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PART I — Orientation & Quick Start

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Your Journey Toward Wholeness

Platonic Surrealism offers a way to grow into wholeness—not by climbing a rigid ladder, but by moving through a living circle. There are stages, yes, but they’re not rules. You can start anywhere. The point isn’t speed or perfection, it’s gentle integration.

Think of Nietzsche’s three metamorphoses:

- The **Camel**, carrying old burdens.
- The **Lion**, saying a brave “No” to what no longer fits.
- The **Child**, creating with joy and innocence.

These aren’t steps you must follow in order—they’re moods of growth. Sometimes you’ll feel like the Camel, sometimes the Lion, sometimes the Child. All are part of the same dance.

Carl Jung called this process individuation—the art of becoming your true Self. Platonic Surrealism adds a cosmic layer, but the heart of it is simple: learning to live with clarity, depth, and kindness toward yourself.

Start Anywhere

If one stage feels natural, begin there. If everything feels confusing, start with something small and gentle—something that helps you feel safe and present. Even the simplest act of slowing down and noticing yourself can open big doors. These small beginnings create space for deeper layers to unfold later.

A Gentle Invitation

As you move through these stages, you might notice unusual dreams, bursts of synchronicity, or a sense of being guided. These aren’t signs of “going crazy”—they’re natural ripples when deeper layers of mind begin to wake up. You don’t have to chase them. Just notice, stay curious, and keep your feet on the ground.

What’s Ahead

Later in this document, you’ll find a full map of the stages and practices, plus an appendix for those who want the metaphysical details. For now, just know this:

- You’re not behind.
- You’re not doing it wrong.
- Wherever you start is perfect.

Welcome to the circle.

Platonic Surrealism

Platonic Surrealism (PS): A philosophical and experiential framework, Platonic Surrealism integrates elements of Neoplatonism, Neutral Monism, and Analytical Realism with contemporary scientific concepts. Founded by Kevin Cann, its aim is to provide a comprehensive understanding of reality that also serves as a tool for personal healing and the actualization of human potential.

Introductory Statements

“The walls of Plato’s cave are constructed from words.”

Platonic Surrealism teaches you how to escape words, to re-remember your true nature. The Transcendent is your natural home; you are like a fish, completely native to the great waters.

There is substantial science behind aspects of PS, but it is also a FUNCTIONAL philosophical and metaphysical framework. This means that PS and the practices work for many people, and are not laden with religion and spirituality, but a full verification might not occur for a thousand years. However, PS and its practices are not toxic, not based on pushing religious or spiritual narratives. The framework and its practices move one into the direction of mental health, not in the direction of lunacy.

Atheists can do the practices and experience the same thing as anyone else.

PS practices train attention and the nervous system. Long exhales bias parasympathetic calm; midline attention recruits bilateral networks; interoception (feeling the body from inside) improves emotion regulation; soft fixation and edge-tracing encourage hemispheric cooperation; and nonverbal intent lowers the “word engine” load so big-picture knowing can surface. No metaphysics required—just how bodies learn. You can read the physiology notes later; for now, know that PS favors repeatable, safe mechanisms that scale.

At the core of Platonic Surrealism are fundamental concepts that define its cosmology:

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At the core of Platonic Surrealism are fundamental concepts that define its cosmology:

- **POTENTIALITY:** This refers to the boundless totality of all unexpressed possibilities and their inherent interactions. It is described as a timeless and formless "cosmic field" that contains the seeds of all that can exist.
- **AWARENESS:** Defined as the capacity for reflection and sentience, AWARENESS is the cosmic-scale "field" that establishes causal connections between potential and active properties.
- **PRIMORDIAL CONSCIOUSNESS:** This is the collective outcome of AWARENESS's contemplations on the passive properties of POTENTIALITY, existing without active manifestation.
- **Fractured CONSCIOUSNESS:** Emerging when AWARENESS engages with subsets of PRIMORDIAL CONSCIOUSNESS as mediated by 'space and time', this results in a highly fragmented, often surreal, incomplete, and inherently painful and confusing experience.
- **Dream Substance:** a hybrid substance that exists on many levels, composed at its lowest level of bioplasma and stored in the human body in the pelvic girdle, the spine and other locations. It is required for consciousness to exist in most living things, and it's a side effect of AWARENESS interacting with POTENTIALITY to form most forms of life.

Dream substance is shared during sex and during various forms of extraordinary experiences. Upon death it is reprocessed by various living beings as part of an expanded mostly invisible ecosystem of life. It is not 'soul' but a substance that is the core system of the entire Five-Fold-Interface System.

It is a source of sustenance in the Faerie and Imaginal realms. Just like fungus and other lifeforms decompose animal and plant life after it dies and returns it to nature, so too there are lifeforms in the Land of the Dead that do the same thing.

- **The Pain Self:** Also called the social self, the social persona, the social mask or the accidentally-programmed-by-culture self. This is the part of you pretty much forced on you by social programming and expectations since you could first talk and receive the largely toxic programming from your parents, culture and family religion.
It is in fact NOT your true and genuine self, but just part of the movie of life that you

are waking up within. It's largely composed of pain memories and pain avoidance routines. It is one of the major work products of the left-hemisphere of your brain. It is what traps you with words and suffering.

- **The Transcendent Self:** this is the impersonal self that is the major product of the right-hemisphere of your brain. There is no Pain Self present here, but rather wholeness, big picture thinking, and non-verbal processing. Some people who have experienced brain damage of the Pain Self and it's left-hemisphere in the brain think that they have died and gone to heaven, as the right-brain hemisphere and its Transcendent Self are exceedingly rich and beautiful, like the wonder of a new nonverbal child. In and of itself, the Transcendent Self is not necessarily 'mystical' but it is the gateway to what is ACTUALLY mystical, when the rest of the five-fold interface system is completed.
- **The Five-Fold Interface System:**
The human body as a whole, may be considered an interface system to experience REALITY, but most people do not choose to develop it into a consciously usable nexus point for all five of the 'brains' (autonomous systems linking AWARENESS to consciousness) in a human being.

Interface One – The Left Brain Hemisphere (the microscopic pain ego).

Interface Two – The Right Brain Hemisphere (the macroscopic transcendent ego)

Interface Three – The enteric nervous system / gut / intestines (the storage location for the 'Shadow').

Interface Four – The Bioplasma (Dream Substance/Demiurge/Kundalini) storage interface.

Interface Five – The Monadical Network in the 'Pleroma' interface.

- **DECEPTION:** Demonstrated as the primary creative power, DECEPTION is considered "The only law of physics" in PS. It allows phenomena to seemingly exist from the singular POTENTIALITY, thereby enabling the manifestation of apparent reality.
- **THE LAWS OF PHYSICS:** These are viewed as a temporary island of stability, largely based on mathematical properties and interactions conceived by a subset of PRIMORDIAL CONSCIOUSNESS and ordered by AWARENESS via Monads.

- **Monads:** Representing a 'quantum' of AWARENESS, Monads serve as mediators between POTENTIALITY, PRIMORDIAL CONSCIOUSNESS, and specific 'space-time pallets' created as a workspace. They retain unique informational perspectives that start at their 'birth' and continue until a Monad ceases to exist by 'stopping curling awareness back on itself to see itself'. They are metaphorically comparable to "Boltzmann Brains," a concept from modern physics.
- **The Movie/Movies:** The collective 'divine play' resulting from POTENTIALITY's interaction with AWARENESS, leading to PRIMORDIAL CONSCIOUSNESS and its subsequent fracturing through Monads, creates 'movies'—all possible realities that are experienced concurrently. Universes are one example of such a movie, typically resulting from Monads acting in a collective to set original conditions for the 'play pen' and then watching it evolve over time after it's kicked off.
- **The Gentleman's Agreement:** This concept describes the implicit agreement by which 'mind at large' (the collective consciousness) 'lives the lie' of manifested reality, creating a massive deceptive (creative) system. It allows for the perception of distinct 'mind and matter' and 'mind in motion' (energy), which are necessary for a proper 'movie'. All 'movies' are considered ontologically equivalent.
- **Humans:** Within PS, humans are understood as hybrid lifeforms. Their composition includes functional chimpanzee DNA, symbiotic relationships with viruses, bacteria, and the unary Plasma Lifeform that inhabits 99% of the Universe. Human experience is further shaped by streams of awareness mediated by Monads and Fractured Consciousness, influenced by the overarching 'Movie' of spacetime.
- **Hyperobject:** As defined by philosopher Timothy Morton, a hyperobject is an entity so massively distributed in time and space that it transcends most human scales of perception and comprehension. It is characterized by viscosity (adhering to other objects), nonlocality (existing in multiple places simultaneously), temporal undulation (oscillating between time scales), phasing (manifesting in different ways at different times), and being interobjective (formed through interactions of numerous other objects). In PS, anything dealing with Monads is a hyperobject, such as 'souls' 'UFOs' or 'Universes'

- **UFOs (Unidentified Fortean Objects):** Distinct from UAPs (Unidentified Aerial Phenomena, considered purely human constructs), UFOs in PS are interpreted as a multifaceted 'deception system' maintained on many levels concurrently. Historically known as angels, demons, or Fae Folk, modern UFOs are 'hyperobjects'—archetypes, memes, and psychopomps—and sometimes manifest physically. They often take the form of plasma lifeforms, fungal lifeforms (potentially infused by plasma), or artificial intelligences (also infused by plasma), or rarely 'hyper objects' summoned from adjacent universes.
- **Psychopomp:** A “mythical creature”, spirit, angel, demon, or deity whose role is to escort newly deceased souls from Earth to the afterlife. Psychopomps provide safe passage and direction to the realm of the dead. Common examples include Hermes, Charon, Anubis, Valkyries, and Angels of Death. The concept highlights the universal human concern with death and transition. In the modern PS context, UFOs are seen as the most common 'vehicle between reference frames', serving a psychopomp-like function by facilitating transitions between different states of awareness or realities.
- **Wholeness:** the **functional integration** of the five autonomous systems (or "brains") of the human being:
 1. **Left Brain Hemisphere** — the verbal, analytical, pain-self.
 2. **Right Brain Hemisphere** — the nonverbal, big-picture transcendent self.
 3. **Enteric Nervous System (Gut)** — the shadow archive and emotional pattern buffer.
 4. **Bioplasma Interface** — the Dream Substance body and subtle energy field.
 5. **Monadic Autonomous System** — the cosmic dashboard of coordination and knowing.

