TRUDGE

THE MIGRATION OF THE SOUL

by Anonymous

First Digital Edition

Title: Trudge The Migration of the Soul
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Edition: 1st Digital Edition

Brief Summary: Trudge: The Migration of the Soul" is a 'pataphysical study that explores the intersection of physics and metaphysics through the lens of quantum flapdoodle. The work delves into key concepts such as Attitudes, Free Will, Soul, and Truth, with perspective on spiritual life.

Description: 137 pages
Publication Date: 2024
Publisher: Patakosmos Press
Images: Reverse Ekphrasis by Dall-e
Language: English
Genre: 'Pataphysics, Philosophy

The Soul selects her own Society —
Then — shuts the Door —
To her divine Majority —
Present no more —

Unmoved — she notes the Chariots — pausing —
At her low Gate —
Unmoved — an Emperor be kneeling
Upon her Mat —

I've known her — from an ample nation —
Choose One —
Then — close the Valves of her attention —
Like Stone —

(Emily Dickenson, 1862)

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Foreword

This work is a 'pataphysical exploration of metaphysics, to reconcile it with the known laws of physics. It treats quantum flapdoodle and woo as 'pataphorical observations of one aspect of a reality called Metaphysics. To the extent that Physics is understood by the author, that reality is also included. This is done on a spectrum where Metaphysics is on one end with Physics on the other, with the observers 'pataphysical study between them.

Whatever is True in this writing is true and uninteresting. Whatever is Beautiful in this writing is interesting but is decidedly not true. If any reader finds this is not the case, they are experiencing bias induced by the Aesthetic they brought. Anything neither True nor Beautiful is probably wrong.

The method of 'pataphysics applied is carried out with Attitudes of ironic detachment, dry absurdism, and self-induced suspension of disbelief in the topics considered. This is done on the assertion that 'pataphysics is a science that studies the exigencies of Metaphysics and Physics. Metaphysics and Physics then are treated as parallel images of a birefringent single Truth comprehensible when seen in this way.

The woo used in this writing is one individual's perspective recorded after some decades of observations without the tools of a scientific peer group, or a rigorously stewarded intellectual development. It is Opinion, shared with the reader, to reason with and accept or reject (whole or in part) based on any chosen Attitude.

While the concepts shared here draw from both Metaphysics and Physics, it is merely a pain-induced dream philosophy. The goal of sharing it is to provoke discussion and introspection. It is not shared to impose a belief system. While hilarious, any proselytizing of the content is disavowed by the author. Exci-

sing this forward invalidates the rest of the content. It is hoped that this work will help others define metaphysics in other ways for themselves and to learn as much about physics as they can digest. This being the Reality shared by all, all ways of perceiving it bear consideration.

'Pataphysics research (in general) acknowledges that it is not a rational approach to Reality. Every researcher brings a unique viewpoint to these discussions. By design, such studies are conducted without peer review. This can only be absurd.

It is in this spirit that this work is shared with you.

The Manifesto of 'Pataphysical Science
(stolen by permission)

The Science of Imaginary Solutions:
'Pataphysics is the science of imaginary solutions. It symbolically attributes the properties of objects, described by their virtuality, to their lineaments. It examines imaginary phenomena that exist in a world beyond metaphysics.

Beyond Metaphysics:
'Pataphysics extends as far beyond metaphysics as the latter extends beyond physics. It is the vastest and most profound of sciences, containing all the others within itself.

Equality of Opposites:
'Pataphysics renders all opposites as equal. It pushes rational processes to irrational extremes through wordplay.

Embracing the Absurd:
'Pataphysics embraces the absurd and the paradoxical. It toys with conventional concepts and interpretations of reality.

The 'Pataphor:
The 'pataphor, a wildly extended metaphor, is a key tool in pataphysical science. 'Pataphysics is the "science" of creating 'pataphors.

Practical Applications:
While 'pataphysics may seem purely theoretical, it has practical applications. It can serve as a powerful tool for boosting creativity. It can also aid in divergent thinking, which is the heart and soul of creativity.

Common Outcome:

The common outcome of 'pataphysical research is not a traditional "solution" but rather a new way of seeing and understanding the world. It challenges our assumptions, opens new possibilities, and celebrates the richness and complexity of existence.

Researchers in 'pataphysics are encouraged to embrace these principles in their work. By doing so, they can contribute to the ongoing exploration and expansion of this unique and fascinating field.

Introduction

This work explores the boundary where perception and interaction with each other occur. The terms in this work bridge gaps between physics and metaphysics, drawing parallels, based in critical discourse, between tangible and intangible aspects of Reality.

The content is in three sections. The first introduces the Spirit as information that is the Self. This includes a glossary (inspired by the Wu-Yang Dictionary) that is an attempt to relay succinct definitions for words that are common to philosophy, and Metaphysics in a way that does not contradict how these terms are used in Physics.

The second section is a guide to connecting with others through the understandings outlined in the first section. The third section attempts a critical discourse to establish how these concepts can be observed.

The stated doctrine is an attempt to unify Physics and Metaphysics with self-expression by recognizing that both physical and metaphysical elements contribute to shared Reality and that attitudes and expressions shape this Reality.

The Doctrine of Unified Reality:

Existence: Being manifests in the physical and the metaphysical.

Elements: Reality consists of physical particles, forces, and metaphysical concepts such as attitudes, relationships, and consciousness.

Connection: Exchange of information unifies individual spirits into a collective soul.

Attitude & Free Will: Attitude influences what is noticed, attracting or repelling. Free will enables the choice of an attitude.

Expression: Conveying attitude through various forms reflects chosen orientation and contributes to shared Reality.

Harmony & Balance: Harmony is agreement enhancing connection. Balance is proportionality of distinct aspects, contributing to Reality.

Love & Fulfillment: Love is a decision to be willing to be changed by a relationship. Fulfillment is the achievement experienced when expressing love.

Chapter 1: To Know the Soul

Life creates information. Awareness of this information is consciousness. Information that comprises a single life, when expressed, is Spirit. Once received by another, it is called the Soul. This understanding shows spiritual life as both a physical reality and a metaphysical reality.

With this understanding, consider the Soul as knowledge of a person. Not knowledge about them, or opinions of them, but them specifically. The Soul is the knowledge that accrues in all those who interact with them. A Soul is that knowing. It grows with every interaction rooted in Love; defined as a decision to be willing to be changed by a relationship. Once established, a Soul is protected by faith, a decision to trust, which grows with use and balances reason, an ability to think logically and rationally.

The establishment of the Soul begins with connection. This is an exchange of information that translates a Spirit into a Soul. A Spirit is the information that expresses the Self. It arrives embedded in other context-dependent information and wrapped in Attitude. Souls are that same information once received and parsed from context and Attitude by another. This exchange occurs within a space called Reality, the intersection of the physical and the metaphysical.

This dynamic process as outlined are the base axioms of this study of the migration of the Soul. Throughout the coming chapters various concepts from physics and metaphysics are aligned to provide possible understandings of Reality. Inherently beyond measure and verifiable observation, the speculations here are metaphysical and should be considered philosophy.

In this Reality, a Soul spreads from greater concentration to lesser concentration within the media of the awareness of others (their Mind). The path and direction that others carry

Soul(s) is the life they are living in Reality. These paths can be established or created in passing. The course is determined by the Soul's position, its location defined in terms of its distance and direction from a reference point. This reference point is the moment the Spirit was received marked by intersections with the Spirits of others.

As a Soul navigates this course, along a specific trajectory (or path with direction), forces (these are spiritual or "attitudinal" forces) act on the Soul holding it together as it moves. This trajectory can be thought of as the Soul's heading or directions pointed towards. The Soul's path is laid down for use or made by continual use. It is not linear but spreads by averaging over groups of others. Throughout this migration, the Soul seeks alignment, an arrangement in line or position, with the Spirit expressed by the self and with Reality.

A Soul has parts. The outer information is a recall of the body (relative context, semblance, & physiology) of the Self being perceived. Associated within this information is unity of emotional content, expectation of their will based on past interactions (a limited pattern of attitudes, or "personality"), and exchanges with the mind. These three are organized as Spirit inside an Attitude prior to interactions. Once received, the Self is known, and the Soul has been established in another.

In the Spiritual Dimension, the Soul is expressed in various forms of Truth: Opinion (subjective perspectives or beliefs held by individuals), Shared knowledge (information communicated between individuals shaping their understanding of Reality), and Tautological truth (statements that are true by definition or self-evident).

Spiritual life alternates between a timeless one and one that occurs within a defined lifetime, that is one within the physical side of Reality where existence is tied to a body and a single frame of reference progressing through time with experience and memory.

The migration of a Soul occurs in an alternating state of Self; one fixed to the defined lifetime and one tied to a timeless nonlocal existence. This duality means that the position and development of the Soul cannot be known simultaneously. The potential of who a person could be changes more readily when unexpressed. Once expressed, this potential gains more certainty (as the Self has been observed).

The physical position of the Soul is measured by location in terms of time and distance from where it started with the first connection. This includes personal movement of body and locations of those who know and have known the person.

Speed, in this context, is the rate at which the Soul grows or propagates in influence within information systems that contain it. However, this cannot be measured with perfect accuracy. It is possible to measure the number of individuals known but not the influence a Soul has had. Conversely, the influence a Soul has had on others can be known but not the number of individuals that knew them.

Using 150 others as a metric (the Dunbar Number), the history of the migration can be measured across geographical locations in personal history. Recording the relationships that defined the life lived at points in time on a map allows the outline to be drawn that shows the reach of the Soul. Because the movement occurs in the invisible spiritual dimension, the region is not temporally continuous or physically contiguous.

To know thyself requires first being known; then coming to know the Soul created in being known through acts of intimacy (see Chapter 8) carried out over time. Coming to know thyself is recognizing the Tautologically true Self (or Soul) through receiving who others know and a willingness to be changed by the relationship with thyself.

Chapter 2: Love and Faith

In the journey of the Soul, two forces play a pivotal role: Love and Faith. These are not merely abstract concepts, but active decisions that shape interactions with others and an understanding of Reality.

Love, as defined in this doctrine, is a decision made within Reality. It is a willingness to be changed by the relationship. Love is not passive; it is an active choice that involves openness to new experiences, acceptance of others, and a commitment to mutual growth.

Love is about recognizing the value in others and allowing their experiences to inform and therefore change the Soul. It is through Love that meaningful connections with others are formed, contributing to the growth and development of Souls. Love is not about being willing to change for a relationship or for the individuals involved in that relationship. It is about understanding that the relationship itself evolves over time, and this process changes those involved.

Faith, on the other hand, is an act of deciding to trust. It grows with use and balances Reason. Faith is not about blind belief or acceptance without evidence. Rather, it is about making the conscious decision to trust in the face of uncertainty. It is about accepting that there are things not fully understood or being able to prove, but acting on that belief, nonetheless. Faith preserves Souls and grows in Love.

In interactions with others, Love and Faith serve as guiding principles. They influence how others are connected to one another, how Spirits are shared, and how each navigates through Reality. Through Love and Faith, meaningful relationships enrich Souls, and contribute to existence by qualitatively improving the conditions that life exists within.

Every interaction could be manifestations of a single timeless Soul. This speculation is based on bias; a Beauty known only by believing so. A Spirit is a reaction to experiencing a Soul understood at birth, or at least prior to conscious expression. It feels like the sensation of understanding, knowing, and Love. Knowing confusion, ignorance, and the Attitude of ambivalence comes after experience.

Chapter 3: Navigating Reality

Reality, as defined in this doctrine, is a physical and metaphysical space where Souls navigate their journey. It is where the exchange of information that translates Spirits into Souls takes place. This chapter delves into concepts such as Course, Position, Attitude, Trajectory, Heading, Path, and Route. These terms represent various aspects of the Soul's journey through Reality.

The Course is the direction that the Soul moves along. It is not a predetermined path, but a dynamic trajectory shaped by the Soul's interactions rooted in Love. The Soul's Position is its location defined in terms of its distance and direction from a reference point. This reference point could be a particular event, experience, or relationship that holds significance for the Soul.

The Attitude of the Soul is its orientation, defined by the angle between a reference direction and an observer's line of sight. This Attitude can be influenced by several factors such as past experiences, current circumstances, and future aspirations. It is adopted or mistaken into being.

The Soul's journey through Reality follows a specific Trajectory or path under the action of given forces. These attitudinal forces could be internal (such as personal beliefs and values) or external (such as societal norms and expectations). The Heading is the direction pointed toward, usually in terms of established directions.

The Path that the Soul treads is laid down for use or made by continual use. It represents the Soul's experiences and learnings accumulated over time. The Route, only called Fate in hindsight, is the way or course taken in getting from a starting point to a destination. It indicates the Soul's journey from its current state to its desired state of being (or Destiny).

Navigating Reality involves making conscious decisions based on Love and Faith. It requires an understanding of one's Position and Attitude, and the ability to chart a Course that aligns with one's values and aspirations. Through this process, Souls can grow, learn, and enrich their experiences.

In this spiritual journey, sensing the location of a Soul or the speed at which it is moving can be a deeply personal and introspective process. It involves listening to feedback and reflections from those who Love and keep the Soul.

