type of force I was using, and the direction I was pushing it!

Hopefully, you will now be able to recognize when someone less honest is doing it.

Hopefully....

(3 hopefully's? Is reading this thing safe?))

(I have no idea)

(If he's already talking directly to me, the audience, through '4th wall', what is he breaking to directly talk to himself with these randoms asides pretending to me....and him answering himself pretending to be me. Can I trust someone with multiple personalities writing a book, at least one of which seems to have an understanding of subconscious programming, another of which is a pretend version of myself, the reader?)

(no. Its not safe)

(the 5th wall. He's breaking the 5th wall. Get it? 5th intent? Nevermind)

(whose lines are these?)

(Do I smell a zebra?)

Anyway, I'm not sure it's possible to write anything without influencing someone at least a little bit, but I am trying to be as straightforward as possible so that this is a consensual interaction.

I'm not attempting to cut into your unconscious mind so much as gently tap or feel under the skin to help you feel what is there. Like a deep tissue massage, It might hurt, it might feel good, something might break loose... but its not surgery. There will not be any injury, instability, or artificial implants. We are just going to go right to that boundary point and look at it.

I'm going to write _____ pages of weird metaphors and thats it. A metaphor is a figure of speech that identifies one thing as being the same as some unrelated other thing, thus strongly implying the similarities between the two.

That is all I'm doing.

So to be clear -

All words in this book are fully *Self* defined as:

Any and all associations.

freely made

by the reader,

which connect the words

to:

other words; perceptual experience; and mental imagery

(and anything *else*).

If you do not like or consent to the thoughts, ideas, perceptions or mental imagery these or any other words bring forth, I strongly suggest you stop reading.

Introduction

“The human being can be experienced as two primary parts: The Physical Body and the Energy Body. The Physical body is what we think is happening, the Energy body is what is actually happening. The Human Experience is somewhere between these these parts.”

These are quite the claims: The human being has two parts. This is what those parts are and this is how they relate to the human experience.

It sounds as if I know or understand what it is to be human. Saying what the human experience is, as an individual human, seems to be an audacious or even impossible claim.

So what is meant by any of these words? Do I think I understand something universal about the human experience that others need to know? What do I mean when I write anything about the human body, mind, or experience and why am I writing it?

What *exactly* am I trying to do here? What is my *Intent* with this book?

This book is an illustrated introduction to a much larger set of material and hopefully a much larger world view. Specifically it is 'The Preface' (with an introduction¹²) to an Introduction to 4 larger and more comprehensive books under the Scope of 'The 5th Intent',¹³ but this Preface is also a short book in and of itself, intended to highlight the principles of a greater collection of work and activate a deeper level of inquiry into the nature of things.

It is also supposed to occasionally be interesting, entertaining, horrifying, captivating, educational, philosophical, mentally debilitating, and maybe funny.

The primary goal of this lengthy 'Preface' is to make sure the reader understands how to read it and the following works correctly. So before we can read 'the Introduction'¹⁴ to 'the Book', we have to spend some time in 'The Preface' establishing the foundation of what words are and what reading does.

In The Preface, we recursively retrace our reading steps back to the very origin of words and learn how they work so we can use them correctly and ethically to explore Truth.

If we don't understand the truth about reading and words, how would we ever find anything Truthful in words?

We are going way way back to attempt to rediscover a deeper level of literacy because reading this book correctly requires perfect literacy.... which is why The Preface to the Introduction of the Book

¹² and Disclaimer

¹³ A very bizarre automegalomaniography.

¹⁴ Also Known as 'the 4th Intent'

is over 30,000 words long and a separate(but equal) book from the Introduction or any of the other sections of The Book.

Learning how to read this book is more important than anything the book actually says and so this might be the most important part of the book.

In the process of learning how to read correctly we will be exploring the nature of words, and exploring the nature of some words can get really crazy really fast. So while the goal here is basic reading ability and literacy, we might accidentally get into some Philosophy, Spirituality, physics, metaphysics, and (my favorite)Biology.

By the end of the Preface, You might accidentally get the equivalent of a Master's degree in Physics, Philosophy, Comparative Religion, Molecular Biology; 2-5 years of improper meditation experience; a spiritual quest; possibly a secret initiation into a Magical Occult Secret Society¹⁵; and discover a Grand Unification Theory(GUT) which could very well put you in a position to win a Nobel Prize.

All in less than the length of a children's novel¹⁶.

So while our goal is in learning to read,
we need to have something to read other-wise;
or this will be way too many words about words
and reading about reading.

So much of this work is about the human body and what it can do or how it can move.

Reading is a movement that we do even if it seems mostly internal. learning to read is very much like learning to move the body, and there are vastly different levels of reading ability just like there are vastly different levels of movement ability. Learning to comprehend text is like learning to walk. In reading there are levels of skill that are like front hand springs and flips in comparison to basic comprehension. Once you get to a particular level of reading ability, you become able to do things that go well beyond what and book or piece of text was designed to do similar to how gymnast,

¹⁵ (MOSS - It grows on everything. I can not confirm or deny this)

¹⁶ (it's not about the size of the raft)

climbers, dancers, skateboarders, and martial artist are able to move on and around objects in ways most people would never imagine. .

Reading is making different connections between the mind and other objects in the mind, just like different forms of exercise make different connections between the body and ground, water, air, equipment, objects, or other people.

Since we are learning to move our mind (and developing the mind such that it can move with greater strength, flexibility, and fluidity), the contents of this book are structured in a way that is conducive to mental exercise more so than logical or linear structure.

You'll get results even if you don't get it.

Reading about the human body is an excellent topic for this kind of exercise because it can bend into all sorts of interconnected contortions, but it is still relatively easy to see how it all fits together in a cohesive whole without having to rely too much on an external logical structure.

Look at it this way, you can stand in the middle of the room and move and dance and shake and twist and turn as hard, crazy, and illogically as possible but you can't escape the organizational pattern of your body. You stay coherent even if you have no idea why.

So this book is going to go crazy and rely on the organizational qualities of the human body to keep us coherent and sane as we work through it.

It'll be good for you, I promise.

So while we move,
hold on to your body and don't let go
or you might fall into the abyss of
Understanding what is happening.

Speaking of crazy, If you are reading this, you are already irreversibly intertwined and knee deep in high level magic, philosophy, biology, physics, alien contact, Gods, deities, microscopic space ships,

inorganic beings, shamanic warfare, Yeast Hackers, shamanic lackadaisicalness, MOSS, Taoist 3 stage Spirit Rocket Boosters, Archangels, Buddha Mind, Self Aware Lamp Shades(SALS), corn field antenna arrays, transexual galaxies, and multi dimensional politics.... And you are living amongst billions of other beings, some of which are completely oblivious to all of this but many of which are not, lack a 9-5 job, and have no limit on their eccentricities which are much more bizarre than the short list compiled here.

If you are living in the middle of oblivious and crazy, its good to get to know your neighbors.

Hi there. My name is Kurt.

Sometimes, the infinite, unknown, crazy, and incomprehensible can be frightening or scary. This book is designed to take a stroll into crazy and I'm going to hold your hand and we're going to rely on the sanity of our BODIES¹⁷ to get us through.

Luckily, human bodies are beyond powerful. If you have one, you have access to that power. Many of the ways we use our body and mind are limited because we have no idea of their capability.

It is similar to unknowingly using a powerful ancient artifact capable of infinite energy generation, total information access, and complete sensory abilities as a chair for our workbench. It can do much more but we just use it for sitting around thinking of ways to solve our problems. We dont need to go through the trouble of sitting at the workbench for decade to build anything useful. We just have to learn how to work the bodies we are sitting on.

[more on the BODIES in 'The Introduction']

With this body, you are already more than capable of dealing with the infinite, incomprehensible, oblivious, and mundane in your daily life and if you don't feel that way, hopefully this book will open a Gate toward a direction where you could feel capable if you felt like it.

If we do not feel capable, we need to find out why we are somehow less intelligent or elegant in function than our bodies, which is what we are. (Usually this is from losing understanding of the BODIES and only seeing the BODY(Birth Obstacles Death and Yearning).

¹⁷ (Bi-local Organic Developed Intent Energy System(s))

We are our bodies, so if we are somehow less intelligent than we know our bodies to be, we must be suffering from some level of delusion and confusion because we should be at least as intelligent as what we are.

Physical delusion or Confusion causes a misunderstanding of anything you can contemplate, including yourself or your own BODY(Birth, Obstacles, Death, and Yearnings).

If you look at the functioning of one of the cells in your body. Each cell carries out all the functions that you do as an individual AND all the functions of an ecosystem or even our planet itself. At the center of each cell is DNA that has successfully changed, evolved, survived and thrived beyond imagination since the beginning of life. Every single strand of DNA in everybody's BODIES has been around, in some form or another, since the dawn of time and has no understanding of death - only unbroken chains of successful change and growth...and your body has about 2 trillion¹⁸ of these cells.

At the center of every part of you is a seemingly infinite unbroken chain of successful growth, change, adaptation and innovation.

You have been on a winning streak that is at least 10,000 years and probably closer to billions. You've gotten through everything.

(Paradoxically, the Body is made up of a single cell, a single set of DNA, engaged in extensive bi location. The first cell literally starts to appear in more than one place at the same time, then it starts to do different things in the different locations. Eventually it ends up doing everything you are doing all at the same time. Strangely, the body is literally made of bi-location but it does not seem to be able to bi locate itself.)

If your functioning is somehow less than that, if you are somehow experiencing yourself as less than any of that, then there is either an injury of some sort causing diminished functioning or there is a misunderstanding about yourself and your body that results in disorientation or confusion.

¹⁸ (or that might just be another way of saying that you are so large, you are capable of being cut into 2 trillion parts by a biologist)

When we are actually injured, the body still functions at whatever level it is able to function, so when we are injured we are still not less than what we are, we are just injured.

Severe Confusion is the only way you could be functioning at a lower level than you are functioning(I know I am not functioning at my potential and I'm also severely confused for most of the day upon waking)

This is actually The Good News. You are probably crazy! (says the confused person)

It's much easier to fix confusion, delusion or crazy than it is to fix a real problem since real problems exist and you have to actually do something about them. With crazy, you don't have to do anything to fix it¹⁹.

While this isn't a full instruction manual on how the body operates in its non Confused state(because I'm not not confused yet), it hopefully opens the possibility that what you are sitting on might be more than just a seat. That your body might be more than just a BODY, you might be a BODIES.

To bring us up
out of confusion,
this book goes very deep.
The climb to the top is steep
but it is not technical
and requires no fancy gear.

Anybody who can read the language of this book can understand this book. You do not need any further understanding than you have right now to read it perfectly other than patience and hard work(and a high tolerance for recursive metaphor read while reading words about reading words²⁰).

Like a hike up a small mountain, the view from the top is great but the trail along the way should be

¹⁹ "Can't do anything to fix crazy." - Wisdom.

²⁰ mirrors looking at mirrors again

fun and enjoyable. Take your time. Read it once without worrying too much about taking in every single thing. Just to get to the top.

You may notice along the way that I often write using the pronouns 'we', 'you', and 'our'. It may seem like I am speaking for other people, like yourself, but I am not. This is simply a window into my personal experience which reveals my belief that you and I have similar qualities and experiences. Do we? I have no idea but I like to pretend we do²¹.

(You may also notice that I enjoy sometimes/often/always using fantastical grammar, eccentric commas, non linear paragraph structure, and (excessive)parentheses).

I have an expired Poetic License;
I'm allowed to break grammar laws:
to serve and protect meaning.

This book will move and exercise your mind. It is mental and perceptual exercise. Realize that much of the health benefit of exercise comes from the act of doing it, not where you get with it.

While the real goal of the climb through this book is the exercise itself, it is always fun to have some place to go. The goal here is to climb the mountain of our understanding while untying knots of logic and reason that trap the mind along the way and hope for a clear unrestricted view at some point. There might not be a summit unless you have complete understanding so we might be running up a Penrose stairs(and if you make it high enough you might see some other people hiking up different stairs).

what happens to your eyesight
if you keep your eyes open
as you do more than a full
lap up a penrose stair?

The very act of reading this will invigorate your mind and over time your thinking will become more nimble and flexible. You will get in better shape from reading it and you will be able to get more out

²¹ Lets me sleep at night.

of it the second or 3rd time through and take in more of the *sights* along the way. Eventually you will be able to use it to do something I never imagined or thought possible.

It is an exercise in freedom of thinking which leads to movement and goes nowhere in particular.

If you get tired, take a break, and just start again. As the material becomes easier, you will have the energy to take in rewarding views and vistas.

So again, this is 'The Preface' to 'The Introduction' to the first book of the 5th *Intent* and it is written with 4 *Intents*. It is a story about a hologram of a hologram and, in the correct hands, a portal. I'll try and stay out of it as much as possible by making myself very visible.

I share my *Intent* with you. How you use it is up to you.

-Kurt

The Preface to The First Intent: Perfect Understanding

Some of the more important words in this work are Physical Body, Energy Body, *Intent*, The Double, and Will,

but what do I mean by these words?

To understand what I mean by these words,
they must be read and understood perfectly.

That is the first intent:

That you read what is written here...
perfectly.

To read words perfectly,
we must know
(and share)
the perfect definition of the words we are reading.

So the 1st Intent is about
conveying the perfect definitions of all the words.
With perfect definitions we can then attempt
to read the words perfectly,
which is reading them *exactly* how we intended to read them.

Since the first *Intent* rests on the definition(or the shape or outline) of the words in this
book, we should explore exactly what a definition is and what words are

(words with nice shapes are usually more fun to explore,
like a cellar door,
and leave us wanting more)

Starting with words -

What are words? Words are symbols.

So what is a symbol?

A symbol is “a thing that represents or stands for something else, especially a material object representing something abstract.” A minor but important distinction here is that

Words are actually groups of symbols.

The real symbols are the letters

Symbols which represent sounds or vibration.

This vibration or sound is

the ‘material’ or thing

that the letters represent.

As you read, letters symbolize a vibration and the Word requests that you mentally create those vibrations in your mind.

This self created

mental vibration

created by following the suggestions

of the letters

causes predictable thoughts and mental imagery

to be experienced by the reader,

which is you.

Why is this so?

When we were little

we would see objects and experience events.

As these objects and events came into our awareness,

we would simultaneously hear sounds

which we would later recognize as words.

We would see an object or event

and almost every time there would also be

a corresponding sound.

(or vibration, or oscillation or movement)

These sounds

(later known as words)

eventually became associated with the objects or events

because

they always happened simultaneously.

When we notice events happening simultaneously,

we associate them.

Two; gather.

so that they are experienced

as different parts

of a single event or object.

This is how we learn to recognize all objects. We associate lines, colors, shapes, and sounds into objects or parts of objects because they all happen at the same time or in a particular sequence.

An object is all of its parts happening together.

That is why you see a smiley face,

when I do this: :-)

Those dots and curved lines all happened together in your mind.

If they do . not - happen together

or in a way you can recognize)

then you usually do not see the face

even if all the parts are there.

: -)

This is how we learned to recognize our body or other bodies and objects. Our hands, arms, feet, legs, and torso always 'happened' at the same time so we learned to associate

them together as an object - our body. Similarly, anytime we saw a face or head, we also saw a torso arms and legs. All this eventually became a person.

(It is my guess that
it is in noticing that
other torsos and limbs have faces that
we make our first logical deduction that
our torso and limbs also have a face.
After this logical deduction,
we begin to pass the 'mirror' test,
where we recognize our self in a mirror
(but not for the test).
We can directly notice
that the hand in the mirror is ours
because we see the reflection and our hand
at the same time,
but we have no way of making this connection
directly
with our own face,
forever an assumption in the mirror.

When what is looking knows its own reflection,
That which can not possibly be *seen*
is thought to be seen.
Then,
We step away from seeing directly,
and step into seeing from deductive reasoning.
A reflection of what is there.

e.g.

1- All torso and limb sets have a face.

2- I have a torso and limb set.

- Ergo

3- I must have a face.

4- That must be my face in the mirror

I wonder if we only look out our eyes?

