

# Sustaining Contentment

Becoming a brighter future - body, mind and spirit.

Transmagnetism? Security, stability, trust

## Forward

There have always been people that struggle to find their place in this world, feeling that the world does not value them or what they have to offer. If you feel that way, chances are you are among the best of us. For many that feel that way, it's true, the world does not value you and there is no place for you in it, but it's not you, it's them. The world is a competitive place, to succeed or even to survive you must take what you can, but not everyone is a taker, some of us were born to give, to build a better world, to live in a way that creates more than it takes. I am one of those people, this book is about my journey to find a parallel world that we can all thrive in.

- In a competitive society your value is who you are
- In a collaborative society your value is what you do

Building a better world was my dream from the day I was born. Building, creating, inventing, all I wanted to do was to make the world a better place for the people in it. Every moment was spent figuring out how to make things better, every action was a chance to improve how it was done. You might think being good at everything means that a person could not be the best at anything but it gave me a gift that I would not trade for anything, it gave me the gift to see how everything works together, it gave me a universal perspective.

One of the first universal truths I found, even as a child, is that for any system to work, there has to be balance, equality, justice.

If you are reading this book, then you have seen the world as I have. The world is a competition, where the only rule is to be the one that makes the rules. Because you have lived in this system you have also seen the results, life is a struggle where even when you win, you lose. There are no winners in war and as we fight we all lose economically, socially and environmentally, mind, body and spirit.

During my journey to find the path to a better way to live I ended up going to college. There I learned three very important lessons that are important for everyone to understand before we start getting into the chapters ahead.

The first lesson came as I entered my third year in an engineering degree. I was talking to my professor about a world changing idea that I had been developing (one of the ones I was the least attached to). My question was how to get people to back my idea and turn it into a product. His response was that engineers do not create companies, they work for people that do. My goal in going to college was to build something valuable that could not be taken away, instead I learned that in a competitive world, everything of value has already been claimed, even before it has been made.

The second lesson I learned was while I was talking to an economics professor. They were trying to recruit me to the economics program, being able to see how everything works together to build a greater whole gave me insights that they wanted to capture. During our discussion the professor mentioned that for profits to be made someone has to lose the same amount of profits. My goal in life was to build a world where everyone was better off than they were before, instead I learned that in a competitive world, profit is only measured by what you can take from other people.

The final lesson I learned might be a hard one for many people to accept, so I will start with an example and the lesson first. Imagine there are three people in a room. The one talking says to two listeners that anyone wearing a red shirt will always hit you unless you hit them first. At that point someone with a red shirt walks in, who is the better person? The listener who immediately hits the red shirt person or the other listener who asks the red shirt person if they plan to hit them before doing anything? Of course the talker is the worst but this still brings up the lesson, people who research are better people. Not because they were born that way, not because they went to college, but because they cared about truth and didn't just believe the most popular opinion. It's not always a red shirt, sometimes it's skin, sometimes it's the questions they ask, sometimes it's who/what they care about. Your grandma didn't have the world's best cookies because she bought the brand the TV told her to, she made batch after batch, tested ingredients and did hands-on research on how to make the best cookies. The way to become a better person is not to question answers you think are wrong, it is to answer questions for yourself and then compare the answer. The world just wants you to follow along because "It's the way it is, blame the system" so let's do that, let's blame the system and see what answers we find.

## The world we live in

We live in a shared world, if we change something other people will be affected but many days it seems all we do is give and we get nothing. We are left at the end of the day tired and used up, with nothing to show for our struggle. The world tells us that contentment can be found building someone else's dreams, used by someone else and that someday, possibly after we die, we will be given something in return for our struggle. No one wants to live that way, you have something to give to the world and you shouldn't be rejected just because there isn't an easy way for the world to profit off you.

Contentment isn't something we have, it's a way of life, a way to live in the world so it builds instead of tearing down. But before we can find a way to build a better path to live in the world, we must first understand how we change the world, how the world changes us and how we change each other.

The world is a simple place. It is a ball of mud that is all squished together by the pressures of gravity. It is not the world that makes life interesting, it is the changes that life makes to the earth that make it something truly special. We use physical energy to change the world so we can remove discomfort. We use mental energy to figure out how the world changes us and reduce

stress. We use social energy to change each other and resolve the worries we have about living in a shared place. In every aspect of who we are, body, mind and spirit, humans have the ability to use energy and make great changes to everything around and inside of us. Humanity's ability to make change is much greater than any other living thing on earth and that is what makes us unique, it gives us the power to write the pages of history and gives us the obligation to make sure the changes we make change the world for the better.

The law of conservation of energy shows that the world is an enclosed system with the gifts of sunlight providing energy needed for life, we take that energy, change it and eventually it gets sent back into space as heat. Did you know that our emotions are the same type of energy as sunlight? That law applies to all energy we shape through our actions, thoughts or connections. All of the changes we make will continue on long after we are gone, shaping the future for humanity forever. If we destroy a life, that life and all life that would have come from it is now erased. If we think our neighbors are all thieves, that will change who we are as a person. If we add to the misery of others around us, the same amount of joy that person will feel and share will be lost forever.

Energy is never created nor destroyed, it just changes shape. Whatever we put out there will forever change the world and change us. When we put out positive energy in our every effort, every thought and every emotion, we make positive changes in the world around us and when we take extra effort to deal with the negative things that build up in our life, we also make positive changes within ourselves. We don't even have to do anything other than live our life in a positive way to both find contentment and change the world in a positive way forever. That positive change, that is where our lives find meaning that becomes something more than just ourselves and who we are, our value becomes what we do.

This seems really simple but there is a catch. Things don't change without something making them change. Doing nothing is easy, we must start the change for the change to happen.

# Energy is life

Nothing can change without something making it change, we use the word **Energy** to describe the ability to make changes to the world. The body uses chemical energy to fuel the changes we make. Our efforts use chemical energy to change the world through movement (kinetic energy). Our thoughts use chemical energy to change us through the chemical energy inside us. Our emotions use chemical energy to change each other through electromagnetic energy. The actual changes we make will disappear but energy is never lost. Positive or negative, for better or for worse, the direction of history will be changed forever by our energy.

Our bodies need energy, everything we are and experience is through movement. If movement stops, we stop breathing, we stop feeling, we stop living. Every one of us was born into this world when a spark of life, of energy got trapped in a system of bits and pieces that make this body. Our body is built to keep that energy trapped and to gather life, gather chemical energy we consume to keep us moving. When our bodies are developing they hold very little energy and the things we need to fuel movement have to be provided by someone else. As we grow we gain enough power that we can not only fuel ourselves but we can use our energy to change the world around us. What we do with energy is what we have done with our life.

As we live our senses use electromagnetic energy to give our mind a picture of the world around us. Light hits our eyes, electrical signals go up our nerves, magnetic pressure pushes our ears, chemicals electrically bond in our noses and tongue, all of it goes through our nerves in electrical waves. Our brains collect these waves, turn it into chemicals and will sort and store what it collects to be remembered later. When we remember our brains run electricity through these memory paths that mix and combine in ways that are sometimes different than when they were made. Our present, our past and our memories as a person is completely defined by energy and how our brains interpret it. Our life experiences are energy.

We live in a shared world, the energy we have gathered changes each other. We may build friendships to protect and provide for each other, we work together to do things we can't do alone, where groups gather the world changes in permanent ways. Shared energy is shared life.

Our bodies collect chemical fuel like air, water and food to fuel our bodies. It is with our thoughts we understand what our senses tell us and that fuels our minds. It is through emotion that we change each other, it is with our emotions that we gain the influence that fuels our connections. We use energy, we experience energy, we need energy. Energy is life.

Humans have the power to decide the impact we have on the world around us through the energy we use, through the life we live. Even if our decisions don't make everyone around us stop and take notice, the impact we have, for better or for worse, will remain past the end of time. This may seem like a burden but it is an opportunity, an opportunity to make a difference in a way that we know matters, in a way that will never disappear, in a way that eternity will be changed by what we did long after any signs of us existing as an individual are long gone.

## Change is meaning

Many of us are looking to know that our lives meant something, that the energy we took for ourselves and used during our lives will be remembered in some way. We want to know why we are alive, why we get up, why we are given the energy of life and what we should do with this gift we are given. Just like the earth is a floating rock without meaning, our bodies also have no meaning by themselves, it is the life, the energy we have and the changes we make that create a meaning for us being alive rather than simply existing. If you are a person of faith, who believes that that spark of life was given by a higher power, then you have an obligation to that higher power to make sure the change, the meaning you create is positive.

We are a body, we use our physical selves to make changes in the world around us through movement. Our physical selves is usually what comes to mind when people think about the difference they make in the world with the changes they leave behind, thinking that physical change defines who they are. The physical changes we make do leave a mark, if enough people walk in the same spot, a path is created that can cut through a mountain but there is more to who we are and more ways we make changes to what is around us than with physical energy.

We all have a mind that is stored in our bodies, that sorts through the information that we collect from the world. Our thoughts are how the world changes us. From before we were born we take the information the world provides to build the knowledge needed to live in the world, changing ourselves based on that information. The mind is not a separate world, it is built from information our senses collect from the world around us. How we are changed by the world defines who we are as a person, who we are as a person defines the impact we have on the world, for better or worse.

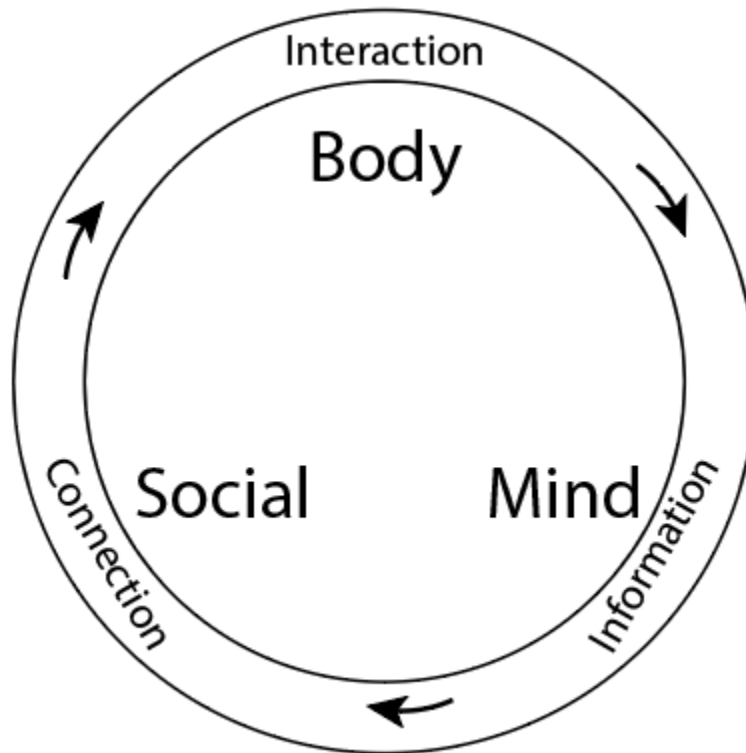
We live in a shared world, we are connected to each other. When one of us makes a change, it affects the direction of humanity, even if it's in a small way. This creates a stronger connection than simply through our actions or thoughts, it creates emotions that we feel and respond to in a completely different way. We have a social self that is changed by these emotions and in turn changes others. Just like the changes we make to the world can never really be erased without energy, if at all, the changes we make socially have an impact on the direction of mankind, for better or for worse.

Many of us are afraid that as time passes the changes we make will be forgotten, that there is no meaning to the energy we are entrusted with and we should just focus on our physical experience instead of the energy we leave behind. The mistake is that time is not a measurement of distance, it is a measurement of change. If we are living a positive life, that energy adds to the positive lives of others and together we are pushing the future in a positive direction. Time does not erase the changes we make, change is forever because energy is never lost, it merely changes forms. When we make positive changes it cancels out negative changes made by others, adds to positive changes of others and moves the rest of history in a positive direction.

You are just one of billions of other sparks of life that are stuck in a pile of dirt for a short amount of time. Everything you build will crumble, everything you see will be forgotten, everywhere you've gone will forget your name. In a way this is releasing, because we are not meant to construct an eternal monument fixed in one place for all time. What we are here for is to decide what will happen with the energy we have been entrusted with, that's it. You do have value, you will have an impact, you will change the universe forever, simply by how you use the energy that passes through you. Now the hard question, how can you be the best you, leaving behind the kind of change and a lasting impact that makes a positive difference for the rest of time.

## Circle of outer contentment

We are physical beings that are driven to create change in the world around us. There are three parts, or aspects, to us that define what it means to live. Mind, body, social, each drives the next. Our bodies interact with the world, creating information. The information we collect with our minds gives us connections. The connections we make empowers our interactions.



For every action there is an equal and opposite reaction. When we use energy to change the world around us, the world changes us a little bit in return, these changes build up and slow down energy flow, we will call these energies sediment. Discomfort builds up in our bodies as we interact with the world. Stress builds up in our minds as we sort through information. Worry builds up in our connections as we change each other, as we find meaning in our connections.

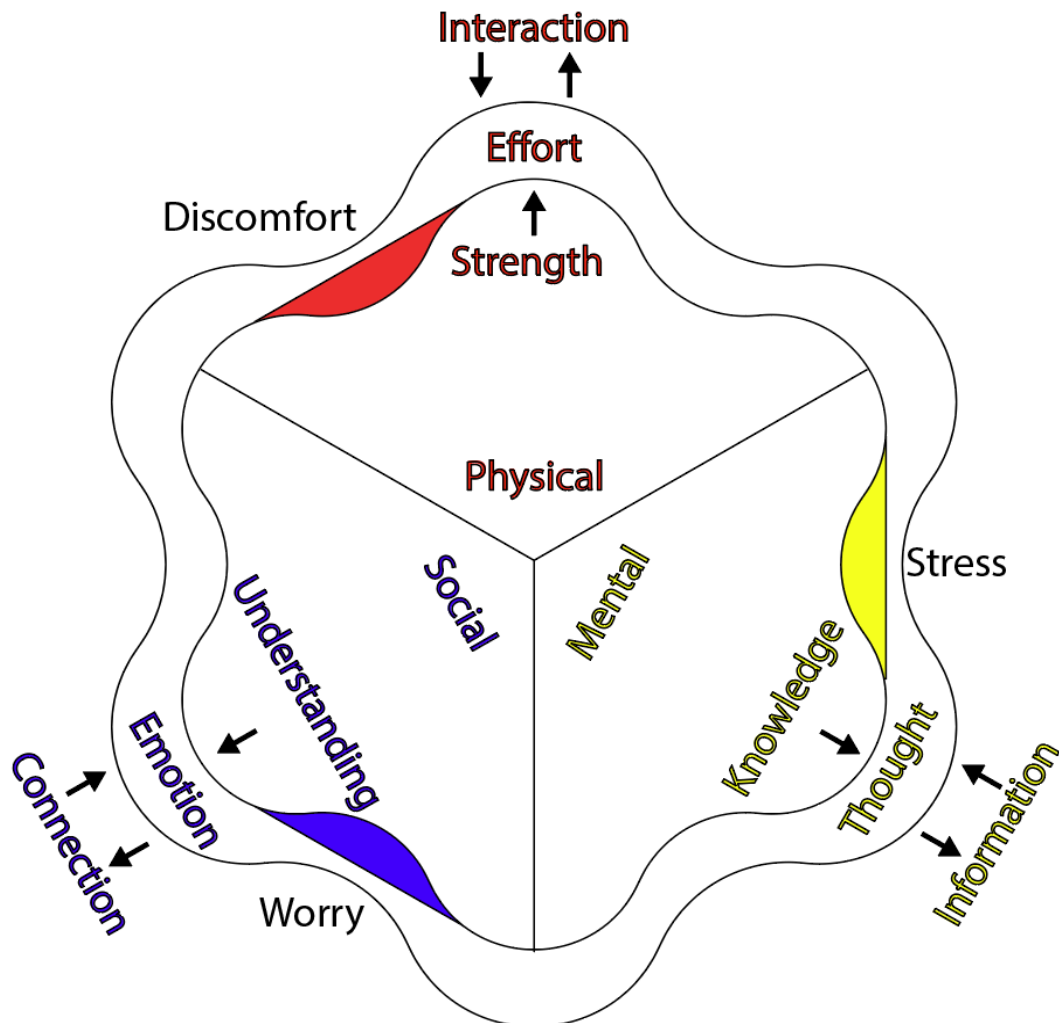
Energy is life. For us to live the best life possible we need the best energy flow possible and that means we need to interact without discomfort, we need to sort through information without stress and we need to build connections without worry. Once we get this down the energy will keep flowing and we won't need to do anything else, this is contentment, this is true peace. Unfortunately we can't do this forever, the body will always interact to move energy, the mind will always need information and the spirit will always build connections. But there are ways to interact, inform and connect to resolve sediment as it is created and strengthen energy flow.



# The Physical Circle, Creating Change, Powering Energy

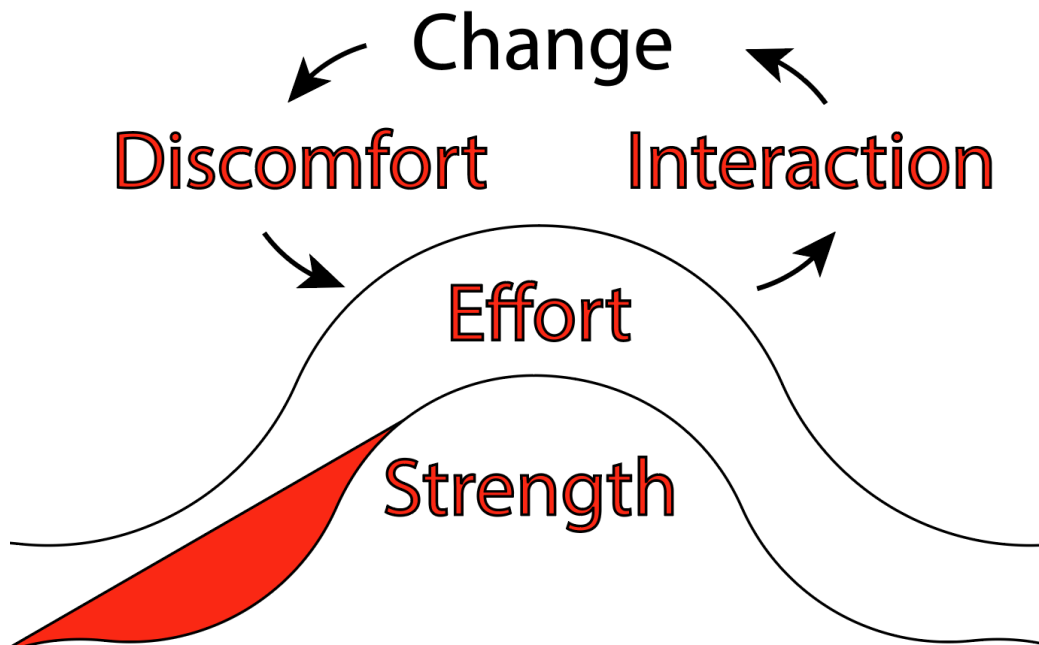
Each part of us, body, mind and connection, work together to keep our energy moving through our body. We physically interact with the world around us to bring us life energy that fuels the body and gives us strength, that strength gives power to our interactions with less effort. Our mind collects information from the world around us as electromagnetic energy, building knowledge of how the world changes us, knowledge helps us sort through information quicker with less thought. We socially connect to emotions around us so we can understand how we are changing each other, understanding helps make better connections with less emotion.

Even though we have different parts to who we are, the energy we use and the sediment that builds up are shared between the different parts. When we do things during our lives, we can act in a way that resolves sediment and helps us get stronger, gain knowledge or build understanding. Resolving sediment and increasing the power that moves our energy keeps us from being blocked by injury, fear or isolation and when our energy moves without being slowed down that is when we find out contentment. This sounds easy, but when we move energy against the natural flow it flips, so good energy becomes bad and bad becomes good. The way we deal with positive and negative things in our lives is the key to finding contentment.



## Physical change through interaction

The **physical aspect** of who we are is how we make changes to the world. When we take and use life energy to make physical changes, we call that energy **effort**. Our **bodies** use **physical effort** to make physical changes through **interactions** with the world around us. As we **interact** with the world we build **strength** and our **strength** gives our **efforts** power to make larger changes to the world around us.



### Physical aspect

The physical aspect is every part of us that is left behind when we die, it is the foundation of our bodies that every other aspect of our bodies works from. Our body consumes life to capture chemicals, those chemicals combine with oxygen from the air to create energy, mass and movement, water brings these two together. Without these three things we cannot keep our energy flowing. The goal of our physical aspect is to collect chemical energy from around us to make energy for us, to claim life around us for our life. It drives our minds to find how we are being changed and directs connections to add to our strength.

### Interaction

Interaction is how we physically change the world, it is the physical part of us hitting other things physically. We use our muscles to interact with life around us and turn it into food, our stomachs interact with food and turn it into chemicals our bodies can use, our lungs interact with the air to collect oxygen, our hearts interact with water and cells to move oxygen, and all of that interacts together to move our muscles. We need to change the world to gain energy, life has meaning.

### Effort

Effort is how we physically create change. Effort is chemical energy creating movement (kinetic energy) it drains us and makes us tired and hungry, it is physical energy it is our physical life,

our bodies use it to keep working even when we are asleep. Even if Effort is physical energy, it is not just used by our physical aspect, we can put effort towards thinking about something and effort towards making connections. When we use our muscles, brain or time, we are still using our physical energy even if we are not making changes to the world through interaction.

### **Discomfort**

Part of interacting with the world around us is discomfort. We get hungry, thirsty, tired, hurt, whatever we do wears down our bodies. When we make changes to the physical world there is an equal and opposite reaction back to us in the form of discomfort. Just because a reaction is opposite doesn't mean it's bad and just because it is equal doesn't mean we don't gain anything from it. We can nurture life outside of us and we can take that life energy for ourselves to resolve the discomfort that builds up inside of us as sediment. We can also build machinery to capture energy and use it for things that will help us. Interaction returns discomfort, it is the changes we make to the world that can reduce the amount of sediment that builds up inside of us and the direction of those changes that prevents building discomfort.

### **Strength**

Strength is our power to change the world through interaction, while strength can be powered by our efforts alone we can also add other things and people to our strength. Anything that makes changes to the world around us can be used to help us make larger changes with less effort. We can rely on our connections, adding all of our strengths together, we can use objects to multiply our effort, we can use chemical energy, the natural laws of science or we can organize and plan to use the world around us to do some of the interactions for us, all of these are strengths. We need to be careful when we add to our strength, the more strength we have the more injury and discomfort we can cause.

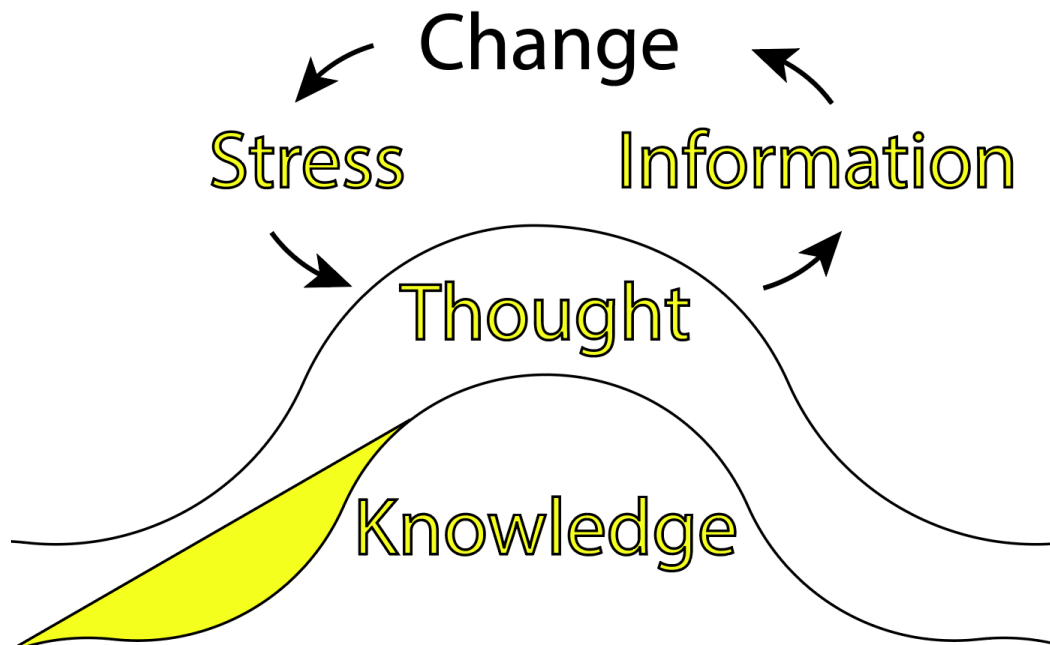
It is important to know that physical interactions are needed to stay alive. We breathe in air, our bodies work against gravity, our bodies are always fighting the laws of physics to keep us going. We don't need to try and avoid discomfort, instead we should work to resolve it. Resolving discomfort allows us to use more effort, the returning discomfort builds strength and strength allows us to make greater changes with less effort. Interacting with the world in positive ways can stop extra sediment from building up, but there is nothing we can do with effort alone to resolve natural discomfort without returning just as much or more.

When we are born we use effort to make every change to the world that we need. This is because we are not mature and we have not seen a better way to get what we want. Changing the world just to satisfy our own needs is selfish, the small changes we make can cause big problems for others. If everyone is just working for themselves we all need to work harder to undo what others have done.

There are times when our efforts are limited by discomfort and it's OK to be selfish to free up energy for thought and connection so we can get our energy flowing again, our life flowing again, but it doesn't lead to long term contentment.

## Mental change through information

The mental aspect of who we are is how the world makes changes to us. When we use life energy to change in response to the world, we call that energy **thought**. Our **minds** use **thought** to change us based on the **information** we receive from the world. The **information** we get from the world builds **knowledge** and our **knowledge** gives our **thoughts** tools to collect information faster with less energy.



### Mental aspect

Our body can keep moving by itself but without the mind it will not change, our mind gives our interactions meaning. Just like our body has a life of its own, an energy of its own, so do our minds. Our mind consumes chemical energy to capture information, that information combines with chemical energy to create energy of thought. The information we collect is different from what others collect, it is changed by our perspective and based on the different knowledge we have. Just like everyone's bodies work a little differently, so do our minds, it drives us to change each other through connections and directs our bodies to search for knowledge.

### Information

Nothing changes without something else making it change. The world is full of life, full of energy making changes. With everything around us always changing, we need to collect information to find out what those changes mean to us. Our minds take in information through our senses. We feel the weather. We hear change. We taste and smell chemical energy. We see movement. Information is how we are changed by the world, our connections or even by our own efforts.

### Thought

Thought is how we mentally create change, it is chemical energy that directs chemical energy. Chemical to kinetic, chemical to electromagnetic, thought directs and changes every aspect of

our physical selves. It creates memories, combines into bigger ideas, solves the world and drains us. We use thought to remember, solve problems and direct our future, not just sort information. Thoughts are always running through our mind, even when we are not aware of them, chemical energy connects to more than just the electromagnetic energy we can sense.

### **Stress**

Unless our minds are completely shut down we will always try to understand how we will be changed by the world, so stress will always build up. With so much happening around and to us we can't collect information about everything all the time, we will become overwhelmed and stressed to the point we can't think. By building knowledge we can know how we will be changed before it happens, slowing stress buildup. We should not avoid stress but build knowledge to understand what is stressing us, what is happening that is affecting us negatively. If we think about problems without resolving them we get stuck in a loop of obsession. Information always brings equal stress, it is how we are changed by that information that resolves sediment and the direction of that change that helps us avoid building stress

### **Knowledge**

When we are born we know nothing, and our mind is overwhelmed, but as our senses collect information we gain knowledge about how the world works. Knowledge helps us know what information means before we get it so we can either ignore it, because it means nothing or it helps us know what is happening, so we can change to adapt to what is happening. Knowledge about the world frees our thoughts to make changes in positive ways instead of being overwhelmed by everything that is happening around us, the more good information we receive the less information we need in the future. Knowing things doesn't help if you are not willing to be change, we need to be willing to learn and unlearn if we want to avoid stress

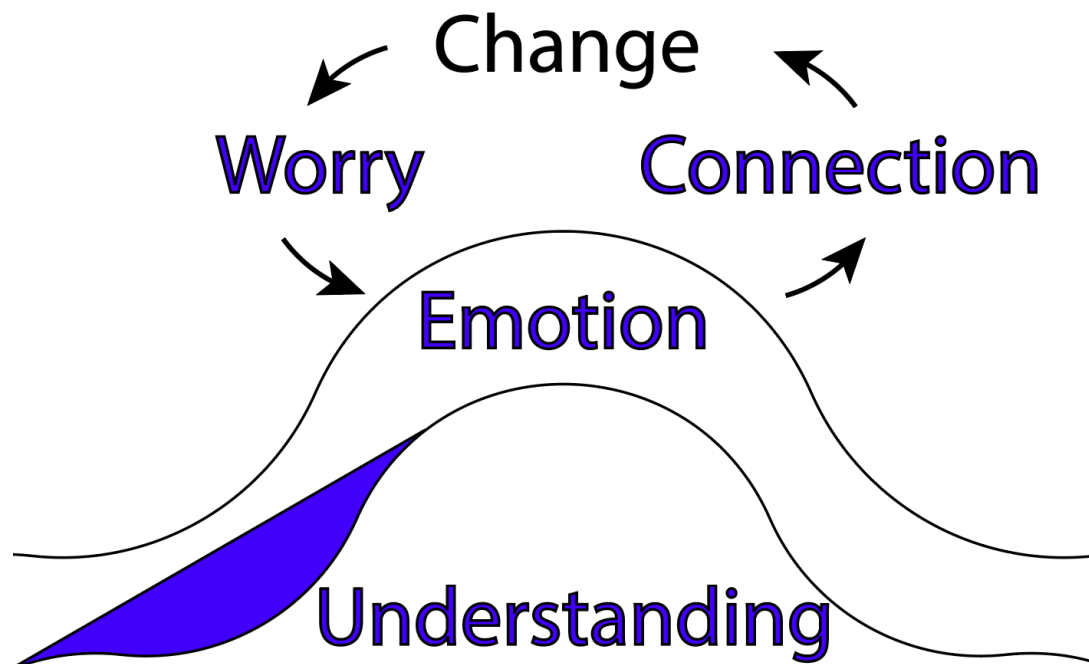
Unless we are dead to the world we will always be receiving information on how we are doing, what's happening around us and how the world is changing. We shouldn't try to avoid stress, instead we should work to resolve stress. Resolving stress frees up our thoughts to think through more information, the returning stress focuses our thoughts into building more knowledge, knowledge helps us gather more information with less thought. Collecting information can prevent extra sediment from building up, but there is nothing we can do with thought alone to resolve stress without returning the same amount or more.

