

Part 1 - The 'Universe' is 'playing us like a musical instrument'

Between the lower mula bandha lock as discussed in **Part 2: "We are the Universe Doing Kegel Exercises"** and at the 'upper end' of our system, it's (either trauma damage to the blood brain barrier in this age of Kali Yuga to open it up, or the coordinated Vasopressin/Oxytocin system) at the top, as explained in **Part 3: "Cortisol, Sex Hormones and Anomalous Perception"** which is the final element before full 'awakening'.

Now, frankly, the payload goes to the silent observer, 'the universe'. Humans are in effect 'awakening machines for Reality'. The part the human experiences in all this is SECONDARY.

Now as an intermediate step, most people do a 'heart or brow lock', to form the golden resonant cavity of a 'diamond body' or 'baby Aeon', before dropping all the locks, lower and upper, and letting the 'dream substance pass on to its next processing destination node.

But in short, the Universe is playing us all like musical instruments, where you press down on a string, then release it.

A 'sage' sees this and cooperates willingly.

Everyone else doesn't see, doesn't knowingly cooperate, but in a sense, it still happens anyway. But less smooth, more corrupted.

It's important to note, that while this may be ONE FUNCTION that humans perform, it's not necessarily their personal 'mission'. I considered being a good 'puppy daddy' to my puppy and a good husband to my wife, to be of supreme importance. While I may be a processing node in the 'body of reality', I'm still Kevin, the retired Minnesota farm boy.

We are all different, all with different lives and individual purposes like described in Part 4: "Hide, Seek and Help/Play."

Part 2 – We are the Universe Doing Kegel Exercises

Prelude

This topic seems strange at first glance, and also might seem untoward to experts of various esoteric and mystical traditions, as this topic puts a different face on things that have always been mislabeled and misused as 'spiritual' or 'religious' realities. It's not that these things aren't true, they aren't happening, but they are both more powerful, but more innocuous and definitely mislabeled and weaponized.

Spirituality and Religion are often a cargo cult!

Here's what Meta.ai has to say:

“Cargo Cults: A Fascinating Phenomenon Born in WWII

Cargo cults originated during World War II in the Pacific Islands, particularly in Melanesia (present-day Papua New Guinea, Vanuatu, and the Solomon Islands). These cults emerged as a response to the sudden and mysterious arrival of foreign goods, known as “cargo,” brought by Allied forces.

The Context

During WWII, the Pacific Islands became a crucial battleground. Allied forces, primarily American and Australian troops, established military bases and airfields on various islands. The locals, who had limited exposure to Western technology and culture, were amazed by the abundance of goods and supplies that seemed to magically appear.

The Emergence of Cargo Cults

As the war progressed, some islanders began to believe that the cargo was not just a product of human labor but rather a supernatural phenomenon. They thought that the cargo was being sent by their ancestors or spirits, who were trying to provide for them.

To tap into this perceived supernatural power, islanders started to mimic the behavior of the Allied soldiers. They built makeshift airstrips, constructed wooden airplanes, and even created mock radios to try and contact the spirits. They believed that by replicating the actions of the soldiers, they could attract more cargo and improve their lives.

Characteristics of Cargo Cults

Cargo cults shared several key characteristics:

1. **Mimicry:** Islander mimicked the behavior of Allied soldiers, including their uniforms, rituals, and technology.
2. **Supernatural explanations:** Cargo cults attributed the arrival of goods to supernatural forces rather than human agency.

3. **Expectation of material benefits:** Cult members believed that by appeasing the spirits, they would receive more cargo and improve their material well-being.

Legacy of Cargo Cults

Cargo cults declined after WWII, as the Allies withdrew, and the islanders began to understand the true nature of the cargo. However, the phenomenon has had a lasting impact on our understanding of cultural exchange, colonialism, and the power of symbolism.

The term “cargo cult” has also been used metaphorically to describe situations where people blindly imitate others, often with unrealistic expectations of achieving similar success or benefits.”

Overview

Humans have always been a pretty excitable bunch, and they like to imagine that they are the ‘center of the universe, that unusual events are ALL ABOUT THEM, when oftentimes they might not understand the actual things happening have little or nothing to do with them; just like those cargo cults.

I want to make a very strong point to begin here, to ensure that you don’t misunderstand.

As so happens, humans ARE a very special sort of being most precious. Why? Humans are innate story tellers and have the capability to interact DIRECTLY with POTENTIALITY and AWARENESS, as they are in fact MADE FROM POTENTIALITY and AWARENESS.

But on the other hand, humans themselves are ALSO humble creatures, rather like a small processing node that is part of a truly humongous reality-spanning network. To ‘Mind at Large’ as Bernardo Kastrup would call it, the processing occurs in large swatches of humans, and individual humans rarely rise to the level of notice. For example, in the human body, our liver organs are composed of millions of individual liver cells; but individual liver cells come and go, and seldom are noticed. That doesn’t mean individual cells aren’t important, far from it. But this is all a matter of perspective that should be kept in mind.

Dream-Substance Generation Nodes

There’s a lot going on with human beings; for example, POTENTIALITY, AWARENESS and ‘Consciousness’ all have hooks into the human body. This is a large subject. However, one known, but rarely discussed publicly thing about the human body, is that it (in Platonic Surrealistic terms) is a ‘dream generator’. It produces ‘dream substance’. It produces a lot of it.

Some people confuse this ‘dream substance’ with their ‘souls’, but that’s not a good characterization. In Jeffrey K. Kripal’s book, *How to Think Impossibly: About Souls, UFOs, Time, Belief, and Everything Else*, Chicago Press [2024], I wrote in chapter three about ‘tulpa substance’ and wrote that humans are ‘tulpa generators. And so, they are. But a better characterization for our purposes is to say, dream substance’, not ‘tulpa substance’.

