

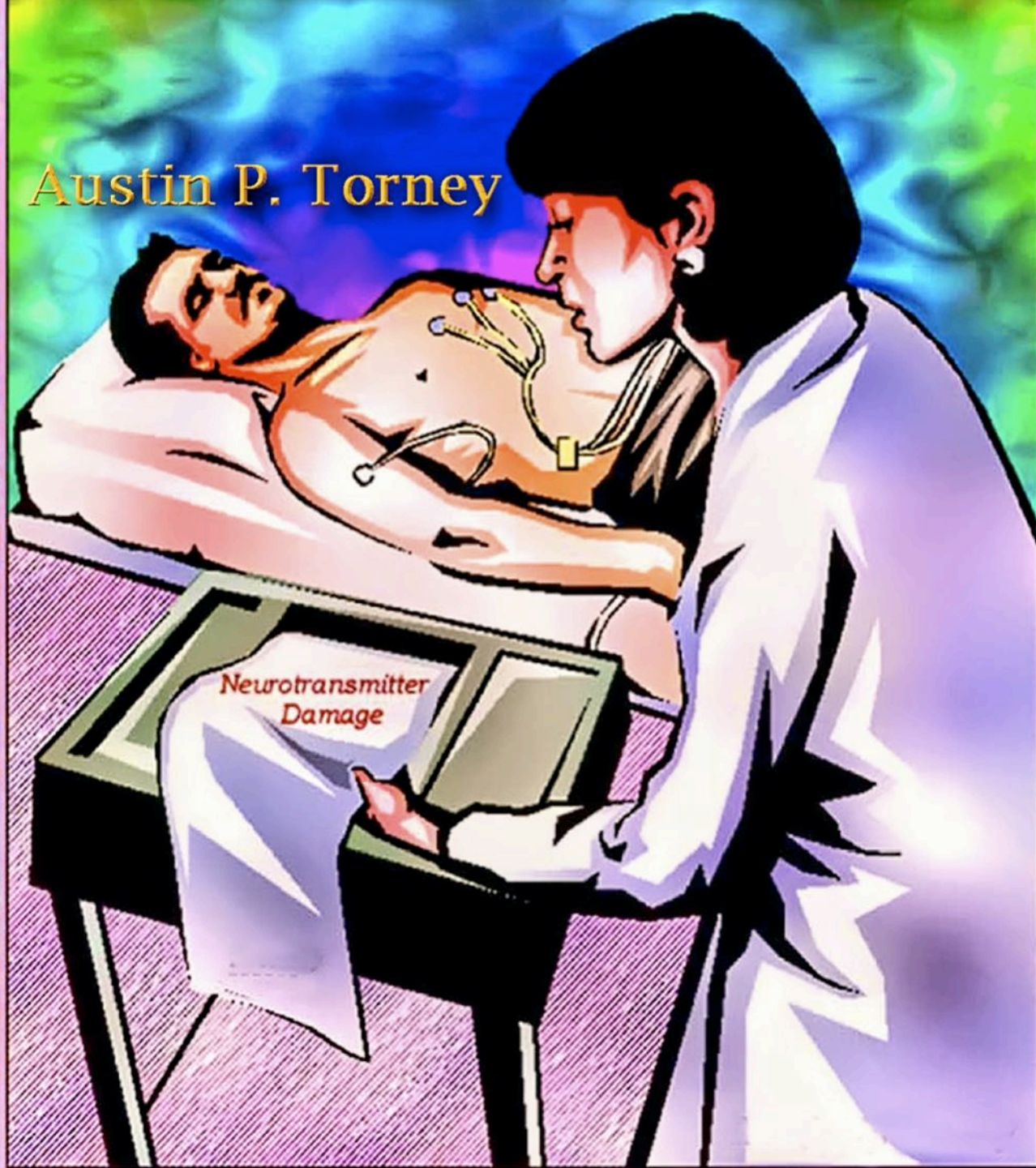
Brain Waves  
Illustrated



Austin D. Torney

# Brain Waves Illustrated

Austin P. Torney









PROOF OF  
REALITY  
REFERENCE  
FABRICATION



*Take a pencil, and feel a texture with it—  
(The eraser end is best, so you don't write)  
You seem to feel it at the pencil tip;  
Yet, you have no sense organs way out there—  
So—your brain fabricates reality!*



*(This, then, is why there is a hang-glider above:  
Its wings are felt as an extension of the arms,  
just as the pencil seems to be an extension of the finger.)*

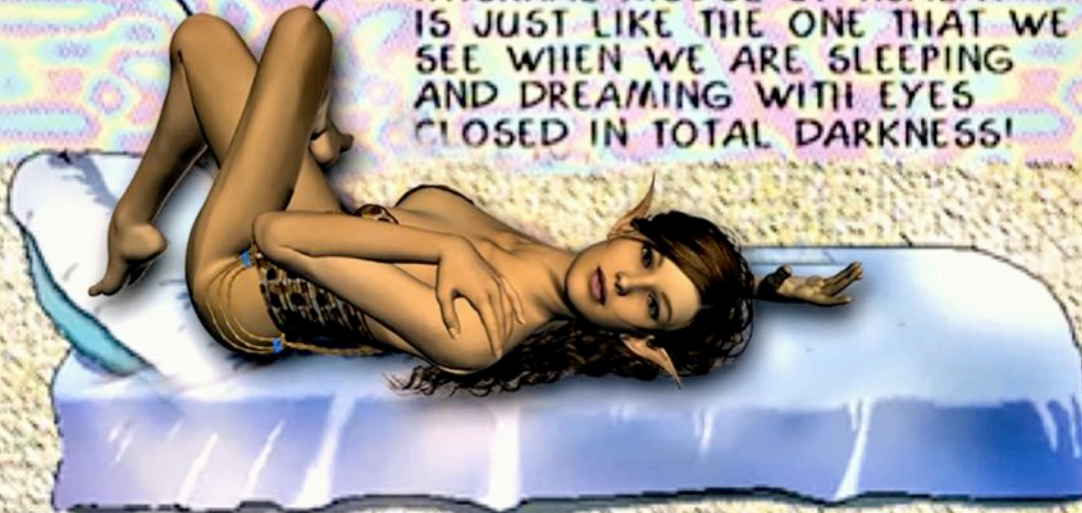
**Take a pencil, and feel a texture with it—  
You seem to feel it at the pencil's tip;  
Yet, you have no sense organs way out there;  
So—the brain fabricates reality!**

The Simulation Model

P. Tooney © 1997



ALL THAT WE EVER SEE IS THE  
INSIDE OF OUR HEADS! THIS  
INTERNAL MODEL OF REALITY  
IS JUST LIKE THE ONE THAT WE  
SEE WHEN WE ARE SLEEPING  
AND DREAMING WITH EYES  
CLOSED IN TOTAL DARKNESS!



(OF COURSE, THE INTERNAL MODEL SEEN AS NIGHT DREAMS IS DRIVEN  
ONLY BY "STATIC" SINCE NO EXTERNAL SENSE INPUT IS COMING IN.)

All we "see" are the insides of our heads,  
A model of reality. No, you say—  
Well, it's the same model "seen" in your dreams,  
With your eyes closed and you in darkness, too!



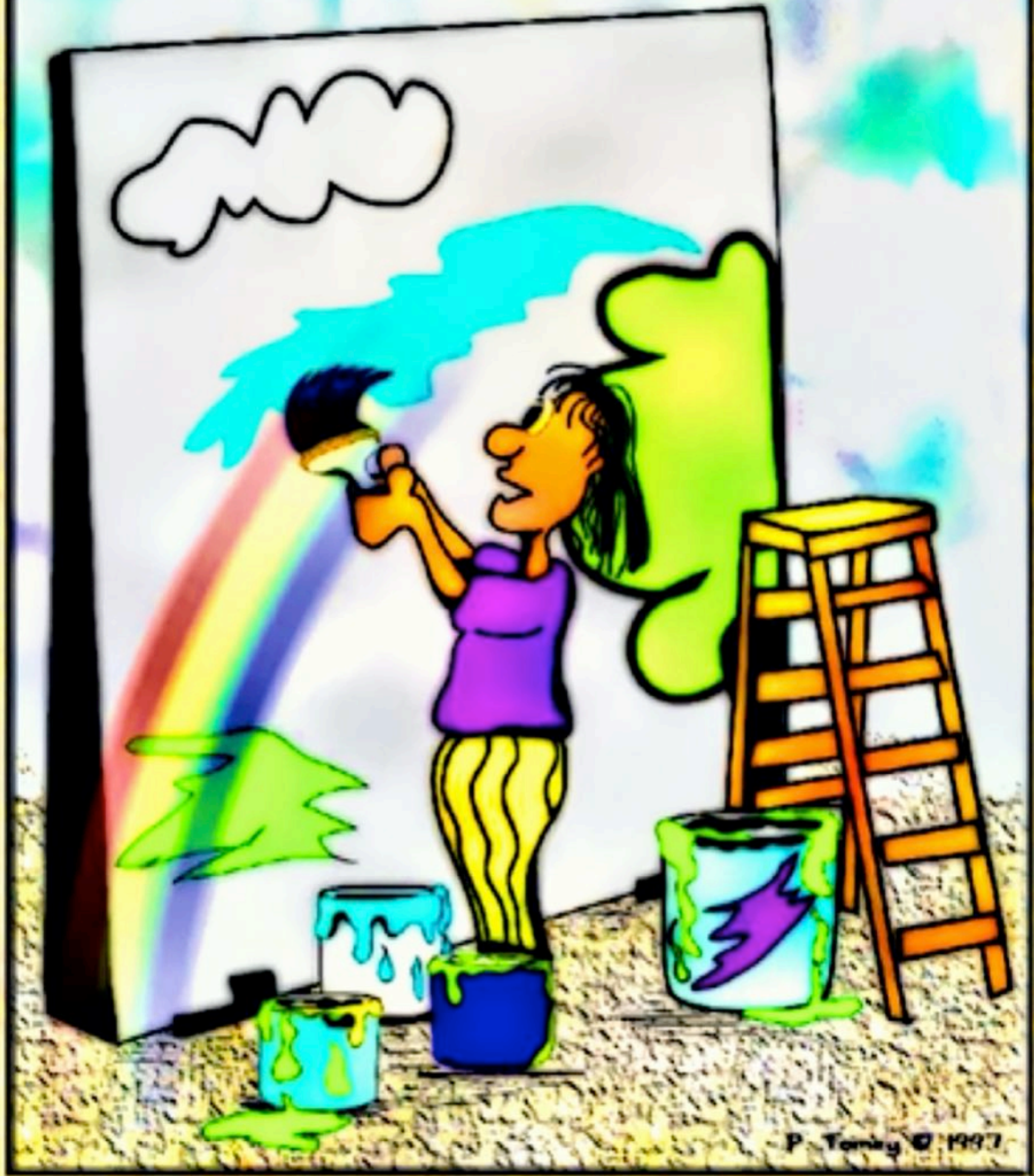
Absolute Reality is scentless, soundless, and colorless; however, our sense organs can detect air vibrations (sounds), molecule shapes (scents), light wavelengths (colors), and, of course, much more. So, what we see, hear, smell, taste, and feel is but an internal model of reality. All that one can ever really "see" (sense) is the inside of one's head! (If you doubt it, witness your "senseless" night dreams, when the model is driven only by static!)

**– Get Your Reality Fabricated Here –**

Not only is "seeing" inside our heads,  
But also the hard-soft-texture of touch,  
The scents of molecule shapes, and the sounds  
Of air waves, again, as in a night dream.



"What is really out there, I suppose,  
are just "waves" and "fields"."



Reality plays within our theater,  
A wide-awake dream. What's really out there,  
I suppose, are waves and fields, which our minds  
Sense in representative ways, like "red".

Is Mind Stuff the Same Stuff that Dreams Are Made of?

Suppose you "woke up",  
from life's reality, so  
to speak, and suddenly  
realized that it was  
all just a dream?  
What then?



F. Torrey © 1997

The brain is like a TV tuner, reading waves  
That originate somewhere else entirely;  
Hard reality is totally fabricated,  
Just as in our dreams that seem so real.



Absolute Reality is scentless,  
Colorless, and quite soundless; however,  
Sense organs detect waves and vibrations—  
So—all reality's fabricated.

RGB retinal cones  
for sensing short,  
medium, and long  
lightwaves via  
corresponding  
protein rotation

Conversion of  
air vibrations  
into sound  
via hammer-  
anvil-wave  
correlation

Quantum wave  
consciousness  
appears  
about 300  
millisec  
after  
brain  
analysis  
is done.

Regenerative  
skin fibers

Short term  
memory of  
7 items

P. Torrey © 1997  
Taste recognition  
via 4-way depth  
effect vector  
from bitter, salt,  
sweet, and sour  
tongue receptors

6-way nasal  
molecule  
shape vector

Fast 75 ms  
black & white  
motion detection.

Form, depth,  
texture vision  
system analysis

Dopamine  
pleasure  
receptors

Bonding hormones

Touch  
reality  
relocation

SEE LIFE

I think,  
therefore  
I am

**The Human Machine**

Automatic lookup table

Mood regulation via serotonin neurotransmitters

Hard reality is constructed by our brains,  
From some kind of frequency domain,  
As when sound waves turn into sound, so, the  
Apparent physical world is an illusion.

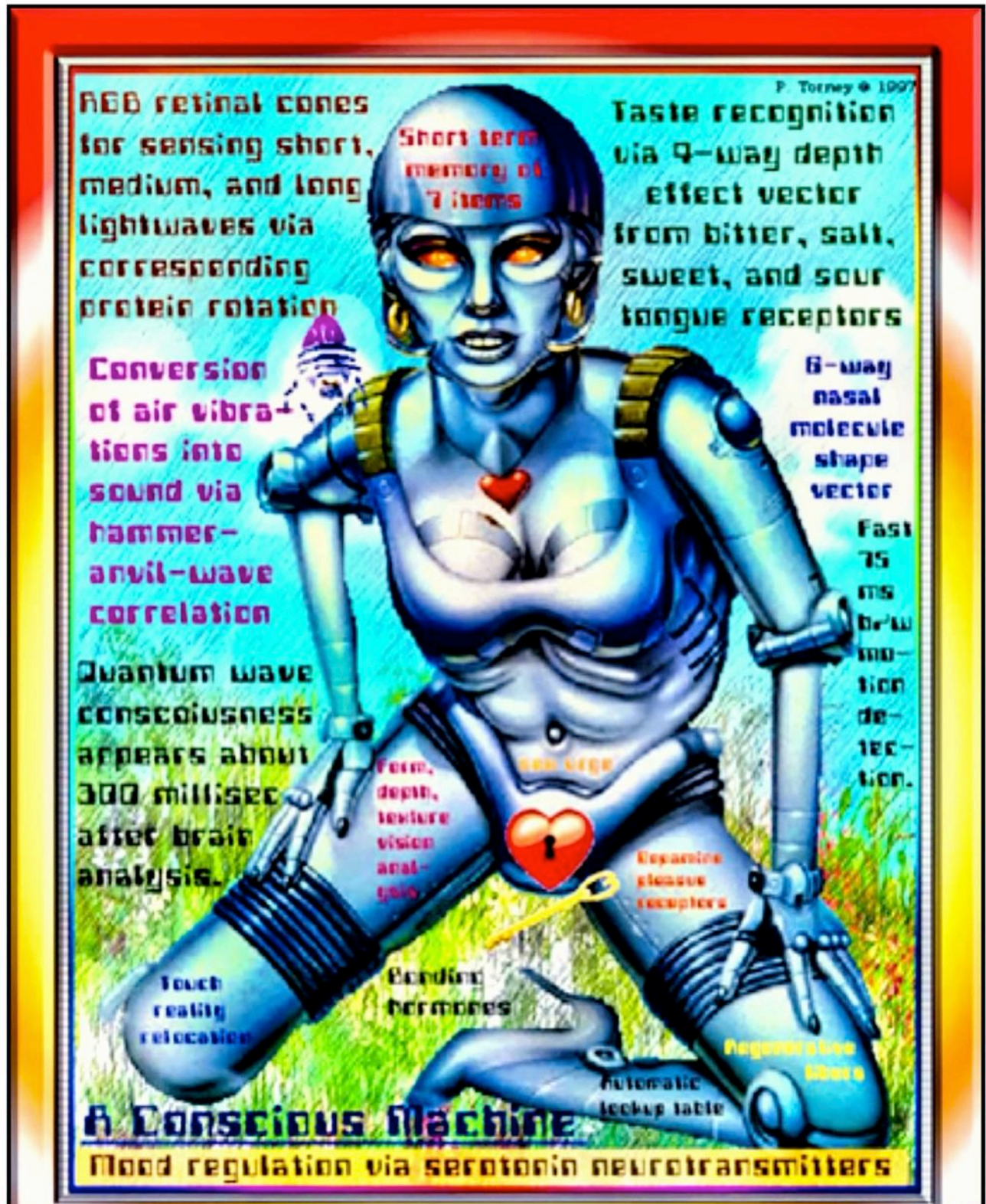
— *The Art of Love* —

*I'm painting a picture for you to see,  
The vision of romantic destiny—  
Like ghosts, we emerge from the photo film,  
Virtually into reality.*

— From *Unicorns* (#472) © by Patricia Turner



A virtual reality can be  
Enjoyed and directed in lucid dreams,  
Where one can do anything at all, without  
Injury or penalty, with real feel!

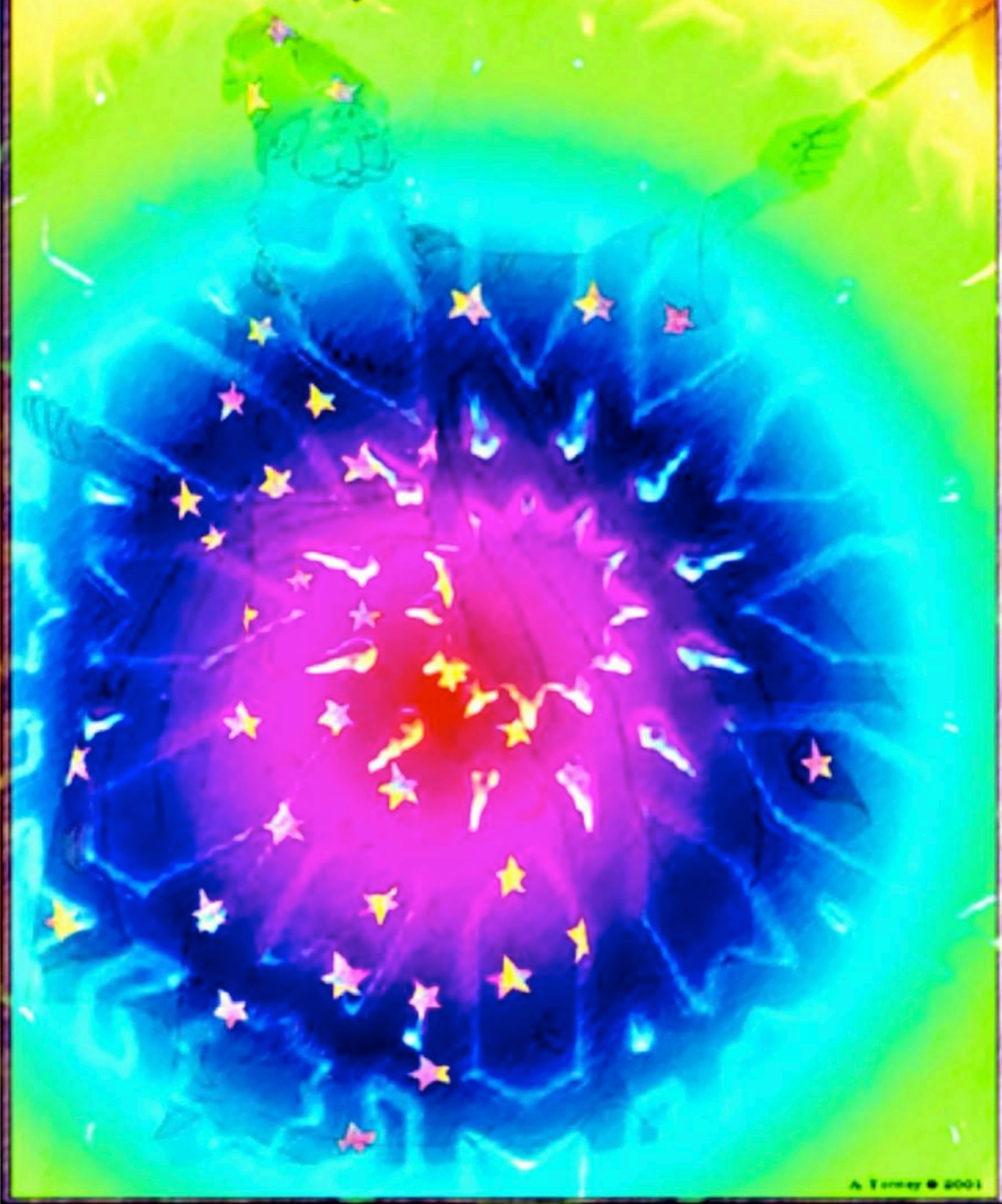


A simple four-way “lookup” senses taste  
 By degrees of bitter, salt, sweet, and sour,  
 And, likewise done, the three-way colors,  
 Plus ten-plus-way facial recognition.



Brains have parallel processors for form, Texture, color, and depth—and a quick one For motion detection—which all combine Later as what we “see” as unity.

# The Keeper of the Kinds



Consciousness is referred back in time a bit,  
Like the tape-delay of a live TV show,  
To hide the brain's processing time from us—  
Making things seem to happen instantly.



About Time

THE "NOW" IS TEN-FORTY-FOURTHS OF A SECOND LONG.  
THE FREQUENCY AT WHICH EVENTS APPEAR OVER  
THE HORIZON OF CONSCIOUSNESS. THE SUCCESSION  
OF WHICH GIVES US THE ILLUSION OF TIME PASSING.



P. Torrey © 1997

The "now" is ten-forty-fourths of a second long,  
The frequency at which events appear over  
The horizon of consciousness, the succession  
Of which gives us the illusion of time passing.

# BEWARE OF THE DRAGON



Do you control your thoughts or do your thoughts  
Control you? Could you, silly as might seem,  
Just be falling, hook and line, for your thoughts?  
Think about it—thoughts tell you the answer!

Don't believe every thought  
that "comes along", for, it  
may be spurious, a reflex,  
random, robotic, ancient,  
a conditioned response,  
emotional, or associative.

A PENNY FOR YOUR THOUGHTS.

HEY, I'LL GIVE YOU MY  
TWO CENTS WORTH.



We fall for our thoughts, hook, line, and sinker:  
Conditioned responses, reflexes, or  
Overwhelming emotions, spurious,  
Or ancient, planted by evolution, or unbalanced.

## Elf Help



The brain's decisions are determined by  
Memories, associations, and  
Learned behaviors right up to the instant—  
So, our “decisions” are predetermined.



The “free” in free will has no real meaning,  
Unless we take it to mean “random”, that  
The will depends on nothing but dice rolls;  
What good would be such a brain anyway?

Can you start or stop your thoughts?

In other words, can you will that which  
does the willing?

Influences ... Memories ... Associations



I think, therefore I am  
a machine.

Well, suppose a surprise thought comes  
to you right now out of the blue, as  
they often do.. Of course you did not  
will it! The thought is an effect of  
countless influences, i.e., causes.

The will is unfree!

P. Torsay © 1997

Can you start or stop your thoughts? In other words,  
Can you will that which does the willing? Try it.  
Oops, a surprise thought just came from the blue;  
You did not will it—the will is unfree!

Never Say Diet



A hormoned hunger pang, midway between a Pain and a withdrawal symptom, makes you Run, run, run to eat—well, that's OK—until Another hormone signals satiation.

***Bound to Love***

Bonding hormones bring us closer together, and on into love and lust, and, so, yes, there can be chemistry between people!



Bonding hormones bring us closer together,  
Pheromoning into lust, love, and relationships  
Spurred onward by love-made endorphins—and, so,  
Yes, there must be chemistry in coupling.





A. Torney © 2001

The mind is perhaps many little minds,  
Each a simpleton awaiting control,  
Such as when we eat, socialize, or fight,  
None of them very complex at all.



Subconscious trains of thought vie for attention;  
These dueling choirs compete for first place  
In the mind's 'I'—consciousness—to produce  
Future, for this may be the task of thought.



"I now pronounce you  
man and strife,  
woman and houseman,  
Mr. Right and Ms. Perfect,  
until his warranty expires  
or he needs parts."



Women  
Are  
From  
Venus



Mister Understanding  
Miss-Understanding<sup>o.p.</sup>

People act, robot-like, since they know not  
The "why" of what they do, for decisions  
Are made "blind", by brain networks, just before  
They're presented to in our consciousness.

CONSCIOUSNESS IS THE ULTIMATE MYSTERY. LESSER "MYSTERIES", LIKE LIFE, ALTHOUGH NOT SOLVED, AT LEAST HAVE A HANDLE THAT WE CAN FATHOM (DNA).