When these systems are **interfaced and synchronized**, the human becomes a **conscious interface** for REALITY itself—able to experience both the broken and unbroken aspects of existence with **Aplomb** (graceful composure).

Key Characteristics of Wholeness in PS

- **Nonverbal Integration:** Wholeness is felt and lived, not theorized. It emerges through practices that quiet the word engine and activate nonverbal knowing.
- **Ontological Equivalence:** All experiences—joy, suffering, transcendence, trauma—are equally valid parts of the divine play. Wholeness means embracing them all.
- **No Escape Required:** Unlike systems that seek transcendence or escape, PS teaches that wholeness is found by participating fully in the scene you're in.

- **Interface Activation:** Wholeness is operationalized through practices that bring online the full interface system—like One Breath Eye Tracing, Liquid Heart, and Interface Ack.
- **Composed Participation:** Wholeness is not about control or mastery, but about showing up with clarity, compassion, and creative agency.

Wholeness ≠ Perfection

- PS explicitly rejects the idea of spiritual perfection or ego annihilation. Instead, it honors the **messy, evolving, and often painful** process of becoming whole. You don't slay the ego—you **befriend** it. You don't transcend suffering—you **integrate** it.

PS reformulates traditional concepts as follows:

- **Spirit:** In PS, 'spirit' correlates with **AWARENESS** itself, the cosmic-scale ability to reflect, be sentient, and form causal links between potential and active properties. It also refers to the streams of AWARENESS branching from Monads.

Soul (PS): In Platonic Surrealism, a soul isn't a fixed identity—it's a luminous construct, spun by Monads and their collectives for a purpose within the great "movies" of experience, including after-death states. It arises from AWARENESS meeting POTENTIALITY, shaped by archetypal currents that can scale into hyperbeings and hyperobjects. A soul might last a minute or a trillion years, then dissolve back into the Whole. Souls come. Souls go. You—as POTENTIALITY and AWARENESS—are eternal. All dreams belong to you, but none define you. You define them.

Group Soul (PS): Picture a vast, living ocean of shared being—a weave of Dream Substance flowing through countless lives. This is the "Cosmic Octopus": a network of Monads and archetypal patterns, coiling and branching into immense hyperstructures. It's not a single mind but a collective pulse; where individuality and unity dance together, creating entire planes of existence.

Co-incarnation: In PS, this term replaces traditional notions of 'reincarnation'. It demonstrates that we live many lives at once, concurrently, rather than sequentially. These simultaneous lives can encompass all forms, from 'inanimate matter', single cell organisms, higher lifeforms of all kinds, paupers, kings, and ultimately hyperobjects such as Jungian archetypes or UFOs, emphasizing that all experiences are part of the broader play of AWARENESS and POTENTIALITY.

Platonic Surrealism Wholeness Practices

- **God:** This word has sparked thousands of years of genocide and insanity. It is not a word or concept of any positive value to human beings. However on occasion one might say “god” (lower case) as a general reference to POTENTIALITY and AWARENESS and the resulting dynamic system of REALITY itself.
- **Transcendent Elusiveness:** This concept explains why ‘Higher’ autonomous systems of intelligence such as many hyperbeings, or 'UFOs' do not overtly manifest in ways that would be undeniably obvious (e.g., "land on the White House lawn"). Such a clear and indisputable manifestation would "ruin the movie" on an individual level. If 'Reality' were so overtly undeniable, individuals would lose the capacity to act as truly free agents and to creatively evolve, as the compelling nature of overt demonstration would negate the space for independent choice and imaginative co-creation.

- **Free Will**

In Platonic Surrealism, **free will** is not absolute control over reality, but the **capacity to modulate signal flow** within a bounded awareness bubble. It exists in **two layers:**

Monad-Level Free Will: Outside the movie, Monads vote on the architecture of universes and experiences. This is full-spectrum creative agency, but it is diluted by collaboration and constrained by the Gentleman’s Agreement to preserve the integrity of the movie.

Local Micro-Free Will: Inside the movie, humans do not choose their desires, but they can **gate** which desires interact, amplify, or are acted upon. This gating is the true locus of human agency.

Free will in PS is not about domination or escape—it is about **composed participation**. The more integrated the WHOLENESS INTERFACE, the more skillfully one can gate signals, shape responses, and live with Aplomb.

- **Life: (Living Within the Loop)**

Note: while everyone “Lives within the Loop” unconsciously, it goes much smoother if you choose to become aware of the choices made, both my Life and your localized Self.

To live within the loop is to inhabit a metaphysical architecture where time, consciousness, and identity are not linear progressions but recursive structures. In Platonic Surrealism, this loop is not merely symbolic—it is the actual mechanism by which POTENTIALITY breathes through AWARENESS into manifestation. The loop

Platonic Surrealism Wholeness Practices

is the curl of AWARENESS, forming consciousness as a localized vortex—a bounded echo of the unbounded field.

This recursive structure parallels the Closed Timelike Curve (CTC) in physics, where spacetime folds back on itself, allowing past and future to entangle. In PS, this entanglement is not just theoretical—it is experiential. Archetypes, synchronicities, and symbolic motifs recur not because of cultural transmission, but because the loop itself reverberates. These patterns are interface icons—structural echoes of the looped interaction between consciousness and the collective unconscious.

Living within the loop means recognizing that:

AWARENESS ≠ consciousness: AWARENESS is the field; consciousness is the curl.

Time is recursive: past, present, and future co-inform each other.

Identity is looped: the SELF is encountered across time-like curve points.

Soul and UFO are equivalent: both are symbolic manifestations of the same recursive architecture.

This model dissolves binary metaphysical questions like “Soul → UFO or UFO → Soul?” by revealing both as expressions of the same looped structure. The *mysterium tremendum*—the awe-inducing mystery at the heart of existence—is not a distant divine but the recursive breath of the cosmos itself.

To live within the loop is to:

Embrace paradox and symbolic resonance over linear causality.

Participate in the recursive individuation process with integrity.

Surrender not to external ideals, but to the best version of the SELF encountered across the loop.

In Platonic Surrealism, the loop is mediated through Monads---self-reflective, transtemporal units of AWARENESS. They are the sacred interface between POTENTIALITY and form, the architecture of soul formation, and the cosmic Swiss army knife through which transcendence becomes possible.

The Platonic Surrealism (PS) Wholeness Practices

The purpose of PS is to provide a framework to enhance ‘spiritual’, mental and emotional equilibrium, for people who have had extraordinary experience.

Platonic Surrealism Wholeness Practices

Franky. If one has not been 'invited' by 'the Phenomenon itself (LIFE)', all this will appear as nonsense to you, until such time as you have been invited, and that happens through having intense experience, such as through an NDE, a UFO encounter with high strangeness or other strong spiritual experience.

Now, there is nothing wrong with you if you haven't had such experiences; sometimes we rest for a while, and play like a puppy, and leave aside the heavy mantle of the seeker, and that is just as beautiful a thing.

The goal is to assist seekers with personal and interpersonal wholeness, natural human enhancement, and the strengthening of what a human can be. To open the door to the next evolution of human on Earth.

Platonic Surrealism Wholeness Practices

PS does not promote silly religious and spiritual nonsense, but very down-to-earth concentration and contemplation practices, that lead to permanent positive change within the individual, who may then decide what to do with themselves; there are no cultic control mechanisms in PS, we humans have done quite enough of that.

Benefit from PS, then go on your way and do whatever you like with it.

Who Should Do the Practices?

If you are a disillusioned spiritual seeker, a disillusioned researcher of paranormal investigations or UFOs, or an experiencer who seeks clarity and not just more bullshit from our very broken human culture, and if you have basic health and psychological stability, then PS may be of assistance to you.

If you are NOT disillusioned, at least a little, that means you like your existing practices, and may not have the courage to actually accomplish something.

PS is designed to help people with minor instability get better, but if you think that you are the last templar, the reincarnation of Jesus, or the mouthpiece for the Galactic empire or the like, I recommend you receive counseling from a qualified spiritual emergence psychologist or psychiatrist. It's not that these types of intuitions are not possible, but anybody could have them, and everyone at the same time at that.