Especially as children.

Where do we look from?

If we could see from more than just our eyes,

then the deduction that our face,

is located on our head,

would be quite the constriction²².

In addition to limbs, faces and torsos;

(Black circles)

that happened at the same time as

(transparent rectangles)

and

(fat silver lines)

became (tires, windshields, and bumpers),

which eventually all became a (car).

²² (Interestingly, most people pass the mirror test around 18 months, right before they start their 'terrible 2's')

Similarly, Fur, ears, whiskers, tail, and shape of a cat along with the sound “kitty cat”²³ all eventually became different aspects of the same thing in our mind.

After birth, we usually notice two events that would always happen in conjunction with the sound of ‘mom’ and ‘dad.’ We then notice similar events happening in conjunction with the sounds of ‘brother’, ‘sister’, ‘aunt’, or ‘people’(or kitty cat).

We eventually create a string of sound and event associations that would allow us to say
“our parents and other people are teaching us words,”
or something along those lines...

Before we could say this kind of sentence: “our parents and other people were teaching us words,” the events and sounds were just happening at the same time; no different than how dropping a rock on the floor makes a sound in conjunction with its impact. When a rock hits the ground we always hear a ‘thud/crack/smash/crunch’. When our mom was in our field of vision we would always hear “mom”. When we saw a cat we would usually hear the noise “cat” uttered by one of the beings around us.

Without a complex linguistic understanding
that separates objects(or body) from the environment
in a meaningful way,
people talking is experienced as
environmental noise,
no different than any other sounds.
The sound ‘cat’ and the sound ‘meow’
happened in conjunction with
the physical sight and touch of a (maybe)real cat.
It is only much later do we make a distinction

²³ (my first word(s)!)

that ('meow' is from the cats)
and ('cat') is from the (humans).

We learn to speak when a sound we can mimic and an object become linked in our mind such that they are different aspects of the same thing or event . Our recreation of the sound - mentally or verbally - then becomes an aspect of the event. When the sound is there, the event or object is also there in our mind, just like it is in our mind when it is 'actually' there. So when we learn to speak, we are able to bring objects and events into our present experience in the exact same way as if they were there. The power of our speech or writing and the skill of the listener or reader is what determines how vividly or faintly the object or event is brought into being.

Zebras! See, you were not experiencing anything about zebras until just then. Now you are experiencing at least a small aspect of Zebras!

(thoughts about Zebras are sort of like the hair of a zebra,
The hair of a zebra always arrives right before the zebra arrives.
The hair of any object,
especially mammals,
always gets there before the object
(Unless they shave, then they arrive first²⁴)
The hair is in lots of different places the object isn't.
Infact the hair is only in times and places the Object isn't.
Yes, Zebra's time travel.
And we can know for sure
where shaved swimmers and monks are in time.
Down to the 100th of a second.
But with a furry creature,

²⁴ swimming humor

But the hairs always slightly tickle
when they touch our skin.
Right before the creature arrives.
That tickle is as faint as a thought about the object.

Zebras

Yes, one of them is considering Time traveling right into your room.

That's why you can feel the thoughts of
its ticking time traveling hairs.

Possibly.

Zebras are indecisive time travelers.

Wait for it...).

What we bring into our experience with a word is
a mental object.

All perceived events are our mental objects.

We only ever perceive mental objects.

If an object of any sort is in your awareness,
you are looking at something inside your mind,
a cascade of sensory information and vibration
has entered your body.

You observe this and decide it is an object.

but what you sense is always

movement of or changes in

the stuff inside you -

(maybe caused by things outside of you, but you've never seen that)

You've seen Only Mental objects.

We know for a fact you can only sense body changes.

This body has to change for you to notice anything.

You can only look in your own body.

the light goes in your eye,

the sound goes in your ear,

the touch goes through your skin,

and causes change inside the body.

those changes are imagined to be real objects.

You are never looking at real objects,

even if they do exist.

Right now, you are looking at 'mental objects' which we infer are related to real world objects, just like we infer the face in the mirror is ours. The real objects may or may not exist, but if you have a body, no one has ever seen you or anyone else become aware of anything outside of that body. Sense impressions go inside, THEN you make sense of them. So if you are seeing an object like a car or zebra or person, it must be a mental object because you only sense what is happening in your body.

If any of that was for real inside of you, you would probably need some very complex emergency surgery and fill out a police report about what happened last night.

So for just a brief moment sit there and bask in the insanity that the entire room around you is an imagination you are creating from changes in the organs, blood, tissue, cell structure, nerve impulses, DNA, atoms, or whatever, just like a painting of a sailboat at sunset is an image you imagine in the paint.

What you are seeing is a painting,
painted in the body,
on the body and
with the body -

an impression of reality, as real as any other painting.

With a canvas this dynamic You selectively ignore some cool stuff - everything in the body breathes and pulsates but

I bet you're not seeing the wall shake with each heartbeat,
and the floor rise with each breath,
even though
you know
the projection you are creating
is on a canvas that is physically linked to those things.
In all probability,
all that movement is the canvas,
so where did the movement go?

Now I need you to forget that the only thing you are seeing, hearing, and feeling is actually body sensation inside of you, just like your breath and heart beat are body sensations inside you, and just go back to reading a book outside of you.

When we watch the impact of two rocks together (in our body) and hear a 'crash' sound, our mind decides that the sound is actually a physical part of that visual event. The visual impressions and the hearing impressions become the same mental image. Similarly, in our mind, the vocalization of 'c-a-t' or 'meow' becomes part of the other impressions of cat.

Once the association between the sound and object is created,
something special happens:

The Objects and events outside of us
call forth the associated sounds and words from inside of us,
and the sounds outside of us

call forth the objects and events inside of us
in the form of mental imagery²⁵.

The Mind connects the sound and mental imagery together so that they function as a single object. If one half is present the other half must be present. When you read or hear the word 'cat' you must experience some form of a cat. They are the same thing. For an object to be an object, all of its parts have to be there or it is two or more objects; Just as our wrist must accompany our hand.

This process is the basis of how we put the world together not just linguistically but perceptually. When you hear the sound of footsteps, you are translating that noise into the meaning of "a person is walking."

The noise heard as footsteps is literally a word with the meaning of "a person is walking."

It is just a Word that was not taught to you by a human and spoken by feet rather than the mouth, so no one told you it was a word.

When you see a pattern of light in a specific form and frequency, you can also read it as "a person walking," just as you read that phrase "a person walking" or as you read the noise of their footsteps as "a person walking."

They are all sequences of vibration, foot sounds, light reflection, vocal noises, symbolized as letters(vibration we recognize or remember), that, when read, mean roughly the same thing: "A person walking."

They are just words that no human taught you and can be read with a different sensory

²⁵ (And if we throw out the inside and outside distinctions, we approach saying what is happening more closely but lose the ability to write as clearly, so keep that in mind even when I use dualistic terms for the sake of clarity)

organs than the ears, but they are still words with defined meaning. Ask any blind or deaf person; Words do not have to just be spoken or written.

Words are any type of vibration to which we assign **additional** meaning.

Letters are symbols of previously experienced vibrations
which do not have additional meaning.

Letters are just the memory of the event,
without interpretation.

And more specifically
they are memories we have been trained to re-create.

Letters we know are vibrations we can make.

Letters are descriptions of what is happening
or what we could make happen.

Words are an interpretation of that 'happening'.

A letter's sound,
a letters vibration,
is its meaning.

While words,
though made of letters,
Mean something other than their sound.

So some words seem to be physically here and some words are just ideas. Our association of movement or vibration to a word makes it real. When you read the phrase "someone is grabbing your hand," only the lightest sensation, an idea of the event happens. If someone actually does grab your hand²⁶, you read the light patterns of their hand and your hand as having made contact then you also associate that 'reading' with movement and sensation in your body. You essentially move exactly how you read, which is what made the actual person grabbing your hand real, and the phrase was just an idea. One was read in a way

²⁶ Find someone to grab your hand so you can watch yourself read the two different events.

that moved you. When the body, the canvas that all this is happening on, moves with a word, it becomes real. When the word is not matched with the movement of the body it is just an imagination.

Our physical association with words is the only thing that creates objects out of movement(vibration) and imagination.

There is no law that decides what is and is not an object,

only words. And this is more of a skill, than a law. people have different levels of ability in reading, movement, and imagination, and this ability determines what is real for them, or not. What is possible, or not.

In other words,

the meaning that we assign to vibrations

(letters)

By reading

Is the only thing that makes letters a word

and

The physical movement caused by reading,

is the only thing that makes an object physical.

Everything. Every object,

is an event and a collection of events

(parts).

Events are only objects if

we can see that

they are 'mechanically' related,

just like letters are only words

if we can see that

they are mechanically related.

Everything is both mechanically related
and
independent.

All objects are objects

And all objects are parts.

All words are words

and all words are letters.

So their objectification

or wordification,

depends on our *seeing or reading*.

Something we learned to do

(and can get better at).

Objects and words were not happening before we learned
to assign additional meaning to vibration,
anymore than walking was happening before we learned to walk
(gravity made walking impossible before we learned other-wise).

I am sitting on my bed typing this. In many ways, my head is currently mechanically linked
to the bed more than it is to my foot. My foot can move independently of my head in many
directions while the bed currently could not move without my head moving with it.

Right now,

the bed and my head is more of an object than

my foot and my head and

in the language of atomic theory

all of this is made of a sea of floating protons, electrons and neutrons.

(positive, negative, and indifferent things)

All the air around my head is mechanically linked to it;

when my head moves, the air up there moves more than my foot.

And all the atoms in my body are vibrating independently of each other and could be said to be separate things,

But they are all also me.

All because that is what the Words just said.

So this whole situation of me sitting here typing is full of independent Events that are all 'mechanically' linked together in various ways and I decide which links constitute an object and which ones can be ignored to allow for separate events.

Every Event is connected **and** independent in different ways. The classification of "object" is similar to the classification of species in a phylogenetic tree(a family tree at the species or biological level); there are relationships that seem closer or farther apart (from some perspectives) but there is no line where one species starts and another stops.

Where it gets even more confusing is that the categories and classifications themselves can grow and evolve, so how far apart things are can change over time with the development of skill in the thing holding them apart

A better example is that all things sound good together in different ways. Ballet Dancers form a Ballet company, football players form a team. The members of each group could be said to belong to a different object, unless a member from the team works at a coffee shop with a member of the company. In this way, the ballet dancer is separate from the football player in many ways that can be scientifically described. This type of movement lead to that type of movement and this sport lead to that sport which split off into this type of dance and then we've figured out exactly how far away The Football team is from the Ballet company. Those are two different objects and those objects are defined as their parts.

But then those parts are part of totally different trees, like the coffee shop,

and nothing changed about anyone other than how we were thinking about them.

In the end, the distance or relatedness of anything depends on how it is moving and dancing and which types of movement and dance you are wanting to analyze to create phylogenies or relatedness.

There is no line for where there is a line. There's not even a line. There are just similar movement patterns. Events are moving in the same way or they are not. If a group of parts share a particular type of movement pattern, we consider the events to be a single event and this creates an object. If the parts only share a few movement patterns the object is less physical. If the parts share a lot of movement patterns, the object becomes very physical because all of the parts support the movement in each individual part.

When two Objects move in the same way, it is called resonance. The way an object tends to move or likes to move when it is given energy is called its 'natural resonant frequency.' If two objects have a similar natural resonant frequency, they will tend to behave more like a single object rather than two individual objects (but they never become a single object or totally individual).

In physics, resonance is "the tendency of a system to oscillate with greater amplitude at some frequencies than at others. It is also the tendency of one object moving at that frequency to induce movement in another object if vibrating at that object's resonant frequency."

(like two tuning forks or an opera singer shattering a glass. Her frequency makes the glass move more than it was designed to move. When the vocal chords of the singer move at the resonant frequency of the glass, the two objects become parts of a single object, and the

vocal chords are much more flexible than the glass, so the glass part of the object breaks first, and is the point where the integrity of the meta object failed)

So in reality, we are not looking at how objects are mechanically linked or independent. We are looking at how they are in resonance with each other(or not).

(And there is also inertia. **Inertia** is the resistance of any physical object to any change in its state of motion, including changes to its speed and direction. So if a group of objects are moving in a way that is in resonance with each other, they will tend to keep doing that resonant motion unless bothered.

This is why objects do not randomly fall apart or evaporate. The objects are actually moving quite a bit on the inside and there is nothing resisting that movement(everything inside the object is doing the object so there is zero friction), its inertia just keeps it going(unless something from the outside going in a different direction accidentally (or intentionally) makes it inside)).

This is why spaceships have air locks. When the outside is very different from the inside, the inertia of an object can be disrupted extremely fast. This decompression happens at all levels for all 'cells'/parts. Cells can rupture in the body, people can 'rupture' from an injury and bleed out, a planet's magnetic field can 'rupture' and all the atmosphere leak out. All this is decompression, which is what happens when too much outside gets inside. The object stops being what it was because of external resistance getting inside.

The parts that make up an object are moving in a resonant pattern which forms the larger object and this movement has inertia.

When parts are in resonance, they can share energy. This is like how one tuning fork can start another tuning fork vibrating if they are of the same note. That means that for an object to be broken, the movement of every part of the object vibrating at that objects

resonant frequency must be stopped or at least some part of it separated from the rest.

For example if the Opera singer did not over do it, the glass should be more difficult to break since it is linked to the energy of her body via the vocal chords. They would essentially share mass and energy to the level their connection could transmit it back and forth.

This means that you are in contact with all parts of an object when you contact any part of an object because all parts share energy and information. This sharing of energy and information is what creates the object.

Contacting or touching something is the process of sharing information and energy with it. So if you share energy and information with any part of an object, you are sharing energy and information with every part of the object.

The more energy and information shared between an object and its parts and between the parts themselves, the more resilient an object is.

This is why diamonds and metals are so strong. Every atom or part of the diamond is moving almost exactly how the diamond itself is moving. All the parts of the diamond are at the resonant frequency of the diamond itself. All the parts share energy with each other AND with the diamond shape itself. All that energy must be changed to change the diamond.

Diamonds are strong because the diamond itself is exactly what each individual part of the diamond is doing.

Metals have a similar but different strength. Metals are like inverted diamonds. They are

strong because each individual part is always doing exactly what the metal is doing, even if the metal changes(While very difficult to do, If a diamond changes, it breaks).

Metals have what modern physicists call a metallic bond.

This is described as

the metal's electrons being spread out,
among the entire piece of metal.

The movement of an atom's electrons
are what determines the shape of an atom

(The electrons are the shape of the Atom's desire

The positive nucleus desires the negative electrons

So shape of the orbits of the electron
are the shape of an atom's desire.

(and there are lots of shapes :

$$\sigma^* \pi \delta \varphi s p_z p_x p_y d_z^2 d_{xz} d_{yz} d_{xy}$$

$$d_x^2 - y^2 f_z^3 f_{xz}^2 f_{yz}^2 f_{xyz}^2 - y^2 f_{x(x^2 - 3y^2)} f_{y(3x^2 - y^2)}))$$

Diamond is carbon

Each carbon with the exact same unchanging desire
so they are nearly unbreakable,
and totally unbendable.

Metal is a desire for shape

(So they are bendable and conductive).

In a pure metal,

the shape of every atom in the metal
is the shape of the piece of metal.

This means that even as the metal is bent or changed,
every part of the metal

remains at the metal's resonant frequency

because each atom's bond is defined as

the shape of the entire piece.

Each part desires its object's shape

no matter the shape

(to an extent; there are impurities and crystals in the metal that limit this effect).

Metal springs actually store energy in this resonant relationship of the atoms. Bed springs are a very complex resonant device that store your energy while you sleep. It's from the future. Brought here by time traveling zebras, or geese. ooooh, if hair time travels, what do feathers do?

This is in contrast to other materials that become much weaker once their shape is distorted because the Shape of the object no longer matches the smaller movements of the parts. They just want their current state but do not want to change and the Objects of those parts break when any part changes too much.