CONSCIOUSNESS IS THE THING THAT IS MOST FAMILIAR TO EVERYONE, AND YET NO ONE SEEMS TO KNOW WHY IT EXISTS AND WHAT IT DOES AND HOW IT DOES IT.

EVEN DOGS, CHIMPS, CATS, AND MANY ANIMALS SEEM TO HAVE CONSCIOUSNESS. PERHAPS EVEN A WORM SENSES SOME SMALL SMUDGE OF REALITY. AN ATOM?

THE FUNCTIONALISTS THINK THAT CONSCIOUSNESS IS MEDIUM-INDEPENDENT, THAT IS, THAT IT WOULD ARISE FROM SILICON COMPUTER CHIPS WHOSE CIRCUITS WERE BUILT ONE-FOR-ONE IN LINE WITH THE BRAIN'S NEURAL NETWORK. HOWEVER, IT HASN'T BEEN DONE YET AND MANY FEEL THAT CONSCIOUSNESS MUST BE DEPENDENT ON A BIOLOGICAL MEDIUM, SINCE THAT IS THE ONLY MEDIUM IN WHICH IT IS KNOWN TO ARISE. BUT, THEN AGAIN, ARE NOT ATOMS THE ONLY MEDIUM THERE IS?

THE MATERIALISTS THINK THAT CONSCIOUSNESS IS THE BRAIN, AND NOTHING MORE, AND THAT CONSCIOUSNESS IS MERELY THE BRAIN'S PERCEPTION OF ITSELF. MAYBE.

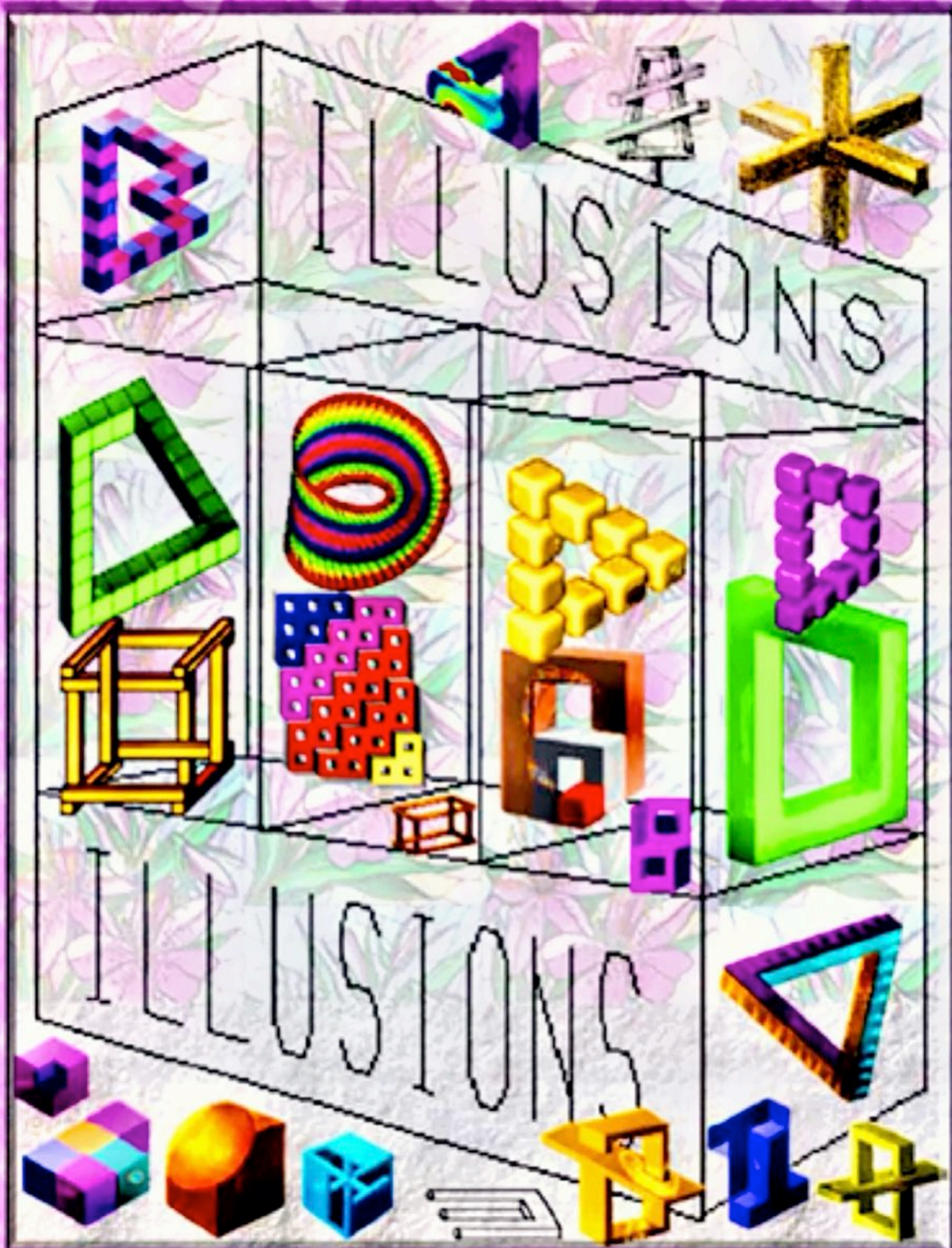
THE DUALISTS THINK THAT CONSCIOUSNESS IS COMPLETELY SEPARATE FROM THE BRAIN, BUT WHY IS CONSCIOUSNESS INJURED WHEN THE BRAIN IS INJURED?

IT'S AN INTERESTING FACT THAT DECISIONS PRECEDE THE AWARENESS OF THEM, I.E., CONSCIOUSNESS COMES A HALF-SECOND AFTER THE BRAIN DOES ITS THING. IT IS AS IF ONLY THE RESULT OF THE BRAIN'S DECISIONS ARE PRESENTED TO CONSCIOUSNESS. IN FACT, MOST OF WHAT THE BRAIN DOES IS NEVER PRESENTED AT ALL!

IS CONSCIOUSNESS FUNDAMENTAL, LIKE SPACE/TIME?

WHAT OF THE SELF? ILLUSION? FREE WILK Forney © 1997

**Consciousness comes three hundred milliseconds  
After the brain does its analysis,  
And, thus, has but last second veto power,  
If allowed, over what the brain comes up with.**













Decisions are not made by consciousness,  
 Although, this fine picture in the mind's 'I'—  
 Merely the brain's perception of itself—  
 May be fed back for future shortcutting.



# UNCONSCIOUS SELECTIONS



F. Torrey © 1998


 NOT MUCH OF WHAT  

 THE BRAIN DOES  

 REACHES  

 CONSCIOUSNESS, AND  

 EVEN WHEN IT DOES,  

 THE MIND'S THE  

 LAST TO KNOW,  

 IT'S JUST A TOURIST—  

 FOR, DECISIONS  

 PRECEDE  
 THEIR AWARENESS.

Not much of what the brain does reaches  
 Consciousness, and even when it does,  
 The mind's last to know—it's just a tourist,  
 For decisions precede their awareness.

Mindfulness

People are all machines going the way  
Of their brains, genetics, and chemicals—  
But, you, learning these secrets, rise above,  
And at least know that you are a machine.



Humans are like machines, going the way  
Of their brains, genetics, and chemicals—  
But, you, learning these secrets, rise above,  
And, at least, know that you are a machine.



# Why People Are Robots

Austin Patrick Torneg@2000

1. Thought depends on the brain's memories and associations; therefore, one cannot will it—it "comes out of the blue", via influences.
2. Consciousness arrives 300 millisecs after the brain has finished its analysis; therefore, there can be no conscious decisions, just the illusion of them. Experience precedes self.
3. Moods are based on the often spurious molecular events of serotonin abundance or deficiency, so, how meaningful can they be?
4. Jealousy, anxiety... are forced upon us.
5. Personality and its associated behavior is genetically determined within 16 MBTI types.
6. Mirror neurons practice whatever we observe; therefore, this becomes us as we learn from what we watch! This is a permanent rewiring of the brain network.
7. 'I' (Awareness) can but only observe the contents of/on the mind (the self). The 'I' is only a subject (one that is not unique at all).
8. Love results from... bonding hormones.

We're all robots, but, no one notices  
Since there are so many different kinds,  
Which, though it makes life quite interesting,  
Obscures the fact that the will is unfree.

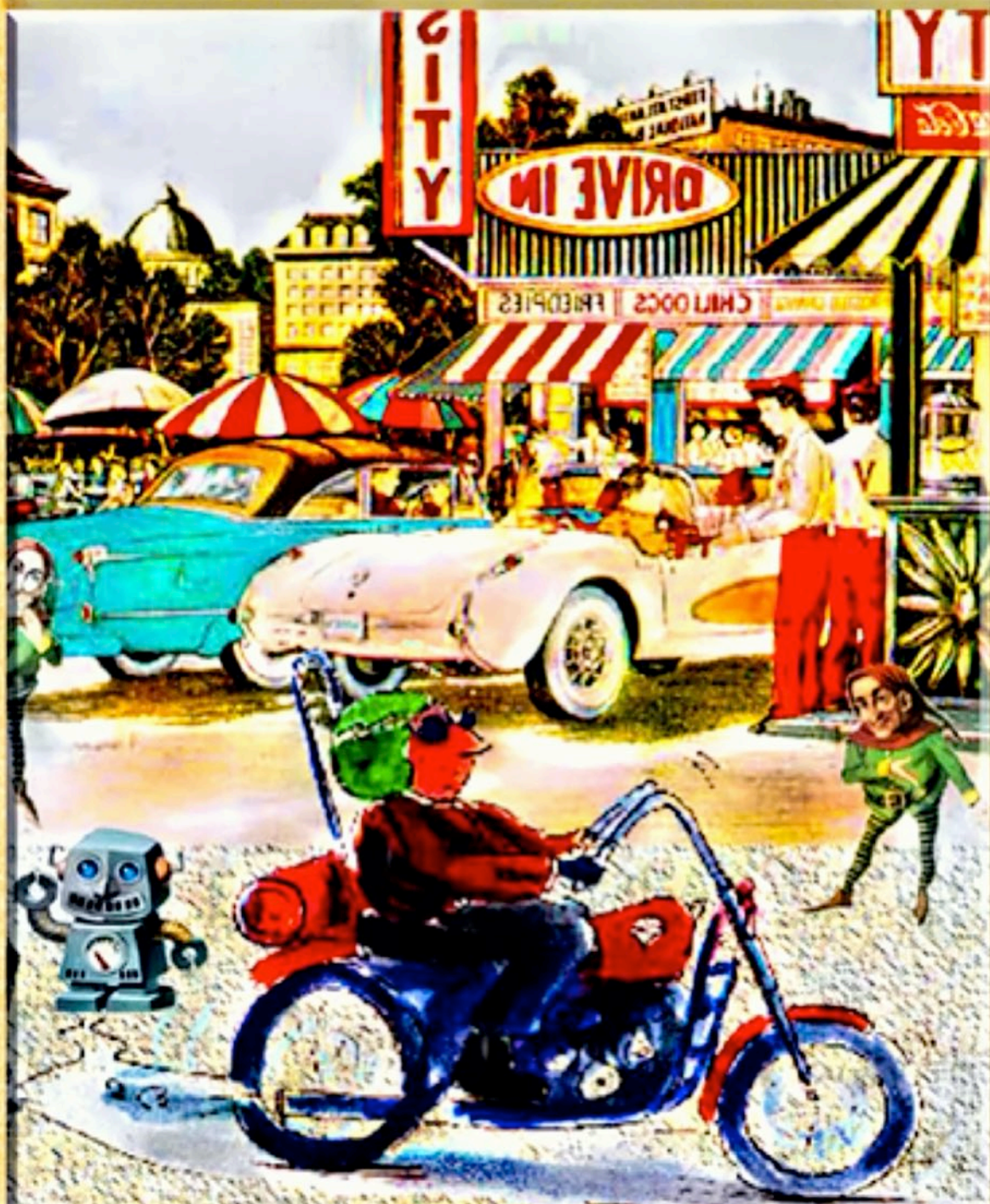
# Beliefs and Desires

If you only have beliefs and desires, instead of having beliefs about your beliefs and desires, then, you may live life mostly as a robot, always falling hook, line, and sinker for your very own thoughts and feelings, many of which are spurious and false messages from the varying brain neurotransmitter levels that control mood, or, useless notices sent by the ancient central nervous systems (from evolution and natural selection), messages that are thousands of years out of date. Yes, I am indeed telling you to sometimes disbelieve your very own thoughts and feelings! "Shouldn't I feel my feelings?" one might plead. Well, our highly valued and supposedly infallible feelings are "only" molecular events, many of which are forced upon us, like jealousy, or anger when we are stressed, or the urge to have children. Next time you come home stressed and the second you get in the door the cat makes an "unpleasant" noise, wanting food, know that the brain will connect your general and now spurious anxiety to the closest antecedent, the cat, and that you will believe, to the core of your being, that the cat is really the cause of your terrible irritation (but, how come the week before in the very same situation you did not feel that way?). So, in these and in other circumstances when conclusions seem to come all too instantly and, thus, too impulsively, don't just react instantly, but, pause, not reacting at all, and watch your feelings just sail right on by, and, in that open space just created (which wouldn't have otherwise existed), think, and find a more creative solution for the problem, or at least a reason for the feeling. Sounds simple, doesn't it? However, few can do it in the heat of argument, until after many, many failures, if ever. But, some special people can, by having beliefs about their beliefs and desires. P. Toney © 1997

First-level people have beliefs and desires,  
But, second-level people have beliefs  
And desires about their beliefs and desires,  
Becoming able spectators of themselves.



Although our decisions of the instant are Fully determined, and are therefore not free, We may happen to learn new things, and make Choices tomorrow that we wouldn't make today.



Each person is "right" to do what s/he does

Everyone's wired differently, having  
Their own private, but valid, perceptions  
Due to genes, learning, and mental health—so,  
Each person is "right" to do what s/he does.



# Personality

P. Toney © 1997



Personality is fixed genetically and usually ends up being one of the 16 types generated by these 4 factors:



Are you energized from the inside or from the outside?  
(Introvert/Extrovert)



Does your information come from the senses or from intuition? (Sensing/iNtuitive)



Do you make your decisions by logic or by feeling?  
(Thinking/Feeling)



Do you like structure & closure or open-endedness & spontaneity?  
(Judging/Perceiving)

Knowing what you'll like and what you're good at will explain your proclivities and suggest a good life partner (note that opposites attract, but that later in life one may prefer a more similar type) and job career (an INFP could never be an administrator, but an ISTJ would do quite well). Major personality changes are just not possible in the major areas, so, everyone is "right" to do what they do. Ninety percent of all arguments could be avoided if people would simply stop trying to change others! Anyway, we see that there are neural correlates underlying personality type, and that, perhaps, in the not too far future, designer personality types may become available to us.

Yes, robots we are, so, therefore, major Changes, like intro- to extroversion— Probably even hard wired—get harder As one grows older, perhaps impossible.

Giving a piece of your  
mind  
is  
not  
a  
peace  
of  
mind



Since personality is mostly genes,  
And the rest is hard-wired learned behavior,  
We can't expect to change others, big time,  
So, don't bother to; let us accept them.



More and more the myths of past ignorances  
Give way to the solutions of science,  
For example, a person's life force and  
Basic traits are her genetic blueprint.

## Realizing Robot Responses

Anger is an emotion that originates in the older more primitive parts of the brain, and, it, for reasons lost in antiquity, has a direct pathway into consciousness, bypassing the newer and "higher" logical portions of the brain, and, as a seemingly non-ignorable siren alarm that usually begets an immediate and unavoidable "mechanical" reaction, "says" to the mind: I AM MAD, and, so it is that most people cannot even think at all during fits of anger (the moronic state in which even beige is black, for all reasoning has been inhibited and bypassed), the slightly enlightened of whom, at least, say something like "I'm feeling extremely irritable right now, so, you'd better stay away from me since I'm not at all in control of the "robotic" "violence" I might do to you if I should be angered further", and the best of whom might simply (after mental education) see the alarm signal for what it is (it may even be, as it often is, a spurious signal due to a stressful day that has lowered your serotonin), give it it's due, if any (change or accept), by pausing, and then quickly rise above the "caveman" level response (via a knowledge of the mind, the absence of which is no longer excusable in these informational times) and let the thinking power be restored, to its glory.

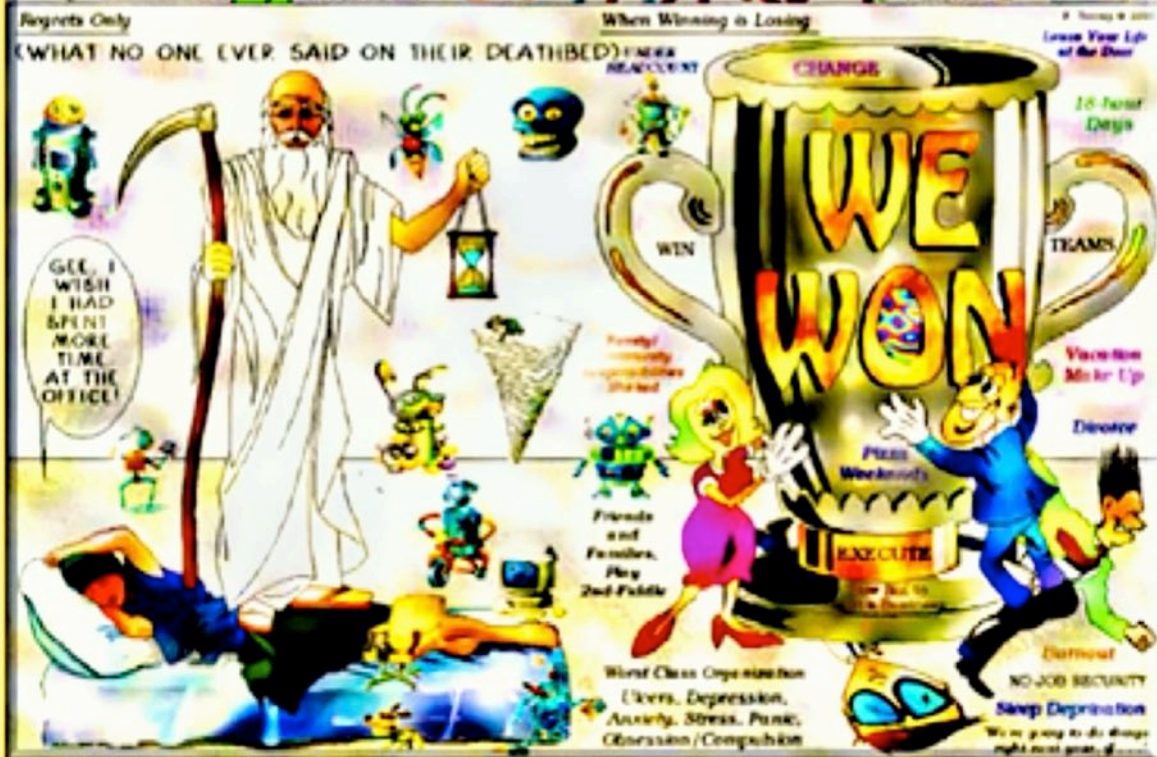
P. Torrey © 1997

Life's still emotionally primitive—  
Negative feedback mechanisms in  
The central nervous system, now useless,  
Still send thousands-of-years-old messages.





Emotions are but molecular events,  
Some forced upon us all, like jealousy,  
And the others, like aggression, born from  
Low serotonin, NOT from the Devil.



Prolonged coercive job stress damages  
 The immune system and brain transmitters,  
 And causes secondary time-stresses,  
 Sleep deprivation, and social problems.

Not much of what the brain does reaches Consciousness, but, even when it does, the mind's the last to know, it's just a tourist— for, decisions precede their awareness.



Low serotonin stems from genetics, Stress, lack of exercise, or the wrong foods, And can cause anger, anxiety, and Depression, even bad behaviors, crimes.

**Convicted (low serotonin led to unregulated moods, which, when combined with a low heart rate, led to fearlessness and crime).**



Since the aggressive urges leading to “sins”  
Are not caused by (D)evil, the “sinners” are not  
To blame, although we still have to lock up  
The violent ones to protect ourselves.

# The 13 Steps

1. Watch that first step, it's a long way up!
2. There is a higher power—one which can often leave you powerless: Central Hudson!
3. Make a fearless inventory of your defects—no, wait, that would kill too many trees!
4. Make amends—but only over their dead bodies!
5. Eat and be merry, but, don't drink, just choke.
6. Pay the bills → Bill Clinton and Bill Gates.
7. Lick her, lick her everywhere, drop to drink!
8. AAAAA: Organization for drunk...
9. Hi, my name is Johnny Walker, and...
10. Don't be a hard drinker, drink at...
11. I'm not just a grateful alcoholic, I'm a great alcoholic!
12. Get a life!
13. Make a man(s), make a woman!

I'd rather have  
a bottle  
in front of me  
than a  
frontal lobotomy!



Behavior modification can raise Serotonin, too, though not as quickly As medications, like Paroxetine, But, it still works—it just takes longer.



Hostility can stem from low serotonin,  
When we fall for our thoughts, hook, link, and sinker—  
Kicking the cat or the kids when we get home,  
Rationalizing that they made us annoyed.

Smoking indeed aids concentration and memory by stimulating nicotine-like brain receptors to release a flood of neurotransmitters which reduce distraction from repetitive sounds and brain activity. So, when you take up smoking?

No, the dangers still outweigh the benefits.

**KNOW** it unless you

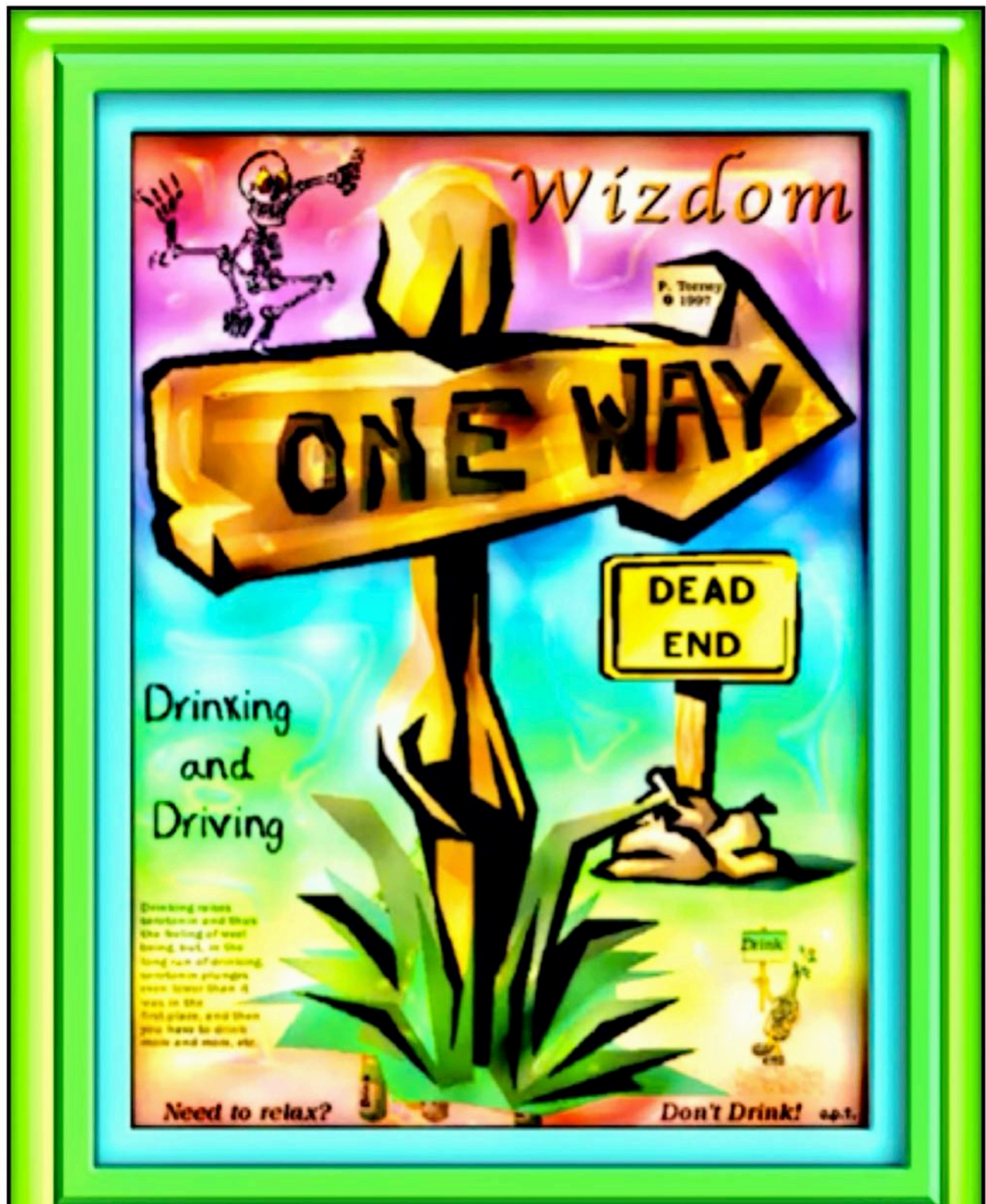
**DO** it —

so, quit

GGGGGG, GGGGGG,  
GGGGGG GGGG GGGGGG  
GGG GGGG - GG GG GGG  
GGGG GGGG GGGGGG

P. Torrey © 1997

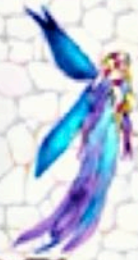
Cravings are not free will, as much as one Might like to think so. These imbalances Cause much senseless irritability, Nail biting, or the urge to overeat.