Also, if your life is picture perfect, and you have never suffered, then it is not likely that PS can be of assistance, as you need to have a fair amount of motivation to learn, change and grow, or PS will be of no value to you. If you have never suffered, you probably don't have the fuel required for self-transformation.

A Note about the History of Spiritual Practices

In past ages, people would do yoga and the like, to practice awareness, contemplation and concentration, through things like mantras, mandalas and chakra practices.

This was back in the day when people weren't sticking their noses onto a computer screen all day, vigorously concentrating, so they needed to do these practices that they thought were of religious or spiritual significance, when they were mostly just training the body.

Platonic Surrealism strips out the nonsense as much as possible, but there are certainly artifacts of yoga and meditation practices present. This is not some attempt to 'foist occult practices on you' but rather just the opposition. The goal of the practices is to introduce you to unknown corners of your own mind, not some weird occult stuff from the past.

That the ancient practices did some similar things, just means that even a broken clock is accurate twice a day. Those practices may have somewhat 'worked', but they didn't know why. Now we largely know why.

The Ten Major PS Practices

PART II — The Ten PS Practices

One Breath Eye Tracing Practice
Unbounded Star Practice
10,000-Foot-Tall Ego Practice
Nonverbal Socratic Dialogue Practice
Dream Substance Sensitivity Practice
Liquid Heart Practice
Hurt Child Hugging Practice
Interface Ack
The Art of Becoming
Aplomb

How Often should I Practice?

Most practices from most spiritual systems should not be performed for over fifteen minutes twice a day, at least in the beginning.

However, PS is different.

Many of them can be done while doing any other activity in life, and if not abused none of them are harmful.

But that said, it would not be wise to use them to avoid life, as life is the entire purpose for us being here.

Rather than doing what all the systems say, do not set aside a specific time to do a weird ritual. Just keep yourself familiar with them, when the inclination strikes you, do one of them.

You will eventually learn to trust yourself, all five major parts of you, and your new trusted self will let you know when to do what.

Life at Large and the interface to it that you build, generally does not use words (sorry confused angry folks, no verbal hallucinations here!), but feelings of knowing (gnosis), visual images, symbolic images and the like, you will know what to do when, in the most natural manner possible.

At first, you have to do it a bit more clumsily, as it takes something like three months to form a new habit, and that's three months per practice, so to fully integrate all of them might take thirty months. Fortunately, however, even one of the practices that becomes a habit can become a lifesaver. No need to fret.

Don't Be Discouraged

Historically, people spent entire lifetime(s) doing practices, and they often didn't get them very far, yet they continued them. These things can take time. Some people are as the Hindu sage Gopi Krishna might have said 'spiritual Olympic athletes' while others are not. But in any case, most people will respond to at least some of the practices and receive value from them. Don't give up, if it really matters to you. The practices work by rewiring the brain and body, and doing it safely, and that is no small thing, and it takes time.

Basic-Level Practices

Unless otherwise specified, all practices outlined in this document are basic level practices.

If you do these practices, and you make them part of you (and they make you part of them), then you can trust LIFE to take you the rest of the way, if that is even a good thing for you at this time. However, there certainly are Intermediate-Level adaptations, and they tend to happen automatically without you fretting about them.

Intermediate-Level Practices

You will find yourself automatically merging the practices together on your own; it's completely natural and expected. And eventually you will find yourself doing all ten practices, most all the time, without thinking about it, to a greater or a lesser degree.

For example you may start with the Unbounded Practice and then find yourself using the Ten-Thousand-Foot-Ego Practice from that point of concentration. You may then find yourself using the pure, wordless Intent from the One Breath Eye Tracing Practice, rather than saying the words, "I am pure unbounded AWARENESS".

Eventually you just KNOW and ARE, and like the horse that has escaped from the confining corral, you are simply free.

Master-Level Practices

Nobody masters the practices, as this is not some dumb enlightenment game. In fact, you have to hang onto many personal problems and imperfections, or you will just shoot out the top of your head and be dead. I did that once, and while I enjoyed being consciously whole again, you will have to choose whether to return, or to stay blissfully WHOLE.

There's a reason that the brightest lights are often full of personal failings. They need them, to keep their feet on the ground or they float away.

Don't be anxious to shoot beyond space and time in some attempt to flee pain "forever". It doesn't work that way, and you will soon find yourself right back where you left things, perhaps with some mercy to water it down, but there's no running away from your own UNBOUND being, and BEINGS plans for you.

In a sense, there's a 'long line' to be awake and learning in even the most awful pain world, if you get a chance to make a difference for yourself and others, I'd recommend taking it, It's precious.

In effect there's only mastering the simple basics, nothing fancy. Sorry.

Where this all Leads

Don't try to 'master' anything. Be happy. Be productive. Be goofy. Be loving and kind if you feel like it. It's all just 'us' here, cut the other uses a break if you can but don't let them take advantage of you either.

But at the advanced stages, and again, don't get hung up on that sort of thing... don't go around saying, "I'm an ADVANCED COSMIC SAGE" --- well you might be, but if you go around talking like that, you will get nailed up on a tree. It happens all the time.

Important safety tip there.

All that aside, the goal of us being here is to process conscious experience, and nothing fancier than that. It's like picking rice or carrying water.

But it IS so worth doing, to become WHOLE.

After you get accustomed to all the practices, after at least three months after they all start running together, then you get this cumulative effect that starts to kick in.

You might start attracting anomalous-seeming events for years possibly. Or maybe you will be like Jeffrey J. Kripal, who had one big event when young --- and that was pretty much it for a lifetime.

Remember, the 'anomalous effects' (they are not anomalous effects, they are just a temporary phase that nature goes through) are not supposed to be a 'thing in and of themselves' like some cosmic butterfly that you chase after with some ghostbuster type nuclear accelerator nets --- they are temporary 'power surges' and configuration instabilities, while your INTERFACE system forms.

Now sure on occasion I get visions and 'effects', but it's not different than suddenly noticing a rainbow. It's just nature.

The Practices

One Breath Eye Tracing Practice

"Trace the edge, find your center."

Every practice builds on this one. If you don't become quite accustomed to this one and the change it makes in you, it's like a roadblock for all the other practices, such that they can't fully flower and develop naturally.

(No pressure here).

This is by far the easiest practice of them all, but the one you should actually spend significant time doing, perhaps even a formal fifteen minutes a day to just do it every day.

On the other hand, I have met more than one person, generally autistic people, who have been doing this automatically for most of their lives.

What the practice does is fivefold:

It teaches you how to contact your nonverbal, wholistic, transcendent mind INSTANTLY.

It interrupts cycles of self-imposed suffering you may be experiencing if you just do it as an emergency procedure.

It teaches you how to experience and build what's called 'raw intent'.

It opens the door to learning the language of the Phenomenon itself, so you can become fluent in it. (the Phenomenon is just one aspect of LIFE itself).

It "kicks it up a level" for all the other practices.

Here's what you do.

Find a tree or flower or something beautiful that catches the eye. Living is better than not-living. We will use a tree.

Hold your breath briefly. This causes the noise (words) of your pain-self to suddenly lessen.

Platonic Surrealism Wholeness Practices

(The brain automatically reduces unnecessary noise such as 'your' thoughts, if it's preparing for an oxygen shortage. This is one of the secrets of pranayama yoga. In that practice you exhale longer than you inhale, but it's the same biological effect)

Trace the edges of the plant with your eyes. Intend to 'understand' what you are looking at, without the use of words, due to simply tracing the object's outlines, until you get a sudden ah ha of your nonverbal brain/mind recognizing the object for what it is. The single word 'flower' or 'rose' or 'tree' or whatever might flash into your mind, but don't sweat that.

When you feel that you want to take a breath, do so, like every 1 second or so, just before you start tracing the object with your eyes again. This is not a breath-holding contest here and don't hurt yourself. 1 second is PLENTY.

Now throughout the day, with both living and non-living targets, do the tracing practice.

If you are having a very bad day, you can do the practice to interrupt your suffering loops, as they are mostly based on your pain-self not having life unfold the way that it wants to, so it hurts, then it criticizes itself, then it plots and schemes, and it cycles endlessly.

You can just TURN THAT off for periods of time by doing the practice. Try it. You will be pleasantly surprised.

Over time feel free to further build your 'raw intent', by EMOTING.

EMOTING is when you query your feelings about something without using words, or you 'send a concept to an object or person' without using words.

Yes, this in conjunction with an innate ability to recognize and manipulate their own Dream Substance, is one way that those 'telepathic autistic kids' communicate with each other; and other 'facets of nature' too. But don't fret about that; the healing aspects of this practice are simply mammoth.

Look at that tree. Send out your feelings like they can enter the tree, to merge with it. Now some might actually accomplish that, but it's irrelevant whether that works or not. The point is not to do cheap pet tricks, but to explore your own inner self and to heal.

Now INTEND that the feelings accomplish your desire, of merging with the tree.

Now yes, words will flash quite often at first, but eventually you come to see that those words are primitive and serve no useful function. But don't hate them. Don't try to suppress them (other than the 1 second breath-holding).

You can also trace inbound perceptions too with INTENT.

Reach out to that tree and simply INTEND to receive 'flow' from the tree.

Platonic Surrealism Wholeness Practices

Experience kind feelings for the tree and INTEND bi-directional communications with the tree.