(There are also other qualities and attributes of objects besides physical strength and conductivity, and these qualities are also determined by different resonant preferences or desires of the parts.)

Objects break when they lose resonance with their parts. If the object is exactly the shape of its parts, the object is strong like a diamond. If the parts are exactly the shape of an object it, is strong like a metal (If the parts are exactly the shape of the environment, it is strong like life (That was supposed to be read in the voice of an old Chinese man teaching about the moon, fish, 5 elements, and bamboo physics))).

Not a single object in the Universe is mechanically linked to any other object in the Universe, so no parts of any object are actually mechanically tied together. Everything is independent and some of the parts resonate with each other due to a shared resonant frequency. This shared frequency allows the parts to share energy and information as if

they were mechanically linked. This non physical link reinforces the movement pattern and makes that movement pattern in any particular part difficult to stop.

When 2 objects are in resonance, they start to behave as a single object, which creates a new object.

That resonant bond is itself
the object made by the parts.

When the parts are not very much in resonance with each other, then that Object is very dim or weakly interactive in comparison to the parts(like a strong breeze). As the parts increase their resonance, energy from the parts is transferred to their Bond. This makes the Bond stronger and more physical. Then the Bond or the Object becomes more real and interactive than the parts(like a semi truck).

This is similar to dark mode plasma in plasma physics. Plasma is ionized gas and it is the glowing stuff in the center of fluorescent light bulbs and glowing Beer™ signs at the bar. When not much energy is flowing through the object, the plasma is in 'dark mode' and it is not very visible. As more energy is put into the sign at the sign's resonant frequency, it lights up("light mode") and becomes more noticeable. The sign was essentially the same with and without the energy.

And If energy is put into the sign at something other than its resonant frequency, say energy from a Beer bottle thrown by a man who accepted the suggestion of the Beer sign, the object will tend to break rather than become more visible. This is still a type of resonance but it highlights a totally different set of objects.

Resonance allows one part to induce movement in the other just like the front of a soccer ball will induce movement in the back of a soccer ball. Kicking any part of the ball makes the whole ball more physical. A moving soccer ball is more 'physical' than a non moving

soccer ball when you touch it. If you kick it so hard the ball explodes, then you went outside the resonant frequency of the object and highlighted different objects.

With words,
the vibrations,
described by the letters,
are the parts,
and the Words are the Objects.
Words are a collection of vibration
with unified meaning.
Objects are a collection of
vibration with unified meaning.
Objects are Words.
Words are objects.

Words are any vibration to which we assign meaning,

so “Object” is another word for:

a vibration that is interpreted to have additional meaning and learned to be called a word.

An Object is a vibration
that is heard through all of the senses
and read to have the same meaning by each of them
An Object is different vibrations recognized as the same Object
A word is different sounds
different letters,
recognized as the same Word.

As they adopt a similar frequency, the letters start to resonate with each other.

(you can picture this right now.

Its like little bubbles that float around

and merge into each other,

totally mixing and totally staying the same.

Like red blue and green projected onto the screen

to make a full color movie,

all while staying completely red blue and green.

You read the screen as different colors

but it does nothing to what is projecting.)

So back to learning to talk.

The frequent “coincidence” of a word and an object(or should we say the “frequency of a word and object happening together”) alters our mental imagery such that the mental image(a vibration) adopts the frequency of the sound(a vibration), and the Sound adopts the frequency of the mental image(still a single vibration but one that is a mix of the two as individuals).

Before we had words to construct the boundary of inside and outside,

in our experience

the sound and the mental image existed in the same medium.

In reality, they still do.

Once we are able to hear a sound,

it is in our body and it is a mental image

just as much as our mental images

are mental images.

Sound is mental image and mental image is sound.

(Vibration)

Words are sounds with meaning,
Objects are vibrations with meaning.
The meaning doesn't change the vibration
But there's nothing else there to do it.
Nothing is there
To do it.

Our mental activity is "non physical"

(The mind doesn't exist!!
So mysterious)

The mind is the changes in the frequency and amplitude of:

physical objects **moving** in the body -
electrons, protons, atoms, molecules, DNA, Cell, etc;
(or whatever you want to call that stuff)

And

energetic objects **flowing** in our body -
fields, charges, and current;
(or whatever you want to call that movement)

The Mind is not any of those physical or energetic objects themselves. It is how all of that stuff is changing.

Since the mental activity is not a thing,
(it is a movement)
what ever frequency it is,

is the resonant frequency.

(in other words

it is changing how ever it is changing

and it is the movement of

how it is moving)

Mental objects are an 'object' that is a frequency. This is in contrast to a physical object which is a thing that has or *possesses* a resonant frequency.

Physical objects have two frequencies. Though if we remember earlier, the physical object is the Bond between two or more parts. So physical objects have two or more parts. Each part is a frequency. Non physical objects have only one part.

All objects are non physical.

Really we are just saying that a physical object is a mental object with 2 or more frequencies - one of how it is moving and at least one that is how another object is moving.

(How did we get two or more frequencies?

Well, we separated the frequency of what was happening onto two or more parts.

There. Two frequencies.)

Mental objects only have one frequency - their own

(lazy).

They are a resonant frequency, rather than something possessing a resonant frequency.

(a physical object is 'concerned' with the activity of something else and this concern causes it to resonate with what it is concerned about. This resonance allows the two mental objects to interact and exchange energy and information and thus they appear physical to

each other. In fact, what an part is concerned about may appear to be more real or physical than the part itself because that concern gets energy from at least 2 parts, itself and the concerned part, rather than 1).

Once we are aware of either a word or Object,
what we are actually seeing are vibrations in the body
that are interpreted as mental images
imagined to have relationship with
objects outside or inside of us.
Objects are vibrations in our body
to which we assign additional meaning.
Once something is taken into the body
through the senses,
we are looking at a mental image.

We only ever look at vibration or movement in the body, so we only see mental objects. We see the vibration of Sound and we see the vibration of whatever it is our sense organs are doing.

We see vibration and associate meaning with it.
This additional meaning is our mental imagination.

Once we associate words, objects, and mental images with our thinking, the Word and the Mental images become one thing just as much as the Atoms in a block of Steel are one thing (that could be rephrased : once we associate words, other types of words, and then other types of words, the words become one Word. Or better still, once we associate vibration, vibration and vibration with our thinking, the Vibrations and the Vibrations become one vibration)

The mental images are frequencies of movement,
Being carried by your body.
They are the movement of your body.
If they are associated together,
there is only one frequency;
Not two frequencies tied together
or in proximity to each other.
It is one movement pattern in your body
that creates both Images
There is only one frequency for both mental images.
You body's movement is creating the mental images,
and you do not have 2 bodies
when you think about or experience 2 things.
They become one movement
They actually become a single object,
because they are both inside of you
and you are a single object.

This is just like the block of metal. It is one thing because all the atoms share a resonant frequency. If you move any of the atoms in the block at the block's resonant frequency, the energy spreads to the entire block of steel at once. At that frequency, there is only one object.

You can picture this in a projected lower dimensional way like a bunch of stalactites or stalagmites in a cave(those mineral deposits that hang and build up from the ceiling and floor of a cave). The stalactites and stalagmites can be seen as individual objects, but their resonant frequency is actually all the same because they are one object.

If they were separate it would be like granite boulders sitting on a granite floor. The boulder is as close as it can get to an object of the same material but because they lack a type of shared resonant frequency, they are not one thing and do not move as one thing.

But its gets tricky(and fun... at least I'm having fun. I have no idea if anyone else likes this stuff. I usually just get looked at funny if I say it outloud).

All Objects and all groups of objects have several resonant frequencies. A physical system can have as many resonant frequencies as it has degrees of freedom; each degree of freedom can vibrate as a harmonic oscillator(which means engage in cyclical motion that feeds into itself by spinning or vibrating)

Systems with one degree of freedom such as a mass on a spring, pendulums, balance wheels, and LC tuned circuits have one resonant frequency(WTF is a LC tuned circuit?).

Systems with two degrees of freedom such as coupled pendulums and resonant transformers can have two resonant frequencies(and a "resonant transformer?" Is he just copying stuff about resonance© from Wikipedia™?)

Systems with infinite degrees of freedom, like your mind or the Universe, have infinite numbers of resonant frequencies(yes, I am©).

As the number of coupled harmonic oscillators grows, the time it takes to transfer energy from one to the next becomes significant. The vibrations in them begin to travel through the coupled harmonic oscillators in waves, from one oscillator to the next.

These 'coupled harmonic oscillations' are another name for the frequencies and movements in the surrounding environment that are giving any object energy.

Where else would an object get energy except from being squished by the whole universe?

The air pressure above every thing in existence
is exactly on 70 trillion infinity PSI
The entire universe is on top of every thing.
In every direction.
The object is being crushed by all of existence
so it just has to let out a little air and
it rockets around like a subatomic sea horse.

Or you could say
The stuff,
the matter and energy
around an object,
bumps or flows into it
which transfers energy into the object.
And causes it to move,
aka vibrate.

The environment has infinite degrees of freedom and infinite resonant frequencies so an
object can be bumped an infinite number of ways.

If an object receives energy at its resonant frequency
into any part from any location in the environment,
all of the sub-objects that make up that object
become more energized
and that object will become louder or brighter.
That particular movement pattern
will gain more energy in inertia.

If an individual object belonging to a group receives energy at a frequency that it alone has
or that it shares with a different group, that individual will appear to leave its first group in

one way or another and exist alone or in different group as it receives more energy from the new frequency than from the previous group it was/is in.

This is like the Football player falling in love with the Ballet Dancer at the Coffee shop. The energy they receive from that frequency may cause them to vanish from both the Ballet Company and the Football Team and reappear in an “Island Espresso Coffee Stand and Ballet/Crossfit™ Studio” group/object. If the football player or ballerina decide to start training at the resonant frequency of the Company or Team, they will again appear in their old Group/object.

Parts responding to a different resonant frequency than their object, will still be in the object and individual, but it will appear to be in what ever group is at the same frequency as the majority of its energy.

This is why you can't date people who are not on your team if you want to stay on the team(if the team is any good). The energy goes to whatever team you like best(and you can't date people who are on the team if you want to leave the team. This is why monks and priests don't have sex(unless they are cheating). They only play one sport, they can only live by one rule set).

So a group of objects will behave as an object at one frequency and as individuals at another or even be part of different objects at another still.

What group an object is part of(or not) depends on the frequencies of energy that object is receiving.

Back to words and symbols.

What the hell is the 1st Intent about again? Words?

(yes, and technically these are all words so I am completely on topic)

After the Word and the Object enter your body they become a single movement, a single mental image, a single vibration, a single frequency - Your body is their frequency. Once inside you, they do not share a resonant frequency; they are the same resonant frequency - You.

Once parts share a resonant frequency, generation of an associated word, verbally or mentally, will generate all associated mental images and words because they are a single mental object. The energy that is creating the word transfers to the mental imagery via resonance and increases the amplitude of the mental imagery.

This is just like how playing anywhere on a guitar string makes every part of the string louder.

(Also, just like a guitar, if there is a chord of frequencies being generated, a chord of individual objects which resonate at one of the notes in the chord could suddenly behave as a single object as long as that chord is played.)

In other words,
the words resonate with,
become part of,
and make some imagery in our mind
louder.

This increased amplitude causes those thoughts and imagery to move from quiet and unnoticeable to loud and noticeable.

It can also be seen this way:

The frequency of words resonates with previously unconscious thoughts and imagery,
(vibrations made by the conscious mind
(in the form of words)
resonate with vibrations in the unconscious mind).

A link is made between the unconscious and the conscious mind.

The conscious mind consciously speaks words which have a vibration
(This vibration is neither conscious or unconscious)

These vibrations resonate with words and mental images in the unconscious mind. Once
this resonance occurs,
the conscious mind and unconscious mind can influence each other's movement and
exchange energy.

Words are a bridge or conduit between the conscious and unconscious mind.

The words are like waves; the surface of an ocean,
linking movement below with movement above
but the unconscious underwater never becomes the conscious above water;
no matter how large the waves get.

Under water may never become above water,

We can guess what is happening below from studying the waves above.

When the conscious mind speaks words, it gives energy to the unconscious mind via the
resonant link of the vibration. This is like the wind blowing on the ocean. It creates waves
in the unconscious waters. These waves rise up and can be seen as objects in the
conscious mind.

In exchange for this thinking, this wind energy, aspects of the unconscious mind
temporarily seem to become known as moving objects of unconscious waters.

(what all is in
or connected to

the unconscious mind?
All That
is what receives
the energy of words.)

Vibration is the Bridge between the Conscious mind and the Unconscious mind. It is the surface of the ocean. This is a one way street of energy exchange. Speaking a word is like a wind which transfers energy to the unconscious mind and creates a wave. This wave allows us to see what the unconscious mind is doing until the wave moves out of site or dissipates.

By giving energy to the unconscious through the resonant link of a word, we can temporarily see objects in our unconscious mind. This lets you see the unconscious mind moving but it is not a look *into* the unconscious mind. It is just the surface and it is possible for the created wave objects to block the view below the surface. This is why non doing meditations give one insight into the nature of the mind. As the surface calms, it becomes clear and the light of consciousness less reflected in 10,000 different directions.... or something. No one has proven if the mind is actually a metaphore or not.

So, Everything we are not aware of is our unconscious mind
The depths of the ocean(huge. mysterious).

Words transfer energy, through resonance, from the conscious mind to the unconscious mind which amplifies parts the unconscious mind enough that we can see it.

The amplification of the unconscious mind
causes a swell to rise up out of the ocean
which can then be seen as an object
separate from the ocean.

As that energy dissipates and spreads into the infinite unconscious, what was seen fades back into the unconscious. Sort of like how you were no longer thinking "(huge. mysterious)".

Consciously anyway. You know what I'm talking about with (huge. mysterious) because you were already thinking it a little bit from seeing it before.

Just not very much. Almost not noticeable.

Like How I have to remind you to feel your feet or you probably wouldn't be noticing them. But you were noticing them a little already which is why you felt them when you read that.

You are standing on all those words that came right before this so you're literally standing on (huge. mysterious) and when that is said, you are connected to what you are standing on. What you are and what you rest on become one(huge. mysterious).

A frequency generator with infinite degrees of freedom like your mind can resonate with anything.

To connect the conscious to the unconscious you need 3 things -

2 Parts with an affinity for each other
and 1 Bond.

What was said before is unconscious,
what is said right now is conscious
What is said again falls into that object.

If the 2 parts are just like the 1 bond, you create an object that is very hard to break, just like

a diamond.

If you wanted to protect something, you'd place it between 2 hard objects,
created by

3 Identical Objects.

So if you hear someone saying something 3 times fast,
watch out what they're putting in there,
its hard to get out.

So we can see here that words do not just arbitrarily stand for Objects. They are actually
'physically' part of those objects.

The word is a vibration, that vibration is the movement of the unconscious mind - A wave.
This wave is an object, and that object is the word.

When mental images or words share a resonant frequency, they are one thing.

There is only one surface of the ocean, no matter how many waves. If a wave is on the
surface it is part of all the other waves.

And, When a word is in our experience, so is some part of the object it represents, because
the unconscious mind has to be vibrating for there to be a word, and this vibration moves or
is the movement of some amount of unconscious mind. This amount of unconscious mind
is the real object the word represents.

If the mental image of the object is there, the vibration, then the object is physically there in
some way, shape, or form. If the word of an object is present, so is the object. The mass
that is vibrating to create the word, is the object.

And there is no line in amplitude of vibration that mental imagery can cross where it
suddenly becomes 'physical'.

The only thing that makes an object real is that it has at least 2 resonant frequencies - one for what it is and another for how it is moving. Since how an object is moving is in relationship to you (and everything else in existence), you are partially in resonance with the movement of the object. Anything that is moving in relationship to you has you as a part of its resonant frequency. This allows you to exchange energy.

Every thing moving or changing is a fractal vibration,
Of everything else,
because it's movement
is in relation to everything else,
its frequency of movement
contains the frequency of everything else.
So the object and everything else can exchange energy
through resonance.