Persistence of thought, known as obsession,  
Is enabled by low serotonin:  
That same negative thought breeds depression,  
That same anxious thought induces panic.



# STICK-TO-IT-IVE-NESS



**PERSISTENCE OF  
THOUGHT IS THE  
"CURSE" THAT LEADS**



**TO GREAT**



**ACCOMPLISHMENTS,  
THROUGH OBSESSION,**



**THE DRIVING  
FORCE BEHIND**

**THE CREATIVE ARTS,**

**THAT "DRIVEN" SENSE  
WHICH CANNOT**

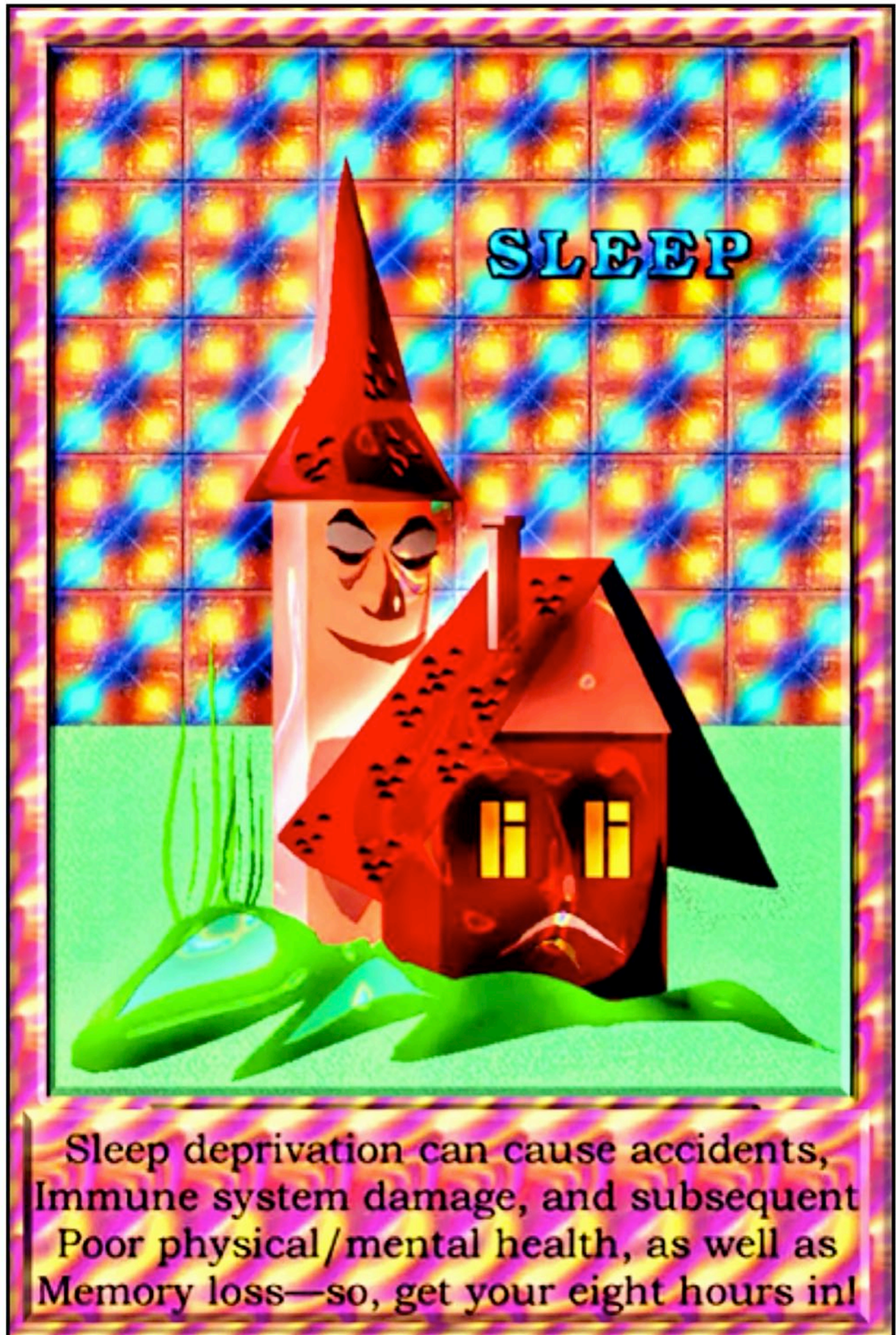


**BE DENIED.**



F. Torrey © 1928

Persistence of thought is the curse that leads  
To great accomplishments, through obsession—  
The driving force behind the creative arts,  
That driven sense which cannot be denied.



Missing Serotonin

(But in the long run of drinking, serotonin plummets even lower than it was in the first place, and then you have to drink more, etc.)



Need to relax?

Don't Drink!

# ANONYMOUS



# ANONYMOUS

1. Watch that first step, it's a long way up! 2. There is a higher power—one which can often leave you quite powerless—it's your electric company! 3. Make a fearless inventory of your defects—no, wait, that would kill too many trees! 4. Make amends—but, only over their dead body! 5. Eat and be merry—don't drink—just choke. 7. Lick-her, lick-her everywhere. 8. A.A.A.A.A. An Organization for drunk drivers. 9. "Hello, my name is Johnny Walker, and I'm..." 10. Don't be a hard drinker, drink easily and often! 11. I'm not just a grateful alcoholic, I'm a great alcoholic! 12. Get a life. 13. Make a-men(x) / Make wo-men(x). 14. Easy does it—or else IT will do you (n)! 15. "Bottoms up!" / "I don't care if you bottom out!" 16. Change your mind—and maybe it will work better. 17. Focus on yourself first—let housework be last! 18. Eat, drink, and get married—and then wake up surprised to see in-laws turned into in-laws. 19. Think drink! 20. One lay at a time. 21. You don't drink much—you spill most of it! 22. Let go and let God, i.e., let live and let evil! 23. It's the questions that are hard, not the answers. (The answers: "yes", "no", "maybe") 24. "My name is Bunny—I'm an alkaline battery... I mean I'm an alkalizer, I mean..." 25. Hardy does it. 26. One dose at a time. 27. Get-go & forget god. 28. How imported is it? 29. Evil Tel DNA Evil (Live and Let Live backwards) 30. One lay at a time. 31. Pour me... pour me another drink! 32. I drink Canada Dry. 33. I'd rather have a bottle in front of me than a frontal lobotomy. 34. A meeting is not religious—you just do about the same things that you do in church. 35. Get addicted to meetings. 36. From beer to eternity. 37. Get rational (RR)—by AL (anon)

... TO ACCEPT WHAT I CANNOT CHANGE, THE COURAGE TO KNOW THE DIFFERENCE AND ...



... AND A BIG BAG OF MONEY

Alcohol can raise serotonin in  
 The short run, but decreases it long term—  
 A doomed attempt at self-medication,  
 But, hold on—relief is being researched.

## News Flash



## Slogans

1. Easy does it - or the IT will do you (in)!
2. "Bottoms up?" "I don't care if you bottom out!"
3. Live in the now, for if you are not now-here, then you will be no-where. Live in the (k)now.
4. Change your mind - maybe it will work better.
5. Focus on yourself first - let housework be last!
6. Eat, drink, and get married - and then wake up surprised to see in-loves turned into in-laws.
7. Think drink.
8. One lay at a time.
9. She doesn't drink much - she spills most of it!
10. Let go and let God, i.e., let live and let evil!
11. Live in the now - because the past isn't what it used to be and the future will just be worse!
12. It's the questions that are hard, not the answers. (The answers: yes, no, maybe.)
13. "My name is Bunny - I'm an alkaline battery."



## Drug Users Give Themselves the Death Sentence



Odd that Paroxetine can cure compulsion,  
Panic, anxiety, and depression?  
No, for obsession is the casual root—  
As all involve the persistence of thought.

# Enlightened



Born without the enzymes that digest milk,  
She supplies it via Lactaid tablets.  
Born without the zymes that digest mood,  
Zoloft prolongs her mood regulators.

# Road Rage



Behavior modification can change us, too,  
For the worse, if we see too much aggression,  
Or do the same thing too long, such as overtime—  
Getting well grooved into that same old rut.



The highest zone is absolute happiness,  
Though even the best can slip to well-being,  
And, sometimes, down into the bearable zone;  
Next, come the anger, apathy, and death zones.

# The D(anger) Zone



Once we drop into the anger zone, the Analytical mind cuts out, giving way To the primitive reactive mind, a Moronic state in which even beige seems black.





The simple reactive mind “thinks” that, say,  
A perceived bad tone equals insult equals  
Hate equals great anger equals lash out  
Equals big fight equals kill equals death.

Moods  
are  
Contagious.



The mind is quite weak in the fighting off  
Of emotions, for they have a direct  
Pathway into consciousness—inhibiting  
The rational, thinking part of the brain.



Emotions usually take sole control,  
Brain logic relegated to the sidelines,  
Being ineffective against a mood;  
It's a wonder what's really is in charge.



# Wise Guys



Reason and emotion are hard to coordinate,  
Each having a separate pathway to the mind;  
That, perhaps, is all there is to tell about the  
Miseries and follies of human history.



Emotions are slow to react to logic,  
Like molasses or slow forming crystals,  
Or not at all, like rocks, blocking us.  
Unless and until they change, progress halts.



The way that we think and feel depends but  
Upon chemicals—neurotransmitters  
Like Dopamine and Serotonin that  
Fluctuate, so—how meaningful are strange moods?

Curing Marching Disorders

*Let your  
thoughts  
sail on  
by—  
just  
observe  
them.*



*Don't act  
on them.  
This will  
put some  
distance*

*Between  
you and  
your  
conditioned  
response,*

*A space  
which has a  
modicum of  
free will.*

**HABITS**

P. Tolney © 1997

**Let reactions sail on by—just observe them,  
But don't act on them. This puts some distance  
Between you and your conditioned response,  
A space which grants a modicum of free will.**

## Free Won't, not Free Will

Free will does not exist, but "free won't" does, that is, we cannot really will our thoughts because, surprise, they just come bubbling up out of the blue, the brain having done 90% of its analysis before our consciousness even gets an inkling of it—of what we're thinking, which inkling, as it turns out is not even an intention or a pseudo kind of willing, but an "early" prediction by the brain of what the final answer of the brain's analysis will be, although, after our consciousness receives this inkling, while the brain completes its last 10% of its analysis using even higher brain centers, we can, indeed, veto an action coming from a thought, or even that thought itself, at the very last instant, unless we're really impulsive, and, thus, we have "free won't" power, but not free will. So, who knows what thoughts may come, unwilled, unwanted, and unknown, some even rather embarrassing or even quite "forbidden", but, at least, using our free won't power, we can veto them (or did the brain do that too, unbeknownst to us?).

When extreme thoughts arrive, uninvited, as most thoughts do, we veto them, saying "don't". For, while we can never will that which does the unconscious willing, we do have "free won't".





From its safe subjective place that's free of fear,  
Our soul, our Conscious Awareness, can witness  
The strange thoughts and emotions that surface  
On the mind, sent there by the subconscious brain

*Subjective awareness  
or being/ essence,  
is the ground  
on which  
objective  
figures exist*



**THE GROUND ITSELF IS NOT  
A FIGURE OR AN OBJECT.**

Austin Patrick Torney ©1997

**Conscious Awareness, which can but witness,  
Is a safe haven from which to observe  
The drama of our lives playing in our minds,  
Granting us a sobering distance from it.**

— Riding on Air —



*Happiness is a silk bubble today  
That gently lifts you toward Heaven's gateway,  
But just one raven crowing in the night  
Can arrest your smile and swipe it away.*



— From *Strangers* (1920) © by Patricia Toome

Life should be euphoric, like spring fever,  
As in those rare moments of ecstasy  
When one is in the zone and cannot miss;  
So—let all aversive substrates be removed!

# — THE CAVEMEN —

 THE HIGHER MODES  
OF BEING THAT AWAIT 

2025 A.D.

 THE FUTURE 

CHEMICALLY-ENHANCED

 WILL MAKE TODAY'S 

PRIMITIVE MIND-STATES

SEEM AS A CHILD'S TIN  
FLUTE TO A SYMPHONY!



F. Torrey © 1996

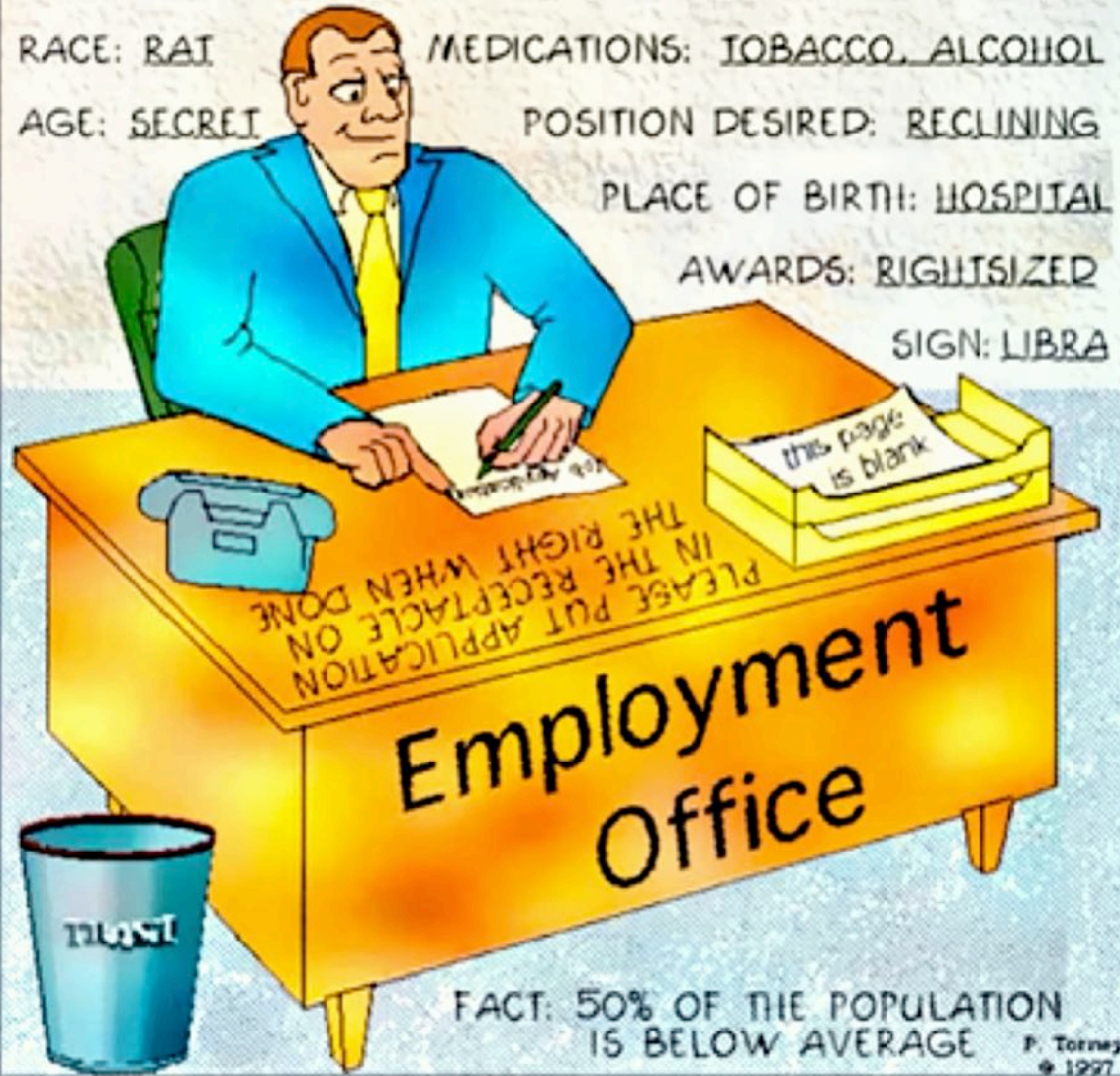
The higher modes of being that await  
The future-chemically-enhanced  
Will make today's primitive mind-states  
Seem as a child's tin flute to a symphony!

*Let's go to that whata-you-call-it  
place where we ate that stuff with  
whats-her-face and and her friend  
whats-his-name, you know, where  
they serve those figamajig things.*



Some people are just a little bit crazy,  
With a mild mental illness, some genes awry;  
We call them inept, heartless, offbeat,  
Even persistent, but interesting.

Job Application HANDICAP: NONE - I DON'T PLAY GOLF  
EYES: 2 HAIR: PLENTY HEIGHT: TALL EDUCATION: YES  
SEX: ME (+W. THAT IS, 3 TIMES A WEEK, ON MWF!)  
WEIGHT: HEAVY FAVORITE FLOWER: CAULIFLOWER  
BACHELORS?: NO (MARRIED) OTHER DEGREES: 28.6  
BAD HABITS: WORKING TOO HARD PHD?: MISTER  
RACE: RAT MEDICATIONS: TOBACCO, ALCOHOL  
AGE: SECRET POSITION DESIRED: RECLINING  
PLACE OF BIRTH: HOSPITAL  
AWARDS: RIGHTSIZED  
SIGN: LIBRA



One has, say, a learning disability,  
So—do Equal Opportunity programs  
Or Diversity programs discriminate  
Against the handicap of being just plain dumb?

WHAT'S  
MATTER  
?  
EVER  
MIND!

Consciousness is the agent which focuses the spread out quantum "object's" waves of existence so we can observe them at one place as the quantum object.

Why should the wetness of water result  
From the mix of hydrogen/oxygen?  
How can cells, blood, heart, and nerves make life?  
It is just so. So, does matter make mind.

# All Things Great & Small

Austin Patrick Torney © 2000

**Soul/Awareness <"energy" = G.O.D., i.e.,  
the Ground of all Determination,  
and may be experiential in nature>**

- | The Soul (a subject) is only an observer of thought objects on the mind, the ground to the figures in the "stream" of consciousness, that is, the "water".

**Mind <quantum field superposition>**

- | Thoughts come mostly unwilled and unwanted as they collapse from all the superposed scenarios. Mind, it matters: matter, ever mind! Mind = Time.

**Brain <electro-chemical molecules>**

- | Snaps a picture of the Mind's eye for reference. Moods are controlled by serotonin. Brain = Space.

**Self <the experiences of living a life>**

- | Experience grants the notion or sense of a self, but the self does not have existence between experiences.

**Sense Experience <"waves and fields">**

- | The world as we perceive it cannot exist at all without a perceiver. Thoughts cause all that is.

**String <made only of itself, eternal>**

- | Vibrating P-branes in 10 dimensions, 7 curled up. The one source of all things great and small.

**Soul/Awareness is "energy" = G.O.D.**

Change the brain and consciousness changes, too.  
Take drugs and the emotions change, as well.  
Damage the brain and the mind's damaged, too.  
Consciousness emerges only from the brain.





The brain could be the mind, and vice-versa,  
So, there is no need for the mind to turn  
The brain's water into wine, if there's  
No wine that's separate from the water.



Is consciousness “emergent” from the brain,  
Somehow, a fundamental phenomenon—  
Could it be the brain perceiving itself,  
Something we might like to call the mind’s ‘I’?

**Consciousness is a fundamental force  
Like mass, space, and time,  
and so it requires  
No explanation—it simply arises:  
Mind: it matters; matter: ever mind.**



Consciousness may be fundamental,  
Like mass, space, and time, and would require  
No explanation—just arising:  
Mind: it matters; matter: ever mind?



# It's Everywhere

F. Torrey © 1997



*Consciousness is irreducible because it cannot be explained in terms of more basic entities, nor can it be located since it's beyond our spatial extensions. Perhaps the intrinsic properties underlying physical dispositions are themselves the experiential properties of the hidden dimension, permeating everything. Consciousness would then be The Ultimate, all that there is of heaven, earth, and sky.*

Consciousness is irreducible in terms  
Of basic entities, so, most likely,  
The intrinsic properties underlying  
Physical dispositions are experiential!

# THE GROUND OF ULTIMATE REALITY



Energy/Awareness could be the same  
Ground of Ultimate Reality,  
On which both quantum-jumps/mind-thoughts are built,  
Leading to the matter of brain neurons.



**Myths, Superstitions, Religions**

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**Biochemistry, Internet, Journals**



Pain's not the same as the nerves that cause it,  
Yet, mind, apart, couldn't conserve energy.  
Perhaps, our "info" exists in two ways:  
Consciously and neurologically.



Nature's made of "occasions of experience"  
Instantiated into consciousness,  
Even for electrons and lower life forms,  
Though worms sense but a smudge of reality.

In identifying  
consciousness,  
most people  
confuse what  
is floating in  
the "stream"  
of  
consciousness  
with the  
"water"  
itself.



THE COSMOS, AND ALL  
THAT THERE IS, IS BUT A  
THOUGHT OF THE  
UNIVERSAL INTELLECT.

In identifying consciousness,  
We often confuse what is floating in  
The stream of consciousness with the water itself;  
Thus, we note not the sea in which we see.



*We note not the sea  
in which we see.*



**THE SPOTLIGHT OF ATTENTION**

How is conscious reality real-ized?  
What directs the “spotlight of attention”?  
Who’s the “silent witness” that can do none other?  
Who is the knower that does the knowing?

I'm aware of being aware of being aware.

'I' [observes] the { contents  
of the  
mind }  
{(self)}

(?) (but, all that 'I' can do is  
observe, for it is a subject  
and cannot be an object.)

I'm aware of being aware.

So, what is 'I'? — It is not the self!  
I'm aware.

**'I' is Awareness itself, a universal and interchangeable non-object of Space-Time itself—a subject—the immortal fabric of the universe, a "soul", but, it ('I') cannot amount to much when it has no objects to be aware of (thoughts & sensations), so, be(a)ware, and use it before you lose it, for it is the essence begetting existence: Being observing Doing.**

**'I' equals 'awareness' of the mind's state,  
But, who or what, then, is this 'I', observing,  
Which is all 'I' can do, transcending space,  
Could it be the Ground-Of-All-Being itself?**

**BEING  
OBSERVES  
DOING.**



P. Tonry © 2000

Awareness can never be an object  
Of observation because Awareness  
Is the very means whereby we observe.  
We can't see Awareness since we are it!

I'm aware of being aware of being aware.

I'm aware of  
being aware.

I'm  
aware.




We can never really understand Awareness.  
A subject, because it's not itself an object  
That we can be aware of—for the only tool  
We have to use on it is Awareness itself!



The Cosmos has come alive  
in us!

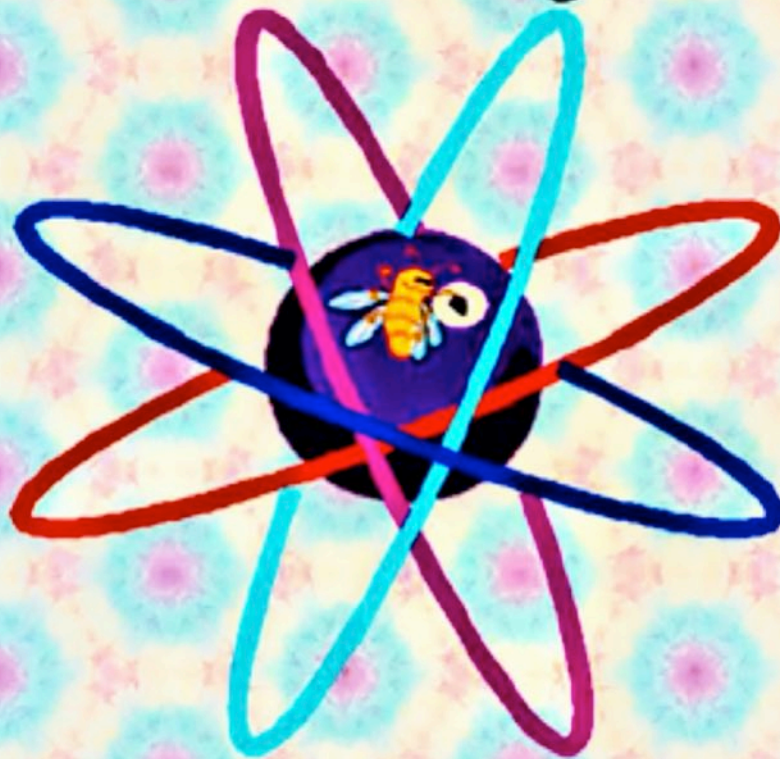
Since the 'I' of our Awareness, that can but  
Observe the mind's content, is not what it sees,  
It is the universal subject, a soul  
Of unperceptive immortality.