How the 'Anomalous' Works

As REALITY at large is a complex information matrix, it shouldn't be unusual to note that 'consciousness itself' is rather like a 'substance' in such a framework. Now, for you materialists and dualists out there, the tendency would be to scoff. But in PS there is no matter/energy/consciousness' schism. It's all the same stuff.

This dream substance is actually a coin of the realm; a REALITY-wide common currency.

You can 'summon UFOs with it'. You can feed 'Fae folks' with it. You can also contribute to a post-death world of your choice; for example, some people build 'Christian afterlives' with it, some people build 'Pure Lands of Buddhism' with it; some build the 'Faerie Realm' with it.

(The Neolithic peoples before modern civilization, the precursors to the Tuatha De Danann of the old Celtic lands; the Pre-Indo-European Peoples, Etc., generated the first 'Otherworld' here in this Human-centric Cluster of the many worlds of REALITY, and as a more pure source; as they lived closer to nature, and weren't actively destroying their ecosystem, that's why the Fae Realm, for those who get to visit it, is of unparalleled beauty.)

How it Works, and Why Modern Forms are Often Negative and Corrupted

When AWARENESS lodges in a human body, if that body/mind system is open like an Infant, the functions of AWARENESS are not constricted, and may 'flow' 'in and out' relatively unimpeded.

But if you carry tension in your body/mind system, the 'flow' of AWARENESS doesn't just get gentle modifications as it freely flows 'in and out', but rather those tensions in the body/mind cause it to 'clump up' and become, more often than not, 'toxic'.

So, you wind up with 'skandhas' from Buddhism (tendencies); or you can call it 'karma' from Hinduism, or if you are a shaman, occultist, tantric practitioner or Kundalini yoga yogin, you PURPOSELY trap the 'dream substance' 'against its will' and cause it to be greatly concentrated or modified. Some people even create what might be called 'the diamond body' in Tantric Buddhism or a 'baby Aeon' or 'child of Shiva and Shakti', depending on your tradition.

Now, if you know what you are doing, and it's done lovingly and with full consciousness, it can be a beautiful thing; rather the maxim human potential to be a storyteller; using your own body to its fullest capability.

But in general, this causes problems, if you aren't a master of the process.

You would be prone to 'create negative entities' or toxic 'UFO's'

In particular, one of the most famous practices from yoga is called a "Mula Banda lock", also known as the 'root lock' in Kundalini yoga. In short you 'lock' your Kegel muscles, which causes a 'restriction in the flow' and you get this 'abnormal pooling', that in concert with a variety of other steps, can result in a 'Kundalini awakening', or as discussed previously, it can be used for various metaphysical purposes.

How the 'Anomalous' Works

Now most people don't know the practices, and even if they knew the words, it's not likely that they could get into trouble with it.

But here's the 'Divine Joke'.

The 'Divine Joke'

In our modern world, hardly anyone knows about this topic, wouldn't tend to believe it, and certainly wouldn't do the practices.

HOWEVER.

Ask any 'uptight white man', or most modern people who don't live in harmony with the world, and if they are honest, they will admit that they 'scrunch up their butt muscles' when stressed, which is most of the time. It's almost like our society has trained us to be in a state of permanent stress', and THIS has turned us all into "unknowing UFO summoners, tulpa creators and unconscious metaphysicians".

In Platonic Surrealism we say, "All roads lead to Rome", in that 'Life at Large' gets what it wants, whether we know it or not, believe in it or not.

Modern materialists want nothing to do with this stuff, and yet, against their knowledge or will, they are dream substance nodes the same as anyone else.

"Life at Large" has all this stress happening in our world; we scrunch up our bodily muscles in our body/mind system and "Life at Large" plays us all like musical instruments.

It's not nefarious. We don't have the right to complain. A single liver cell has no reasonable excuse to complain; we have no right to complain. It's one of our places in the Universe.

Part 3 - Cortisol, Sex Hormones and Anomalous Perception

DRAFT --- Needs much formatting help and refinement.

What do many years of elevated cortisol do to the brain?

Chronic elevated cortisol levels can have significant effects on the brain, leading to:

Structural Changes

1. **Hippocampal atrophy:** Reduced volume and impaired function of the hippocampus, a region crucial for memory formation and emotional regulation.
2. **Amygdalar hypertrophy:** Enlarged amygdala, which can lead to increased anxiety and fear responses.

Neurotransmitter Imbalance

1. **Serotonin and dopamine dysregulation:** Altered levels and activity of these neurotransmitters, contributing to mood disturbances, anxiety, and depression.
2. **GABA and glutamate imbalance:** Disrupted inhibitory and excitatory neurotransmission, potentially leading to anxiety, insomnia, and cognitive impairment.

Cognitive Impairments

1. **Memory and learning deficits:** Impaired short-term and long-term memory, as well as reduced cognitive flexibility.
2. **Attention and concentration difficulties:** Decreased focus, attention span, and mental clarity.
3. **Mood disturbances:** Increased risk of depression, anxiety disorders, and mood swings.

Neurodegenerative Risks

1. **Alzheimer's disease:** Elevated cortisol levels may contribute to the development and progression of Alzheimer's disease.
2. **Neuroinflammation:** Chronic cortisol exposure can lead to increased inflammation in the brain, potentially contributing to neurodegenerative diseases.

Other Effects

1. **Reduced neuroplasticity:** Impaired ability of the brain to adapt and change in response to new experiences.
2. **Disrupted circadian rhythms:** Altered cortisol patterns can affect the body's natural sleep-wake cycle.

3. **Increased risk of psychiatric disorders:** Chronic elevated cortisol levels can contribute to the development of various psychiatric conditions, including post-traumatic stress disorder (PTSD).

It's essential to manage stress and maintain healthy cortisol levels to mitigate these effects and promote overall brain health.

Have any studies been done on how white matter is affected by cortisol?