When we are born we use thought to make every change to the ourselves that we need. This is because we are not mature and we have not seen a better way to change in the ways we need. Relying just your own view of the world to resolve or prevent stress traps us in a bubble disconnected from reality. No one's mind is perfect, flawed knowledge creates flawed information, adding more flawed knowledge, ending in psychosis.

Sometimes we have to disconnect to think if stress is limiting us from sorting through what's happening around us and free up thought for connection and interaction so we can get our energy flowing again, our life flowing again, but it doesn't lead to long term contentment.

## Social change through connections

The social aspect of who we are is how we change each other. When we use our life energy to make social changes we call the energy **emotion**. Our **spirits** use **emotion** to make social changes through **connections** to the world around us. As we **connect** to each other we build **understanding** and our **understanding** gives our **emotions** power to make larger changes to others or be changed more by them. Emotion is any reaction we have to what's around us.



### Social aspect

Many people think our connections come from the brain, the heart or even our intestines, it doesn't matter because it is the part of us that exists outside of us, we share connection with other people and other things. Our social aspect is powered by electromagnetic energy, it is through our senses that we connect to each other. Just because our social aspect doesn't have a physical core it still has a physical effect and it is a part of who we are just like our body and our mind. It is how we physically connect, how we mentally connect and how we emotionally connect, it is how we change each other, it is a part of who we are.

### Connection

It is not just people we connect to, we can have connections we share with the land, with buildings, objects and even scents. We can connect in many ways, with our effort, thought or emotions and we can change others in different ways, but connections are pure electromagnetic energy, they are feelings and emotions that tie us together and build understanding, it is any time we change something and are changed in return.

### Emotion

We can feel physical drives like hunger, passion or happiness, but they are chemicals, not emotions. An emotion is an electromagnetic energy, information from beyond us, that can cause chemical or physical energy. Love, hate, anger, calm, joy, sorrow, cooperation, competition, these are emotions, they drive our connections. We can gain joy from something or someone, complex or simple. When something brings us joy we build a connection, it has become a part of who we are, we give it emotional energy and it gives us emotional energy in return.

### **Worry**

Part of making an emotional connection is worry. When we give our emotions to something we have invested in it, made it a part of our life. We become afraid of losing positive returns, we are afraid of negative returns. We can free up emotion by building stronger connections, but that will also bring more worry. We can prevent worry from blocking our emotions if we build connections to build a stronger net of support. The more emotional connections we have and the stronger those connections are, the less our worry about each connection will hold us back from using our emotional energy. We also need to be willing to let go of a bad investment to avoid worry.

### **Understanding**

Understanding is our power to change each other through our connections. When we get to know each other we gain knowledge on what motivates them and their perspectives, building this knowledge helps us understand our connection with them. Understanding gives a path for our emotions to travel, it helps us share motivations and work towards the same things, it helps us know what the other side of the connection wants so we will build up less worry, it gives us the confidence and support to build more connections. Understanding does not build up from simply spending time with someone, it does not build up from simply investing emotionally and it can be one sided where only one side of the connection understands the other.

Unless we never connect to anything on an emotional or sentimental level we will always have worry building up. We shouldn't avoid worry, but resolve the worries we have with others to build understanding of how connections change us all. The larger our understanding the more we can emotionally connect, as we connect we gain worry that helps us build understanding. By understanding how we change others and how they change us we can build more connections and limit how much worry holds us back from using our emotions. Connecting in positive ways prevents extra worry, but there is nothing we can do with emotion alone to resolve worry without returning the same amount or more.

When we are born we simply connect with emotion to change each other and to be changed. This is because we are immature and have not found a better way to get what we want. Relying on emotions to change everyone is emotionally needy, it makes us unpleasant to be around and we find ourselves with no real connections making us insecure so we end up using more emotions to try and get what we want. Only connecting with emotions makes us spoiled.

Sometimes we have to emotionally dump our worries on a connection if worries are blocking us from dealing with connections, freeing up emotion for interaction or information, but the negative energy will break any connection that isn't reliable or emotionally codependent.

## The Flow of Life, Positive Outer Meaning

When we use a single aspect, keeping energy in that aspect, making changes with that aspect with energy from that aspect, accumulating sediment in that aspect, our energy becomes stagnant, the amount of change we can create is limited.

In other words. When we use a single part of who we are, keeping the life in that part, finding meaning with that part with life from that part, accumulating sediment in that part, our life becomes stagnant, the amount of meaning we can create is limited.

To live life fully and give our lives meaning, we need to use all of our energy for all of the changes we make. Our efforts need to fuel our mind and our connections, our thoughts need to fuel our connections and our bodies and our emotions need to fuel our bodies and our minds. We are born using single aspect energy to take care of that related aspect, but at some point we need to mature and bloom into the complete person we are meant to be. That is what it means to cultivate our energy, our lives.

There is a natural flow to energy, a positive direction that brings positive impact and a negative direction that brings negative impact. When we follow the positive flow, our energy adds to the natural flow and our energy gets the drive it needs to resolve sediment. When we follow the negative direction our energy has to fight against the natural flow, we may move sediment but we will never really resolve it. We will go more into this later.

We can follow the natural flow of energy, and still create negative change, negative meaning, but that has to do with our drive and direction and will also be addressed at a later point. For now we will view negative and positive impacts as how they impact our own lives, our own energy and in the end how they impact our contentment and our total ability to create positive meaning in our lives, positive changes in our energy.

The other benefit to using more than one aspect is that by flowing from one aspect to the next our energy gains power, our life gains power. Instead of us trying to create change with a single source of energy, we can combine more than one and create even bigger changes. When we do this we exercise our aspects more and our aspects themselves gain more power and make bigger changes. The power that we build this way does not disappear, it is a part of us that grows, just like the trunk of a tree does not need to be grown to fight every storm, we cultivate it once and it becomes part of our power.

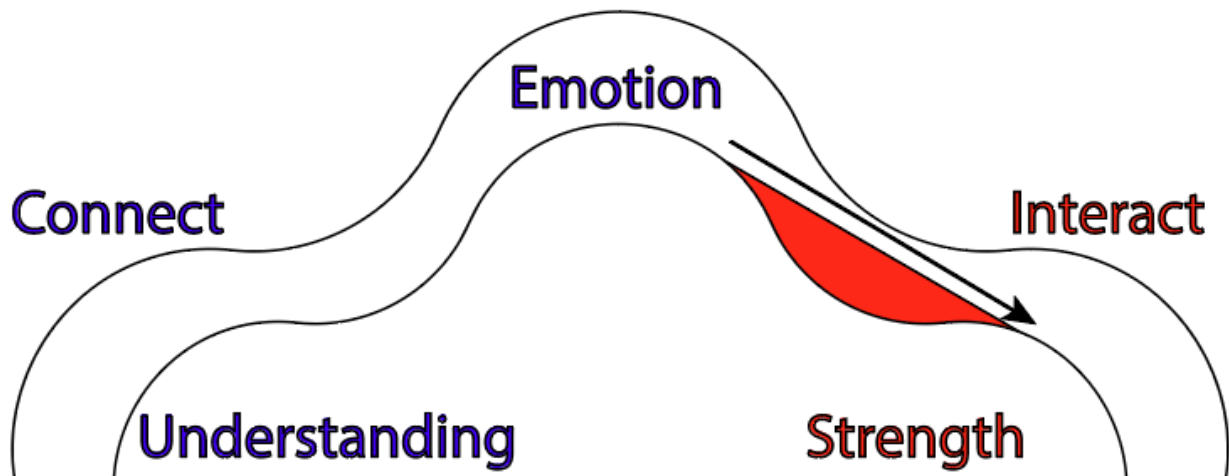
If we want to resolve sediment, we must cultivate contentment by following the natural flow of energy. If we want to give power to our lives we have to use more than one aspect when living our lives. If we want to give our lives greater meaning we have to use every aspect of our lives when making changes. If we want to be positively impacted by what we do, we need to follow the natural flow of energy.



## Interact with Emotion

We have to change the world every day. We need to consume life to keep our life going, we need to nurture life to keep that life going. If we only use effort to interact with the world to resolve our discomforts, we get very little done. We can interact with the world, but most of our efforts are erased. We can work hard to make ourselves comfortable, but the work itself is uncomfortable. If everytime we had to make changes, we had to build all the tools we needed and then do every step ourselves we would not get very far. If we ignore our impact on others our entire lives will be filled with conflict and struggle.

Using the natural cycle of energy, our connections empower our interactions.



The world is a shared place, when we interact with the world, the changes we make will always affect others and the changes they make will always affect us. We need to keep this in mind when we interact with the world.

Emotion is electromagnetic energy that is traded between our connections, it is the same energy that gives us information but instead of coming from outside of us it comes from between us. It turns the energy we share between us to energy that changes the world around us..

We can try to do everything by ourselves, working against and competing with others to make the changes we need to make, or we can work with others and make changes that help us all. If each of us has to learn the skill, get the tools, find the resources, gather, transport, refine, build then none of us would have much of anything. By using emotion to power our interactions we can work with our connections to do more with less effort and less discomfort.

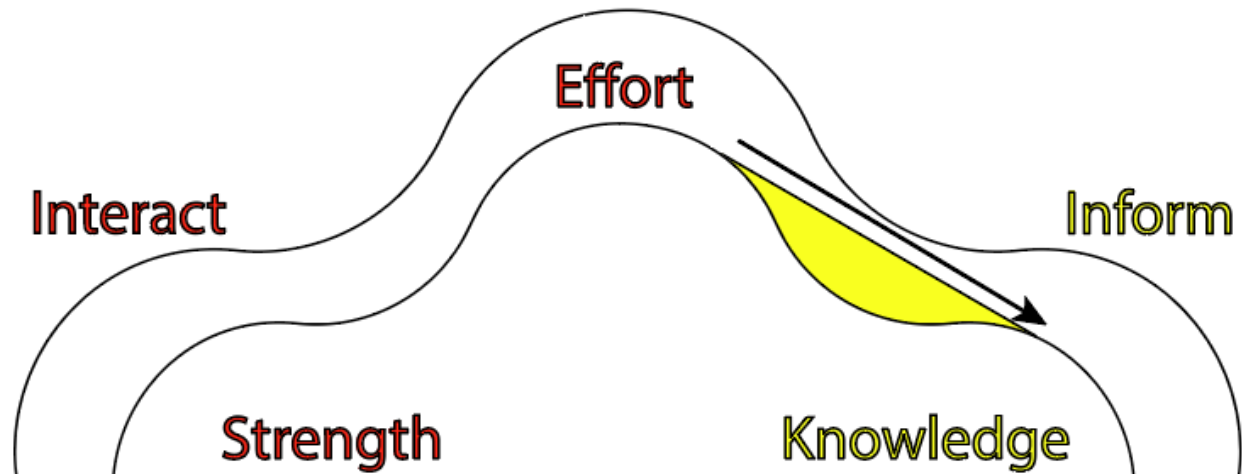
The other reason to interact with emotion is so we are not undoing the work of our connections. When we change the world we are changing a shared place. Interacting without emotion can cause more work for others and that will make our own lives harder, because they will not think about us when they make changes. Using a little emotion we can find out how others are changing the world around us, making the changes we make, our meaning, positive and lasting.

Since we use emotion to make physical changes, and since our bodies are how we change the world, how we feel will change the world.

## Inform with Effort

We are being changed by the world every day. Electromagnetic signals are constantly informing us of changes in the world that affect us. When we only use thought to inform us about things that will stress us, we make very little progress. You can think about what is going on, try to rationalize why you're stressed, but the information that stresses you will remain. If everytime something changed in the world we had to try and find information on how we are affected, we would not be able to do much else. If we ignored how we are affected by the ways we changed the world, our entire lives would be filled with us regretting what we've done.

Using the natural cycle of energy, interaction gives us information.



The world is a changing place, when something changes it creates information that either changes us directly or informs us how we need change so that we are not affected in a negative way. When we collect information we need to remember it is created by changes in the world.

Effort is kinetic energy (movement) created by our bodies. We turn chemical energy into movement and use movement to exist. Since movement creates information, our efforts create information, our efforts collect information, energy around us becomes energy inside us..

If we change ourselves using scraps of information, we will be missing important parts that complete us, it will be impossible for us to cope with change. It is only when we use effort to collect information, check before changing, dig before assuming, verify before believing, that we know the changes we make will be building meaning in us, instead making a patchwork of mismatched change. Many things can create the same information, effort finds the cause.

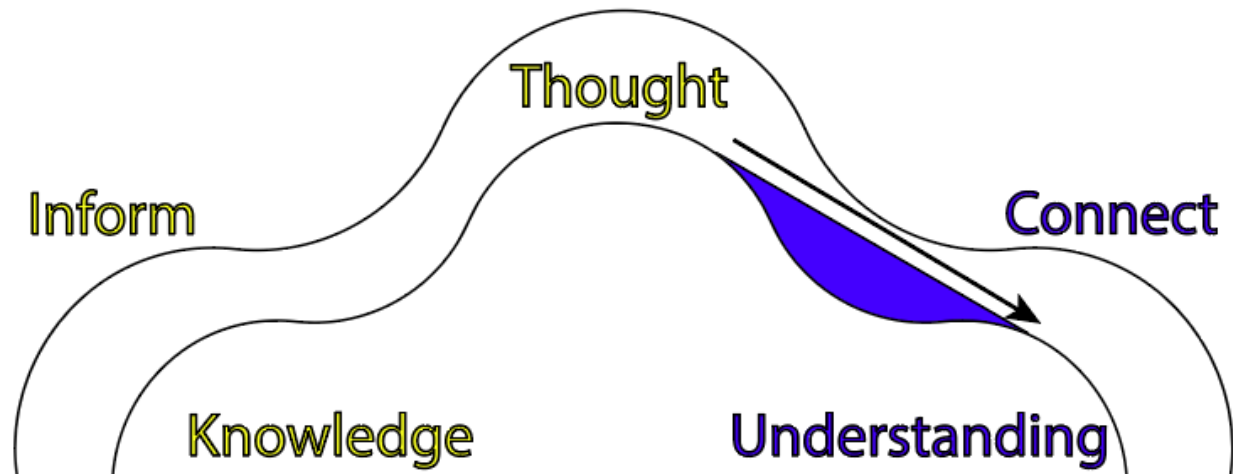
If we collect information from what we are doing, we are learning how others are making changes to the world and how those changes truly affect the people and the world around them. Using effort to examine changes that are happening we learn better ways to interact that make the changes we want or don't want. Information can only change us if we are open to change, we can gather all the information the world has to offer, if it doesn't change us, it's meaningless.

Since we use effort to change our minds, and since our minds are how the world changes us, what we do physically will change who we are.

## Connect with Thought

We change each other every day. We interact to consume energy (life), that energy is kept from someone else. The kinetic energy, the movement of life around us creates information that is always changing us, whether we know it or not. If we only use emotion to change each other to resolve our worries, we will never connect. We can force change on each other, but it will be undone. We can refuse to allow ourselves to be changed, but worry will become our life. If every connection was a link made by emotion, we would always be worried about what happens when the emotion fails us, or worried that our emotions will burn the connection itself.

Using the natural cycle of energy, information helps us make connections.



The world is a shared place, when we make connections we are changing those around us and being changed at the same time. In a very real way, when we connect everyone is changing themselves by the information being shared along that connection.

Thought is chemical energy in our brains that alters the chemicals inside of us. Emotion is electromagnetic energy that transfers between us. Chemicals amplify emotion, thought amplifies connection. When we connect, energy from inside us becomes energy shared between us.

We can try to connect with emotion, put everything on the line with each connection and simply hope that things will work out, or can connect with thought. Emotion is energy that is shared but only if both sides hold onto it. Thought is our inner energy is our inner life that patterns of our inner change, defines meaning we hold onto. By connecting with thought we share bits of who we are beyond simply how we feel, it changes each other by connecting both life and meaning.

Connections are how we change each other, it isn't until we connect with thought that we can see how we change each other. Emotions are not just amplified by chemicals when sending them, they are also amplified when receiving them. When we connect we are changed, it is through thought we can sort through if those changes are good or bad. We all are changed by the world, our connections are built back stronger when we are changed together by thought.

Since we use thought to connect, and since connections are how we change each other, how we think will change the people around us.

## Driving Meaning, Directing Life

We can only gather glimpses of what is greater than us, but in our limited bodies we can never understand what is greater than us, simply because it is greater than us. What we can test and examine is how our energy is changed by the unseen, and that is where we find our soul and personal faith. We will look into the soul and how we are changed by it, but your faith and the afterlife will have to guide you towards what is really beyond what we can physically test.

Our souls are not something we can sense but we know they are there by how our energy is changed when it moves from one aspect to the other. If our bodies use energy in motion (effort, thought, emotion) to change the physical world our souls use energy in storage (experiences, conscience, motivation) to hold that energy, giving it direction and impact once it is released. If we hold an object attached to a string above the ground, where we hold it and where the string is tied will change where that object's energy impacts. How high the object is and how much energy we release when we let go will change how big that impact will be.

Movement is life, directing that movement is something bigger, some may call it spiritual, some may call it sentience, some may call it divinity. We use spirituality, but please interpret that to align with your faith, people are flawed and even if all of existence was revealed to us, even a corner of it would be beyond us. I don't want to change your faith, but simply give you insights on how your soul, the spiritual, can change the direction of your life. One more important thing, while energy is life, how that energy is changed and stored is beyond life. The changes our bodies make give our life meaning, our spirit defines if that meaning is positive or negative, the actual changes we make will disappear, but the influence our spirit creates is forever.

Energy is life, change is meaning, the impact that life will have is something different. You can be a wonderful person, making positive change and in the end you will have a meaningful life, but that does not mean you had much of an impact. Our souls determine how much energy we put towards change, life towards meaning, we call that our drive. Experiences push effort towards information. Conscience pushes thought towards connection. Motivation pushes emotion towards interactions.

We can live a long life with a large impact, but that doesn't mean you left the world better than you found it. Our souls change the energy as it flows through us, giving our energy meaning and giving our lives (energy) a direction. Perspective changes effort into information. Empathy changes thought into emotion. Collaboration changes emotion into effort.

Energy (Effort, Thought, Emotion) is life. Change (Interaction, Information, Connection) is meaning. Drive (Experience, Conscience, Motivation) gives impact to our lives. Direction (Perspective, Empathy, Collaboration) is inner change, the meaning from within.

With aspects of the body, our energy changes the world and builds strength, that pushes the energy. With the soul our strengths fills our drive and sets our direction and that builds our strength. In the body energy comes from outside, in the soul the energy comes from within.

## Circle of inner contentment

We are spiritual beings that are driven to create change, meaning, within us. There are three parts, or aspects, to our soul that drive us to live and create meaning. Caring drives our resolve to nurture. Resolve drives us to be curious about how the world works. Curiosity leads us to find things that we care about and want to nurture. While the outer physical aspects of who we are is how we create change with our energy, creating meaning with our life, the inner spiritual aspects direct the changes in our energy inside of us, directing and driving the meaning in our lives.



Energy is never lost, it just changes shape. As energy passes through us it is stored and released but that transfer builds up friction that slows down how fast we can change our energy. Friction builds up in our souls but eventually dissipates over time, unless we can find a way to resolve it. Apathy builds up in our spirit as we exercise our caring. Anxiety builds up in our community as we build resolve. Exhaustion builds up in our subconscious as we explore our curiosity.

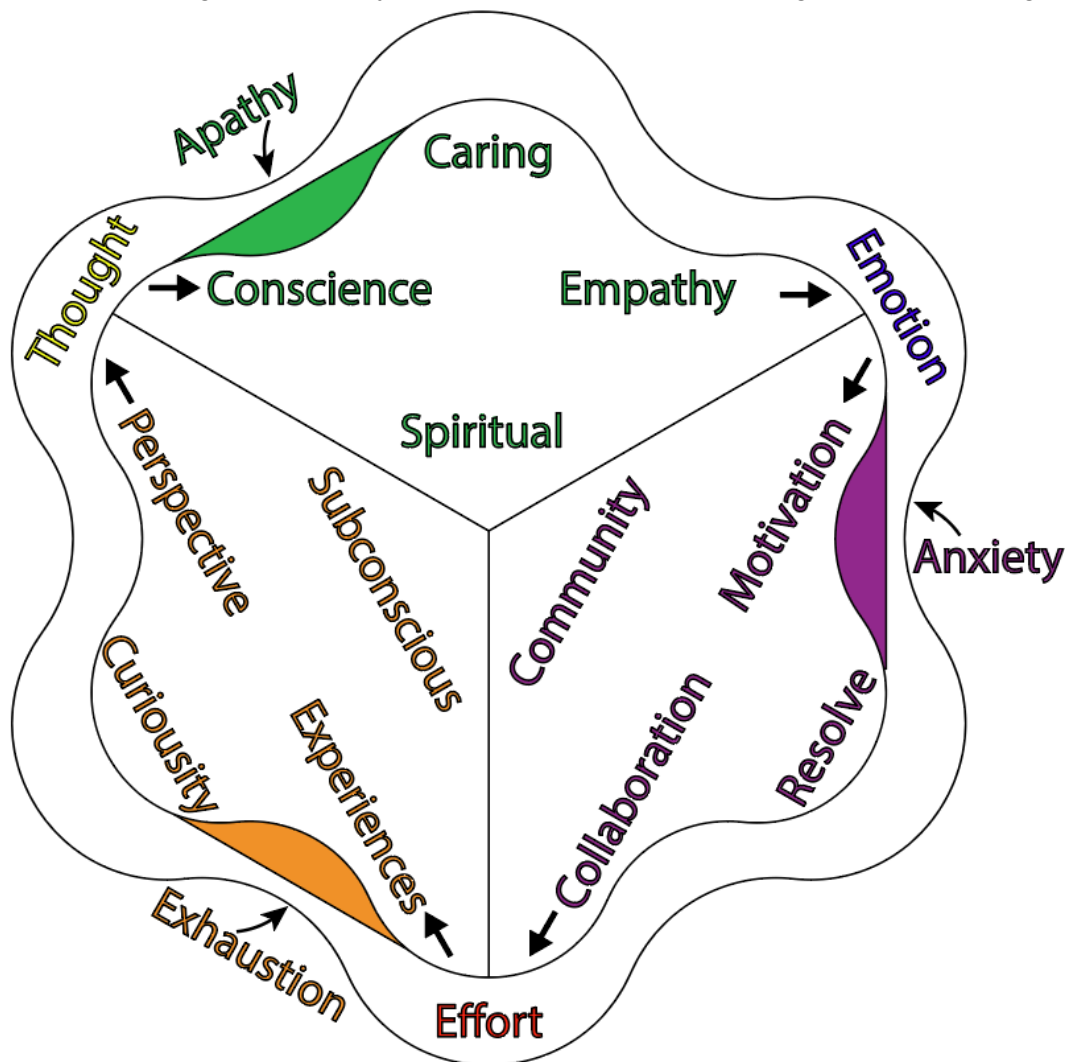
Change is meaning. To build meaning inside ourselves we need to remove the things that slow change and that means we need to care about others without tiring from apathy, we need to build our resolve without being limited by our anxiety and we need to explore our curiosity without being slowed by exhaustion. Once we get this down we will be able to make the changes we need, this is internal contentment, this is true peace. Unfortunately as we find inner peace our ability to keep that peace gets slowed down, but there are ways to care about others, build resolve and explore curiosity that resolve these frictions. Fortunately for us, finding our meaning within our souls also resolves the sediment that slows the energy in our bodies. Finding our inner meaning frees up our life to create meaning outside of us.



# The Spiritual Circle, Overcoming Sediment. Driving Change

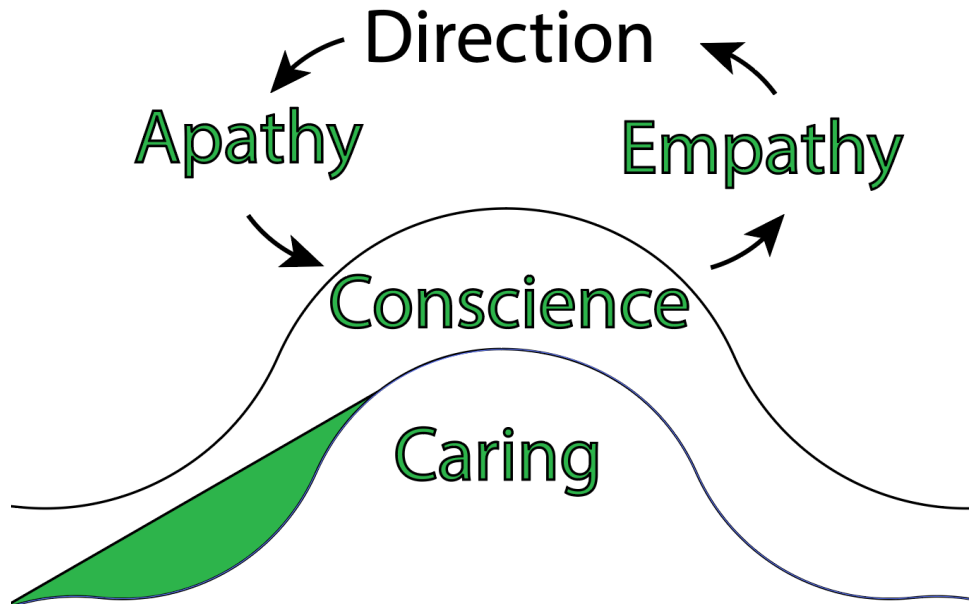
Each part of our soul, spirit, community and subconscious, all work separately to give our life direction. Our spirit holds our caring that pulls thoughts directed by our conscience, pushing emotion towards connections, directed by empathy. Our community holds our resolve that pulls in emotions that motivate us, pushing effort towards interaction, directed by cooperation. Our subconscious holds curiosity that draws significant experiences from our efforts, pushing thought towards information, directed by our perspective.

Even though we have different parts to who we are, the energy we use and the sediment that builds up are shared between the different parts. By making positive changes through our spirit we resolve sediment and build caring, strengthen resolve, grow curiosity. Resolving sediment and growing the spiritual aspects that change and direct our energy is how we direct the meaning in our lives to have a positive or negative impact and find inner contentment. This sounds easy, but when we move energy against the natural flow, instead of our spirit driving and directing our energy, our energy is driving our spirit in the direction we are already going, making it impossible for us to grow spiritually and it prevents us from creating positive meaning.



## Empathy from Conscience

Our **Spirit** is the identity of our soul. Our **Conscience** pulls in significant thoughts, which are held by our **Caring** and directed by **Empathy**. **Caring** is the **Spiritual** well in our soul, it is the amount of thought we have available to direct into emotion. As our **Conscience** pushes our thoughts towards connection, to be directed by **Empathy**, whether we succeed or fail to make an impact or not, we end up feeling we have made as much of an impact that we can. The feeling that there is nothing left we can do for a connection we call **Apathy**.



Our **conscience** is where our soul directs us between right and wrong. As information flows through our spirit our conscience holds on to thoughts that have meaning, thoughts that change our connections in both negative and positive ways. As those thoughts are released by our consciences, our empathy directs the changes we make to our connections.

**Empathy** is our ability to know how our connections will be affected by change, directing our thoughts into emotions to better connect. When we empathize we begin to understand more about our connections, building our social power of Understanding. We can choose to bypass our spirit and simply connect with thought, and while we will build stronger connections we will not be able to build our understanding as much as if we directed our thoughts through empathy.