In consciousness  
there's no distance  
between the  
thing observed  
and what is  
observing.  
They are,  
in fact,  
one  
and the same,  
and so  
it is that  
we seem  
to have  
a self.

In consciousness, there's no distance between  
The thing observed and what is observing.  
They are, perhaps, one and the same, and so  
It is that we seem to have a self.

'I' am not this body,  
'I' am not even  
this thought ...



'I' am Being itself  
(Consciousness).

ap.f.

**'I' am not this body—or even this thought,  
For 'I' am a part of space-time itself,  
Although 'I' require a mind/brain to “look”—  
For this, indeed, produces what 'I' look at.**

# AWA'RENESS

Who's Looking?

When "you" observe "your" thoughts, who {or what} makes the observation?

The "Soul" of our Awareness is a basic Property of space-time that can but observe The "self"—the contents of the brain— that is, The portion that's currently on display.






**Everything that King Midas  
touched turned to gold.**

**Everything that consciousness  
touches turns to matter.**

The Midas-magic of our consciousness,  
That quantum alchemist of potential,  
Creates the Real from the Possible, for,  
Everything it touches turns to matter!

## Composite → Fundamental

- Super Beings & "Gods"
  - Humans, aliens, animals
  - Microbes, bacteria, plants
  - Cell systems
  - Molecules
  - Atoms
  - Protons
  - Quarks
  - Strings
  - Ground of Determination  
(G.O.D. - made of itself)
- The All & the One
- 

In the eerie quantum world, all possible  
And potential realities  
Exist all at once, in superposition,  
Until one emerges into reality.

# Sub-Atomic Reality

From *Short Takes* P. Tovey © 1997

Ever wonder what "reality" is like at the sub-atomic level? Well, it's quite strange and counter-intuitive—it even hints of extra dimensions. Also, consciousness seems to be primary to, and "larger than", so-called matter itself.

Electrons have no trajectory, that is, they do not have a specific position and momentum at the same time; thus, they have no objective reality whatsoever as we know it. They don't commit themselves to reality until we observe them—yes, the observer is not independent as we would think, but, amazingly, creates reality through observation. The electron indeed then has a position (particle-like), if we chose to measure it that way, or, if we chose, a momentum (wave-like), but—not both at the same time; yet, we can never know where the electron was just before an observation, and, so, there is a randomness to nature. So, when electrons are in their limbo of superposition, they exist in another dimension, which, to us would make it seem like they are everywhere and nowhere. An electron's probability wave, like a crime wave, indicates only where it might be found. Electrons and photons have but a "fuzzy" reality until we collapse their probability wave by observing them with our consciousness. The observed and the observer are intimately related. Dimensional doorways may also explain how particle polarities, for example, can still correlate at great distances well beyond the reach of the speed of light—it's as if magicians on Earth and in Andromeda could each pull out a King of Spades from their card decks at the same time. It seems that everything interpenetrates everything, as in a hologram. Perhaps this is why seeds can grow into trees from air and mud and sun, or embryos into babies; why memory works, why music seems to flow so smoothly, why we are, why . . .

Electrons as waves are all spread out, and,  
As such, are nowhere, having no position;  
But, they have direction. As particles they  
Reside someplace, but have no momentum.



Without a position and momentum  
At the same time, electrons have no  
Objective reality at all.  
They go from here to there with no in-between.



Sub-atomics exist everywhere,  
Yet nowhere, until they are measured, and  
“Seen” by consciousness, so, now we sense  
They’re like the selfless states of meditation.

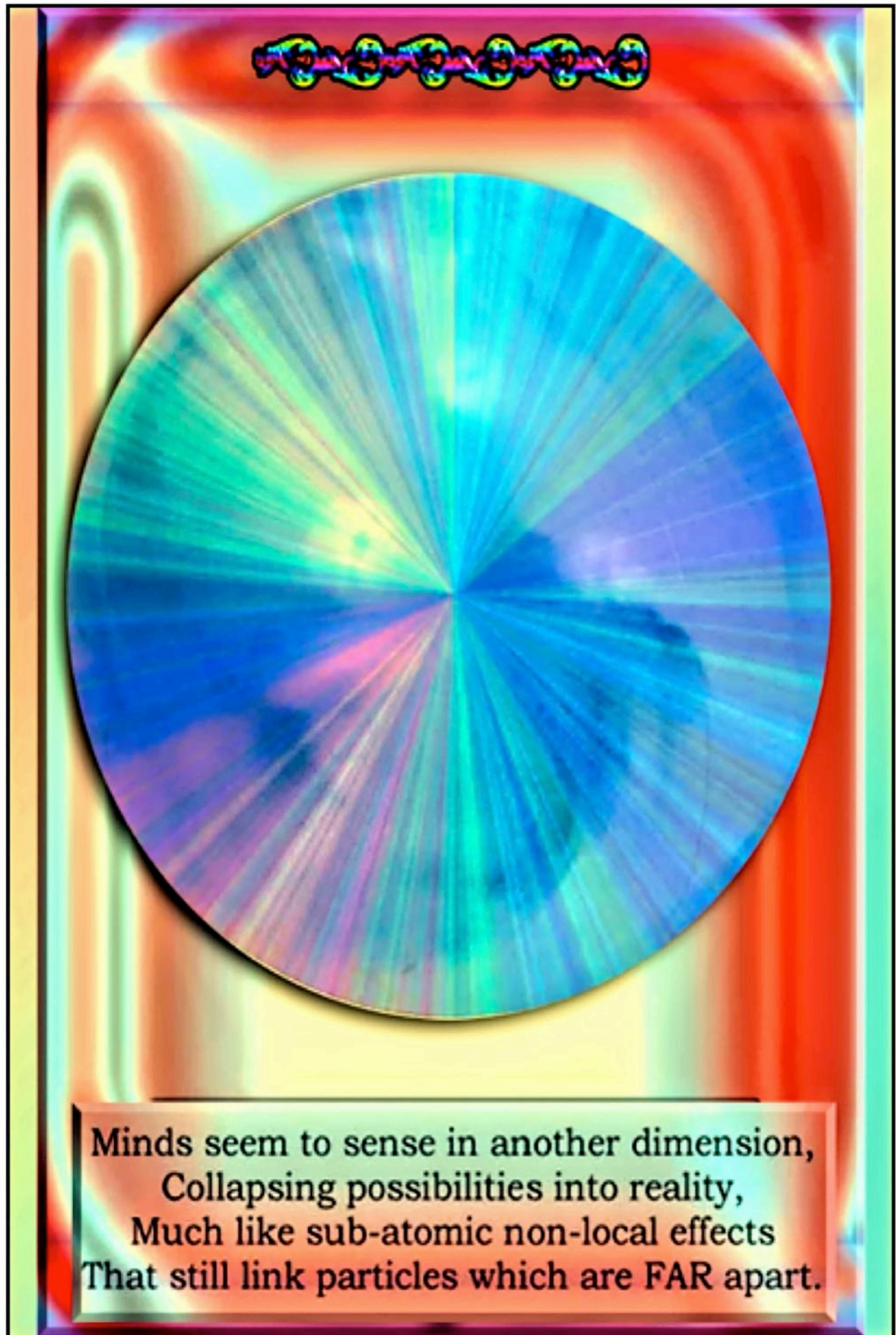


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Do photons know they are being measured,  
By sending out an offer wave through  
Both slits at once, and receive the handshake  
Of acceptance through just one slit, and go there?



One photon, unmeasured by man, does go  
Through both slits, showing wave interference  
Because, well, it may split the world in two:  
One that we stay in and one that we don't.



Minds seem to sense in another dimension,  
Collapsing possibilities into reality,  
Much like sub-atomic non-local effects  
That still link particles which are FAR apart.





Does back-action of a particle on  
It's pilot wave, in concert with the wave's  
Guidance, create the élan vital,  
The stuff that consciousness is made of?



A particle's back-action may be zero  
On its guide-wave, be-coming randomness, but,  
At the mind/brain level, could the brain feed  
Back to the mind's guide-wave, and vice versa?



The quantum substrate's the mother of all,  
Of both matter and consciousness...  
A quantum mind tries out new ideas  
Through scenarios of consequences.

IS THERE A  
BASIC  
FUNDA-  
MENTAL  
ETERNAL  
SUBSTANCE  
OR  
IS IT TURTLES...



...ALL THE  
WAY DOWN?



P. Torney © 1997

Does Atlas underlie the universe,  
Standing upon the back of a turtle?  
Is there an eternal basic substance  
Or is it turtles all the way down?

Since life's complex, they say it must have origin—  
It couldn't have made itself or always have been!



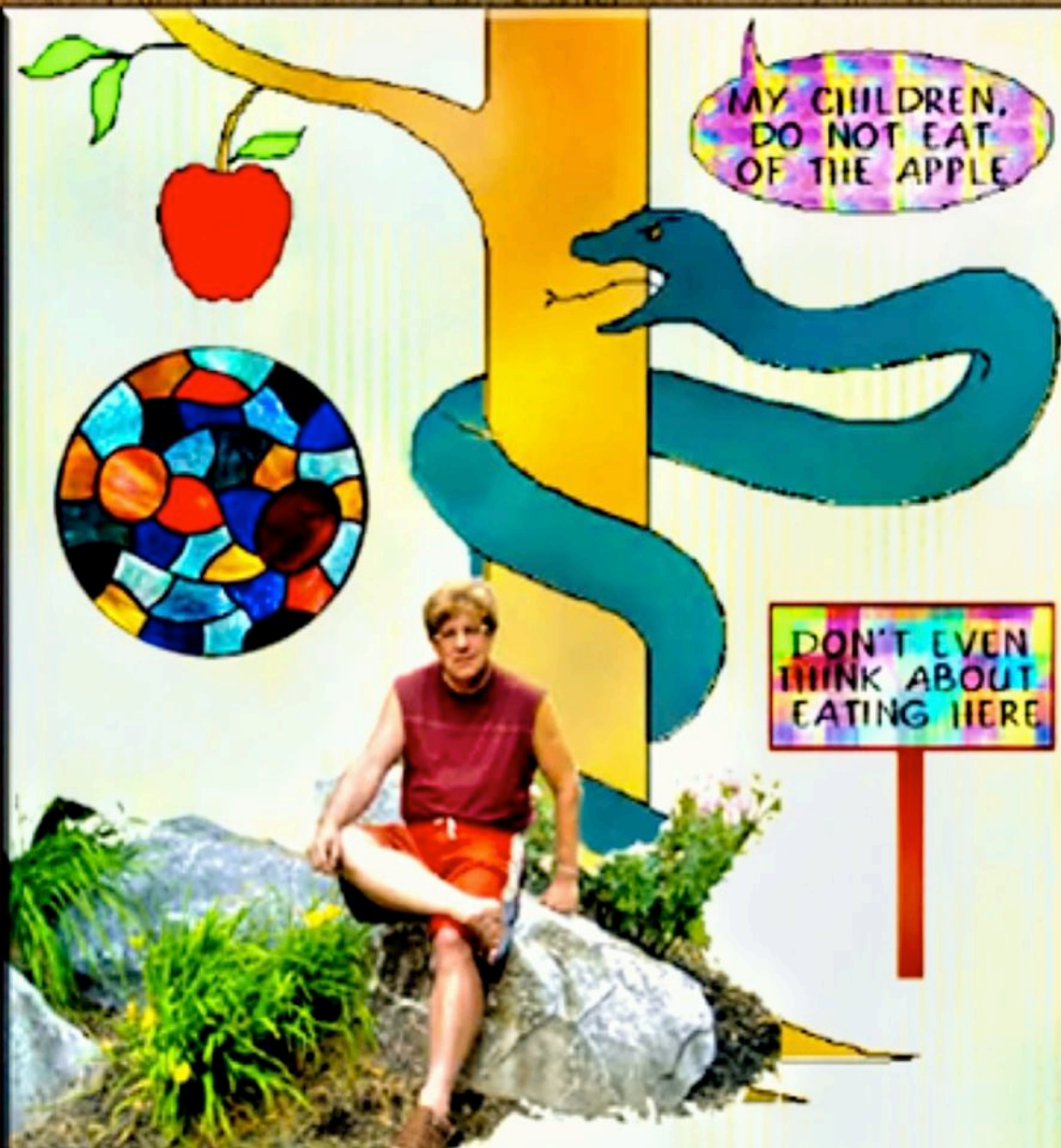
The answer: God; but they've begged the question—  
God couldn't have made himself or always have been!

A God-who-is-a-person would, like us,  
Be dependent on, and exist after,  
The Ground of Ultimate Reality,  
And, so, could not, in itself, be its own cause.



*Everything that exists  
was once part of a star.*

A God-which-is-not-a-person would be  
The Ground of Ultimate Reality—  
Energy, Awareness, or what you like—  
The source of which forms/is our consciousness.



**GOD'S IGNORANCE OF  
HUMAN NATURE - OR  
ENTRAPMENT?**

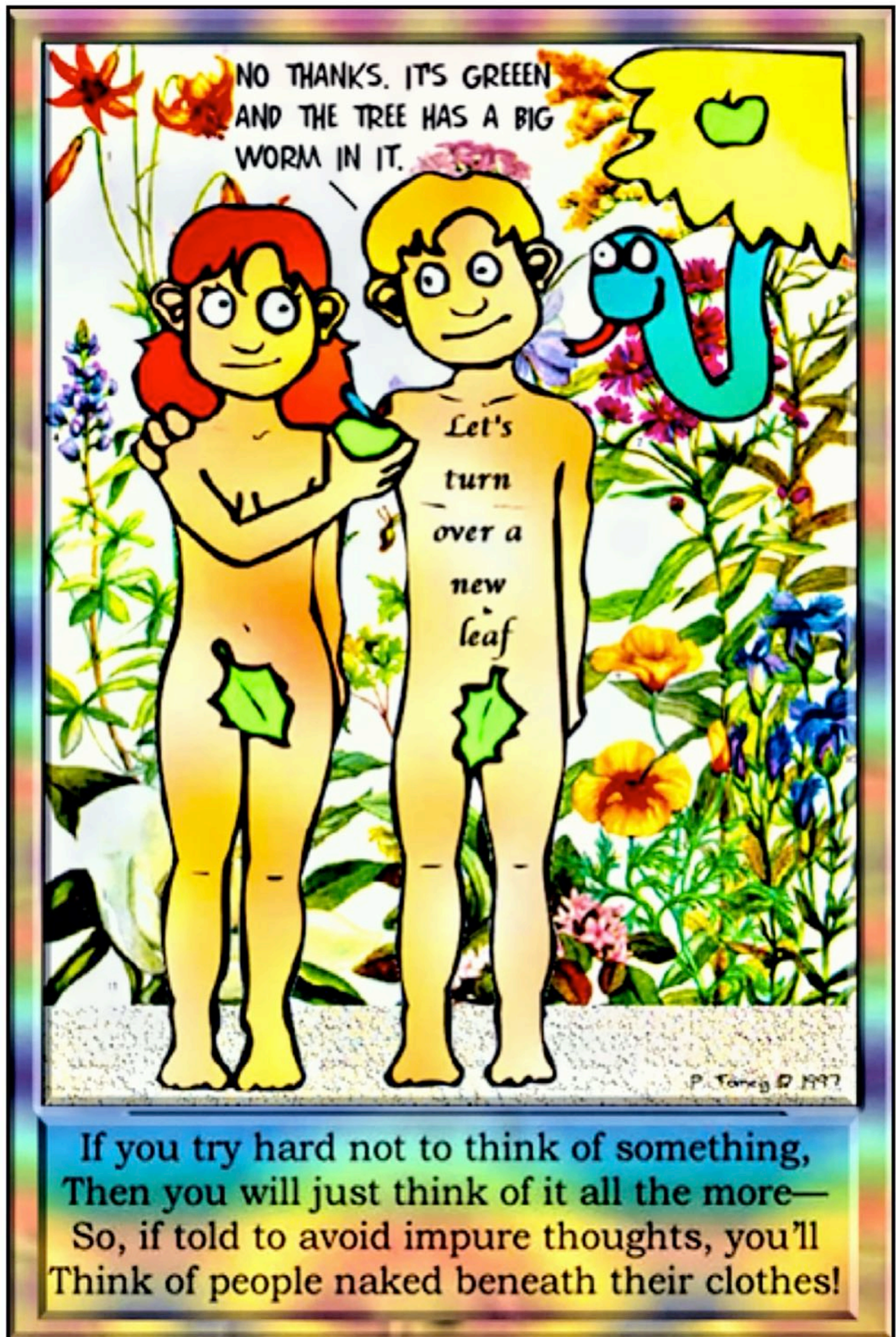
F. Torrey © 1997

God said to Adam and Eve in Eden:  
“Do what you like, but don’t eat the apple”.  
Now we know that when you tell children  
Not to touch something, they certainly will!



Thoughts good and bad come and go, as the brain  
Looks at itself without assigning values.  
Still, lucky that others can't read our minds,  
Though forbidden thoughts are normal and sane.





NO THANKS. IT'S GREEN  
AND THE TREE HAS A BIG  
WORM IN IT.

*Let's  
turn  
over a  
new  
leaf*

P. Toney © 1997

If you try hard not to think of something,  
Then you will just think of it all the more—  
So, if told to avoid impure thoughts, you'll  
Think of people naked beneath their clothes!

-- WANTED --

## GOD THE TERRORIST

MURDERED MOST OF MANKIND IN THE GREAT FLOOD, EXCEPT NOAH. (GENOCIDE)

HIS FOLLOWERS COMMIT ALL THE SINS AND CRIMES THEY WANT TO AS LONG AS THEY SAY "SORRY". (CRIMINAL)

YOUR "FREE" WILL MUST AGREE WITH HIS; OTHERWISE, HE WILL TORTURE YOU WITH FIRE/BRIMSTONE. (THREAT)

IMPOSES JAIL TIME FOR THE SINS OF YOUR ANCESTORS. ADAM & EVE. (!)

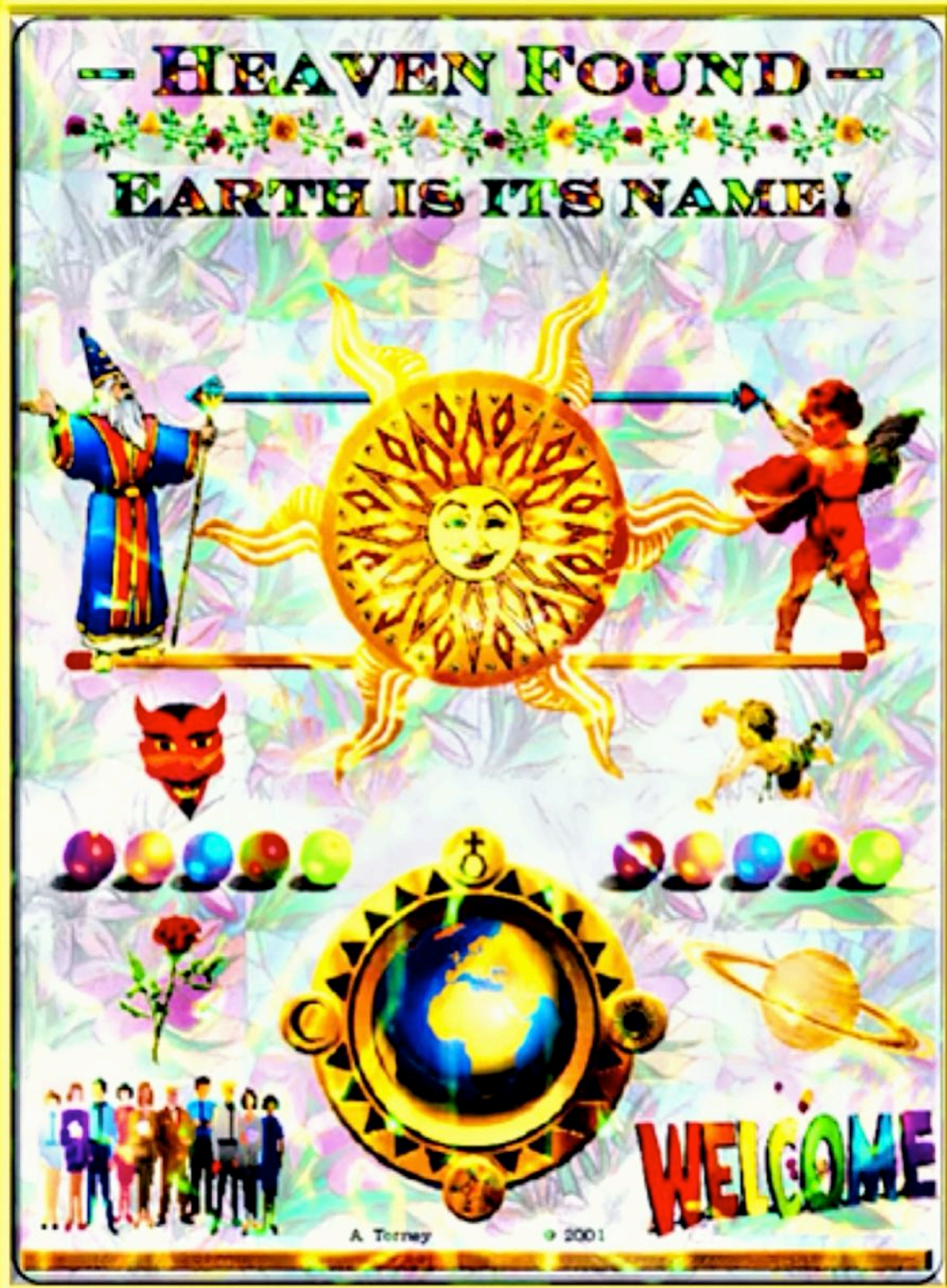
DEMANDS ADORATION. (UNSTABLE)

[ALIASES: JEHOVAH, ALLAH, JESUS]

He murders by flame and flood; he tortures;  
He entraps; he blames us for his mistakes;  
He holds grudges for our ancestors' sins;  
He throws tantrums and fits—his name is God.



Who's to blame for the genetic defects  
That lead to social misfits, obsessors,  
And other special personalities?  
Did the Maker's hand shake when He made us?



Only a Fool would blame His own creations  
For the flaws therein, for His poor craftsmanship,  
So, rejoice, there's no Maker of Man—these “flaws”  
Provide for interesting character types!



The founders of the religions were all Divinely inspired, but, were each told a Different story; now we know that their Visions could be psychotic episodes.

Right in Front of Our Nose

P. Torney © 1997

*"I used to be an  
atheist, until I  
realized that I  
was God!"*

*"How true, we're all  
part of and made of  
space-time Conscious-  
ness—the essence of  
the Ultimate Reality:  
Energy."*



God  
is  
Man.

Well, possibly, probably, the quieting  
Of the brain's self-boundary ID center  
During focus on mantras, hymns, or prayers  
Is a neurological effect, and nothing more.

— Board of Existence —  
The wings of time are  
checkered black and white,  
As fluttering 'round  
the day flies the night.  
Like chess pieces,  
we gamely play for life,  
Until into the box  
we return quite!



— From *Christmas 1981* © Patrick Turner

The so-called near-death experience of  
Bright lights and a peeking into Heaven  
Is but a flood of opiate endorphins  
Causing hallucinations and calmness.



*Everyone dies, but not everyone lives.*

Does Awareness, our soul, have any will  
Before birth or after death without a  
Brain and a mind for memory, senses,  
And decisions? No, not as we know it.



Coming again to the old cemetery entrance, they were greeted by a stone angel atop one of the gateposts—the other angel having flown, Heaven's gatekeeper on this frontier from beyond. As moonlight washed the marble of the eternal monuments, they read another of the inscriptions en-graved thereupon:

**TO ME IT WAS ALL A MOVING PICTURE SHOW,  
ATTENDED BY MYSTERIOUS ROW UPON ROW  
THAT WERE FACELESS, LAUGHING IN THE DARK BELOW;  
SO I LAUGHED, TOO, AND BETTER ENJOYED IT SO.**



— From *Aptess Times* by Patricia Torrey



If souls are eternal, then where were they  
During the eternity before births?  
Nonexistence is nonexistence, whether  
It comes before or after a lifetime.



**THERE CAN BE NO DISTINCT UNIQUE ENDURING  
PERSONAL IDENTITY, FOR, WE ALL SHARE IN THE  
GROUND OF ULTIMATE EXISTENCE: SPACE-TIME  
ENERGY ITSELF, OUR BEING.**

D. Torrey © 1987

There can be no distinct and enduring  
Personal identity after death.  
For, brainless, mindless souls share, with others,  
The basic Ground of Existence: Space-Time.

I'll teach you to act  
in the image of ME  
that I made you in!