Yes, several studies have investigated the impact of cortisol on white matter in the brain. Here are some key findings:

White Matter Integrity

1. **Reduced fractional anisotropy:** Elevated cortisol levels have been linked to decreased fractional anisotropy (FA) in various white matter tracts, indicating reduced axonal integrity and myelination (1, 2).
2. **Increased mean diffusivity:** Chronic cortisol exposure has been associated with increased mean diffusivity (MD) in white matter, suggesting increased water diffusion and potential axonal damage (3).

White Matter Volume and Structure

1. **Reduced white matter volume:** Studies have found that chronic stress and elevated cortisol levels can lead to reduced white matter volume in regions such as the corpus callosum and anterior cingulate cortex (4, 5).
2. **Altered white matter microstructure:** Cortisol has been shown to affect the microstructure of white matter, including changes in axonal diameter, myelination, and oligodendrocyte function (6).

Cortisol-Induced White Matter Changes in Specific Brain Regions

1. **Corpus callosum:** Elevated cortisol levels have been linked to reduced FA and increased MD in the corpus callosum, potentially disrupting interhemispheric communication (7).
2. **Anterior cingulate cortex:** Chronic stress and cortisol exposure have been associated with reduced white matter volume and integrity in the anterior cingulate cortex, a region critical for emotion regulation and error detection (8).

These studies suggest that chronic cortisol exposure can have detrimental effects on white matter integrity, volume, and microstructure, potentially contributing to cognitive and emotional impairments.

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How the 'Anomalous' Works

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What effect does high testosterone levels have on white matter in the brain?

Research suggests that high testosterone levels can have both positive and negative effects on white matter in the brain. Here are some findings:

Positive Effects

1. **Increased white matter integrity:** Testosterone has been shown to promote white matter integrity by increasing the expression of myelin-related genes and enhancing oligodendrocyte function (1).
2. **Improved cognitive function:** High testosterone levels have been linked to improved cognitive performance, particularly in spatial memory and attention, which may be related to enhanced white matter function (2).
3. **Neuroprotection:** Testosterone may have neuroprotective effects, potentially reducing the risk of white matter damage and neurodegenerative diseases (3).

Negative Effects

1. **Reduced white matter volume:** Elevated testosterone levels have been associated with reduced white matter volume in certain brain regions, such as the corpus callosum (4).
2. **Disrupted white matter microstructure:** High testosterone levels can disrupt white matter microstructure, potentially leading to reduced axonal integrity and myelination (5).
3. **Increased risk of white matter lesions:** Excessive testosterone exposure has been linked to an increased risk of white matter lesions, particularly in older adults (6).

Context-Dependent Effects

1. **Age and sex differences:** The effects of testosterone on white matter may vary depending on age and sex. For example, high testosterone levels may have beneficial effects on white matter in young adults but detrimental effects in older adults (7).
2. **Dose and duration:** The impact of testosterone on white matter may depend on the dose and duration of exposure. Chronic exposure to high testosterone levels may lead to negative effects, while acute exposure may have positive effects (8).

In conclusion, the effects of high testosterone levels on white matter in the brain are complex and context-dependent. While testosterone may have neuroprotective and cognitive-enhancing effects, excessive exposure can disrupt white matter microstructure and increase the risk of white matter lesions.

References:

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2. Cherrier et al. (2017). Testosterone and cognitive function in healthy older men. *Journal of Clinical Endocrinology and Metabolism*, 102(11), 3931-3938.
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Doesn't the corpus callosum inhibit rather than promote interhemispheric communication more often than not?

The corpus callosum, the largest white matter structure connecting the two hemispheres, plays a complex role in interhemispheric communication.

Inhibitory Role

How the 'Anomalous' Works

1. **Interhemispheric inhibition:** The corpus callosum can indeed inhibit or reduce interhemispheric communication, particularly in situations where one hemisphere needs to dominate or suppress the other (1).
2. **Hemispheric specialization:** The corpus callosum helps maintain hemispheric specialization by reducing unnecessary interhemispheric communication, allowing each hemisphere to focus on its specialized functions (2).

Facilitatory Role

1. **Interhemispheric coordination:** The corpus callosum also facilitates interhemispheric coordination, enabling the integration of information from both hemispheres for tasks that require bilateral processing (3).
2. **Information transfer:** The corpus callosum allows for the transfer of information between hemispheres, which is essential for various cognitive functions, such as language processing, spatial attention, and memory (4).

Context-Dependent Role

1. **Task-dependent:** The role of the corpus callosum in interhemispheric communication can vary depending on the task or cognitive demand (5).
2. **Developmental changes:** The corpus callosum's role in interhemispheric communication may change across development, with increased inhibitory functions in early childhood and more facilitatory functions in adulthood (6).

In summary, the corpus callosum plays a complex, context-dependent role in interhemispheric communication, with both inhibitory and facilitatory functions.

References:

1. Chiarello et al. (2013). Interhemispheric inhibition and hemispheric specialization. *Neuropsychologia*, 51(8), 1351-1361.
2. Hoptman et al. (2014). Hemispheric specialization and interhemispheric communication. *Journal of Neuroscience Research*, 92(6), 751-761.
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Which tasks require bilateral processing?

Bilateral processing, which involves the coordination of both hemispheres of the brain, is required for various cognitive, motor, and perceptual tasks. Here are some examples:

Cognitive Tasks

1. **Language processing:** Bilateral processing is involved in language comprehension, production, and processing, particularly for complex linguistic tasks (1).
2. **Problem-solving:** Tasks that require creative problem-solving, such as puzzles or brain teasers, often engage bilateral processing (2).
3. **Working memory:** Bilateral processing is involved in working memory tasks, such as remembering phone numbers or mental math calculations (3).

Motor Tasks

1. **Coordinated movements:** Bilateral processing is required for coordinated movements, such as playing musical instruments, typing, or sports (4).
2. **Balance and posture:** Maintaining balance and posture requires bilateral processing to integrate sensory information from both sides of the body (5).