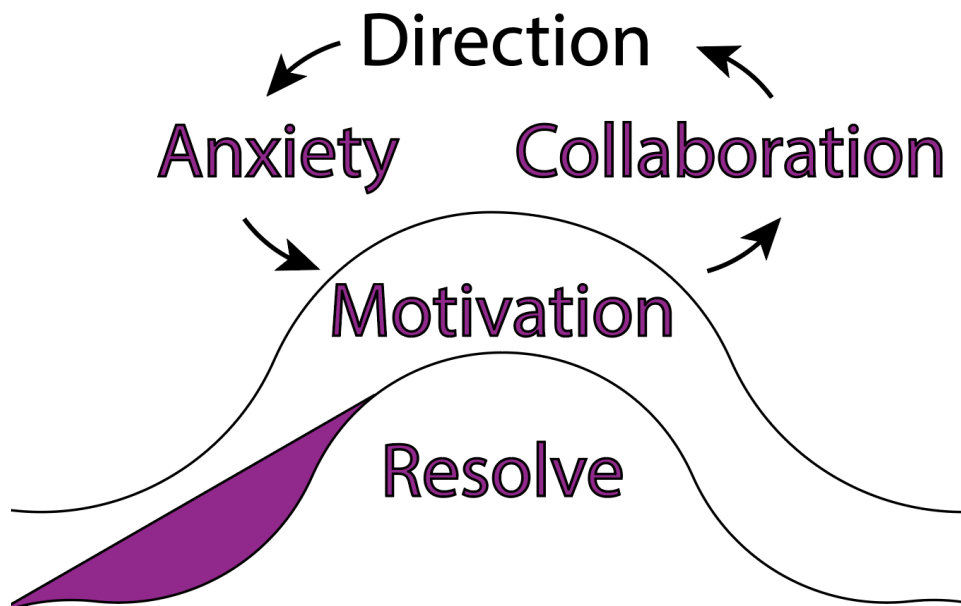
**Caring** is a well within our spirits, the more we care, the more information we can process. As a well to hold energy, the more we use our spirit the more caring we will be. The more energy flows between thought and emotion, the more we connect our mental and social worlds, the more we will care. Even if we choose to ignore our conscience, bypassing empathy, we will still build caring, and we will still build apathy.

Conscience and empathy, the in and out of caring, can be strengthened by continuing to connect with others while caring about how the world is changing them.

## Collaboration from Motivation

**Collaboration** is our ability to work together to make significant change to the world, so we direct our emotions into effort to do more. When we collaborate we are able to align our motivations with others, adding their strength to our own, making us stronger. We can choose to bypass our community and simply interact with emotion, doing more but we will not be building a reliable source of strength as much as if we directed emotion through collaboration.

Our **Community** is the support to our soul. Our **Motivations** capture strong emotions, which are held by our **Resolve**, directed by **Collaboration**. **Resolve** is the **Community** well in our soul, it is the amount of emotion we have available to direct into effort. As our **Motivation** pushes our emotions towards interaction, to be directed by **Collaboration**, if we succeed or fail to make an impact or not, we end up feeling we have invested as much towards an impact that we can. The feeling that we are not enough to complete an interaction we call **Anxiety**.



Our **motivation** is our soul directing the changes we make to our world. As Emotion flows through our community our motivations hold onto emotions that have meaning, emotions that drive us towards the same interactions, negative or positive. As those emotions are released by our community, our motivations direct the changes that we make to the world together.

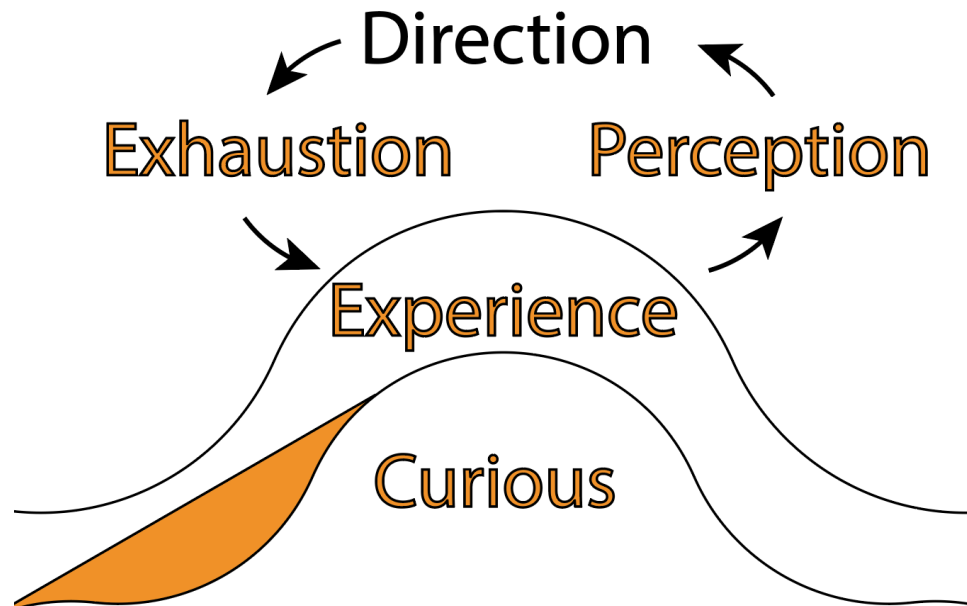
**Resolve** is a well within our community, the more resolved we are the more emotion we can process. As a well to hold energy the more we build our community the more resolved we are, the more energy that flows between emotion and effort, the more we connect our social and

physical worlds the more resolve we will have. Even if we choose to ignore our community, bypassing collaboration, we will still build resolve and gain anxiety.

Motivation and collaboration, the in and out of community can be strengthened by helping each other build a strong community that can help each other change the world in ways we all need.

## Perception from Experience

Our **Subconscious** is the voice of our soul. Our **Experiences** collect significant efforts, held by our **Curiosity**, directed by **Perspective**. **Curiosity** is the **Subconscious** well in the soul, it is the amount of effort we have available to direct into thought. As our **Subconscious** pushes our efforts towards information, to be directed by perspective, whether we succeed or fail to understand the impact or not, we end up feeling we have understood as much as we can. The feeling that there is nothing we can do to understand more is called **Exhaustion**.



Our **experience** directs how our soul changes us. As we put effort towards living our subconscious grabs on to experiences that we struggle with, our perception passes on information on how we are changed by that struggle. No one shares our every experience, we all have different perspectives and our bodies and minds are changed differently by experience.

**Perspective** is how we gain knowledge from our experiences. We could all go through the same struggle but gain different information based on past experiences, making our perspective unique. When perspectives align with constant shared experience, minds can resonate. We can choose to ignore our subconscious, but information through effort only gives us limited knowledge on the experience, we miss how we or others are changed by the experience.

**Curiosity** is a well within our spirits, the more curiosity we have the more are driven to new experiences. As a well to hold energy, the more we process subconsciously the more curious we will be. The more energy that flows between effort and thought, the more we connect our physical and mental worlds. Even if we choose to ignore our subconscious, adopting someone else's perspective, we will still build curiosity and we will still build exhaustion.

Experience and perspective, the in and out of curiosity, can be strengthened by continuing to put effort to collect information, while being curious on how the world is changing all of us.

## Direction of Life, Positive Inner Meaning

We can live our life using energy to make changes with the same aspect and have meaning in our life. Even animals' lives have meaning, all together they make most of the changes in the world, keep it flourishing, they give meaning to the world itself. Simply by existing, your life, your energy has meaning.

The question is, is that meaning positive or negative? Animals don't really have a choice, their lives have simple drives and simple direction, but humans have a soul with complex drives and complex direction. That doesn't mean animals don't have a soul, but humans are able to create greater change, greater meaning beyond simply being alive. We have the ability to change the world for the worse and have the responsibility to change it for the better.

So how do we make sure the changes we make are positive? You can't simply look at what someone has done and know if what they are doing is good or bad. Many people do good things to get the power to do greater bad things. The difference between good and bad is if we are following the natural flow of energy in the changes we make and if we are allowing our soul to give our energy drive and direction through perspective, empathy and community.

All of the wells in our soul are traits that pull and push. They pull in energy as we live our lives, driving it in a positive direction and giving our energy, our lives direction. Curiosity pulls in our efforts as experience, directs our thoughts as perspective. Caring pulls in our thoughts as our conscience, directs our emotion as empathy. Resolve pulls in our emotions as motivation, directs our efforts as collaboration. This can only happen if we are following the natural flow, and only if we use more than one aspect to make change.

As our energy, our lives flow in a positive direction we can use energy from one aspect to make changes in the following aspect without being slowed by sediment. If we live our lives, direct our energy in a negative direction against the natural flow, our souls are not able to drive that energy and it does not get enough impact to resolve sediment. It's the difference between fog and rain. Fog moves without drive and direction, eventually drifting upwards into clouds, it does little to fuel growth. Rain has both drive and direction, it moves through life, changing along the way, as it brings life it washes away buildup and can even change mountains.

Just like rain isn't always positive, even if we use the natural flow of energy our actions will not always be positive. But as we follow the natural flow, we are nourishing our souls, building our strength and removing our sediment. It means we are caring, curious and resolved together with thought, emotion and effort. Your mind changes you, if you're feeding it positive energy and are willing to be changed, you will become a more positive being with every thought. Our connections change each other, as long as you're sharing positive energy, positive life you are changing each other in a positive way. Your interactions change the world, as long as you are building a positive life, building positive energy you will change the world in a positive way.

## Resolving Sediment by Fueling Change

Our soul links every aspect of our body together, without it we would be another object doing what it is driven to do. Our bodies give our soul the power to make changes, without it we would be just a wish for what could be. Both body and soul working together brings strength to each other, completing the circle to make something bigger than each would be separately.

Our physical aspect is the foundation of our body. As our experiences from our body pass through our subconscious, our souls are able to change who our bodies are through our minds. The changes our soul makes are not simply small shifts to our perspective. Our minds build our body, fuel our emotions, and direct our actions. We don't have to listen to our subconscious, but that would be avoiding half of who we are and who we could be.

Our spiritual aspect is the foundation of our soul. As our emotions flow through our connections, our bodies are able to change who our souls are through our community. The changes our body makes are not simply small shifts to our motivations. Our community defines our soul, steers our perspective and determines what we care about. We can refuse to change our souls, but that would be removing half of who we are and who we could be.

Since each aspect of who we are, body and soul, gives us power, they can also weaken us.

Our soul changes our bodies, if we do not cultivate our soul through connection and community our bodies will weaken. This is not simply a metaphor, we physically need intimacy and interaction just as much as we need food and water. Without them we lose perspective, our minds collapse and our bodies start failing from discomfort and depression. Our body is fueled by our community and changed by our subconscious. Community (motivation) is how our soul gives our body life (energy), our subconscious (perspective) is how our soul gives our body meaning (change).

Our body changes our soul, if we do not cultivate our body through curiosity and information our souls will weaken. This is not a metaphor, we spiritually need experiences and challenges just as much as we need empathy and meditation (moments without active thinking). Without them we lose connection, our communities collapse and our souls start failing from anxiety. Our soul is fueled by our mind and changed by our connections. Our mind (thought) us how our body gives our soul life (energy), our connections (changing each other) is how our body gives our soul meaning (change).

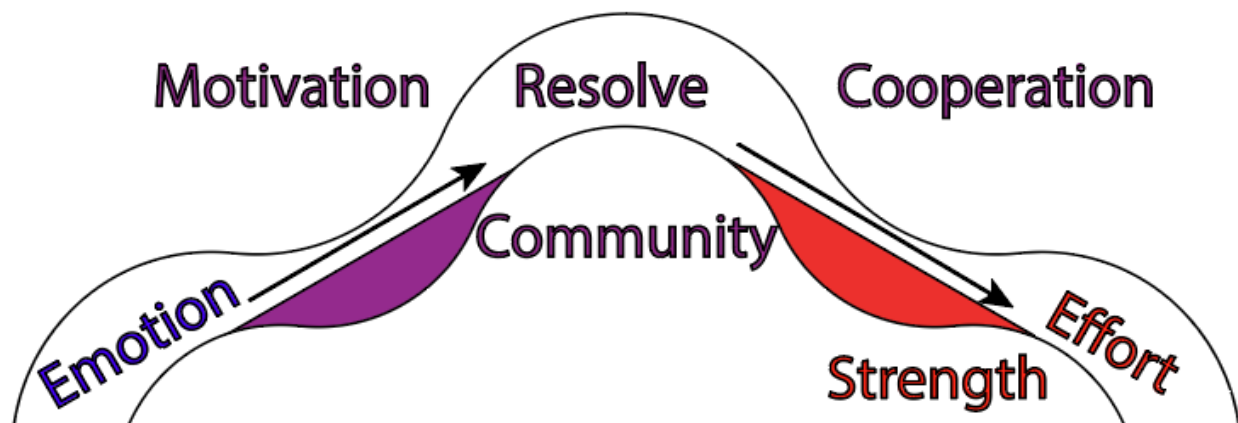
Cultivating contentment takes both parts of who we are to work. Our bodies cultivate energy, our life to bring physical contentment. Our souls cultivate change, our meaning to bring spiritual contentment. Change moves our energy from one aspect to another, meaning moves our life from one aspect to another. Directing energy drives change, directing life drives meaning. We can live body or soul without the other, but we will never be content. We are two sides of the same person, both linked to the life of the other.

## Motivation from Emotion, Interaction through Cooperation

We have to change the world every day. We need to consume life to keep our life going, we need to nurture life to keep that life going. If we only use effort to interact with the world to resolve our discomforts we get very little done and never fully resolve our discomfort. When we interact with emotion we add the strength of our connections to our own, the changes we make won't be causing stress for our contacts and will last longer. With more people helping us interact with the world it takes less total effort to make changes so we build less discomfort. But there is something between emotion and effort, an inner strength that drives and directs the changes we make, we call this resolve.

Our soul is changed by our physical connections, building understanding. Understanding our connections drives our motivations, building our resolve to change the world, building community. The soul uses our resolve to give our body drive, directing our efforts with cooperation, interacting in a way that affects everyone in a positive way.

Using the natural cycle of energy, our connections empower our interactions, through resolve.



The world is a shared place, when we interact with the world, the changes we make will always affect others and the changes they make will always affect us. This doesn't have to be a burden for us to overcome, by following the natural flow of energy this becomes a strength. When we interact with emotion we are treating the world like it is a connection we rely on, we treat it as if we change it and it changes us back.

### **Emotion into Effort Through Community** (How positive energy combines through soul)

Emotion is electromagnetic energy that we share, it is the same energy as light and just like light it is just as nurturing and just as destructive. When we interact with emotion we give power to our interactions, capable of greater positive and negative impact, our resolve giving drive and direction. Our social energy (emotion) is driven by our understanding of our connections, when we interact with emotion we are making changes to the world that are based on that understanding. Our motivations, our reasons to make change to the world, pull in significant emotions, building resolve to change the world. Once our resolve collects enough emotional



energy it pushes cooperation with our connections to make changes in a direction that align with shared motivations, creating a world that helps us all. Changes that help everyone reduce the amount of interactions we all make, reducing effort and discomfort.

**Interact with Community** (How positive strengthens attribute)

When we interact with the world we are changing a shared place, there are changes others make that we will be undoing and others will be making changes that will undo what we are trying to change. When we use emotion to understand the motivations of our connections, sharing our motivations in return we build our community. We build a resolve together, a determination to change the world in a way that helps us all. By aligning our motivations we are only making the changes that will help everyone and others in our community are only making changes that help us. By the time we have to interact with the world we will find that many of the changes we need to make have already been done and the changes we make will be strengthened by others. Using emotion to interact, through our community, we will have to interact less, the changes we make, the meaning we create, will last longer.

**Connections from Community** (How positive empowers prior through soul)

Community is turning emotion into interaction by aligning our motivations with those of our connections. When we interact with emotion we are not just cooperating to make changes to the world that we want to make, we are also keeping in mind the motivations of our connections, changing the world in ways they need to as well, strengthening our connections. When we share motivations with our connections we will also be aligning with the connections of our connections, giving us more opportunity to grow our social aspect by combining our community with theirs. When we cooperate to make changes to the world together we build more connections and strengthen the ones we have, our emotions not only fuel our interactions but also fuel our connections. Growing our resolve gives us the capacity to hold more emotions and stronger emotions, making us someone that our connections can rely on.

**Strength in community** (How prior helps power)

Interacting with emotion adds the strength of others to our own strength when we change the world through our interactions but when we draw our emotions in through our motivations we are not just borrowing strength we are combining our goals with the goals of our connections, that is what builds resolve and our community. Sharing resolve means that what we are trying to change, our connections are trying to change as well, the strength we use is added to the strength of our connections. It means the changes we make to the world are not just our own energy, the meaning we create comes from our own life and the life of everyone in our community who shares our motivations. Our strength that we use to change the world is not just our own anymore, driven by our energy alone, we share our life and strength with our connections, and the meaning we build becomes a collaboration beyond our strength alone.

**Understanding from Community** (How prior helps prior power)

Working together through cooperation also encourages us to find out the motivation of others, encouraging us to connect with thought, building our understanding of our connections and what fuels their resolve. Even if we are working together at a job, each of us simply doing our part to

get paid, we are still cooperating on the same project, towards the same goal. With time we learn the motivations of our coworkers and begin to understand them. Some will be motivated by getting the most compensation for the least amount of effort, most of our bosses fall into this category with their goal of profits before people. But if we have good jobs where the motivation is to build something that provides for everyone together, a resolve to build stability, cooperating to succeed together, we will find ourselves in a community of people we can trust, built from an understanding that our efforts are going towards the same changes.

### **Effort into Emotion**

Following the natural flow of energy, our connections empower our interactions. Meaning our emotions and connections are what motivates our efforts to change the world. When we go against the natural flow of energy and try to turn effort into emotion we cause conflict and negative change, we are treating others like they are part of the world that we need to change, ignoring their motivations or value. Trying to physically force emotion is seen as oppressive, overbearing or even aggressive. Keep in mind that we are not including thought, but going straight to social. We can think of these people as the class clowns, the jocks, the people who are popular for what they are instead of who they are. The best example of this are celebrities. Celebrities are in our lives every day, we see them on the screen, they work to connect with us in any way they can, but when it comes down to it they have no real connection with us.

### **Bad Connections From Effort**

When we use effort to connect, physically try to create an emotional tie to someone, we are treating the other side of the connection like a part of the world we need to change. Connecting with effort creates an overbearing connection that is all about simply getting what one side wants, creating an uncomfortable situation. A connection built of effort will always be fragile power imbalance, we will always be worried about when it will fail, opening us up to being taken advantage of. There are times where a power imbalance can be fun, but it should be discussed beforehand by both parties and you need to remember that the connection will disappear when the effort stops. Even if you fuel a connection with effort, hoping that emotion will follow, you will never know if the emotion is real until you stop putting in the effort that the connection either lasts or fails.

### **Bad Interactions From Effort To Emotion**

Working hard to get an emotional response to force an emotional connection can work. Many charities rely on this route to get people to donate money, the homeless people you see begging on the street do this as well. Without their effort many of us would not give them money, we would assume our concerns are more immediate than theirs. If we do give them money we are creating some problems. Connecting from effort makes bad connections, there is no real understanding between us and charity, but it also makes for bad interactions. When we give people something they are learning to rely on a bad connection and just like any relationship built on effort alone, when the effort stops everything stops, we have not made any real change. Charity is a great thing and when we are desperate we may need to connect with effort, but it should always be seen as a short term until a real change is made.

### **Effort into Misunderstanding**

When we go against the flow and try to make connections from effort, turn effort into emotion, we are building temporary connections and any changes to the world we make through that connection will be temporary as well. Not only do we not build understanding when we go against the natural flow of energy we actually begin to lose any understanding we have. When we connect with emotion we are not learning the motivation of others we are forcing others to align with our motivations, they react, act and connect based on the terms we set. We also get used to connecting using our emotions and since things don't change unless something makes them change we continue to connect with effort. If we are on the other side of the connection and we are allowing others to connect to us with effort, trying to force an emotional response from us, we can never really know what their motivation is other than selfishness.

### **Losing Strength From Effort To Emotion**

Going with the natural flow of energy our connections add to our strength, when we have built our community we have the strength of the community behind us. When we go against the flow of energy and connect with effort we might get what we want, someone to listen to us for a moment but we are not building understanding, we are not building community and we are reducing the resolve of others. If others try to include us in their community and instead we are forcing them to align to our motivations we will eventually drive them off, they will stop trying to work together. We are also crippling our own strength directly, we are teaching ourselves that people are there to be changed to meet our own needs and we stop empowering ourselves to accomplish what we need, instead just using others. Using effort to connect can also discourage us, causing us to give up on many of the interactions that would normally give us strength.

### **Resolving Discomfort with Emotion through Community**

As we interact with the world with effort we build discomfort, our bodies wear down, we get hungry, thirsty and tired. Just by living, breathing in and out, eating we are changing the world in small ways but still gaining discomfort. We also gain discomfort when the world is not built for us like sharp objects, cold, heat and wind. Following the natural flow of energy and interaction with emotion we work to build a world together that reduces discomfort for people, we make changes that won't be undone so we don't have to repeat interactions and we build a community with aligned motivations so we don't have to do everything ourselves. When we build a community we also resolve some of the discomforts we have built up inside of us. The discomfort of interacting with people when we don't know their motivations or finding a helping hand to do something that we are not able to do because of a physical limitation.

### **Pushing Discomfort into Stress**

When we interact with the world we build the sediment of discomfort, it slows our energy flow as we try to turn emotion into effort, making interactions harder, forcing us to build more resolve before we are able to collaborate

### **Resolving Anxiety with Community**

When we use emotion to interact with the world, our community pulls out the emotions that motivate us and builds resolve, as we turn those motivations into cooperation we get to a point

where worry turns to discomfort, we get anxious about whether or not our resolve and community will be able to make the changes to the world that we need them to. At this point many people shut down, they refuse to cooperate with others because they are anxious about either failing, being let down or being taken advantage of. The key problem here is they disconnect, they forget the connections and the emotions that motivated them to find the resolve to begin with. To resolve anxiety we need to follow through with our emotions, we need to push our resolve and give it direction. It isn't until we build our community, find those that share those motivations and interact with emotion that the anxiety will be resolved.

### **Gaining Discomfort through Effort**

Whenever we use effort we build discomfort. It doesn't matter if we are gathering information, connecting or interacting, we will always gain some discomfort. When we try to connect with effort we gain discomfort but since the connection is built on effort and there is no understanding or shared motivation we have to keep putting effort to keep the connection going and it keeps building more and more discomfort. Connecting with effort is treating people like they are part of the world we need to change, this puts a physical burden on others to change to either meet our expectations and connect in the way we demand or they need to help us change to fit into their world. The physical burden we are forcing on others is bad enough, but when we connect with effort many people use violence or aggression to force them to align with our motivations or to get them to connect.

### **Gaining Anxiety through Effort**

Connecting with effort is treating people like they are part of the world that you need to change, this creates a temporary connection that only lasts as long as the effort. We have to keep using effort to keep the connection going, we have to keep forcing the emotion to keep the connection motivated. If we want to collaborate we can try to pull out the emotions that motivate us from our connection, but remember the emotions we feel in this connection were built through effort and that means we are working to build our own motivations. Any resolve we build through effort is only maintained through effort. Anxiety comes from not knowing if our resolve and collaborations are enough to complete interaction, if everything is only happening because we keep putting effort in, the feeling of anxiety is very real, we won't have anyone else working to collaborate, everything will succeed or fail on our efforts.

### **Community from Emotion**

Interacting with emotion is treating the world like we are connected to the world like it changes us and we change it, since the world is a shared place it helps us make changes that benefit both us and our connections. We collect emotions that have meaning through our motivations to build our resolve, when we have strong connections with understanding the emotions that motivate us are the things that also motivate our connections. This means the resolve we build is a shared resolve, strengthening our connections. We direct that shared resolve through collaboration to change the world in a way that helps us all. That emotion we draw from our connections, to interact with the world, that builds our shared resolve, it is in that resolve that we find our community. Our community is the connections we rely on, the shared experiences we have from collaborating, the motivation to improve all of our lives together.

### **Collapse of Community from Effort**

Connection with effort is treating the people around us like they are simply a part of the world that we need to change. Community and connections do take work, but we have to realize that we are not going through thought but are simply pushing ourselves, our own motivations on our connections. This is where authoritarianism happens. If people don't want to connect with us, since we are using effort we have to try to use more effort to connect or lose the connection. Again, we are forcing the connection and that means the motivations are ours alone, any resolve has to be kept up by us, collaboration in our community is built from effort alone. Community from effort only lasts as long as our efforts, or as long as the patience of our connections. There is a chance that in time others will share our motivations if they are forced to follow our vision long enough, but enough people will fight it, that it will collapse.

### **Positive Physical Change (meaning) from Social Energy (life)**

When we interact with emotion we are changing the world like it changes us while we change it, helping us work for the world so it works for us. By following the natural flow our motivations can pull in significant emotions, driving our resolve to build our community, directing our interactions through collaboration. When we interact with emotion through community, we gain understanding, strength and resolve both discomfort and anxiety. By creating greater change in the world through community we are creating greater meaning in the world through collaboration. By removing discomfort that limits our effort, we are removing the sediment that limits our physical life. Simply put, using our social life through our community gives our physical aspect greater meaning and frees up our physical life.

### **Negative Social Change (meaning) from Physical Energy (life)**

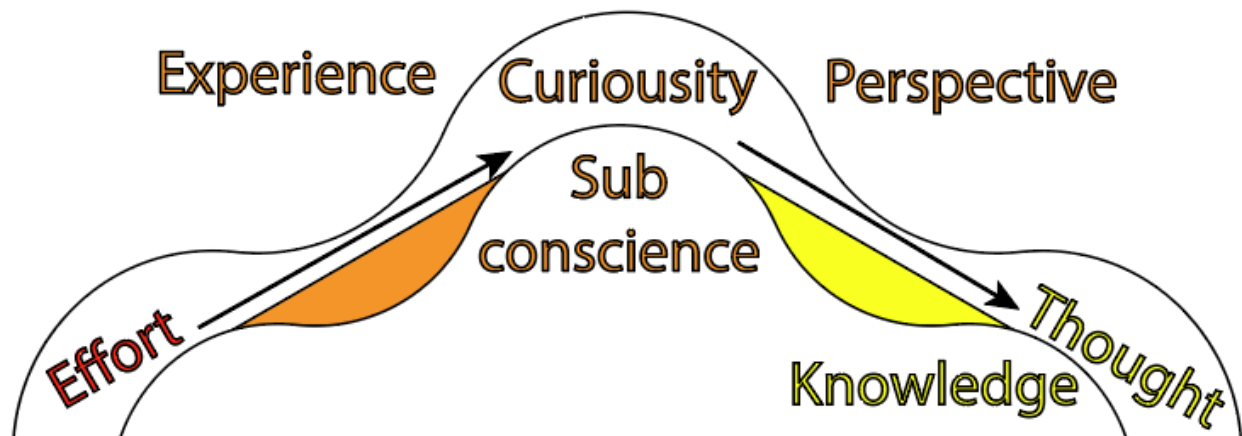
When we connect with effort we are treating others like they are part of the world that needs to be changed, ignoring who they are so they work for us. By going against the natural flow we are only addressing our own motivations by pushing emotions, pushing our resolve, pushing our community and forcing collaboration. Forced community stops when our efforts stop or our connections stop, only building discomfort and anxiety. By creating a false community with forced changes we have false connections and forced meaning that will collapse without effort. By building discomfort we are building sediment that restricts our physical life. Simply put, trying to connect with effort leaves us weak and lonely, leaving our physical aspect without lasting meaning and a restricted physical life.

## Experience from Effort, Information through Perspective

Our bodies are always receiving information that changes us. We need to collect information about what is around us to keep us going. If we only use thought to collect information from the world to resolve our stress we never fully resolve it. When we inform with effort we are gathering information from whatever makes changes, giving us reliable knowledge that helps us work with the changes in the world. When we gather reliable information we need less thought to understand the world so we stress less and don't end up confused and conflicted by what happens and what we think we know. But there is something between effort and thought, an inner voice that drives and directs how we change, we call this our subconscious.

Our body is changed by our spiritual connections, strengthening us. Strength from interactions builds our experience, building our curiosity to change ourselves, building our subconscious. The soul uses our curiosity to drive us to search for information, directs our thoughts with perspective, gathering information that changes us in a positive way.

Using the natural cycle of energy, interaction gives us information, through curiosity.



The world is a changing place, when the world interacts with us, how we change will always affect how well we adapt to the world, how well we live with it. This does not have to be a burden for us to overcome, by following the natural flow of energy this becomes a strength. When we inform with effort we are treating ourselves like we are a shared place, like we are part of the world that needs to be changed

### **Effort into Thought through Subconscious**

Effort is kinetic energy, the energy of movement, it is the same energy that our senses turn into information, movement is information. When we use effort to collect information we are building more accurate knowledge, making us better prepared, our subconscious giving us drive and direction. Our physical energy (effort) is driven by our interactions with the world, when we inform with effort we are making changes to ourselves that are based on our interactions in the world. Our experiences, the results of us living in the world, pull in significant efforts, building our curiosity about the world. Once our curiosity collects enough physical energy it pushes

perspective, giving us information on how the world interacts with us. A strong subconscious built on experience gives us perspective and knowledge of how the world changes us, so we can gain information with less stress and less thought..