This is what makes an object real,
you can interact or exchange energy with it
through a shared resonant frequency.

Amplitude of mental imagery is what allows us to see an object but not what determines if it is physical. The number of objects an object shares a resonant frequency with is how 'physically' real it is.

Our physical bodies are real because they are basically the vibration or movement of your DNA.

Your DNA vibrates its surrounding material

You read this vibration as a cell.

This vibration is you

and it is in nearly perfect resonance with

yourself several trillion times.

You are one cell in resonance with trillions of copies of itself,
all exchanging energy and information through this near perfect,
resonant link.

You slightly break genetic resonance
to create different types of cells and tissues,
but every cell in your body is in resonance with all the other cells
and they share energy through this resonance.

You share most of your DNA (yourself),
with all other life on this planet,
and so most of that life also seems physical
due to shared resonance.

(If some cells are required to drastically change their genetic expression to survive,
they lose resonance with the rest of the body.

This is called cancer by many healthcare professionals at the time of this writing.)

Our ability to feel the frequency of something else is what determines if we see something
as imaginary, physical, or energetic.

We can only feel what we are doing, we can only feel the vibrations or movements that are
inside our body, so if we can not do what something else is doing we can not feel it.

If we can match the frequency but we do not have enough energy to match the amplitude of
the resonant frequency of an object then we experience that object as a physical object. If
we have enough energy and skill to match the frequency and amplitude of an object then we
feel its energy and the object is experienced as energy or movement. At low levels of
resonance, we can touch the object and move it a little bit or with some external help. At
high levels of resonance we can move the object as easily and directly as we move our own

body with *intent*.

If we are not skillful enough to even match the frequency of an object, then the object will seem imaginary because we can not even mimic the object enough to see it, much less give it enough energy through our resonant link to make it visible to the senses, and even less still, actually move it.

Our ability to see something consciously is a matter of being able to at least partially match the resonant frequency of an object and also increase the amplitude of that frequency in ourselves enough to see it. Though, because of resonance, if we are increasing the amplitude of the frequency of the object in ourselves, and it actually matches that of the object, both the vibration in us AND the object will gain energy.

This will eventually increase the amplitude or loudness of the entire object such that the entire thing can be seen more vividly (there are other tricks but this is just The Preface).

(And this is a paradoxical place, because we are amplifying external objects but we are only able to interact with our internal vibrations, so where and what is the contact point? I suggest that it is the resonant link, which is not physical. The contact point for anything is mental)

As the energy of an object increases,
it will first seem like a thought,
then it will seem like a physical object or group of physical objects,
if the energy keeps increasing at the resonant frequency of the object,
eventually it will move with our intent,

That is how we see words
when the conscious mind gives energy to the unconscious mind.
Energy from the consciousness

lights up a portion of the unconscious
and what is lit up,
or made to move, is
felt, perceived, and seen as an object.

(This is different from when the unconscious mind gives to the conscious mind via Intent.
What is *seen* when the unconscious becomes conscious is not perceived, anticipated, or
remembered, or understood.
It is felt and it never goes away,
even if you wanted it to,
but it doesn't want
to be wanted.

We will go further into what can not be remembered, understood or perceived later, but you
won't remember it so don't anticipate a problem if that doesn't make sense, yet)

Every Object that can be perceived is composed partially of thoughts(matter) and partially
of experience(energy) and every object needs both.

We can not see something without a thought or understanding of what we are experiencing.
This is best understood by contemplating one of those magic eye pictures. There is an
image in them we experience, but until we understand how to connect that experience in a
meaningful way, there is no object. For us to have any experience of an object, we must at
very least understand how to connect the lines of our experience to see it. We have to be
able to think about it to remember, perceive or understand it. Every object requires a
particular pattern of thinking just like it requires a particular pattern of atoms.

More obviously, we can not see something without experience. This is also best
understood by contemplating a magic eye picture. If the experience of the picture just isn't

there, we won't experience an image no matter how much we think we understand the image. Every object is an experience independent of our thinking just like every object is atoms(or whatever you want to call very small parts) that are largely independent of the Object.

The Experience is required and so is the Thinking or understanding. This thinking and Experience is basically pattern recognition and is also known as perception.

We perceive things/objects by thinking about our experience.

Perception is the act of creating something from Vibration.

We see patterns in the vibration and call them objects

This is like looking at a TV screen and seeing patterns in the light.

Intention is the act of creating vibration.

It is the cause of the movement rather than the interpretation of the movement.

Interestingly, all this required experience is connected together somehow. No matter what we call the experience - atoms, consciousness, energy, prana, life force - anyone can notice that it is all connected or in resonance with everything else. "All is One." "Energy does not stop or start it only changes form." "God is in Everything." The gravity and electromagnetic field of every object spreads out infinitely into space. The probability cloud of an object's location in quantum physics is never zero anywhere in the universe, etc, etc, etc.

The language changes what people call it when they study it,

and it changes how they study it

but the experiment has been done billions of times;

Researching experience of every sort

From every conceivable angle

Shows time and time again,
The experience is a single event.

You are experiencing at least the tiniest bit of every single thing in existence all the time.
This means that anytime we understand or think about an object, we are also experiencing at least a small physical aspect of that object and it is possible to give energy to that object through that contact. The limitations are only in our own sensitivity and skill in moving like the object to establish a resonant link.

Since there is never any physical contact, only resonance, there is also no real distance, only changing frequencies.

Its like an infinite number of radio's
spread out in an infinite amount of space
with infinite broadcast strength.
If you don't listen and only broadcast;
it will seem empty.
If you listen carefully,
It will seem infinitely dense.

Everything we see is also disconnected or not in resonance with everything else. That is why we can see it as something different than other things and where we get the parts to create objects. What puts all these disconnected part together is our thinking. Our thinking connects all of the experience that is disconnected.

Without changing anything, we can also see that it is our thinking that separates experience.

(What we think separates and connects reality).

In this sense, any mental image we have is real. The only thing that varies is how much of that object we can feel. How much separation or thinking is there between us and the object?

To experience the object we have to match its resonant frequency in our own body. We only experience what is happening in our body, so mimicking the object lets us experience the object. Matching the frequency of the object also lets us interact with it through resonance as the mental image and the real object become linked.

The Two basic tools we have to accomplish this are thinking and feeling. If our thoughts match an object close to perfectly, we can physically see the object. This could be thought of as the electromagnetic vibrations of the body matching the object. If our feeling matches the object perfectly we can feel the object. This can be thought of as the physical tissue of the body vibrating at the resonant frequency.

Can we feel it move or do we only infer that it is moving?

Do we only think that it is moving?

Do we just see a person in front of us or can we feel them? If we can feel them, do we just feel the skin or can we feel a movement like the breath? Or can we feel something deeper like organs or bones? In all of these cases, we are fundamentally working with the same mental/electromagnetic image and then feeling less or more of that images associated 'object'/experience.

The image where we are not feeling anything because the person is accross the room(or in a different room) is not considered imaginary in comparison to the image where we are able to physically touch the person. Its just not as close by.

What we mean by saying something is 'not close by' is that our physical body is not being influenced by the object, only the electrical activity of our body.

(Its like the Time traveling Zebra hairs, which, if you feel carefully, are in greater number now than before. More Zebras are thinking about time traveling to right now. Those thoughts are their time traveling hairs tickling your brain waves like lightning bolts hitting the clock tower next to the Delorean. What happens if you read this at 88mph thinking about Zebras?).

If we think we are seeing something, we really are seeing it(even time traveling zebras). The variability is how much feeling awareness is associated with what we are seeing.

How much does what we see move our body?

How much does our body movement change what we see?

Our thoughts are creating the image of the object
and there is at least a tiny aspect of the object present
so we are seeing a 'real' image
of any object we imagine
so long as what we are imagining
exists somewhere
(in time).

When we think about something, it actually is there at least a little bit, and if we move the mental image of the object at its resonant frequency, our mental image will become resonantly linked with the actual object and be energetically supported by it. All of the parts of the object, the parts inside of us, and the parts outside of us, will gain energy.

Eventually this energy will make the object loud enough to consciously see. It will move from the unconscious mind to the conscious mind. If the energy increases even further, it will start to move our physical body and this will make it such that the object is right where we are.

I've found it extremely difficult, if not impossible to know exactly what I am giving energy to via the conscious creation of words until after something emerges.

Sometimes it is pleasant and sometimes it is unpleasant or boring.

You have no idea what is attached to the Idea of Zebras.

In fact before attempting that experiment,

you better check what all is within 2 degrees of separation with zebras.

That might come through the time machine. Freaky

Frankly the whole digital display and keyboard is just for show.

It doesn't even matter what you set it for.

What ever wants to come out,

comes out.

What ever Intends to come out,

comes out.

Zebra Zebra Zebra and

A time traveling fish swims into the room and

Its like, "whatever, you're the one speaking"

and you dont even know the origin of the sounds you're using to make the words.

Much less the deeper meaning of your intonations, body language, and phonetic feel?

Which are determined by your culture and upbringing.

And you probably really don't understand the unconscious meaning for the various vibrations that accompany your speech due to you species type and DNA.

You seriously could be saying anything to anything in your unconscious mind when you talk about time traveling zebras.

What you think you are saying is literally

less than the tip of the iceberg in what was communicated.

But Intention, Intention is not dependent on language...
or meaning,
or words.

Saying something 3 times fast,
Makes a link into the mind.
Doesnt matter what was said to make the link,
Though some phrases grab better than others,
Jingle Jangle, for instance.
(Zebra, I'm pretty sure is not the best hold out there
so you should be able to slip out easily)
With Intention, what is Intended always happens as Intended.
Say something 3 times fast with Intention and what goes where?

Back to Words that are about words instead of words that are about objects or vibrations or letters(head....hurts.....).

So when a word is present, some aspect of the objects that the word are associated with are actually present as well, even if it is mostly the mental(separate/electromagnetic) aspect of the object with not very much (connected/whole/feeling)experience.

This is just like the requirement of your left side to be present when your right side is present. Your left side might be some distance away from your right side but if one is there the other one must be there as well.

Remember, we're not even dealing with actual distance. Only resonance. So when a frequency is here, all of it is here.

If the mental picture of an object is present, so is the object. If the object is present, so is the mental picture. If the mental picture of an object is present, we also know that it is separate from us and connected to us by thinking.

Yin and Yang and what not.

(I wonder just how many books have been written about words? Probably a lot)

So, When a word is put down on the page, it is a symbol *requesting* that you summon or pull out a particular thought object from your unconscious mind.

Reading is your unconscious mind asking to become conscious.

It is asking that you give energy

to a part of yourself that is not visible

so that it becomes visible

(at least that is what these words are telling you they are.

Can words lie?

sleep on it).

When a word is read or spoken, it is somewhat of a command for that thought object to come forth into your conscious mind. Speaking or reading the Word physically requires the object be present because it is 'physically' attached to the word (in resonance with and capable of sharing energy and information).

When we read,

we are unconscious of the words right until we read them,

reading is like looking at the surface of the unconscious mind.

Words are the Surface.

A word or symbol is a handle that can be used to pull an object into our experience.

(Of additional note is the difference between reading, speaking, and hearing words. When a word is spoken or thought of, it is a command that you bring forth a thought object - it is quite literally an impulse of energy which you must receive if you are listening. The spoken word forces an object into your conscious mind. If spoken to loudly or directly, it is usually impossible to not listen, so speaking very much resembles a command.

That commanded energy can be redirected to a certain extent, just as you can redirect someone shoving or pushing you, but a word spoken to you in your native language generally must be accepted. You must deal with the object once it is spoken. Those who command verbal language are in command of the listener's mental imagery. What can be done with this control depends on the speaker's skill with the effect of words and the listener's understanding and control of their own mind once the command has entered it. Singing and poetry are spoken word but there is a deeper meaning the listener has to choose to 'read' or feel in what is being spoken. In this way, poetic song is not a command in the same way speaking is).

When you are reading, every single word is a choice.

Poetic Writing,

even softer.

still

...

When we read, we are being guided to precisely create mental vibrations which resonate with particular thought objects in our mind due to childhood conditioning, learning, and education. This resonance allows us to give conscious energy to mental objects in the unconscious mind. While these objects have our conscious energy they become brighter or more noticeable and we become conscious of them until that conscious energy dissipates into the unconsciousness (we lose conscious energy from this dissipation by making the unconscious visible in this way. I wonder what political arguments and Global news discussions are doing to people's energy levels? Hot air eliciting huge waves in the

unconscious mind, never to be seen again.).

So objects are anything and everything that we can start thinking of and stop thinking of. (We can only think about experience, so the objects must also be an experience that starts and stops) Thought objects are any thought with a beginning and end. They are physical objects like rocks, people, plants, animals, and mountains; or non physical 'objects' like actions, events, love, elation, time, space, culture, life, death, or mythical creatures (If you can think of another type of thought object, they are that too).

These are all collections or categories of different vibrations from different sense organs that we interpret to be the same object.

We are considered literate when we are able to call forth the objects that an author *Intends* to be called forth by the vibration of his letters. If we can not call forth any aspect of the object an author intends, then we are considered illiterate. If we call forth a partial or distorted version of what an author intends, then we are either confused or only partially literate.

There are various levels of literacy for every Word.

Words can have more than one meaning

In a single sentence.

so we can have more than one level or type of literacy

The same words can have 2 or more totally different worlds
of meaning

that we may not be aware of

due to our

illiteracy.

Obviously, To read a book we must be literate, and if we are to read a book perfectly, we must be the same type and level of literacy as the author.

So the my First Intent is to make it such that you can choose to precisely and perfectly call forth the objects I Intend to associate with the symbols.

I am *Intending* to share my literacy with you.
Not my understanding.

If you Intend to call forth the thought objects *Intended*,
then,
while you read this book, our *Intent* is unified.
The merging of human intent is powerful.
When 2 or more people work together
with unified *Intent*,
what they can accomplish is enormous.

Thus while you read this book, if you attempt to mimic or resonate with my literacy, my 1st *Intent* is there to aid you and what ever understanding you create will be greater than if our intent was not unified.

Intent can only merge and unify through transparent and free association between free beings. If *Intent* is not completely transparent and fully synchronized, the result is either discord which reduces the power of everyone, or forceful coercion which causes one *Intent* to dominate all others;

Reducing the power of everyone

These two failures of collective Intent are known as Anarchy and Slavery. They are failures because they result in actions that are different than what is being intended.

In the case of anarchy, neighboring Intent is not harmonized which causes friction and wasted energy. The result is always activity that is less than intended. In the case of slavery, much might be accomplished, maybe even more than intended, but it is never what was being intended by those working. It is not what is wanted by those being dominated.

It is only through the free and transparent association can intent merge to perfectly accomplish its goals.

I'm not sure what you and I will accomplish with our collective *Intent*;

maybe nothing.

Regardless, this is a practice in understanding the precision required to merge Intent such that you learn how to merge intent with those similar to you and learn to avoid merging intent with those dissimilar to you.

Failure to merge intent with those similar to you can only result in Anarchy,

and

failure to avoid merging intent with those dissimilar to you can only result in Slavery.

It is my Intent that you understand the words in this book *perfectly* such that our Intent becomes unified; not in opposition or domination.

I am being completely transparent which is the reason for the lengthy introduction as to what the letters and words in this book are doing to you. You and I are both completely aware of what(I think) is happening here and we are both completely aware of our individual Intent. This will allow us to work together as you read without our *intent* conflicting and we will avoid my written Intent dominating your intent(or possibly avoid you

dominating these words but I've never seen anyone strong enough to dominate a written word)

If you don't trust me,
then you are not in a fair fight.

I intend for your reading to be perfect and for it to free your mental images to the best of my ability.

I Intend to call forth your True Self,
with these words.
That which understands directly-
Your literacy.

If you Intend to read this book perfectly
and free your mental images
to the best of your ability
and see your literacy,
our Intent will be unified.

Now that we have a rough idea of what words are and what reading is, if we want to read perfectly, we must know the perfect definitions of the words.

A definition is a suggestion as to what types of thought Objects a word should call forth.