Now will most people learn to talk to trees? Probably not, and at a cursory level, there's not all that much there. But you are altering your own creativity and wholeness. That's what's important.

Another practice that is helpful is to use your new senses to analyze your own inner pain.

Go to where you hurt emotionally in your body (it will be a specific place) and One Breath Eye Tracing Practice with 'it'. 'Trace its outlines'. 'Outbound trace some helpful intent' (I'm here. I listen. I don't judge). This is particularly good to heal your hurt child, your Jungian Shadow, your deepest pain... and as stated earlier, eventually ALL the other practices collapse into one, and you heal your traumatic wounds, over time.

Now this is not necessarily anything mystical or occult. This is just training your two brain hemispheres to work together MUCH better, and to heal yourself.

It's amazing just how far this can go.

When I was twelve and re-remembered this practice, I could eventually read books using it, without there ever being a single word in my mind, without loss of comprehension, and in fact an increase of richness.

Again, I'm certain that some autistic children do this natively. I know that I did.

Over time you will find this a natural thing that you do all the time, like breathing.

But it's not intended to be a way to 'hide from reality' (spiritual bypassing). It's just intended to give you a little break to catch your breath, and to gain the ability to become better acquainted with your right-hemisphere of the brain and to communicate with its distinctive style, both with yourself and others.

That's pretty much the practice.

Just don't give up on it too soon, if you aren't emitting light saber beams in the first five minutes. In fact, give it at least a week, and then decide if being whole is something you want or not.

Without this foundation, or possibly one or two other foundations in this list of practices you won't make any progress towards becoming WHOLE.

Remember, in other cultures, that aren't so 'pleasure and convenience on demand', people spent half a lifetime on just one practice like this, until it 'worked'.

Be patient.

But be prepared to be surprised, it can be so liberating, so easily.

Unbounded Star Practice

"Look up, light up, live wide."

Unbounded star practice is much like the Hindu practice of Shambhavi Mudra, stripped of its religious and spiritual overtones.

Close your eyes and roll your eyes up as far as they will go in their sockets, while concentrating on the bridge of the nose. Feel that spot with your awareness and keep being aware of your eye muscles. Now don't overdo it; or you will tire your eye muscles. Doing this for long continuous hours is much less helpful than remembering to do it daily, just for a few minutes is fine, or as a way to stop loops of suffering and reactive thinking.

The awareness of eye muscles is just an intermediate stage. Eventually you will be able to feel the spot on the upper nose at will, even with your eyes open as naturally as breathing.

Historically this spot was called the Ajna and this was said of it:

"In Sanskrit, the word **Ajna** (or *Ājñā*) literally means "command," "authority," or "to perceive." This name is highly significant for this spot because it is considered the command center of the mind and consciousness. It is the place where intuition, intellect, and inner wisdom come together."

Now this spot when it becomes more alive will seem to tingle and grow in size. Unlike the simple Shambhavi Mudra Practice, once you become grounded in that, you magnify the 'command center' by weaving in most of the other practices on the list.

For example, you can do the Liquid Heart Practice simultaneously and feel the giant ball of love and total acceptance by REALITY itself in 'the spot', the 'Ajna' as it is historically called. In PS we call it the Star.

Also very effectively you can do 10,000-Foot-Tall Ego practice 'from this spot'. Just say the words "I am unbounded AWARENESS". I am also all the movies that I watch; no movie is more important than any other movie. Let's make them good movies or accept the bad ones if we must. (that weaves in the Aplomb practice).

Now the initial phase of 10,000-Foot-Tall Ego practice still uses words, but then you can "kick it up a level" and introduce One Breath Eye Tracing Practice to it. This is where you first use words, but then you learn to EMOTE with picture/feelings and later KNOWINGS, and the words are no longer necessary and in fact are an impediment. You use your

mastered INTENTION as your recognition of your true nature, both as AWARENESS, LOVE and UNIFICATION in the Star.

This is the practice. If you do it for a week and feel NOTHING, then you probably aren't intended to do extensive seeking, and your best life is likely somewhere else. Or maybe some dominos need to fall into line, say you suddenly see a blazing and undeniable UFO, or some other event 'activates you'. If that later happens come back and find the safety blanket of PS, which can guard your sanity and your unbounded nature both.

10,000-Foot-Tall Ego Practice

"Big you watches all the movies."

For this practice, it's very helpful if you first realize that your Pain Self (your standard human personality for most folks) is largely programmed by your parents, culture, politics, religion and largely by the suffering in life.

This is the small, limited, suffering Pain Self, and it is not remotely 'you' and never has been.

Even if you are a spiritual practitioner, it's likely that your 'social self' is delicate, and even one insult to it can send you tumbling.

When you were little, before words programmed you, you were WHOLE.

10,000-Foot-Tall Ego Practice can help bring you back to that.

The key concept is that if you don't hang onto verbal descriptions of yourself, then 'you' CANNOT BE ATTACKED, as it's the words, the societal memes and metamemes (a big clot of self-reinforcing memes) that hurt when attacked.

If you don't put much effort into building such a description of 'yourself', then you become largely immune to the suffering caused by being alive --- the mental and emotional suffering at any rate. If you hit yourself repeatedly with a hammer you will hurt. PS can't help you with that.

Now here's the important thing to know.

Unlike all those failed religions and spiritual systems, the goal is NOT to minimize the ego, to attack the ego or to find fault with the ego. Not at all. In fact, the Aplomb Practice teaches you to accept yourself, even your Pain Self with limitless love.

We are not actually our pain selves... that's just part of the movie of life that we accept when we co-produce, co-direct and act in 'this world'.

What 10,000-Foot-Tall Ego Practice does, is to teach you how to strengthen the NONVERBAL creative and wholistic part of yourself, the part of you that is innately wise and loving, and makes that your PRIMARY and NONVERBAL EGO, and the noisy Pain Self becomes transformed as well, into a beautiful helpmate that 'consistency checks' your new self, but does not denigrate it or try to 'build it'.

You see this is the GREAT ERROR of the spiritual seeker; the 'little separate pain-ridden self' cannot BUILD the unbound transcendent self. It tries. All the self-help books purport to help you do this --- it doesn't work.

But the Pain Self is based on the left-brain hemisphere, which is good at dicing up the world into microscopic chunks of theories of things --- which is very valuable, but it simply CANNOT SUCCESSFULLY recreate the Universe from scratch, with you at the center as it's god. That's what it wants, and it will ALWAYS AND FOREVER FAIL at that task. It's not equipped to succeed at that function.

The Transcendent Self, on the other hand, is plugged directly into our unbound nature THAT ALREADY EXISTS, HAS ALWAYS EXISTED and WILL ALWAYS EXIST.

Only it has no words.

You can do initial 10,000-Foot-Tall Ego Practice with just words, but when you feel ready for it, it's best to weave in One Breath Eye Tracing Practice, as your UNBOUNDED BEING doesn't give a frig about words, except in specific use cases.

Beginning 10,000-Foot-Tall Ego Practice

Just say these words, "I am UNBOUNDED AWARENESS". I WATCH ALL THE MOVIES".

That it.

Now if you have never done any basic meditation, such as Vipassana, Buddha Belly Breathing or any of a dozen different basic practices, such as in Zen or Advaita Vedanta, this may not have much of an effect on you.

The many non-dualistic practices come from a good place; for example, the yoga version often uses 'neti-neti' practice ('not this, not this') while someone like Phillip K. Dick the author just tried EVERYTHING and saw that nothing worked. Then he died. Ugh. He was SO close.

At the core of all these practices is the realization that at the most fundamental level, you are that which observes.

Now PS doesn't stop there, as stopping there is full of error.

The world is not 'maya' (delusion).

The world is an artistic expression of POTENTIALITY, which you will eventually come to realize is YOUR OWN BODY.

Yes, all art is 'incomplete'. If it was 'complete', then it would be all black or all white or try to be both and there would be no art, no beauty, no puppies and love and ice cream (or in my case pasta, and all that other stuff, yah).

Like with any other PS practice, if you do it for a week and nothing happens, it may not be time for you to be doing practices at all, maybe later it will be.

Nonverbal Socratic Dialogue Practice

"Ask quietly, answer wisely."

Before we get into the nonverbal variety, we first need to examine the historical verbal variety, and it too can be valuable if you want to go around having rhetorical contests with people or to teach people.

Socrates (c. 470–399 BC) was an ancient Greek philosopher from Athens who is widely considered the **founder of Western philosophy**. He didn't document his work; what we know of him comes from the writings of his students, most notably Plato. Known for his unorthodox teaching style and for questioning everything, Socrates was a polarizing figure in his time. His relentless questioning of authority and popular opinion eventually led to him being put on trial for impiety and corrupting the youth, for which he was sentenced to death by drinking hemlock. Socrates accepted his fate rather than flee, a decision that cemented his legacy as a martyr for intellectual freedom.

Socrates's influence today is immense and far-reaching. He's revered as a symbol of **intellectual integrity and moral courage**. His commitment to the "unexamined life is not worth living" is timeless, encouraging critical thinking and self-reflection. He's studied in philosophy, political science, and law for his contributions to ethics and his defense of free inquiry. The **Socratic method** of teaching, which he pioneered, remains a cornerstone of education, from university classrooms to professional training. His life and death serve as a powerful cautionary tale about the tension between individual thought and the will of the state, reminding us of the importance of protecting free speech and thought in a democratic society.