### **Information from the Subconscious**

When we collect information we are trying to adjust to what is happening in the world, since the world is always changing there is a lot of information and trying to think through everything is impossible. When we use effort to build knowledge about our experiences, we are training our subconscious minds how the world changes, how we affect it and how it affects us, teaching ourselves what is safe to ignore and what is important to pay attention to. The knowledge we gain isn't simply what is safe to do and what isn't, effort makes sure the subconscious way we respond to the changes others make in the world is positive, by giving us information on how we really are affected by each other. When we use effort to collect information we will find that we have the knowledge we need to change to work with the changes happening in the world, if we have not already made those changes subconsciously.

### **Interaction from Subconscious**

When we interact with the world we are making changes, many of those changes are something that we do every day. Curiosity about what we are doing pulls in those experiences and directs our thoughts through perspective. Next time we have to do those interactions we already have knowledge about how our efforts changed us, and if we are curious enough to try a different approach we gain even more knowledge about those efforts. If our curiosity is strong enough, our interactions are directed by our subconscious without any thought needed anymore. Experiences take efforts and turns them into information, information is how the world changes us. The world doesn't just change us mentally, but physically as well. Our bodies can be subconsciously changed by the information we receive from the world, we are drawn to interactions by our curiosity, our views and even health changed by the perspectives we have.

### **Knowledge from the Subconscious**

Gaining information from effort gives us perspective through experience. Our subconscious makes other connections for us so we don't have to think about everything, it blocks out things we don't need to worry about like sounds, shadows, things we see every day and other information from our senses that we don't need. Knowing what to believe and what not to believe is a powerful tool but without experiences our knowledge will be incomplete. If we want to change in positive ways we have to be open to new experiences, willing to change our perspective and ourselves. Our subconscious also gives us guidance on how to process the information, things like situational awareness, reading body language or intentions and connecting memories to things like scents or sounds are all knowledge that our spirit uses to tie together knowledge we have gained in the past to what is happening to us now.

### **Strength from Subconscious** How prior helps prior power

Information comes from every sense, when we are interacting with the world, what is happening inside us creates information just like what is happening outside us. How our muscles react in a situation is also information, the pains, the stresses and the impact. Was we experience more

things our subconscious is also taking in this information and changing our bodies to do the same actions more effectively with less effort, this is called muscle memory. Muscle memory removes the amount of thinking we need to do, in fact thinking too much on something you have done many times will get in the way. Experience is a strength in it's own, that is why we practice and learn. It is not just muscles that are affected, but our minds and reflexes too, our ability to handle crises can give us more strength in a situation that our muscles could ever do, our subconscious also handles these experiences, making us more effective in every way.

### **Thought into Effort** How reverse energy conflicts

When we follow the natural flow of energy and turn effort into thought we are treating ourselves like it is part of the world that we can change, when we try to go against the flow and try and turn thought into effort we are looking at the world like it is part of us that is being changed. This may not seem like a big difference but seeing ourselves as part of a greater whole accepts that our actions affect others and we have an obligation to the world, we are responsible for what we do. Turning that around to say the world is part of us is saying the world has an obligation to us, that others are responsible for what we do. The problem with many people is this is how they were raised, their parents simply gave them whatever they wanted or needed without holding them responsible for the outcome of their actions. If only using the same aspect to change is seen as immature, using the wrong aspect can be seen as being spoiled.

### **Bad Interactions from Thought to Effort** How reverse damages attribute

Thinking before you act is not a bad thing, the issue with trying to interact with thought is we are not gathering information, then interacting in two separate actions, we are trying to interact with thought. Also keep in mind we are not going through emotion, ignoring the perspectives and motivations of the people around us. Trying to change the world without effort, just using thought, makes changes that may take less effort but the changes that are made are unreliable. Approaching interactions like the world is part of us that is being changed gives us a sense that we are not responsible for the changes we make, many of those changes will come into conflict with other people and we will take that personally, even though it is our approach at fault. It also ignores our responsibility to make the changes ourselves and without effort nothing gets done. Finally doing something without experience or training will end badly.

### **Bad Information from Thought to Effort** How reverse damages prior

If we lead with thought before any effort we end up with expectations of how something works without any experiences on how it actually works. Assuming something works a certain way ends up in making mistakes when interacting, things that break things or hurting people, this is from bad information that is not based on experience. Many people trying to figure things out will start with thought and then try to use effort to prove their idea, this a bad approach. We should not try to find proof of what we think, or before you know it you are writing a blog about how the world is flat. Information can be used in a way to prove almost any viewpoint, but without effort first it is not the world that is shifting our perspective on how the world is working, we are shifting our perspective to match how we think the world should be working. When we put our perspective before experiences we are turning bad knowledge into more bad knowledge.



### **Weakness from Thought to Effort** How reverse reduces prior power

While we can use effort to go out and observe the world and increase our knowledge, we cannot use thought to interact with the world and gain strength, that goes against the natural flow of energy and just turns positive thought into negative discomfort. Unlike organizing we call this procrastination. Using thought to interact is us treating the world like it is part of us that is being changed, it abandons our power to change what's around us, building stress and discomfort. We can use our minds to get others to interact with the world for us, but this does not build strength and is simply pushing our discomfort and stress onto others. When we take what we want without interacting on our own, interacting with the world with thought, bypassing emotion we become a burden to others and when the time comes when that support is gone we find ourselves incapable of resolving anything for ourselves.

### **Ignorance from Thought to Effort** How reverse reduces power

Going from thought to effort creates a perspective that is separate from our experiences, so when we interact with the world we need things to meet our expectations. By creating expectations before experiences we are building a model of the world in our mind, false knowledge that is not built on reality. When we filter our experiences through our perspective, instead of the other way around, we collect information that reinforces our expectations and that reinforces the bad knowledge we have already collected. There is also the danger of taking people's words as fact. When someone tells us something we have two options, we can either think about what they said, forming opinions and trying to build knowledge based on the information they provided or we can put in the effort to check what they said. Without putting in effort to check information from other people, their bad knowledge builds more bad knowledge.

### **Resolving Stress Subconsciously** Resolving sediment (partial)

Stress comes from trying to think through the things that change us. When we use effort to collect information we are taking away the need to think about the situation. With effort we are removing the source of the stress, by taking the time and effort to resolve the situation or we are finding enough information that we understand how the situation affects us. When we know how something changes us we can take the steps needed to be prepared for the change so we will be changed in a positive way. Teaching our subconscious what is safe to ignore is the biggest thing we can do to remove stress, but it is only reliable if we have gotten information with effort. If we haven't gotten information with effort we are training ourselves not to be able to ignore anything and it forces us to have to think through everything all the time, leading us to stress about everything.

### **Resolving Exhaustion Subconsciously** Resolving friction (partial)

Exhaustion sets in when we feel like our efforts won't provide the perspective to sort through the information we receive so we shut down and stop trying as discomfort turns to stress. The key to resolving exhaustion is that we stop trying when we feel exhausted, we give up on finding new experiences and that means we will never find the perspective we need to keep going on and the exhaustion becomes something deeper. Exhaustion is both mental and physical, the cause of it can also be a mix of physical and mental. To overcome exhaustion we must find our curiosity again. Finding our curiosity is hard to do, remember our subconscious is how our soul

changes who we are and we don't have direct control over it but what we can do is push ourselves to new experiences and try to find our perspective again. Remember that connections are how we change our soul, so finding connections who help us do this can help us heal.

### **Gaining Stress from Thought** Building sediment reverse

Trying to think through interactions is hard, trying to resolve why things don't work out the way we expect, why it seems like the world is working against us, why whatever we do just crumbles into nothing. The reason for this is we are trying to interact with thought and not considering the impact of our connections, known and unknown, on our interactions and this causes stress. The world is a shared place, by approaching it like it is a part of us that is being changed is incorrect, the world is not part of us and others don't see it that way or treat it that way. When we interact, if we think we have all the answers or even if we are trying to limit the amount of work we do and put the burden on others, in the end nothing will last and the changes we make will simply cause us stress. Eventually we will expect everything we do to fail and the idea of trying to interact with the world is stressful in itself. Bad connections can cause the same problems.

### **Gaining Exhaustion from Thought** Building friction reverse

Exhaustion sets in when our efforts no longer provide the perspective we need, when we interact with thought. Thinning through everything means that everytime we need to interact with the world we need to find a way to do it by ourselves or find a way to get someone else to do it for us. The changes are never permanent and we have to keep repeating them and figuring it out every time it needs to be repeated. This is exhausting, mentally and physically. Trying to resolve our stresses with thought or trying to think our way through how to change the world in a way that it changes us in a positive way is just as exhausting. Thinking that the world is part of us that is being changed and then trying to adapt the world to line up with us also means we won't be prepared for how the world is actually changing, we are basically trying to change the world to match our undeveloped perspective, meaning our efforts will never be enough.

### **Subconscious from Effort** How empowers soul

Our subconscious takes our experiences and turns them into perspective. We use the term perspective but it also includes skill and muscle memory, it is the talent we learn, the way we do things is the perspective we learn from doing things a certain way. Perspective is what we think about how things are, the way things happen, how changes in the world affect us and other things in the world. We can observe change and come to some idea, build some perspective, but unless we make the change ourselves we don't have information on all the changes taking place. Even if we make the change ourselves there is always something else making changes too and it is only by repeating the changes that we can separate the effects of each change being made. We can build some perspective from observation, but it takes real effort to build that into our subconscious to the point where we no longer have to think about it.

### **Weakened Subconscious from Thought** How reverse weakens soul

When we let thought lead our efforts we are avoiding as much experience as possible, this doesn't allow our subconscious to give us skills and lighten the load, reducing thought and providing muscle memory. Since every time we take an action we are looking at the way to do it

with the least amount of effort instead of putting in effort to gain knowledge we will never be able to let our subconscious take over part of the workload. Overthinking also overrules our subconscious, we are training ourselves to ignore the voice of our spirit trying to help us change or trying to do something manually that we have already trained ourselves to do automatically. Sometimes this is a positive thing, like if your reaction is to physically attack someone trying to stress you out, but more often than not it is us trying to overrule the perspectives we have gained from our experience to justify us doing what we want instead of what we should.

### **Positive Mental Change (meaning) from Physical Energy (life)**

When we collect information with effort we are treating ourselves as part of the world that we can change, helping us change ourselves for the better. By following the natural flow our effort can pull in significant experiences, driving our curiosity to build our subconscious, directing our information through perspective. When we inform ourselves with effort we gain strength, knowledge and curiosity, both stress and exhaustion. By creating greater change within ourselves through our subconscious we are creating greater meaning in us through our perspective. By removing the stress that limits our thought, we are removing the sediment that limits our mental life. Simply put, using our physical life through our subconscious gives our mental aspect greater meaning and frees up our mental life.

### **Negative Physical Change (meaning) from Mental Energy (life)**

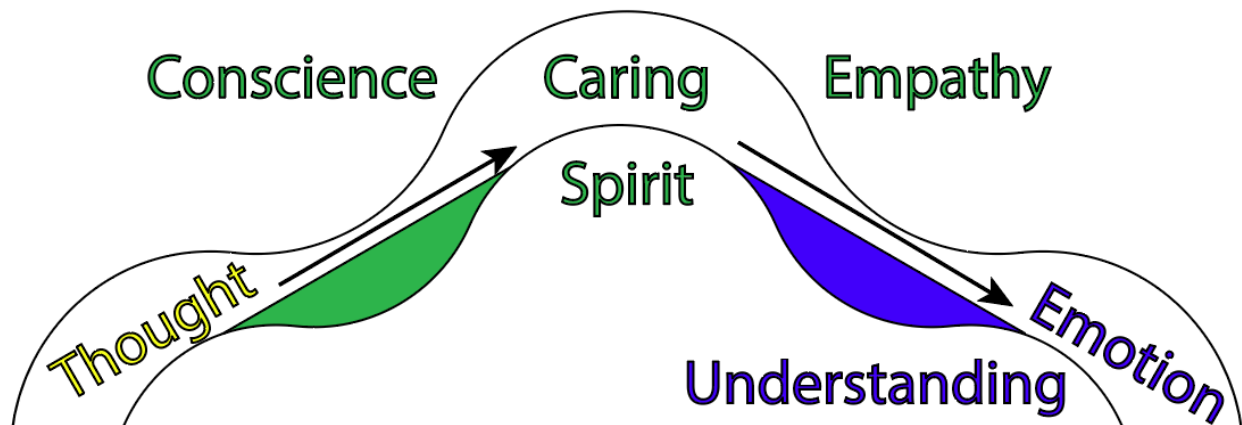
When we interact with thought we are treating the world like it is part of us that is being changed, ignoring our responsibility to make changes ourselves. By going against the natural flow we are only making the world work for us by aligning to our thought, aligning to our experience, aligning it to our subconscious and forcing our own perspective onto the world. Interactions from a forced perspective lasts only as long as our efforts and we have to think through it every time, only creating stress and discomfort. By making what happens in the world all about us and our perspective the changes collapse whenever someone else is involved forcing us to redo everything from the start. By building stress we are building sediment that restricts our mental life. Simply put, trying to interact with thought leaves us ignorant and weak, leaving our mental aspect without lasting meaning and a restricted mental life.

## Conscience from Thought, Emotion from Empathy

We are always sharing connections that change each other. Connection brings us closer to the things that will help us navigate the changes in this shared world. If we only use emotion to connect to each other and resolve worry, we never fully resolve it. When we connect with thought we are making connections based on what we know of how the world changes each other, helping us understand how we change each other. With strong connections we need less emotion to keep those connections so we can rely on their strength when needed and we avoid worrying about if our connections will be there when we need it. But there is something between thought and emotion, an inner drive to connect on an emotional level, we call this our spirit..

Our mind is changed by our community interactions, giving us knowledge. Knowledge from information builds our conscience, building our caring of each other, building our spirit. The soul uses our conscience to drive us to find connections, directs our emotions with empathy, building connections that change each other in a positive way.

Using the natural cycle of energy, information helps us make connections.



The world is a shared place, when we connect with each other, the changes we make will always change the world in ways that can last longer than us. This doesn't have to be a burden for us to overcome, by following the natural flow of energy this becomes a strength. When we connect with thought we are treating each other like they are a part of us being changed by the world, it helps us understand how we are changing them and they are changing us.

**Thought into Emotion Through Spirit** How positive energy combines through soul  
Thought is chemical energy that creates chemical energy in our brain, it is the energy of life we gather from the world around us and take for our own. When we connect with thought we connect more deeply, capable of greater positive and negative impact, our caring giving drive and direction. Our mental energy (thought) is driven by our knowledge on how people are changed by the world, when we connect with thought we are changing each other based on that knowledge. Our conscience, our knowledge of how others are impacted, pull in significant thoughts, building our caring on how others are changed. Once our caring collects enough

mental energy it pushes empathy that aligns our thoughts towards building greater understanding of how our connections are changed. Changes that help us the amount of emotions we need to connect, reducing worry and stress.

**Connections from Spirit** How positive strengthens attribute

Connecting with thought is treating our connections like they are part of us that is being changed. Our spirit is the home to our personal drives, it directs the changes we make, our motivations and subconscious desires. When we connect with spirit we use what we care about to connect on a deeper level and encourage our connections to do the same. Sharing motivations helps us connect with others to build our community, caring about others helps us know what matters to them and what we can do to create a better connection. When we connect through empathy, driven by our conscience, our knowledge of the right thing to do, we are investing a part of ourselves into the connection, we are proving our value by showing our connections that their needs matter to us and we value their contentment. Caring about others is not a weakness, it is the only way to build strong connections.

**Information from Spirit** How positive empowers prior through soul

When we connect with others and we actually care about them, what they are doing, how the world is changing them, we gain information from their efforts, building empathy. Our conscience is our spirit telling us how our subconscious, our perspective is changing us through our mind, it is feedback from the soul, treating connections like they are part of us that are being changed pulls them into our perspective, building more caring. When we connect with caring, that caring is pulling significant thoughts from our subconscious and then directing our connections based on that information. Connecting with thought, through our spirit, helps us know how our actions are affecting others, how we are changed by the world is helping us live in the world. We can try to see the world and change from our perspective alone, but people are flawed so the more perspectives we learn from the less flawed our information will be.

**Understanding from Spirit** How prior helps power

There is a difference between knowledge and understanding. Knowledge is a chemical reaction, built from chemical reaction, it can only tell us what is based on what we know. Understanding is an electromagnetic reaction, it is an emotion (feeling) built from the emotion of others and like all electromagnetic energy it can be shared from one source to another. Understanding can be shared without words, signs or even any information passed at all. It can help us know the motivations and perspectives of others without any words being shared but first we need to be on the same wavelength as the other person. I am using wavelength figuratively, some believe it can be literal, but no matter how you think it works you need to care about the other person to be able to understand them. Connecting with thought through caring helps us build empathy, feel what others feel, understand the emotions of our connections like they are part of us.

**Knowledge from Spirit** How prior helps prior power

Understanding is an inner feeling of how our connections feel about a situation, knowledge is information about that person and how the world changes them and how they change us. We can observe others and gain some information but like every other bit of information there is so

much change happening all the time that to be able to know what changes are actually affecting things we have to put in effort to find out. Connecting to people is easy, caring about what they say, feel and how they are affected by change takes more mental energy, more thought to find out. Empathy allows us to feel what others are feeling, exchanging electromagnetic energy, when we know how they are being changed by what happens in the world we are also building knowledge about how we may be changed by the world and we can also build knowledge on the changes our connections are making so we know how they are changing us.

### **Emotion into Thought** How reverse energy conflicts

Following the natural flow of energy, our thoughts build stable connections. Meaning our thoughts and information helps us change others and allow them to change us. When we go against the natural flow of energy and try to turn emotion into thought we cause conflict and negative change, we are treating our inner selves like who we are is part of our connections that is being changed by them and others as who they are are changed by us. While we do change each other, not everything is a direct and intentional action of others, we should not allow ourselves to be defined by emotion and we should not expect others to be defined by our emotion. Emotion, how we feel about things, our inner selves does not define how we must change, the actions of those around us are not the authors of our inner selves. The opposite is also true, we can't expect others to change based on how we feel, we don't write their being.

### **Bad Connections from Emotion to Thought** How reverse damages attribute

Going against the flow and treating ourselves like we are being changed by each other removes our responsibility in how we react, it is collecting information with emotion, emotionally reacting. Assuming everything that happens to us has an emotional motive behind it is not only paranoid it is also incorrect. Most people are simply trying to live their life, they are flawed just as we are, their actions may not take us into account. When others change the world, they change us, but unless we connect with thought they may never know how their actions are affecting us and we shouldn't take what happens to us personally without thought first. The reverse is also true, when we assume emotions are what changes people we start using our own emotions to bully people to change in the way we want them to, we become toxic people that only bring negativity and conflict to all of our interactions and find ourselves with no true connections.

### **Bad Information from Emotion to Thought** How reverse damages prior

Collecting information with emotion is treating ourselves like we are part of our connections being changed. While connections change each other, going against the flow skips caring, our empathy to what they feel, we don't build understanding of their motivations and perspective. Just because someone's actions could change us doesn't mean we have to be changed by them and it definitely doesn't mean that just because someone is doing something that they are trying to change you. Emotions are electromagnetic energy, just like wireless waves they travel quickly and are picked up by the people around us, they can act like a disease spreading emotions between connections. Because people are flawed, their perspectives, emotions and reactions can be flawed as well, allowing those emotions to overrule our emotions can drag us into flawed emotions, flawed thoughts, flawed perspectives.

### **Misunderstanding from Emotion to Thought** How reverse reduces power

When we use emotion to collect information we are treating ourselves like we are part of our connections that are being changed. We are assuming that our connections are there simply to change us in the ways that we want them to, but unlike the world they have their own desires and needs. We may also send emotion to try and get information from someone, this is one aspect of emotional manipulation, but the problem is that with no real connection we have to keep up the pressure and increase it more and more until eventually the connection collapses without any understanding being developed. Finally we may use emotion to pressure them to think the way we want by making them feel a certain way about us, this forces the other side of the connection to misunderstand us, who we are and what our motivations are, this doesn't only not build true connections but can even damage the connection we may already have.

### **Bad Knowledge from Emotion to Thought** How reverse reduces prior power

When we use emotion to collect information we are treating ourselves like we are part of our connections being changed. We assume that because someone shares something that resonates with us that what they are saying is the truth, we don't know or understand their motivations. Even if the motivations of our connections are good, the information they are sharing may not be, our feelings for our connections may lead us to share those feelings for the information they are sharing even though the information may be false, incomplete and possibly twisted by their perspective or our understanding. Believing something is a certain way because of how we or our connections feel about it leads us to build bad knowledge, knowledge that may lead us to ignore things that we should pay attention to, change ourselves in a way that damages ourselves or make us unprepared for the changes happening in the world.

### **Resolving Worry with Caring** Resolving sediment (partial)

Worry happens when we are unsure about the stability of our connections. We worry if they break the connection, we worry if changes in the world will break the connection. When we connect with thought we are treating others like they are part of us being changed by the world, seeing others as part of ourselves allows us to connect with empathy, to understand how they are changed by the world and how our actions are changing them. Being able to empathize, share emotions, with our connections means that we do not need to worry about if they will break the connection, we will already know how they feel and understand their motivations. Understanding how our connections are changed by the world and by our actions in the world also helps us resolve worry, it helps us know if the world will break the connection. There are still things that can break our connections, but we will have reduced what we can control.

### **Pushing Worry into Discomfort**

Part of connection is the sediment of worry, it builds up in our social aspect, blocking e worry about losing the connections we depend on to help us interact with the world, help us resolve discomfort and help us understand how the world is changing us all. We may think that following the natural flow

### **Resolving Apathy with Caring** Resolving friction (partial)

Apathy happens when we feel like our conscience doesn't provide us with the empathy we need to make connections, we stop pushing to connect to others as our stress turns to worry. We stop believing our spirit has what it takes to make meaningful connections when there is so much going on, that we lack the emotions needed to empathize with others. At this point many people give up on caring but it is when we feel the most apathetic that we should care the most. By drawing in from our conscience, our knowledge of what people should be going through that we build up our caring, as we build up more caring we start to connect more with others allowing the emotions a path to follow, something for our empathy to direct. Many people assume because they stop caring that they have done enough or there is nothing left to gain by empathizing with others, but without empathy we can't build understanding connections.

### **Gaining Worry through Emotion** Building sediment reverse

Whenever we use emotion we build worry because we have invested a part of ourselves into building that connection. Emotions are electromagnetic energy that is shared and amplified between us and our connections, even if we are using our emotions to try and manipulate people we are still investing a part of ourselves and we will worry about how they will react or what we will do when we have broken all of our connections. The biggest source of worry though comes from when we allow others emotions to control the information we receive. When others try to get us to change from the information they share, we become worried that if we reject the information or don't change in the way that they want us to, they will break the connection. This worry is very valid, many people, myself included, have lost friends, families and jobs because we chose information collected by effort instead of being pushed by emotion.

### **Gaining Apathy through Emotion** Building friction reverse

Collecting information with emotion is treating ourselves like we are part of our connections being changed, it puts the burden of what happens to us on our connections. This can be on purpose or it can be simply because we don't check information our connections share. If we try and force others to be responsible for the way we change by using our emotions we don't really care about them, their motivations or how our actions are changing them as long as we get what we want out of them. This avoids empathy but still burdens our caring, building apathy. If we collect information from others, allowing our emotions to dictate what we believe we are skipping understanding of both our connections and those we are gaining information about. We are letting others tell us what and who we should care about, we are overwriting our own conscience and we lose our empathy, building apathy by being pushed with bad information.

### **Caring from Thought** How empowers soul

Connecting with thought is treating others like they are a part of us that is being changed by the world. It builds a connection of understanding of what they are going through, why they have changed in certain ways, what their true motivations are and how we can either help or simply relate to them. When we see others as part of ourselves we start to share emotions, we start to build empathy with them, since empathy directs thoughts to emotions it draws from the caring in our spirit. Simply put we care for ourselves and when we see the reflection of our experiences in others we care for them too. This does mean that we need to care for ourselves first, but this can help us do that too because we should also be connected with ourselves and if we don't



have that connection all we have to do is put some thought into our own emotions, finding out what we want and need to find out what we care about so we can care about others.

### **Loss of Caring from Emotion** How reverse weakens soul

When we think of everything that happens to us as a result of someone else's actions we become very defensive of the words and actions of others. Since we have no understanding of the motivation of others we stop caring about what is bothering others and instead we just worry about how the actions of others are affecting us. When the world changes us and we are unprepared, we start blaming others and stop caring about ourselves since we assume the changes are the fault of our connections. Gathering information from emotion makes us think that everything happening in the world is caused by the emotions and intentions of others, making it hard to understand their true motives. When we trust our connections to provide all of our information, gathering information from emotional connection, we build bad knowledge and that bad knowledge makes it hard to empathize with how the world is actually changing others.

### **Positive Social Change (meaning) from Mental Energy (life)**

When we connect with thought we are changing each other like they are part of us being changed by the world, so we end up knowing them as well as ourselves. By following the natural flow our conscience can pull in significant thoughts, driving our caring to build our spirit, directing our connections through empathy. When we connect with thought through our spirit we gain knowledge, understanding and caring both worry and apathy. By creating greater change in each other through our spirit we are creating greater meaning in the world through empathy. By removing worry that limits our emotions, we are removing the sediment that limits our social life. Simply put, using our mental life through our spirit gives our social aspect greater meaning and frees up our social life.

### **Negative Mental Change (meaning) from Social Energy (life)**

When we think with emotion we are treating ourselves like we are being changed by others as we change each other, giving up our control over how we change. By going against the natural flow we are giving up our conscience by giving up thoughts, giving up caring, giving up our spirit and giving up our empathy. Empathy that is based on emotions and not thought will always let us down, because emotions shift, emotions are shared, the emotions of our connections may not always be based on good knowledge. By giving up our control of empathy and caring we give up our control of our thoughts, our connections, who we connect to and how well we understand them. By building worry we are building sediment that restricts our social aspect without lasting meaning and a restricted social life.

# Completing the Circle



Contentment is as easy as following the natural flow of energy. Social energy to change the world. Physical energy when we are being changed. Mental energy to change each other. When we inform with effort we are treating ourselves like we are part of the world that can be changed, building knowledge of the world and how we can best change with it. When we connect with thought we are treating connections like we are a part of them that is being changed, this builds understanding in our connection to them. Then when we interact with emotion we are treating the world like it is a connection that we change and it changes us, we are making changes based on knowledge and understanding of the world instead of simply doing whatever we feel like is the correct interaction at the time.

By combining two aspects we combine the strengths to do more aspects and get more done with less energy and are able to resolve some of the sediment that builds up, but if we want to resolve sediment completely to free up our energy, free up our life, we need to use every aspect in our daily lives.

Energy never disappears, it simply changes shape. The goal of cultivating contentment is to keep that energy flowing through us without end so the sediment never has time to settle and we always have fuel for what we need to or want to do. If we simply use two aspects of who we are, the energy does not complete the circle and it just stops, dropping sediment along the way. Whenever we make a decision or make any changes we must use every part of who we are, mind, body and connections to resolve sediment and we need to follow the natural flow to make sure the changes we make are positive ones.

This may sound exhausting, and at first it will be, but remember nothing changes without something making it change, that is why the book is called cultivating contentment, not finding contentment. Just like planting a garden for the first time takes a large amount of effort to clear the land of trees and rocks before tilling the ground, the first steps of cultivating contentment will take some work. The knowledge we gain about how to do something in a positive way is something we will always have, the understanding on how our actions affect our connections will build strong relationships that will last and the strength those connections give us is something we can always count on.

We may need to put in the work to free up the sediment we have now, but once we get our life moving in a positive direction it will keep going until something comes along to slow it down. With our life flowing in a positive direction the changes we make will be positive too, giving our lives positive meaning.

## Resolving Sediment by Sustaining Contentment

Contentment is making positive meaning, positive changes in the world, ourselves and our connections and that is done when we follow the natural flow of energy, of life every time we need to make changes. If every time we need to make changes we use the energy of the aspect before we will build contentment and if we complete the circle when we make changes we are building contentment in every aspect with every change we make. The problem is as we create change we build sediment that slows our energy, our life and that makes it harder to make changes the more changes we make. Without resolving sediment, the changes we make, the meaning we can create, is limited.

Nothing changes without something making it change so when we push to make changes there is always something that pushes back, whatever energy we put out there is returned back to us. Fortunately for us we do not need our energy to make all the changes all the time, when we get things moving in a positive direction they continue to move in a positive direction, the effort, thought and emotion will keep going unless something else makes it stop. When we go against the natural flow of energy everything fights against us, when we go with the natural flow of energy everything works to keep that energy flowing.

When we make changes, if we keep in mind how the world is changed, how we are changed and how others are changed, then the changes we make will last and the energy we use will keep flowing, so we do not need to repeat the changes as often and we build less sediment.