The definition of a word is an instruction concerning the types of associations or objects we should associate with the word.

The 1st Intent is an instruction as to what the perfect definition of the words in the book are and transmitting this instruction perfectly is my 1st *Intent*.

(I am teaching you to be literate in the way I am literate)

With Perfect transmission of perfect definitions, we will be able to read this book perfectly.

(However, I am going to incorrectly define and use the term “thinking” many many times throughout this book because I don’t actually know what Thinking is(I only think I understand thinking but my thoughts are always changing)).

This doesn’t seem to cause any real problems

so just go with it.

So to begin, Terms like Energy, Physical Matter, Truth, Thought, Belief, Body, Mind, all other words in this book, and anything ever written or spoken by myself are fully self defined as:

Any freely made associations
which tie the word to
perceptual experience and mental imagery.

Those associations are the meaning and definition of the words(this might seem difficult to understand at first but just keep reading and I promise you’ll get it).

(wait, more difficult than all that stuff before?)

(I’m not sure, writing this is far more confusing than reading it...that part used to be at the beginning and now its here. I think we are switching gears into more grounded things like perception and psychology rather than Word physics)

When I write, I am never referencing 'real' or Imaginary things; although for ease of communication in the English Language, I will often write as if they are(real) things.
(wait, so none of that stuff before was real?)
(nope)

In this book, when I use a word, I am attempting to reference the *activity* that we do to create that word in our experience. I am attempting to point at the **personal activity** of **associating** experience and sensation together. The experience and sensation we associate with the word can be anything. We experience and sense thoughts, concepts, feelings, emotions, sense impressions, and physical reality. When we read a word, some combination of those things are associated together and this is what gives the word meaning(and remember a word is any vibration to which we associate additional meaning).

When you read, cat, you associate that symbol "cat" with your mental imagery of a cat because you were trained to do this as a child.

When you read zebra, you associate that symbol "zebra" with your mental imagery of a zebra because you were trained to this as a child. You also have some mental imagery of time travel in there now as well because of training you have received since the start of this book and if you were a good learner, a fish from the unconscious mind.

Normally, once we make these associations of mental imagery with a word we can look at this mental imagery and this is what gives the word meaning. If no mental imagery is associated with a word, nothing happens when we read it. We don't see anything.

Oh my God, the destinkerfloffs are sooo fengostic!

When we are reading, the word is a focal point for our current experience. The word we are reading requires most if not all of our conscious attention. Reading requires so much focus that we can usually do, at most, a repetitive unconscious movement and read at the same time. If we are really captivated by a story, we can hardly notice anything else besides our reading.

Reading focuses all of our attention right here on this moment and then it suggests what mental imagery we should bring into this moment.

The Word is the resonant frequency between or shared by
our current experience
which is focused onto the word being read
and
our mental imagery.

The Word ties our mental imagery to what is happening right now.

The Word holds what is real(this moment and these letters) and imaginary(the meaning of these letters) together(And apart. Most people are constantly reading all the time. What I mean by that is they are assigning additional meaning to vibration. When a person is reading, they are depending on the book and their conditioning to control the sequence of their mental images. This allows for a sort of dreaming to take place which allows the person to enter into a different reality with different rules.

The way that most people have been trained to read is part of a story where everything is not happening all at once, so the act of their reading associates or connects mental images and experience, but it is also what creates a reality where things are separate or together.

We study how reality actually works(which is really just a deeper level of reading),

things are neither separate or apart and only have shared resonance. Reading is what creates a story that is different from that reality).

This book looks much different if it is not being Read.

A primitive picture to understand this concept with can be seen by imagining each word being literally tied to mental imagery and perceptions with metal(mental?) chains. When a word is read, these chains pull mental imagery into the conscious mind which can be understood as our experience.

What we are experiencing is our conscious mind.

The Word is a real vibration that unites our mental imagery with what we are experiencing, making it a single object.

Usually the mental images revealed by the word are considered to be the definition and meaning of the word.

In this book, the chains/connections/associations/separations themselves are the definition and meaning of The Word, not the mental imagery, thoughts, or experiences and perceptions evoked.

The Act of Revelation is The Word,
not what is revealed.

I only use a word as location for where
the actual meaning and Revelation is.

The Word has nothing to do with the actual definition other than
It is the exact Location of Revelation.

A definition is not bound by the word and it may or may not exist next to that word.

As you read,

What ever definition, activity, or association that is near the word
is allowed to be there.

We can interact with this definition and if it is not what we are looking for, we can attempt
to find what we are looking for through this interaction but we can not force that definition
to change nor can we force a definition to stay associated with a word.

If we are not getting the meaning we want from a word
we must go somewhere else to find that meaning,
or wait for it to change.

We can not force the Word to adopt that meaning.

This is similar to how an free individual might be in a particular location. I can state that
location so that you are able to find the individual but the individual is allowed to move
wherever they want because they are free.

In contrast, a bound individual or a slave would not be able to move where they wanted to
move and you would be able to define them by their location because they can not leave
their defined location.

The definitions and meaning of the words I use are freely associated with words meaning
that:

there is no set meaning to this book.

The book is a location

and

meaning may pass,

into and out of the book and words at will

because

the book is a free book,
and it's words are free words.

It is allowed to have what ever meaning it wants
in each moment.

So the meanings in this book are True,
In that there is nothing forcing them to be
what they are not.

When something is what it is,
It is True.

To further practically understand what I mean by this, look at and feel your hand.

-Count 10 different sensations you are having that are arising inside of or connected to your
experience of "hand".

-They can be anything: Fingers, heat, cold, light, color, inside, outside, weight, movement...
anything.

-Any sensation that you think belongs to the category of 'hand'.

-Now observe the sum total of your current experience.

-Notice how some of that experience is inside the category of hand, and some of it is
outside the category of hand.

When I write, 'feel your hand' or I reference your 'hand' in any way, I am referencing your
personal activity or *choice* that is associating some of your experience with the concept of
'hand' and some experience with 'everything else'.

I am actually directly referring to the thinking or personal *activity* that is attaching a
fraction of your total experience or sensation to the category of 'hand' and other sensations

to the category of 'foot', 'table', or 'ground'. (Or referencing the thinking activity that is separating the sensation of your hand from the sensation of your foot)

I am referring to the activity which associates one sensation with the hand and associates another sensation with the foot, head, or environment(or the activity that separates the hand and the foot)

(Remember, you've never seen anything other than a mental image)

I am not referring to the actual objects themselves but to the connections or associations themselves that cause those objects to relate to the word.

So again, the words in this book are not intended to describe or be defined as any physical(or imaginary) objects. They are intended to describe **patterns of thinking and association** that attach groups of experience to conceptual and perceptual categories.

This is what I intend the words to mean. The activity that ties or associates an Experience to a word is the word's working definition in this book. The definition of a word is never the created or perceived object itself so in some sense every word is sort of a verb.

They are all defined by the activity that creates their experience(from here on out association and connection is ALSO dissociation and separation. They are different sides of the same thing so the words are both those activities, it is simply easier to write about only one side of an object rather than both or all sides. Logic is only possible if we write about one side of an object, and reading illogical words can be confusing).

The words are of a verb nature - an action or doing - but the real definition is even more than that. It goes deeper to whatever it is that creates activity and action. The most precisely it could be said is that each word's definition is freely made **associations** that tie the word to things in your experience. This is a verb but it is also what is doing verbs.

If nouns were matter,
and energy was verbs,
These Words are mental activity.

In this book, words are the formless movement required before there can be formed movement.

Formless movement and association supersedes and is of a Higher Authority than formed movement and all formed movement must adhere to what formless movement is doing.

lol.

What ever.

This formless association is your activity(do with it what you will. There is no higher authority... but dont tell the formlessness or it might get cranky)

On the surface, this process may not seem like your activity. You likely do not feel that you are doing any of this as you read these words but that is only because it is habitual and therefore unnoticed. You do it without giving it any thought because you've been practicing for decades.

To get a feel for this activity,

you can look at these words without reading them and notice that none of the meanings arise in your mind.

You have to not only see the words,
you have to read the words.

Keanu Reeves had the perfect face for this.

Whoah.

Reading is creating the mental vibration requested by a word, actually doing the movement of the word, ever so slightly, and noticing what else is resonating with that vibration or frequency. You then associate these thoughts with the word and that gives it definition and meaning. When words are written in a sequence, the associations tend to accumulate underneath, around, or in relation to each new word and this creates a logical structure or narrative(or body of writing).

This is like stacking stone on top of one another to build a logical structure. The stones become associated with one another through sequential stacking to create a structure and the words become associated with one another through sequential reading to create a larger meaning or narrative(in a biological sense, it is like making skins of logic or narrative and wrapping them inside of each other in different combinations and orders and numbers to create fractal layering of contextual bags - Strings, quarks, protons, atoms, molecules, DNA, nucleus, organelle, cell membrane, organ, body, planet, solar system, galaxy, etc. These generally last longer than logic chains or ‘structures’ which can not reproduce on the outside. They divide infinitely inward to create worlds with laws, but the laws only apply to that world. This chain of logic has been called an “inorganic being.” Organic beings are of shells and bubbles of logic.)

That is why this,
is a group of words with a totally different meaning than,
“That is why this,”
In another book is about something else entirely.

So Each word’s definition is this activity that happens when you read it. It is whatever you do when you read.

That is the definition of the word -

whatever it is that you do when you read it,
and you can do anything
because the meanings I work with
are freely associated with the words.

If you perceive a meaning or mental image near a word in this book, it is because it chooses to be there.

(yes, they choose to; they are as sentient as you are. And If the meaning or mental image was not free, you can not be sure it was choosing to be there and it might be there for a different reason than its own meaning. This is similar to interacting with a slave whose personal goals are one thing but has different goals from a master that is somewhere else. You can not know the motivation of words written while in slavery. The words in this book were written freely and are free; therefore there no secondary or external motivation associated with any word.)

So lets tease apart exactly what it is that we are doing when we read a word?

In our mind rest an infinite amount of mental imagery and thoughts, which can be thought of as the connections or relationships the images have to each other. Look around in your mind and you will find literally an infinite amount of mental imagery and an infinite number of connections. Images, thoughts and ideas about everything that is, isn't, was, wasnt, should be and shouldn't have ever not been....and anything else we could think of. Everything is in there and so are all possible connections.

When we read a word, we create two basic categories for all of that activity.

The Word Creates Two things:

One category is for things associated with the word that we call forth when the word is read. All of this mental imagery becomes tied together through association with the word (and separated from everything else)

We will call this bundle of mental imagery a “Thought Object”.

Think of it like this: Everything in your mind is an infinite field of snow. When you read a word, you gather some fraction of this snow together into a snow ball. How big or small this snow ball is depends on your mental ability and purpose (tossing ideas around, attempting to build something, attempting to crush someone under an avalanche, etc...)

The other category is all of the mental imagery that does not belong to the thought object. This is the rest of the snow that didn't make it into your snow ball. This is everything that is Not the Thought object.

We will call this non bundled mental imagery “Everything Else” or simply Not the Object.

Those are the two categories which allow us to create a thought object and it is created exactly how we would create a snow ball. A small portion of all the snow becomes “associated” into a ball and separated from all the other snow through the act of gathering.

This creates the object out of formless snow,
or in the case of reading,
it creates a thought object out of
the formless mind.

This process allows us to collect a fragment of everything that is in our mind and build mental structures with it. As I write, I am looking at a mental structure made out of thought and as you read, you are attempting gather similar thought material and build a similar structure so that you can see what I see.

So how is it that we associate thoughts to words to create these categories and objects?

We can use the example of our own hand again to understand how the reading process creates objects.

Using the body as an example thought object is extremely useful in that:

The body is a thought object which you can feel;
It is easier to understand that which we can feel.

The feeling sense of the body is from freedom of association. Interaction with freely associating individuals allows one to learn Truth about their reality. If you interact with individual *beings* that are not freely associated, then it is like interacting with slaves where much of their Individual Truth is suppressed and replaced by a dominating outside authority.

When you feel something like your hand, the feeling awareness is a result of your free association with the object. You can feel it as an object because you have made an association or bond with it, and you can feel it's individual Truth as a part of your body because it is a free association.

The freedom allows movement, which is what you feel.

You feel movement,

Which is energy.

You resonate with your hand and that lets you feel its energy.

The beings that make up the object of your body are freely allowed to move into and out of resonance with what you are and this movement is what generates the feeling we get from body objects.

The beings of your body - the energy, atoms, DNA, cells, tissues, and organs - are allowed to move.

We feel that movement just as we feel the movement of the wind.

If the beings are enslaved or trapped,
they are difficult to feel like stale air in a room is difficult to feel.

If objects are not freely associated,
there is very little movement because they are not where they want to be.
Therefore there is very little feeling.

We can only feel movement and only free beings can move.

If something can not move,
It is not free.

If something is not free.
It can't move.

(Intent Moves All Objects)

So to create the Hand, we look down and we see the symbol of the hand. In this case the symbol is our living hand and we get to take a very intimate and Truthful look at how we read symbols. The first thing we do is we look at what our hand is doing. Is it opening, closing, doing nothing, being cold/hot, existing in some space, etc?

(But what is the hand? The hand is the Intention to open and close(the hand)).

We know what the hand is doing because we see the movement of the parts of the hand match our Intent.

Looking at the hand is
looking into a mirror

that only reflects Intent.

Since we always know what our Intent is, we can recognize that in the parts of our hand. When we intend movement with our hand, we request that other beings (our cells) help us with that intent. Once this request is made, we can *see* what beings are helping to facilitate our intent.

We can not see our Intent directly any more than we will ever see our own face.

We can only see the reflection

Of Our Intent

In reality.

Reality is a mirror of your Intent

So what is looking into a mirror?

We can *see* what all is going along with the movement of our *Intent*. If the Intent that is in the location of our hand is closing, we can see that the fingers, palm, thumb, skin, and fingernails are all closing. When the *Intent* of the hand is opening, we see all of the beings in resonance with that *Intent* open.

When the hand grabs something, all of those things that are part of or associated with the hand also grab.

All of the objects

- the fingers, palm, skin, nails, bones, atoms, etc -

that are doing what the Intent of the hand is doing,

are the 'associations' of the word of our hand.

We see our own intent directly,
and then we see that Intent reflected back
in the mirror of reality.

This lets us see what can not be see,
Like the mirror lets us see our own face,
Impossible and unfathomable to see otherwise,
but looking in the mirror is nothing special either.

You are that is.

Right now is a Direct Reflection of you.

A perfect reflection.

No calming, meditation, or falling away needed.

Only Knowing

Everything you perceive is a mirror
reflecting your face.

This is Your Intention.

If we notice something is not closing when the hand is closing, it does not get associated
with the hand.

If something does not move with our Intent,

Our Intent is not over there.
Something else is in this mirror with me,
Not as simple as you just thought.

What does not close when the hand closes is not in resonance with the Intent of the hand.
So while we may be having an experience of a rock, a tree, knuckles, and 5 fingers, only the
5 fingers and knuckles become associated with the hand because they are the only objects
that freely respond to or resonate with the request of our Intent.
When the hand opens and closes, we usually do not see the rocks and trees freely
responding to the request of our Intent , so they are not freely associated with the hand.

(If we force the rocks and trees to do what the hand is doing without feeling them, this is
called “technology.” Technology is all the ways we get objects we can not feel to do what
we want.)

This is one half of how we create a word. We *see*, read or speak the Word, and then we see
what thoughts and mental images are associated with it.

If these associations are free,
we can feel the word.
If the associations are not free
we can not feel the word
because the associations are not allowed to move.
The Living word is revealed by
Freely Associated Beings
which are allowed to move how ever they want.

The associated mental imagery of a word forms a visible Living Skin around the previously
invisible Word that reveals to us what the word is doing. Once the mental imagery is
associated with the word, it starts to do what the word is doing and this reveals to us the

nature of the word. What the word is doing is the word's meaning.

Word.

Once we know the meaning of a word, it can be said that we have seen what is in resonance with the word..