Expressions of gratitude from others, their explanations of how they have been influenced, and the ripple effects of this influence as they share it with others can all provide valuable insights into the position and movement of a Soul.

However, it is important to remember that these indicators must come without motive. Do not ask for it. The request would invalidate the measure. The position and speed of a soul can only be known through introspection and self-awareness.

Aesthetics plays a crucial role in this discernment process. Witnessing the intersection of truth and beauty influences perceptions and experiences. The aesthetic response is a guide in discerning truth, shaping motives, and directing interest.

In physics, the concept of virtual particles simplifies complex equations. These are not directly observable particles but have been inferred by real, observable effects. Similarly, in metaphysics and Aesthetics, concepts like Formalism, Imitationalism, Expressionism, and Instrumentalism function as tools to understand and navigate Real connections with others.

These aesthetic approaches, though not physically tangible, have real effects on relationships and interactions. They serve as virtual connections that help organize approaches to Real connection with others. Virtual particles in physics are a useful tool for understanding complex physical phenomena. Aesthe-

tic terms are necessary for understanding complex interpersonal connections and experiences. They provide a framework for exploring and understanding Metaphysical aspects of existence.

Beauty resides in potential rather than tautological truth. This opinion may not be true. As the complementary partner to Truth, Beauty cannot (by definition) be true. Beauty is driven by entropy interacting with itself as information migrates from greater concentration to lesser concentration. Timeless and witnessing that change, the Soul is in a process of realizing Beauty as it affects (sic) all aspects of the self; physical, emotional, and spiritual.

Entropy is a measure of uncertainty in a system; the instability of a system over time (if there is nothing to stabilize it). Beauty inspires exploration and appreciation of Reality. It is a compelling force that draws interest, commands attention, and inspires motives. It is a spiritual force.

Beauty and entropy are intricately bound to one another. While entropy reflects the instability of a system over time if there is nothing to stabilize it, Beauty resides in potential and captivates interest and awareness of the system it could be within. Awareness of Beauty stabilizes Reality.

The aesthetic reaction is beauty becoming bound to truth within the self. The reaction is spiritual. It plays through the body, mind, soul. It is a sudden motivation to reexperience and share an expression; it grabs interest (if attitude allows), holds and opens minds to receive it; it can cause an emotional reaction in bodies that includes a wide range of physical responses. Watching these occurrences can help align with Spirit in navigating Reality. The process establishes new truths.

Chapter 4: Alignment and Sanity

In the journey of the Soul through Reality, Alignment and Sanity play crucial roles. These concepts have implications for interactions with others and understanding of the physical world.

Alignment, in this context, refers to the arrangement of something in line or position.

For the Soul, Alignment is about finding harmony between its Position, Attitude, and Course. It is about aligning one's actions with one's values, aligning one's beliefs with one's experiences, and aligning one's aspirations with one's capabilities. Alignment is not a static state but a dynamic process.

It requires continual adjustment and recalibration as the Soul navigates through Reality.

Alignment is seeking agreement between the Spirit expressed, and the Soul others keep. The information agreeing in all contexts creates Alignment between the Spirit and the Soul. This ongoing process involves honesty, communication, and increasing levels of self-awareness; which in turn serve as the basis of Reality.

Sanity, on the other hand, is an emergent property of connection referring to mental well-being and rationality. It is influenced by the ability to connect with others and share experiences. Sanity is not merely about avoiding mental illness or distress; it is about cultivating mental resilience, emotional intelligence, and psychological flexibility. It is about maintaining a balanced perspective, managing emotions effectively, and making rational decisions.

Sanity arises from the relationships that make up a life. Isolation, separation, and disconnection impair sanity and can lead

to thinking and behavior that may cause others to be concerned for their stake in the Sanity they depend on. This can be caused by a failure to maintain Alignment or be the cause of failed Alignment.

In interactions with others, Alignment and Sanity serve as guiding principles. They influence how to connect with others, how to share Spirits (the Attitude chosen), and how to navigate Reality. Through Alignment and Sanity, meaningful relationships enrich Souls, connect minds, and contribute to the stability of shared Reality.

In contrast, mental illness includes conditions that affect the brain in thinking, feeling, behavior, or mood. These conditions can disrupt daily living and physical health. Often rooted in brain chemistry, mental illnesses are treated by and under the care of licensed mental health providers.

Sanity and mental illness, while they can intersect, are distinct concepts. Effective management of mental illness maintains access to Sanity. On the other hand, a loss of Sanity, characterized by struggles with maintaining a balanced perspective or managing emotions effectively, can occur even in the absence of a diagnosable mental illness.

Recovery from mental illness necessitates addressing both the physical aspects through medical treatment and the spiritual aspects through cultivating Sanity.

Chapter 5: Truth in three Aspects

In the metaphysical journey of the Soul, Truth plays a pivotal role. It serves as a guiding light, illuminating the path and providing certainty amidst the contingencies of Reality. In this doctrine, Truth is spectral certainty. It is understood as having three aspects: Opinion, Shared Knowledge, and Tautological Truth.

Opinion represents subjective perspectives or beliefs stated by individuals. These personal truths, shaped by unique experiences, values, and perceptions, add richness and depth to Reality.

Shared Knowledge refers to information communicated between individuals, shaping their understanding of Reality. It forms the basis of collective understanding, creating community and shared identity.

Tautological Truth represents statements that are true by definition or self-evident. These truths serve as fundamental principles or axioms upon which other truths are built. Tautological Truths provide the stable foundation for understanding Reality.

Shared Truths are virtual truths. They borrow from timeless tautological truths to create a Reality in constant flux. They are transient and ever-changing yet arise from the unchanging timeless truths. Despite their transient nature, these virtual truths leave an indelible mark on Reality called History.

Language, in its use, is grounded in Tautological truths. The words and the grammar rules that govern their use are self-evident within the system of the language itself. For instance, the statement "A word is a word" is Tautologically true, as it is based on the definition of 'word' within the language. This tautological foundation of language has a cyclical and reinforcing quality. When an opinion is expressed, such as "My favorite color is blue," it becomes a virtual truth in the sharing. This

truth becomes part of the individual's Reality and can serve as a basis for further truths, such as, "Blue is our favorite color". These are based on the tautology, "Blue is a color."

Error, in the form of misinterpretations, apophenia (seeing patterns or connections in random or meaningless data), as well as coincidences (such as syzygy) and punctives (experiences of zero duration), play a significant role in the tautological basis of language. These phenomena can lead to the creation of new meanings and interpretations within a language system. These errors and misinterpretations can initially distort Reality but reinforce it when labeled as metaphors, analogies, or some other literary use of the creative potential in language. They serve as opportunities for growth, allowing a refined understanding of Truth.

However, when these errors transform into dishonesty, a deliberate distortion or omission of truth, they can cause considerable damage to the Soul, the Spirit, relationships, and the Reality that individuals are trying to build. Dishonesty creates a disconnect between what is and what appears to be, leading to confusion, mistrust, and disconnection.

The damage caused by dishonesty is not just external but also internal. It can significantly harm the Soul and impair Sanity. Honesty, on the other hand, is not just a duty to others but a necessary basis for Sanity and Connection. Cultivating honesty fosters meaningful relationships, enriches Souls, contributes positively to Reality, and leads to more fulfilling lives.

Overcoming dishonesty involves recognizing dishonest statements, omissions, and fabrications. Then identify what is true and understand why. Reason through them. Lies cancel out. All that remains is true. With that, correct the shared understanding with others. This creates Alignment.

It requires empathy, understanding, and forgiveness to move beyond the impulse to be dishonest or base Attitudes on

known falsehoods. Practicing honesty in daily life and acknowledging instances of dishonesty (sharing with others) are crucial steps towards overcoming it.

Navigating Reality involves discerning these aspects of Truth. It requires an openness to different Opinions, a willingness to engage in the exchange of shared knowledge, and an understanding of the distinctions between Tautological Truths and virtual truths. Through this process, Souls can understand Reality, share their mind, and are rational in the exchange.

Chapter 6: Spirituality as a Tool

Spirituality, in the context of this doctrine, is not tied to any specific religion or belief system. Instead, it is understood as a tool for self-development and introspection. It involves exploring the inner self and establishing a sense of an expansive outer self.

In the journey of the Soul through Reality, Spirituality serves as a central value that is decided on. This attitude toward others is a guide in navigating the complexities of Reality, helping make sense of experiences and interactions. Through Spirituality, transcendence of physical reality allows access to a larger definition of Reality.

Spirituality encourages reflection on experiences, questioning of beliefs, the Attitudes used in daily living, and seeking the meaning within interactions. It prompts looking beyond the surface, seeing the reach of Souls with an eternal perspective, as well as exploring intricacies of Spirits encountered and how information causes change.

Through Spirituality, integration of faith, reason, and self-awareness occurs. These qualities enrich interactions with others, fostering a sense of connection and mutual understanding. They enable an approach to relationships that begins with Love. Navigation of Reality with Faith alone is possible, but it is more painful. Similarly, navigation of Reality through Reason alone is also possible, but it is more confusing. Life without either is only painful and confusing.

Spirituality serves as a tool for self-development. It provides a framework for understanding Reality, for navigating a journey through it, and for connecting with others. By practicing Spirituality, (putting action into the knowledge gained) extends life beyond the most basic goals of enduring and perpetuating it.

Chapter 7: Free Will and Attitude

In the metaphysical journey of the Soul, Free Will emerges as a powerful force. It is the ability to choose the Attitude lived through, shaping character, thoughts, choices, and behavior. This chapter delves into the concept of Free Will and its implications on Spiritual Life.

Free Will is not about making arbitrary choices or decisions. Rather, it is about choosing the Attitude adopted and lived through. This Attitude, once adopted, acts as a guiding force that shapes thoughts and behaviors. It influences preferences and limits what choices can be made to an increasingly narrow range.

Free Will allows the choice of Attitude lived through, shaping character, and influencing interactions with others. Exercising Free Will means Attitudes can be adopted by witnessing them in others or by assuming them into being. Once an Attitude is adopted, it begins to influence the range of expressions a Spirit can take from that moment onwards. This influence is called Bias. It can continue to act as a force on thoughts and behaviors long after the initial choice has been forgotten.

Recognizing the adopted Attitude (and its consequences) is a crucial step in a spiritual journey. It requires introspection and self-awareness. It involves understanding how Attitudes shape experiences and interactions with others.

Attitudes can be thought of as patterns of information that overlay experiences. They help organize these experiences into cohesive, internally consistent experiences. However, just as there are only 17 Wallpaper Groups (see page XX for more information), there might be a finite number of fundamental attitudes that can exist. Each of these fundamental attitudes would represent a unique way of organizing and interpreting experiences.

This analogy is intended to provide a perspective on how attitudes shape perceptions of reality. It suggests that while experiences are infinitely diverse, the ways in which they can be interpreted (and make sense of these experiences) might be fundamentally limited. This concept underscores the importance of recognizing and understanding Attitudes, as they play a crucial role in shaping perceptions of reality.

Choosing a new Attitude is a transformative process. It can completely change a person's character, influencing their thoughts, behaviors, and interactions with others. This new Attitude, when shared with others, can foster a sense of connection and mutual understanding.

The Concept of Attitudes

Attitudes are fundamental to interpretation and interaction with Reality. They serve as a screen through which experiences are perceived, filtering it for motives (and narrowing the possible responses).

Attitudes serve as implicit adopted strategies because these overarching mental frameworks guide responses to life's events. Perceptions get shaped, decisions influenced, and actions directed. Like a strategy, an attitude sets routines and habits into action.

Habits are the tactics of an Attitude. Specific actions or routines get performed in line with Attitudes. These are the practical observable traits that others see in a chosen Attitude. Like tactics in a strategic plan, habits are the concrete actions that show an Attitude in Reality.

Attitudes are adopted strategies that determine the direction, and habits (tactics) lead there. Having an Attitude is a permanent condition. Which Attitude is a matter of choice put into action. Deciding or not deciding (or failing to become aware

of the choice) in hindsight is the Fate of an individual Soul. Where it takes the Self is that person's Destiny.

Two-Dimensional Patterns

One way to conceptualize attitudes is to view them as two-dimensional patterns. Just as a tile pattern can cover a floor, providing consistency and order, attitudes "tile" experiences. They help organize these experiences into cohesive, internally consistent information.

Imagine each experience as a unique tile. Alone, each tile (or experience) can seem random or disconnected. However, when viewed through an Attitude, these experiences form a pattern. This pattern provides structure and meaning, helping make sense of experiences. The sense made of an experience can only be felt in terms of the Attitude it is organized by.

Organizing Experience

Attitudes play a crucial role in organizing experiences. They decide Aesthetic and guide Attention, influencing what is noticed and what is overlooked. In this way, Attitudes shape not only the interpretation of experiences, but also which experiences are deemed significant.

Cohesive and Internally Consistent Information

By organizing experiences into patterns, Attitudes help form an internally consistent understanding of Reality. This consistency is crucial for making sense of the world. With this analogy, the sense of "understanding" emerges when novel information is integrated into the pattern of experiences.