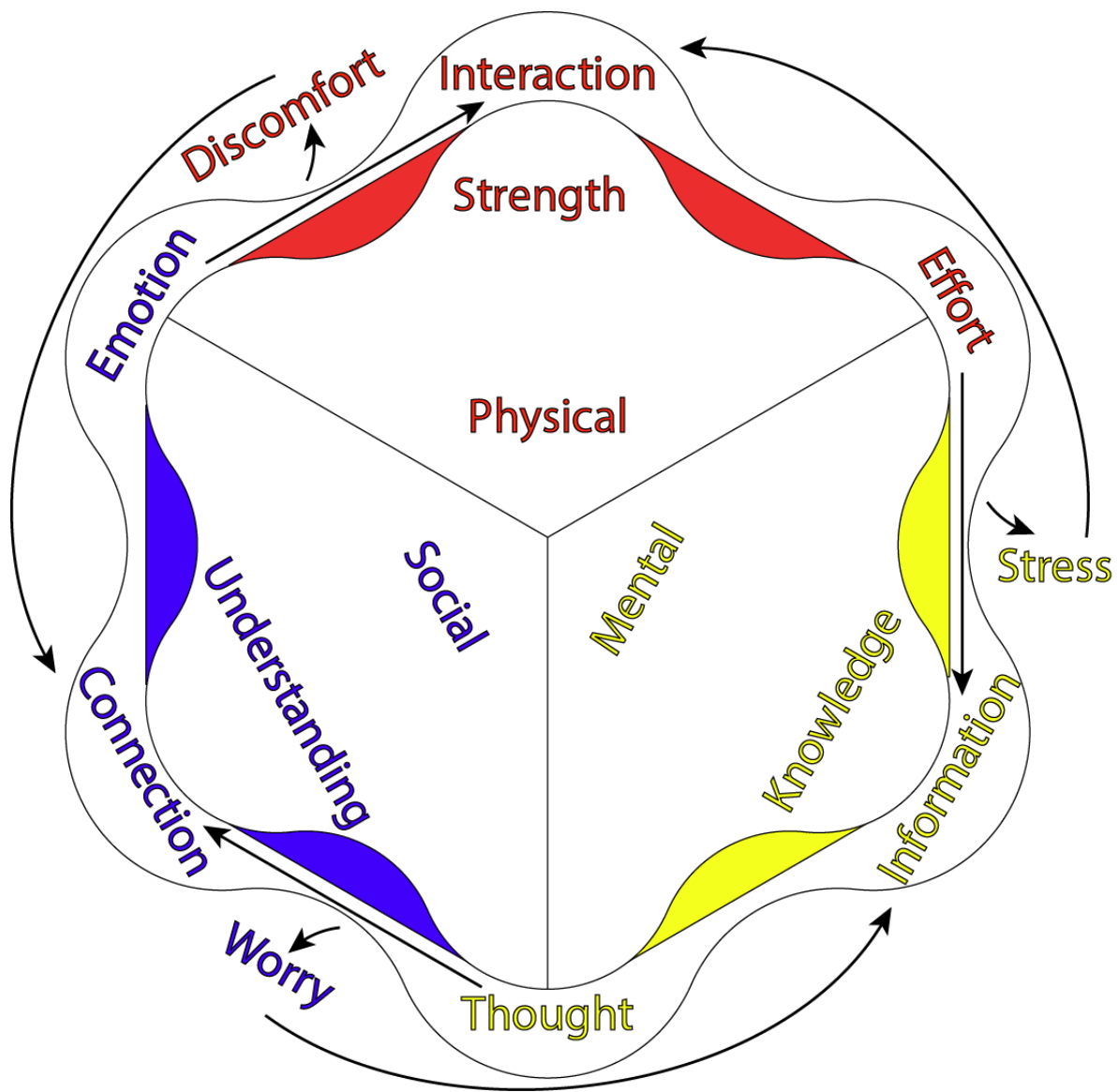
When we follow the natural flow of energy we also gain strength, knowledge and understanding. These tools let us leverage greater change with less energy, meaning the changes we make will take less energy, and when it comes time to make changes we already have the tools needed and don't need to remake them. This is also where our soul comes in, it remembers the energies we needed to make change, how it flowed and it helps us repeat it when needed. Between our strength and our soul, everyone develops different skills and talents, we build different communities so we can use our strengths to get others to cover our weaknesses.

Following the full circle we can use our sediments to fuel the change we make, to encourage us to cover our weakness, building our strength while resolving the things that keep our life from flowing. Following the natural flow with two aspects can help us prevent building sediment, but going around the circle helps us resolve sediment in every aspect. Connections can only resolve our discomfort when we have interacted with emotion, gathered information with effort and finally connected with thought. Interactions can only resolve our stress when we have gathered information with effort, connected with thought and finally interacted with emotion. Information can only resolve worry when we have connected with thought, interacted with emotion and finally gathered information with effort.

Every positive action we take along the way builds positive energy, pulling our sediment along with it so when we make the change we need to, the impact will be as big as possible.

## The Full Physical Circle - Think, Connect, Act

When we need to make changes to the world we should make them with emotion, with our social energy, to make sure that we are not causing conflict between what we are doing and what others need to change or have already changed. The question we need to ask is, what are our connections going to change and what have they already changed? Do we understand what their motivations are, or even more do we understand them enough to know how the world is changing them and how that influences their motivations? Do we understand how they are changing us? Do we understand their perspective, caring and community enough to know what direction their skills, talents and soul are going to drive change? Unless we understand our connections we risk just creating an emotional conflict between what we feel others should be changing and what they really are going to change or already have changed.



### **Cultivating Physical Strength through Interaction**

To build knowledge we need to put effort into finding information about how our interactions will change the world. We need to use thought to connect to those that will be impacted by our interactions and build understanding. Finally we need to use emotion to make changes based on the understanding we have built or choose not to take action that may destroy or redo the actions of a connection, giving us strength in community. By following the full circle, a simple change to the world strengthens every Physical aspect of who we are. We treat ourselves like we are part of the world being changed, we accept our connections are changed just like we are, then we work together to change the world like it changes us as much as we change it, completing the circle. By tying every aspect of who we are to the changes we make, we are accepting we live in a shared world, then changing it in a positive way for everyone, giving our lives a greater meaning than simply ourselves.

### **Resolving Sediment through Interaction**

If we start with emotional energy and stop at physical interaction we can partially resolve the physical sediment of discomfort and will be gaining some worry as well. If we use thought to connect before we interact with emotion we will avoid gaining worry, but we will gain stress. If we use effort to gain information before we connect with thought we will gain some discomfort while resolving stress, but since we are completing the circle we can address the discomfort we are building. Completing the circle in a positive direction takes the negative energy and uses it to empower our soul, it gives us strength and directs our energy in a positive way, with discomfort driving empathy, strengthening our connections and our motivations, filling our resolve and directing our community.

Interacting with effort alone will build more discomfort than we can resolve, our whole life will simply interacting to gain chemical energy. By completing the circle we can get the things done we need to without gaining any additional sediment. There is another part to this though, our discomforts motivate us to connect, the sediment of discomfort fuels our emotion. Because the best way to resolve sediment is by completing the circle in a positive direction, when we feel discomfort it is a good time to care about others in a positive way, it gives shared motivation, builds resolve and can lead to collaboration that builds our community.

### **Pushing Sediment through Partial Connection**

When we complete the circle we have to go through every aspect. Starting at one and stopping before we go all the way around may feel like we resolved our sediment and that sediment may be gone but in truth we have just pushed it to the next aspect, the energy never disappeared, it just changed shape. If we try to resolve our discomfort, starting with effort but ending at information, we may have knowledge about what is blocking our efforts, but we haven't resolved it but simply pushed discomfort into stress. If we use that information to connect with thought and end there instead, we may have built some understanding between us and our connections but still have not resolved the discomfort but pushed it into worry between connections about the situation.

It isn't until we push the discomfort into motivation that it actually gets resolved. We must build the resolve to actually do something, we need to collaborate with others, allow them into our community to either use what we now know to provide some relief from the discomfort for everyone or allow them to provide that relief for us.

### **Summary**

When we need to make changes to the world these are the steps we need to take.

- Put effort into gathering information on what we need to do, who it affects and how they feel about it. Resolving our stress by using it to empower our efforts while building good knowledge.
- Think about how our actions impact our connections, resolving our worry by using it to empower our thoughts and building understanding.
- Use the energy of your connections (emotions) to interact with the world, resolving our discomforts by using them to empower our emotions while building our strength.

As an example of how you would do this in your life, let's say you need to build a house.

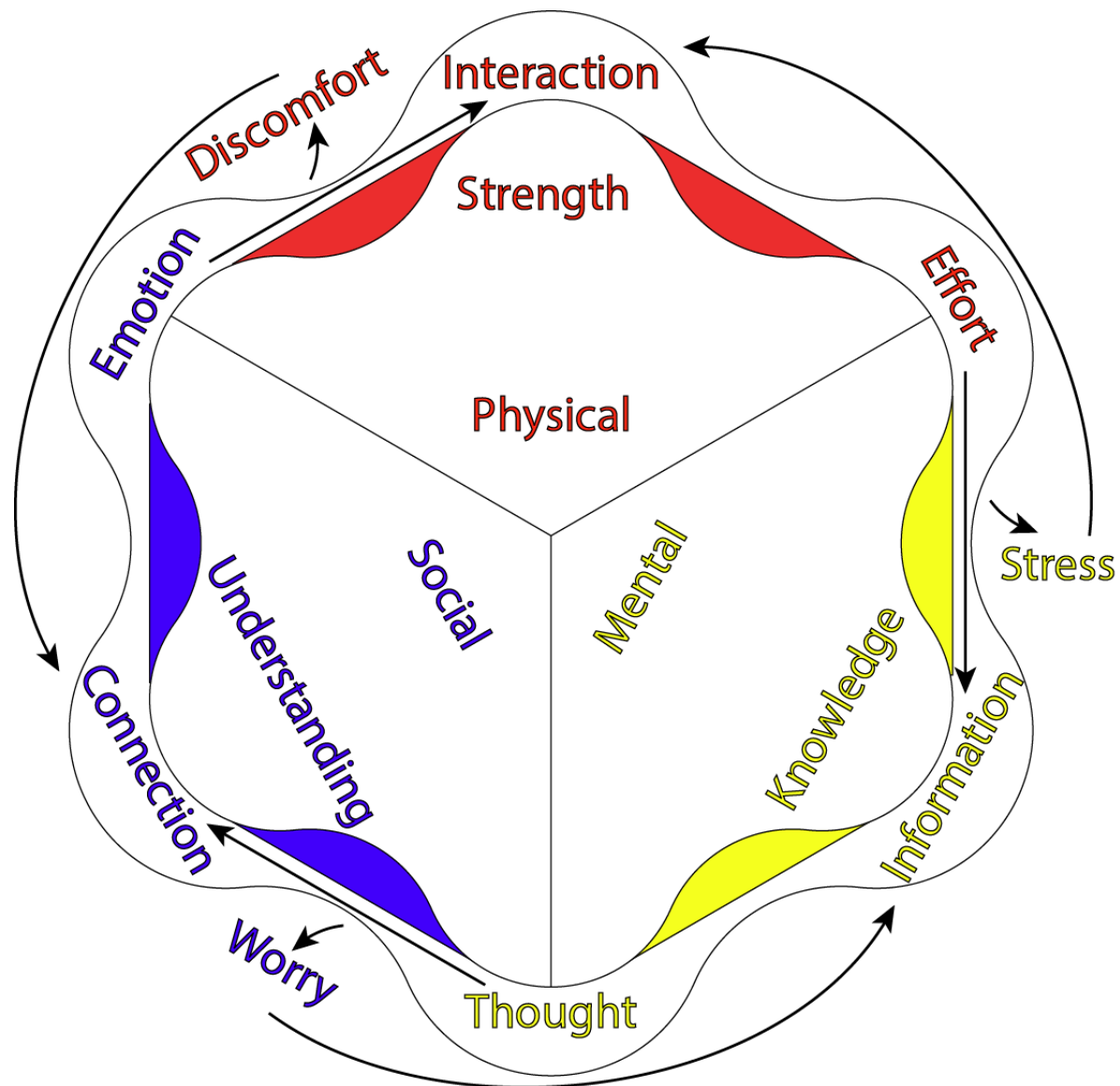
- Find out information about the location, materials and what work needs to get done. This knowledge will resolve stress about missing steps or if your home will last.
- Think about who would be the best people to do the work you need and what they will want for the work they are going to do. Understanding your connections will resolve your worry about the quality of work and if you are paying a good price.
- Organize and cooperate with the people helping, respect their skill and experience. You will get the best work possible with the least amount of discomfort and when you need help again you will have strong connections to rely on.

Relying on others is not a weakness, it is a strength. You can be the strongest person in the world but still lose a contest of strength to three average people because there is a limit to what we can do alone. We don't have to learn everything ourselves, we can trade what we are good at for what someone else is good at, this is how an economy works.

There are two things you need to do though, first is accept that you are valuable, you have something to offer even if there are things you can't do alone. The second is we need to accept that others have something to offer, that they may have weaknesses of their own, that connections are valuable to them as much as it is to us. That is why it takes emotion to resolve discomfort, it takes a connection with understanding to build a community that works for everyone.

## The Full Mental Circle - Feel, Interact, Inform

When we allow ourselves to be changed by the world we should make those changes with effort, with our mental energy, to make sure that we are not causing internal conflict between what we think we know and how we are actually being changed. The question we need to ask is, how is the world changing and how can we change to be prepared? Do we have the strength for these experiences, or even more important is do we have the strength to handle the changes that are coming our way in a positive way? Do we have the strength to change ourselves to deal with the changes? Do we have the strength in our caring, community and our subconscious to direct our skills, talent and soul to drive the changes in us that we need to make? Unless we strengthen our interactions we risk just creating a physical conflict between how we are changing and how the world is changing around us, how the world is pushing us to change so we can live with it instead of against it.





### **Cultivating Mental Strength through Information**

To build understanding we need to put thought into connecting to find out how others are changing the world alongside us. We need to use emotion to know where to focus our efforts in our search for information, adding the work of others to our strength. Finally we need to use effort to collect information so that when the world changes us, we are changing in a way that we will be prepared with the knowledge to handle whatever happens. By following the full circle, a simple change in us strengthens every physical aspect of who we are. We treat our connections like they are being changed by the world, we treat the world like it is part of us being changed as we change it and we treat ourselves like we are part of the world that we can change, completing the circle. By tying every aspect of who we are in the way we are being changed, we are accepting that we have control over the way we respond to the world, then deciding to change in a positive way, giving us greater meaning as we grow.

### **Resolving Sediment through Information**

If we start with physical energy and stop at mental information we can partially resolve the mental sediment of stress and will be gaining some discomfort as well. If we use emotion to interact before we collect information with effort we will avoid gaining discomfort, but will gain worry. If we use thought to connect before we interact with emotion we will gain some stress while resolving worry, but since we are completing the circle we can address the stress we are building. Completing the circle in a positive direction takes the negative energy and uses it to empower our soul, it gives us knowledge and directs our energy in a positive way, with stress driving our collaborations, the interactions giving us experiences, filling our curiosity and directing our perspective.

Information from thought alone will build more discomfort than we can resolve, our whole life will simply be thinking to sort through information. By completing the circle we can figure out what the world is telling us without gaining additional sediment. But there is another part to this, our stress motivates us to interact, the sediment of stress fuels our efforts. Because the best way to resolve sediment is completing the circle in a positive direction, when we are stressed it is a good time to find new ways to interact in a positive way, it gives us new resolve, builds our curiosity for how the world works and can lead to perspectives that builds our subconscious.

### **Pushing Sediment through Partial Interaction**

When we complete the circle we have to go through every aspect. Starting at one and stopping before we go all the way around may feel like we resolved our sediment and that sediment may be gone but in truth we have just pushed it to the next aspect, the energy never disappeared, it just changed shape. If we try to resolve our stress, starting with thought but ending at connection, we may have understanding on what is causing the stress, but we haven't resolved it but simply pushed discomfort into worry. If we use that information to interact with emotion and end there instead, we may have added the strength of our connections but still have not resolved the stress but pushed it into discomfort shared between us and our connections.

It isn't until we push the stress into experiences that it actually gets resolved. We must put in effort to actually do something, we need to build a perspective on what is causing us stress and

either subconsciously ignore it or resolve it through interactions, to actually change it or accept, change it physically or ourselves mentally.

### **Summary**

So when information from the world is changing us, these are the steps we need to take.

- Put thought into connecting with others on what is happening, resolving our worry by using it to empower our emotions while building understanding.
- Interact with the world with emotion, resolving our discomforts by using it to empower our efforts and building strength through connections.
- Use effort to gather information on how the world is changing us, resolving our stress by using them to empower our efforts while building our knowledge.

As an example of how you would do this in your life, let's say you hear loud, stressful noise.

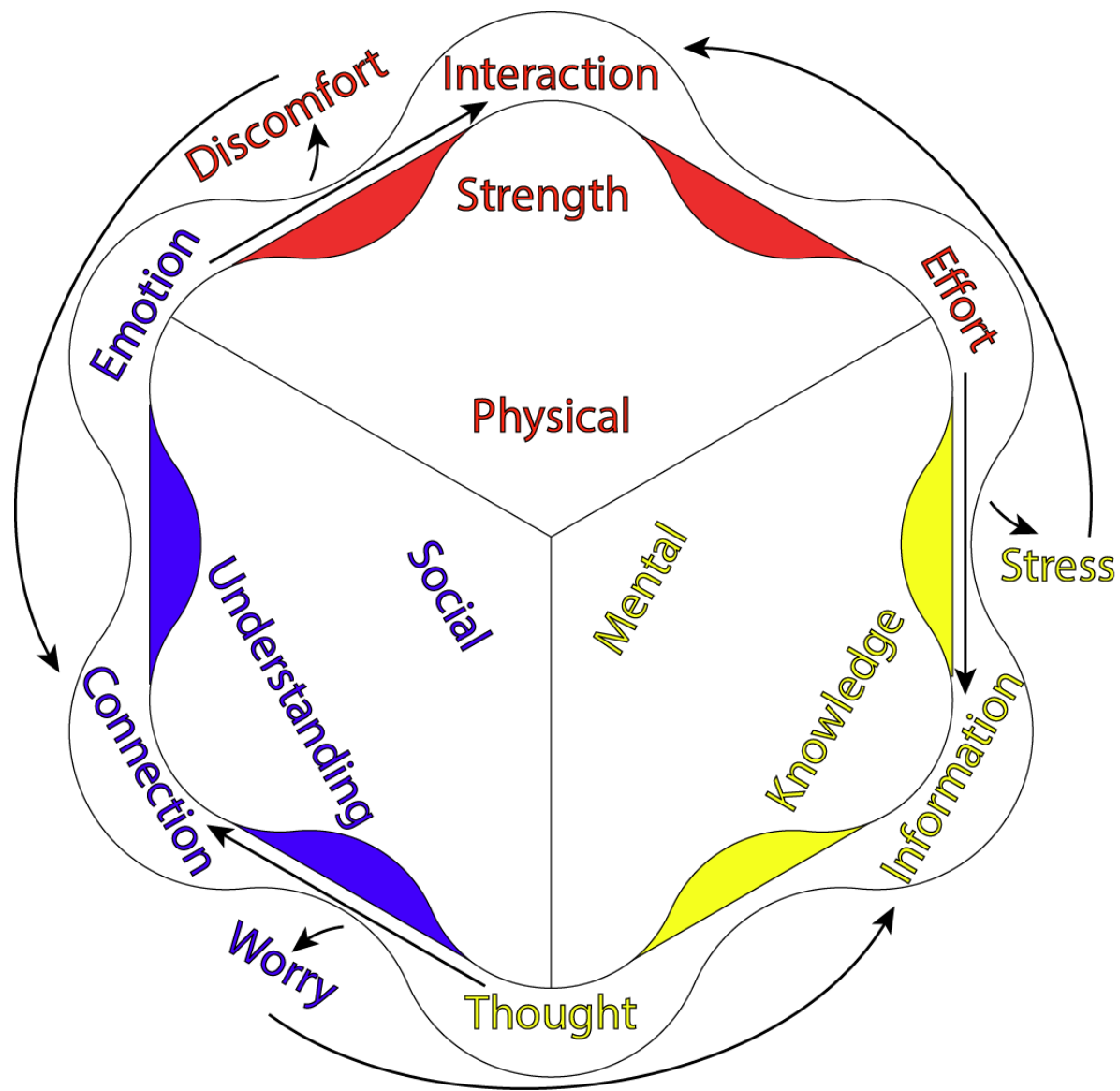
- Find out who is making the noises and why, understand their motivations.
- Help the connection that is making the noise to finish what they are doing, asking them politely to stop or by helping them fix the problem causing the noise.
- With the help and information gained from your connections, find a solution or accept it as a part of your life, knowing that there is no way to resolve the noise and knowing that others are not doing this to make you change in a negative way.
- 

Not every stress can be resolved, and not every connection will work with you to build knowledge, they might even be trying to make you change in a negative way. The solution is to find new connections, directly ask them to help you check the motivations of the connection causing negative change, and if they all agree then drop the old and work with the new.

Remember most of our strength comes from our connections, but you still need to take time to follow up on stories from your news source, make sure that you are not the product they are selling to their customers. A good rule to follow is the less you are paying for your news the less you should trust it, because if they are not selling the information to you, they are selling their power to change you to their backers.

## The Full Social Circle - Interact, Think, Connect

When we need to make changes to each other we should make them with thought, with our mental energy, to make sure we are not causing conflict between how we are changed by the world and how our connections are changed by the world. The question we need to ask is, do we know what their perspective, their need for change is? Do we know what they have gone through, what they will go through, do we care and empathize enough with their life experiences to know how we are changing them and they are changing us? Do we know if they care or have empathy for us? Do we understand their perspective, caring and community enough to know what direction their skills, talents and soul are going to drive change? Unless we have deep knowledge of how we are changing each other we risk creating mental conflict between how we think the world is changing us and unprepared for how it is actually changing us.



### **Cultivating Emotional Strength through Thought**

To build understanding we need to put thought into how we are changing our connections and how they are changing us. We need to use emotion to interact with the world that works for everyone, adding their strength to ours. Finally we need to use effort to gather information about those in our community, collecting good knowledge that helps us connect in a positive way. By following the full circle, a simple change in our connection strengthens every physical aspect of who we are. We treat the world like it is changing us and our connections as much as we change it, accepting we are part of the world we need to change, recognizing our connections are part of us being changed by the world, completing the circle. By tying every aspect of who we are to the changes we make, we are accepting we live in a shared world, then changing it in a positive way for everyone, giving our lives a greater meaning than simply ourselves.

### **Resolving Sediment through Thought**

If we start with mental energy and stop at social connection we can partially resolve the emotional sediment of worry and will gain some stress as well. If we use effort to gather information before we connect with thought we will avoid gaining stress but we will gain discomfort. If we use emotion to interact with the world before we interact we will gain some worry while resolving discomfort, but since we are completing the circle we can address the worry we are building. Completing the circle in a positive direction takes the negative energy and uses it to empower our soul, it gives us strength and directs our energy in a positive way, with worry driving our perspective, filling our caring and directing our empathy.

Connecting with emotion alone will build more worry than we can resolve, our whole life will simply be connecting to gain emotional energy. By completing the circle we can get the support we need without gaining any additional sediment. There is another part to this though, our worry motivates us to collect information, the sediment of worry fuels our thoughts. The best way to resolve sediment is by completing the circle in a positive direction, when we feel worry it is a good time to inform ourselves about how the world changes us in a positive way, it drives our subconscious, builds caring and can lead to greater empathy of what our connections go through.

### **Pushing Sediment through Partial Information**

When we complete the circle we have to go through every aspect. Starting at one and stopping before we go all the way around may feel like we resolved our sediment and that sediment may be gone but in truth we have just pushed it to the next aspect, the energy never disappeared, it just changed shape. If we try to resolve our worry, starting with emotion but ending at interaction we may have connected more but without understanding we haven't resolved our worry, just pushed worry into discomfort. If we use that effort to gather information and end there instead we may have built knowledge about how we are changed by the world and our connections but have just pushed our worry into stress about things we can't change.

It isn't until we push the worry into our conscience that it actually gets resolved. We must build caring about how we change our connections and they change us, we need to empathize with

their role in our connection and get to know who they are on a deeper level to finally resolve our worry with a deeper understanding of our role in each other's lives.

So when we need to make changes to each other these are the steps we need to take.

- Emotionally interact with connections, resolve our discomforts to using them to empower our emotions while gaining the strength of those around us.
- Put effort into finding more information about our connections, resolving stress by using it to empower our interactions and build knowledge.
- Think about what motivates the other side of the connection, resolving our worries by using them to empower our thoughts while we gain understanding.

As an example of how you would do this in your life, let's say you need to borrow money.

- Approach the connection you want to ask, keeping how you feel and they feel in mind.
- Put effort into gathering information to check if they are a good connection to borrow from by interacting with them and gathering information about them from other places.
- Connect with thought to build understanding about the motivations and needs of your connection to build a deeper connection and to make positive changes to each other

Using emotion to interact is key to contentment. It means understanding that everyone that you connect with during your day is a unique person with a unique view on the world. Just ask a person about themselves and you will be surprised at the stories and information you will get. If you are going to do something alone, you can also do it with someone else, it will make it more fun, you will gain knowledge, understanding and a deeper connection.

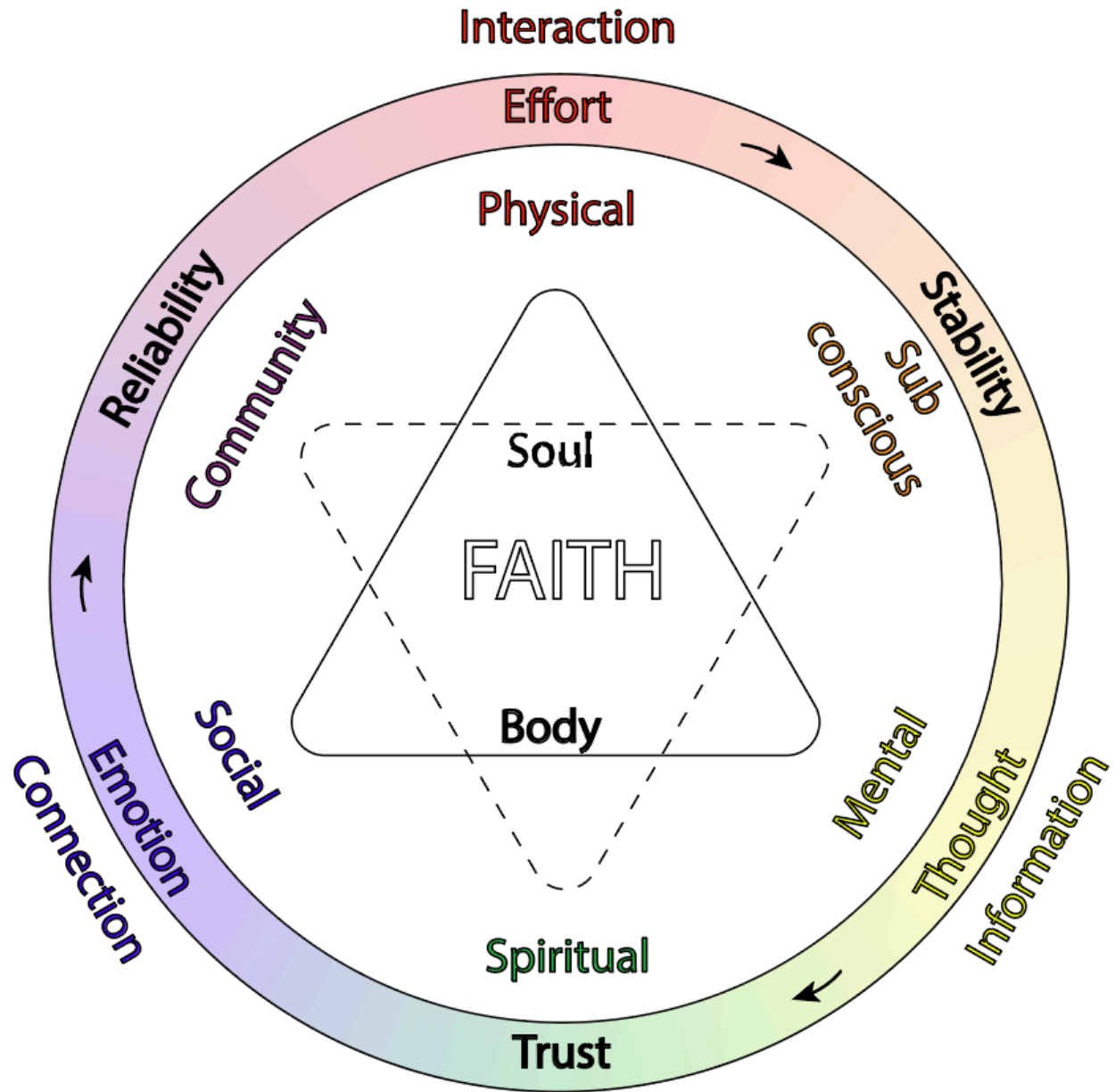
If we follow the natural flow of energy and Interact, Think, Connect, we resolve our sediment, helping our life flow smoothly by helping our energy flow smoothly, we gain strength (knowledge

## Opening the Channels

Energy is life. As we live that life sediment builds up that slows us down. Discomfort, stress and worry all get in the way of us doing the things we want to, making the changes that will give our lives meaning. With discomfort, if we want to lift something but our back hurts it takes more effort to interact. With stress, if we want to read something but there are distractions making us use more thought to gather information. With worry, if we think someone hates us it takes more emotion to connect.