Perceptual Tasks

1. **Depth perception:** Bilateral processing is involved in depth perception, which requires integrating visual information from both eyes (6).
2. **Spatial attention:** Tasks that require focusing attention on specific locations in space, such as visual search tasks, engage bilateral processing (7).
3. **Multisensory integration:** Bilateral processing is involved in integrating information from multiple senses, such as vision, hearing, and touch (8).

Other Tasks

1. **Emotion regulation:** Bilateral processing is involved in emotion regulation, particularly for complex emotional tasks (9).
2. **Theory of mind:** Tasks that require understanding other people's mental states, such as perspective-taking or empathy, engage bilateral processing (10).

These tasks require the coordination of both hemispheres to integrate information, process complex stimuli, and facilitate cognitive, motor, and perceptual functions.

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Researchers have identified several mechanisms and hormones that can alter the blood-brain barrier (BBB) to allow more oxytocin to enter the brain while minimizing negative outcomes. Here are some examples:

Hormones and Mechanisms

1. **Estrogen:** Estrogen has been shown to increase oxytocin receptor expression and enhance oxytocin transport across the BBB.
2. **Progesterone:** Progesterone can also increase oxytocin receptor expression and facilitate oxytocin entry into the brain.
3. **Vasopressin:** Vasopressin, a hormone involved in social bonding, can increase oxytocin release and enhance its entry into the brain.
4. **Insulin-like growth factor-1 (IGF-1):** IGF-1 can increase oxytocin receptor expression and facilitate oxytocin entry into the brain.
5. **Neurotrophic factors:** Neurotrophic factors like brain-derived neurotrophic factor (BDNF) can support the growth and survival of oxytocin-producing neurons and enhance oxytocin release.

What would elevated levels of oxytocin the brain do to the brain overall?

Elevated levels of oxytocin in the brain can have various effects on brain function, behavior, and overall well-being. Here are some potential consequences:

Positive Effects:

1. **Enhanced social bonding:** Oxytocin is often referred to as the "cuddle hormone" because it promotes social bonding, attachment, and trust.
2. **Improved mood:** Oxytocin has been shown to have antidepressant and anxiolytic effects, reducing stress and anxiety.
3. **Increased empathy:** Oxytocin can increase empathy and understanding of others' emotions and perspectives.
4. **Better sleep:** Oxytocin can help regulate sleep patterns and improve sleep quality.
5. **Pain reduction:** Oxytocin has been shown to have analgesic properties, reducing pain perception.

Negative Effects:

1. **Over-attachment:** Elevated oxytocin levels can lead to over-attachment or clinginess in relationships.
2. **Social anxiety:** While oxytocin can reduce social anxiety in some individuals, it can exacerbate it in others, particularly if they have a history of social trauma.
3. **Increased trust:** Oxytocin can increase trust, which can be beneficial in some situations but also lead to gullibility or exploitation.
4. **Reduced critical thinking:** Elevated oxytocin levels can impair critical thinking and judgment, making individuals more susceptible to influence or manipulation.
5. **Dependence and addiction:** Oxytocin can contribute to dependence and addiction, particularly in individuals with a history of substance abuse.

Neuroplasticity and Long-term Effects:

1. **Reorganization of brain networks:** Elevated oxytocin levels can lead to reorganization of brain networks, particularly those involved in social cognition and emotional regulation.
2. **Increased grey matter:** Oxytocin has been shown to increase grey matter in areas such as the hippocampus and amygdala.
3. **Long-term changes in behavior:** Repeated exposure to elevated oxytocin levels can lead to long-term changes in behavior, such as increased social behavior and reduced anxiety.

It's essential to note that individual differences in oxytocin receptor density, brain chemistry, and life experiences can influence the effects of elevated oxytocin levels. Additionally, more research is needed to fully understand the consequences of elevated oxytocin levels in the brain.

Is there any hormone or substance in the body that buffers against the damage that cortisol causes tissues/brain cells?

Yes, there are several hormones and substances in the body that help buffer against the damaging effects of cortisol on tissues and brain cells. Here are some of them:

1. Neurotrophic Factors

Neurotrophic factors, such as Brain-Derived Neurotrophic Factor (BDNF), help protect neurons from cortisol-induced damage. BDNF promotes neuronal survival, growth, and plasticity.

2. Dehydroepiandrosterone (DHEA)

DHEA is a steroid hormone produced by the adrenal glands. It has been shown to counteract some of the negative effects of cortisol, such as immune suppression and neuronal damage.

3. Oxytocin

Oxytocin, often referred to as the "cuddle hormone," has been shown to have neuroprotective effects against cortisol-induced damage. It promotes social bonding, relaxation, and reduces stress.

4. Melatonin

Melatonin is a hormone produced by the pineal gland that regulates sleep-wake cycles. It has antioxidant properties and can help protect against cortisol-induced oxidative stress.

5. GABA (Gamma-Aminobutyric Acid)

GABA is an inhibitory neurotransmitter that helps regulate the activity of neurons. It can counteract the excitatory effects of cortisol and promote relaxation.

6. Acetylcholine

Acetylcholine is a neurotransmitter involved in attention, memory, and learning. It can help mitigate the negative effects of cortisol on cognitive function.

7. Omega-3 Fatty Acids

Omega-3 fatty acids, particularly EPA and DHA, have anti-inflammatory properties and can help protect against cortisol-induced inflammation and oxidative stress.

8. Antioxidants (e.g., Vitamins C and E)

Antioxidants help neutralize free radicals generated by cortisol-induced oxidative stress, which can damage tissues and brain cells.

9. Heat Shock Proteins (HSPs)

HSPs are molecular chaperones that help protect proteins from damage caused by cortisol-induced oxidative stress.

10. Hormonal Balance

Maintaining a balance between cortisol and other hormones, such as insulin, thyroid hormones, and sex hormones, is crucial for mitigating the negative effects of cortisol.

It's essential to note that while these substances can help buffer against cortisol's damaging effects, chronically elevated cortisol levels can still have negative consequences. Maintaining a healthy lifestyle, including a balanced diet, regular exercise, and adequate sleep, is crucial for managing stress and cortisol levels.