This process is how we call forth the Thought Object a word is requesting. These thought objects are the parts or material that make up a Word's meaning just like atoms or cells are the parts and material that make up your hand.

The hand is invisible other than by noticing the atoms or molecules associated with it, and the Word is invisible other than by noticing the mental images associated with it.

The other half of word creation concerns the other category which is the "everything else." This gives the word context. This is what the word is not associated with, what it is disconnected from. Once the word is revealed by the associated Thought Object(s), we then have to see what everything else is doing so that we can see where the word is.

(If we look at what is connecting or separating the word from everything else, rather than what is or is not connected to the word we are *seeing* feeling rather than seeing objects.)

This process can be understood as noticing what is not associated with the word or what is not in resonance with the word, and freely allowing independence between that and The Word.

Living word can only exist in a Living Environment, just as a living being can only live in a Living environment. That which is not associated with the word must be allowed to freely move independent of the word.

What is Living must be allowed to be separate from what it is not,
must be allowed to move and change freely,
must be allowed to breathe
or it will Die.

What all the other thought objects are doing around The Word.
This is the Word's environment and this where the word draws meaning and purpose.
When we are reading,
a word's environment is filled with
thought objects that were previously created
as we Read up to that point.

We look at all of these objects and see what they are doing to get a sense of the movement
and direction of the Word. The Word's direction and movement is known by its
independence from these other objects.

If we do not free a word from its environment or previous locations, we can not see how
The Word is moving and thus can not understand a word's direction or meaning.

Using the hand metaphor, when we move our hand, we notice the trees do not close and we
notice that our foot does not close. Why is that? Because there is separation between the
hand, the trees, and our foot.

Every object or word must have two association:

It must be associate with itself. Very simply it must be what it is.

And,

It must be associated with something else that separates it from other objects or words and is not any other object or word.

A Word must be associated with something that does not share a resonant frequency with any other word or object or it is not an individual word.

If it is not an individual word it can not have an individual meaning.

The Word must be itself,
Everything else,
and something that is neither itself or everything else
to Keep Everything else apart

An object must resonate with something that is not itself and also not anything else in existence or it would not be a real and individual object.

It must resonate with separation itself.

This is the space the word needs to exist as a separate Object. All words and objects resonate with themselves and with something else that is separate from them but not part of anything else.

This resonance with what does not exist to anything else is what creates space(and conversely objects).

That space is always filled by something that is neither the word or other objects, but the Word is not connected to anything in that space or the Word would have to be different and define what is in that space as well.

If the word was not associated with something that was not it and also not anything else the Word would have no useful meaning because it would be stuck to something else and actually be something else.

The word would not be what it is.

Using our body as a reference, If everything else in The Body was forced to close when our hand closed, we would experience it as a cramp or seizure. This would incapacitate the body such that the Intent and meaning of the hand would be lost.

The hand is associated with our body but it is also associated with something that is not our body which allows it to move independently of our body. This allows the hand to function.

Similarly, if we do not allow each Word to have freedom of association and an unshared individual meaning, they can have no useful meaning.

Unfree words lacking completely individual meaning can have no True Meaning.

They would always mean something other than what they mean.

False words have no use in reality.

This is not just how we read but it is also how we perceive. That is why the process of perceiving the hand is the same as the process of reading a word and why the terms 'object' and 'word' can be used interchangeably. When we read, we turn symbols on a page into a mental picture of what is happening. When we perceive, we turn symbols in our experience into an understanding of what is happening.

We can read in various ways

at various speeds

depending on our developed skill.

A child that has to sound out a word out

elicits the meaning

one

word

at

a

time.

Most adults can read several words at once

and fast readers go about a sentence at a time.

When people speed read, they elicit the meaning of an entire paragraph or page at once rather than just a few words or sentences.

This is intellectually similar to lifting weights.

We can all move the coffee table

and some of us can deadlift 500 lbs.

Why?

Usually to impress women.

To this end, there are many different types of words and objects to read. Some of the words in this book are often thought of as 'physical' objects. These are words that we all think about or read in very similar ways like shirts, shoes, cars, or rocks. Most adults

associate with these words in very similar ways and most people find similar meanings near them when read.

This consistent meaning causes the words to seem like they are referring to 'real' objects that can be universally referenced and experienced by everyone. Looking at these words is like looking at the Earth. They change, but slowly enough one could 'walk' on them and not have to worry about being supported. We must be very grounded if we want to understand these words with any depth.

Some of the words are things that people read in radically different ways. Words like energy, awareness, force, intent, thought, desire, gravity, and time are read differently by nearly everyone (they are even perceived or read differently by the same person at different times). Because we all have such different ways of reading these words, we usually do not place them in the category of 'physical' because we all have very different experiences when we think of the term. For instance, the experience a 5 year old has of 'time' and 'desire' is radically different from the experience of an 85 year old. They read 'time' and 'desire' in radically different ways. Is one of them wrong?

In some sense, these words have meanings and definitions that like to move around quite a bit. When we look in the area of one of these words, there is almost always something different there. Words like these will seem more non physical - ideas, feelings, imagination, or impressions rather than real objects. Looking at these words is like Looking at the Sky. There is nothing static to grab onto. We must be very light on our feet if we want to explore these words with any depth (or height).

Many terms will fall somewhere between physical and nonphysical or, more accurately, we can read words as somewhere between physical and nonphysical. This type of reading is like water. It is required for life and can support us but only if we do not grasp too tightly or become panicked without a foot on the ground.

(We can also read like Fire, but that is a deeper topic than is allowed in the Preface.)

Regardless of if the terms seem to have a collective or objective reality to them, no terms or words ever said or written by myself are in reference to that objective(or even subjective) reality. They are in reference to the personal activity which freely associates with the terms. They are defined as: Any freely made associations which bond the word to perceptual experience and mental imagery.

The reason this all the words in this book are self defined and freely associated is because I am attempting to unlock the full potential of our body. The amount of potential accessed in a person is based on what they are doing vs what they are Intending to do. If a person is acting in perfect alignment with their Intent, it could be said they are utilizing their full potential.

In any moment, we are only ever doing two things:

What we are doing

and

What we are *Intending*

If what we are doing is not in alignment with what we are intending then our intent and our actions conflict. This reduces the power of both our intent and our activity. If we intend nothing, our actions are of anarchy. If we Intend something other than our actions, we are enslaving our activity with our intent.

If our Intent and actions are in perfect alignment, then we are only doing one thing. If we are only doing one thing then we are perfect because We accomplish the Ultimate(whoah...the ultimate).

Many people think potential is related to evaluation. The thinking is along the lines of “If our actions are correct, beautiful, good or true, we come closer to our potential.”

Evaluating our actions as good, bad, right, wrong, beautiful or ugly has nothing to do with our potential. When we are evaluating, it is impossible for our mind to be in harmony with our body or what we are doing because we are forcing objects and words into this moment that are choosing to be else where.

When we Evaluate our actions rather than simply aligning our actions with our intent, we attempt to summon thoughts and Ideas into this moment which would otherwise not be present. That is how evaluation works. We compare what is happening to something else.

We think about something that is not happening to give our actions context for evaluation. This calls forth aspects of Objects, events, and beings that would otherwise not be freely associating with that moment. We attempt to force beings wishing to do something else or be somewhere else to associate with the moment where we are.

Additionally, this is conscious energy going into the unconscious mind to attempt to retrieve meaning.

Evaluation is giving energy into the conscious mind using evaluatory word.

Even if meaning is found, the energy soon dissipates back into the unconscious.

The unconscious is unconscious, meaning we have no consciousness of what it is and it contains every thing in existence we are not aware of.

So when it is given energy, anything Intended will come into our experience, regardless of what words are used,

as we only know a finite amount of language,
and can only speak on small range of frequencies out of the infinite frequencies

we create when we speak.

It is impossible to know what you are summoning or saying with language,

With Speech, You are in control of an infinitely small fraction of the vibrations.

Meaning what you say does not matter.

Only what you Intend.

When we evaluate what we are doing, we lose energy in three perspectives:

Our actions obtain meaning by using coercion to demand the presences of mental images, beings and words that would not otherwise be there. Coercion loses energy from forcing things to move different than they want to move.

We lose energy by giving conscious energy to the unconscious mind for temporary meaning.

We give energy to the unconscious mind and it is impossible to predict what will come from the unconscious mind, so we lose energy by not getting what we desire with our energy.

As you read this book, the words are referencing what ever activity is being freely done by you. Neither the words nor your activity can be evaluated as Good or bad. They are always in reference to what freely is.

No matter what is written on these pages, it is only in reference to *the free activity in yourself that you associate with the words*. Therefor, every word in this book is completely appropriate and free and every Word's Intent is to be read exactly as you are reading it and I *Intend* for you to look at your activity of reading to learn from it.

I intend to literally share my literacy with you,

In this book,

my literacy is your literacy.

Because of this Intent and the freely associated words and beings of this book, your actions will completely match your Intent while you are reading. The alignment of your activity with your intent is also my *Intent*. This means that while reading this book, our Intent is freely associated and our actions perfect.

This action is neither good or bad, True or untrue and so nothing here should be argued as either. Even though some of the linguistic short cuts may make it seem as if the content could be understood as either 'factual' or 'imaginary', it is neither.

You are simply learning how to read like I read,
and there is nothing wrong with learning
how someone else does things.

These words are simply appropriate to my *Intent* and I intend for you to read them perfectly.

This is the *1st Intent*.

Preface to

The Second *Intent* -

Truth

The 2nd *Intent* : Realize or *See* the nature of Truth.

Every part of this book is completely True and I Intend for the Reader to read this book Truthfully.

I Intend for you to read Truth.

To read the Truth, we must be free to open to the possibility of *seeing* anything that is True, including Truth that does not make sense or Truth that conflicts with another Truth.

We must be open to the possibility
that Truth might be confusing
or even something that causes what we Think is happening
to become false or fictional.

If we are not open to truth in any form,
including unpleasant Truth,
we will not be able to read truthfully
even if what is written is True.

The second *Intent* is about Truth and it rest almost entirely in the realm of paradox, which is inherently confusing, contradictory, irrational, and illogical.

Even more paradoxical is that
our only contact point with the irrational and illogical
yet Truthful second intent,
is the skin of perfect rational and logical understanding
of the 1st *Intent*.

This is why perfection of the 1st intent is so important. We must read the words perfectly
and gain perfect understanding so that we are free to go past that. Once we rationally and
logically understand this moment perfectly, there is no reason to stay in the first Intent.

We are free,
to go deeper.

But our logical understanding does need to be perfect.
We can not attempt to force an imperfect logical or rational understanding on reality.
Similarly, we can not just avoid logic and rationality or we will also avoid the Truth.

To get to the Truth of this Book, we can't avoid reading the words and when we read them
we must read them perfectly.

These words are our tiny contact point with an extremely large Truth.

(The unspoken,
silent
War elephant from Lord of the Rings 3 in the room
upon which many blind sages and mystics ride,
into Infinity
yammering incessantly)

It is really no different than understanding what it takes to get to know a person physically or mentally. Physically, we are covered in a surface we call skin. Our skin is a 2 dimensional rule set of what and where we are.

(well technically

it is the same number of dimension we are

but it forms a membrane between one world and another world

and therefore

can be thought of as having 1 less dimension

than either of the worlds it separates...

for linguistic convenience)

We can have a complex or simple understanding of this rule set but it must define our size and location. If we damage, break, or treat the skin improperly, we will also damage or distort the functioning of what is underneath (and a simple rule set is easier to perfectly take care of than a complex rule set, but far less flashy).

A broken, incomplete, or illogical 2 dimensional skin

Will cause a 3 dimensional creature

to bleed to death.

Or Dry out.

Same thing really,

depending on your definition of Blood.

When we study humans with no skin, we are not able to see any of the (complete) life processes that take place under the skin or how all those processes interact in real time.

This real time interaction of everything that is going on under the surface is the Truth of what is happening. Without the skin, we are left with semi functioning artifacts of what once was and our own assumptions about it. We gain only a direct look at our own guess

work and assumptions if we remove the skin. We have to deduce how it was happening before from what it is doing now rather than knowing what does in Real Time.

Once the skin is removed,

what is underneath immediately starts dying.

What ever you can see going on under the skin of Reality

has no ability to move forward into a lasting or Living future.

It is just like what happens if you are looking directly at any cells in your body.

You see them,

And because you see them,

They are dying.

The only reason you can see them is because the Skin is missing,

which causes their death.

Instantly or in the near future.

If you are looking at anything other than an object's Skin or an Objects eye's,
it is dying.

This death can be seen as a loss of movement ability of the underlying reality.

(in physics, this is seen as an object's probability cloud collapsing by observation. When we observe any object, we know exactly what it is doing which means it can't move. It it can't move it, cant breath, and if it can't breath, it dies).

When we remove the skin of reality, we can see everything that is happening but it is either dead or dying. Fortunately, This dead reality quickly forms another skin over, under, or around itself and paradoxical living, moving reality can again survive.

If a skin is formed around what is dying,
we call this decomposition.
If a skin forms over what is dying,
we call this healing.
If a skin forms under what is dying,
we call this birth
or growth.

That is not to say that the dead skin material is not True reality, but it is a reality that is different from the observer of Life. It is not a reality where we are living so it is a dead reality to us and can not tell us much about how living reality works where we are.

Additionally, the skin is wrapped around a living conscious Being or Word who may choose to withdraw or leave if its skin is abused. This withdrawal would prevent us from knowing anything about the inner physical nature of what we are studying, which could be seen as the Truth.

If we choose to not interact with the skin of The Wor(l)d out of fear, superiority, self doubt, or even respect, we also choose to not interact with the Word and we choose not to interact with the Truth.

(From here on out 'The Word' and 'The World' are interchangeable vibrations. We can just say that the World is a Word with an L in it that stands for Love... awwww)

Psychologically the case is almost exactly the same. Every being has an outer skin of beliefs that must be respected if we are to know them any deeper. If we insult, misunderstand, or

avoid the outer appearance and beliefs of a being, they are generally not inclined to share what is going on under the surface.

So **perfect** treatment of the 1st intent is required to gain much access to the second intent. If we force our own understanding on the Words, it is like piercing the skin with a knife. We might get a look at what is inside but it will be dead or in the process of dying and will likely make whatever it is we are wanting to know run away if it doesn't like being cut. If we avoid reading and attempting to understand the words, we never even get close.

We must perfectly contact the skin or surface of The Word and attempt to feel how they are moving.

This feeling of movement
is what we can use to see what is happening
on the inside
without causing death.

We must also be open to what we are feeling being **multifaceted**. We may have perfect contact and perfect understanding of the Truth of one word, but we must always be open to the possibility of another word grabbing us from behind or even a totally separate and independent Truth walking in on us(what does that even mean?).

(The merging of Intent also requires perfect Treatment of this realm. Like holding someone's hand for help, neither person can squeeze so hard that the hand brakes or pull so hard it rips the other person's arm off. To merge *Intent* While reading, our logical Skin must touch each other perfectly and appropriately in this moment(gross)(and what does *that* even mean?))

If we are to merge Intent while reading, my logic can not force yours to be something it is not and your logic can not run away from my logic.

If I attempt to force your logic to change, the result will be the activation of psychological defence mechanisms that will automatically defend injury to your logical skin just as you automatically step out of the way of an oncoming car.

The skin always protects itself to keep what is inside from dying.

I am not going to force you to change, but I am asking you to move. If you run away for fear of your logic being moved at all, you will be unable to learn anything new because you will not be able to contact anything real or different from yourself.

If our skin can not move, we can not feel anything.

(says the man,
sitting motionless,
typing into a screen)

In the 2nd *Intent* we are going perfectly contact the words and feel or listen to what is beyond them without attempting to force our way inside. This is the realm of Objective Truth and Paradox. In Zen, this is called the Gateless Gate because we enter without going through anything (and it is very similar to most women or a successful 2nd date and maybe it was actually a gaitless gait because we go somewhere without going anywhere. I don't remember).