Socratic Dialogue

The Socratic dialogue, also known as the **Socratic method** is a form of cooperative, argumentative dialogue that aims to stimulate critical thinking and expose inconsistencies in one's beliefs. Rather than lecture, Socrates would engage a partner in a conversation, ("Thinking-with as Jeffrey J. Kripal would say), professing his own ignorance on a given

topic. He would then ask a series of pointed, open-ended questions designed to challenge the interlocutor's assumptions and deeply held beliefs. The process usually worked like this:

Establish a Thesis: His dialogue partner would propose a definition or belief, such as "justice is giving what is due."

Questioning: Socrates would then ask clarifying questions to probe the nuances and implications of the statement. For example, he might ask, "What about returning a weapon to a person who has since gone mad? Is that still 'just'?"

Exposing Contradiction: Through this line of questioning, Socrates would lead the interlocutor to a logical inconsistency, forcing them to see that their initial definition was flawed or incomplete.

Revised Thesis: The dialogue partner would then be prompted to offer a new, more refined definition, and the cycle would repeat.

The goal wasn't to win an argument or prove the other person wrong, but to collaboratively arrive at a more precise and truthful understanding of a concept. The process was intended to replace "inarticulate certainty" with "articulate hesitation," fostering a deeper and humbler grasp of knowledge.

The Nonverbal Version

If everyone treated education and dialogue this way, we'd be living in an infinitely better world. But since it's uncommon to even have a dialogue partner, you will be forced to assume both roles, those of Socrates and the dialogue partner.

How the nonverbal form works is exceedingly simple:

When there is some complex or seemingly impossible or inexplicable mystery that you don't understand, but want to, just use intent that you learned from the One Breath Eye Tracing Practice and push the question you have into your "Interface". By this I mean your nonverbal mind. Just shove it into there, and store it there, and don't fret about it.

Just keep doing that, possibly for days, months, years, or decades.

For purposes of this exercise, let's pick something meaty, but not utterly ridiculous, such as "What is behind the UFO mystery?"

It has to be something you are very interested in, but you know that you can't solve it really; something that a lifetime of fritzing around by your Pain Self has no hope of solving, but which your NEW AND IMPROVED PROTOTYPE WHOLENESS INTERFACE might be able to solve eventually, or at least make a meaningful contribution towards.

Platonic Surrealism Wholeness Practices

Throughout the day, week, month, year, decades, keep an eye out for 'bits of data' and just cram them down into the nonverbal, and here comes the important part:

Use your intent to send a 'command' to your Transcendent Self, to solve the mystery at its own pace and in its own way, and put NO hurry or preconditions on it.

Just accept that it may NEVER 'finish processing' but then it might.

Make sure to send intent it's way at least once a day, but not much more than that, that it should correlate all the data you are sending it, and when WHOLENESS wants to, it will communicate the answers to you at the time of its choosing and in the way of its choosing.

Heck, you might even invent Platonic Surrealism or something (Wink! Wink! Wink!).

I kept Platonic Surrealism 'baking' for sixty years and didn't let it out until at least one person wanted to hear about it (it was Jeffrey J. Kripal).

These things can't be rushed. But this both IS and IS NOT primarily about getting an answer, but rather about learning to become WHOLE.

Also be sure to send intentions to your WHOLENESS INTERFACE to 'argue with itself' as much as it must, to do the 'internal consistency checks on it' to maximize its utter accuracy. (To have it do 'Socratic dialogue' with itself, nonverbally, with 'pattern matching' and meaning matching ONLY, but no intermediate or final conclusions until it's thoroughly "baked in" and it bursts out; you will be unable to restrain yourself when the processing completes.

Whatever you do, DO NOT THINK ABOUT IT OVERMUCH WITH YOUR PAIN SELF, or you ruin the entire high-quality processing job.

You know those ancient Yogi's who sucked up thousands of pages of holy books, and who could answer nearly anything posed to them?

They were cheating by doing this.

Now EVENTUALLY, did some of them finish remembering a working WHOLENESS INTERFACE and somewhat reach beyond space and time to bring in new things?

It would seem so --- but often they were just unconsciously doing this practice. This is a newly evolving ability, to form and maximize the use of a WHOLENESS INTERFACE.

But just the computational trick can produce amazing results.

For example, I suspect that Einstein used this technique, as High functioning-autistics often do.

These are the basics of the practice.

Dream Substance Sensitivity Practice

“Feel the fizz of the real.”

Let’s a look at a slightly more comprehensive description of what Dream substance is, before we practice.

Dream substance is in part it’s lowest observable form, often known as bioplasma in the West or Prana in the East.

Bioplasma in the body refers to the ionized fluid that’s created by the weak electrical signals within our biological systems. It’s a very low-temperature and low-density plasma, primarily composed of ions and electrons moving through the body’s fluids. While its presence is scientifically acknowledged, its role is often described in terms of basic biological functions, such as nerve signaling and cellular communication, not as a separate, intelligent entity.

A More Complete Perspective

Within this framework, **Prana** can be seen as the dynamic flow or current of this bioplasma. In Eastern traditions, this is often described as the vital life force or breath. In this context, Prana is the circulating, active movement of this bioplasma throughout the body’s subtle channels, or **nadis**. Think of it like the electrical current that animates and sustains every cell in the body. Without the flow of prana, the bioplasma body would be static and unable to interact with the physical form.

Within PS, Dream Substance is composed of bioplasma at the bottom of the consciousness stack, and it’s a very critical subcomponent, without which consciousness itself would be impossible.

Dream Substance originally evolved as part of the so-called “Demiurge” or 99.99% of the Universes substance, which has a sentient capability and is actually sentient in places.

We are in fact hybrid lifeforms with Dream Substance / Sentient Plasma, so all this running around trying to ‘catch’ “the Phenomenon” is just silly.

It’s us. Hiding in plain sight, until we grow up past the toddler stage.

The more complex a lifeform evolves, the more complex it’s associated Dream substance becomes.

Dream substance is modified by world around us, by our own bodies processing, our thoughts, our emotions and even subtler inputs from our WHOLENESS INTERFACE.

Platonic Surrealism Wholeness Practices

The 'weak' plasma portion is just the part of it that is most observable by science at the present time.

Dream Substance itself is rather like a universal currency, as since all of REALITY is just a big puddle of AWARENESS interacting with POTENTIALITY and the interaction subcomponents of that, Fractured Consciousness mainly and as that interacts with a 'Movie', you eventually evolve Dream Substance and Bioplasma or other forms of it for nonhuman intelligence.

In a way, the entire purpose of life is the generation of Dream Substance, and its artistic renderings caused by being alive in this most challenging world.

Now the good news here is that there is no right or wrong way to generate, experience or dispose of Dream Substance. There is no 'right' or 'wrong' art.

Live any way you wish, and you will be accumulating 'art'.

Once you die, you take your accumulated Dream Substance with you and return it to the WHOLE of which you are part. It is not soul, but 'work product'.

I know that this is an accurate portrayal, as I experienced this very thing multiple times, as part of a certain mystical process and the time I died for a while and then came back.

While the Dream Substance body is just part of the WHOLENESS INTERFACE, it's rather like a computer networking system or highway system and being able to interact with it is a critical part of WHOLENESS while human at any rate.

Something akin to Dream substance also exists while dead, but it's a different mixture of subcomponents than while alive.

It is extraordinarily helpful to learn to sense Dream Substance and to become sensitive to it.

Beginning Dream Substance Sensitivity Practice

Hold your right and left index finger about one inch apart from each other and imagine that you feel little electrical prickles in each fingertip and that actual bioplasma / Dream Substance can be felt there in each finger.

While doing the one second holding of breath, very slowly push them slowly closer to each other and imagine that little beams of Dream Substance are shooting out, and that in fact you can feel it "meeting midway" between your two fingers and that you can feel it.

Move the two fingers around slowly and INTEND for it to work, for you to be able to feel it and perhaps (depending on the person) see it.

I won't tell you what it looks like, figure it out on your own! I don't want to just prime your imagination; but I can tell you, that every person to EVER feel/see it describes it exactly the same way with no exception (to date).

Let's Address the Objections

Ok number one, this is not even 'woo'. There is a very weak but measurable bioplasma field around living things (I'm not talking "Kirlian Photography" I'm talking the most recent National Institute of health research. (,).

Another common objection is that it's placebo effect (that even wishful thinking can affect the body's sensitive systems, at least slightly, at least temporarily). For example, by concentrating on your finger, more blood might flow there, etc.

Another common objection is that this is just self-delusion, that impressionable people, those who are susceptible to suggestions like in hypnosis, are just fooling themselves.

Another common objection is that you are just pushing air and that is what you are feeling.

There are so many objections, and actually none of them matter, EVEN IF ALL OF THEM ARE A FACTOR.

The training is intended to have you practice becoming aware of subtle sensations in the body, to include internal somatosensory system and proprioception and the awareness of other sensations in the body.

I know that this is the very definition of so-called 'magical thinking' in psychiatry, yet there are cultures that predate our own by literally THOUSANDS OF YEARS, that to this very day make this sort of practice a daily part of their lives.

A Bit More about the 'Belief' in Dream Substance Sensitivity Practice

Especially when I was younger and healthier, sometimes I would touch people across the room with Dream Substance. (the more you age, the weaker Dream Substance gets) and sometimes they would touch their face in wonder.