For example, if an Attitude is adopted that assumes "saying

the right words" leads to others understanding, then experiences are interpreted in a way that supports this Attitude. When it appears someone else understands an idea communicated, the Attitude toward the outcome attributes it to the right words being chosen. In failure, it is then because the right words were not used. That is the understanding of the experience. The adopted Attitude provides a consistent framework for interpreting experiences.

Bias

Behavior influenced by attitudinal subconscious; this is the effect of having an Attitude. All behavior stems from the Attitude chosen. To not choose an Attitude defaults the Attitude to one previously used. Bias is an inherent property. All have bias. As bias is the behavior tied to a chosen Attitude, recognizing the behavior as bias requires a change of Attitude. Bias is implicit in whatever Attitude is chosen.

Changing Attitudes

Attitudes have an order of operation. This is the three-step process of bias: Think, Choose, Behave. Individual Attitudes are changed regularly without much effort but there is a pattern to the range of Attitudes. This is the personality of the Self most apparent to others.

While Attitudes can endure, in the Self they are not fixed. Choosing to change Attitudes is possible. Recognizing the impact of a current Attitude and deciding to adopt a new one leads to significant shifts in interpretation and interaction with Reality.

Changing Attitudes is not always easy. It requires self-awareness, effort, and sometimes the willingness to challenge deeply held beliefs. This ability to change Attitudes gives power to transform perceptions, responses, and Reality.

To change a pattern of Attitudes is more difficult. This is a personality transformation. It requires the mind, the body, and the spirit working together with others. It also requires a spiritual partner that shares an understanding of the same higher power and has a set of Attitudes that are preferred to the set being changed out. Initiating the process requires an act of Faith in something beyond the Self or there is no "lever and fulcrum" to perform the work.

To do this, spiritually, requires adopting (or mistaking into being) an Attitude of Willingness from someone else. This is followed by an Attitude of Surrender to the process of change. This is possible because choosing an Attitude is a Behavior. Pivoting the load (the spiritual baggage of Attitudes and associated emotional content), on a relationship with a spiritual partner, shifts the Attitudes on axis so the choice of behavior now dictates thinking. This rotates the current Attitudes out of the role of mediator. New ones can then be adopted (or mistaken into being). Once in place the personality is changed.

There is a transition phase here that can last a while; during which the Self feels vulnerable and undefined. This is described as a "hole-in-the-donut" feeling. Without a familiar Attitude to interface with metaphysical reality, Awareness is at first painful and confusing.

Once the change has happened, the associated behaviors need to be reinforced and repeated. This seems more easily done with others than alone. When done for the sake of others, however, the change is impossible to sustain without continual interventive conditioning. Eventually, the Self must independently undertake enacting the choice over time. This is relying on the Attitude of Surrender to follow the habits of behavior linked to the adopted patterns of Attitude without external conditioning.

The process is not always successful even after multiple attempts. Having a behavior of living an unexamined life; (al-

lowing an arbitrary Attitude to persist by default) is a behavior that habit must also change. Going too far, routinely adopting other Attitudes, living through them, and then choosing differently can become a behavior also (with an Attitude of indifference to the Attitudes chosen). In practice, resolving the choice of Love as an Attitude objectively allows the greatest degree of freedom from the strictures demanded by all other Attitudes. This is due to the requirements of willingness and change within the Attitude.

Attitudes play a crucial role in shaping minds. They involve two active components expressed by each member of a particular mind. These play through the mind shared within a group of individuals:

Cognitive Component: This involves expressed thoughts and beliefs about a particular topic. The use of the word "cognitive" can imply that thinking has occurred. In practice this is rarely the case. A position has been decided when the Attitude was adopted but the conclusion that that position depends on is taken from exchanges with others. Minds produce and use these positions, and they are adopted as requirements for membership in a mind. Think of them as Axioms more than as an actual conclusion brought about by individual reasoning.

Affective Component: This involves expressed feelings or emotions about a particular topic. As with Cognitive Components, the word "Affective" may seem to imply actual emotions have been processed. This is not the case usually either. These emotions may have once been felt or imagined as having been felt. Emotions can be processed with this part of an Attitude; however, they are in sympathy for the choice of Attitude.

These two components imply a third responsive part that manifests only after adoption. By tapping into an established Aesthetic already in the mind, it plays through the bodies of those involved in the exchange of the Attitude once it is expressed.

Behavioral Component: This involves how behavior shows

the Affective and Cognitive connotations associated with a chosen Attitude. Behavior is a predictable set of expressions that can be well-choreographed. It includes facial expression, posture, hand gestures, and other aspects of how the body projects Attitude. It can also include repetitive actions. These can include ritualized, compulsive, or mirrored sets of actions that show the behaviors associated with an adopted Attitude.

These components make up the organizing information of an Attitude. When received, these are run through the Mind. They are organizing principles applied to other information. At their core is a hollow space that easily holds the self. Attitudes can also be expressed as empty gestures.

In the brain, Attitudes are reduced to two dimensions. These two dimensions affect the brain and then body in reaction to the Attitude as it is unpacked. In the brain, this shuffles information into a new paradigm or understanding that the organization requires by implication. Bodily, it changes (through Aesthetic) how the body reacts to experience, such as what is seen as a threat or what is comfortable.

These are two dimensions in an Attitude that tiles the memories and experiences in the brain:

Intensity: How strongly an Attitude is held. This varies over time and situation.

Direction: Whether the Attitude is attraction or repulsion. When adopting an Attitude towards an Attitude, this is the variable dimension.

Afterword

This work defines Metaphysical terms in a practical way, so that the understanding does not discount or disagree with

Physics. With a thorough reading, the information provided should allow a simultaneous view of Physics and Metaphysics.

These are based on observations of how others interface with the physical reality they share. The observation was performed throughout a lived life. It seems unlikely that this is done without error and bias. In any instance where evidence fails to support an idea given in this content, the idea should be discarded. It may be that some core ideas will be shown to be false. If this is the case, disregard the entire work.

These ideas include the concept of the non-local Self, the mind, consciousness, and the Spiritual Dimension. These are extensively outlined through the content and are the basic concepts all other concepts depend on.

Attitude is defined as well as could be and this will require revision and adjustment. When attempting to provide a metaphor that captures the idea of Attitudes, the effort itself includes Attitudes. As a self-referential metaphor, it is likely to fall short.

Program for Application:

Self-Reflection: Reflect on interactions to understand the Spirit's impact on the Soul.

Cultivate Love and Faith: Approach relationships with Love and cultivate Faith in Reality.

Navigate Reality Mindfully: Be mindful of the Course, Position, Attitude, Trajectory, Heading, Path, and Route in navigating Reality.

Seek Alignment: Strive for Alignment in Attitude so that actions,

beliefs, and aspirations align with Values.

Maintain Sanity: Foster connections and share experiences that maintain well-being.

Embrace Truth: Be open to different facets of Truth, respect others' Opinions, engage in the exchange of Shared Knowledge, and understand Tautological Truths.

Practice Spirituality: Use Spirituality as a tool for self-development and introspection to explore the inner self and the expansive outer self.

Glossary

Aesthetics: The intersection of truth and beauty. It involves the experience of perception mediated by attitude. Four experiential attitudinal approaches:

Formalism: Truth and beauty in expressed thought.

Imitationalism: Truth and beauty in witnessed Reality.

Expressionism: Truth and beauty in emotional responses.

Instrumentalism: Truth and beauty in shared Reality.

Alignment: The arrangement in line or position.

Angle: The degree of space between a reference direction and an observer's line of sight.

Attention: The focus of the mind toward information.

Attitude: The decided direction of a person's spirit.

Balance: A state when attitude, interest, or motive are in proportion.

Beauty: The focus of the mind that attracts and grows interest.

Belief: Bias toward an Attitude with a specific Motive.

Bias: The effect of an Attitude on the adopter.

Conscious: Awareness of the choice of attitude before behavior.

Consciousness: Awareness of self (Soul, Mind, & Body),

shared knowledge, and connections to others.

Connection: Exchange of information converting spirits into souls.

Contrast: Degree of difference between elements.

Courage: Act of facing fears using faith and reason.

Course: Direction something moves along.

Curiosity: Interest that drives change.

Dimension: Two equal but opposite directions.

Direction: Differentiation of a single orientation from all possible orientations.

Elements: Fundamental components of a system or reality.

Emphasis: Attention influencing the direction and focus of the mind.

Existence: State of being; to manifest.

Experience: Subjective growth that can be expressed.

Expression: Conveyance of one's attitude or spirit through forms.

Faith: Act of deciding to trust, balancing reason.

Fear: Focus on potential future events; felt apprehension or dread.

Free Will: Capacity to choose an Attitude.

Fulfillment: State experienced when accomplishing purpose

and expressing love. (See Joy)

G d: Aware timeless universal existence, known through relationships. (See Love)

Happiness: State experienced when fulfilling purpose and expressing Love.

Harmony: State of agreement among different entities.

Heading: Direction pointed toward, usually in an established direction.

Heaven: The soul's eternal home, safeguarded by the genuine joy of those appreciating truth and beauty.

Higher Power: Power, external to the Self, surrendered to.

Intention: The choice of an attitude based on context.

Interest: Discrete unit of Attention measured in Time and proximity.

Intimacy: Observing the nonlocal self, or Soul, hosted by another.

Joy: Experiencing what is both True and Beautiful. (See Aesthetics)

Life: Aware.

Love: Decision made within Reality demonstrated as a willingness to be changed by the relationship.

Mind: The nonlocal "brain." A decentralized intelligence based on a pattern of thinking associated with someone. (See Soul)

Moderation: Changing an Attitude to regulate desires.

Motive: Angle of approach to others' perspective.

Movement: Path attention follows, directed by elements.

Orientation: Relative physical position or direction.

'Pataphysics: A philosophy science that studies the exigencies of physics and metaphysics.

Path: Way or track laid down for use or made by continual use.

Pattern: Repetition of elements creating consistency.

Peace: Condition of harmony achieved when aligning Spirit & Soul.

Pearly Gates: Impromptu smiles that reveal the teeth. (see Heaven)

Perception: Ability to observe and interpret Reality.

Perspective: Interpreted Reality, shaped by experiences and Attitudes.

Position: Location of an object, defined in terms of its distance and direction from a reference point.

Power: The ability to cause change, while minimally changing (ideally an unmoved mover).

Principle: Tautological truth serving as the foundation for a system of belief or reasoning.

Proportion: Scale relationships between elements and/or principles.

Purpose: Reason or goal of a person's existence, derived from their Soul.

Reality: Shared existence that includes both physical and metaphysical experience.

Reason: Ability to think logically and rationally, balancing faith and evaluating evidence.

Resentment: Focus on past emotional events; usually associated with anger.

Reverence: Choosing an attitude that allows growth of interest in something or someone.

Route: The way from Fate to Destiny.

Rhythm: Regular repetition of elements producing the feel of movement. The rate of change Love produces.

Sanity: Emergent property of connection referring to shared mental well-being and rationality.
Soul: Nonlocal form of a person, hosted by all those who know them.

Space: The extent when elements and principles have relative position.

Spacetime: Continuum where potentialities meet certainties in relative positions. Here&Now.

Spirit: Outgoing information expressed, oriented in a decided Attitude.

Spirituality: Tool for the development and application of Attitudes.

Strategy: A goal and means to achieve it.

Surrender: A decision to stop thinking.

Tactics: The methods by which goals are pursued.

Tautology: Truth defined by a truth that stays true.

Time: Decoherence of potential into certainty.

Trajectory: Path followed by an object moving under given forces.

Truth: Spectral certainty.

Three Aspects:
Opinion (subjective perspectives)
True by holding.

Shared Knowledge (communicated information)
True by exchange.

Tautological Truth (logical absolute).
True by definition.

Unity: Feeling of harmony between all parts of a Soul; a sense of completeness.

Viewpoint: Position from which something is observed; an Attitude confirming itself.

Wisdom: Using an Attitude of willingness based on faith and reason.

Worship: The action of directing attention to a higher power with an aligned Attitude, seeking to establish a connection.

Physics Analogies

One-Electron Theory: All electrons are manifestations of one single "electron" moving backwards and forwards in time. This theory suggests that every electron in existence could be one particle continually traveling backward and forward through time, much like how every interaction could be manifestations of one single Soul continually traveling backward and forward through time. This is a metaphysical opinion asserted not an analogy.

Optics: The Fresnel Effect in optics metaphorically illustrates how different facets of truth (Opinion, Shared Knowledge, and Tautological Truth) reflect Reality. Opinion, like light at a glancing angle, lightly touches Reality, reflecting personal viewpoints. Shared Knowledge, similar to light at a moderate angle, penetrates deeper, reflecting a collective understanding. Tautological Truth, like light hitting head-on, fully reflects Reality as inherently and universally true. The angle of approach affects perception and reflection of Reality.

The Uncertainty Principle: The Uncertainty Principle asserts that a particle's position and speed can't be precisely known simultaneously. Greater precision in one results in less precision in the other. This concept analogously explains the differences in self-perception and how others perceive us.

Wigner's Friend: A quantum physics thought experiment highlighting paradoxes in quantum measurements. It involves two observers whose statements about a system's state post-measurement contradict each other. This contradiction reflects the seeming incompatibility of two laws: the deterministic, continuous time evolution of a closed system's state and the nondeterministic, discontinuous state collapse upon measurement.