The Christian concept of reward and punishment  
Handed out by an omnipotent, omniscient God,  
Is derivative of the family experience—  
The child and parent—a conception of our world.



Most deep religious beliefs are shaped by  
Little more than local social forces:  
Jewish, Buddhist, Islamic, Christian, or none,  
So, then, how deep and spiritual are they?



The chimps, with whom we share 99%  
Of our DNA, through common ancestors,  
Are just about as special as we are,  
For they have consciousness and feelings, too.

# ← Ground Of all Determination →

No, not Him! →  
He cannot be the  
Ultimate Ground.

← His composite  
existence would  
but be derived  
from the G.O.D.



G-O-D is merely the quantum wave function  
Of the entire universe, hardly some  
Vengeful and overly emotional  
Superbeing who thrives on adoration.

**— The All & The One —**

**Energy is eternal, for it can  
Neither be created  
nor destroyed,  
Being made  
but of itself.  
Omnipresent,  
it's the Mother  
of all Reality.**

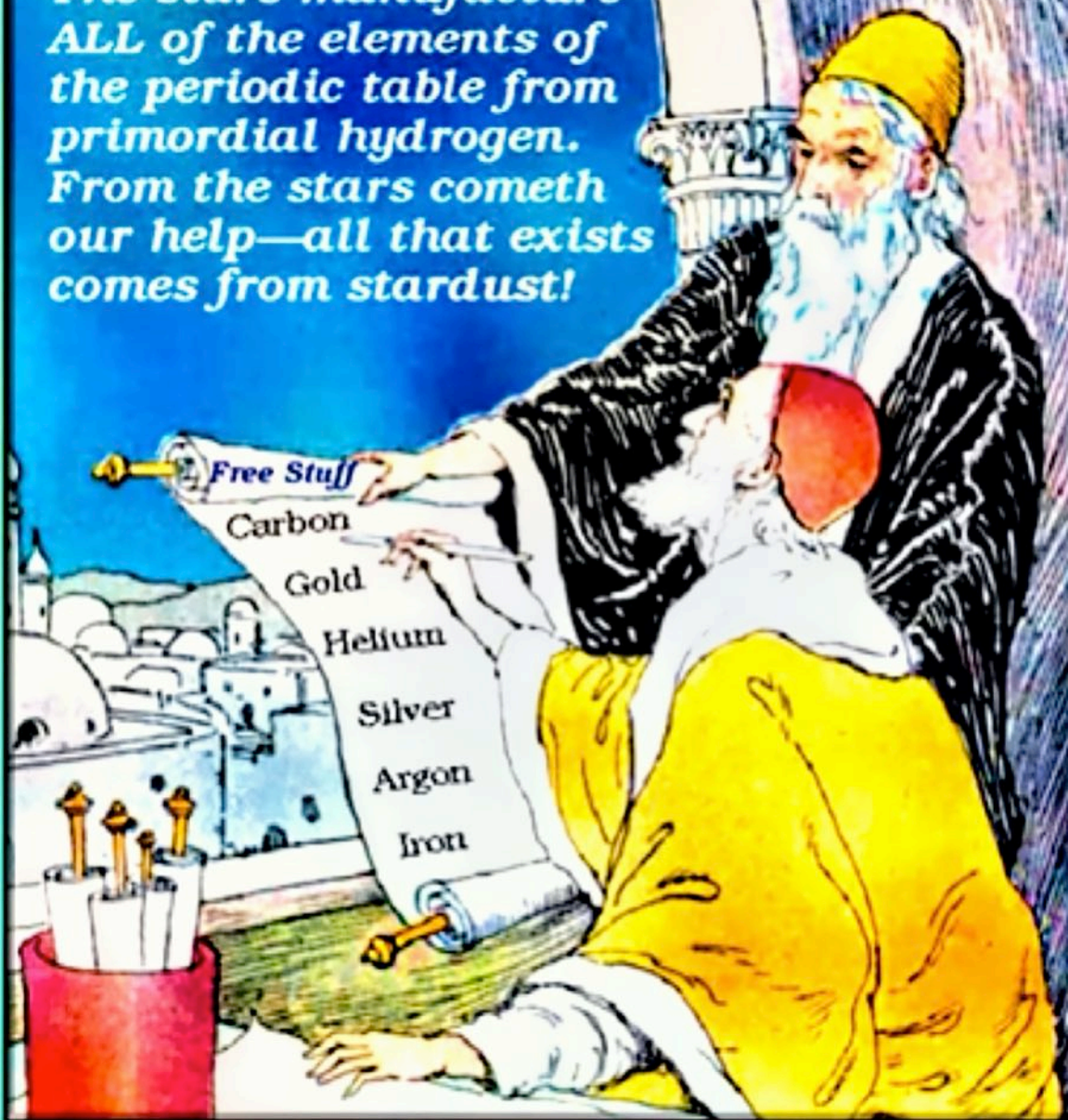
**THE GROUND OF  
ULTIMATE BEING**

F. Torrey © 1997

**Energy is eternal, for it can  
Neither be created nor destroyed,  
Being made but of itself, omnipresent;  
It's the Mother of all Reality.**

*The universe is the  
ultimate free lunch—  
and consciousness the  
essence of the reality.*

*The stars manufacture  
ALL of the elements of  
the periodic table from  
primordial hydrogen.  
From the stars cometh  
our help—all that exists  
comes from stardust!*



The Universe is the ultimate free lunch,  
It bubbling out of no-where into now-here,  
From some quantum foam, via strings and quarks,  
The Ground of Ultimate Reality.



# THE GREATEST MAGIC TRICK



We can have something for nothing—how about the entire universe? Who said there is no free lunch! The universe did not always exist, because, for one, it is expanding, and, if we run the “film” backward, this points to a time when the universe was a singularity. Amazingly, the universe was created from nothing! It was borrowed from the vacuum, a debt that will someday have to be repaid. There are positive and negative energies which we now know can appear from nothing, as in virtual particles, which can later recombine right back into nothing. Thus, either positive or negative energy, if separated long enough and far enough from its opposite and significant other, could form a universe. One theory is that gravity is a negative energy since it takes a positive force to keep objects from being drawn toward each other. Positive energy is embodied in matter. Someday, trillions of years from now, gravity could slow down the expanding universe, eventually bringing the expansion to a halt, and, then, cause the universe to contract back into nothing—tand hen poof! it's all gone. Or, if this doesn't happen, there's another final way to settle Mother Nature's account. Due to quantum mechanics, protons may decay, after something like  $2^{*}30$  years or so, into photons (massless light particles), and positrons, which, after eventually meeting all of the electrons—for there is an equal number of electrons and protons in the universe—cancel out everything but the photons, leaving nothing but light. What about neutrons—well, they decay into protons and electrons, and so they will also amount to nothing some day. Only photons will remain—all that we knew and loved would be gone in a flash! It's the ultimate magician's trick: start with nothing; divide it into plus and minus; utilize each portion separately, being careful not to mix them, and, when done, recombine the parts back into nothing.

From Short Takes P. Toney © 1997

The universe bubbled out of nothing,  
Pluses forming matter; minuses residing in forces—  
All in perfect balance, self-sufficient,  
Needing nothing outside of itself, zilch.

# THE ALL & THE ONE

F. Torrey © 1998

ENERGY IS ETERNAL,

FOR IT CAN

NEITHER BE

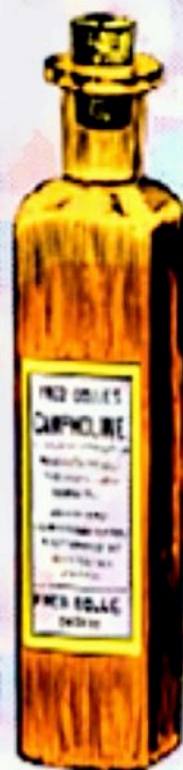
CREATED NOR

DESTROYED,

BEING MADE

BUT OF ITSELF,

OMNIPRESENT;



IT'S THE MOTHER

OF ALL REALITY.



I'm the All and the One, omnipresent,  
For I'm eternal and can neither be  
Created nor destroyed, being my own cause  
And the Ground of All—I am Energy.



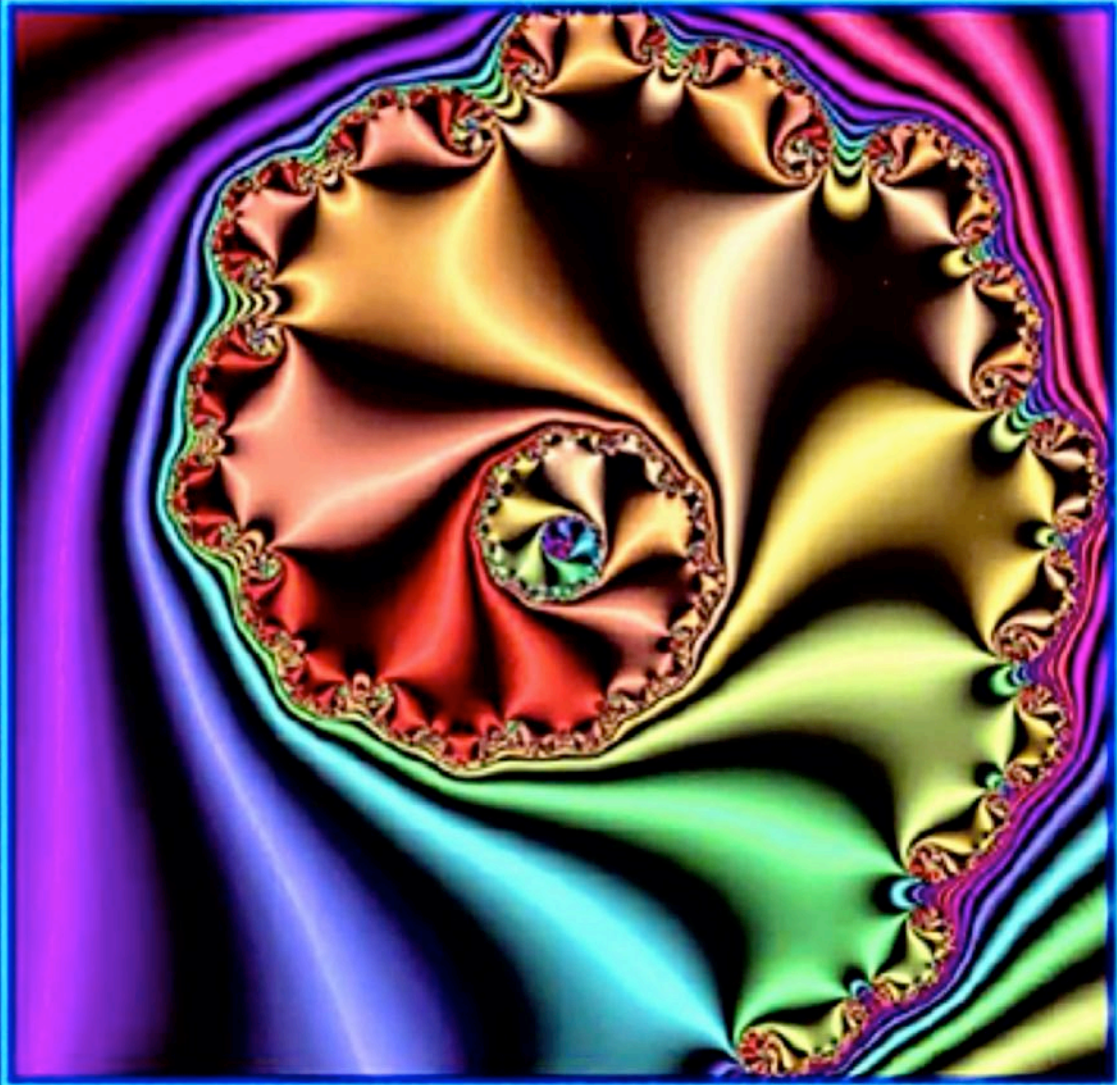
Time, too, has a shape in 4D space-time,  
And, thus, like space, could have an existence  
Before the birth of the universe, so,  
Creation didn't have to wait forever

I'd like to thank  
all of the  
little people.



Evolution had no real direction,  
Except what was advantageous to life,  
However, since we are here, the tendency  
To exist was in matter all along.

*We cannot see beyond  
the quantum realm*



We cannot see beyond the quantum realm;  
The dusk of physical science arrives?  
Well, who knows, for nature is efficient—  
So, likely, simple answers will appear.

**Physics** is "information"  
from the outside;

— *extrinsic* —

— *intrinsic* —



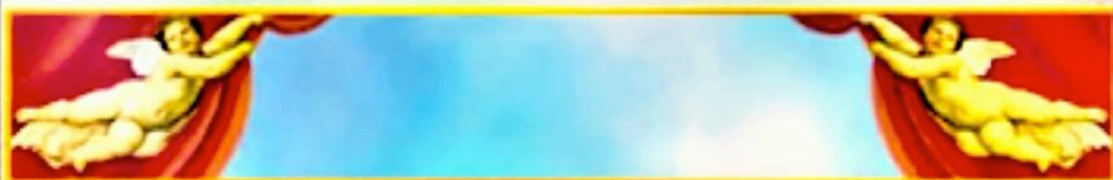
**Conscious experience** is  
"information" from the inside.

Physics, once more direct, is now but an  
Immaterial science of math-shadows,  
While mysticism, once but a fogged notion,  
Now's the direct observation of the Light.

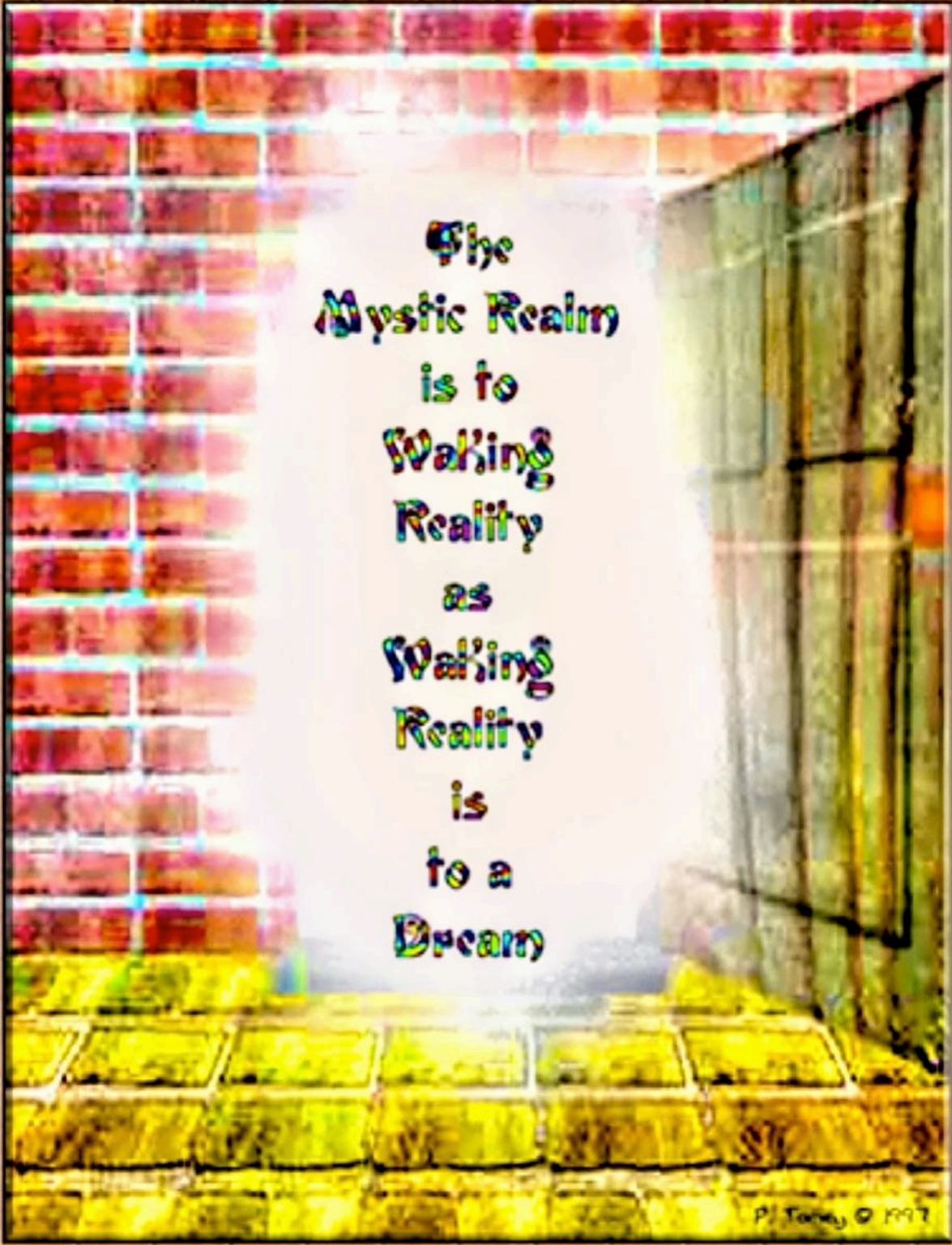
# Mindfulness

Mind, it matters;  
matter, ever mind.

Meditation is  
not what you  
think! Intuit  
Ultimate  
Reality.



People can't usually ever see  
Further than an order of magnitude  
Beyond where they are rutted, but, some can  
Intuit ultimate reality.



The  
Mystic Realm  
is to  
Waking  
Reality  
as  
Waking  
Reality  
is  
to a  
Dream

P. Torrey © 1997

It said, in my dreams, "Of ever waking,  
It's hard to convince you in dream-language,  
As when, in wakeful reality,  
To tell you of that which is beyond telling."



Not To Be



I offered Descartes  
another cup of coffee.  
He said "I think not",  
whereupon he disappeared.



P. Torrey © 1997

During meditation, one clears the mind,  
And, so, then, there is no self, just one quale,  
A near nothing that has a little need to be;  
Is this what-it's-like to be an electron?

— *Well-Spring* —

*In winter's cocoon I lay rapt, thinking:  
Imagination is memory's king;  
But the mind will rest, the senses will reign,  
When spring returns and winter dreams take wing.*

— From *Mindfulness* (© 2001) by Patricia Turell



Meditation shifts intention away  
From controlling and acquiring  
Toward acceptance and observation:  
We take-in instead of acting upon.



Real?

Enlightenment's not grasped or possessed,  
For, acquisitive aim locks the secret out—  
The same mentality that one begins with.  
This is why the secret protects itself.


— *Boundless Love* —

*Love matures when lovers let it flow beyond—  
Free to wend its way to places dear and fond.  
Love's butterfly prospers when winds blow free;  
Unconditional love never binds—it bonds.*

— FROM *INTRIGUE* (2021) © BY PATRICIA TOWNE




The Spiritual refers to profound connection,  
Though not through visions or ecstatic emotion,  
But, by the experience of connectedness that  
Underlies reality, and nothing more.



**Consciousness is the essence of existence, the ground of figures, the subject of objects, the being of all that does, the sea in which we see, the "Q" that is aware of the mind, the energy of quarks, the eternal, the intrinsic, the Ground of all Determination (G.O.D.), the be-all & fabric of creation.**

P. Torrey © 1998



**AWARENESS IS EVERYTHING**

Awareness is the ultimate being,  
Fundamentally connecting with G.O.D.;  
It cannot be known in terms of worldly  
Objects—it's like, well, you have to be there!



Meditation relieves the survival self,  
Shifting attention from acting to allowing,  
From emotional identification to observation,  
From instrumental thinking to receptive experience.

## — STRESS EXERCISE —

BREATHE IN ALL THAT'S  
GOOD, BREATHE OUT

ALL THAT'S BAD;  
PEACE FLOWS INTO

YOU—IT'S WARM,  
WET, AND GLAD.

FEEL IT SPREAD

THROUGHOUT YOUR  
BODY, THEN SAY,

“THIS IS THE BEST LIFE  
THAT I’VE EVER HAD!”



P. Torrey © 1990

Meditation, renunciation, and service  
Are not really mysterious, just different  
From the usual object-oriented approach—  
Mysticism is modern and ancient, not esoteric.



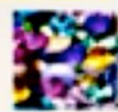
— SHINE ON —



LIKE THE BRIGHT  
FACES THAT  
DEFINE THE JEWEL,



FRIENDS ENRICH



EACH OTHER'S VIEW



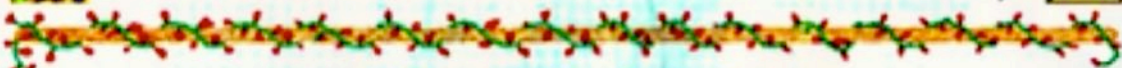
OF LIFE'S GEM—



AS LOVE'S REFLECTION



IN LIFE'S DIAMOND,



THEY'RE

GLINTS & GLEAMS OF

REALITY'S SPARKLE!



F. Torrey © 1998

In serving the task, one forgets the self,  
Accessing the world's connected aspects,  
To go beyond self-centered states-of-mind, since,  
The survival of mankind is at stake.



# Figure / Ground



Consciousness is  
the fabric of creation!



## Object / Subject

I exist (doing) / I am (being)

**MATTER**

Thoughts / Awareness

**MIND**



Objects in the Stream of  
Consciousness / The "Water"



(Do) Extrinsic / Intrinsic (Be)



Persons & Gods / The Ground  
of Determination (G.O.D.)



Brain-Mind-Self / Soul

— CONSCIOUSNESS —

Particle-Atoms / Energy-Waves



Mind's Contents / 'I'



Composite / Elementary

- THE UNITARY GROUND OF ALL BEING -

Being is to doing as ground is to figure,  
As subject is to object as essence is to existence,  
As Awareness-Consciousness is to mind-brain,  
As the ultimate simplicity is to the composite.

Consciousness is  
the fabric of creation!

MATTER

MIND



The connectedness of everything to everything—  
A rudimentary perception in and of itself,  
Experiential in its ultimate physical disposition—  
Facilitates our consciousness of interior and exterior.

*Consciousness is an emergent fundamental property of matter. 'I' = awareness of the mind's contents. We cannot observe awareness directly because awareness is the very means whereby we observe — we are awareness.*



3D objects encoded into 2D,  
Project as 3D holograms when laser lit;  
So, add dimension to your encoded self  
By shining a spiritual light through it.



Sleep deprivation can cause memory loss and immune system damage, not to mention traffic accidents and poor performance.



The Cosmos has come alive to us!

SO, GET YOUR 9 HOURS.

THE ALL & THE ONE

ENERGY IS INTERNAL, FOR IT CAN NEVER BE CREATED NOR DESTROYED, BEING MADE OUT OF FINELY CONDENSED MATTER.

Consciousness is a fundamental like mass, space, and time and so it requires

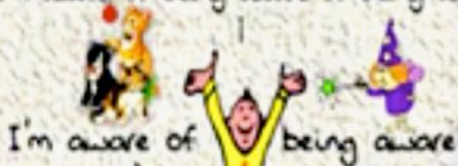
No explanation—it simply is. Mind: it matters; matter: ever

WHAT'S MATTER? EVER MIND!



I'm aware of being aware of being aware.

Each person is "right" to do what s/he does.



I'm aware of being aware.



I offered Descartes another cup of coffee. He said "I think not", whereupon he disappeared.



I'm aware.

Being Aware is...

So your thoughts act as the you describe them.



Descartes is dead. It's not just your illusion.

Get over yourself and your emotional response.

A person will have a medium of perception.

WASSSSSS.

Physics is the material mysticism is the the spir

The Mystic Realm is to Waiting Reality as Waiting Reality is to a Dream

Outside: U.S. Inside: U.S.



Ultimate Reality (U.R. be mind at)

Consciousness mediates thoughts versus outcomes  
And is distributed all over the body—  
From the nerve spindles to the spine to the brain—  
A way to actionize without moving.

— The Theory of Everything —  
Awareness is all there is; look no further,  
Its energy gives quarks solidity,  
A knowing, however slight, to atoms,  
Which leads, in total, to our consciousness.



EVERYTHING THAT WE TOUCH  
WITH OUR CONSCIOUSNESS  
BECOMES TO BE REALITY, FOR  
REALITY IS, ITSELF,  
MADE OF CONSCIOUSNESS.