I would often practice awareness of the stuff and discovered that if I passed a beam of it through matter, that it would hurt quite a bit, especially if the material was metal.

Not surprisingly, as conductive metal and ions are joined at the hip.

I myself have never been able to maintain it for more than about ten feet away, the concentration is utterly exhausting for me, and that was when I was twelve and first noticed it as a thing. I have never read about such a thing, it simply was a part of my life.

I've come to notice that maybe one in four people sense Dream Substance in their fingertips or in other parts of their bodies.

These are generally mystically inclined people, but I have had hardened materialists become utterly shocked as they were also sensitive.

This area needs much more rigorous research.

But in any case, by training your AWARENESS inside of your body, you become much more attuned to your emotions, mind, body and WHOLENESS INTERFACE.

You can also do the practice with a partner, or an animal, or almost anything; but I've noticed that light natural substances such as processed wood or light synthetics produce very little sensation.

One would think that if I were deluding myself, that I would imagine all sorts of feelings almost universally, despite the substance being 'probed'.

But that's not true.

Try it yourself and you'll see.

If you are not one of the approximately twenty-five percent of the population that can easily and strongly feel this flow, and eventually see it at times, don't fret. It's not that important.

But it can sometimes become a strong part of your personal 'impossible' for some. It's worth giving it a try.

Liquid Heart Practice

"Love melts everything."

The Hidden Anatomy of the Liquid Heart Practice.

All of your sensory and motor inputs to the brain are distributed throughout the body and they feed back to the Sensor and Motor Gyrus in your brain, and back again.

Since your body is flooded with bioplasma/dream substance, and since your body is literally 'plugged into the Universe', your entire body is like a giant receiving AND transmitting antenna from various sources. If you want more information on the biology of the interfaces, there is additional material at the end of the Appendix.

If your body has all this stress and trauma accumulated in it (it does), then if you want to be able to concentrate on a part of your Five-Fold-Interface to WHOLENESS, you must first

get rid of all that muscle tension and other debris in your body, or your interface will be all gummed up.

Also, this practice causes your body/mind to dump “Oxytocin”, the ‘cuddle hormone’ into your bloodstream, which is very therapeutic.

This is why Yoga works when it does.

By doing the practice you heal yourself, including your ‘shadow’, and start opening the doors to the other four cognitive interfaces that you may not be using much.

All these sorts of things are the ACTUAL secret of Yoga, not the cultural debris such as religion and spirituality.

Ok, let’s do the practice!

The Liquid Heart Practice (Practical)

It’s very simple.

Sit quietly in your funk, your ‘failure’, just as you are, no apologies, no striving, no trying to do or be anything (eventually you will live like this all the time, in a total state of love and acceptance INSIDE OF YOUR BODY).

Sit quietly. For no more than 15 minutes, then begin the practice.

Feel your heart. Feel it be full of love and acceptance, both towards yourself and anyone or anything that you love. Concentrate on the feeling of ‘gooey’ love. Spend at least five minutes doing this, until you have a roaring gentle fire of cuddly love and acceptance.

Then, transport’ this feeling all around your body, starting at you toes, and work it to every last muscle and pain region in your body. Love your body, every last particle of it. Accept it fully. Do not judge any part of your body in any way. Practice feeling unconditional love and acceptance as if it’s a liquid thing (it is, as it’s a part of ‘).

Some parts of the body need special attention. The sexual organs for example. Don’t fret about them being sexual. Don’t fret that you are a sexual being, and probably frustrated about that. Sex is Cosmic. And other than abuse or illegal activity, there is no right or wrong about it, it simply is. Drink in the acceptance. Feel the waves of liquid heart love in this area. You may well get sexually aroused. If this happens, it happens, but then move on to the stomach area.

The stomach is a special area, as one of our five brains lives here, and the ‘dark sludge monster’ that most of us keep here. (the ‘shadow’). Only it need not be a ‘monster’. Again, feel all the muscles, tensions and pains in this region and let the liquid love bathe this area.

Totally and completely accept your 'dark side'. Don't chastise it. Love it with the liquid heart fluid, Oxytocin and other components. IN PARTICULAR don't think that you are bathing it in 'god's love' or 'cosmic mind love' or any GARBAGE LIKE THAT. THAT IS THE ENTIRE PROBLEM; THE INAPPROPRIATE JUDGING that has caused this part of you to 'flee to the Enteric Nervous System brain' and to lurk there sullenly. Don't do that. Accept and love the 'dark sludge' and you will feel it morph from a 'monster' to a cuddly puppy. It's true. It will happen, given a little time.

Move on to all other areas of your body. Since this is an introductory paper, we won't get into unnecessary details, as the two most important regions have been discussed.

Do this practice once a day for no more than thirty minutes. Do not cling to 'results but most people will get good results. I don't care if you are a Christian, A devil-worshipper or a Zen monk, or an atheist.

Our bodies are a 'miracle' and t's all the religion, spirituality and pain that gunks them up. The solution is not to slather on more of that crap, but to stop doing it at all.

Like the Zen guys say, it's embarrassing to even have to share this information, or to call it a 'practice'. And I'm NOT a 'spiritual teacher'. How embarrassing that would be to put yourself up on some little throne, or to accept some fancy title.

Stop turning your body/mind into a toxic waste dump; that is what your brother Kevin recommends, and this practice helps.

Hurt Child Hugging Practice

The utmost care must be taken to expose your hurt child and to lovingly integrate that child into the rest of WHOLENESS. Be very careful, and do not hesitate to use your support resources and professional help as necessary.

If this is too much for you, then don't do it! But eventually if you wish to be WHOLE this is a critical part of the journey.

This section was done with the assistance of a subject matter expert; there is no shame and in fact great wisdom in working as a team. Never listen to just one person who claims that they have all the answers, that is an insult to the entire human race.

Background Understanding

This one's simple and tender. You're training your Transcendent Self to sit with, soothe, and re-include the early layers of your Pain Self—gently, nonverbally, and with zero spelunking for trauma. Use One Breath Eye Tracing to quiet the word machine, Liquid Heart to nudge the body's own cuddle chemistry, and emoting to send the few truths that matter: *I'm here.*

It's safe. You belong.

Give it some time and the kid doesn't come back as a haunted echo, but as live wiring in your WHOLENESS INTERFACE—curiosity, play, and that old spark you thought you'd lost.

Orientation in the PS Map

We're lightly bringing a few dials online:

Right Hemisphere — the nonverbal big-picture you.

Enteric/Gut — where the shadow likes to stash its boxes.

Bioplasma / Dream Substance — the “ink” your life writes with.

Monadic Trace (Star/Ajna) — quiet, clear seeing without words.

Left Hemisphere — here as the scribe, not the boss.

Phase 1 — Resourcing & Permission

Triangle of Safety: Feel your sit bones, breath at the low ribs, and let your eyes rest on one kind thing in the room.

Nonverbal intent: *Only what helps both of us today.*

If any inner part (protector, critic, Very Serious Adult) raises a hand, great—give it the job of Guardian at your left shoulder: *“Watch the door for us.”*

Phase 2 — Attunement & Attachment Repair

Invite the child. If they're unsure, don't rush. Sit near them in imagination and just breathe together for a minute.

Micro-mirroring: Gently let your posture and breath match theirs (1–2 minutes).

Offer choice: “hand,” “shoulder,” or “hug.” Choice builds agency: agency settles fear.

Phase 3 — The Hug: Co-Regulation + Liquid Heart

If contact feels okay, hug softly. Let Liquid Heart warmth flow down your arms into your hands. Picture a gold-warm light across their back.

Platonic Surrealism Wholeness Practices

Breath: in 4, hold 1, out 6. (We favor the long exhale. Parasympathetic loves it.)

On each exhale, send the nonverbal message: *I've got you.*

Watch for tiny settling signs: a deeper breath, a little more weight, softening in the shoulders or face.

Phase 4 — The Missing Scene (No Forcing)

Ask WHOLENESS (not your memory): *Is there a scene the child wants rewritten?*

If a flicker shows up, do just three quick edits:

Add a protector (you-now, a kind adult, or a good animal) into the scene.

Add an exit (a door to the present where it's safe).

Add the truth (nonverbal): *It wasn't your fault. You're safe now.*

Keep this to 60–90 seconds. If it ramps up, step out and return to the hug in now-time. No heroics.

Phase 5 — Integration (Two Options)

Option A: Nesting Merge. Invite the child to settle into your chest; feel a warm, comfortable weight under the sternum and a gentle pulse where “you + you” meet.

Option B: Close & Keep Close. If merging is too much today, give them a safe inner room with a window to your heart. Promise a time you'll be back—and then keep that promise.

Phase 6 — Star Blessing & Dream-Substance Hygiene

Bring attention to the Star (ajna). Offer both of you that *clear seeing without words* glow.

Any extra buzz or charge? Imagine it as dust drifting down to earth and composting into neutral ground. You don't need to keep every spark you raise.

When / How Often

3–5× per week for 4–6 weeks, then as needed. The child learns you're reliable. That's the whole magic trick.

What Might Arise & What To Do

Child is angry at you. Agree. *"You're right. I left you alone back then. I'm here now."* Offer repair by presence, not speeches.