The same thing happens with the friction in our souls. With exhaustion, it takes more effort to chase experiences and more thought to pull out a perspective. With apathy, it takes more thought to hear our conscience and more emotion to draw out our empathy. With anxiety it takes more emotion to motivate ourselves and more effort to collaborate with others.

Sustaining contentment is freeing our life to flow without being held back and creating positive meaning. To free up our life we need to both remove sediment and find a way to keep it from collecting. If we view our energy flowing through our body along a path, a channel inside, the sediment builds up and narrows that channel. Following the natural flow of energy gives our energy enough force to pick up the sediment and as we use our energy to make changes the sediment gets resolved along with it and even strengthens the changes we make. Some people are born with wide channels for their energy to flow, some narrow, most of us a mix between the aspects. But there is a solution for us, and that is to open the channels, widening them as much as possible.



Opening the channel isn't hard, all it takes is to keep our energy moving in a positive direction. Imagine water flowing through a riverbed, as long as we keep it flowing in a positive direction the riverbed will become larger, the water will flow smoother and cleaner with less sediment. If we change the flow in a negative direction it becomes stagnant, it will never get the force it needs to open the channel and will just push the sediment into a block that will stop us from using our energy, from living our life. You may have a physical disability or life experiences that make it hard for you to complete the circle so you can open your channels but fortunately there are ways to build up our soul that will help us live our lives.

## Freeing our Physical Life with Reliability

Discomfort blocks the channel leading to our interactions, we get tired, sore, injured and worn down as we change the world around us. Discomfort can be resolved with help from others, but more importantly we can avoid it building up by making our interactions more reliable. We get tired when we have to do things the hard way, we get sore when we have to interact in unpredictable ways, we get injured when a tool breaks, we get worn when we have to repeat the same interactions. Building methods and interactions that are reliable, we can plan and predict what needs to be done in ways that we can rely on, reducing the impact discomfort has on the flow of our lives.

We live in a shared world, the changes we make will affect others and the changes they make will affect us. When we change the world we want to make sure we are changing it in ways that will last and ways that we can rely on. When we interact with emotion we are changing the world with others in mind, interacting in ways that help everyone instead of causing conflicts, the changes we make will last, our community will be there when we need to rely on them. When we connect with thought before interacting and when we resolve our discomforts with our connections, we are building a network of people who can help us find the changes we need to make and then help us make changes that we can't make alone. When we follow the natural flow of energy we will have to make fewer changes, spend less time finding ways to change the world and gain less discomfort. Building a world together where we can focus on sustaining contentment instead of struggling to live.

Discomfort builds up before our physical aspect, it blocks the flow of energy between our connections and ourselves, right where our community is located. To resolve discomfort we need to rely on our community, direct our interactions towards collaboration. Community helps us resolve discomfort; it also builds reliability in our lives too. Building a community of people built on understanding and strength through collaboration creates a community that is there when you need it, building the reliability in your life that prevents you from having to do things alone, limits the amount of discomfort you build in your life by opening the channel.

### **Limiting Reliability with Thought**

If we go against the natural flow of energy and try to interact with thought we may be able to find a shortcut to accomplish what we need to. But without considering our connections and how they are affected we will never know when those changes will be undone or our methods will stop working, so we will never be able to rely on the changes we make. Even if we connect before we interact with thought, if we haven't put thought into our connections first, then we won't know the motivations of our connections, making our connections unreliable. If we try to resolve our discomfort with information, we don't ever resolve our discomforts and we will never know when our discomforts will prevent us from making the changes we need to.

When the changes we make to the world are unreliable, we are avoiding our community, we become exhausted because all of our efforts don't seem to give us any real experience. As we start to give up on new experiences, the changes we make to the world, and the ways the world



changes us becomes more unreliable, narrowing the channel between effort and thought. When the channel gets blocked worry builds up over the feeling that our connections are trying to sabotage our efforts, causing us to lose trust. Stress starts building up over the changes we make are not lasting, causing us to think the world is becoming more unstable.

### **The Circle of Reliability**

The best way to build reliability in your life is to complete the circle.

- Using effort to gather information to know the details about what needs to be done and figure out the best way to do it. Try to find out if there is a proven, reliable way to complete the interaction, build experience to give you perspective so that your subconscious can reliably handle some of the work.
- Using the knowledge we have gained we can think through what connections can help us with the interaction and also lets us empathize with how the changes we plan to make to the world with our interaction will affect our connections. Caring about others helps you build connections you can rely on for advice or skills, it helps you become a connection that others can rely on to make positive changes in their lives.
- Interacting with emotion leads us to find those in our community with shared motivations, helping us find those who can reliably change the world or give us the opportunity to bring that reliability to our community. Emotion also gives us the insight we need so that the changes we make don't conflict with the motivations of those in our community, strengthening our connections, making our community more reliable and avoiding the discomfort that comes from repeating changes caused by conflicting interactions. By considering our connections we can both improve the reliability of those connections by strengthening our community and by avoiding gaining the same discomforts others have already gained while making the same changes we want to make.

## **Opening the Mental Channel with Stability**

Stress blocks the channel leading to our information, we get overwhelmed, distracted, confused and pressured as the world forces us to change. Stress can be resolved by changing the world in the ways needed, but more importantly we can prevent stress from building up by building stability in our lives. We get overwhelmed when we need to make too many changes, we get distracted when too many changes are happening, we get confused when new changes happen that we don't have enough knowledge about, we feel pressured when we are asked to change without information. By building good knowledge and making sure the things we can control do not change in unexpected ways we can build stability that removes stress in our own lives so we can focus on the changes happening around us.

To open the mental channel we need to build stability. To keep living we need to make changes, to keep ourselves out of danger and to adapt to the changes that are happening around us. The world changes us through the information collected from our senses, but there is so much information we need to stabilize as much as we can so we can ignore the information that is not important and focus on what is important. Stabilizing the world takes effort. When we use effort

to build good knowledge, that knowledge will tell our minds how the world works and we learn what we need to collect more information on and what we can ignore building stability around us. When we resolve stress with interactions we resolve our discomforts and build stability inside us.

Stress builds up before our mental aspect, it blocks the flow of energy between ourselves and our minds, right where our subconscious is located, to limit the amount of stress and build stability we need to strengthen our subconscious. To build stability in the world we need to know how to act in the world. The first time we do something we will make mistakes, it will probably fail, but our subconscious will gain experience from each attempt. As we direct our efforts toward new experiences we are teaching our subconscious new things or better ways to do things we already have done. Over time we will automatically handle the small steps subconsciously, bringing stability to our efforts, allowing us to focus on the journey we are taking. When the small things are handled we are able to grow our perspective, the world will make more sense, the things that we were unsure of before that caused us stress, will become easy to overcome, bringing us stability.

### **Limiting Stability with Emotion**

If we try to collect information with our emotions we don't build good information, we only collect opinions and our opinions don't change reality. When all we have is opinions or ideas about how we think the world is changing us, we will be wrong most of the time. When our opinions are challenged by reality either we will change in a negative way or we will try and force the world to change to meet our opinions, again in a negative way. We will never know how we should change, making the world an unstable mystery to us. If we try to resolve our stress with our connections we are putting stress on our connections, making them unstable.

When we collect information that is not built on stability, we are avoiding our subconscious, we become apathetic because we feel like all of our thoughts just conflict with our conscience, so we give up on caring.

### **The Circle of Stability**

The best way to build stability is to complete the circle.

- Connect with thought, build understanding of how your connections handle change and how they are causing change in yourself. Even if understanding how they are changing you through their interactions doesn't remove the change, it will still help you understand their actions, training your subconscious to add their perspective to your own. Stability comes from learning the perspectives of your connections and understanding how they are changing you.
- Interact with emotion, change the world to remove as many stresses that you can in ways that benefit your community. Building a community that resolves stress will not only help you address the things that change you but from the understanding you have built with your connections it will ensure everyone is making changes that reduce the creation of stress for everyone. Collaborating to bring stability to the community through shared motivations.

- Inform with effort, gain knowledge of how others have been changed and what you can do to handle them. Everyone is different, so it will take you effort and understanding to find the information that applies to you. You must not only build your own perspective but you need to filter the perspectives of others through their motivations to make sure their intention is to bring stability to your world instead of something negative that will cause stress and conflict. Finally experience as much as you can for yourself, to build your subconscious to handle change for you. You don't want to handle change for the first time when you are forced to, that will only cause stress.

## Opening the Social Channel with Trust

Worry blocks the channel leading to our connections, worry of being alone, being used, feeling loss, feeling crowded as we change others and they change us. Worry can be resolved with thought, but more importantly we can avoid it by building trust. Loneliness comes from mistrust, abuse from trusting the wrong person, loss from losing the one we trust, social anxiety from not knowing how much to trust. Building a network of connections we can trust helps us know we are not alone, that there is someone there that can invest positive change in us as much as we invest positive change in them, trust is not a connection itself as much as it is a network, it spreads over time to include the connections of our connections, reducing the impact worry has on our lives.

To open the social channel we need to build trust. When we connect with thought we build understanding in our connections, when we fully understand the connections, the drives and directions of their soul, that is when we understand what part of that connection we can trust. When we have connections we can trust we no longer have to put so much thought or emotion in connections to make positive changes to each other, this prevents worry from building. Building trust also lets us know how and when our connection will be there, if they will support us during loss or back us up in social situations, informing us what connections to invest in and what connections to drop. Trust lets us share our emotions more freely, allowing greater changes with less worry.

Our spirit also plays a part in opening the channel, since worry builds up before connection. If we want to open the channel to limit how much sediment can build up we need to build trust with a caring spirit. Sharing our motivations builds trust between us and our connections. To truly care about someone we need to listen to our conscience, allow it to pull in significant thoughts and turn them into empathy, driving positive emotion and positive connection. It takes mental energy to understand someone, we need the driving force of our conscience to draw those thoughts into our spirit. Caring is the well within our soul, we can care all we want, filling the well, but it isn't until we connect with empathy that our caring actually does something. When we connect with empathy, feel what others feel, it helps us to share their experience, to understand what others feel and what they go through. Just remember that we change each

other through our connections, trust needs to be built between your empathy and theirs, it is not enough for one person to care and the other person to not.

### **Limiting Trust with Effort**

If we try to connect with effort it goes against the natural flow of energy and we do not build understanding. When all we have is a physical connection we will never know when the connection will be broken so we will never be able to trust it and we will always worry. If we choose to trust a connection that is only made through effort we might never fill the other side's motivations and when the connection breaks we will be shaken and our trust in all of our other connections will be shaken. We can try to resolve our worries with interactions but without thought we will only be making a stronger connection that we don't understand, pushing our worries into discomforts.

### **The Circle of Trust**

The best way to build Trust is to complete the circle.

- When we interact with emotion we are considering how the changes we make to the world will affect others, it helps us understand the motivations of others and how they collaborate within our community. Collaboration adds the strengths of others to our own strength, allowing us to continue to work with them towards building trust.
- Once we have included someone in our community it becomes much easier to collect information with effort, since most collaborations are shared effort we can pay attention to how and why our connection changes the world, what their motivations are and if they interact with emotion in a positive way. By continuing to collect information about our connection with our experiences we subconsciously change our perspective of that person, building knowledge of how they change the world, trust in their interactions.
- Once we know a person's motivations, we have perspective on why they make the changes they do, we can connect with thought, sharing our emotions and connecting to theirs through empathy. When we connect with thought and explore the ways others are changed by the world and we verify their knowledge, the understanding and the strength we share with our connection, that is when we build trust. It is important that we connect with thought and receive the empathy we share with them, without running thought through conscience, check that they care, we will never truly trust someone.

### **Opening the Spiritual Channels**

We know there is a world we can't see, while electromagnetic energy is about movement there is another side of the world that pushes back. We can't see this other world, just its effects on what we can sense. Our energy flows through our physical selves, it is driven, held and directed by our souls. While our bodies are about movement and change, our souls are about gathering and change. We can't see our caring, community or subconscious, but we can sense where our physical energy crosses over to our spirit. We can motivate others, share experiences and appeal to a person's conscience. We can know someone's perspective, understand their empathy and join in on a collaboration. But what is inside, the root of our soul is our own journey. I can't tell you what your private spiritual journey is like, but what I can tell you is to free up your physical life you need to open your spiritual channels by digging the wells in your soul

deeper. I don't know what you care about, but keep finding the things you can trust in. I can't understand everyone in your community, but never give up on building something you can rely on. I can't strengthen your subconscious, but as long as you're open to being taught by the world you will find the path to your stability as a person.

### **Opening the Channels Summary**

By opening the channel we give room for more energy to flow and that means we have room for more life to flow. Each channel leads into the next, a reliable life builds stability, stability builds trust and trust builds reliability. Opening the channels happens naturally when we follow the natural flow of energy and gives us the power to live life more freely with less energy, so we can focus that energy on making the changes that matter and give our lives true meaning.

Opening our spiritual channels allows our spirit to resolve our physical sediment. If we resolve sediment to power our spirits to drive and direct change, we are freeing up life by creating spiritual meaning from negative physical energy.

- We resolve physical sediment with spiritual change, we free our physical life by using negative physical energy to give our caring power for greater positive change.
- We resolve mental sediment with community change, we free our mental life by using negative mental energy to give our community power for greater positive change.
- We resolve social sediment with subconscious change, we free social life by using negative social energy to give our subconscious power for greater positive change.

In other words

- Our spirits are given drive and direction that give our soul and social lives positive meaning when we free our bodies by changing the world with emotion like it changes us as much as we change it, when we let that experience change us like we are part of the world being changed, when we care enough about others to realize they are part of us being changed by the world. Turning discomfort into caring.
- Our communities are given drive and direction that give our community and our physical lives meaning when we free our minds by putting effort into changing ourselves as part of the world we are changing, when we let that perspective change others like they are part of us being changed by the world, when we are motivated to change the world together like it is changing us as much as we change it. Turning stress into resolve.
- Our subconscious is given drive and direction that gives our subconscious and mental lives positive meaning when we free our social aspect by putting thought into changing each other like they are part of us being changed by the world, when we let that empathy change the world like it is changing us as much as we change it, when we let experiences inform us on how the world changes like we are part of the world we are changing. Turning worry into curiosity.

Cultivating contentment isn't the only way to open the channels, we can also open the channels by changing the world, our connections and ourselves. We can cultivate contentment and live selfishly, using our energy to change the world around us in negative ways. Not only does creating negative change give our lives a negative meaning, but it will destroy our stability,

reliability and trust, leaving us with a discontent life. When we change the world around us in a positive way, that also opens the channels for our energy, our life to flow more freely.

## Blocking the Flow of Energy

We have already talked about the things that build up and slow the flow of energy, physical is slowed by discomfort, thought is slowed by stress and social is slowed by worry. There are things however, that completely stop the flow of energy through our different aspects instead of sediment we call these things blocks. We are all different people and all have different things that can block us but there are some blocks we all share, injury, fear and isolation. There are different causes for these blocks, but whatever causes the block the results are the same.

### **Injury and Exhaustion Blocks Effort**

We are calling the thing that blocks the physical energy of effort, injury. Injury can be anything from illness to missing limbs, anything that blocks us from using effort to make changes. When we can't use effort it becomes much harder to interact with the world, this is where cultivating contentment with the natural flow of energy truly frees up our life. If we try to interact with thought while injured we will not be able to do anything, however if we connect with emotion we can rely on our stable connections to interact with the world in ways we can't.

The problem with being injured becomes a greater issue when it comes to our mental state. Since the only way to build reliable knowledge is through effort, when we are injured we have to be creative when finding ways to collect information. The best example of this is Stephen Hawking, who is almost completely paralyzed with ALS but still manages to provide reliable knowledge to the rest of the world. When he was young Hawking connected thoughtfully to experts in physics, he collaborated (emotion) with those connections to interact with the world and build good knowledge. When Hawking could no longer interact with the world he had solid connections that could interact with the world in ways he couldn't, putting in effort in his place to provide information. By following the natural flow of energy Hawking was able to cultivate contentment and keep his position as one of the top scientists in the world. These same interactions with emotions can also resolve our stresses, since we can no longer interact with effort.

Exhaustion does not block us from interacting with emotion or effort but it does block us from collecting information with effort. When we cannot collect information with effort we are forced to collect information with thought, building bad knowledge and increasing stress, causing another block or we have to collect information with emotion which leads to instability, worry and stress. Fortunately exhaustion is easier to deal with, all it takes is finding new experiences to build our curiosity, finding new perspectives to drive our thoughts toward building better knowledge and stability.

### **Confusion and Apathy Blocks Thought**

We are calling the thing that blocks thought confusion. Confusion is when our knowledge conflicts with thought or information. We might not have enough information, wrong information, bad knowledge or our thoughts might not be flowing like they should. Whatever the cause of

confusion is, we end up not being able to think our way through information, and we will not be changed in positive ways. When we are confused what we need to do is rely on effort, with effort we can find the information/thought/knowledge that is confusing us and replace it with something positive. If we fall back on our connections, we are opening ourselves up to more bad information, and doing it in a vulnerable state. Even our strongest connections can have bad information or intentions we don't completely understand.

The bigger issue is when we are confused we cannot use thought to connect to others around us in a positive way. When we cannot build understanding we find ourselves isolated. Our conversations end in awkward silences, our jokes never land or we find ourselves frustrated with almost everyone we meet. If we are confused we just need to find ways to connect that allow others to put the thought into the relationship. Some of the kindest people and the easiest to be around, have been mentally disabled people. You don't have to provide all the thoughts yourself to connect with others, sometimes you just need to listen and let them share their thoughts. Confusion doesn't have to be the end of connecting, and there are times it makes you a better connection yourself. The other side of the connection will know more about themselves, their motivations and what matters to them than you ever will, listening is sometimes the best way to connect with thought. If you cannot connect with thought, put in the effort, let others do the thinking to build your connections.

Apathy doesn't prevent us from collecting information with effort or thought but it does prevent us from connecting with thought. When we cannot connect with thought we are forced to connect with emotion, building misunderstanding and increasing worry, causing another block; or we have to connect with effort which leads to mistrust, discomfort and worry. Fortunately Apathy is easier to deal with, all it takes is listening to our conscience to build our caring, finding our empathy to drive our emotions towards building better understanding and trust.

### **Isolation and Anxiety Blocks Emotion**

We are calling the thing that blocks our emotions, isolation. Isolation does not mean you are alone, you can be isolated in a crowded place if you have no connections to anyone around you. Isolation can be forced on you, it can be you withdrawing when you are uncertain of how a connection will turn out so you end up not connecting. Whatever the issue is, when we are isolated our emotions cannot connect. There is a way to remove the isolation, if we connect with thought we don't have to put our emotions out there, we can build connections first and follow with emotion later.

The problem with being isolated is it removes us from being connected and so we cannot interact with emotion, there is no one to connect with. Since the only way to gain strength greater than our own effort is through connections, when we are isolated there are many things we will never be able to accomplish. It is actually very hard to be truly isolated in this world, there are connections all around us, and even passive connections like working over the internet or self checkout. But there are times where isolation is unavoidable, we may have severe anxiety or some other reason we cannot connect. When we are isolated we have to rely



on our own strength to make all the changes we need, but here is the thing, we can still connect with thought to the world around us. We can connect to nature and find out how to get it to provide food, connect with science and create devices or methods to make working easier. We can even connect with books and gain the knowledge gained by the efforts of people we never met, gaining strengths of others without connections.

Anxiety does not block us from connecting with thought or emotion but it does block us from interacting with emotion. When we cannot interact with emotion we are forced to interact with effort, limiting the strength we have available to create change and increasing discomfort, causing another block or we have to interact with thought which leads to unreliability, discomfort and worry. Fortunately Anxiety is easier to deal with, all it takes is focusing on our shared motivations to build our resolve, finding collaborations to drive our efforts towards increasing our strength and building reliability.

## **Summary**

It is important to note that sediment from the soul affects the aspects of the body on either side. Exhaustion is both physical and mental. Apathy is both mental and emotional. Anxiety is both emotional and physical. It's important to recognize this for a couple of reasons. It makes it easier to identify if we have a conflict of our soul or physical sediment, making it easier to address issues in our way of cultivating contentment. It is also important to understand the importance of following the natural cycle and making sure we pay attention to our spiritual health as well.

There are people who choose to avoid the soul at all costs. They refuse to empathize, refuse to collaborate, refuse perspective, all out of selfishness. When you do this you become a withered soul, but since the soul affects the aspects of the body these withered souls will also lack strength, lack knowledge and lack understanding. They will have no physical, mental or social power because they have rejected their soul.

These are just some of the many things that can block our energy flow. Just like everything in life, blocks to our energy flow is not something we can avoid, it will happen at some points in our lives and for most of us we will find our energy blocked from making changes many, many times during our lives. When our energy is blocked and that means our lives are blocked, we are held back from creating positive changes so we are held back from creating positive meaning. But this book is not called overcoming adversity, it is called cultivating contentment. When we make changes with the positive flow of energy, and use every aspect, we are opening the channels and increasing our strength, putting power behind our energy and power behind our lives. It's very hard to remove blocks to our energy, but by following the natural flow of energy to gain strength and open the channels now, it will take much larger blocks to keep us from making the changes we need to and we will have much more strength in our connections, our information and our interactions to overcome the blocks that will come up in our lives. Cultivating contentment isn't just empowering ourselves, it is giving more than we take, cultivating a world of positive changes that empowers others to do the same for us.

## Contentment With Out of Balance Aspects

People are not perfect, from the day people came into being we were broken. We are created from broken genes, we get broken by the world, we get broken by each other and we break ourselves. Cultivating Contentment is about using every aspect of ourselves in everything that we do to create positive changes, those positive changes giving our lives positive meaning and when we use those aspects in the correct order we allow our energy to flow more freely, that energy helping our lives to flow more freely so we can make bigger changes, giving our lives more meaning. So what happens when one aspect is weaker than the other? What happens when one aspect is stronger than the other?

The first thing to know is that a broken person is not worthless. We are all broken in our own special way, and we are all strong in our own unique way. Black paint is a combination of all other paints, so we could argue it is the most complete paint, but if we create a painting of all black paint we miss the beauty of a world where blue, yellow and red get their own moments, you miss the depth when red, blue or yellow are weaker and green, orange and purple take over. A broken person is just a person who is an expert in all the areas of life that they have lived, giving a deeper perspective than anyone who lived a perfect life can. It even seems that we define success when someone has not had to overcome anything, so they end up not knowing how to overcome anything, leaving them with nothing to offer.

Most of us do not have balanced aspects, this makes us more valuable, because it is our weaknesses, our struggle that gives us motivation to create strengths. We should not focus our time on trying to achieve what we can't, we should focus our time on focusing on improving what we can. Our own strengths, and the weakness of others also gives us the opportunity to be more valuable to each other, creating stronger connections where the motivations are clear, helping us to build trust and understanding.

Our aspects may be set at birth, we could be born with a block to one of our aspects, limiting the amount of energy we move through that aspect. Our aspects also change throughout our lives. As children we have strong physical aspects, our time focused on exploring the world around us and taking advantage of the time we have before our cells (wear and tear) turn on our bodies. During middle age our mental aspect gets stronger, as long as we have put in effort to collect good knowledge we reach the point of knowing the most we ever will before our cells (chemicals and trauma) turn on our minds. During our old age our social aspect gets stronger, we have collected understanding and connections.

Our aspects can also be changed at any time without warning, the change can last for a moment or could last a lifetime. We never know what will happen in life, so we should always cultivate contentment. We never know when we will need to rely on the positive changes we have made or the strength of one of our other aspects. If we have lived selfishly and spread negative change then we will find ourselves broken and alone. If we live generously and spread positive change then we may be broken but we will never be alone and since we live in a shared world, as long as we have others, we can never really be broken, just empowered in other ways.

## Reduced Physical Aspect

A reduced physical aspect can be debilitating. You may have been born with a handicap, may be suffering from injury, pain or illness. At some point in all of our lives we will find ourselves unable to collect the effort needed to make the changes that we have to. But even with one of our aspects reduced, it is still possible to cultivate a content life. When our physical aspect is reduced it becomes more important to thoughtfully connect to others to build understanding.

Interacting with the world should be done with emotion, when our interactions are limited this becomes even more important. When we consider our impact on others and demand they respect what we do, we know the changes we do make won't be undone. We can only do this by building connections with thought because without understanding our connections will collapse, no one will respect what we do if we do not respect them and their motivations.

Discomfort is inconvenient for most people, for some people with already narrow physical channels it can block the limited amount of effort they can use. To help resolve discomfort rely on your connections while putting more effort to resolve their worries and discomforts while trying not to pass your discomforts onto others as stress.

Interact with emotion to build as much reliability into your life as possible, widen the channels for your limited effort to have the biggest impact. Spend extra time thinking about how your actions affect others so you won't have to redo change, this also makes it easier for people to connect to you. Before you interact, think about any connections that can help you, connections can be people, the environment or even objects that can increase our strength and resolve our discomforts

Information should always be collected through effort, but when effort is limited it can be hard to gather good information. We can still go around the natural cycle of energy and just put more thought into what connections we trust, connect more for a greater amount of information and use effort only to check the information we receive, and even ask our connections to check for us and give us the their sources and process for how they got the information.

Stress building up is a major issue with people who have limited interaction. Reliability helps you use your limited interaction to resolve stresses as they come up, stability will help stress build up slower so you will build up less to begin with. Even with these actions, stress will still build up, sometimes you will need to rely on your connections to interact for you to resolve stresses. Using your limited interactions to resolve stress can be the most helpful thing for you to do.

When your physical aspect is reduced, use thought to help you build strong connections to build a strong social aspect to cover your physical needs. Exchange thought with your connections, help them with understanding, let them help you with stresses. Don't be afraid to get information from your connections but make sure you use some effort to check that information.

## Reduced Mental Aspect

There are many things that reduce your mental aspect, it can be something as simple as not getting enough sleep or something as devastating as a brain injury. We can never know when we will lose our ability to mentally handle the changes that happen to us. But even with one of our aspects reduced, it is still possible to cultivate a content life. When our mental aspect is reduced it becomes more important to emotionally interact with the world to build strength.

Information should always be collected with effort, when our thoughts are limited this becomes more important. When we spend extra effort to make sure the information we have is correct then we won't have to spend as much thought to figure things out. We can have a limited mental aspect but still be right more often than the people around us if all the knowledge we have has been carefully built through hard work. This can be experience or studying from many sources.

Stress can make it hard to live, if your thoughts are already limited even a little stress can make normal life problems impossible. As you interact with the world, take extra time to make sure you are not creating more stress for yourself, present you or future you. Resolve stress as soon as possible, making sure you are not pushing your stress into other people's worries.

Collect information with effort, good knowledge will make the world around you more stable, opening the channels for your thoughts to flow freely. Emotion can tell you when to use extra effort, when someone (or you) feel strongly about something it is important to find out more information. Don't let others pressure you into taking their words as truth, trust but verify. Understanding the motivations of other people can help you know when you should put in extra effort, politicians spread stories to get voters, businesses share stories to get cash.

Understanding is built with thoughtfully connecting, but when thoughts are limited it can be hard to understand our connections. Using the natural cycle of energy we can use extra effort to collect information about our connections, this can be spending time with them, helping them resolve their discomforts or spending time with them in ways that they feel comfortable with. As we spend time we can use our thoughts over a longer amount of time to understand them.

Worry is resolved with thought and can build up when your thoughts are limited. Stability helps your thoughts to flow more freely, only relying on connections we can trust will cause us to worry less. Worry will still build up but we can focus on the connections we trust the most to help us build understanding and trust with our other connections or tell us if they are not worth our trust. Using the limited thought we have to strengthen the connections we trust can really help.

When your mental aspect is reduced, use emotion to help you interact effectively to build a strong physical aspect to cover your mental needs. Focus on emotion when you interact, giving your interactions more strength to resolve your stresses, remember to give back to your connections by resolving their discomforts. Don't be afraid to let others connect to you with thought, but use some thought to understand their motivations.

## Reduced Social Aspect

A reduced social aspect can be overwhelming, you may be feeling self-conscious or you may have severe social anxiety or depression. There are times each of us doesn't have the emotional energy to connect in a way that we need to or want to. But even with one of our aspects reduced, it is still possible to cultivate a content life. When our social aspect is reduced it becomes more important to use effort to collect information and build our knowledge.

Building connections should always be done with thought, with limited social energy this becomes more important. When our ability to make connections is limited we need to make sure we build understanding and trust to keep worry out of our lives. For our thoughts to be effective we need extra effort to build reliable knowledge, bad information causes misunderstandings.

Worry can block emotions for most of us, a narrow social channel worry can keep someone from ever leaving their home. Rely on your connections to help you understand how to resolve the things that make you uncomfortable, while helping them to resolve their worries and stress. Don't make your connections uncomfortable by pushing your worries onto them.