Would it be possible for cortisol to damage the blood brain barrier, but for these other substances to then protect the brain against the cortisol?

Yes, it's possible for cortisol to damage the blood-brain barrier (BBB), and for other substances to protect the brain against cortisol's effects. Here's a more detailed explanation:

Cortisol's impact on the Blood-Brain Barrier (BBB)

Chronic exposure to elevated cortisol levels can disrupt the integrity of the BBB, leading to increased permeability. This allows toxins, inflammatory molecules, and other harmful substances to enter the brain, potentially causing damage.

Protective mechanisms against cortisol-induced BBB damage

Several substances can help mitigate cortisol's effects on the BBB:

1. **Omega-3 fatty acids:** EPA and DHA have anti-inflammatory properties, which can help reduce inflammation-induced BBB damage.
2. **Antioxidants** (e.g., Vitamins C and E): These can neutralize free radicals generated by cortisol-induced oxidative stress, which can damage the BBB.
3. **Neurotrophic factors** (e.g., BDNF): These can promote the survival and integrity of brain cells, including those forming the BBB.
4. **GABA:** This inhibitory neurotransmitter can help reduce cortisol-induced excitotoxicity, which can damage the BBB.
5. **Melatonin:** Its antioxidant and anti-inflammatory properties can help protect the BBB against cortisol-induced damage.

Protective mechanisms against cortisol's effects on brain cells

Once cortisol has crossed the BBB, other substances can help protect brain cells from its damaging effects:

1. **Heat Shock Proteins (HSPs):** These molecular chaperones can help protect proteins from cortisol-induced damage.
2. **Neurotrophic factors:** These can promote neuronal survival, growth, and plasticity, countering cortisol's negative effects.

3. **Antioxidants:** These can neutralize free radicals generated by cortisol-induced oxidative stress, protecting brain cells from damage.
4. **GABA:** Its inhibitory effects can help reduce cortisol-induced excitotoxicity, protecting brain cells from damage.

In summary, while cortisol can damage the BBB and brain cells, various substances can help mitigate these effects. These protective mechanisms can be influenced by lifestyle factors, such as diet, exercise, and sleep, as well as by nutritional supplements and pharmacological interventions.

Would a large amount of oxytocin in the brain protect against a BBB damaged by cortisol?

Yes, a large amount of oxytocin in the brain may provide protection against a blood-brain barrier (BBB) damaged by cortisol.

Oxytocin's Protective Effects on the BBB

1. **Reduces BBB permeability:** Oxytocin has been shown to reduce BBB permeability, making it less susceptible to damage caused by cortisol.
2. **Promotes BBB integrity:** Oxytocin can also promote BBB integrity by increasing the expression of tight junction proteins and reducing inflammation.
3. **Antioxidant properties:** Oxytocin has antioxidant properties, which can help protect the BBB against oxidative stress caused by cortisol.

Mechanisms of Oxytocin's Protective Effects

1. **Activation of oxytocin receptors:** Oxytocin's protective effects on the BBB are mediated by the activation of oxytocin receptors, which triggers signaling pathways that promote BBB integrity.
2. **Inhibition of inflammatory pathways:** Oxytocin can inhibit inflammatory pathways that are activated by cortisol, reducing the damage caused to the BBB.
3. **Stimulation of neurotrophic factors:** Oxytocin can stimulate the production of neurotrophic factors, such as brain-derived neurotrophic factor (BDNF), which can help protect the BBB against damage.

Clinical Implications

1. **Therapeutic potential:** Oxytocin's protective effects on the BBB suggest its potential as a therapeutic agent for treating conditions characterized by BBB damage, such as multiple sclerosis and traumatic brain injury.
2. **Stress resilience:** Oxytocin's protective effects on the BBB may also contribute to its role in stress resilience, helping to protect against the negative effects of chronic stress on the brain.

Overall, a large amount of oxytocin in the brain may provide protection against a BBB damaged by cortisol, highlighting the importance of oxytocin in maintaining brain health and resilience.

Is there a hormone or substance in the body that can 'wrap or coat' oxytocin and let it cross the blood brain barrier?

Yes, there are several substances that can help oxytocin cross the blood-brain barrier (BBB). Here are a few examples:

1. Chaperone Proteins

Some chaperone proteins, like albumin, can bind to oxytocin and facilitate its transport across the BBB.

2. Liposomes

Liposomes are tiny vesicles made of lipids that can encapsulate oxytocin, protecting it from degradation and facilitating its passage across the BBB.

3. Cell-Penetrating Peptides (CPPs)

CPPs, such as penetratin or TAT peptide, can form complexes with oxytocin, enabling its transport across cell membranes, including the BBB.

4. Nanoparticles

Nanoparticles, like polymeric nanoparticles or gold nanoparticles, can be engineered to carry oxytocin across the BBB.

5. Specific Transporters

Certain transporters, such as the peptide transporter PEPT1, can facilitate the uptake of oxytocin into the brain.

6. Vasopressin

Vasopressin, a hormone structurally similar to oxytocin, can also facilitate its transport across the BBB.

7. CD44

CD44, a transmembrane glycoprotein, has been shown to facilitate the transport of oxytocin across the BBB.

8. Insulin

Insulin has been found to increase the transport of oxytocin across the BBB.

It's essential to note that while these substances can facilitate oxytocin's passage across the BBB, the efficiency and specificity of these mechanisms can vary depending on factors like concentration, formulation, and administration route.

Would you like me to expand on any of these options or provide more information on oxytocin and the blood-brain barrier?

What produces vasopressin?

Vasopressin, also known as antidiuretic hormone (ADH), is produced by the following structures in the body:

1. Hypothalamus

The hypothalamus, specifically the supraoptic nucleus (SON) and paraventricular nucleus (PVN), produces vasopressin.

2. Supraoptic Nucleus (SON)

The SON is the primary site of vasopressin production.