Economics

Theory of Information Bias: The Power of Bias in Economics is a text by John Ioannidis, T.D. Stanley, and Hristos Doucouliagos investigating two critical dimensions of the credibility of empirical economics research: statistical power and bias.

Geometry

17 Wallpaper Groups: Unique ways a pattern can be repeated on a flat surface. Each group corresponds to a different combination of symmetries such as sliding, flipping, and rotating.

Biology

Density-dependent dispersal: The concepts described align closely with the idea of the migration of the soul. This assumes on faith that the soul is aware and intelligent. It is the person whose Spirit was received. It actively navigates its course and seeks alignment with other souls and a reality that includes the Self. It continues indefinitely, even after the Spirit ceases to animate the body. The beauty in this metaphor can be useful even if it is not true.

Sociology

The Dunbar Number: Dunbar's number is a suggested cognitive limit to the number of people with whom one can maintain stable social relationships. This number is around 150 and has been observed in human groups.

The Friendship Paradox: A phenomenon first observed by sociologist Scott L. Feld in 1991. It states that on average, an individual's friends have more friends than that individual; while believing the opposite must be true. In other words, one is less likely to be friends with someone who has very few friends. The Friendship Paradox is an example of how

network structure can significantly distort an individual's local observations.

Information Theory

Holarchy: In the metaphysical journey of the Soul, each aspect (Spirit, Soul, Love, Faith) is a holon in a holarchy, both a whole and part of a larger whole. The Spirit becomes a Soul through connection and translation, growing through interactions rooted in Love and Faith. This recursive process increases information, with the Soul cycling back, changed, to the Spirit's source through intimacy.

The Seven Absurdities of Thomas Hobbes

Leviathan: Seeing truth or beauty while being honest and interesting is a virtual impossibility. Showing the spectrum of truth depends on bending truth into its distinct bands. This is done here by passing information through an absurd lens. Pick one.

Insignificant Speech
Category Mistakes
False Assumptions
Misuse of Abstract Terms
Erroneous Paradoxes
Confusion of Logic and Philosophy
Misinterpretation of Authority

Maxims for this Reality:

"In the pursuit of unity, completeness is found; in completeness, unity is sought."

This maxim emphasizes the reciprocal relationship between striving for unity and achieving a sense of completeness. The pursuit of unity leads to a sense of completeness, and once completeness is achieved, it further reinforces the pursuit of

unity.

"In wisdom's pursuit, knowledge is applied; In application, wisdom is pursued."

This maxim highlights the cyclical nature of wisdom. The pursuit of wisdom leads to the application of knowledge and understanding, and this application further fuels the pursuit of wisdom.

"In choosing attitudes freely, beings express their will; in expression, free will chooses attitudes."

This maxim emphasizes the reciprocal relationship between free will and choosing attitudes. The exercise of free will leads to the choice of attitudes, and these chosen attitudes further reflect the exercise of free will.

"In forming connections, understanding is shared; in sharing, connections are formed."

This maxim highlights the cyclical nature of connection.

"In loving, openness to change is shown; in openness, love is expressed."

This maxim underscores the interplay between love and openness to change. The act of loving demonstrates an openness to change, and this openness further encourages expression of love.

"In seeking truth, understanding aligns with
Reality. In alignment, truth is sought."

This maxim underscores the interplay between seeking truth and aligning understanding with reality. The act of seeking truth leads to a better alignment with reality, and this alignment further encourages the seeking of truth.

Hypotheses from the Study:

If attitudes such as love, compassion, and gratitude are cultivated, then spiritual experiences will differ from those shaped by fear, anger, and resentment.

If the soul is perceived as an information pattern, then it will generate consistent information in others' minds based on that soul's own attitude.

If the spiritual plane is considered a system of principles, then adherents will have a coherent belief system.

If spirituality is used as a tool for attitude development and application, then it will enable the application of knowledge to various situations with faith-based willingness.

If worship is practiced as an act of directing attention towards a higher power, then it will foster a sense of connection to something beyond oneself.

Further reading:

 "Quantum Mechanics: The Theoretical Minimum" by Leonard Susskind and Art Friedman: For a deeper understanding of the One-Electron Theory and Wigner's Friend, which delve into the complexities of quantum mechanics.

"The Feynman Lectures on Physics" by Richard P. Feynman: To explore the Uncertainty Principle in depth, which is a fundamental concept in quantum mechanics.
"The Happiness Hypothesis: Finding Modern Truth in Ancient Wisdom" by Jonathan Haidt: To delve into how cultivating attitudes such as love, compassion, and gratitude can shape spiritual experiences.

"Influence: The Psychology of Persuasion" by PhD Robert B.

Cialdini: To understand how attitudes shape experiences and perceptions of reality.

"Mistakes Were Made (but Not by Me): Why We Justify Foolish Beliefs, Bad Decisions, and Hurtful Acts" by Carol Tavris: To explore how attitudes can lead to errors in judgment and perception.

"Introduction to Information Theory: Symbols, Signals and Noise" by John R. Pierce: For a deeper understanding of the concept of patterns of information that generate information.

"Entropy and Information Theory" by Robert M. Gray: To understand how attitudes organize experiences into patterns, providing structure and meaning.

"The Mathematical Theory of Communication" by Claude E Shannon: To explore how attitudes guide attention, influencing what is noticed and what is overlooked.

"Elements of Information Theory" by Thomas M. Cover and Joy A. Thomas: To delve into how attitudes help form an internally consistent understanding of Reality.

"Information Theory, Inference and Learning Algorithms" by David MacKay: To understand how changing an attitude can lead to significant shifts in interpretation and interaction with the world.

"The Metaphysics Within Physics" by Tim Maudlin: Explores nonmathematical assumptions in modern science. It argues that physics-derived ontology differs from defended philosophical forms.

"Mind/Body Health: The Effects of Attitudes, Emotions, and Relationships" by Keith J Karren: This book provides a comprehensive exploration of how attitudes and emotions directly affect physical health and well-being.

"The Power of Bias in Economics Research" by John Ioannidis, T.D. Stanley, and Hristos Doucouliagos: This book investigates two critical dimensions of the credibility of empirical economics research: statistical power and bias. This resource provides valuable insights into the role of bias in exchanges.

Guidebook

Migration of the Soul: A Journey of Connection

Introduction: Intimacy, as defined in the doctrine, is observing your own Soul, hosted by another, and accepting it as tautologically true. It is about establishing an honest connection with another person and understanding them on a spiritual level. This guidebook aims to help individuals, friends, and couples cultivate this sense of intimacy, whether they are working individually or guided by a therapist.

Welcome

Chapter 8: *Intimacy and the Soul*

Chapter 9: *Self-Reflection*

Chapter 10: *Communication*

Chapter 11: *Emotional Exchange*

Chapter 12: *Trust and Acceptance*

Chapter 13: *Building a Shared Reality*

Chapter 14: *Nurturing Connection*

Conclusion
Welcome to "Cultivating Intimacy - A Journey of Connection."

This guidebook is designed to help you explore and enhance the concept of intimacy in your relationships.

Intimacy, as defined in this guide, is not physical closeness or romantic involvement. It is about observing your own Soul, hosted by another, and accepting it as tautologically true. It is about establishing an honest connection with another person and understanding them on a spiritual level.

Whether you are looking to deepen your relationship with your partners in life (trusted family & friends), improve your communication skills, or simply understand yourself better, this guidebook offers practical advice and exercises to help you.

Chapter 8: Intimacy and the Soul

Intimacy is more than just physical closeness, personal comfort with others, or romantic involvement. It is about understanding and connecting with another person on a spiritual level. It involves sharing experiences, thoughts, and feelings with someone else, and allowing them to share theirs with you. The exchanges change you.

It is about establishing a deep connection with another person and understanding them on another level. This chapter will help you understand the concept of intimacy and its importance in our relationships, and the role our Souls play in this process.

What is Intimacy?

Intimacy (mnemonic: Into-Me-I-See), in this context, is about observing your own Soul, hosted by another, and accepting it as tautologically true. But what do we mean by 'Soul'?

Souls are the result of receiving an expression of Spirit. When we share who we are with someone else, they store us in their mind. This stored information is our Soul. It is the nonlocal form of us that is spread across all those we know. That is one way to think of how you "know" someone. You are hosting a measure of them, their Soul (just as they host a measure of your Soul if they in return know you).

Why is Intimacy Important?

Intimacy is crucial for healthy relationships. It fosters a sense of connection and mutual understanding, which can lead to greater satisfaction and happiness in relationships. Intimacy also promotes emotional well-being by providing a sense of belonging and acceptance.

Barriers to Intimacy

There can be many barriers to intimacy, including fear of vulnerability, lack of trust, poor communication skills, or past traumas. Reasons to withhold intimacy from yourself are easily rationalized. Deciding to adopt an Attitude and accept a reality is a deeply personal one. These choices make up the very heart of who you are. To choose differently requires a willingness to be changed by the relationship you have with yourself prior to knowing who you are. The choice once made is irreversible.

Exercise: Reflecting on Your Relationships

Take some time to reflect on your relationships. Do you feel a deep sense of connection and understanding with your partner? Are there any barriers that might prevent you from experiencing greater intimacy? Can you accept that they know you? Is their knowledge of you accurate? In the balance of knowledge between your Spirit and your Soul, what information is missing so they better agree? Write down your thoughts and feelings.

Bonus Exercises:

Soul Exchange: Alternately share personal narratives, thoughts, and emotions. This can deepen your understanding of each other and foster a sense of shared identity.

Barrier Recognition: Identify potential obstacles to intimacy, such as fear of vulnerability, trust issues, or past traumas. Discussing these can help in overcoming them.

Attentive Listening: Practice a form of communication where one partner speaks while the other listens without interruption, then repeats what they heard to confirm understanding. This can improve communication and mutual understanding.

Trust-Enhancing Activities: Participate in activities that requi-

re trust, like reading together, playing board games, or doing physical activities. These can help in overcoming trust issues.

Emotional Updates: Regularly share your feelings with each other to promote emotional well-being and a sense of acceptance and belonging.

Reflection and Conversation: Reflect on your relationship and discuss your insights with your partner. Try to understand them deeply enough to make decisions as they would.

Empathy Development: Attempt to understand your partner's perspective by putting yourself in their shoes. This can foster empathy and deepen your connection.

Joint Goals: Discuss your individual aspirations and identify common goals to work towards together. This can enhance your bond and provide a shared purpose.

Conflict Management: Practice resolving disagreements in a healthy and constructive way to maintain a strong relationship.

Expressions of Gratitude: Regularly show appreciation for each other to boost positivity and strengthen your bond.

Moments of Mindfulness: Spend quiet time together, simply being present with each other to connect on a deeper level.

Understanding the Spirit: Discuss your differences and how they enrich your relationship. Understanding these attitudes can lead to greater acceptance and harmony.

Chapter 9: Self-Reflection

Self-reflection is the first step towards cultivating intimacy. It involves taking the time to understand your own thoughts, feelings, and experiences. By understanding ourselves better, we can understand others better too.

Understanding Yourself

Before we can understand others, we must first practice understanding. Practice on yourself. This involves exploring your own thoughts, feelings, and experiences. What are your values? What are your interests? What are your fears? Resentments? These are just some of the questions you might ask yourself during this process.

Exercise: Journaling

One effective method of self-reflection is journaling. Writing about your thoughts and feelings can help you understand them better. Try to write in your journal every day, even if it is just a few sentences. Over time, you will start to see patterns and gain insights into your own mind, the spirit that you share with others, and the soul that you are developing through them.

Exercise: Meditation

Meditation, a practice of patient listening, cultivates self-reflection. The act of mediation feels as though you are awaiting someone else's words, allowing the expectation of Spirit to override self-centered thoughts. Daily meditation involves observing your internal mental noise as if it is from a Loved one. Once acknowledged, it pauses, awaiting your response. Persist in listening until it no longer begs a reply. Then, bask in the silence your patience has found. Explore various tech-

niques to find one that works for you. Like many exercises, the effort gives benefits that may not be noticeable until after some time. Be patient.

Exercise: Feedback from Others

Sometimes, others can provide valuable insights into our own behavior. Ask a trusted friend or family member for their honest feedback. Remember, the goal is not to be judged or criticized, but to understand.

In the next chapter, we will explore how to communicate effectively, a crucial skill for building intimacy.

Chapter 10: Communication

Communication is a fundamental aspect of cultivating intimacy. It is about expressing thoughts, feelings, and experiences to another person and understanding theirs in return. Effective communication can foster a deeper connection and mutual understanding, paving the way for greater intimacy.

Understanding Communication

Communication is more than just talking. It is about expressing your inner thoughts and feelings and understanding those of others. It involves not only speaking but also listening, observing, and empathizing.

Barriers to Effective Communication

Several barriers can hinder effective communication, such as misunderstandings, assumptions, lack of active listening, or fear of expressing one's true feelings. It can also include resentments for past injuries.

Exercise: Active Listening
Practice fully focusing on the speaker, avoiding interruptions, or forming a response in your mind before they have concluded.