Connect with thought to build as much trust with the connections you rely on, widening the channel to free your emotions. When social connections are difficult to make it is very important to trust the ones you have. Put in extra effort to connect with others on an intellectual level, finding common ground. You don't have to agree with everything, but it is important that the things and people you connect to share the things that motivate you. You and your connections should be open to other points of views, if they are not there are hidden motivations.

We should always interact with emotion, but when we are emotionally drained it can be hard to care. If we complete the natural cycle of energy and use thought to connect before interacting, we realize others can help us do more with less effort and considering the impact of our changes on others creates a world where we all make each other's lives easier. More thought can help us resolve discomfort with fewer connections and interact with less emotion.

Discomfort buildup is a major issue for people who are socially limited. Trust helps you feel more free to build connections that can help reduce your discomforts, stability will create a world where discomforts happen less. Even with these actions discomfort will still build up, you need to let others resolve your discomforts for you even when you don't feel like socializing, it can help to think others helping you as a transaction instead of a connection by giving back to your connection by reducing their stresses or by resolving their discomforts in return.

When your social aspect is reduced, use effort to help you build good information, creating knowledge needed for a strong mental aspect to cover your social needs. Rely on others to resolve your discomforts, asking them what you can do to help them with their stresses or worries. Don't be afraid to let your connections inform you on the best way to interact with the world, but make sure you put some thought into building some trust first.

## Strong Physical Aspect

A strong physical aspect can lead us to being leaders on our chosen path, but sometimes we let our physical aspect dominate our lives at the cost of our other aspects, making our lives out of balance and making it harder to cultivate a truly content life.

When we are physically strong we find it easier to use effort to interact with the world and ignore their emotions. Many people with a strong physical aspect think it is a weakness to interact with emotion, but even two people can match the strength of a single person who is twice as strong. Refusing to interact with emotion also ignores our impact on others when we make changes to the world, making our actions selfish.

Discomfort builds up in all of us, but when we focus on effort to interact with the world the discomfort builds up faster and we may end up injuring ourselves. We should always use our connections to resolve our discomforts, any team will tell you that our connections can help us accomplish more work with less discomfort. This only works if we put thought into our connections so we share motivations and goals instead of causing conflict in our efforts.

Many people who are strong focus on getting stronger and don't focus on their mental aspect, but someone with a strong physical aspect has an advantage with their mental aspect. Having more strength gives you the strength you need to build stability in your life, allowing you to focus your efforts on collecting information and building reliable knowledge, making it easier for someone with a strong physical aspect to become an expert in whatever they do.

Use your interactions to resolve stress, this will help your thoughts to keep flowing freely even if you neglect your mental aspect by only focusing on your physical aspect. It is very important that you don't let stress build up, if your stress level gets too high you may find it hard to build reliable connections, your mind will shut down and you will find it hard to connect meaningfully.

Focusing on your physical aspect can make your social aspect very neglected, even when others connect with you it can be hard to know their motivations. Use your effort to collect information about your connections, building understanding and resolving worry. Many people choose sports or other activities, even creating similar motivations can build trust, but be careful as this trust only goes as far as the shared activity.

Using effort to build knowledge also gives us the power to connect with thought, building reliable connections. We don't have to take the time to know everything about everything, but we should definitely take the time to learn about the things that matter to the connections that matter.

When you have a strong physical aspect make sure you build up your mental aspect to give you the knowledge you need to make meaningful connections and the information to resolve your worries. By building your mental aspect you empower your social aspect, making meaningful connections that can resolve your discomfort, with emotions to empower your interactions.

## Strong Mental Aspect

A strong mental aspect can lead us to being leaders on our chosen path, but sometimes we let our mental aspect dominate our lives at the cost of our other aspects, making our lives out of balance and making it harder to cultivate a truly content life.

When we are mentally strong it is easy to collect information with thought and find ways to avoid effort. Many people who have a strong mental aspect think it is beneath them to use effort to learn things but reading a book on anatomy doesn't make you a surgeon, it takes experience and muscle memory through effort to make you an expert. Coming up with information without some kind of first hand experience does not make us smart, it makes us ignorant.

We all have stress in our lives but when we use thought to collect information we will find life doesn't match up to our thoughts, making everything stressful. We should always physically resolve stress, we can change ourselves to accept stressful things, but then we are becoming something other than who we want to be. It is not strength to mentally adapt to what's happening around you, it is strength to adapt what's around you to support you mentally.

Many people with a rich mental life will neglect their social life or make their social life an accessory to their mental life, but someone with a strong mental aspect has an advantage with their social aspect. Being able to understand the world can help you connect to the people around you, the world is a shared place full of shared struggles. Being able to build solid connections can help you find people to make the changes to the world that you need to.

Use your thoughts to connect to people, this will help you connect emotionally even if your mental life gets in the way of you building a social life. It is very important that you do not let worry build up, when worry builds up you will become more isolated and that isolation will make it hard for you to emotionally connect with others and interact in the world like you need to.

Focusing on your mental aspect can make your physical aspect very neglected, even when you interact with the world it can be hard to make the changes you need to. Use your thoughts to build connections that can help you change the world, building strength and resolving discomfort. You can plan, organize and strategize with others to get things done that you can't do yourself, or even build processes or products that can help you do more with less.

Using thought to connect also gives us the understanding to interact with emotion, building strength in numbers. We don't have to be emotionally invested in everyone that we interact with, but we should definitely invest in building trust with those we rely on the most.

When you have a strong mental aspect make sure you build up your social aspect to give you the understanding you need to interact with cooperation and the connections to resolve your discomforts. By building your social aspect you empower your physical aspect creating strength in numbers that can help you resolve your stresses, with effort to gather information.

## Strong Social Aspect

A strong social aspect can lead us to be leaders on our chosen path, but sometimes we let our social aspect dominate our lives at the cost of our other aspects, making our lives out of balance and making it harder to cultivate a truly content life.

When we are socially strong we find it easier to use emotion to change others through connection, bypassing understanding. Many people with a strong social aspect think connecting with thought is a waste of their time, but most of the biggest influences in our culture are not only charismatic but also understand their audience on a level that most other people don't. Not connecting with thought means our understanding is shallow, making us shallow.

We all worry about those we care about, but when we don't understand those we connect with we worry about our connections and their motivations. We should always use information to resolve worries. If we are unsure of what will happen to our connection, the best thing to do is to find out, ask your connection or investigate the situation. Putting in effort to find out about your connection gives the added bonus of strengthening the connection and making us less shallow.

Many social people only focus on their connections, looking down on people who put in effort to get things done, but social people have an advantage when it comes to making physical changes. When you have more connections you can call on connections to make bigger changes with less effort, a person working alone can't raise a barn wall but a group of people can raise an entire barn in a single day. Having connections gives you the strength of many.

Connections can help you resolve your discomforts, when you have more people, businesses and tools available, you can resolve the little things helping you focus on your connections. If you let your discomforts build up it can make it hard to put effort into taking care of the things that stress you and can shut down your ability to collect good information..

When our whole world is about connections we can find ourselves ignoring information, and the information we do get could be changed by our connections. Use your emotion to interact with the world so the changes you make help those around you, adding to your strength. Creating a network of people you can rely on will create a safety net, people that will tell you if the changes you are making to the world are becoming selfish, threatening everything you have built.

Using emotion to build strength also gives us the power to collect information with effort, building stable knowledge. We may not have the energy to double check everything that comes into our lives, but we should always check the things that make the biggest changes in the way we think.

When you have a strong social aspect make sure you build up your physical aspect to give you the strength you need to build reliable information and the interactions to resolve your stress. By building up your physical aspect you empower your mental aspect, providing reliable information to resolve your worries, with thought to build solid connections.



## Covering Weakness, Multiplying Strengths

We live in a shared world. The physical changes we make to the world around us creates information that creates changes in others, if we use emotion we can make sure the changes are good and minimize causing some stress. When we gather information and are changed by it, others are going through the same thing. When we change our connections, our connections are changing us in return. People have 4 basic needs. We need reliable sources for food and water, both keep our bodies running, giving us physical energy. We need stable shelter, this frees up mental energy. We need trust and intimacy, this frees up our social energy. What does this mean for us? It means that everyone in the world has shared needs, shared experiences, we are not alone.

We can still cultivate in isolation by changing the physical world, but without connections our impact will be small and we would be limited in the ways we can resolve our discomforts. We could also gather information and share it, clearly explaining the process and the effort put into collecting the information. But even though we can cultivate a content life in isolation, we are missing the pieces that others have to offer.

Combining strength with others and we can make changes larger than we could make separately and when we work together we are eliminating each other's discomforts while building trust. If you have a strong physical aspect, connect with people with a strong social aspect to help you resolve your discomforts, this leaves the mental aspect, finding someone who can put the thought into the connections and resolve the worry will balance out the group.

If we need to build a house we can teach ourselves construction, electrical and plumbing, gather all the tools we need for each task then build our house, using additional tools to move items that are too large for us to move alone. We could also learn construction, team up with a plumber and an electrician, each of us buying one set of tools for our chosen skill and work together to do the heavy lifting. If we then help the others build their houses we have done the same amount of work but with a third of the tools and learning. We also did less heavy lifting and as we get more skilled in our specialization we can do it faster with less effort and higher quality results.

If we need to test something to see how we are changed by the world we could try and gather all the information alone or we can put in the work and find the work of others. Fortunately we have connected with emotion, got together and put a process together and called it science. Science is testing an idea, recording the work, the process and the results. Asking others to test the same idea and comparing the results. Finally sharing everything to be reviewed by other experts. Science is not always the right answer, but it is our best answer with the information we have. We still need to put in our own work when something cannot be tested, like personal faith. This means we do not need to learn everything, but need to learn how to check information. The more different sources that put in the effort, the more reliable the information.

Our social aspect relies on others to begin with, even when we remember that connections are not always people. People we can trust will help us know what connections we can trust, doesn't matter if it's transportation, a process, procedure or a person. Having people we can trust will also help us connect with others, we need to learn to rely on others when we are going into a situation we are unsure of, more perspective means there is less of a chance of us being taken advantage of. The more people we connect with the more we will understand, not only that person but we will start making connections to how everyone thinks, how we are all the same, we need the same things and we want the same things. When we rely on our connections we build connections and that turns into understanding. If we have a small social circle we get limited perspectives that easily turn into misunderstandings and worry.

Very few of us are balanced, when we cultivate contentment we will often find ourselves relying on others to help us resolve our discomforts. Connections resolve discomfort, effort resolves stress and information resolves worry. There are times where we are short of one kind of energy and by having strong connections we can help each other resolve each other's sediment. The stronger your circle the easier it is to cultivate contentment. We don't just have to connect socially, but every aspect gives us an opportunity to offer something and receive something.

Our circle is more important when it comes to weak aspects or blocks. When we cannot use effort, thought or emotion we can use the strength, knowledge or understanding of others to give us the break we need. We are never alone, we may feel alone or choose to be alone but we live in a shared world and there are always ways to connect to others.

The final part of cultivating contentment is opening our channels. Reliability can only be made when we understand our connections and use them to help us create a world that works. Stability is created through effort, but since the world changes us all, we can combine our strengths to change in stable ways. Trust is created through knowledge of our connections, when we share knowledge and spend time together, that trust can become unbreakable.

When we team up with each other to offer our strengths and cover our weaknesses we can make greater changes with less energy, doing more than we could ever do alone. We can use others to resolve our sediments when we do not have the energy or a strong enough aspect to resolve it all ourselves and help others to do the same. When we work with others we open the channels for our energy to flow while helping each other resolve or navigate around blocks

We can cultivate alone, but with others we can build more meaning with less energy, creating more meaning than we could alone. We can use others to free up whatever is slowing us from living when we don't have the energy or are not strong enough to do it alone, while helping others do the same. We can help others work around or clear the things blocking them from living, while they do the same for us.

Working together multiplies the amount of life we can live while giving our lives more meaning. The people we surround ourselves with can help us cultivate true contentment.



# Strengths and Weaknesses of the Soul

We cannot see the soul, we can only see the effects of the soul. I cannot tell you all the details of the paramagnetic dimension, but I can tell you what to look for.

## **Subconscious**

Our physical selves change the world, the subconscious is how the soul receives information about our body.

A person with a strong subconscious will be curious about the world around them and find it easy to learn new things, making their actions seem effortless. If you have a strong subconscious, gain as many new experiences as you can but include other people and use your extra thoughts to focus on how your actions change your connections so you don't neglect the rest of your aspects. Make sure to share your perspective but also work hard to check it with effort and check the perspective of others as you may start to become too reliant on your own experiences and subconscious. You may be tempted to do everything yourself, to interact with thought, but this will only lead to isolation, anxiety and an inability to gather the strength you need from collaboration.

A person with a weak subconscious will have a hard time learning new things and will have to focus on everything they do. Use your stronger aspects to find new experiences, try things other people are interested in and let their curiosity lead you to search for new perspectives. You may be prone to stress and exhaustion, but don't let that stop you from experiencing more of life, as you put in the effort the exhaustion will start to fade. You may be tempted to gather information only with thought, but this will lead to bad knowledge where changes conflict with predictions and stress. You may be tempted to gain information with emotion, but this will lead you to bad knowledge where the opinions of others conflict with the way the world changes you, leaving you without the thought you need to understand your connections, along with confusion, worry, exhaustion and apathy.

## **Spirit**

Our mental aspect is how we are changed by our soul while our spirit is how we make changes to the spiritual world.

A person with a strong spirit will be caring about the world around them and find it easy to connect with other people and things, making their connections seem effortless. If you have a strong spirit take time to listen to your conscience but pay attention to how the world changes, using your extra emotion to focus on how your conscience relates to the effects of your actions so you don't neglect the rest of your aspects. Make sure you empathize but also work hard to check your connections with thought and make sure others are able to empathize with you or you might become too consumed with your own version of what is right. You may be tempted to

figure out everything from your connections, to inform with emotion, but this will only lead to confusion, exhaustion and a lack of knowledge that comes from a broad perspective.

A person with a weak spirit will have a hard time understanding people and will struggle to emotionally connect with anyone. Use your stronger aspects to build a code of right and wrong, make sure to accept that others may find what you are doing is wrong even if you don't understand why, let their caring lead you to search for a way to empathize or at least share enough to let them empathize with you. You may be prone to worry and apathy, but don't let that stop you from building a code of the right and wrong ways to connect, as you put in the thought the apathy will start to fade. You may be tempted to connect only with emotion but this will lead to worry about how your connections may change you. You may be tempted to connect with effort, but this will lead to misunderstanding, where the ways you change someone conflict with the ways people want to and should change each other and an inability to gather the emotion you need to interact, along with discomfort, stress, anxiety and exhaustion.

## **Community**

Our connections are how our body receives information about our soul, our community is how our physical selves change our soul.

A person with a strong community will have a resolve to change the world around them and find it easy to change things, making collaboration seem effortless. If you have a strong community, focus on finding your motivations but collect information and think before you act and use extra effort to gather information on how your collaborations change the world so you don't neglect the rest of your aspects. Make sure to collaborate but make sure you use emotion to make sure you are not causing conflict within your connections as you might become consumed with your own motivations and collaborations. You may be tempted to control your connections, to connect with effort, but this will only lead to misunderstanding, apathy and an inability to gather the understanding you gain from empathy.

A person with a weak community will have a hard time collaborating towards something greater and will struggle with how they feel about everything. Use your stronger aspects to find common motivations, using their resolve to help drive you towards collaborations. You may be prone to discomfort and anxiety, but don't let that stop you from joining in the works of others you agree with, as you invest emotion the anxiety will start to fade. You may be tempted to only change the world through your own efforts, but this will lead to a buildup of discomfort and eventually injury and anxiety. You may be tempted to change the world through thought but this will only lead to weakness as the actions of others conflict with the changes you are trying to make, it will lead to the inability to gather the effort you need to gather information, along with exhaustion, anxiety, discomfort and stress

## Aspect manipulation

How do you get someone to do what you want? It's actually much more simple than it should be. You block one aspect, forcing them to rely on you to make the changes they need. That is it. There are techniques to manipulate people, but we are not here to teach manipulation but to help you identify when manipulation is preventing you from sustaining contentment.

A note of caution, not all manipulation is intentional, some people just don't know how to sustain contentment in their life and fall back on immature attempts to remove sediments by either using the same aspect or the wrong aspect. If you feel like you are being manipulated, ask someone who is strong in the aspect you feel is being blocked and sit down with the person blocking you and discuss how their actions are harming you. Put effort into connecting with thought, relying on your trusted companion when needed, but be your own advocate, use your own voice to clear your sediment and start the energy flowing. Only if the abuser refuses to accept that they need to follow the natural flow of energy (use words they will respond to) and change the way they handle their own sediment, only then should you leave the situation. It is very important to try and repair the connection or you will miss an opportunity to help another person find contentment and you miss an opportunity to resolve your own sediment.

## Physical Manipulation

Physical manipulation happens when someone stops you from using your effort, limiting your strength or causing discomfort, even injury. The most widespread example of this is what some people call patriarchy, where men dominate women physically, not allowing them to resolve their own stresses through interaction. Women are convinced they cannot do things men can do physically, are prevented from learning physical skills and are mocked when they gain physical strength. By blocking someone's interactions the abuser is able to limit their ability to change the world, forcing them to rely on their abuser. The effect and often the intent of physical manipulation is to prevent you from resolving your mental needs outside of the manipulator, in effect physical manipulation is often used to mentally control people.

Since physical needs have to be addressed by interacting with emotion, if you find yourself anxious and uncomfortable, but someone is blocking you from resolving it, you are being manipulated. If you find that your motivations are never addressed, your community and collaborations are all defined by someone else, you are being manipulated. If someone blocks you from making connections that you need to make changes to the world, you are being manipulated.

If someone you know is always pushing their discomfort into stress, it means they are not following the natural cycle of energy and are either socially limited or are being physically manipulated. If someone you know refuses to let you help make the changes to the world that they need, they are either socially/community limited or are being physically manipulated.

## **Subconscious Manipulation**

Subconscious manipulation is another form of Physical manipulation, but instead of blocking interactions the manipulator will block efforts. Oppressive governments do this by restricting their ability to physically collect information, limiting experiences to ones that validate their own perspectives. Preventing people from collecting reliable information through effort, gives the government control over how the world changes people through the information they receive. When you know what people will do by controlling what they know, you create forced stability by forcing perspective. The problem with this is you are limiting effort, reducing productivity and innovation, as resources become scarce people are forced to use thought to try to build stability for themselves, causing conflict and confusion that turns into greater physical control. People may also resort to collecting information with emotion that can lead to worry and stress that turns to increased social control, either bypassing their caring in situations like stockholm syndrome or by social resistance movements. The cycle ends at the collapse of the government or the population, many times after physical manipulation escalates to violence by people who collect information with emotion that opposes the manipulator.

This type of manipulation is dangerous because when someone informs us with emotion, our brain escalates those emotions and that flows back to our connection. The bad information becomes a feedback loop, an echo chamber where the emotion gets bounced between us and our connection, each of us amplifying it more and more until it becomes out of control and we interact with escalated emotion or until one side decides to break free to inform with effort.

If someone you know is always collecting information with emotion, relying on opinion before effort, causing confusion, worry and stress in their knowledge, they are either physically limited or are being subconsciously manipulated. If someone you know has a disconnect between their experiences and their perspective, where they value the perspective of another over their own experiences (especially in connections) causing them to emotionally respond whenever they are stressed, they are either subconsciously limited or manipulated.

### **What to do**

A manipulator may have a blocked (or limited) social aspect, so when they change the world through thought instead of emotion it causes stress on themselves and turns their discomfort into stress for others, their actions always being undone by the conflicting changes others are making. They might also have a limited or blocked mental aspect, causing them to try and force stability by limiting the things that conflict with their perspective, preventing others from resolving their stress with effort through perspective. Either way the only way for those impacted to resolve stress (outside of pushing it on connections) is through interactions, so a manipulator will block the physical aspect of their connections so the changes they make to the world will not be undone by the people they stress out through their actions.

Interact with the manipulator using emotion, put effort into collecting information and build understanding by connecting with thought. In other words, talk to the person with consideration for how they feel, find out why they are making the changes they are making, let them know how you are affected and try to find a change that will work for everyone, but make sure in finding understanding you are not compromising your caring, joining in their manipulation. By following the circle we build understanding and depending on how our connection responds we build trust. In the first case, when their social aspect is blocked you will have to put in extra emotion when interacting with them, requiring you to be more emotionally mature and empathetic. In the second case their mental aspect is blocked, you will have to put more thought into connecting with the other person. If you are weak in the aspect they are weak in you will definitely need an unbiased third connection, if you both are not open to cultivating contentment in the connection then it is best to drop the connection and build a life with people that add to your strength.

After confronting someone manipulating you, you can tell if they are intentionally abusing you if they try to gaslight the abused. Gaslighting is an abuser telling someone their blocks are their own fault. Someone blocking your interactions will try to convince you that you cannot resolve your own stress because you are not strong enough to resolve them (removing your physical power), and you need their strength for everything. Someone blocking your efforts will convince you that your knowledge you collect is always unreliable (narrowing your channel) and only knowledge based on their information is reliable. Direct abusers will simply physically injure you in some way. Someone with good intentions may bring up your limitations but will never blame you for them, they will work with you to reduce stress and encourage other information sources.

## Mental Manipulation

Mental manipulation happens when someone stops you from using your thoughts, limiting your knowledge or causing stress, even confusion. Many people recognize this as the tool used by social groups to get people to blindly follow what they say, escalating peoples worries by limiting information or spreading incorrect information. Followers are blocked from collecting information, information is destroyed or limited in some way and in most cases people who do collect information are mocked or portrayed as villains who are out to destroy everything good. A manipulator will create trust by limiting or manufacturing information about the world, changing the information to line up with the manipulator's motivations. With unreliable information, targets cannot resolve worry, causing an emotional block on top of the forced mental block. The effect and often the intent of manipulation is to prevent you from filling your social needs outside of the manipulator, the effect of mental manipulation is to socially control people.

Since mental needs have to be addressed with gaining information with effort, if you find yourself exhausted and stressed, but someone is blocking you from resolving it, you are being manipulated. If you find that your experiences are being dismissed, your perspective is being



defined by someone else, you are being manipulated. If someone blocks you from interacting with the world in ways that you need to make changes to yourself, you are being manipulated.

If someone you know is always pushing their stress into worry, it means they are not following the natural cycle of energy and are either physically limited or are being mentally manipulated. If someone you know refuses to let you influence how the world changes them, in ways that they need, they are either subconsciously limited or are mentally manipulated.

## **Spiritual Manipulation**

Spiritual manipulation is another form of mental manipulation, but instead of blocking information the manipulator will block thoughts. As the name suggests, many of the more aggressive spiritual organizations will do this by restricting access or ability to mentally process information that does not agree with their goals, quieting the voice of your conscience that you need to empathize. Forcing misunderstanding in between outside connections by limiting thought you need to connect, gives these organizations control over how you change each other through connections. When you limit understanding and connections you are able to control who they trust through empathy. The problem with this is you are limiting thought, creating a group of people who are incapable of doing anything but follow, as challenges come up people have to resort to force in order to align others to their views, to find some way to trust others, causing discomfort and stress that turns to greater mental control. People may also resort to gaining connections with effort that can lead to discomfort and worry that turns to increased physical control, either by giving up on their community, or by creating a counter community within the organization. The cycle ends at the collapse of the organization or the people (like in death cults), many times this is after mental manipulation escalates to intercessions by people who connect with effort to “deprogram” the manipulation.

This type of manipulation is dangerous because chemicals in our mind magnify our emotions but since our spirit is blocked we don't regularly use those chemicals. When we interact with thought, we are bypassing our conscience and our actions may be something we would never do, when we connect with effort, the related emotions get out of our control.

If someone you know is always connecting with effort, rejecting emotional connections over physical ones, causing isolation, discomfort and worry in their understanding, they are either limited in thought or are being spiritually manipulated. If someone you know has a disconnect between their conscience and their empathy, where they treat people differently than their code of right and wrong (especially in interactions) causing them to physically respond whenever they are worried, they are either spiritually limited or manipulated.

## **What to do**

A manipulator may have a blocked (or limited) physical aspect, so when they are changed by the world through emotion instead of effort it causes them to worry and turns their stress into worry for others, the way they are changed will always conflict with how the world is actually

changing them. They might also have a limited or blocked social aspect, causing them to try and force trust by forcing peoples empathy to line up with the way the manipulator thinks and acts, preventing others from resolving their outside worry with thought through empathy. Either way the only way for those impacted to resolve worry (outside of pushing it on interactions) is through information, so a manipulator will block the mental aspect of their connections so the way they are changed by the world will line up with the way the manipulator thinks they should be changed.

Collect information for the manipulator with effort, connect with thought and interact with the world alongside them with emotion. In other words, collect information that reveals the lies they have, don't confront them but ask them why they believe what they believe, finally remove them from their isolation and introduce them to the bigger world. By following the circle we give them our strength to collect information, and hopefully give them something to rely on. In the first case, when their physical aspect is blocked you will have to put in extra effort when interacting with them, requiring you to have inner strength and patience. In the second case when their emotional aspect is blocked you will have to be more sympathetic, find ways to help them connect to people in healthy ways that do not rely on manipulation. If you both are weak in the same aspect you will definitely need an unbiased third connection, if both are not open to cultivating contentment together, drop the connection and don't look back.

After confronting someone manipulating you, you can tell if they are intentionally abusing you if they try to gaslight the abused. Gaslighting is an abuser telling someone their blocks are their own fault. Someone blocking your information will try to convince you that you cannot resolve your own worries because you are not smart enough (removing your mental power), and you need their knowledge for everything. Someone blocking your thoughts will convince you that your thoughts are causing misunderstanding (narrowing your channel) and only understanding based on your connection with them is reliable. Direct abusers will simply confuse you in some way. Someone with good intentions may bring up your limitations but will never blame you for them, they will work with you to reduce worries and encourage you to make more connections.

## Social Manipulation

Social manipulation happens when someone stops you from connecting, limiting your understanding or causing worry or even isolation. Social manipulation is used to gain power over people, limiting their connections to manipulate how we change each other. They will suggest connecting is dangerous, interacting with emotion will endanger a way of life or that understanding between the groups is impossible to achieve, manipulating people to interact in ways they can reliably exploit. Social manipulation is almost always about money, intimacy or political power. Division to gain support of the public, getting people to do work with threats of becoming a disadvantaged "other", turning people against threats to the control of those in power or forcing someone to stay with them as a companion. The wealthy will block interacting socially by magnifying or creating public worries about their victims. When worries build up it

stops the manipulated public from interacting with emotion and lowers their trust of the victims lower than their trust of the manipulator. This allows the manipulator to force their victims to interact with the world in the way they want, because they have isolated their victims from any other options or any other connections. By building worry they The problem with this is it takes physical suppression to keep those being capitalized on isolated and in the role of the abused, ending in a total collapse of the victim or an emotional wake up call of the public. Corporations use this method, just like slave owners did, emotional manipulation is almost always about money, about seizing sources of profits. Social manipulation limits connections that can resolve discomfort, also causing physical blocks, usually injuries, on top of the forced social block. The effect and often the intent of social manipulation is to prevent you from filling your physical needs outside of the manipulator, the effect of social manipulation is to physically control people.

Since social needs have to be addressed by connecting with thought, if you find yourself apathetic and worried, but someone is stopping you from resolving it, you are being manipulated. If you find that your conscience is being quieted or overruled, your caring and empathy are all defined by someone else, you are being manipulated. If someone blocks you from connecting with others in the ways you need to change each other, you are being manipulated.

If someone you know is always pushing their worry into discomfort, it means they are not following the natural cycle of energy and are either mentally limited or are being socially manipulated. If someone you know refuses to let you change them in positive ways and they avoid changing you, they are either spiritually limited or are being socially manipulated.

### **Community Manipulation**

Community manipulation is another form of social manipulation, but instead of blocking connection the manipulator will block emotion. Many of the more aggressive communities will do this by restricting the access or ability to emotionally connect with other people, or even yourself so you don't interfere with the community that they are overseeing, shutting down your motivations to change your own community or motivations to join other communities, stopping resolve and collaboration before it happens. Forcing the appearance of the lack of strength for you to change the world or for others to help you change the world by limiting the emotion you need to interact, gives these communities control over how you are able to change the world around you. When you limit strength and interactions you are able to control the reliability of forced collaboration. The problem with this is you are limiting the potential to change the world, killing resolve for change creates a group of people who will only do the bare minimum to stay alive. As shortages of change in the world pile up, leaders have to resort to emotional control like fear to align others to their motivations, to find some way to force stability, cousin worry and discomfort that turns to greater social controls. People may also resort to gaining interactions with thought (thiever, bribery, ect..) that can lead to worry and stress that turns to increased social control, either by giving up on their caring, or by creating a counter culture within the community with their own perspective and motivations. The cycle ends at the collapse of the

community or the people, many times when the emotional control leads to a social collapse like dissolution or a revolution.

This type of manipulation is dangerous because there is no outlet for your emotions, since we can't change the world directly we are forced to try and change each other to change the world. This creates an emotional feedback loop, but since we are not able to effectively resolve our discomforts the emotions we send and the feedback we receive is usually focused on our never ending discomforts and how it is impossible to resolve them.