In massage, currently my main profession, this mysterious Gateless Gate is simply called, "palpation" or "touch." It is using the sense of feeling to explore an object, usually with the hands. Even though the only thing we will ever touch is a person's skin, we can actually contact, feel, and move muscles, tendons, bones, connective tissue, blood pressure, spinal fluid pressure, and even internal organs. We can contact anything in the body but the only

thing we ever actually touch or see is the skin.

To go through the gateless gate we simply start feeling reality rather than looking at reality and this allows us to penetrate reality without having to go anywhere or cut anything open.

When our feeling awareness reaches out
and directly feels something outside of our body
we are Moving without moving.

When reading, this skin contact starts at the definition of The Word so we need to know where that is -

The definition of 'definition' is:

- a statement of the exact meaning of a word, especially in a dictionary.
- the degree of distinctness in outline of an object, image, or sound, especially of an image in a photograph or on a screen.

(and we already know all this is in the 1st *Intent*)

In the first *Intent*, the definitions may be more subjective than most people are used to, but they are still definitions. The Definition of a word is the current associations between the word and mental images. Basically we are just defining a word as the activity of the individual that relates to the word. When someone is reading, all of their activity is relating to the word.

The Word is defined as everything the person is doing right as they read it.

Most of that activity is inside the body and understood to be thinking but it is also how they are sitting or moving.

The words of this book will have slightly different meanings while you are standing, sitting, laying down, or even walking because the words are defined as whatever you are doing(try it out).

That definition is going to vary from individual to individual and from time to time but in the moment it is still very exact and should be very distinct. We can and should very precisely describe what we are doing at any moment.

For the 1st *Intent*, the more exact and precise our definition of a word is the better. We want to very accurately define and know what we are doing and we don't want to add anything to that. We want to know exactly what we are doing, no more and no less. The only way to know exactly what we are doing is to directly feel all of what we are doing and not add any extra ideas to that activity.

We must know what we are doing without any logic or deductions.

We know it only because that is what we are doing.

Once we know perfectly what we are doing, we can look at what is happening.

*With the second Intent,
we do not develop our understanding by evaluation,
we simply read perfectly.
Reading nothing more and nothing less
than our reading
so that our reading is exactly our reading.
Then our gaze moves out from what we are doing
and can look to what is happening*

*beyond what we think is happening,
when we read.*

Focus on and understand what I just wrote there. Really 'get it'. Instead of looking at the definition of the words and attempting to understand them from there, become the activity that is defining or giving meaning to The Word. This allows you to look out from that vantage point, just like becoming your body lets you look out from your body's senses.

By becoming the Word,
You can look out from the senses of The Word
and see the world
as the word sees the world.
This is the Inner Truth of the Word.

If you match the frequency of something, you see the world exactly how it sees the world because you are it.

As you read the above sentence in bold, try and let your gaze go to the activity that is allowing you to see the pattern you understand as the word's meaning(don't get stuck doing this for hours, but just try now for a little bit and then maybe try again later if you happen to have free time and a word is near by).

Rather than focusing on what the words mean, we focus on what is happening because of the words. We look at what effect the words are causing.

Look at where the word hits your mind and try to feel the physical effect of the Word without breaking the skin of understanding or breaking contact with it. We avoid breaking the skin by not adding any extra surface to the word.

What I mean by this is:

If you think about the word more than how you simply read it,
or attempt to understand the word further than what is already there,
it is like cutting into an apple with a knife to get at the inside.

The only thing that changes is the shape and definition of the outside.

What you are left with is simply a different type of skin.

You can never know the inside of anything by cutting it open.

Also,

if you break contact with the word,

if you lose focus,

you are not feeling what you were attempting to feel.

In essence, the *1st Intent* is to look at ourselves reading because observing this activity is
the only way we can perfectly know the definition of the words and it is also the definition
of the words.

The way we read perfectly is to look at ourselves and not something else.

It is impossible to look at anything other than our mental images.

so while we are reading this book,
we are looking at our mental image of our self
looking at mental images
generated by the reading
of symbols.

No matter which direction we fall in this process,
we are looking at our mental images
which are the movements of ourselves.
We are watching ourselves move
and thus we directly know
the perfect definition of each word.

As long as we are looking at what we are doing and not something else, we have perfect understanding because what we do when we read a word is the word's definition and meaning (Not looking at yourself is impossible while you are reading this book and it might be impossible to stop reading this book since technically you are always already reading all of its words perfectly. If that causes any problems, or if you were wanting to ever do anything other than read this book, apologies).

To understand a word we must look at what we are doing
and to see what we are doing we must consider our activity perfect,
so that we do not interfere with it through evaluation
which is looking at something other than what we are doing
for comparison.

In the *2nd Intent*, we look at the effect the word has on our body rather than what we think the word means. We look at the effect of the word rather than our interpretation of the effect of the word.

We look at the inside of the word
rather than the outside of the word

without breaking the surface,
of the word.

That might seem impossible or crazy and if it doesn't, it should. I'm suggesting that you *see* the effect of a word on your body to the same level you see the effect of a rock hitting your body. Even more so, I am suggesting you make yourself a Word, and then feel what is on the inside without changing anything about yourself at all.

When I type '*see*' in italics, I mean a deeper level of what most people understand to be *feel*. *Seeing* is the understanding you are capable of putting together by what you directly feel without using a concept or perception between you and what you understand.

I'm suggesting you directly feel or *see* a word rather than look at what you understand about it.

Look at the Words directly
rather than what they mean.

What you are looking at is in between
the letters, which is what you will see if you are not reading,
and the meaning, which is what you will see if you are adding additional meaning
Look directly at the Word
Being Read by You.

What you know of your hand with your eye's closed is very similar to how well you can *see* your hand. You know what it is doing because you are doing it (but even that is not quite seeing as it still uses a hand to feel). If you know what your hand is doing by observing other objects, like the skin, then you are seeing the hand with additional meaning. That is not *seeing* unless you can feel yourself doing the cells and molecules of the skin. When people learn to *see* at that level, it is usually described as *seeing* energy, because that huge amount of 'cellular' activity is then experienced as *Intent*, similar to how it feels to lift your

arm over your head, but at a much deeper level. When our feeling awareness deepens to this level, it is often labeled as *seeing* 'energy' because the depth of the physical feeling experience is beyond what our current materialistic language can associate with logically. This makes it such that we can not form objects so we only see flows and currents.

Any object we ever perceive
is a mental image or sensory vibration
contained entirely in our body.
If we feel the inside of this mental image
If we look at what is moving,
rather than how it is moving,
we can feel what is happening inside,
the vibration that is,
The mental image.
The outside of the mental image
is defined by the frequency and amplitude
(in all directions)
of the vibration resulting in mental images.
This vibration is the range of motion or location of the object
It is not what the object is doing.
It is doing something inside of its range of motion
that can not be seen but it can be felt.
All objects are like this.
Tools, animals, plants,
people, planets, stars, and galaxies.

If we listen into this skin, more information is there beyond simply the Objects range of motion or location. When we start to be able to feel under the skin of our mental images, we can begin to see a more diffuse energy that people call an aura.

The aura is what the inside of a mental image feels like.

Looking inside of our mental images
beyond what we think is happening,
produces auras or a knowing
Outside the external image.

In some sense, the aura is a direct feeling awareness of a person's heartbeat, neural activity, organ activity, and muscle activity that is translated into experiences of color or possibly just direct knowing(The aura is not always a visual experience). The way a person's heart is beating, their muscles contracting, and organ rhythms cycling is very much related to their mood and past and present actions. If some aspect of that activity can be felt from a distance, those things about a person can be directly *seen* Independent of what the person is doing on the outside.

By feeling movement around us, it is possible to know a great deal about people but it is no more mysterious than understanding that someone is scared, calm or nervous by feeling their heartbeat or skin. It just becoming sensitive enough to do this at a distance, or more accurately said, becoming sensitive enough to feel a person *through* distance. We can feel into distance to see what is happening far away from us just like we can feel into a pole or cane and see what is happening at the other end.

The movement of the internal organs is actually quite large and so this is one of the easier things to feel from a distance just like you can easily feel a subwoofer from a distance. The movement of the skin is quite small compared to us and so it is difficult to feel but very easy to see visually from a distance and even painful to run into very forcefully. This is like how small tweeter speakers can be easy to hear and painfully loud but much more difficult to feel than the subwoofers.

(Becoming this sensitive might seem very straight forward but in practice it is usually extremely difficult. Increased levels of sensitivity can challenge our notions of what we think is happening, what we think we are, or make us sensitive to painful aspects of our existence of which we were previously unaware. Additionally, increased sensitivity can start to drastically change our sense of self and how we perceive physical 'laws' to operate. This can be extremely disorienting to the *seer*, to lose a sense of time, space, self, and intellectual understanding, for even brief moments, much less throughout the day. So becoming sensitive is extremely straight forward as a practice, but possibly very complex for the practitioner, *who actually needs to be seen through*)

So I'm asking you to be physically sensitive to something that is completely imaginary in a real way(paradox). You have to actually be physically sensitive to it, not pretend to be physically sensitive to it. That would be like an actor pretending to be shot. I am suggesting that you actually get hit by a word and feel what it is like.

Feel the vibration rather than looking at it.

The words in this book have less physical contact with you than the light source you are reading this with. Can you feel light? Can you imagine what it would be like to be sensitive enough to feel light? Seems impossible; to feel the impact of something as insignificant as a photon on your body...And maybe it is, but you can be sure that you are sensitive enough to physically feel something even less substantial -

The impact of a word on your body.

You are feeling that impact right now. You are feeling and *seeing* that impact and translating it into meaning by recognizing patterns in what you *see*. And you can be absolutely sure you are *seeing and* recognizing the patterns because if you weren't you've

have no idea where you were or what any of these words mean, much less the ability to agree or disagree with any of it.

You are seeing patterns,
this means you are fully capable of looking at what is creating the patterns
because that is what you are looking at right now
to find the patterns.

If you can feel the impact of a word on your body, you are sensitive enough to feel the impact of a photon of light which has substantially more mass than a word.

If you can feel light,
you can feel anything anything you can see.

No matter the size.

Is “small” bigger than “big”?

Is ‘big’ smaller than ‘small’?

What's the biggest word?

Much smaller than a single photon of light.

This level of sensitivity, the ability to feel our reading, brings us to a realm where we can start to look for Truth, which is extremely subtle.

In the 1st *Intent*, there is no evaluation, no True or False, right or wrong; only what was intended or something else. In the 2nd *Intent*, we are looking at the effect that the words have on our body. We are attempting to look past what the words are and look only at what they are doing. With this gaze, we can start to evaluate what we see as True or false.

Are the patterns actually there or not?

We can start to see if what we are doing is what is actually happening. If we read exactly what reality is doing, the Word is true. If we read differently from what reality is doing, the word is not real.

Are we reading what we *intended* to read?

Are the patterns we *see* actually being made

and are we *seeing* the patterns that are actually being made?

An easy way to visualize all this is to imagine throwing a rock in a pond.

You might have a sophisticated definition of the rock

that includes various minerals, atomic bonds, and quantum energy patterns,

you might have a spiritual definition

of sacred cosmic consciousness expressing itself as quartz,

or you might have a simplistic definition

that it's a hard thingy.

None of those definitions matter as to the Truth of what the rock is doing. At the moment it hits the pond surface, it causes ripples in both the pond and the rock (the ripples on a non metaphorical rock just travel at 1000's of kilometers per second and are a couple of nanometers long. If two rocks are hit together you can hear the waves on the rock create a sound most people hear as sharp 'crack'. I am unsure the speed of the waves that travel across a metaphorical rock... or pond).

Those ripples are the effect of the rock, and those ripples are the Truth of the rock. The rock's atomic, mineral, spiritual or even hard thingy composition has nothing to do with its Truth. The rock's Truth is the waves it causes. They are what the rock is doing, and those waves have nothing to do with the rock's definition which is the rock's composition.

If this is pondered long enough, you may start to wonder what the Truth of the Waves is and what implications that has on the Truth of the Rock or the definition of anything, which will lead you straight into a paradox.

Good.

Paradoxical definitions and Truths are the type needed to cultivate a deeper experience and understanding of reality.

A factual definition of an event leaves no room for growth or change.

If an event is defined factually,
it is set and cannot change.

Conversely, a false definition of an event is not true
and does not reference anything in reality.

An event that never happened
can not grow or change in a real way.

At most, a falsely defined event may only appear to grow or change in how it is false.

Using the example of the Rock and the waves, if the Truth of the rock was not a paradox, when it was tossed into the pond one of two things would happen:

If the rock was a fact,
it would pass right through the water unchanged and not interact
whatsoever.

It would be impossible for either of them to interact
because the Truth was already set.

The rock could not be altered nor could the pond.

There would be no waves of change.

A factual rock would be imaginary.
It would pass through the water
like any other imaginary object.

If the Rock was false,
it was not what was thrown into the pond
and that Truth has nothing to do with the rock.
The rock could not be altered
nor could the pond
because that is not what happened.
A false rock would have never happened
to a real pond.

It is only paradoxical and changing Truth that can interact with anything real and so it is
only paradoxical Truth that we will find in an interactive reality.

If we are able to interact with something, it is not understandable in a logical sense because
our interaction must change every single part of the event or object, including whatever it is
that could be seen as the system's rules.

If the rules of an object are actually part of an object then they must change when the
object changes. This excludes the use of logic from being used to understand a system or
object capable of change, which means logic can not be used to Truly understand words or
reality.

Reason is a type of thought, and the word "logic" involves the attempt to describe rules or
norms by which reasoning operates, usually so that orderly reasoning can be taught.

All logic and reason depend on at least a small foundation of unchanging rule sets and so
nothing that is capable of changing can exchange energy or information with logic. Without

the ability to exchange energy or information, logic can have no influence or bearing on how reality is.

For logic to interact with a system, there would have to be some part of the system that had properties similar to the rules logic is based on. There is no way for part of a system to change but also have an unchanging aspect that can be grasped by logic. When a system changes, by definition, everything in the system changes at least a little it is not part of that system; if an object changes, anything that remained unchanged was not part of that object.

If the logic of a system does not change when the system changes, then it is not part of the system. Even Inductive reasoning, which is inherently uncertain rests on the logic of probability theory which requires an unchanging unit of measure.

If something you use to understand Existence has no measurable relation to anything in existence, it is as useless as an Ear in a universe with no sound, so you have to ask yourself,

What is it that logic is able to listen to
to come to its conclusions?

If two objects are not capable of changing each other then they are not in the same universe. One of them quite literally does not exist and the information contained in a non-existent object is meaningless.

Logic can not interact with anything real
because it has all the qualities of a completely imaginary object...
it could be or do anything
and that change in the quality of logic would not change anything about reality,
making it useless for studying anything real
(and great for studying things that have no existence
like physical 'laws' and numbers).

This means that reasoning based on logic would always come to the conclusion that everything happened for every reason and by all means. Everything imaginable would happen because of everything imaginable and be connected to everything imaginable in every imaginable way. Actually, it does not even have to come to this conclusion.

Logic can come to any conclusion it wants to
about anything it wants
because it is completely divorced from reality.
Logic and reality have no interaction with each other
whatsoever.

This is why the most advanced popular or public logic of our time:
“String theory
contains an infinite number of distinct meta-stable vacua,
and perhaps 10⁵²⁰ of these
or more
correspond to a universe roughly similar to ours
with four dimensions, a high planck scale, gauge groups, and chiral fermions.
Each of these corresponds to a different possible universe,
with a different collection of particles and forces.”

This is always the conclusion anyone would have to reach about the universe if using logic.
It is the only answer logic will ever find, no matter what is happening.

And instead of saying that, why don't we say that the universe is a vibration found inside of every living being. That vibration is unique and complete but many of them are roughly similar to our vibration. Every living being is made up of smaller living beings, each with their own distinct but similar “meta-stable vacua” with four similar dimensions, a high planck scale, gauge groups, and chiral fermions... just like us!