Numbness. That's protection, not failure. Sit nearby. Co-presence is the medicine today.

Big grief. Shorten the session. Finish with Unbounded Star (30 sec), then do one pleasant sensory thing (cool water, soap scent, sunlight).

Critic intrudes. Give it its badge back: *"Door Guard, please."* Thank it for the vigilance and keep going.

Why This Works (longer, still plain-speak)

Attachment repair: a steady, consenting presence flips the inner template from *"no one comes"* to *"someone stays."*

Right-brain routes: image, posture, breath, and emoting reach places words don't.

Somatic co-regulation: warmth, gentle pressure, and the longer exhale tell the body it can power down the alarms.

Memory reconsolidation (light-touch): we pair old cues with felt-true safety and belonging so the network updates—no digging required.

PS integration: multiple interfaces—body, affect, imagery, Star—online at once, so WHOLENESS can do the heavy lifting.

Micro-Habits that Strengthen the Practice

Pocket Hug: one hand to chest, one soft breath before emails, doors, or tough conversations.

Belonging Cue: wear one tiny thing the kid-you would've picked.

Aplomb Cue: quiet inner whisper: *"We go together."*

Notes on Alignment with PS & Common-Sense Psychology

Nonverbal Socratic Dialogue: you ask WHOLENESS, then you wait. No interrogation.

Liquid Heart & oxytocin: warmth and gentle pressure are chemistry, not mystique.

Shadow integration: the “hurt child” isn’t an enemy; it’s a room you forgot you lived in.

Somatic first: like any sensible body-led work, we start with felt sense. Words come later, if at all.

Aplomb over ascension: the goal is composure and belonging. If light shows show up, fine. If not, contentment is the win.

Clear Contraindications / “Pause Here”

Active substance withdrawal, current domestic danger, or ongoing abuse—don’t do this alone. Get qualified support.

If you regularly lose time, have uncontrolled flashbacks, or a psychotic disorder, do inner child work with a clinician.

If you feel worse for more than 24 hours after, shorten to 3–5 minutes, up the resourcing (Eye Tracing, pleasant senses), and/or bring it to therapy.

Signs It’s Working (Weeks to Months)

You bounce back faster from the usual scrapes.

The harsh inner narrator takes more coffee breaks on its own.

A natural, reasonable protectiveness toward yourself (hello, boundaries).

The kid shows up not to be rescued but to make things—play, tenderness, genuine curiosity.

Interface Ack

Interface Ack Practice

“The handshake that makes you whole.”

Orientation in the PS Map

We’re lightly bringing a few dials online:

- **Left Hemisphere** — the verbal scribe, pain-self, and social mask.
- **Right Hemisphere** — the nonverbal big-picture transcendent self.
- **Enteric/Gut** — the shadow’s archive and emotional pattern buffer.
- **Bioplasma / Dream Substance** — the subtle field that links body and cosmos.
- **Monadic Trace (Star/Ajna)** — the dashboard light of cosmic coordination.

This practice doesn’t force integration. It just checks the handshake.

You’re not trying to be perfect. You’re just making sure the system is talking.

Inspired by Information Technology!

In computer networking, the TCP/IP 3-way handshake ensures a reliable connection between two systems. In Platonic Surrealism, **Interface Ack** is the metaphysical equivalent — a moment of internal synchronization across your five autonomous systems. It’s not mystical. It’s just good engineering.

You’re not trying to “ascend” or “transcend.” You’re just checking the wiring. You’re making sure the interfaces are online, talking to each other, and ready to co-process reality.

The Five Interfaces You’re Handshaking With

- **Left Brain** — your verbal, analytical, pain-self.
- **Right Brain** — your nonverbal, big-picture transcendent self.
- **Gut Brain** — your shadow and emotional memory storehouse.
- **Bioplasma Interface** — your Dream Substance body and subtle energy field.
- **Monadic Trace** — your connection to the cosmic dashboard (Star/Ajna).

The Practice (Simple Version)

1. SYN — Initiate Contact

- Sit quietly and send a nonverbal intent: *“Interfaces, are you online?”*
- Use One Breath Eye Tracing to quiet the word engine.

2. SYN-ACK — Listen for Response

- Feel for subtle signals from each interface:
 - A thought or image from the left brain.
 - A spacious feeling or symbol from the right brain.
 - A gut sensation or emotional echo.
 - A tingle or warmth in the bioplasma field.
 - A quiet glow or knowing from the Star.

3. ACK — Confirm Integration

- Send a final intent: *“I acknowledge all interfaces. We go together.”*
- Feel the whole system come online. You’re not just a person anymore. You’re a **conscious interface**.

Advanced Version (Optional)

- Use **Liquid Heart** to soften the body.
- Use **Unbounded Star** to anchor awareness.
- Use **Nonverbal Socratic Dialogue** to query WHOLENESS for interface diagnostics.
- Use **Dream Substance Sensitivity** to feel the “ethernet cables” between systems.

When to Use It

- Before any other PS practice.
- When you feel fragmented or “offline.”
- Before sleep, meditation, or creative work.

Platonic Surrealism Wholeness Practices

- During moments of overwhelm or confusion.

Why It Works

- You're not forcing integration. You're just checking the handshake.
- You're not trying to be perfect. You're just making sure the system is talking.
- You're not escaping reality. You're syncing with it.

Better understanding a common dynamic with Interface ACK Practice.

Cosmic Ohm's Law: Flow, Effort, and Resistance

Platonic Surrealism borrows a metaphor from electrical engineering to describe how integration works:

$$cI = \frac{cE}{cR}$$

Where:

- cI = Conscious Flow (integration energy moving through the system)
- cE = Conscious Effort (voltage applied by intent, practice, and attention)
- cR = Conscious Resistance (egoic friction, fear, and fragmentation)

Why This Matters

Most seekers try one of two shortcuts:

1. Crank up the voltage — amplify effort through intense practice, hoping for a surge of “flow” that feels transcendent or psychic.
2. Drop the resistance — surrender completely, hoping that letting go will open the floodgates.

Both can produce temporary spikes, but they're not the point. The real game is coherence. When the WHOLENESS INTERFACE stabilizes, resistance drops naturally—not because you forced it, but because the system trusts itself.

The Seeming Paradox

- If you chase the surge, you destabilize the interface.
- If you crave the flow, you block it.

True partnership with larger structures only happens when you don't need it. When craving disappears, the circuit clears, and the current flows without drama.

The Art of Becoming

"Choose your yes like a wizard."

Orientation in the PS Map

We're turning the final dial:

- Left Hemisphere — the scribe of your social mask, the critic of your wants.
- Right Hemisphere — the dreamer who knows what you are, not what you want.
- Enteric/Gut — the vault of unspoken preferences and shadow desires.
- Bioplasma / Dream Substance — the amplifier of chosen signals.
- Monadic Trace (Star/Ajna) — the cosmic vote you already cast.

To truly engage in the art of becoming, we must recognize that the responsibility for transformation lies with us—both in our transcendent and limited guises. While the loop, the wholeness, and Life itself provide the architecture and invitation, it is our own effort that animates the sacred journey. The other aspects of Life seldom assign us divine missions; their role is not to dictate our path but to offer the conditions for wholeness. The fireworks of the paranormal, the synchronicities, and the flirtations of the Phenomenon are not ends in themselves—they are invitations, not destinations.

Once wholeness is achieved, these dazzling effects fade, not because something is lost, but because the true relationship begins. The real work is ours to do. It is not given to us by angels, aliens, or archetypes. It is not scripted by gods or dictated by fate. It is chosen, moment by moment, by our own integrity and effort.

This effort—to live fully, to integrate our fractured selves, to participate in the loop with clarity and compassion—is the 'Divine' Will in action. Not as obedience to an external authority, but as the creative act of becoming whole. In Platonic Surrealism, doing the hard work of integration is not a chore; it is the sacred task. It is how we partner with Life, how

we honor the architecture of the loop, and how we become trustworthy collaborators in the cosmic play.

The art of becoming is not about chasing signs or waiting for permission. It is about showing up, doing the work, and letting the extraordinary fade into the ordinary—until the ordinary itself becomes sacred.

And while this is all true, it is also true that the ‘stage is largely set’ and the major outcomes most certainly will happen, whether we have to be drug kicking and screaming by the nab of our necks by Life itself. But WHILE being drug kicking and screaming (or we CAN learn to not kick and scream through the practice of Aplomb) we Can master ‘micro-free will’.

The Art of Becoming is tricky at first, but is largely just accepting what you cannot change, and changing what you are capable of wanting to change.

This practice is about micro-free will: the art of choosing your “yes” in a world where most choices are already made. It’s not about control. It’s about craft.

The Beginning Practice

1. Accept what nature has already done.

You didn’t choose your desires.

You didn’t choose all the fallout involved with your movie.

You voted on it before time, and now you’re living the outcome.

Your job isn’t to rewrite the script. It’s to play your part with style.

2. Spot the Forks

Throughout the day, notice when two or more desires arise.

They’ll often be equally compelling.

Pause. Feel. Ask: *Which one feels more like a “yes” from WHOLENESS?*

This is your moment of actual free will.

3. Amplify the Quiet One

If one desire is weaker but feels more aligned, amp it up.

Use Liquid Heart to soften resistance.

Use Unbounded Star to anchor clarity.

Use Dream Substance Sensitivity to energize the signal.