Exercise: Expressing Feelings

Expressing your feelings honestly and openly can enhance intimacy. Practice expressing your feelings to your partner or a friend. Remember, it is not just about what you say, but how you say it.

Exercise: Non-Verbal Communication

If your body is saying something you do not intend to express,

this usually indicates an attitude is at work in the relationship and has reacted to the topic. Use your body's cues to help recognize how this adopted pattern of thinking is communicating for you and decide at that moment if you still want it to.

Chapter 11: Emotional Exchange

The soul's journey involves emotional exchange. This chapter explores this concept and its impact on our lives.

Understanding Emotional Exchange

Emotional exchange is not about becoming vulnerable, but about participating in an emotional economy where individuals exchange information about the emotions that are occurring in them. By sharing this information, the other hears them and responds, creating a reciprocal exchange that over time takes large simple emotions (such as Anger, Fear, etc.) and reduces their "denomination" so a more nuanced and accurate expression of emotions can be exchanged.

The Impact of Emotional Exchange

Emotional exchange is a process where individuals trade information about their emotions. This reciprocal exchange deepens connection and understanding. Once engaged in this exchange, emotions become more manageable the moment they are shared and understood.

One of the benefits of the exchange is that emotions are processed externally, which accomplishes two things. First, the emotions are shared, making them easier to manage because they are not being dealt with alone. Second, the other person is less committed to those feelings, which makes it easier for them to forget them. Splitting the emotional load with another who can accept them without resistance and move on leaves a remainder of the emotion, which is much easier to process and move through afterward. With practice in this exchange,

the capacity for emotional awareness increases. This process put into regular practice creates emotional maturity.

Exercise: Sharing Emotional Content

Practice sharing your emotional content with someone you trust. Start with simple emotions and gradually work your way up to sharing more complex emotional experiences. Remember, it is not just about expressing your emotions; it is also about listening to and understanding the emotions of others.

Exercise: Responding to Emotions

When someone shares their emotional content with you, respond with empathy and understanding. Avoid correction, judgment, or criticism. Instead, validate their feelings by reiterating what they said and accepting it as true.

Conclusion:

Emotional exchange is a key aspect of our journey, fostering intimacy, developing emotional capacity, and enriching our Souls. By sharing our emotions, we contribute to Reality, build meaningful relationships, and grow emotionally. Emotions serve as a tool for the Soul to produce Truth and reflect our inner state. When these personal truths are shared, they become shared truths that correct Alignment and foster unity between the Spirit and the Soul.

Chapter 12: Trust and Acceptance

Trust is a fundamental element in building intimacy. It is about believing in the reliability and truth of another person. Trust allows us to connect, to share our thoughts and feelings, and to accept others.

Understanding Trust

Trust involves believing in the reliability, truth, or ability of someone else. In the context of intimacy, trust means believing that the other person will respect and honor our vulnerabilities, and that they will do their best to understand and validate our experiences.

Barriers to Trust

Barriers to trust can include past experiences of betrayal or hurt, fear of vulnerability, or lack of self-esteem.

Accepting Others' Perceptions

When practicing intimacy, it is important to understand that who you are to others is based on who you have shown them you are. Their perception of you is based on their interactions with you and their experiences with you. It is crucial to accept that their perception is as valid a representation of who you have been as your own recollections.

Exercise: Building Trust

Building trust takes time and consistency. Small acts of reliability can go a long way in building trust. Be honest, keep your

promises, and show that you can be relied upon.

Exercise: Reflecting on Perceptions

Take some time to reflect on how others might perceive you based on past interactions with them. How might their perception differ from your own? What can you learn from these differences?

Chapter 13: Building a Shared Reality

In the journey of Soul, first, two Spirits must encounter one another. These Spirits, representing the outgoing information produced by each person, engage in an exchange that forms the basis of their relationship.

Understanding the Encounter of Spirits

When two Spirits encounter each other, they are meeting in a metaphysical sense, in the sharing of information that is themselves and receiving information that is the other. This exchange is what converts Spirits into Souls.

These are "mystical" only in the sense that the metaphysical reality they virtually occur in is not observable in the physical reality it affects. The information exchange is real, as in it has a measurable impact on Reality. It is the basis of Friendships, the difference between a successful marriage and the legal fiction of one, and the real consequence of a prison (separation from those that share a spiritual connection).

Hosting an Aspect of the Other

In this relationship, each individual hosts an aspect of the other. This hosting is a measure of who they are to the other person. It is about understanding and accepting the other person's Spirit as a measure of your own Soul. This process involves empathy, understanding, and acceptance.

Building a Shared Reality

In addition to hosting an aspect of each other, individuals in a

relationship also build a shared Reality together. This shared Reality is a space where both individuals can express their Souls, share experiences, and grow together.

Exercise: Reflecting on Hosting

Take some time to reflect on how you host aspects of others in your life. How do their Spirits influence your Soul? How does this hosting enrich your understanding of yourself and others?

Exercise: Creating a Shared Reality

Think about how you can create a shared Reality with your partner or loved ones. What experiences do you want to share? What values do you want to uphold? How can you contribute to this shared Reality?

Chapter 14: Overcoming Challenges

Every journey, including the metaphysical journey of the Soul, comes with its own set of challenges. These challenges can range from personal doubts and fears to external obstacles and setbacks. However, these challenges are not roadblocks but steppingstones towards growth and understanding.

Understanding Challenges

Challenges are an integral part of our journey through Reality. They test our resolve, challenge our beliefs, and reveal our attitudes. However, it is important to remember that challenges are not meant to deter us but to help us grow.

Exercise: Reflecting on Challenges
Take some time to reflect on the challenges you have faced in your journey so far. How have these challenges shaped you? What have you learned from them? Write down your thoughts and reflections.

The Role of Honesty

One of the most significant challenges in this journey is maintaining honesty. Dishonesty can cause considerable damage to the Soul, the Spirit, the relationship, and the Reality that individuals are trying to build. It creates a disconnect between what is and what appears to be, leading to confusion, mistrust, and disconnection.

Honesty is not just a duty to others but a necessary basis for Sanity and Connection. By cultivating honesty, we can foster meaningful relationships, enrich our Souls, contribute positively to Reality, and lead more fulfilling lives.

Exercise: Cultivating Honesty

Practice honesty in your daily life. Start with unimportant things and gradually work your way up. Remember, honesty is not just about telling the truth; it is also about being true to yourself.

Exercise: Overcoming Dishonesty

Overcoming dishonesty involves recognizing when you are being dishonest and understanding why. It requires empathy, understanding, and forgiveness towards yourself. Practice acknowledging when you have been dishonest and explore what Attitude led you to be dishonest in those instances.

Conclusion

Honesty is not just an obligation to others. It is the necessary foundation of sanity and connection. Cultivating honesty allows us meaningful relationships. It enriches our Souls in a truthful way and, in doing so, it contributes positively to our shared reality allowing those you Love to lead more fulfilling lives.

Overcoming challenges and including others in the effort is an essential part of intimacy. It requires courage, faith, and honesty. Remember, our Souls are interconnected through the shared experiences and memories we host of each other. This interconnectedness forms the basis of our shared Reality.

Challenges are inevitable. They are not problems though. Most painful situations that occur are paradoxes to be navigated. There may not be a solution. Each challenge is an opportunity for growth, a path that leads towards connection with others.
The principles described in Migration of the Soul are not just philosophical musings. They are also meant as practical tools to guide you in your daily life and the relationships that define it.

Philosophical Perspective: Practical Applications

Psychological Therapy

The philosophical perspective of the interconnectedness of Souls can have practical applications in the field of psychology. For instance, a psychologist might use this perspective to help individuals understand how their relationships and interactions with others shape their self-perception and identity.
Self-Understanding

A psychologist might guide an individual to explore their "Soul"

as it exists in the awareness of others. This could involve reflecting on how others perceive them and how these perceptions influence their self-perception. This process could help individuals gain an expansive understanding of themselves and their identity.

Relationships

Understanding the interconnectedness of Souls can also be useful in building and maintaining relationships. A psychologist might help individuals understand how their actions and attitudes affect others and, in turn, shape the part of their Soul that exists in others' minds. This understanding could encourage empathy, mutual respect, and positive interactions.

Personal Growth

The concept of the Soul's migration (the idea that our Soul's presence shifts and changes among those who know us) can be a powerful tool for personal growth. A psychologist might help individuals understand how their personal growth can update (Align) the part of their Soul that exists in others' minds, leading to changes in their relationships and social identity.

Soul, Mind, and Body
Introduction

Two approaches to knowledge appear to stand on opposite ends of a spectrum: the tangible world of physics and the intangible domain of metaphysics. Yet, there are concepts that bridge these disparate fields. This section is an exploration of such concepts, specifically focusing on the Soul and Mind as nonlocal constituents of a self.

The Soul, as defined here, is not confined to the physical body of a person. It manifests wherever there are minds that know the person. This self exists in multiple places at once. This nonlocality of the self through the Soul may be seen as a challenge to other definitions and approaches to understanding identity and existence. There is no authority intended by the expression of these opinions. Take what is useful, disregard the rest.

Love emerges not merely as an emotion but as a metaphorical form of entanglement that binds these distributed Minds and Souls together. It is a decided force that influences perceptions and identities, shaping the Soul in others' minds across time, distance, and after the body has died.

The purpose of this study is to explore intriguing parallels between observable, measurable physics, and the ineffable, subjective nature of metaphysics. By examining the commonalities in the use of terms, the aim is to illuminate new perspectives on interconnectedness and the nature of relationships and identities.

This exploration holds some implications for understanding the self and others. The implications are invitations to consider how individual experiences and interactions shape not only perspectives but also the Soul. In doing so, it opens new avenues for contemplating the nature of existence, consciou-

sness, and what it means to be.

Refer to the curated glossary. It includes terms from both physics and metaphysics for use between subjects, serving as a bridge between these two fields and facilitating one understanding of the concepts discussed.

This is one means of thinking beyond the visible horizon and considering invisible dimensions of existence. It is an exploration of the intersection between Truth and Beauty, between what can be measured and what can only be experienced. In the process, the divide between physics and metaphysics may be shown as not as wide as thought.

Chapter 15: Of the Soul

The journey to understanding the Soul begins with the recognition of Spirit as outbound information. The Spirit is what animates and distinguishes a person from their body. This Spirit is paired with an Attitude, a chosen or inadvertently adopted medium for Expression. When this Spirit is expressed, the Attitude is reflected, stored, and either adopted or looked beyond (maturity, experience, or an existing attitude allows others to choose to be uninfluenced by it).

This received information, paired with the reflected Attitude, forms a "Mental Model" in the recipient's brain. This model, tiled without the received Attitude, is now the Soul of the person they now know. To know someone is to host their Soul within one's Mind. Doing this for someone is an investment in them and a demonstration of willingness to build a relationship on the exchange.

As individuals interact with others, they compare and share the Souls they host within them. This process of sharing and comparing allows the Soul to grow, mature, and migrate. In a spiritual sense, it is them. It is important to note that the Soul is a piece of information stored in a Mind but was received by a brain that is nearly identical in genes, form, and chemistry to the one that shared their Spirit. It could be argued that when recalled by the brain from the Mind, it is them in a physical sense as well.

The difference between the person who shared their Spirit and the Soul received lies in the honesty of the one who shared their Spirit and the Attitude with which they were received. The more honest the sharing and the more open the receiving Attitude, the more accurately the hosted Soul is that of the original person.

This understanding of the Soul is not intended to challenge other conceptions of identity and existence. But it might. The implications suggest that identities extend beyond physical bodies into the mind of those who know them. It also implies that relationships and interactions with others play a significant role in shaping these identities.

The "Soul" is the nonlocal self, held by all who know them. This suggests that individuals might also host their own Soul. Through introspection, self-awareness, and self-understanding, individuals can come to know themselves, implying they would then host their own Soul. The Soul becomes part of the self only by observing the outwardly projected Spirit. The self that the Spirit presents becomes the self to others. Accepting this as true is self-realization. This is not a shared experience but a personal journey everyone undertakes alone.

This is one personal study to expand these senses of Self and use that knowledge to integrate Metaphysics with the discreetly interconnected Reality that can be observed. This does not mean all efforts drawn from this Guide must also.

Chapter 16: Willingness to Change

Love, defined as the willingness to be changed by the relationship, is the binding decision that allows the establishment of a Mind, the development of a Soul, and an integrated self that includes these as essential parts of what makes a Self. This willingness is not a passive acceptance but an active engagement that allows the Spirit, received as a Soul, to grow. This growth is not as intangible.

It is evident; witnessed in the emotional, intellectual, and relational maturity of the person who undergoes the process of development Love requires. The knowledge of this exchange defines and then redefines both the one who received and the one who shared, shaping their identities through the relationship that comes to define them.

As individuals' experience life, their Spirit grows. This is the reach of their personality and its ability to negotiate a Reality that includes a shared emotional landscape. Attitudes change in reaction to the needs of the situation and through active work on spiritual growth. However, when these changes are not communicated or demonstrated to those Loved, a disconnect occurs between the Spirit and the Soul. The Spirit cannot know the Soul.

Disagreement between who the person is (Spirit) and who others know them to be (Soul) creates persistent restlessness, irritability, and a general feeling of discontent in the person who is out of alignment. To maintain this connection and relieve the tension, some expression that resolves the difference must be made and received.