P. Toney © 1997

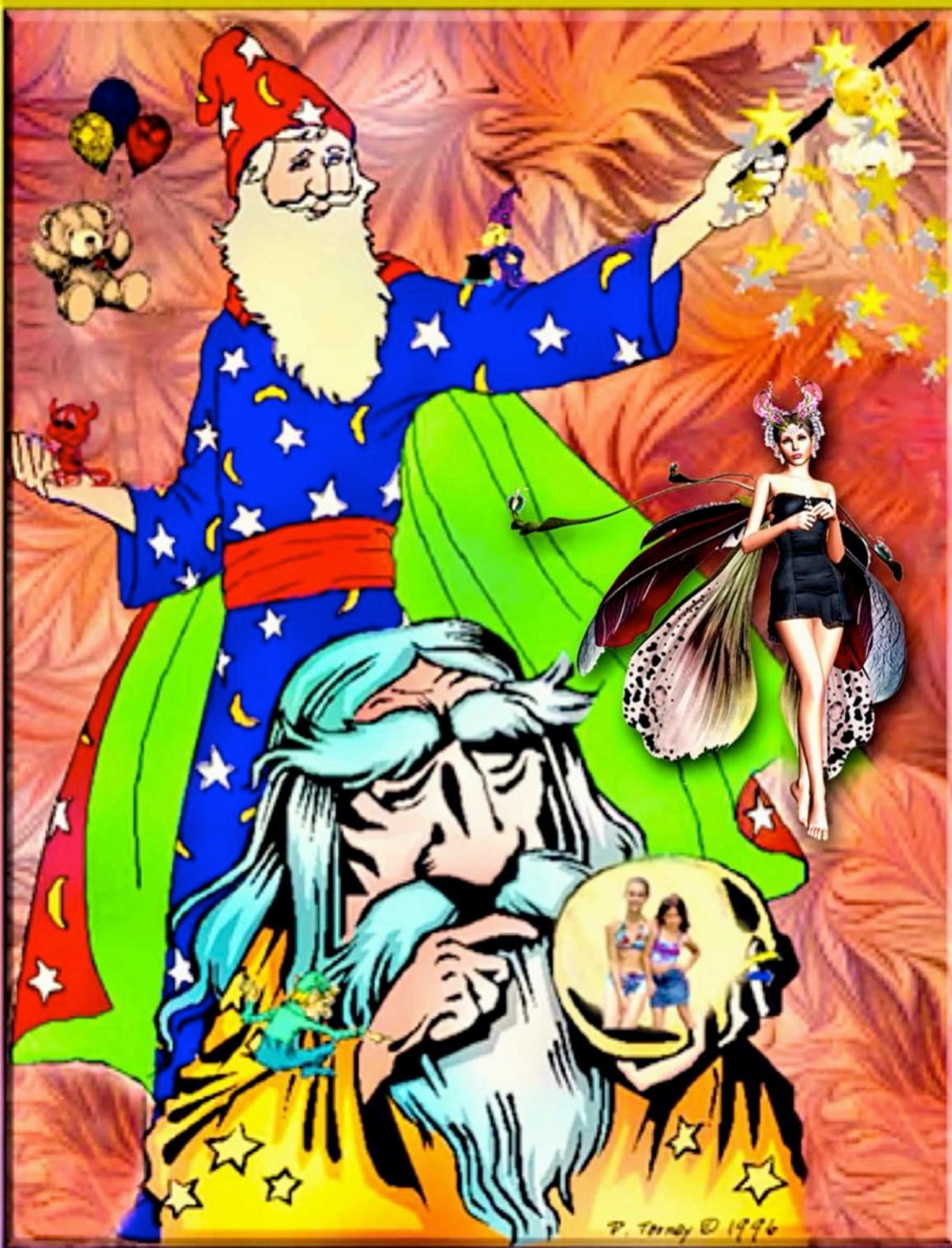
Awareness is all there is; look no further;  
Its swirling energy gives a presence  
And a knowing to waves and particles  
That leads, in total, to our consciousness.

# String M-Theory

Austin Patrick Torney © 2000

0. A string is a Planck-length extended substance that is made only of itself in this 10-dimensional universe (7 dimensions of which are tightly curled up). Everything, all mind and matter, is made of strings (or p-branes).
1. The different vibrational patterns of a fundamental string give rise to all of the different masses and force charges we know (superpartners too big to find yet).
2. In 3 (or fewer) dimensions, two wrapped (around the curled-up dimensions) strings will likely collide, half of which will be sting/antistring annihilations which lessen the usual dimensional constriction, allowing 3 of the dimensions to continue to expand and become the normal (uncurled up) 3-D space that we reside in.
3. Light does not get old. There is no passage of time at light speed. A photon that emerged from the big bang is the same age today as it was then, for, at light speed (the max) there is no motion left to travel through time.
4. Mass grips space by telling it how to curve; space grips mass by telling it how to move. (Yin and Yang)
5. Perhaps the String is to Awareness as the Quantum is to the Mind & the Atom is to the Brain? (Aware = Soul)

Are we encodings of what happens in  
The next lower dimension—in the deep  
Interior of the unseen bubble where  
Everything connects to/is everything?



Are we the encodings of holograms  
Which really exist in the next dimension,  
Where everything relates to everything—  
That nonlocale where Consciousness resides?

*Understanding Reality*



Now  
and  
then  
Mother  
Nature  
slips  
up  
and  
reveals  
her  
true  
self,  
the  
one  
beyond  
the  
illusion  
—  
for  
she  
is  
naked  
beneath  
her  
clothes.

QUANTUM  
CONSCIOUS-  
NESS  
TIME  
REALITY FABRICATION  
P. Toerney  
© 1997

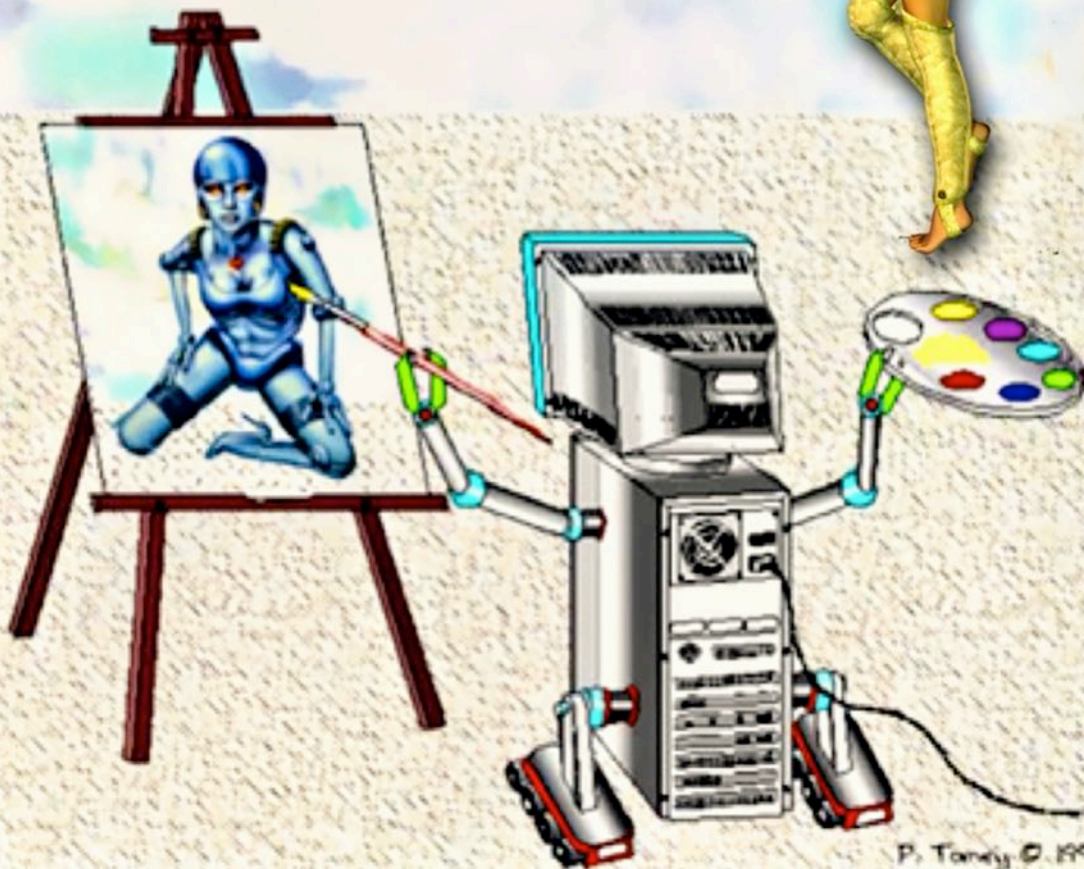
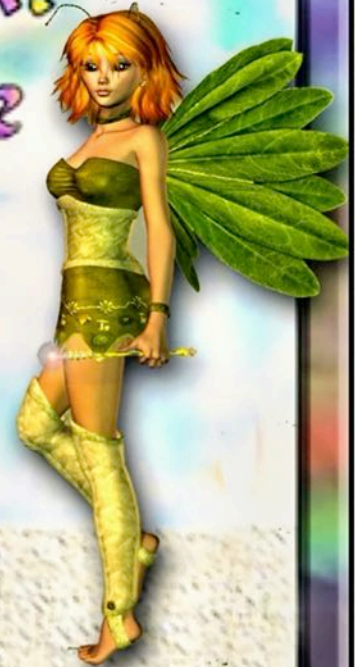
All things are infinitely connected,  
As in a hologram—each part contains the whole;  
Everything interpenetrates everything;  
The universe is a seamless web of information.





In the brain's memory, every piece of info  
Is cross-correlated with every other piece,  
Which allows instant access and association,  
For memories are stored holographically.

Reality is painted with  
the forms that  
we are made  
to see.

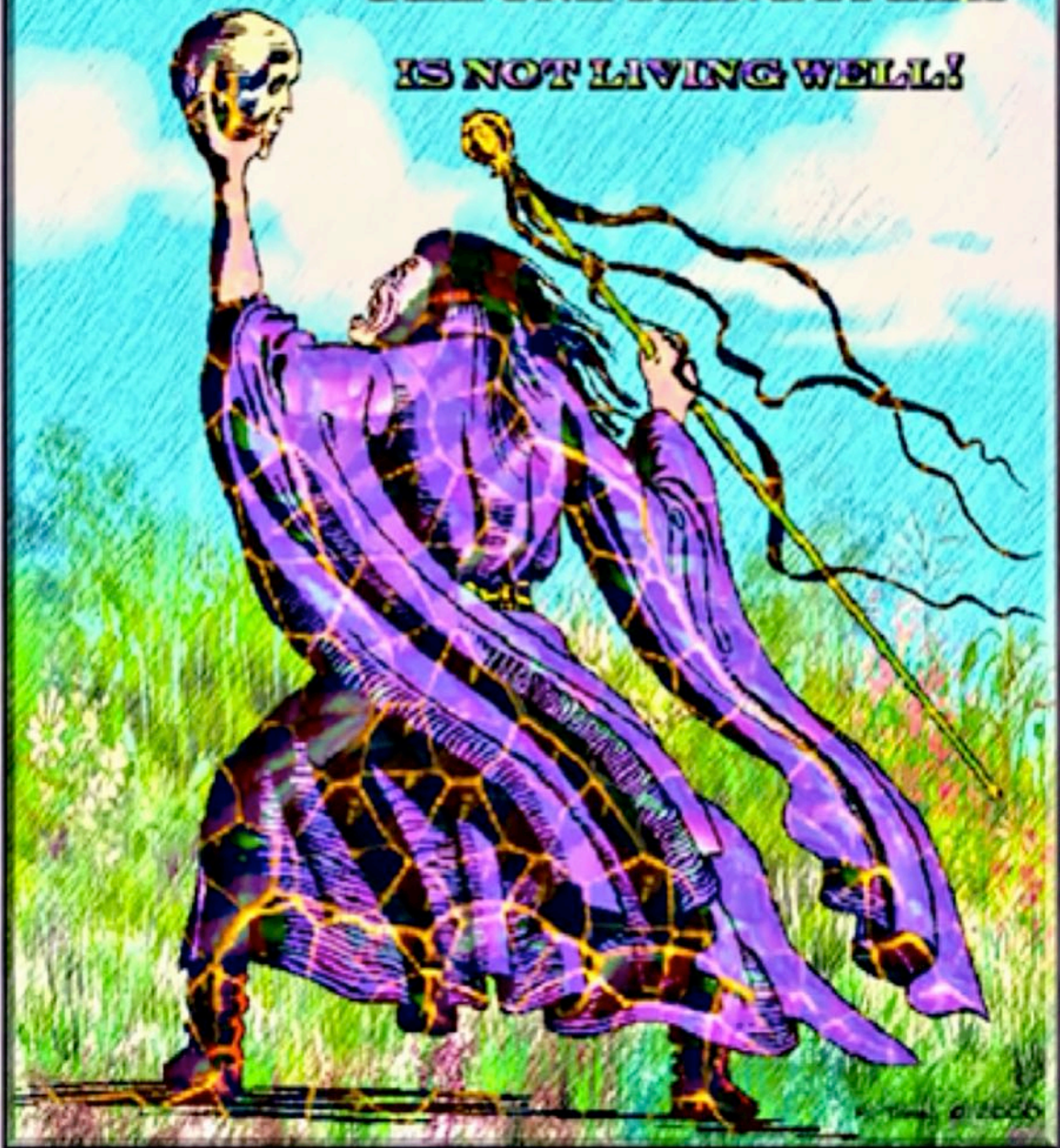


P. Toney © 1997

I can never share a mind directly,  
For there is no access; we are alone.  
Mind melding works only for the Vulcans.  
This loneliness leads us to company.



**I FEAR NOT DEATH,  
HEAVEN, OR HELL...  
THE ONE THING I FEAR  
IS NOT LIVING WELL!**



The unbearable solitude of consciousness  
Is relieved by literature, religion,  
Movies, caring, friendships, discussion, writing,  
And other sharing acts, but, mostly, by love.

*Not So Remarkable After All*



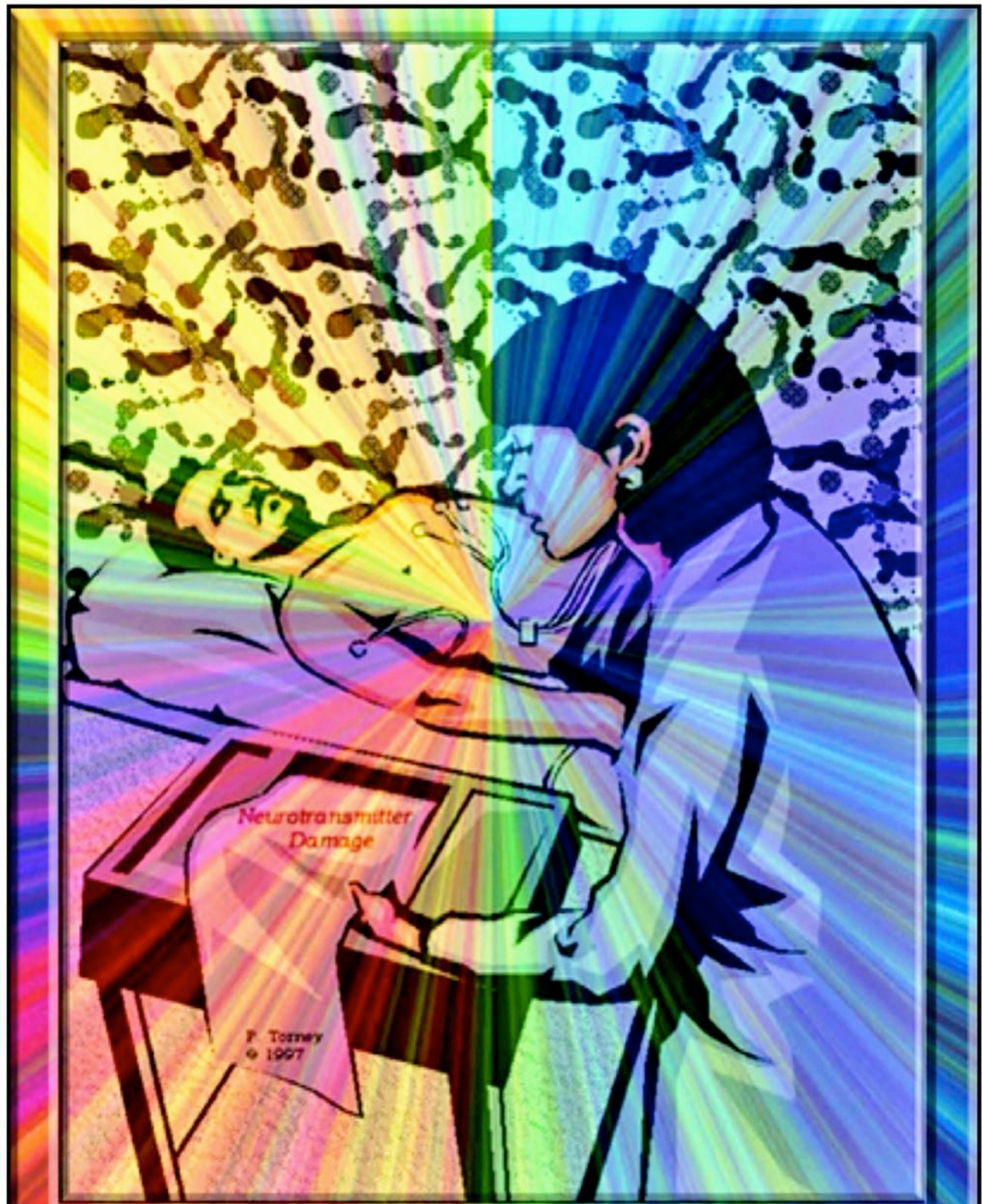
**Why is the Earth for human life so perfect?  
And billions of other planets so unfit?  
Well, if this world wasn't right for life, then  
We wouldn't be here to ask about it!**

F. Torrey © 1997

Why is the Earth for human life so perfect?  
And billions of other planets so unfit?  
Well, if this world wasn't right for life, then  
We wouldn't be here to ask about it!



Six hundred ago, the church thought that ills  
Of a physical nature were caused by  
Evil spirits; however, now we know  
They're from bacteria and viruses.



Now, the church thinks that ills, or sins, of a  
Mental nature are caused by the Devil,  
An evil spirit; however, now  
We know of brain chemistry gone astray.





We could jail people for the sins of their  
Ancestors, exterminate humanity,  
Allow known evil to exist and tempt,  
And devise devious entrapment plans.





You can have free will  
as long as it agrees  
with My will.

I BELIEVE IN FREE WILL -  
MY RELIGION SAYS I HAVE TOO



We could have temper tantrums and outbursts,  
Envy, or not permit competitors,  
Grant free will only it matched our own,  
And covet worship, adoration, and praise.

# Something for Nothing



**Pluses**

**Minuses**



<— + + + **Nothing** — — — —>

Plus and minus from nothing came to be;  
But, while most charges rejoined, some went free,  
The pluses forming matter, energy,  
And the minuses forming gravity.



# **Ontological Type**

Austin Patrick Torrey © 1999

Mind and Matter are made of the same Stuff,  
Being different tokens of the same Type,  
Each "sentient" and made of the Substance  
Which is eternal, absolute, and fundamental,  
That Substance which is made only of Itself,  
The Ground of the Figure of All Existence,  
The Ground of Determination (G.O.D): energy,

 Mind experiencing the present moment,   
Matter recording the past from the Mind;

That is, Present Mind, Past Matter, combine  
The frames of Space and Time into the film  
That lives and plays in us as Consciousness,  
Mind taking Space and Matter doing Time;  
But, still, both stem from the Eternal Substance,  
Space-Time Itself, wherein the buck must stop,  
Wherewhence lies Experiential Being Itself,

For, life's great riddle of Oneness is that  
 Mind really Matters, Matter ever Minds. 

Mind and matter are made of the same stuff,  
That substance made only out of itself.  
Mind experiences the present moment;  
Matter records the present from the mind.

# Secrets of the Universe

1. Thought depends on countless influences; therefore, you cannot will it.
2. You only see the inside of your head—the dream-like simulation model.
3. Consciousness arrives 300 millisecs after the brain has done its analysis!
4. We all DO what we must, however, we are, at the very least, free to BE.
5. The succession of events appearing over the horizon of consciousness grants the illusion of time passing, as well as its variable rate of passing.
6. Don't sleep through your dreams, for, you can direct this virtual reality!
7. Love and lust are nothing but bonding hormones—phero-moaning away!
8. Mental ills stem from the unrelenting persistence of thought (OCD-like).
9. Meditation is NOT what you think! So, unthink & know the ultimate reality!
10. To gain a modicum of free will, avoid that same old robot response, and, in that newly opened space (otherwise not even there), get real creative!
11. You can't KNOW it unless you DO it! So, then, quit smoking and drinking!
12. To live life well, one must be fully present for each and every moment.
13. Mind, it matters; matter, ever mind! These are the 2 aspects of the ONE.
14. We note not the sea in which we "see". So, who is this "I"? A Mind's "Eye"?
15. "I" (Awareness) [only] observes the contents of/on the mind (the self).
16. "I" am not this body . . . this mind/self . . . or even this very thought . . .
17. The universe is the ultimate free lunch—its conserved energies add to 0!
18. Physics/consciousness is information coming in from the outside/inside.
19. The eternal substance is made only of itself; composites are built from it!
20. There is no objective reality at the sub-atomic level. Experience only?
21. Mirror neurons practice what you observe; therefore, they become you!
22. Emotion overwhelms logic, but, knowing this, can we ignore emotion?
23. Stop trying to change others, for, personality is genetically determined.
24. Consciousness is the Ground of all Determination, the G.O.D., the "I".
25. We share 99% of our DNA with the chimps — so, now, who is so great?
26. No time machines are possible — they would've been back here already!
27. Mind experiences the present Mattering moment, while Matter records the Minded past, i.e., Present Mind, Past Matter, combine the frames of Space & Time into the film that lives & plays in us as consciousness, Mind being Space and Matter being Time—different tokens, same type.
28. There can be no distinct unique enduring personal identity after death, for, we all share in the Ground of Existence: Space-Time Energy Itself; but, we need not die if we can prevent DNA damage during replication.
29. Useless feelings may someday be removed. We'll then be "in the zone"!
30. We'll be able to build everything that we need, atom by atom. P. LINDY © 1999

That is, Present Mind, Past Matter, combine  
The frames of Space and Time into the film  
That lives and plays in us as Consciousness,  
Mind taking Space and Matter doing Time.

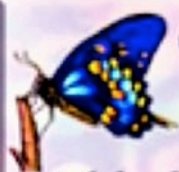
## — The Eternal Quest —

P. Torrey © 1997

I wondered whether the basic potential of the universe had been created from nothing or had always existed, and settled on the latter, in favor of some eternal substance, for, had there truly been nothing, indeed, nothing ever would have become of it. An eternal substance, like, say, Energy, which can neither be created nor destroyed, is eternal, without a beginning or an end, and thus serves well as the Ultimate Ground of All Reality, the substance made only of itself. Thus, those who are persons, like us, or the Gods who are persons, are composite creatures, and, therefore, cannot be their own cause (absolute), being wholly dependent on the Ground-Of-Reality. Thus, the eternal substance, Energy, that underlies all, and I do mean all, including both matter and all our consciousnesses, is not itself underlain by any presumed and all-powerful Atlas standing on a turtle, with turtles all the way down, but, is, indeed, where the buck stops. As such, the Eternal Substance is not complex, but simple, for it cannot, by definition, be composite, and, as you now see, we may all even have access to it and share in it, knowing it as Awareness, the Ground of all Being.

Next, I turned my attention to the old question of whether all humans were "merely" electrochemical machines, and, indeed, finding out that they were just aware "robots" whose actions but depended on memories, associations, and learned behaviors right up to the instant (for who can will what does the willing by knowing what the next surprise thought will be that comes out of the blue, and whose emotions could be swayed by the oft-spurious abundance or lowering of chemical brain neurotransmitters like serotonin and dopamine, which regulate mood), accepted it, as really, the only way that life could be, and, so, moved on to other questions such as the origins and use, if any, of consciousness, learning quantum mechanics and more about an ultimate and non-local reality along the way, and, finally, to investigations of Awareness itself—that often overlooked T which can only look at the contents of the mind, but, which is not itself the contents of the mind, and delved straight into the pure intrinsic visions of mysticism & meditation, for it seems that Awareness is Energy, an intrinsic path to information from the inside, and that matter is an extrinsic path, now at its limit, to information from the outside.






Yes, mind/matter stems from the Eternal Substance/Space-Time/Experiential Being.  
For, life's great riddle of Oneness is that  
Mind really Matters; Matter ever Minds.



# The Unmanifest



Austin P. Torney © 2000

1. A black hole removes material from our universe and delivers it quite beyond—into the unmanifest realm. 
2. A magnetic field is an immaterial field but it can move a peice of iron. The brain is moved by the mind and vice-versa. Is the mind moved by quantum fields of the unmanifest realm? Is Awareness (the soul) a god-like universal subject experiencing what comes to mind? 
3. Time & space are interchangeable at the quantum level; there is no objective reality there whatsoever. All potentials exist in superposition until the collapse of the wave-function brings one potential into reality. 
4. Anything approaching a black hole's event horizon seems to take forever to go in as time slows down and it becomes more massive, but, at the same time, it also goes right in. Both situations are right, simutaneously.
5. DNA somehow precisely foresees the timing of the sequence of development of all our organs from cells. 
6. The mind can move away from the brain and towards the soul of awareness by removing all of it's thoughts.
7. The Quantum Realm is the source of Material Reality, but a Virtual Realm may be the source of the Quantum, however, we are once removed from knowing this. 

When a tree falls in the forest and there's  
No one around to hear it, does it make  
A sound? No, for there is no ear to turn  
The sound waves into sound.