There are a few trillion animals on earth, each with a few million to trillion cells, each of which has a different but similar metastable 4 dimensional vacua inside of them. We normally call these vacua “cells” or even living beings. There are likely a few trillion planets in each galaxy with a few trillion beings on each. This is a very large number of meta stable vacua (and this is ignoring the consciousness of DNA, planets, stars and other ‘smaller’ or ‘bigger things’).

We didn’t need advanced calculus, teams of researchers, and string theory to figure out there a lot of ways to experience existence and those ways all have different “laws” and “realities.” Birds don’t have to fall. Fish don’t have to breathe air. Stars and galaxies are not obligate herbivores, and Neptune does not get scurvy without vitamin C.

Anytime anything real has encountered a “Law” about reality that was causing it trouble, it simply changes its DNA.

If we are interested in understanding or drawing information from what is real, all logic is useless fantasy that just says whatever reality is doing in a divorced, more confusing, less useful way than if we just described what we saw happening. Reason and the logic it is based on is a type of thinking that is totally disconnected from reality in every way imaginable (it may very well be connected in some unimaginable way, but that would be an unreasonable speculation to base any logical reasoning on).

Logic is unchanging so it can not give information to or take information from reality. It only interacts with other unchanging imaginary events and systems which it describes (unchanging events? Logic describes oxymorons?)

If logic only interacts with imaginary objects,
logic is also imaginary

(at least logic says that logic is imaginary but logic is imaginary so I don't trust it when concerning real things).

Logically, It is only a paradoxical rock that can have any interaction with a paradoxical pond.

To quote a friend of mine, mathfails.

A system of Static Truth does not create anything or allow anything to happen. Without a real paradoxical creative force which allows for real things to become something different, none of this would not be real.

It is impossible for Logical or static Truth to exist in reality
as at least one aspect of Logic can not change quality.

And so that aspect could never start or stop.

So If it did exist,

it would have to have always existed everywhere
all the time

and in everything

including what is not it.

If this is the case

it is impossible to think about Logic accurately

since there would be nothing to give it boundary or contrast

as to what is logical or not logical,

as they both contain logic

so it sees itself in everything,

no matter what is happening

(which is sort of biased)

Logic is not even close to what is being discussed or thought about here

or close to anything that has ever been discussed or thought about

anywhere.

Because

It doesn't exist.

(The Logic Delusion)

But something does exist so what ever that is has no unchanging facts that any sort of deductive reasoning could ever be based on.

Since it is here, we can be sure that reality is not Factual or Logical. Does this mean it is false or fictional?

A false or fictional system simply does not describe what is actually happening.

It has definitions that are not appropriate to what is happening.

What is happening is

actually happening.

so the universe is also not

False or Fictional.

That is a bit easier to understand so maybe we should have just started there.

Fiction is the other side of a fact. Logic, reasoning, and facts do not describe what is actually happening so they are literally fictional. Facts, Logic rationality are physically the exact same thing as Fiction and irrationality. A system that is Factual is also Fictional. And a system that is fictional is Truly Fictional.

But we're looking for a Real system and interested in what is actually happening.

So what is reality? Paradox(maybe)

(Sometimes)

(ok I dont know)

A paradoxical system or event is what is happening(If I get to say which word is what is happening then I'm right every time! Logic might not be what is happening but you can definitely use it to sound convincing). A paradoxical event 'conflicts' or meaningfully contacts some other part of existence that is also True. Since the contact is meaningful, it is real and this contact changes every single thing about both systems, including their underlying rule sets.

One Truth changes what is True about The Paradoxical system and so what was true is not true anymore.

Logic depends on what is True in the past and nothing is ever completely like it was in the past.

This is also known as the heisenberg uncertainty principle which was based on observing how matter behaves. It states that : "the more precisely the position of some particle is determined, the less precisely its momentum can be known, and vice versa." This means the more you see something, the less you know what it is doing and the more you know what something is doing, the less you can see it.

Scientists have proven that it is physically impossible to have any idea what their observations are doing, and the only way you could know what something was doing was to feel it but not see it, but they use these observations to make laws and theories and discount all feeling.

This is very strange behavior.

We know that thinking behaves in the exact same manner as objects because it is objects. We can not know what something is or what we are AND interact with it or ourselves because we can only know what something is if we are using a Factual definition. I am unsure if that made sense.

If we cut through the clumsy, recursive, philosophical jargon, all that is being said is that the Universe moves and it changes. What it was before is not what it is now so any understanding based on or factual thinking and logic is a false and irrational understanding.

If the Universe has any real laws,
they must change
or they are not part of a changing universe.

This means there is no possible logic
that could ever describe what is happening
in a changing universe.

A factual understanding is one that does not actually exist.

This paradoxical ability of real things to interact with each other and change through this interaction is what allows for a Real reality that is not true or false.

The waves of paradox connect and alter all the things that created them, including the rules.

At this point,
the definitions and logic must constantly transcend themselves
and somehow also include each other
and the True effects they have on each other
(or ignore reality and become false or illusory.
Becoming an illusion is dying,
dying is becoming an illusion).

So to truly learn about any aspect of reality in a deeper way than we already do, we must first understand or find the paradox of its existence. In other words, we must find where it comes into contact with contradicting or unknown reality and study it from there.

We have to find what effect our activity is causing in reality.

How do we contact reality and how are we changed by it and how is it changed by us?

First we contact The 1st *Intent*. Which is an overview of the logic; the general definitions, concepts, and ideas by which we can begin to categorize our experiences and start to perceive the physical body and energy body.

Second, we go through the 1st Intent into the 2nd *Intent* where the definitions and perceptions of the self, physical body, and energy body are an even more subjective, complex, and nuanced subject because we are going to go beyond logic into what is doing the logic.

Some of this might seem hard to grasp or non linear at times.

Dont worry.

It is important to realize that I am not
(only) trying to load your mind with a logical sequence of facts
that, once lined up in the correct order,
will grant you some sort of understanding.

That is the 1st *Intent*, but the 1st *Intent* is in service to the 2nd *Intent* which is concerned with Truth and **inter-action** rather than linear or logical understanding. The logic and reasoning is the skin of reality, it is not what is happening under reality and is only a

contact point for deeper understanding. We must meet this contact point where it is to feel anything.

Going into logic and reasoning
any further than is needed to touch reality
can only cause us to pierce the skin and kill the Truth of reality.
Avoiding logic altogether avoids reality
(and really really attempting to logically explore reality
can only cause us to create 'Halloween 7:
Michael gets a PhD in Molecular Biology
and MS in String Theory'
(straight to DVD))

This is why it is logical
to understand that Logic is Truly False.
It is the boundary between
what is real and unreal.

Our logical skin lets us exist in this reality and we would die without it, but it says nothing of who or what we are.

To see the Truth of the 2nd Intent in this book, realize that

every letter, word, sentence, paragraph, and concept set
causes a physical impact on your body.
You could describe this as a chemical and electrical cascade
in your nervous system

initiated by observing the symbols on this page.

It is as simple as the words being rocks

and your body a pond.

The words and symbols

impact, alter, change and resonate with something

inside you

and this causes a cascade of effect

that flows and spreads

through the body

just like waves in a pond.

These waves are experienced as thoughts, mental images, and emotional or even physical reactions as you read(Some of these waves may go on to cause you to experience actions or thoughts days after you are 'done' reading if a large enough resonant effect can be created that impels your whole body to move).

These vibrations and waves are created one after another as the words enter the water of your mind and ripple out like waves into your body(it is interesting to ponder what impact your body has on the words. If they are changing you, you must be changing them as well. How is it that they are changed? What is changing and where?).

All this is initiated by the activity of reading and this activity ripples out and echos through your nervous system to all the connected tissues of your body. Each word slightly alters the physical environment of every atom and unit of energy in your body. The thoughts you had days, hours and seconds ago are still echoing in your body and those echos interact with the thought you are currently having. Reading this book is causing even more waves and echoes.

Your mind is echoing in your body.

what is reading?

The movement of these waves

is what is happening and it is the Truth of your Experience.

You see this moving

and find patterns in its movement,

to understand what is happening

But can you stop seeing the pattern and see what is there?

The patterns are not physically there.

What are the patterns made of?

Is it seen?

Only that which is making the patterns is there.

Seeing what that is,

is seeing True reality.

(Seeing the patterns is logical reality,

but patterns can not be felt because they have no substance to them

so they are not *seen*.

If I were to place five apples on a table in the shape of a square,

you would not be able to feel the square.

Only the apples).

What we say the word means has nothing to do with the reality of the word. The physical effect the word has on reality is it's Truth, and realizing this Truth is the 2nd *Intent*.

The Truth of a Word: the physical effect it has on the Universe.

This is the True meaning of The Words in the 2nd *Intent*

It is in this True process that

I am consciously attempting to write.

I am writing with the intent

to have a physical impact on your body,

not on what you believe to be right or wrong,

true or false.

I am **not** attempting to throw correctly shaped rocks

into the pond

in the correct sequence

to build some structure or mound of understanding

that rises up out of the water

like an unholy tower of Babel,

doomed to fall over and crush my grandchildren

while they look at sea shells,

then go on to cause a tidal wave

that kills my cousins

in the neighboring village.

I'm also not attempting

to rip through the logic or the reason

by which you understand reality

with a blazing light saber of Truth, Justice, and Liberty

which I pulled from the Philosophers stone

much to the surprise of Merlin

(maybe just break a few things loose).

I am attempting to make splashes, skip rocks, and cause pretty patterns with the waves so that the attention is drawn to the water(I was a swimmer growing up and in college and no

one ever came to the meets, so here we are again splashing around with Intention for attention).

In the 2nd *Intent*, we can move from the intellect and gain real depth and dimension. We let go of our understanding which is directed toward the shape of the rocks and piling them up into a useful logic structure

(first attention can also be directed toward destroying any and all structures and salting the earth from which they came).

Instead, we start to look at what the rocks are doing when they land.

What are they falling into or resting on?

What is that doing?

Is it metaphorical?

This type of depth is very similar to where the depth in your vision arises from. It is not from any of the information gathered by either eye. Depth is not taken in by any of your other sense organs either.

Keeping with the rock in the pond metaphor, the photons of light are the rocks and your eyes are the surface of the pond.

Depth perception is not a result of developing 20/20 vision in either eye.

Seeing from the eyes with increasing clarity does not cause depth perception.

Depth only appears when whatever either eye is doing

with any clarity whatsoever
is allowed to meet in the body
without either eye being correct
or incorrect.

It is from the waves meeting and allowing the 'Facts' of each eye to mix. Depth is not something you ever directly sense just as a wave is never something thrown in the pond. Depth is also not something that ever happens if only one wave source is allowed to be correct. It only happens if there are multiple correct sources.

Most of the things
I am attempting to convey in this book
exist in the same way as our experience of depth.
They are not things I can talk about
but I can attempt to cause the experience
to arise from the interaction
of more tangible concepts.
I can only throw objects into the pond,
I can not throw the actual interactions,
even though my *Intention* is to convey meaning
at that level.

I can only tell you to look there instead of here(wait...I think that broke one of the rules from earlier. Do both).

If we strip away the complicated jargon,
I am simply saying that much of this book
is written at what I call
the poetic level -
A poem is not about facts,

it is about creating a particular feeling,
a particular wave.
This is True.

Poetic writing tends to use chords of words to elicit a feeling that is usually not found in any of the words alone. The experience is found between a multiplicity of words together where as a logical sentence is more of a series of notes in the correct ascending or descending order. When we write logically or scientifically, we usually don't experience anything deeper about a particular note or word, we find out where it fits in the scale or structure of thought.

Logic is the scale progression of thinking.

Fantasy, history, philosophy, fiction, self reflection, etc
are all types of songs we can make
with words that do not follow the rules of a scale
but adhere to other rules and sequences.

Science and math are somewhat of a study
of the 'laws' and scales of music.

All writing is a mixture or practice of both,
usually with a slant toward being
an exploration of scale progression
(where things fit in relation to each other according to a pre arranged mathematical or
logical scheme
(there are an infinite number of scales))
or of pure expression
(how things sound).

When we feel a poem, we are feeling the interaction and union of ‘conflicting’ words. This experience of the feeling of words is the place of paradox between Truths. “That experience was not found with any of the notes alone, but

when all these notes are here together,
inside of me,
suddenly something else is here as well.
In the place of epiphany.

When a previously intangible understanding arises from a combination of tangible experiences, it is often experienced as an epiphany or ‘aha moment’. These epiphanies are the depths of experience and understanding opening to us. To have a chance at creating this experience in a reliable way, the writing will sometimes have to be less linear or denser than most people are used to. This density and non linearity allows the ideas to enter the mind very close to each other and in combinations that allow for predictable interactions. It allows for an extremely precise poetic experience.

Consider it like technical writing
for a scientific paper
that had all the results
of a complex experiment
coded in this meta level
where the feeling of a poem
usually resides.

As result, Each word in this book is Defined by all the other words and supported by all the other words

(this is true for all books,
but the words in this book
REALLY support each other.
GO TEAM!.

Creating the interactions which give rise to feeling and epiphany opens a door to deeper understanding of all the experiences that were required to create the epiphany.

Your life
an experience
Your soul
an epiphany

In other words, observing how the rocks interact with the water gives us a deeper understanding of both the rocks and the water(using the scientific method to discover something new rather than to defend what is assumed). Once that door is open it can be made more visible by learning the concepts in a more expansive, exact, or precise way with the 1st Intent. In other words, you can use different experiences in the First Intent to contact or create the same epiphany in the second intent.

But, strength in the 1st Intent does not necessarily open the door to the deeper Truth of the 2nd Intent.

If that epiphany is not already found,
an infinite amount of experience
will not take you to it.

The Second Intent Is *Seeing* this happening

Preface to
The Third Intent-
Initiation into the Secrets
of Truth and Reality
(ISTR)

The 3rd intent is one of Initiation. I intend to Initiate you into these secrets which have traditionally only been known by ancient occult lineages and mystery schools. To the uninitiated, these secret mysteries are beyond comprehension; unspeakable, unthinkable and unknowable. They are something very magical and mystical and unfathomable which I am aware of and average people are not.

This mystery is so mysterious that it is not something I would never even consciously know to write about, and were I to try, I would fail. I keep it hidden from myself so that I can not accidentally reveal this secret. That is how special it is.

That means that while it is too mysterious to talk about or understand, I still understand it through non-understanding and secret mystical practices.

The structure of the ideas and concepts in this book are mysteriously Intended to illuminate something invisible that exists between and inside of anything you could ever think or say or be or see yet even that invisible element is not it because I have hidden what it really is from my conscious mind(but I am conscious of my unconscious which is why I know its happening). .

I intend to connect you to the mystery inside of you and this is the Initiation of the 3rd Intent. It is Something completely free. Like a soaring eagle or even the entire universe if it were a giant anteater in an ant farm for its 33rd birthday. Something so free and so unpredictable it could never be of any value to anyone whatsoever, but you're not just anyone so you want it....Real real real bad.

My 3rd Intent is to Initiate you into these secret mysteries.

Reading this book perfectly, in its entirety, is an initiation into those mysteries. Unfortunately, you did not know how to read the book perfectly at the start of the book, so the initiation is not complete. You might think you can just re read it, now that you know how to read it and become initiated, but it doesn't work like that. You will understand something deeper the second time through because of your current deeper understanding. Then, when you get to here, you will have not read sections of the book with your most deepest understanding. You'll have to read it again but

even more will be revealed. The only way to become initiated is to read the entire book perfectly and not learn or understand anything. You can't just look at it. You have to read it all and not understand a single word.

The 3rd Intent is Very magical, mysterious, and special, I know.

Preface to The 4th Intent

The 4th intent is no Intent.

I intend to not do anything with this Intent.

Lets just see what happens when I get there.

This is a draft copy of 'The Preface' to the '4th Intent -An Introduction' to the first book of the 5th Intent, 'The 1st Intent.' If you enjoyed this Work and would like to pay for it or support the future publishing of 'The Preface', 'The 4th Intent', or support the 5th *Intent*,
please email

livingthroughwater@gmail.com

or paypal

kinectivemovement@gmail.com

Thanks for Reading

-Kurt