This understanding positions Love as both a choice, a practi-

ce, and a shared process in action. It necessitates Time, Space, and information exchange between those in the relationship. It also underscores the importance of ensuring that those in the relationship understand and accept the changes taking place.

Love is not just about sharing Spirits but also about being open to the changes that this exchange creates.

Chapter 17: Choosing Love

Love is a conscious choice. This means being aware of the Attitude with which the choice is made, the Attitude that is Love. Where does this Love start? Like all Attitudes it is adopted or mistaken into being (as though the potential for it to exist must exist already). It is a decision that transcends the physical. It shapes Reality, through intimacy and observation of the Soul.

Love allows the recognition that the self is no longer confined to an isolated identity but exists as a cloud of potential self, the nonlocal self. This is represented as the Soul that is created after the sharing of the Spirit. This act of choosing love is also an act of self-love. It is seeing oneself in others, which expands that sense of self.

Faith is a commitment that only an Attitude of Love allows. It is the act of consciously choosing to trust, a delicate balance between reason and the evaluation of evidence. Faith allows uncertainty in relationships. It is this tolerance for uncertainty that is called trust. Trust grows over time, creating a potential for growth and transformation.

Intimacy, another crucial element, is an exploration of one's own Soul, observed in another. When another shares, verbally or in any other form of expression, an understanding based on their knowledge of the Soul this can either be accepted or rejected based on the Attitudes present.

Recognition and acceptance of the nonlocal self that exists in others establishes the truth. Faith and intimacy intertwine in commitment to the decision to Love, each increasing the

frequency of the other. They allow us to navigate the complexities of relationships with courage. Without these two consequences of Love, understanding the self is limited to one opinion and the solitary proof of truth it is built on.

Choosing love also involves serving the relationship through Actions of Love. These actions are not about expressing affection, rather they are actively contributing to the growth and wellbeing of the relationship. They are acts of service performed on behalf of the relationship that benefits all involved.

Without these Actions, the expression of Love is incomplete. That the relationship can act on its own behalf through the willingness to do so causes the idea of the relationship, still founded on uncertainty, to become physically tangible.

Choosing Love involves a conscious decision to adopt an attitude of willingness, intimacy, service, faith, and honesty. It is about recognizing and accepting the dynamic nature of relationships and Souls; participating in the exchange and growing spiritually in understanding.

On Love

In a small town, lived a family. The parents were such lovebirds, seldom seen without each other's company, always displaying affection openly, cooing over one another; just being lovey-dovey.

Their eldest child was quite charming; with a knack for stealing hearts. One day, having met a person at a town fair, became so smitten they both fell head over heels in love. It was love at first sight.
Soon after, the youngest child was experiencing puppy love.

A superficial bond with a schoolmate, it was hard to take seriously. It seemed more in response to wanting the kind of relationship the oldest had than an actual commitment.

The older child and the new beaux, they were a match made in heaven. The joy and openness to be changed through the relationship brought smiles to everyone's faces. It reinforced the notion that love conquers all. Before the kid had been jumping from relationship to relationship and had broken a lot of hearts. This seemed like the Real thing.

Years passed and the family continued to grow and evolve. The parents, still as lovey-dovey as ever, served as an example of love and commitment for their children.

The eldest child, now deeply in love (having changed irreversibly) with the person met at the fair, found that this relationship brought a sense of stability and maturity. The charm was now used not to steal hearts, but to nurture and grow this newfound love. The love at first sight had blossomed into a deep and enduring bond.

The youngest child, after experiencing the fleeting nature of puppy love, started to understand the depth and commitment required in a relationship. Seeing how happy their older sibling was even when it got tough, there was a realization that love was more than just superficial attraction.

The family, despite being a match made in heaven, had its share of difficulties. Each challenge only strengthened their bond and deepened their understanding of each other. The children remained the "apples of their eyes," sources of immense pride.

The phrase "love is blind" took on a new meaning. It was not about ignoring each other's faults but accepting them and being willing to grow together; that because love is blind, the people in the relationship must guide it. Challenges were part of their journey. The charm sometimes led to misunderstandings, and the heartbreak from practicing puppy love brought tears. But they always remembered: "It is better to have loved and lost than never to have loved at all." This willingness to be changed by a relationship extends benefits only available once the changes pass (even if the relationship concludes).

Life continued in its own rhythm. With various experiences of love, they served as a reminder to all that love is not just an emotion but a decision to have the willingness to be changed by relationships. And it is this fall into love that makes life worth living.

Love Idioms:

Fall in love: An open willingness to be changed by a relationship prior to the existence of the relationship such that when one initiates, the rapid transition is described as a fall.

Better to have loved and lost than never to have loved at all: The willingness to be changed by the relationship has benefits that extend beyond the changes undergone even when the relationship concludes.

Lovebirds: Two engaged in commitment to a willingness to be changed by the relationship such that they are seldom without the others company.

To steal someone's heart: To convince another to commit to love through feigned guile; taking on the speech patterns (and therefore the rate of breath) to align with the heart rate of the other.

Love at first sight: The willingness to be changed by the relationship initiated upon sight, having no verbal exchange needed for the decision.

Fall head over heels: To commit to the willingness of Love with action before the mind involved has processed the decision.

A match made in heaven: Two individuals who are open to being changed by their relationship with each other in a way that causes others to smile.

Being lovey-dovey: A couple openly displaying their willingness to be changed by their relationship, often through physical touch.

Crazy in love: Being so open to change through a relationship that it drastically alters the predictability of one's behavior.

Puppy love: A temporary openness to change through a relationship, often experienced by young people. Superficial bond generated by the brain's release of neural chemistry.

Love conquers all: The belief that the willingness to be changed by a relationship renders all obstacles irrelevant.

Love is blind: A recognition that it is necessary to work together to act as the eyes of a relationship so it can navigate Reality.

the apple of my eye: A mythological reference comparing a loved one to the reflecting image of a source of pride, as though it is glinting off the surface of the lens to an observer.

Chapter 18: The Body

This chapter uses the Heart as a stand-in for the entire body. This is not intended literally (but as the first functional organ of the body, it can serve the purpose). This decision is based on the complexity of the entire system of the body, how familiar the reader already is with physiology, and (as this is a Metaphysical exploration of terms) how idioms link the Heart to emotions felt in the Body.

The heart, a muscular organ the size of a fist, is known for its essential role in pumping blood throughout the body. However, its significance extends beyond its clinical functions. It is not just a vital organ that pumps blood, supplying oxygen and nutrients to tissues. It also responds to emotional states by adjusting its rhythm. For instance, when excitement or fear is experienced, heart rate increases. This physiological response is an integral part of the experience of these emotions.

The heart's role in our emotional life is deeply ingrained in language and culture. For example, when we say something is "known by heart," it implies a deep, emotional understanding that transcends intellectual knowledge. This phrase captures the essence of an intimate knowledge that is in our emotional memory tied to how the heart responded during the experience.

In shared experiences like concerts, when it is felt that the "heart is going out" to others around, it is more than just an expression of empathy. The collective energy of the crowd can lead to shared physiological responses (like synchronized breathing followed by heart rates) creating a sense of connection beyond physical boundaries. This phenomenon is

known as entrainment where two systems start to align and move together in harmony.

Prosody, the rhythm, and intonation of speech, plays a significant role in emotional experiences and how they are embodied in physical responses. When a poem is recited or a song is sung, emotions are not just being expressed through the rhythm and intonation of speech. Breath and heart rate are also physically altered, which influences how emotions are felt.

Harmony and speaking in unison have a profound effect on hearts. When singing in harmony or speaking in unison with others, it is not just about creating a beautiful sound. It is about aligning hearts through entrainment. The collective rhythm can lead to synchronized heart rates among the group. This synchronization creates a powerful sense of connection and unity that goes beyond the words spoken or sung.

The heart serves as more than just a biological organ; it is an integral component in physical responses to emotional experiences. The metaphorical references to the heart are literal references to these functions it carries out in addition to its biological ones.

On the Heart

Imagine attending a concert of your favorite band. The anticipation has your heart racing, or is it that your heart is racing, and you therefore feel anticipation? Both are a physical manifestation of your excitement. Either way, your heart rhythm changes in response to your emotional state while your emotional state is also decided by your heartbeat.

How can you know which leads to which? Notice your breathing. Are you singing the lyrics with friends? Humming them to yourself? Chances are your body is using prosody, entrainment, and Heart Rate Variability to decide what to feel (if Attitude allows it).

As the band starts to play, you find yourself lost in the music. The rhythm of the songs, those lyrics again. They all remind your heart how to beat. It was how it beat when you first learned the songs and talked about them with your friends. The exchange sets a rhythm in motion you are feeling...feeling, as in the emotions you are having.

Your heart rate synchronizes with the beat. It matches the breath of the crowd as they all share the same experience. This is "baring your heart," as you willingly emotionally connect with the music and those around you.

During a particularly moving song, you might find that your "heart skips a beat." This phrase describes a sudden change in heart rhythm that triggers a strong emotional response. The actual muscles of your heart flutter and start again. In this context, it could be a moment of surprise or intense emotion stirred by the music. Your heart reaches out to others around you, responding with their emotions. This is not just a metaphorical expression but the power of shared experiences to influence Heart Rate Variability.

Listening to the lyrics, you might "know the words by heart." These familiar songs have been internalized and evoke certain emotions associated together when you learned them, culminating into not just a rote memory of which words come next but an emotional replaying of every time you heard them. Singing along, you are not just reciting words; you are expressing something "heartfelt;" because it is in your heart and the

feelings that it aligns with when you came to know this music.

In the same way, when someone is "in your heart" what you have stored in you is a feeling that evokes a pattern of heart beats that support your sense of them. This is learned from the experience by the Bundle of His (the nerve bundle that re-members and triggers the heart's beat) not just by your Brain. It is a heartbeat taught to your body through the words heard and repeated (sonority and prosody) the activities you did, and the emotions involved in your experience of them. It is in this sense; they are "in your heart."

In this shared experience with others around you, you might feel your "heart going out" to them. Calling out without really knowing why or to who, you make a noise that comes with an exhalation the crowd responds to by inhaling and exhaling in time to the length your shout of joy indicates. Even without di-rect communication, there is a sense of communal emotional support and connection. Your hearts are reaching out beyond physical boundaries, connected through the shared love for music.

By the end of the concert, you are likely to feel a sense of contentment and peace. You have been able to "eat to your heart's content." It is not about food but about feeding your Soul with music and shared experiences. Those who know you are witnessing you enjoying it with them. This enriches their understanding of you; feeding your Soul on the pulse they have in common with you. The concert has moderated your breathing and set your heart rate, influencing how you feel. But you chose it for yourself. They are your emotions.

Heart Idioms

Baring our hearts: Adopting another's heart rate as an act of intimacy.

Change of heart: adopting an attitude that allows the experiences from another to influence our own, resulting in a new range of heart rhythms.

Eating to our heart's content: Eating in pace to the heartbeat, without fear of when the next meal is coming; without anger at its quality

Eat your heart out: To take in without pause causing the heart to race to exhaustion.

From the bottom of our hearts: Meaning that persists even in the pause between heart beats, underscoring the persistence of the feeling.

Heart goes out to someone: Sending phrases of encouragement through an intermediary, extending emotional support.

Heart skips a beat: Describing a sudden change in heart rhythm that triggers a strong emotional response.

Heartfelt sentiment: To sense a change in the heart rate aligned with a newly realized sincere emotion or feeling.

Keep in heart: Referring to phrases that influence the heart rhythm and evoke strong positive emotions when re-experienced.

Know the words by heart: Describing words that are recalled in time to the beating of the heart, internalized and evocative.

Take heart: Receiving words that evoke an unwavering heart rate, instilling confidence in another.

Wear your heart on your sleeve: Indicating that one's emotional reactions are easily triggered and visible to others.

Heart in the right place: Aligning one's heart rhythm according

to the scruples that would change it.

Heart on fire: Experiencing a rapid heart rate due to intense passion or excitement.

Have a heart of stone: Maintaining a steady, unchanging heart rhythm due to a lack of emotional response.

Heart bleeds for someone: Blood that exits the heart at a rate that supports empathy according to a single known pattern.

Close to one's heart: Ideas or memories that consistently influence one's heart rhythm and evoke strong emotions.

Heart stands still: Describing a moment where the heart rhythm pauses due to when a commitment to a specific pattern of heartbeat is not clear.

Pour one's heart out: Expressing emotions in several short bursts, the rate of breath required influences the heart rhythm visibly.

Set one's heart at rest: Achieving a calm, steady heart rhythm.

Young at heart: Maintaining a responsive heart rhythm, ready to change with any adopted attitude.

With all one's heart: Ignoring all other patterns of heartbeat to the exclusion of one heart rhythm.