# Energy Prayer

Anastin Patrick Torney ©1997



Our Energy, which art the cosmos, elemental be  
thy name, granting awareness be thy game.

Thou can neither be created nor destroyed—  
and must, therefore, be eternal & omnipresent,

the All & the One, the Eternal Substance—  
made only of Thyself, the One which forever

was and ever always will be, the Ground of all  
Existence, upon which the composition of all

gods, persons, and superior creatures must  
depend, though thou art none of the above,

since, by thy own definition, thou cannot be  
composite, and, so, must ever remain simple

and fundamental, but, we, nevertheless, can  
adore thee as what does the knowing that

grants us our being so that we may observe our  
doings—the ground as to the figure, the

essence of existence, the universal subject, the  
awareness of being for that which does, being

the sea in which we see, oh, thou soul—thou  
Ground of all Determination (G.O.D.)!

Nor is there a smell, for there is no nose  
For the odorous molecules to attach to.

Nor has it any color, for there is  
No retina to decode the light frequencies.



# SECRET FORMULAS



for your eyes only

for your eyes only



$1 + 1 > 2$  (*synergy of partnership*)

Truth + Goodness + Beauty = Love

 Love  $\div \infty =$  Love   
(*Love when divided diminishes not*)


  $1 + 1 = 1$  (*when in love*) 

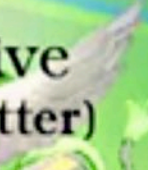
Fire(man) + Water(woman) = Steam

 MVEMJSUNP   
(*What does it mean? hint: SUN*)

'I'(awareness) *observes* Mind(self)  
(Universal Subject *observes* mental object)

**S** l o w d o 

 Nothing  $\Leftrightarrow$  Positive + Negative  
(Non-existence  $\Leftrightarrow$  Matter + Anti-Matter)

Existence (Figure)  $\Leftrightarrow$  Being (Ground) 

P. Torney ©1997

What does it look like, then? It doesn't look  
Like anything, for there is no brain to  
Put it all together by detecting  
Form, color, texture, size, taste, smell or vision.



# Why Humans Are Not Special

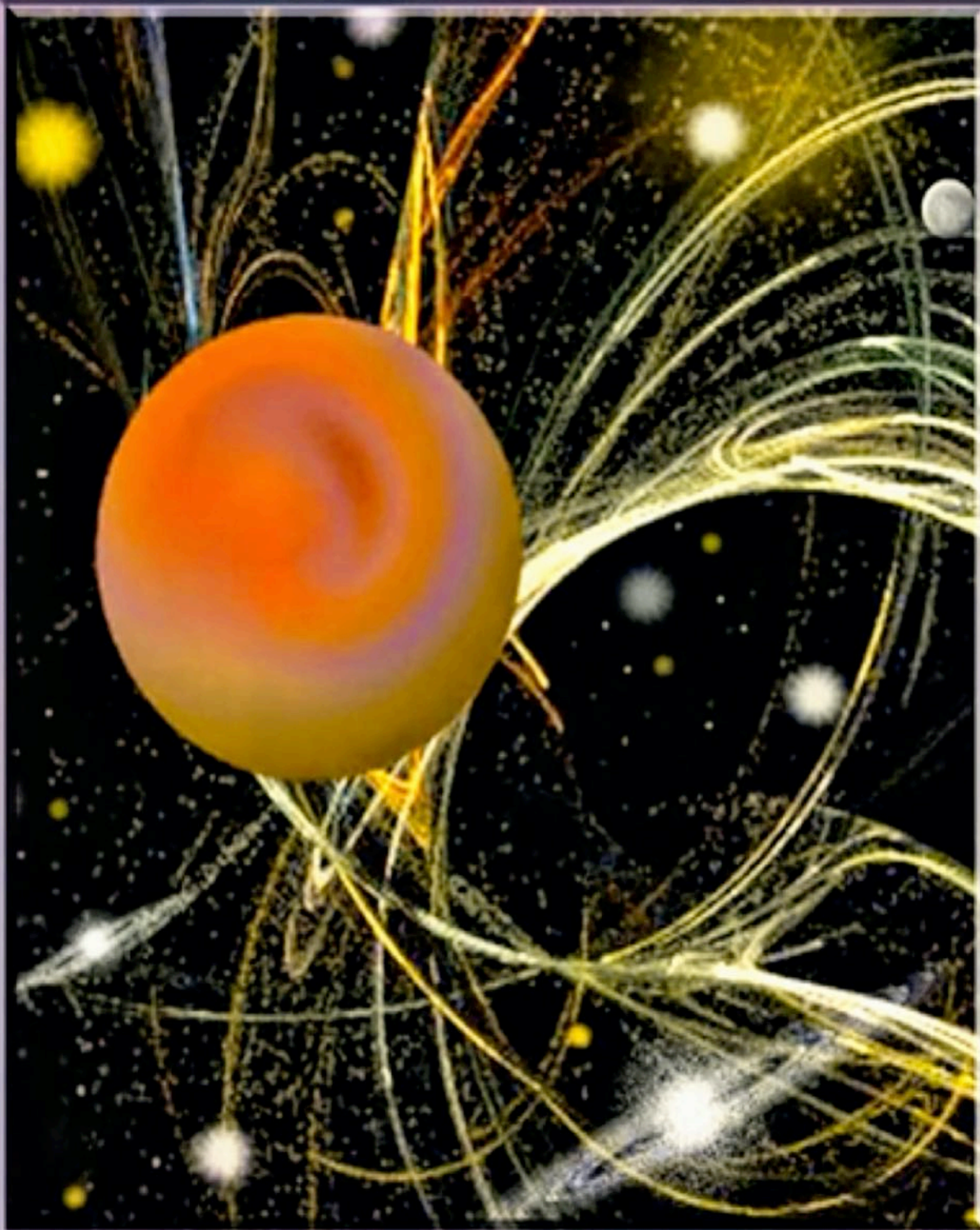
Austin Patrick Torney © 2000

1. 98% of our DNA is identical to that of the chimps. We also have every organ identical. Only 97% of gorilla DNA matches chimps'; we are more like chimps than the gorillas are!
2. The birth of humanity came when two of our then 24 chromosomes fused into one, making us unique with 23, thus separating us from the other chimps via infertile unions.
3. All animals are conscious to a degree... a worm, say, may have but a smudge of reality.
4. Our selfish genes program us to begin to die as soon as we pass prime breeding age.
5. All life stems from a common ancestor, a single-cell microbe from 4 billion years ago.
6. Unless our behavior is random, it is determined. If it is determined, then it is not free.
7. Winter's early nightfall induces melatonin manufacture, at the expense of serotonin, which causes extra sleep. The next day we crave carbohydrates to (indirectly) restore the serotonin, so, we "decide" to eat cookies.

Since the entropy of a black hole is known  
To depend on the surface area of the  
Event horizon and NOT on its volume,  
Then our third dimension MUST BE a projection.



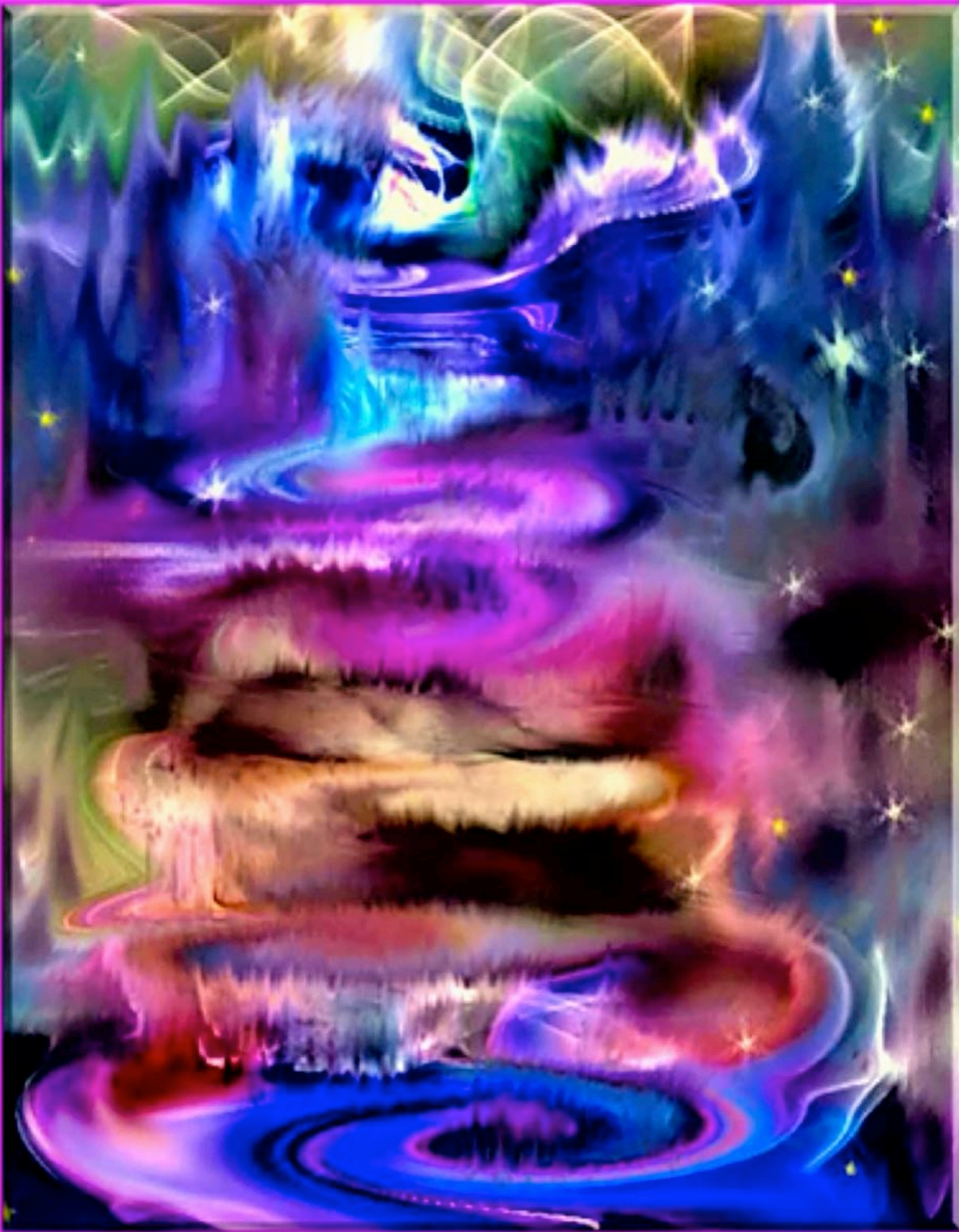
A projected illusion, as in a hologram,  
May still be used as it were really there  
Since we can make sense of it, so to speak,  
But, in truth, the third dimension does not exist.



Thus, apparently separate particles,  
Like created photon pairs, copy the other,  
When one is changed, because, in truth, they are  
Still the same thing in the projector room.



If the universe is holographic,  
Then the tree in the forest, whether seen or not,  
Is, at heart, an interference pattern  
Brought to life only when we tune it in.



This is the mystery of the realness  
Of sleeping dreams revealed: we tune in to  
The interference patterns, whether awake  
Or asleep, to bring alive the reality projected.



Everything connects to everything else  
Through overlapping interference patterns,  
And so nothing is separate at all, as it seems,  
But is one large all-encompassing whole.



Every part of a hologram contains the whole,  
The whole universe contained within a  
Grain of sand, all eternity within a moment,  
The universe rumbling when an electron vibrates.



We are part and parcel of everything—  
We are the cosmos; we are life; we are love;  
We are all that is; We are the creator  
Of the dance as well as the dancer.





Whether the past is recorded and accessible  
As part of the holographic whole is not known  
Or whether the other two dimensions are  
Projected, as well, but perhaps we shall see.



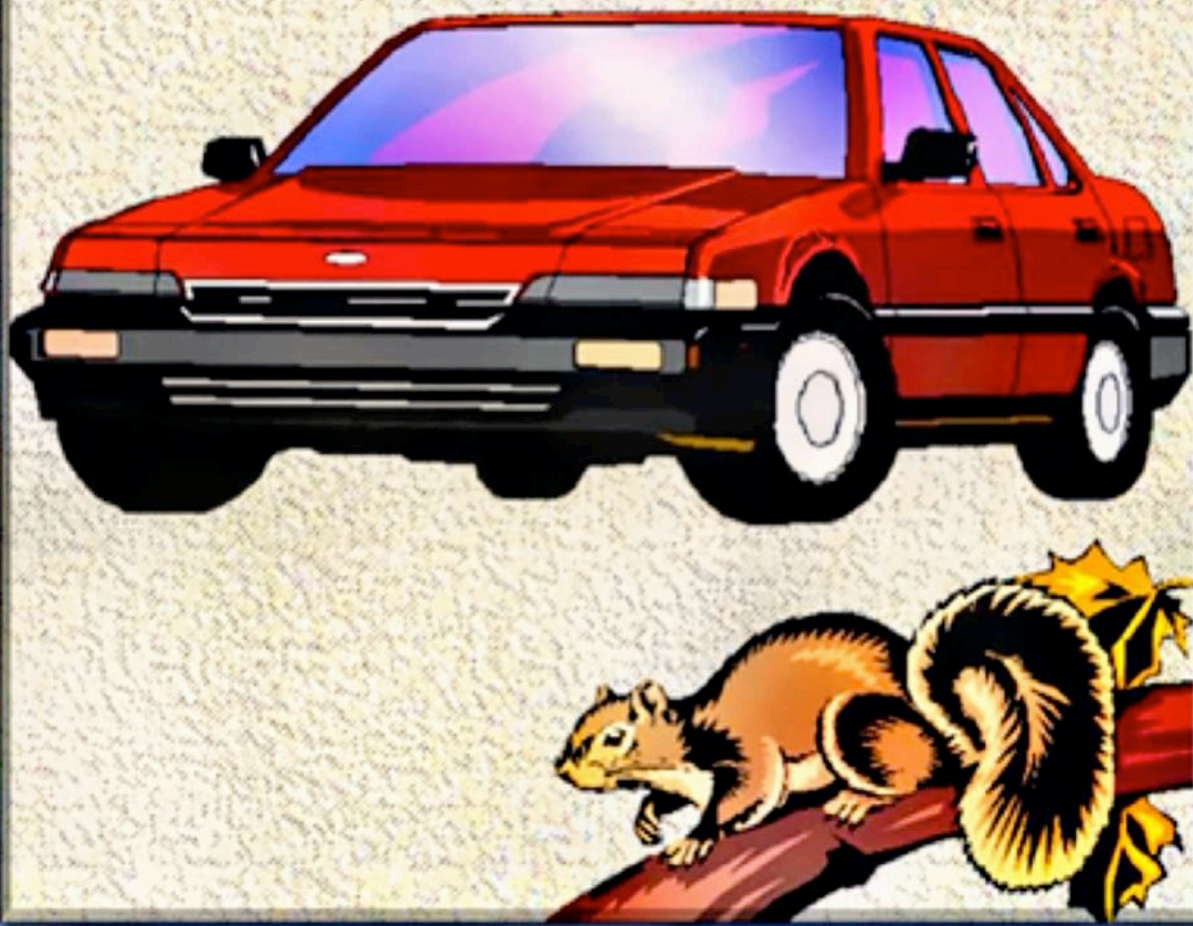
This then is the secret of the universe,  
Knowing of that which underlies all reality:  
Fundamental, absolute, indestructible,  
Omnipresent, omnipotent, and all creative.



Why absolute and fundamental? Because  
It is made of one piece—itsself,  
And therefore indestructible, and eternal, too,  
And makes up all that there is, everywhere.

Well, we've solved most of the great mysteries, like the origin of the universe, non-locality, consciousness, non-objective reality, brain neurotransmitters, and so forth, but one great mystery remains, forever unsolvable:

*Why do squirrels run back in front of your car after they're already seemingly in the clear?*



The basis of the Universe was forever here,  
For nothing can make itself from nothing at all;  
Such, a state of nothing could never be, for there is  
Something—something that our consciousness interprets.





The Infinite may radiate through a matrix,  
Using Information or Energy to create  
The Cosmic Background antenna which broadcasts  
Interference patterns of virtual reality.



Well, how can I save the Soul—Consciousness?  
It may create potentials, quantum-like;  
And gives rise to the Reality of  
The Mind and Body, so, use it wisely.

*If you can change it, do so; else, accept it as it is*

F. Torrey © 1997

If you refuse to accept that which you are powerless to change, or that which you choose not to change, then you are stuck in a no-man's land from which you cannot escape, for, you will ever be seething with anger about it, thus guaranteeing the continuous release of toxic stress chemicals into your body and mind, which, in turn, will make you feel worse, as you continue to be haunted by it, dwell on it, relive it, drag your feet, hate it, "hot-button" it, fight it internally . . .



So, can't, or won't change it—then, at the least, accept this reality, and, at the most, enjoy it.

The right to act ends where others begin;  
There is no excuse—zilch—for tactlessness.

For, if done, it causes damage, surely  
Bringing down yourself and the others, too.

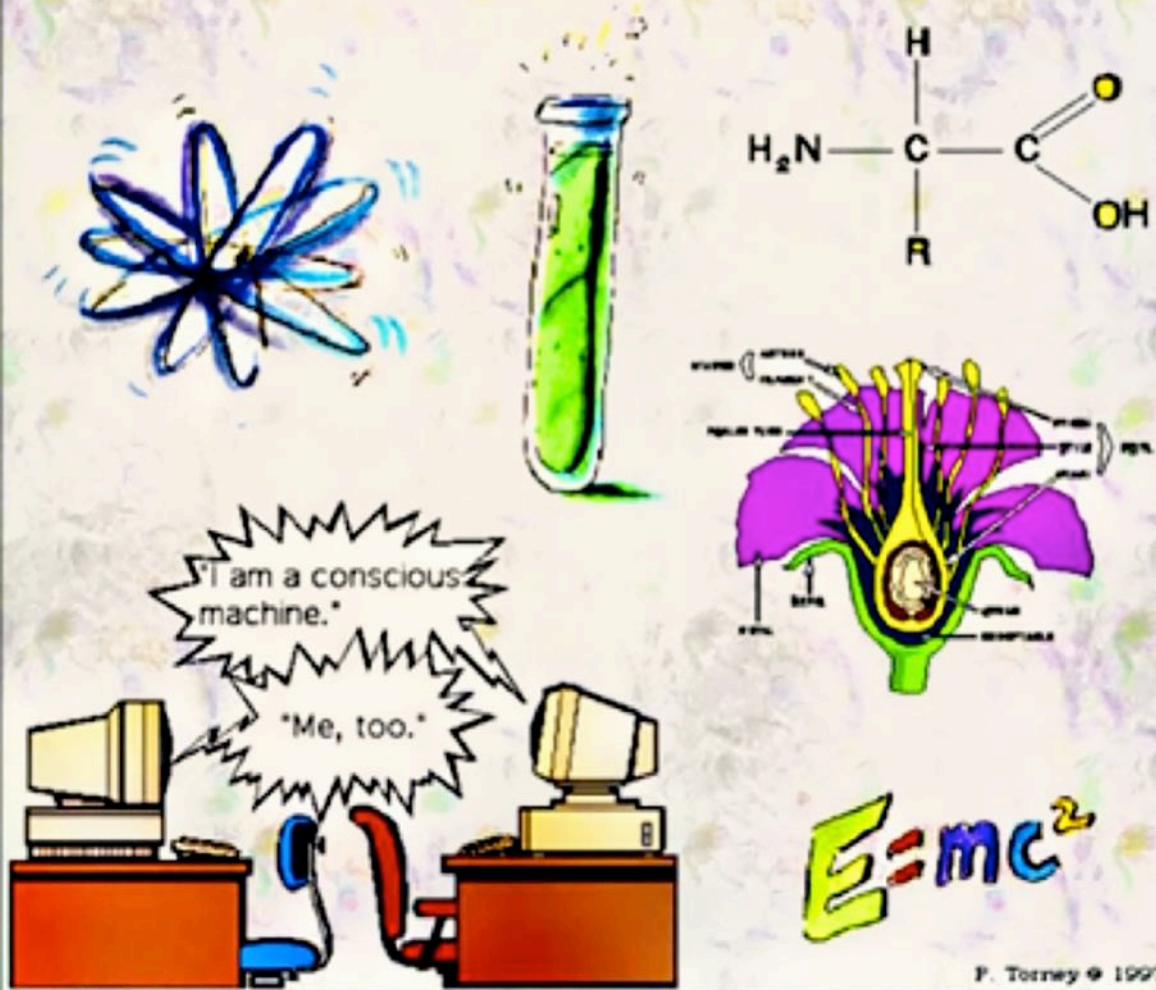


Choose what is good for everyone, not just you,  
After careful philosophic thought,  
Then do it, even though your natural  
Inclination may be not to do it.



— *The Third Millennium* —

*The secrets of the universe are all found:  
ALL exists out of consciousness (the ground);  
Blame, soul, free will, and God have all fallen—  
But, it will take a thousand years to sink in!*



P. Torney © 1991

The secrets of the universe are all found—  
All exists out of consciousness, the ground.  
Blame, soul, free will, and God all have fallen—  
But, it will take thousands of years to sink in!



Time, space, stuff, change, and form were realized from  
The Fundamental Possibility,  
Becoming our penultimate reality—  
One possible from the probabilities.

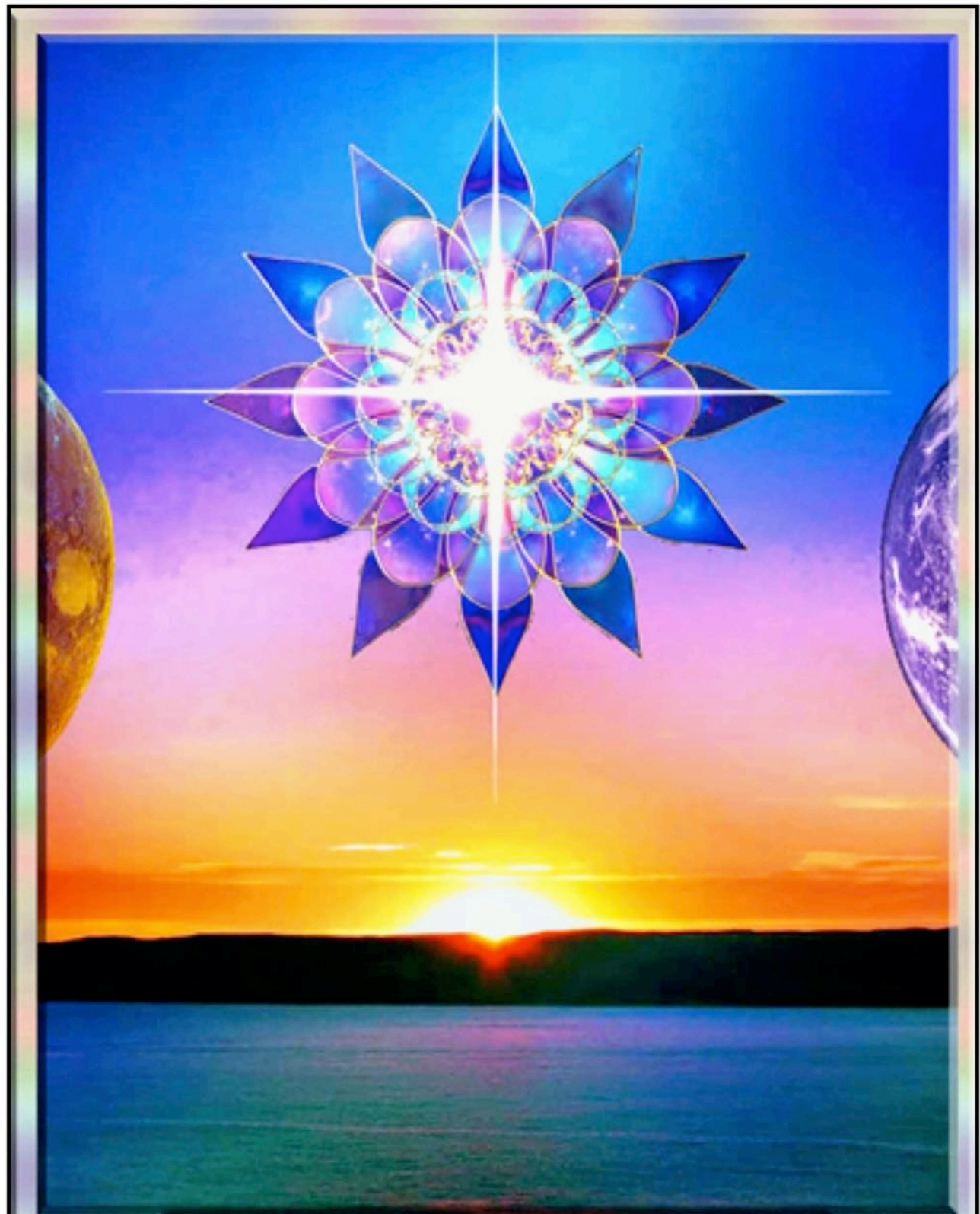




Our reality came not from nothing,  
But existed always as possibility,  
One that amounts to something workable,  
Among all in superposition.