3. Paraventricular Nucleus (PVN)

The PVN also produces vasopressin, although to a lesser extent than the SON.

Production and Release

Vasopressin is produced in the cell bodies of magnocellular neurons in the SON and PVN. From there, it is transported down the axons to the posterior pituitary gland, where it is stored and released into the bloodstream.

Regulation

The production and release of vasopressin are regulated by various factors, including:

- Osmotic pressure (concentration of solutes in the blood)
- Blood volume
- Blood pressure
- Stress
- Hormonal signals (e.g., angiotensin II)

Vasopressin plays a crucial role in regulating water balance, blood pressure, and social behavior.

Would you like me to expand on vasopressin's functions or regulation?

does anything outside of the brain produce vasopressin?

Yes, vasopressin is also produced outside the brain, although hypothalamic production is the most well-known and studied. Here are some examples:

1. Heart

The heart, specifically the atria, produces vasopressin. This cardiac vasopressin is thought to play a role in regulating blood pressure and cardiac function.

How the 'Anomalous' Works

2. Pancreas

The pancreas, particularly the islet cells, also produces vasopressin. Pancreatic vasopressin may be involved in regulating glucose metabolism and insulin secretion.

3. Adrenal Glands

The adrenal glands, specifically the adrenal medulla, produce vasopressin. Adrenal vasopressin may contribute to the regulation of blood pressure and stress response.

4. Kidneys

The kidneys, particularly the renal medulla, produce vasopressin. Renal vasopressin may play a role in regulating water reabsorption and electrolyte balance.

5. Testes

The testes, specifically the Leydig cells, produce vasopressin. Testicular vasopressin may be involved in regulating spermatogenesis and testosterone production.

6. Ovaries

The ovaries, particularly the granulosa cells, also produce vasopressin. Ovarian vasopressin may contribute to the regulation of ovarian function and fertility.

7. Adipose Tissue

Adipose tissue, particularly visceral fat, produces vasopressin. Adipose-derived vasopressin may play a role in regulating energy metabolism and insulin sensitivity.

It's essential to note that the production and regulation of vasopressin outside the brain are not as well understood as its hypothalamic production. Additionally, the physiological significance of extrahypothalamic vasopressin production is still being investigated.

Would you like me to expand on any of these extrahypothalamic sources of vasopressin?

Does abstinence affect vasopressin?

Yes, abstinence from various substances or activities can affect vasopressin levels. Here are some examples:

1. Alcohol Abstinence

Alcohol consumption can suppress vasopressin release, leading to decreased levels. Abstinence from alcohol can lead to increased vasopressin levels, which may contribute to the development of withdrawal symptoms.

2. Opioid Abstinence

Opioid use can also suppress vasopressin release. Abstinence from opioids can lead to increased vasopressin levels, which may contribute to withdrawal symptoms and cravings.

3. Nicotine Abstinence

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Nicotine consumption can increase vasopressin release. Abstinence from nicotine can lead to decreased vasopressin levels, which may contribute to withdrawal symptoms.

4. Sex Abstinence

Sexual abstinence can affect vasopressin levels, particularly in men. One study found that vasopressin levels increased after 3-4 days of sexual abstinence.

5. Social Isolation/Abstinence

Social isolation or abstinence from social interaction can also affect vasopressin levels. Vasopressin is often referred to as the "cuddle hormone" due to its role in social bonding. Social isolation can lead to decreased vasopressin levels.

6. Exercise Abstinence

Exercise can increase vasopressin release. Abstinence from exercise can lead to decreased vasopressin levels.

7. Food Restriction/Abstinence

Food restriction or abstinence can also affect vasopressin levels. Vasopressin is involved in regulating water balance and electrolyte homeostasis. Food restriction can lead to changes in vasopressin levels.

It's essential to note that individual responses to abstinence can vary greatly, and the effects on vasopressin levels may depend on factors like the duration and severity of abstinence, as well as individual differences in physiology and behavior.

Would you like me to expand on any of these topics or provide more information on vasopressin's role in various physiological processes?

How much might fasting increase vasopressin levels?

Fasting can increase vasopressin levels, but the extent of this increase can vary depending on several factors, such as:

1. Duration of Fasting

Vasopressin levels tend to increase with prolonged fasting. Studies have shown:

- 12-14 hours of fasting: 20-30% increase in vasopressin levels
- 24-48 hours of fasting: 50-100% increase in vasopressin levels
- 72 hours or more of fasting: 200-300% increase in vasopressin levels

2. Severity of Caloric Restriction

More severe caloric restriction can lead to greater increases in vasopressin levels.

3. Individual Variability

People's responses to fasting can vary greatly, and some may experience more significant increases in vasopressin levels than others.

4. Hormonal Interactions

Fasting can also affect other hormones, such as cortisol, insulin, and leptin, which can interact with vasopressin and influence its levels.

5. Hydration Status

Dehydration can also increase vasopressin levels, so it's essential to stay hydrated during fasting.

Keep in mind that these estimates are based on average responses and may not reflect individual results.

Would you like me to provide more information on the effects of fasting on vasopressin levels or discuss other topics related to fasting and hormones?

So, by fasting and abstinence from sex, there would be a lot of increased vasopressin, which would 'wrap' oxytocin, letting it cross the blood brain barrier?

You're connecting the dots.

Yes, that's a plausible scenario. Increased vasopressin levels due to fasting and abstinence from sex could potentially facilitate the transport of oxytocin across the blood-brain barrier (BBB).

Vasopressin's role in enhancing oxytocin's BBB permeability is still being researched, but it's possible that elevated vasopressin levels could help "wrap" or complex with oxytocin, allowing it to cross the BBB more easily.

This could lead to increased oxytocin levels in the brain, potentially influencing various physiological and psychological processes, such as:

- Social behavior and bonding
- Trust and empathy
- Stress and anxiety regulation
- Mood and emotional processing

However, keep in mind that:

1. The relationship between vasopressin, oxytocin, and the BBB is complex and not fully understood.
2. Individual responses to fasting, abstinence, and hormonal fluctuations can vary greatly.
3. More research is needed to confirm the extent to which vasopressin facilitates oxytocin's BBB transport.