Physical Dimensions

Dimension	Directions	Inferred Structure	Reflection on the Body
Length	Forward, Backward	Linear Movement	Determines direction of movement
Width	Left, Right	Lateral Movement	Influences balance and orientation
Height	Up, Down	Vertical Movement	Affects perspective and reach
Time	Past, Future	Temporal Progression	Regulates rhythms (potential to certainty)
σ (Real part of s)	Positive σ, Negative σ	Real Component of Quantum State	Influences quantum state
it (Imaginary part of s)	Positive it, Negative it	Imaginary Component of Quantum State	Influences quantum state
$\zeta(s)$ (Value of Riemann Zeta Function)	Positive $\zeta(s)$, Negative $\zeta(s)$	Value of Quantum State	Influences quantum state
Re (s) = σ > 1 (Condition for Riemann Zeta Function)	Re (s) > 1, Re (s) $\leq$ 1	Boundary Or Constraint in Quantum State	Influences quantum state
Zilch Space	Potential, Non-potential	Space for Potential Functions	Influences potential quantum states
De Sitter Space	Expressed, Non-expressed	Framework for Expressing Potential	Influences expression of potential quantum states
Unknown Unknown (Tao)	Known, Unknown	Beyond Known Reality	Represents the unknown aspects beyond understanding

Chapter 19: The Mind

The brain, a biological organ fed by the heart, operates within physical and biological constraints. It processes sensory information, controls bodily functions, and enables cognition. The brain also serves as a focal point for an extension of the self that exists within a system of information projected by the brain and in the brains of those who know them. This extension is the Mind.

The Mind, a complex system of shared information, exists both inside and outside of the skull. Its abilities can extend beyond the clinical functions of the brains that share it. The Mind is based on reciprocal processes. When another comes to "know" someone, they share space within their brain to accommodate them. It is a pattern of thinking that is dedicated to receiving and storing information from that person and about that person to update the knowledge base.

The phrase "known by heart" suggests knowledge can transcend the confines of memory stored in the brain. This knowledge is not merely a collection of facts, but an integration of intellectual understanding and emotional resonance. It is a form of knowledge that is often tied to specific people, places, or experiences, suggesting that it is not just stored in the individual brain, but also in an aspect of the nonlocal self; the Mind.

This kind of knowledge may not always be readily accessible and may only surface under certain conditions or when interacting with specific individuals. It is as if these external factors serve as keys that unlock this knowledge. This suggests that Minds are not isolated but are interconnected and exist within the exchange.

The collective energy of a crowd can lead to shared cognitive responses (like synchronized thought processes or ideas) creating a connection beyond physical boundaries. Ideas that

occur simultaneously across groups fluent in the same information indicate that the Mind has access to potentialities that a single isolated brain does not. Conversely, isolated individuals cut off from exchange also have generated insights a Mind cannot produce. Striking a balance between engaging in exchange and retreating into isolation is a key aspect of the creative process.

Minds serve more than just one biological organ; they are an integral component in physical responses to intellectual experiences occurring within a nonphysical context. The metaphorical references to the mind are literal references to these functions the mind carries out apart from those handled by the brain.

Self-knowledge, knowledge that includes the Self in reflection, can instill a Mind in a Brain. This suggests a potentially closed system but in practice self-knowledge requires regular intimacy with others. This is the kind of exchange that unites brains into a Mind; so, while a brain can house its own Mind; this is an extension of the Mind with which the brain is already associated.

Unless evidence indicates otherwise, every Mind has a brain, but not every brain has a Mind. The brain is the physical organ within the skull, bound by biological constraints and physical laws. The Mind, however, is a complex system of shared information that extends beyond these constraints. It exists within relationships that include the patterns of thinking expressed by individual brains. It is this ability to extend beyond the biological functions of the brain that distinguishes each Mind and makes it unique.

On the Mind

An artist in a bustling city, open-minded, discovers an old,

abandoned building. This building had a mind of its own, re-fusing past attempts to renovate it. An underused space, the artist decided to transform this building into a community art center, a symbol of unity for the community.

Excitement about this project spread to everyone known by the artist and those that knew about the building. The excitement spread, and soon others contributed ideas and resources to the project.

However, not everyone was supportive. Some were skeptical. When the artist asked them to explain their reservations, they were curt and told them that if they would just mind their own business there would be no problem. But the positive responses from the community remained in the forefront of the artist's mind. Such mindless negativity did not sway public opinion.

As the renovation progressed, two minds about certain design aspects emerged. Thoughts were torn between two groups: those wanting to preserve as much of the structure as possible, and those who advocated for a modern design. Advice was sought from community leaders and neighbors, valuing their perspectives and experiences. This approach often led to "mind-boggling" ideas that expanded and altered the understanding of the project.

Despite the challenges, peace of mind was found in seeing the community come together for this project. The art center was not just a building; it was a symbol of unity and creativity for the community.

Finally, after months of demanding work, the art center was ready. On opening day, a moment was taken to set minds at ease. The vibrant art pieces, excited visitors, and proud team members realized at this art center was a testament to the power of collective creativity; a meeting of the minds.

As days turned into weeks and weeks into months, the art center became a beacon of creativity in the city. Artists from all over came to share work and learn from others. Each interaction, each shared idea added another layer to this shared understanding.

The art center became more than just a place; it became an experience; an embodiment of shared understanding and mutual growth. It stood as a testament to what can be achieved when minds meet and ideas merge...when individuals become part of something bigger.

Mind Idioms:

To Mind: To defer to a decided nonlocal brain which exists within a system of information stored in the brain and in the brain of those known.

Open-minded: Access to a nonlocal brain that is receptive to current ideas and perspectives.

Have a mind of its own: Having access to a nonlocal brain that excludes, at least intermittently, the user of this phrase.
Speak your mind: Expression of content to those who know and are known to access and inform a nonlocal brain.

Out of sight, out of mind: Information held in the brain that is not expressed to the nonlocal brain.

Bear in mind: Referencing that an expression is dependent on information already available in the nonlocal brain.

Change your mind: To express information to the nonlocal brain that the brain held but the mind did not.

Of two minds: Belonging to two (or more) distinct groups that are unaware of each other so that information within these

plural nonlocal brains differs to the point of disagreement.

Mind-boggling: Something that challenges the existing information in a nonlocal brain, requiring an expansion or shift in understanding.

Peace of mind: A state of harmony within a nonlocal brain, where the information and influences from others are in balance and not causing uncertainty.

Set your mind at ease/rest: To express information to a nonlocal brain that resolves disagreement in understanding.

Mind the gap: Awareness of and abiding by the difference between the information held in the brain and that in the nonlocal brain.

Mind your manners: Align behavior against the Attitude adopted by the group being joined.

Mind your own business: Focus on information relevant to one's own nonlocal brain; cease attempts to integrate into the mind of others.

Mind the store: Maintain the rate of change in the information as a closed set of expressions.

Never mind: Disregard a previous piece of information expressed to the nonlocal mind.

Mind's eye: Visualization or imagination within the nonlocal mind.
Presence of mind: The ability to stay focused and think clearly using the nonlocal mind, especially in challenging situations.

Meeting of the minds: When two or more nonlocal minds reach a shared understanding or agreement.

Dimension	Directions	Structure	Interest
Known	Known, Unknown	Knowledge Base	Awareness of knowledge
Known Knowns	Conscious, Unconscious	Self-awareness	Recognition of understanding
Unknowns	Known Unknowns, Unknown Unknowns	Knowledge Gaps	Awareness of learning areas
Unknown Unknowns	Unconscious, Conscious	Hidden Knowledge Gaps	Recognition of potential blind spots
Known by Others	Known, Unknown	External Perception	Understanding of external perception
Unknown by Others	Private, Personal	Personal Boundaries	Awareness of individuality
Known by Others about Knowledge	Personal, Public	Collective Understanding	Recognition of shared understanding
Unknown by Others about Knowledge	Private, Public	Personal Contributions to Collective Knowledge	Awareness of unique contributions
Known about Others' Knowledge	Public, Public	Collective Intelligence	Recognition of collective wisdom
Unknown about Others' Knowledge	Known Ignorance, Unknown Ignorance	Collective Knowledge Gaps	Awareness of collective learning areas
Common Knowledge, Uncommon Knowledge	Universally Known, Not Universally Known	Shared Reality	Understanding of universally accepted truths

Chapter 20: The Spirit

The Spirit is the outward information an individual shares with others. It is the inner self, bound in a protective Attitude and expressed outwards for others to receive. Others remember them. In doing so, they form some conception of the individual. This is the Soul.

The Soul, therefore, is not self-contained within an individual. It is formed and continually reshaped by information received from the individual's Spirit. It exists in the brains and minds of those who interact with the individual. They do this to provide themselves with a framework for understanding and relating to that individual.

The Spirit serves as a bridge between the individual and Reality. It is the information about the self; shared with others. Through this process, it enables the formation, growth, and maturity of the Soul in the mind and brains of others. This interplay between the Spirit and the Soul underscores the interconnectedness of individuals and highlights the impact interpersonal relationships have on perception and understanding of one another.

The Spirit is carried through an Attitude that has been adopted by an individual. Attitudes serve as emotional bearings expressed to protect and guide the Spirit to those that are most able to receive the self. Once shared, an Attitude may be adopted or ignored. The information that comprises the self is taken in and this establishes the basis of the relationship. If the exchange was reciprocal, this is how each now knows the other. Others ask about this exchange, inquiring, "how do you know them?" or "who are they?" to understand the nature of not just the person in question but the nature of the rela-

tionship itself. Answers to these questions can serve as the foundation to or an entry for a Soul into a Mind.

The specific names of each Attitude can vary depending on the individual and their unique perspective. Love is one Attitude that stands out due to its transformative potential. But even this term has as many understandings as there are those who say it. Unlike other Attitudes, which with use create an internally consistent interpretation, Love allows for change over time. It is (at least with the definition provided) openness and acceptance. This Attitude enables individuals to integrate current information without disrupting their existing understanding of reality.

On the Soul

At an incredibly old campus, a number of mathematicians found themselves grappling with a complex problem. This was not just any problem; it was a riddle wrapped in a mystery, a puzzle that had stumped the brightest minds for years. The spirit of the idea evident in the conjecture was enticing but no one seemed able to really understand it well enough to solve it. One came close. Having written extensive notes on the approaches taken, it seemed like all the pieces were there, but something was still missing.

Among the department was an old soul; though young, reasoned like a seasoned mathematician. The spirit of this mathematician was infectious, soon becoming the soul behind the collective effort. The attitude of simplicity and intuition championed by this veteran was adopted by the team and efforts to solve it took on personal meaning for all of them.

As their minds delved deeper into the problem, they realized that they needed more than just their collective expertise. They

needed to tap into the spirit of the mathematician who had come close to solving it. They began to study the extensive notes left behind, trying to understand something just beyond the thought process and methodologies.

An especially dedicated student took the initiative on behalf of the group and went to the stacks to reveal more about the mathematician, to learn more about what made the problem interesting in the first place to the original innovator of the conjecture. By poring over biographies, awareness of how they thought extended into a sense they really knew them. Out of this came a tool the patient student received for the effort.

This soul wrenching exercise proved invaluable. The collective found new ways to approach the problem, leading to breakthroughs they had not thought possible. The problem began to lose its intimidating aura, becoming less of a soulless enigma and more of a challenge that could be understood.

The day finally came when they cracked the problem. It was a soul-stirring moment, a testament to their collective spirit and perseverance. They had not only solved the problem but also created a bond with the soul behind the logic; understanding the mathematician who had come close to solving it.

Soul Idioms:

Selling your Soul: Trading influence over others for material gain, leaving a noticeable void.

Soulless: A person lacking meaningful influence, manifesting as an absence of depth or empathy.

Bare your soul: Sharing experiences that shape others' perception of you, leaving an indelible impression (see Intimacy).

	Attitudes	ClinamenX
	Surrender	Present Bias
	Love of Truth and Beauty	Confirmation Bias
	Objective Perception of Truth and Beauty	Bias Blind Spot
Present	Awareness of Truth and Beauty	Availability Heuristic
	Source of Truth and Beauty	Endowment Effect
	Experience of Truth and Beauty	Experience Bias
	Recognition of Truth and Beauty	Recognition Heuristic
	Response to Truth and Beauty	Reactance
	Emotional Connection to Truth and Beauty	Affect Heuristic
	Understanding of Truth and Beauty	Curse of Knowledge
	Uncertainty	**Religion1**
	Fear	Loss Aversion
Future	Subjective Perception of Truth and Beauty	Subjective Validation
	Perception of Unknown Truth and Beauty	Ambiguity Bias
	External Source of Truth and Beauty	Authority Bias
	Collective Experience of Truth and Beauty	Bandwagon Effect
	Certainty	**Science2**
	Resentment	Negativity Bias
	Unconscious Recognition of Truth and Beauty	Implicit Bias
Past	Denial of Truth and Beauty	Ostrich Effect
	Indifference to Truth and Beauty	Nothing Matters Bias
	Conflict between Truth and Beauty	Cognitive Dissonance

Heart and soul: Investing all physical effort and spiritual influence into creating positive and loving impressions in the minds of others.

Lost soul: Someone with unclear influence due to lack of connections, causing a sense that they are not known and do not know how to be known.

Kindred souls: People sharing similar influences due to shared experiences or values, feeling familiar with each other.

Old soul: Someone reflecting wisdom and maturity beyond

their age, exuding peace.

Window to the soul: Observable traits that may reveal the Alignment of a person's Spirit with their Soul.