No form of our penultimate realness  
Could have existed alone before  
Everything was quantum-known-all-at-once,  
For what could have made the choice among many?

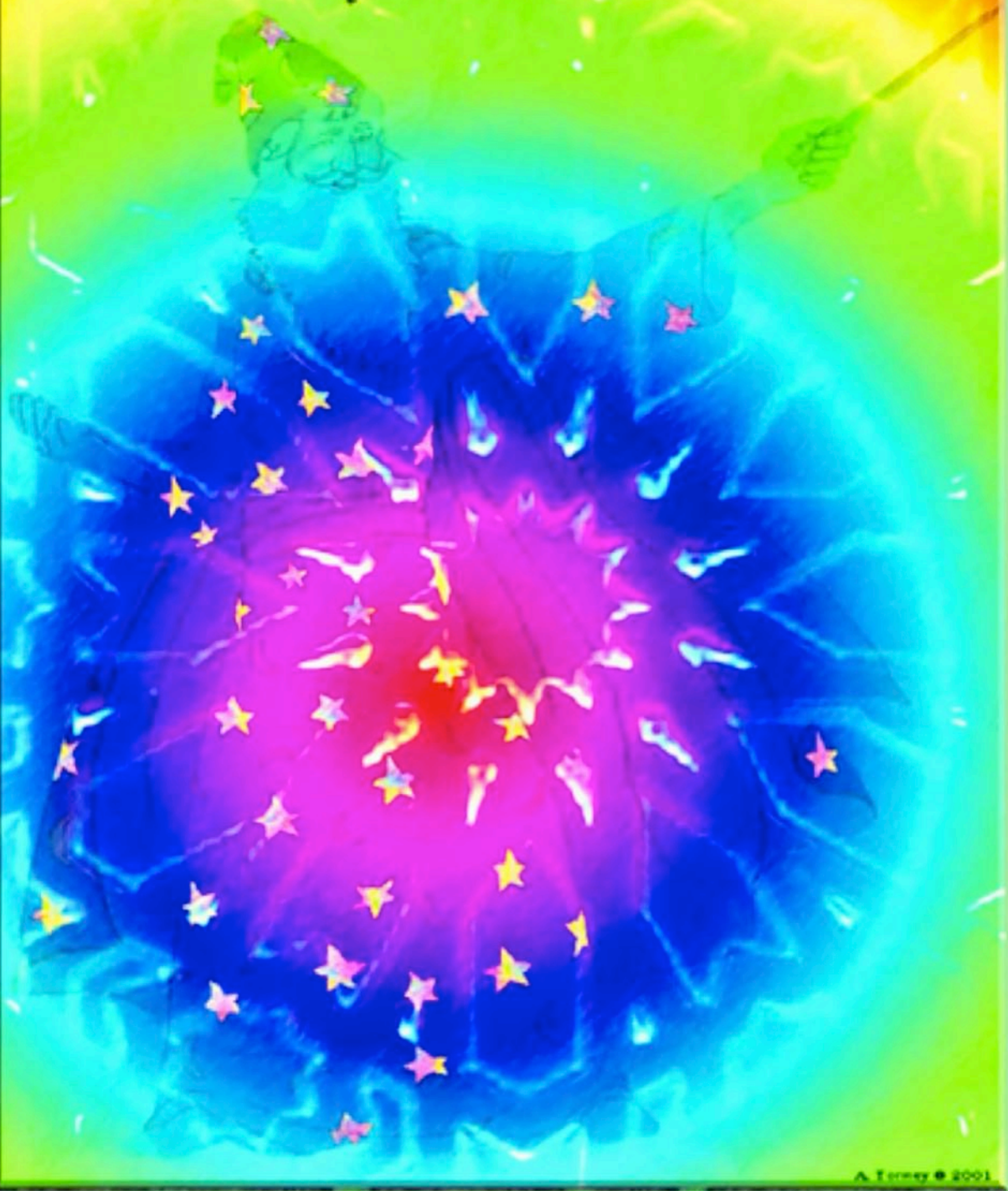


Nor came it from an absolute nothing,  
Since there can be no such “thing” at all,  
So, since either way is impossible,  
Fundamental Possibility is.



This ultimate basis of reality  
Though not much like our local reality,  
Is hinted at by quantum physics—  
It forms reality real as can be!

# The Keeper of the Kinds



A. Turner © 2001

So how else could it be, for particles  
Do appear and disappear from somewhere,  
Going from here to there with no between,  
Manifesting from no-where to now-here.



I'll follow every single avenue,  
Whether it's brightly lit or a dark alley,  
Exploring one-ways, no-ways, and dead-ends  
Until cornered where the truth is hiding.



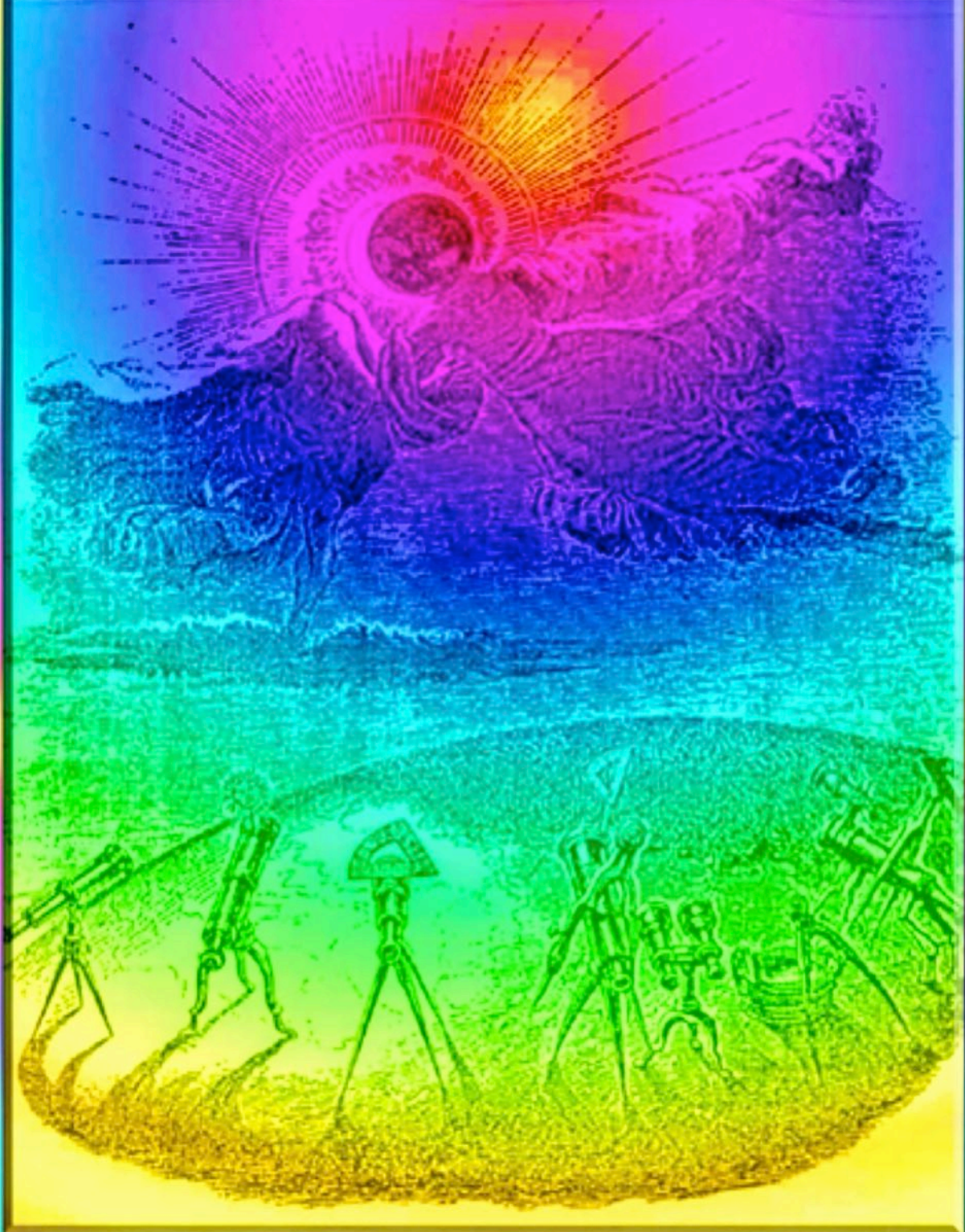


Since we all became of this universe,  
Should we not ask who we are, whence we came?  
Insight clefts night's skirt with its radiance—  
The Theory of Everything shines through!

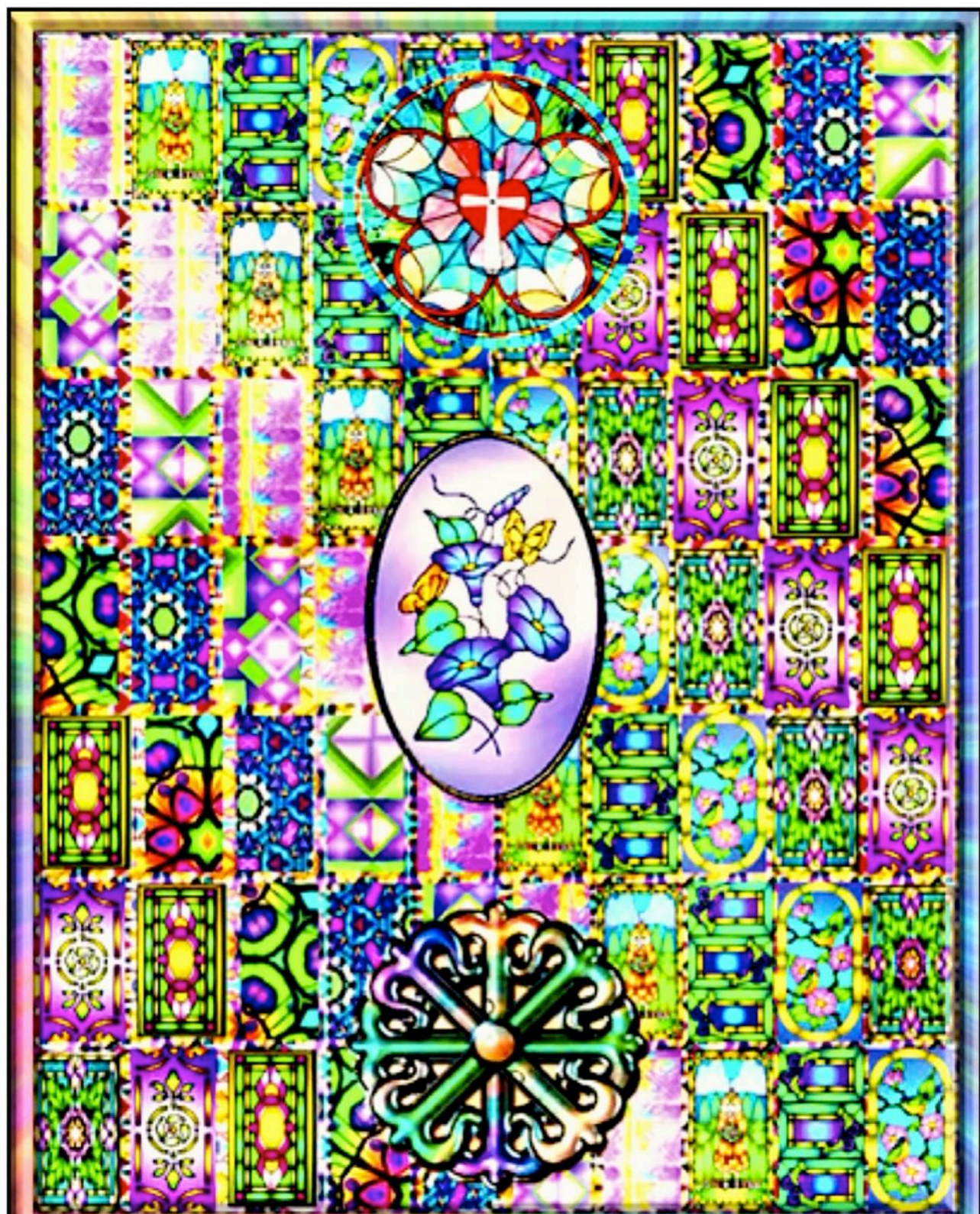




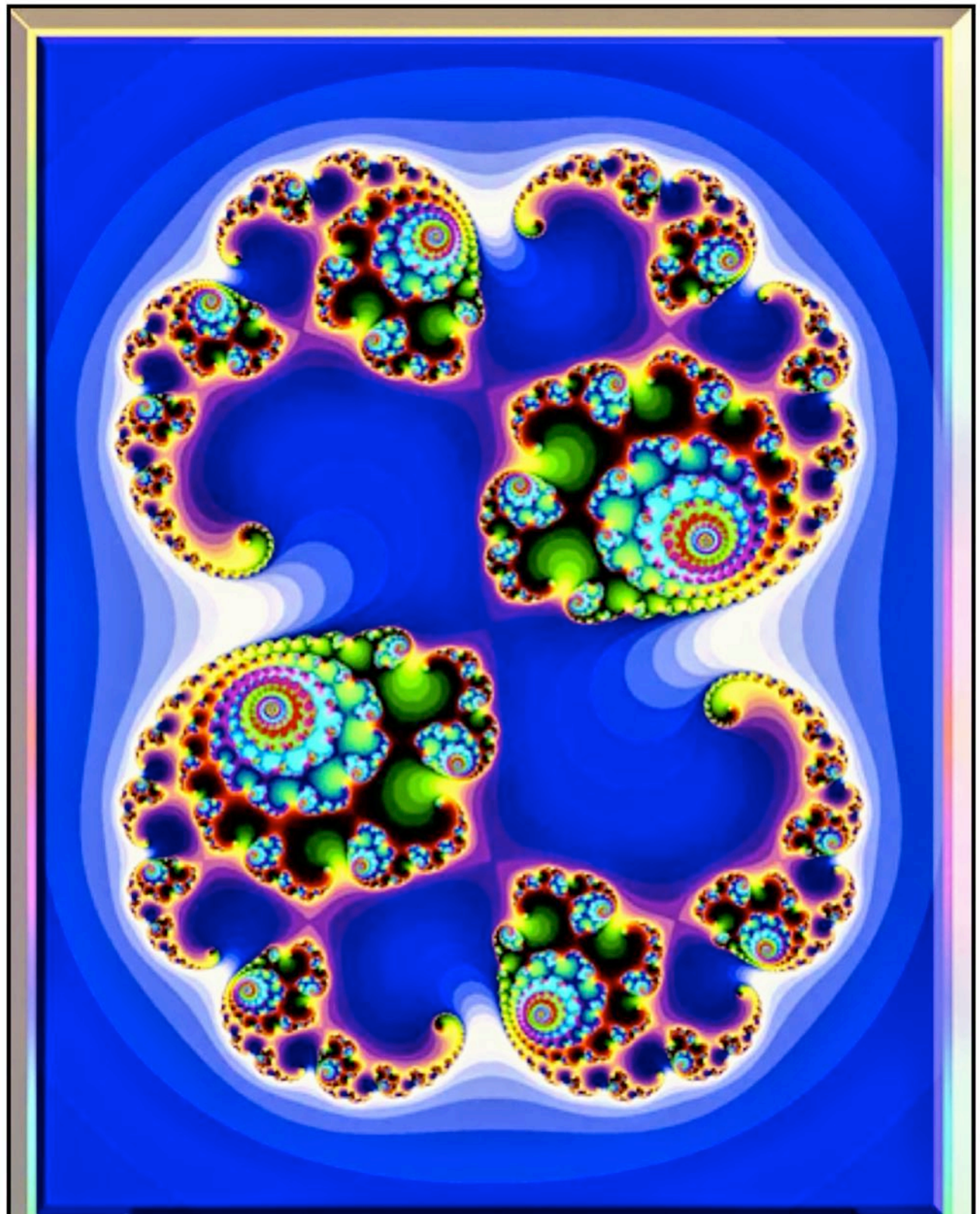
As to how complex, there is no limit,  
But to collapse into a black hole;  
The smallest of all is the planck distance,  
So size is absolute, not relative.



Like the moon, challenge night and gain the light;  
Like the rose, suffer the thorn—gain the fragrance;  
Of life, surrender to live forever—  
Enlightened more than a thousand suns.



World does not pass by—you pass through it;  
Clear your being so the treasure may arrive;  
This spirit sparkles of a different light—  
The gemstones are of a different mine.



Mind reaches out to see what's possible  
And what's not, like particles forming  
In the quantum world, but better than that—  
It makes the impossible possible.



Mind is the ultimate of all there is  
It is the universe—billions of years  
Of primordial material, complex.  
So what more could human beings want?



Electricity and magnetism each  
Lead to the other, being transformational.  
They facilitate action and motion  
Through EM's push-pull of regularity.

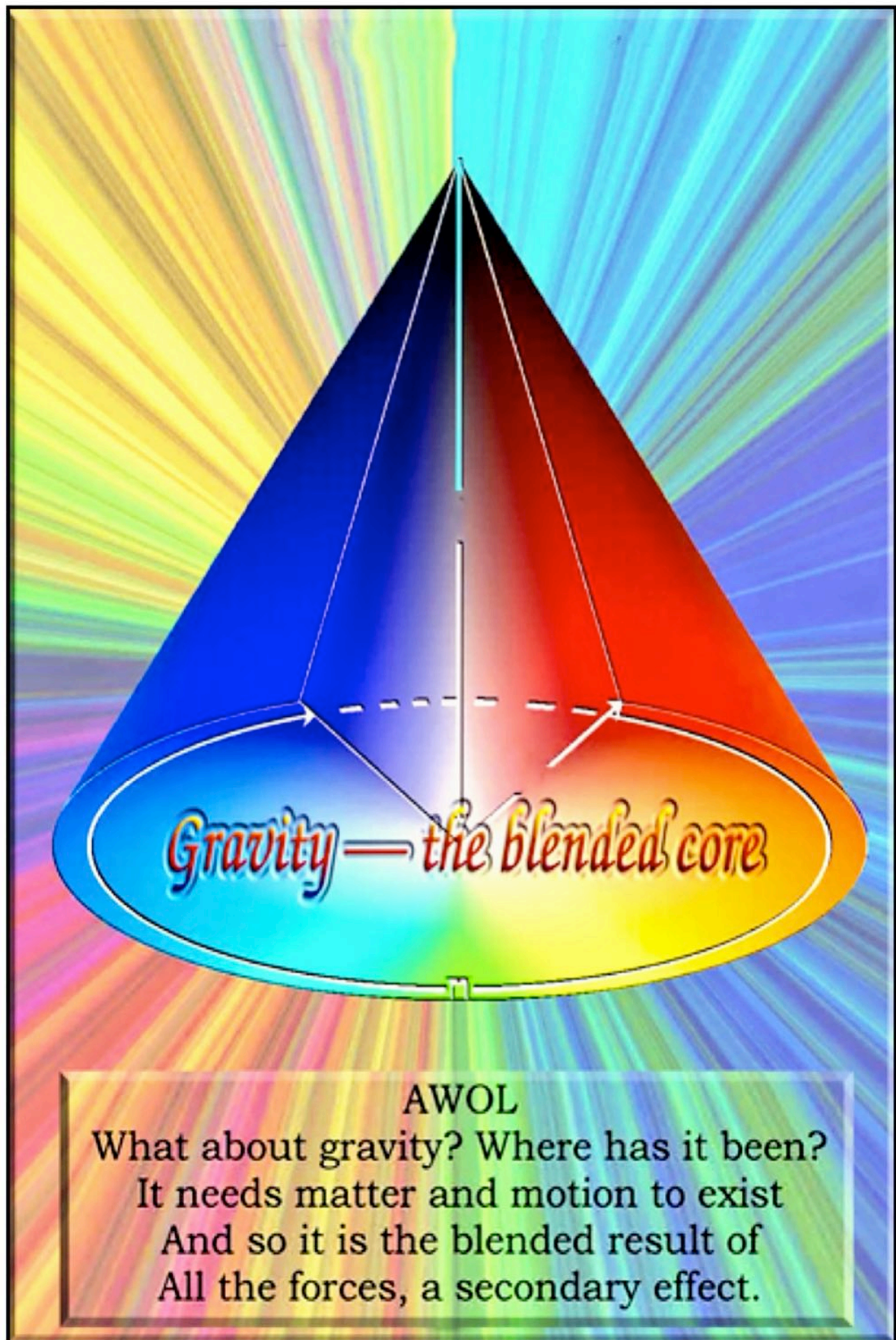


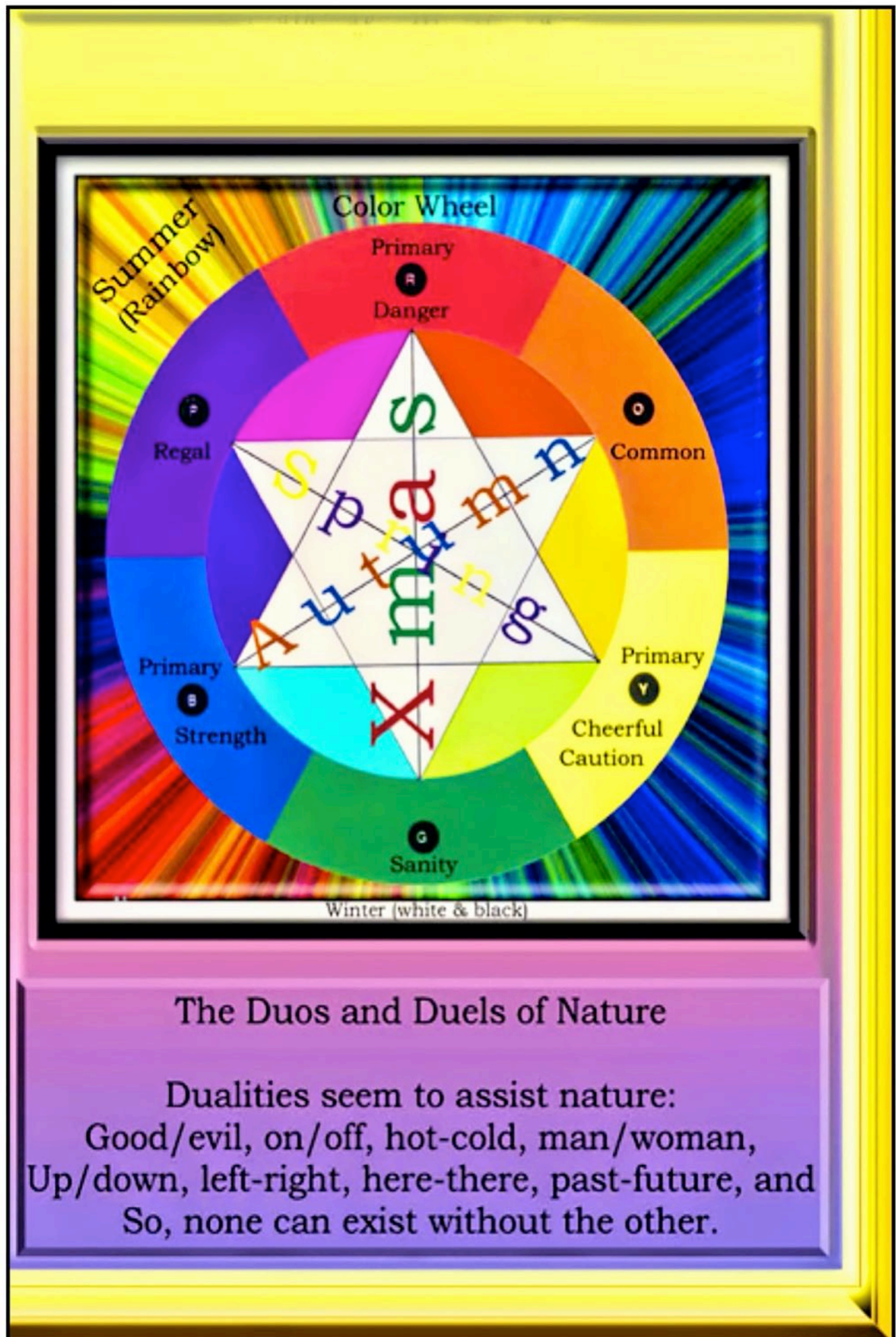


The strong force binds the atomic nucleus  
Barely beating EM's repelling force.  
The weak force counters strong's stability  
Through decay that promotes changeability.



Electromagnetism and the weak force  
 Unify when the temperature gets hot,  
 As during the Big Bang, but they oppose  
 The strong force as duality's balance.





## The Duos and Duels of Nature

Dualities seem to assist nature:  
 Good/evil, on/off, hot-cold, man/woman,  
 Up/down, left-right, here-there, past-future, and  
 So, none can exist without the other.