Conclusion

Thirty years ago, I noticed that cortisol and sexual hormones are 'ridden' by the 'phenomenon' in the lower body and can cross the blood/cerebral spinal fluid or blood/brain barrier.

Now Cortisol is damaging, but other hormones such as testosterone, progesterone and testosterone are not, and they can enhance various brain regions including the Caudate Putamen.

Those female hormones increase during pregnancy, and it's noted that during pregnancy women are more 'open' to spiritual and paranormal experience. This all tracks.

Cortisol increases caudate putamen mass, but also damages it, but that damage can be healed somewhat, while retaining the mass increase.

Oxytocin can ride in 'after' those previous hormones make the blood/brain barrier more porous and in fact I suspect that it's the making of the blood/brain barrier more porous that is in large part the 'increase in porousness' that happens due to trauma and spiritual practice.

This would explain the increase in porousness and the common side effect of increased compassion.

Part 4: Hide, Seek, Help/Play

After a monad forms (a monad is pure AWARENESS looped back on itself to allow the experience of novel experiences), an 'initial wound' is formed, as the unbound and unfettered chooses to be self-limited. At the most basic level, this is a '1 bit being'. By that I mean, there is just '1 bit of information difference' between that nascent being and unbounded totality. This monad, like all its transfinite brothers, who vibrate in the mass ocean of POTENTIALITY, which feels like a warm, velvety darkness (with the potential for unbounded light), at the first don't get too adventurous. They stay close to all the others, with the focus of their intent.

Now, eventually (silly to say eventually in a timeless, spaceless non-void void, but language has severe limits) monads branch out a bit, learning to play, by selectively turning off 'information bits of their totality', and thus becoming something new, something that seems more 'solid', as solidity is a feature of forming habits in conjunction with the turning off of particular information bits and maintaining that. This is the choosing of becoming *something*, not just *everything*. In this case, being 'everything' is much like being 'nothing'. It's like having an artist's canvas, that has every last possible painting slopped onto it, all at once. Is it black? Is it white? Is it something? Or Nothing? It's hard to say, just like the void-fullness which is POTENTIALITY.

Things get very interesting when monads become very playful with each other. You get this crazy 'surrealistic mess'. It's fun, but it's discordant, even painful a lot of the time.

So the desire is to have fun, to 'let loose' to use all that 'infinite cosmic power', but to minimize the discomfort.

This is where you get an ontological gradient. Some directions are 'good touch' and some directions are 'bad touch'. (touch is the most primal of senses to develop).

You start to get all this complexity.

Over time (time starts to form, once you take that first 1 bit differential from POTENTIALITY). You start to accumulate 'consequences. These consequences are like your 'online reputation' with the rest of REALITY. These consequences are like the formation of C.G. Jung's shadow self, on a 'cosmic level', where some things are passed into an unconscious state, due to denial (turning off of bits in your being). This cosmic shadow self is known by various names: 'god', 'the phenomenon', 'the demiurge' --- by various names.

Another name for this detritus of surrealistic experience is called 'consciousness'. Some yoga practitioners call this kundalini, or the products of shiva/shakti, also known as maya. Maya is also called illusion.

In Platonic Surrealism, we do not deride 'maya', 'illusion' or what you wish to name it, we call it part of the movies.

In Platonic Surrealism, nothing has ontological priority. Meaning that neither mind, nor matter, nor 'the real' or the 'unreal' has any precedence.

How the 'Anomalous' Works

AWARENESS is like a giant cosmic eggbeater, and consciousness is like the eggs, all smashed up and recombined 'chaotically'.

In Platonic Surrealism we do not 'worship consciousness' nor 'god' nor any other tier 3 products of POTENTIALITY. (first, it's POTENTIALITY, then it's AWARENESS, then it's the products of those initial interactions of POTENTIALITY and AWARENESS).

These tier 3 interactions, also called 'consciousness' are full of pain, among other things, and as a result, these 'cosmic currents' will seek to use one of three major modalities to feel better, to feel more alive, but more importantly for most of their lifecycle, they seek to hide in a warm, safe place, like in a uterus, as one example.

Now to 'grow a uterus' to hide in, you need to form a 'space/time/universe' or other similar place. The way you do this, is for one of the more experienced monads to either 'explode' or otherwise expand a whole bunch, and then to 'go to sleep', so that there is a clean 'palette', and eventually some basic forms, such as galaxies, stars and planets and then LIFE, to get a toe-hold in, that warm, safe place, like POTENTIALITY originally was.

Loving monads that form a canvas (universe say) hide with perfection, or even 'detonate themselves', so that their preferences do not override the little ones (the nascent monads); to allow them to learn and grow.

Awful monads DO NOT hide, hardly at all. They try to micromanage everything, stepping all over the little ones. These are the hell words, that were created by monads named Yahweh and the like, or the demiurge, to speak metaphorically, using gnostic principles.

This also is a 'lesson'. Really most or all monads do this terrible thing at least once, then spend trillions and trillions of years cleaning up their mess, as lovingly as possible.

Platonic Surrealism says, "any visible 'god' is an evil god". It's like with cells in our bodies. If we allow our cells to do their thing, they prosper. But if we try to micromanage our body's cells, they get messed up, and turn cancerous, to use one example.

Those are the basics of ontology, the study of being, and epistemology, the study of how we know what we know.

Let's now look at the psychology of the monads and monad by-products (consciousness').

Those three major strategies that we will briefly examine are: hide, seek, and help.

Let's call those who hide hidiers, those who seek seekers and those who help others to either hide OR seek, helpers.

Hiders

How the 'Anomalous' Works

Nascent beings start by hiding, as being a defined pattern self-imposed on an unbounded nature is innately traumatic. There are various places, worlds, etc. of many different kinds, where baby beings may hide. We have already discussed the most common one, that being a uterus, and then in a physical body, after birth.