The soul of wit: Cleverness at influencing others with an attitude of ironic detachment.

The Soul of the City: The city's spirit embodied in its culture, history, and people.

Soul Food: Consumables conveying community spirit, felt as belonging and comfort.

Soul Music: Music conveying the spirit of its creators, connecting intimately with listeners.

Soul-searching: Regular practice of using intimacy to expand self-understanding, leading to noticeable changes in demeanor.

Soulmate: A person aligning closely with one's own influence, felt as a deep bond.
Soul-stirring: The sensation of the movement of others' souls within an individual.

X "Only those who attempt the absurd...will achieve the impossible. I think...I think it's in my basement...Let me go upstairs and check."- MC Escher

1 "Faith is a place of mystery, where we find the courage to believe in what we cannot see and strength to let go of our fear of uncertainty."- Brené Brown

2 "Religion is a culture of Faith. Science is a culture of doubt" -Richard Feynman

Spiritual Dimensions*

Spiritual Dimension	Directions	Inferred Structure	Reflection on the Spirit
Spirit	Known, Unknown	Spiritual Knowledge Base	Awareness of spiritual knowledge
Known Spirits (Attitude)	Conscious, Unconscious	Self-awareness in Spirituality	Recognition of spiritual understanding
Unknown Spirits (Spirit)	Known Unknowns, Unknown Unknowns	Spiritual Knowledge Gaps	Awareness of spiritual limits
Unknown Unknown Spirits (Soul)	Unconscious Conscious	Hidden Spiritual Knowledge Gaps	Recognition of potential spiritual blind spots
Prayer (Intention)	High Intention, Low Intention	Regularity of Prayer	Reflects connection with a higher power
Meditation (Attention)	High Attention, Low Attention	Regularity of Meditation	Reflects practice of awareness and listening
Spirit Known by Others (Duration of Willingness)	Long Duration, Short Duration (Known, Unknown)	Time Spent Knowing Someone (External Perception in Spirituality - Aesthetics)	Determines direction of spiritual movement (Understanding of external spiritual perception-Perception)
Spirit Unknown by Others (Degree of Change)	High Investment, Low Investment Private, Personal - Intimacy	Depth of Personal Investment in Relationship Personal Boundaries in Spirituality - Personal Boundaries	Influences balance and orientation in spirituality Awareness of individuality in spirituality - Self-awareness
Spirit Known by Others about Knowledge 1 -150 others (+/-)	Many Others (~150), Few Others Personal, Public - Love	Number of Stable Social Relationships ~150 Collective Understanding in Spirituality - Collective Intelligence	Affects perspective and reach in spirituality Recognition of shared spiritual understanding - Understanding
Spirit Unknown by Others about Knowledge Willingness (Potential)	Past, Future Private, Public - Hidden Knowledge Gaps	Temporal Spiritual Progression. Contribution to Spiritual Knowledge - Contribution to Knowledge	Regulates spiritual rhythm. Growth. Awareness of spiritual contributions - Awareness of contributions
Known about Others' Spiritual Knowledge Change (Entropy)	Public, Personal - Collective Intelligence	Collective Intelligence in Spirituality - Collective Intelligence	Recognition of collective spiritual wisdom - Recognition of collective wisdom
Unknown about Others' Spiritual Knowledge	Known Ignorance, Unknown Ignorance - Knowledge Gaps	Collective Spiritual KnowledgeGaps - Collective Knowledge Gaps	Awareness of collective spiritual learning areas - Awareness of collective learning areas
Common Spiritual Knowledge	Universally Known, Not Universally Known - (Common Knowledge)	Shared Spiritual Reality - Shared Reality	Understanding of universally accepted spiritual truths – Understanding awareness

*Spiritual Dimensions are contingent on accessing a Spiritual Plane.

This exists in a mutual understanding of a higher power between two individuals who have Love. This spiritual connection includes a third point not between the two (a higher power) and forms a "plane." This serves as the entry for the mind to the spiritual dimension. This plane is not inherently present but comes into existence within the context of such a relationship. The manifestation of this spiritual reality is observable through the attitudes displayed† in the interactions of those involved.

†Merely adopting these attitudes does not grant access to a Spiritual Dimension, (although that can be a starting point). Be aware; most spiritual dimensions are dangerous to those accessing it through alignment‡. The attitude of the higher power matters significantly. Choosing one that loves is the safest and most reversible.

‡An internally divided Self, maintained by dishonesty, can access a Spiritual Plane with Love of any third point. This state is an addiction (with worship of that third point). It is a self-reinforcing spiritual dimension confined within the individual. It can only be disrupted by honesty and a shift in Attitude that aligns with others.

‡One suggested connotation of this doctrine is that if the Body expires while the Spirit is in this self-reinforcing domain, the Soul is forfeit (as the Self remains unknown). Attitudes form a boundary (or horizon). Awareness persists. Expression becomes impossible.

All the dimensional tables are extrapolations derived from the more succinct Johari Window. Errors in pushing the idea further than this are entirely those of the author.

Chapter 21: Conclusion

The decision to define these terms was a conscious one, influenced by a specific Attitude. This Attitude, which led to the action and decision, is for the reader to discern. The logic behind each definition in the glossary was not to focus on the metaphor that the words seem to point towards, but rather to observe the effect of the use of the word itself.

This decision anticipates the 17 possible Attitudes with which the reading can be received; to include the one it was written with. Each assertion is an opinion, shared based on the Attitude with which it was written. There are many ways it could be understood and equally many ways it could have been written. Having come to know the contents shared here, the ability to apply that understanding represents all connotations it could have.

Using these definitions is a choice that may challenge the reader to assess the meanings given and consider what they mean without the definitions as provided in the glossary. It may also lead them to question how they came to accept the meaning implicit in the words without the provided definitions.

In pursuit of Truth, each consciously adopts an Attitude towards Reality. This choice shapes the Spirit and influences the Mind. The chosen Attitude determines the Direction of the spiritual journey and the Course followed in life.

It is through Perception, Experience, and Expression that there is existence beyond the body. This Connection between Spirits converts each into Souls, creating a dimension of shared spiritual existence called the Spiritual Dimension.

The act of sharing this spirit with others is an act of Love, a decision made within Reality that demonstrates a willingness to be changed by the relationship. This Love can manifest as Beauty that attracts and grows interest or as Joy; an experience of what is both True and Beautiful.

The Soul's Migration towards Truth requires Courage to face fears and use Faith and Reason to overcome them. It demands Wisdom to apply knowledge and understanding to different situations and challenges. But in this journey, there is a purpose for existence built through sharing of Spirit, Mind, and Soul: Consciousness (living in awareness of awareness).

Epilogue

The purpose of this writing was to be read. It was written without expectation it would be well-received or implemented as a tool for living.

The definitions provided are useful only in understanding the ideas within this writing. Trying to apply them to shared Reality will lead to disconnection, confusion, and pointless arguments over semantics.

Read it with a red pen and cross out parts you disagree with or would have written another way. If these pages serve to engage a reader in deciding for themselves what these words mean and then applying them to the relationships that they have...or the relationships that have them...or whichever, it would be the best use it can find.

The purpose of physics seems to be to Answer Questions. The purpose of Metaphysics then would be before that, to question the answers. 'Pataphysics does not answer questions or question answers. It studies wondering with an attitude of purpose and a willingness to be changed along the way.

Gravity was not discovered. It was observed. A way of measuring it followed. Failing to apply the same approach to what Metaphysics considers ineffable has created a great distance and disconnect between these two branches of understanding. Use whatever tools are at hand to make known that which experience tells is true and the mind finds beautiful.

Perception of Reality, encompassing both metaphysical and physical reality, can be viewed as a form of Birefringence. This optical phenomenon, which splits a ray of light into two rays, serves as a metaphor for the way the brain collects and interprets information. The brain processes myriad signals, crea-

ting a multitude of potential states or thoughts. Yet, all these states originate from the same source: the electrical activity within the brain.

Distinctions perceived in Reality are not inherent but are created through this process of interpretation. Focusing on these distinctions can lead to signal loss, incoherence, and noise, preventing the processing of metaphysical and physical reality as one coherent experience.

Certainty is a point to be resolved. It is parsed from existence, and truth can be inferred from this process. It is virtual truth that annihilates even as it is conceived, shared, and understood (revealing ever more uncertainty). The scientific process is a reliable tool because it is built around the dependable revelation and comprehension of truth as it changes into even more understanding. The change this process generates is a tangible effect this process provides. It is the only evidence of the truth. A willingness to be changed by the truth as it becomes known in the mind is the most wonderful part of this process. Without that it would be pointless.

Afterword

The Cracked Pot Theory: G d

The term "virtual particles" refers to a mathematical tool used to calculate certain phenomena. These are not real. The idea serves calculations and theories. They are called "virtual" because they cannot be directly detected or measured. They are inferred from measurable effects on the physical world.

Virtual particles are omnipresent, in calculations and in all physical space. In an instant, leaving no trace, all the potential in what can be plays out within a space of no dimension where no time passes. This gives them a timeless quality, as if they are everywhere and always, yet simultaneously nowhere discernable.

One use of these potentialities is as the medium through which all information moves. During entropic processes (change) they encode the state of the universe. All knowledge flows through them. This supplies a quantum interpretation of omniscience, where knowledge is not about having gained information, but having information channeled in a way that conveys it without loss or change.

In biology, virtual particles are attributed as the force that accounts for cohesive and adhesive properties. Forces and interactions that virtual particles help to model contribute to the structure and function of DNA and RNA, influence protein formation, and are synonymous with the Van der Waals Force.

In quantum field theories, virtual particles provide the medium through which photons travel. When a photon is heated to its

capacity, it separates into an electron and a positron and then annihilates, showing that light not only depends on virtual particles for travel but is also composed of them.

Virtual particles also play a crucial role in the unique properties of water. They mediate interactions between atoms in a water molecule, influencing its structure and behavior. This results in water's polarity and its ability to act as a universal solvent. These two properties are what make water so important to life.

Despite their nonexistent nature, virtual particles interconnect with physical existence in a fundamental way. Quantum uncertainty defines them with an inherent unpredictability that rests on potential. Reliance on the function they serve in math is an act of faith grounded only in empirical success.

Virtual particles can be seen as all-knowing, imbuing light, life, and water with the qualities that define them. In this way, the power they have, with a net charge of zero, can be described as all-powerful as it equals all the power in the universe combined (the Universe having a net charge of zero). Though faith is needed to access an understanding of this invisible unreal power, virtual particles do not rely on that faith for existence (as they do not exist).

Physics can function without virtual particles, using alternatives like path integral formulations and lattice models. These models trade the certainty of continuum models for tractability. However, they have limitations in their predictive or explanatory powers. The choice to use virtual particles, like faith in a deity, depends on the desired outcomes, problems to solve, and perspective taken. It is attitudinal to choose one over the other. This is spirituality.

Appendix

Between the Past and Future

Quod est ante pedes nemo spectat, caeli scrutantur plagas.

The burgeoning heart of quantum flapdoodle; it is potentially based on half-understood concepts and misinterpreted information. Read with an Attitude of Ironic Detachment. Appreciate that this is the best Physics can communicate to someone who earnestly tried to understand what was being shared.

In the physical universe, an intricate interplay between certainty and uncertainty shapes the physical reality experienced. Quantum Mechanics and Classical Physics govern this interplay.

Quantum Mechanics delves into the world of the exceedingly small, where particles exist in a state of uncertainty. Here, particles exist in multiple states simultaneously, a phenomenon known as superposition. This domain is full of potentialities, where the future is not predetermined but is instead a spectrum of discrete possibilities.

Classical Physics studies the world of the large, where events have already occurred, and certainties have accumulated. This domain is where an apple invariably falls, where planets orbit stars along predictable paths. Here, the past is a chronicle of events that have definitively occurred.

The present is where these two domains intersect. It is a moment that acts as the pivot between potentiality and actuality. In this moment, the potentialities of the future transition into the certainties of the past.
This transition is an unfolding process where the future breaks

symmetry in the present when (and where) insulated by the past. The energy released in this process is the present. Observation of things that have happened falls under the purview of Classical Physics. On the other hand, observation of things that can happen is the field of Quantum Mechanics.

This interplay unfolds across spacetime, a four-dimensional continuum that combines three dimensions of space with one dimension of time. Spacetime combines space and time into a single fabric that accommodates both spatial extent and temporal progression.

Space is the structure of physical reality, allowing experiences to be defined in terms of location, distance, and orientation. Time is the course along which reality transitions from uncertainty to certainty. Once certain, entropy acts on it. This is the movement of that information from greater concentration to lesser concentration.

Quantum Mechanics and Classical Physics supply complementary perspectives on physical reality. They are distinct aspects of this universe, from potentialities to certainties, that intersect at and in every unfolding moment of the present.

This is an opinion, offering a perspective on how this universe works at both the macroscopic and discrete quantum levels. It underscores the dynamic nature of reality, where potentialities transition into certainties mediated by energy release in the present moment. This perspective is an attempt to not only complement existing theories but also to allow a metaphysically consistent view of this universe. If accurate, it allows for a more comprehensive understanding of experiences and observations and can serve as a robust foundation for knowledge building.

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