If someone you know is always interacting with thought, choosing to think through how to get things done by themselves, causing injury, stress and discomfort in their strength, they are either

If someone you know is always connecting with effort, rejecting emotional connections over physical ones, causing isolation, discomfort and worry in their understanding, they are either emotionally limited or their community is being manipulated. If someone you know has a disconnect between their motivations and their collaboration, where they end up helping others do things others want to do even if those actions go against their best interest, causing them to mentally respond whenever they are in discomfort (like rationalization, making excuses for what they do), their community is either limited or manipulated.

### **What to do**

A manipulator may have a blocked (or limited) physical aspect, so when they are changed by the world through emotion instead of effort it causes them to worry and turns their stress into worry for others, the way they are changed will always conflict with how the world is actually changing them. They might also have a limited or blocked social aspect, causing them to try and force trust by forcing people's empathy to line up with the way the manipulator thinks and acts, preventing others from resolving their outside worry with thought through empathy. Either way the only way for those impacted to resolve worry (outside of pushing it on interactions) is through information, so a manipulator will block the mental aspect of their connections so the way they are changed by the world will line up with the way the manipulator thinks they should be changed.

A manipulator may have a blocked (or limited) mental aspect, so when they change others with effort instead of thought it causes discomfort, their inability to understand others trying to change them with emotion causes their worry into discomfort for others, the way they think others are trying to change them conflicting with the ways they are actually being changed by others. They might also have a limited or blocked physical aspect, causing them to try and force reliability by forcing people's collaboration to line up with the way the manipulator feels and is informed, preventing others from resolving their discomforts with emotion through collaboration. Either way the only way for those impacted to resolve discomfort (outside of stressing others about it) is through connections so the manipulator will block the social aspect of their interactions so

they way they change each other will line up with the way the manipulator feels like they should be changed.

Interact with the manipulator using thought, put emotion into interactions and build knowledge by collecting information with effort. In other words, find out more about the situation, work with them without doing things for them, find and share the motivations of all connections involved in the manipulation, find out how the world is changing everyone. By following the circle we build knowledge and by opening up to new connections we add to our strength. In the first case, when their mental aspect is blocked you will have to put in extra thought when interacting with them, requiring you to be more mentally mature and patient. In the second case, when their physical aspect is blocked, you will have to put in more effort into helping them find ways to interact with the world. If you are weak in the aspect they are weak in you will definitely need an unbiased third connection, if you both are not open to cultivating contentment in the connection then it is best to drop the connection and close communication, you've lost enough time.

After confronting someone manipulating you, you can tell if they are intentionally abusing you if they try to gaslight the abused. Gaslighting is an abuser telling someone their blocks are their own fault. Someone blocking your connections will try to convince you that working together or communicating will be dangerous (removing your social power), and you need the abuser for understanding since no one else will understand you. Someone blocking your emotions will convince you that you can't trust others, their strengths or their motivations for the way they change the world (narrowing your channel) and only changes based on their efforts is to be trusted. Direct abusers will simply twist the truth to cause worry in some way. Someone with good intentions may bring up your limitations but will never blame you for them, they will work with you to reduce worry and encourage strength in connections.

### **Summary**

If people cause sediment to build up and discourage the natural flow of energy, they are trying to manipulate you. They will physically manipulate others so they don't have to be changed by the world, building stability through force. They will mentally manipulate to have power over others, controlling who people trust. They will socially manipulate to gain physical benefits (like money), creating a reliable world for themselves. Many manipulate to cover for their own weaknesses, these people will be open to help and intervention. An abuser manipulates out of selfishness and when confronted will blame the victim or try to convince others that someone else is the reason for the abuse.

## Resonance, the power of many.

We live in a shared world. We repeat this because it is the most important part of cultivating contentment.

- A third of your power comes from your social power.
- The physical changes you make to the world affect others, the way others change the world changes you mentally.
- Our strengths can help others work through weaknesses, their strengths can help us work through ours.
- Others may try to weaken us through manipulation to use our energy (our life) for their own benefit.

But the most important reason we need to remember this is a shared world is because energy resonates.

Emotions are electromagnetic energy, the same energy as light, wireless technology, radio, microwaves and x-rays. It sends, it receives and it can reach the farthest reaches of the universe. The amount of energy our emotions send out is hard to measure, the amount it takes for us to pick up on the emotion of others is even harder to measure. But just like it takes some effort to get a physical change started and all other effort added just increases the size of that change, just like it takes a lot of thought to get an idea started and when others join in on the idea their thoughts only make the idea better, the same happens with emotion.

Resonance is when energy combines with energy that is at the same frequency. If you push someone swinging with the same rhythm, you will add to their energy and they will swing higher. If you push someone swinging against the rhythm it is called destructive interference, your energy will cancel out their energy and they will swing lower.

When we surround ourselves with people who are on the same wavelength, people who share our motivations, values and goals, the energy will add together. Instead of many people trying to reach low goals, they will all add together and reach something greater. When you are trying to make changes to the world, create meaning in your life, if you team up with people with the same goal you will all be able to make bigger changes and give your life meaning bigger than yourself.

It takes energy to get things moving to begin with, when you add extra energy that's when you make progress. A person can push on a heavy crate and never move it, two people pushing on different sides of the crate at the same time might never move it, but if all both are pushing in the same direction at the same time the box will move. There are always selfish people trying to manipulate others, this creates negative energy and negative change. To create positive change we first must destroy their negative energy, so we have to first stop the manipulation before we can start creating positive change.

Remember this works both ways, we cannot stop giving up on creating positive change just because we have interfered with the negative enough to destroy it and our mission is

accomplished. Without continuous positive energy it will take next to nothing for someone selfish to turn things negative again.

Our minds work on energy, when many are thinking and working together it can create waves of energy that resonate and escalate the energy in everyone's minds. Some call this mob mentality, others call it a spiritual experience, good or bad there is power in people working together, when many are gathered all it takes is a push to make great changes.

Emotions are electromagnetic energy, the same energy as wireless devices or radio waves. There is not much science researching how far our emotions reach, how strong the signal is or how easily others can pick it up, but we know that some people are more sensitive to the emotions of others, there are stories of people who are close, on the same wavelength, feeling the strong emotions of someone who is far away, things like fear, happiness or their passing. Emotions can combine to create larger shared emotions, but there are some among us that can also sense the emotions of another even if it is not in a large group. You can call this empathy, reading auras (like emotional synesthesia), psychic, intuitive, reading people or any number of words, but the point is emotions are not something we feel alone, they are shared, how you feel about something, how you connect has an impact on those around you in a very real way, whether they are aware of it or not. That is why it is important to care about others and surround yourself with people who genuinely care about you, because that shared energy will either resonate and strengthen your own positive emotions or it will cause destructive interference, their negative emotion, negative energy will cancel out your positive energy, leaving you drained with nothing.

## Finding Faith

So far we have been talking about our physical bodies, our thoughts that are collected through our senses that can only collect information through electromagnetic energy and our social aspect that connects to others through mind and body. But electromagnetic energy is all kinetic, meaning it is active energy, but every time there is active energy moving in a wave there is a stored energy that pushes and pulls it.

If you swing on a swing, at the highest point you are not moving, gravity pushes you down until you are moving the fastest at the lowest point, you then start swinging up against gravity again until you stop moving. The energy from your swing never disappears, it just switches from stored energy, to moving energy, then stored energy again. Kinetic energy moves you and gravitational energy stores it. So what happens with electromagnetic energy? The electrical and the magnetic are moving at the same time but during the wave they disappear, and the energy is stored somewhere.

Science can only prove what can be tested. We can test the energy we can sense, but since all of our senses can only sense electromagnetic energy we can't test what happens when it stops moving, when and where it is stored. That means there is a world science cannot explain, a world that we live in, we live through but cannot sense. If energy is flowing through us, that means there are times that energy is stored as it travels, there is another aspect of us that interacts and changes the energy we use as it travels through us.

People are limited beings, many of us feel like there is something greater than us and it is there that faith comes in. We are limited beings, that means we will never fully understand the things greater than us and while we live in our physical bodies we can never truly know what lies beyond our senses. But there is a place to start.

Faith is believing in something so much that your belief alone is proof of it being reality. I do not know the bridge will not fail, I have faith. I do not know my dinner won't make me ill, I have faith. I have a personal faith in something greater than myself, but I am a flawed human and not that higher power. I am not all knowing and cannot tell you that my faith is correct while yours is flawed, that is for the higher power to do. Someone taking on the role of the all knowing, telling others that your beliefs in what is beyond human understanding is completely correct is at best misplaced arrogance and at worse sacrilege.

But within this there is a greater insight. For something to be believable there has to be a bit of truth in it. That means there is a bit of truth in every faith, some faiths may have more truth than others but that is not something I can decide for you. The common truths are we have a responsibility to lead the best life possible, to leave positive energy, to make positive change. There is a meaning to our lives, it is who and what we live for, the changes in our own life is defined by who and what we dedicate our energy to. What you think, what you feel, what you do, where your life is doesn't matter as much as the impact of the changes you leave behind



with what you actually do with how you think, how you feel and what you do. That is the change you leave behind, the meaning you have created with your life..

## Summary

Nothing changes without something making it change, that is our life, that is our energy and in creating that change is where our life finds meaning.

Nothing changes without something making it change, once you start positive change in your life and the world around you, it continues in a positive direction until something makes it stop.

For every action there is another action pushing back, this is the sediment in your life that builds up as you live your life, as you use your energy. Instead of using energy to gather energy to cancel out sediment, we can redirect sediment along the natural flow of energy and use it to fuel the changes made by our spirit. Direct incoming discomfort out our empathy, direct our stress out our collaboration, direct our worry out our perspective. Letting our sediment flow freely through us instead of blocking us.

As we follow the natural flow of energy, resolving sediment and using it to fuel our soul, our ability to live life, to use energy increases with less things getting in the way.

Our spirits may get worn, but all we need to strengthen them is to open our channels, directing more energy to flow through them. Flowing energy through our soul, following the natural flow of energy is the only way to ensure the changes we make are positive.

Even if the results of the changes we make are not positive, as long as we make the best decision that we can, we know that the energy we leave behind is positive and we are changing ourselves for the positive.

You may add that things are not this simple, that everyday activities like meeting with your boss is an interaction, information and connection. But isn't that the point? When we change the world in a positive way, that changes us in a positive way. When we change in a positive way, our connections are changed in a positive way. When our connections are changed in a positive way, their interactions in the world are changed in a positive way. When our connections change the world in a positive way, that changes us in a positive way. Everything we do changes every aspect of who we are, if we want to sustain a contented life it only makes sense that we invest every aspect of who we are in everything we do.

Since the world is shared, it is not all up to us, we can share strengths, share weaknesses, share energy to make changes bigger than all of us.

Life is energy, we can live alone, but without others we cannot sustain contentment, without others we will never live the life we were meant to. Time is not a measurement of distance, it is a measurement of change, when we build contentment we are not just changing our world or ourselves, we are changing each other, they will change the next people and they will change the next. Change is meaning, we can make changes alone but those changes will disappear in

the tsunami of time but with others we make changes that rewrite the measurement of change, with others we can create meaning that will transcend time itself.

We live in a shared world, if we change something other people will be affected, many days it seems all we do is give and we get nothing... But we are not alone and we will never be complete all alone, it isn't until we work towards a content life together that we can cultivate our own contentment. So choose your circle wisely, find strength in community, knowledge in perspective and understanding in empathy. You've got this.

In the end, the change made by your energy is not who and what you believe in, but who and what you spend your energy for. Since change is meaning and energy is life, we can rewrite that to say. The meaning made by your life is not who and what you believe in, but who and what you spend your life for. Or as I realized when I was young.

*'The meaning to your life is not what you believe in, but who and what you live for'*

# New Thoughts

We desire so much to find answers in the extraordinary that we many times miss the solutions that already exist within the mundane.

It has been theorized that there are dimensions that exist beyond our understanding, existing parallel to the one we exist on. I would argue that we are very aware of these dimensions such as the narrative dimension. The narrative dimension creates a transdimensional reality that exists with it's own laws, own life. Inspiration birthed from the narrative dimension can strike different people with the same narrative without any physical connection, but we do not see this as proof of a parallel universe because we are so blinded by the mundane.

It is not a weakness to be blinded by the mundane, in fact it is necessary for human survival for our minds to dismiss the mundane so it can focus on the potential impacts of the unknown.

We have created laws of physics, laws that are hinged on foundations that we do not understand, foundations that we can only assume are so extraordinary that we simply do not have the capacity to understand them. I would argue that those questions have already been answered already, but we have simply overlooked them because they are mundane. The answers are so integrated in our everyday lives that we don't recognize them as the solutions we seek. If we don't see magnetism as a force, and instead see it as a disruption in an existing energy field that is parallel to our physical existence, it suddenly answers so many questions. If we see our souls as an interconnected part of who we are, speaking and listening as much as we speak and listen to it, suddenly our questions are answered.

I am not asking anyone to believe in the unbelievable, I am simply asking them to believe in the mundane. That our subconscious, our conscience and our community are parts of us that transcend the physical plane while existing in a very real way. I choose to believe that we are two entities that exist on the physical plane and the transmagnetic plane, you may choose to believe in a more spiritual existence. The truth is it doesn't matter how you believe, only that you are open to accept that the answers you are looking for may have been right in front of you all along.

# ----- CUT ----- OLD CONTENT, REFERENCE ONLY

## Index

### The Bucket Metaphor

Think of our aspects as buckets, filled with water (energy) and the sediment sits on the bottom like mud. There are hoses that go from each one, those are the channels and in those channels are pumps, those are the aspects of our soul.

If we decide to try to fill the bucket with water (energy) from the same bucket, the sediment comes with it. Interacting with things using only physical effort brings discomfort. Trying to bring stability to your life by thinking about how the world impacts your life brings stress. Trying to feel secure solely on an emotional level will isolate you as you drain others emotional energy. When we fill the bucket from the same aspect we cannot filter out the sediment and the sediment will accumulate until we slowly become injured, confused or isolated.

If we try to push the energy backwards against the natural flow, it just clogs up the channels. If we use efforts to connect we just clog our community with discomfort and worries. If we try to change the world with thought, we just clog our subconscious with stress and discomfort. If we try to inform ourselves based on feelings of ourselves and our connections, we just clog up our spirit with worry and stress.

If we use our spirits to pump the water along the natural flow it allows the sediment to flow freely along the channels, preventing it from building up, each pump leaking a bit of the muddy water and bringing in a little bit of fresh water to keep our buckets and our channels clear.

### A Moment on Time

Time is not a measurement of distance, it is not a line in space that we move along, or a series of paths that we follow and look back upon. Time is a measurement of change. The elections in the world around us move at a relatively constant rate, every push of energy ticking away like the constant click of a mechanical watch. The compression of the magnetic field, the push back of the same it all happens at the same rate. All information we experience happens within electromagnetic fields so everything we perceive must also move at the same rate.

This does not mean we all experience time the same, some of us have brains that are clogged with the debris of time. Some pathways close and the signals must travel farther through the webs in our mind. In times of stress we dedicate more lines to the world around us and the

signals connect quicker, in times of relaxation we often let signals go unheeded and like a movie where half the frames are missing our perception is altered.

Our **perception however, does not change reality.** We are not the masters of the universe. Just like we cannot change what our height is by changing the spaces between the marks on a measuring tool we cannot change what has happened in the past, because what has happened has already been measured, the changes that happened have already been recorded. Change is not simply recorded in books or the faulty memories we have. Nothing is more untrustworthy than our own memories. Everytime you remember something you are pulling it off the shelf, taking it apart and then putting it back together to put it back on the shelf. Our memories are drawings based on what we observe. When we remember we pull that drawing out, and in the process it is destroyed. To save that memory we have to create a new drawing based on the old one but this time without the original to look back on. Each time we redraw it it changes again and again. There is a reason scents can bring back such strong memories, it is because every tick of every electron moving the world is destroyed and recreated so what existed in the infinite possible combinations can never be truly made again but if we limit the possibilities to a few options like the few thousand molecules that come together to create all the variety of scents we experience those exact smells can be recreated and put one part of the memory into perfect focus. The fact that scent is the most powerful evocation of memories shows how the world is destroyed in each moment.

We cannot change the past. Time has already recorded and destroyed everything that has happened. Wishing, wanting and remorse over the past is a future that is lost. We must see each moment we exist in as a moment of rebirth, a chance to direct the changes that are to come.

We cannot change what time has destroyed, but the energy we create in our past, present and future will never be lost. The things we build, the people we know, the hurt and pain we feel will all be lost. What we put into this life, the good and the bad will add to the tidal waves that will be the foundations of eternity.

The meaning to our lives is not a set measure, it is not what we have collected, a measurement of what we control in resources or people. The meaning to our lives is simply what we provide to the world around us, who and what we affect. Those that control our daily lives wish us to believe that means our value is simply what we add to their perceived self value, this is false, an enslavement of your worth to the worth of someone who wishes they were greater, someone who is insecure within themselves and is trying to offset their negative impact with materials that will be lost to time. No, your worth is what you provide to others in the energy that you leave behind, the waves of future change that you are adding to.

Improving the lives and experiences of those around you will enable others to in turn create positive and good changes themselves, adding to the overall positive changes in the world as a whole. Even if you feel like you are dumping glasses of clean water into a muddy ocean, with enough glasses and enough time those positive actions will lead to positive change. If we simply

accept the muddy ocean and in turn dump more more mud into the ocean we are guaranteeing the only future we have is an ocean of solid mud. Energy is never lost or destroyed, it merely changes shape. For us to stop being parasites we have to stop turning the energy we are responsible for into more mud, we must cleanse the energy we are given and provide as much clean water as we can. For when we die all that will be left after time takes its due is the quality of change we left behind, and in the afterlife, even if the afterlife is the ripples we made, all that we will have is the energy we changed while we lived.

Faith is the belief that our struggle is for something greater, that the energy we create is going to influence a greater change. This is true, for energy is never destroyed, and the energy we bring into this world whether it is effort, thought or emotions will influence the direction of the future for all of eternity. The only question is if we are being held accountable to a greater power, who gave us this mandate? I am happy to tell you, I don't know. I am not that higher power and since we exist on the electromagnetic spectrum we will never know until we leave our dirt trips behind and transcend onto the transmagnetic plane and see the truth. We are limited by the confines of this mud we move, we are not the higher power in ourselves, we may catch glimpses of it and some of us may even be close to the truth but until we finally move beyond our limitations at the end of our lives no one can say the completely grasp the vastness of eternity and the ultimate complexity of existence. What we do know is that we must cultivate the best energy possible, leave the world better than we found it physically, expand the understanding of mankind towards the truths that are around us, and support each other so we can reach greater goals together. This is our mandate, this is our truth, this is the reason we exist, this is how we leave a permanent signature on the tapestry that is humanity.

## Poetry of Destiny

We all are a part of an evolving consciousness, that all work towards collective improvement is at our fingertips. We have the tools to evolve humanity further, we can all fail together or we can all evolve together, these are the only choices we have. We are the physical expressions of the paths towards improvement brought into reality. We must leave behind the ideas that were and accept the realities of what we are that we have found, we cannot let fear, hope, insecurity or comfort hold us back from evolving humanity into what we know what we should become. We can die as parasites or thrive as symbiotes.

You must give up the idea that you are correct, humanity in itself is flawed and as a flawed being we must accept that the only truths that we can accept are the moral beliefs that humanity as a whole shares.

- Everyone is equally flawed, our differing ideas are equally incorrect, this is the only known universal truth.
- Deception is wrong. Without the attempt towards truth we will be forever lost in ignorance.
- Arrogance is wrong. If we cannot accept the flaws within us we cannot find the path to improvement.

- Killing without just cause is wrong. Every living thing adds to our understanding of what is, what was and what should be. Losing a life is losing a facet of understanding.
- Corrupting the innocent is wrong. By damaging a person's connection and not allowing others to grow naturally, we extinguish any revelations that they may bring into the world.
- Selfishness is wrong. Focusing on only improving ourselves is simply feeding our flaws.
- Stealing is wrong. By destroying the order others have built we feed our selfishness at the cost of improvements made by others.

There is nothing wrong with measuring the worth of a person in how much value they bring to the relationship, the problem is when your only definition of worth lies in money and your only concept of value lies in possessions.

With the universe as vast and complex as it is, it is arrogant, ignorant and a little bit self righteous to believe that there is no greater power than humanity. If we consider that there is a consciousness that is so much bigger and more complex than us it is arrogant, ignorant and a little bit hypocritical to think that we, as flawed beings, completely understand the entirety of our existence and the connections we have to that greater power. We are flawed beings so our understanding must also be flawed, we must accept that our understanding of something greater than ourselves must be even more flawed.

I have yet to meet someone that knows another person so closely and intimately that they know exactly how that person thinks about every subject, knows what that person expects of them at all times, can predict that person's response to any given action and yet we have people of faith generating hatred and violence because their view of what is beyond our understanding differs from someone else. If our views of those we can touch and see are so far beyond us, how much more incomplete is our understanding of those things that not only can we not touch and see them but if we could there is no way we would ever be able to comprehend them. There is a place for personal faith in this world, but we cannot say with 100% certainty that the faith of another is incorrect unless we ourselves are that higher power. There are aspects of faith we know are wrong, faith that leads to actions that harm another person or the world we live in more than inaction would, because that kind of faith would damage the investment any higher power has placed in our world. We all agree with complete certainty that if there is a higher power invested in our lives and the world we live in that they would want us to treat that investment with dignity and respect, to give more to the world around us than we take, to improve the lives of those we come in contact with, to leave the world and everything in it better than we found it.

Immaturity comes from not knowing how to deal with your emotional sediment. When we are first born we try to deal sediment with energy from the same aspect. If we feel isolated we emotionally lash out at people through screaming or anger fits. When we feel stressed we shut down and think about all the things in the world that stress us out. When we are uncomfortable we physically lash out at whatever is around us..



## Unnecessary Clarification - EDIT NEEDED

Negatively filled needs (flipped along natural cycle) less change for more effort

- Dependency is when we emotionally fill our mental need for stability. It turns connection into fear.
- Dominance? is when we physically fill our emotional need for trust. It turns effort into insecurity.
- Laziness (disconnect?) is when we mentally fill our physical need for interaction. It turns thought into discomfort.

Positive impact sediment (flipped along natural cycle) more change, more energy

- Planning is when we mentally resolve our discomforts, turning discomfort into stability.
- Understanding is when we emotionally resolve stress, turning stress into trust.
- Communication is when we physically address our insecurities, turning insecurity into interaction.

Negative impact sediment (pushed along natural cycle)

- Aggression is letting stress control your interactions, can be caused by connection being blocked by depression or limited by isolation. Turns stress into discomfort.
- Paranoia is letting worry control your information, can be caused by efforts being blocked by illness or limited by discomfort. Turns insecurity into stress.
- Anger is letting discomfort control your emotions, can be caused by thought being blocked by fear or limited by stress. Turns discomfort into insecurity. When that discomfort is hunger we call that hangry.

Righteous anger is when another's actions are so terrible that it blocks all energy at once, (causes fear, injury and depression) in these situations any action you can possibly take feels justified.

Hate is an emotional block preventing thought from filling trust.

## Energy Examples

Our thoughts, memories and everything connected works by pushing around electromagnetic waves, the same energy as light waves but just in a form our bodies can handle. When light travels in a wave, it changes between positive energy and negative energy so the question is, what is making it change? If we push a spring down in a negative direction and let go, the energy holding the metal together will push back and move the spring past its resting place until it runs out of energy in the positive direction and the metal pulls it back again. The spring will keep moving back and forth until all the energy that we put into it turns into heat. Like mechanical energy, the electromagnetic energy that defines what life is moves in a wave, switching between positive and negative, but what is pulling it back? The electrical signals in our

minds give this energy a push but what is pulling it back? The answer is, we don't know what pulls it back because we can only sense the energy, the material does not interact with us at all. Parallel to the world we experience there is a world that we cannot sense but direct our lives. No human is all knowing and until the day comes

where we are released from our physical bodies we will never truly know what exists just beyond our senses but the energy we create will continue on in both this world and the next.

Being a more complete person will allow you to see the incompleteness in others. It doesn't matter why you want to be more complete, by becoming whole you will break your programming.

Having a hard time making connections - Everyone wants to make connections, not everyone wants an interaction. Make many connections, eventually you will find one that wants an interaction. Interacting is not love, love is the full circle of connection, where you have put emotion, effort and thought into a connection through collaboration, perspective and empathy.

Love = Cultivating contentment together, aligned by motivation, perception and caring.

Regret = Not letting effort flow into information as you interact.

Subconscious is how our soul changes our body (feedback)

Community is how our soul directs our body (output)

Connection is how our body change our soul (feedback)

Information is how our body directs our soul (output)

Output	- Body	- Change	Output	- Soul	- Change
Community	- Physical	- Subconscious	Information	-Spirit	- Connection

- Interaction is kinetic energy, creates electromagnetic energy

Effort is chemical energy turned into kinetic energy that changes the world

- Information is all energy that creates chemical energy

Thought is chemical energy that changes us

- Connection is electromagnetic energy that creates all energy

Emotion is electromagnetic energy changed by and changes minds chemically.

**The body uses chemical energy to fuel every change. Our efforts use chemical energy to change the world through movement (kinetic energy). Our thoughts use chemical energy to change us through the chemical energy inside us. Our emotions use chemical energy to send and receive electromagnetic energy.**

**(that's how we can feel others emotions! They literally broadcasted through the air?!)**

Sediment directs the changes made by the aspect that comes before. Sediment is a combination of the current aspect and the previous. We can aggressively push through the sediment. We can use the next aspect to compensate (essentially pushing the sediment). Or we can use the next aspect, gain momentum and resolve the sediment. Think of it as positive energy between the two?, shifting it 180 degrees turns it into a positive for following aspect

(???)if you don't return sediment, you are making no change. Interactions powered by emotions return discomfort that settles between the two. Interactions powered by thought returns stress that settles between the two. Discomfort is returned by interaction, so interaction took place. Stress is returned from information, so no interaction took place.

We can apply the energy directly to the following aspect through our spirit, but the sediment that comes with it has to shift, meaning it is flipped 120 degrees, turning  $\frac{2}{3}$  of it into positive energy that drives change

### EDIT 3 NOTES

Single aspect builds power of that aspect but returns equal sediment. Negative changes return more sediment than energy out. Positive changes removes sources of extra sediment. External energy fuels this process, negative and positive change to these sources determines our fate.

Dual aspect (no spirit) gives us 2x power for single change. Equal sediment returns. Dual aspect in positive direction reduces extra sediment buildup naturally.

Dual aspect with spirit gives us 2x power for single change plus convert sediment into additional energy/power? For change.

NOTE! Cultivating contentment is flowing all equally, but outside energy is always needed in the system. Most we can reduce needs is by  $\frac{1}{3}$ . So (Theoretically) if  $\frac{1}{3}$  of the population (or different individual ratios equalling the whole) focuses on energy from 1 aspect into system it is perfect balance for contentment. Better yet,  $\frac{1}{3}$  of the population for each aspect, but  $\frac{1}{3}$  of each aspect is spent doing each aspect for that aspect. Example: production is  $\frac{1}{3}$  of economy.  $\frac{1}{3}$  of production is manufacturing, [ $\frac{1}{3}$  of manufacturing is labor ( $\frac{1}{3}$  of labor is physical work,  $\frac{1}{3}$  planning,  $\frac{1}{3}$  organizing)  $\frac{1}{3}$  of manufacturing is research/design ( $\frac{1}{3}$  testing,  $\frac{1}{3}$  design,  $\frac{1}{3}$  research) $\frac{1}{3}$  of manufacturing is logistics ( $\frac{1}{3}$  transport,  $\frac{1}{3}$  efficiency,  $\frac{1}{3}$  connection)]. Also Contentment is about doing the most with the energy we have, so if you want to get the most productivity out of your time or the people you work with you will reduce stress, worry and discomfort as much as possible while trying to balance the work done so it either builds all 3 equally or in ratios that match the strengths/weaknesses of the individuals involved.

\*\*\*\*\*Essentially wages are compensation for people building sediment, so compensation and work environment should follow the natural flow of energy to address that sediment. Physical

labor should be socially constructive. Mental labor should be physically constructive. Social labor should be mentally constructive. By creating a positive environment to address the sediment of the labor we should be able to build contentment in the workplace.

Is apathy when our stress is more than our worry? So worry cannot motivate thought?  
Is anxiety when worry is greater than discomfort? So discomfort cannot motivate emotion?  
Is exhaustion when discomfort is greater than stress? So stress cannot motivate effort?

\*No, but these conditions can cause these blocks.

Example. We stress ourselves caring for others, but without connections and feeling like we have not impacted worry causes apathy.

\*\* I would argue it is our ability to see the positive change by a thought to connection interaction that resolves the apathy, where any thought to connection interaction by it's nature builds apathy. So what gives us that feedback? Is it the building of community and a ripple through curiosity? Or do we need to look at the the in/out nature of the aspects?

180 flip? If nothing else they give us insight and drive to move beyond. Can also think about what controls what (informs, changes, soul and body)

Does discomfort cancel out apathy?

Stress cancels anxiety?

Worry cancels exhaustion?

\*\*\*\*\*Dark Matter -----

This book is sharing my experiences to share my perspective so that I can connect with thought to help build a community that will help me change the world through emotion.