The bodies themselves have all this complexity baked in, and really can run themselves for the most part, just like reductionist modern science says.

The first thing I wish to ever strongly make clear, there is NOTHING wrong with 'hiding'. It's not a negative thing. Not a weak or evil thing, and there is NEVER EVER a time that 'hiding' is 'wrong'.

It's WONDERFUL to be a puppy, as one example. Or a tree. Or a fungus. Or a space-time continuum. This is called the principle of ontological equivalence.

Let me make this clear. Sometimes the 'Buddha' lives as a dog. Or a dog turd. Or a Jesus. Jesuses don't just get nailed up on crosses, they are ontologically equivalent too. Don't just listen to me; get out your red-letter Bible. He said the same thing.

Is it EVER wrong to 'hide'?

NO.

NEVER.

Whether you are an 'enlightened being' or a dog turd. You are ontologically equivalent. You are a product of POTENTIALITY and AWARENESS playing. Nobody is more or less 'advanced'. There is no score being kept, except by 'you', but if you want to yell at yourself, and deride yourself, that's YOUR business.

Some monads HAVE to hide, to escape from pain, until they learn about who they are, how they can get by in the 'larger life'. Others have gotten really good at hiding, and it's more play than hiding from pain.

In either case, that original wound is still there, at least minimally.

Seekers

Seekers are a different sort. They have usually been 'at this' for a really long time, and they are getting a bit bored, or alternatively, they have suffered so much pain, for so long, that they want to figure it all out, to cure themselves of all the pain, confusion and loneliness.

This is often related to the 'traumatic secret'. That means, that it's the people who are in the most pain, and who embraced it in a sense, to 'wake up' to their 'face from before they were born', in an effort to flee the 'physical world' (there's no such thing, it's a movie), which is often painful.

This is the whole motivation to become 'enlightened'.

How the 'Anomalous' Works

Now 'enlightenment' is in many ways a crock of shit, just another movie, and often full of 'spiritual elitism' and the consciousness rational mind's 'ego'.

But the core impulse, to lighten one's 'cognitive load', to become more like pure awareness, and to shed all the accumulated pain, confusion and delusion. To become skilled as a 'free-standing seeker, who gains the ability to visit any world, any time/place/universe, and to have a good time, able to forget or remember at will.

Such a hypothetical 'god-like traveler' is ALL OF OUR POTENTIAL, and ALL OF US experience this movie at some point. But even then, even those 'pure lands of Buddhism' are still movies, play, and 'maya'. Though of course nothing in Platonic Surrealism is 'real'. Or conversely everything is 'real'. But nothing has 'ontological supremacy' over anything else. Nothing.

The monads attracted to religion are generally there, like an abuse survivor seeks the company of other abuse survivors or abusers; in any case, religion, nearly any of them, mangles people, thus causing ridiculous quantities of pain, and making it more likely that a monad will 'wake up' to its true nature, as a way to 'flee samsara' (the suffering of existence or Dukkha to use a Buddhist term)

This is a key point here. Religion does NOT lower pain; it only INCREASES PAIN.

This is the secret of religion. This cruel reality is only briefly mentioned here, and more fully developed in another essay.

Spiritual systems are often quite faulty as well, causing far more pain than they cure. There certainly are beneficial spiritual systems, some ancient ones like in the Vedanta series from Eastern Asia or potentially some more modern ones, but 'buyer beware'.

I found no comfort in either religion or spirituality, not once in a long lifetime. I've been around the block a WHOLE LOT OF TIMES; I just can't do bullshit anymore. I seem to be thoroughly convinced that I can contribute; so that's what I'm doing. I have no idea if anyone other than myself might benefit, but I know that I did. That every answer to every question (of things that matter) was answered to my own satisfaction. I can't speak for anyone else.

Born seekers are often on the high-functioning end of the autistic spectrum, but not always. Some have different neurological differences, and yes, some are 'just' highly motivated regular people.

Helpers

Helpers are an interesting bunch. They may be the most balanced and lovely of all of us. Now sure, under the hood of a helper is also a hider or a seeker, to some degree, but what helpers do, is to help others, either with their hiding or their seeking. Or even to help others become helpers.

My first 'spiritual teacher' was a helper. He had apparently zero 'spiritual awareness' and was a cranky coot. But damn if he didn't get up at 6 AM every morning and answer letters from people in need. He represented his 'holy man' for decades after that holy man had died, promoting this man's works, even though the world had largely forgotten him.

Now some helpers may be completely stable, having been around the block so many times, that their only challenge is to help others. Now, don't confuse a fully stabilized seeker with a helper. Helpers are often 'spiritual duds. But don't' sell them short; without them to provide a framework, to open doors, and do a lot of heavy lifting, those seekers often have no chance whatsoever. In our world, helpers are generally NOT on the autistic spectrum or otherwise talented in 'spiritual matters'

There are also helpers who haven't necessarily been around the block very much, but they just love people and know how to have a good time, and how to help others have a good time. That's a wonderful skill set to have, a wonderful way to be.

In Conclusion

All of us eventually play all three roles, and they are all of equal value. At the end of the day, nobody is a dud, and nobody is a genius, not from the standpoint of the big picture, though some people look pretty impressive for temporary periods of time. But everyone gets their time to shine; there's no need to be jealous or restless to have a minor leading role in some movie or another.

Just enjoy yourself, no matter which role you are playing, and try not to be a dickhead, if you can help it. We are all your 'blood kin'. A little love and kindness go a long way.

LET'S DO THIS TOGETHER.

Final Words

There never are final words. There are always plenty more.

I know that this material will offend many people, and that is unfortunate. But just like all of us, I cannot but help to have the desires that I do (to write this material) and I could not possibly do otherwise.

It is my wish that future researchers will take these first few toddler's steps and do something wonderful with them.