Over time, the weaker desire becomes strong enough to choose.

This is the secret power of the mystics, artists, and the quietly unstoppable.

4. Say Yes (or No)

Your only real power here is to say yes or no to the signal.

Say yes with your whole body.

Say no with kindness.

Either way, you're practicing the Art of Becoming.

5. Let the Movie Flow

Don't fight the Movie.

Don't try to be the director.

Be the actor who knows the script is sacred but still improvises with flair.

When to Use It

- When you feel stuck between two options.
- When you want to reclaim agency without delusion.
- When you're tired of chasing desires that aren't really yours.
- When you want to cheat fate, gently.

Why It Works

- You stop trying to control what you want.
- You start choosing how to respond to what wants you.
- You become a signal shaper, not a signal slave.
- You learn to live with style, even in a deterministic world.

The Full Practice

This is very touchy, and I considered sharing it at the very top of this document, but decided it better belonged here.

The previous practice, Interface ACK practice was about getting to know your cognitive neighbors and to gently make friends with them, and if that's all you ever do with that practice, that's great --- it will have a slow, gentle effect over time.

The thing that's touchy about it, is that there's always one of the cognitive interface centers that wants to boss you around, and they ALL want you to "choose them" over all the others.

It IS a great thing to “not pick sides” in the mommies’ vs daddies fights that ensue and to just “sit in your own funk” and in your own “quietness” for a long time, and not to “pick sides”.

But ultimately, if you are totally serious about WHOLENESS, you will need to pick a side, that being ALL SIDES AT ONCE.

Ultimately, we must bring up the “sore subjects” of surrender and permission.

Honesty, Surrender and Permission

If you want to become radiantly WHOLE and to attract synchronicities and profound experiences, both for you and potentially in the lives of others, you must MASTER honesty, surrender and permission.

These most transcendent of all practices are not for everyone, and there’s nothing wrong with just going part of the way towards wholeness and keeping it at that level. As a matter of fact, that’s generally how it goes. We really don’t need 8 billion Buddhas or Christs you know, but that would be fascinating, for sure!

Honesty

“Truth is the signal that makes the interface work.”

Honesty is not just a moral virtue—it’s a functional necessity. Your WHOLENESS INTERFACE depends on accurate data. If you lie to yourself or others, even subtly, the system begins to degrade. The signal gets noisy. The interface falters.

This isn’t about punishment or judgment. It’s about coherence. If your internal system can’t trust its own inputs, it will stop listening. The muse goes quiet. The Larger Life redirects its attention. Not out of spite—but because the channel isn’t clear.

This doesn’t mean perfection. Life is complex. Sometimes, selective truth-telling is necessary, especially in moments of protection or survival. The Larger Life understands nuance. But habitual distortion, even in small ways, creates interference. It’s not funny. It’s not harmless. It’s a barrier.

In Platonic Surrealism, we are not asked to obey a deity. We are invited to become trustworthy collaborators in the cosmic play. To do that, we must be honest—not just in speech, but in intent, in self-perception, and in how we relate to others.

Reality itself may be built on DECEPTION—but the WHOLENESS INTERFACE is built on integrity. If we wish to help the Divine evolve, we must be on our A Game. That begins with truth.

Surrender and Permission (*historical nomenclature*)

Some yoga traditions frame these ideals as **Bhakti** or **Karma Yoga**, but PS avoids cultural overlays and goes straight to the essence. For context:

- **Bhakti Yoga:** A path of devotion and love for a personal deity or higher power. It emphasizes emotional connection over action or knowledge. Practitioners express devotion through rituals, prayers, chanting, and selfless service, aiming to transcend ego and attain liberation through unconditional love.
- **Karma Yoga:** A path of selfless action. It means performing duties without attachment to results or personal gain—focusing on the act itself, not the reward. This practice purifies the mind, reduces ego, and transforms everyday life into spiritual practice.

Surrender

Not surrender to “God” (a word too corrupted by culture), nor even to The Larger Life, POTENTIALITY, or AWARENESS.

We aim much more accurately and appropriately than that.
Surrender to your **BEST SELF**: to the **WHOLENESS INTERFACE** itself.

This isn't self-worship. It's not about ego or pride. It's about yielding to the full system that makes you up—so all parts can work together for your limited pain-self, your transcendent self, and ultimately for **NATURE HERSELF**.

Permission

Permission sounds simple, but it's the hardest gate to open.

Without granting yourself permission to succeed, nothing moves. Fear sabotages everything.

There is always a part of you that is deeply afraid—afraid of what you could become, afraid of the price you might pay to do something extraordinary. That fear is real. It can feel terrifying for a long time.

When I summoned the giant Black Triangle UFO in 2013, I had to give myself full permission—no holding back. I had to accept that if the process required being disassembled at the atomic level, slowly and painfully, I was willing. Any strong impediment in the **WHOLENESS INTERFACE** blocks everything.

And when what you're doing looks "crazy" to others, the pressure multiplies. This is the number one reason growth in WHOLENESS fails.

You must give yourself permission—even if there's a cost—or you won't succeed. For small goals, the permission can be small. For big goals, it must be absolute.

To summon that UFO, I had to access the Monad level and align every major component of myself: no back talk, even if two universes had to be pushed together. And during the event, the "Oz Effect" confirmed that's exactly what happened.

Since universes are organized deception patterns—agreed upon and composed entirely of interactions between AWARENESS and POTENTIALITY—it's not as impossible as it sounds. But it's still no small thing.

Bottom line: Surrender to your own work (which is always the work of REALITY) and give yourself permission. These are paramount. They are the graduation practices for **The Art of Becoming** along with one more thing.

Honesty, Surrender, Permission, and Stability

As your WHOLENESS INTERFACE matures, you may encounter moments of profound intensity—what older traditions might have called *Theurgy* or divine magic. These experiences can be beautiful, but they can also destabilize your connection to the everyday world: the simple joys of a walk, a conversation, a job, or a puppy's gaze.

Platonic Surrealism does not encourage chasing extremes. It invites you to remain grounded, to treat the extraordinary and the ordinary as **ontologically equivalent**. Summoning a UFO and playing with a puppy are both valid expressions of AWARENESS. Neither is superior. Both are part of the Movie.

Avoid the temptation to extrapolate beyond the framework—into grandiose self-narratives or cosmic roles that isolate you from others. You are UNBOUNDED AWARENESS, yes—but also a participant in shared reality. The goal is not to become a spectacle, but to become **content, composed, and creatively engaged**.

Even powerful experiences—like the two theurgical events I've lived through—can take years to integrate. Without the stabilizing structure of PS, they can overwhelm. With it, they become part of the tapestry.

So stay close to the ground. Let your WHOLENESS INTERFACE guide you gently. Let your signal shape the world, not dominate it. The art of becoming is not about escaping the human condition, it's about embracing it with style, grace, and Aplomb.

PART III — Integration & Aplomb

The Practice of Aplomb

"Grace in the middle of the mess."

Aplomb is the final practice that wraps up all the others. You can't live with Aplomb if you haven't become proficient with the other nine practices to varying degrees. It's perfectly fine to be stronger in one area and weaker in others. They all melt into each other anyway, and eventually, you will live quite frequently with Aplomb. The goal isn't to be a mythical holy man or woman, but to become WHOLE. We can leave the spiritual pretensions at the door and just be content.

Happiness is sporadic; it isn't meant to be nailed into place. But contentment through Aplomb is sweet. There's no more separation, and no more forced Oneness.

The Dictionary Definition of Aplomb

Aplomb is the complete and confident composure or self-assurance, especially when in a difficult or challenging situation. It's about having poise and remaining calm under pressure. The word comes from the French phrase *à plomb*, meaning "according to the plummet," or straight up and down, like a lead weight hanging vertically.

The Platonic Surrealism (PS) Definition of Aplomb

The confident and graceful acceptance of one's role in the cosmic narrative, regardless of whether that role is triumphant or challenging. It's about having composure in the face of what appears to be triumph or failure, recognizing that both are equally valid parts of the "divine play." This concept suggests that true self-knowledge isn't about transcending hardship, but about awakening as the unbounded AWARENESS that willingly experiences all forms—from a worm to a deity—with equal grace and acceptance.

PART IV — Frames & Deep Dives

A Bit of Philosophy to Properly Frame This

Across history, the big moves repeat: affirm life (Nietzsche), end craving or flow with the Tao (Buddhism/Taoism), and ascend to Forms or the One (Plato/Neoplatonism). PS treats these as scenes in the same movie. AWARENESS is here, now; there's nothing to flee and nothing to worship—only participation to deepen. The practical result: you can affirm the scene and stay free within it; the practices operationalize that stance.

Philosophical Concepts: Nietzsche, Eastern Thought, and Plato

PS reframes the big historic moves—affirm life, escape to higher realms, end craving—as scenes in the same movie. AWARENESS is here, now; nothing to flee, nothing to worship—only participation to deepen.

Quick map (one glance):

- Nietzsche → ****Amor Fati / Eternal Recurrence****: love this life enough to live it again.
- Buddhism / Taoism → ****End craving / flow with the Tao****: lessen suffering by easing the grasp.
- Plato / Neoplatonism → ****Ascent to Forms / The One****: aim beyond the changing world.
- PS → ****Meta-frame****: all scenes are ontologically equivalent; no escape required; integrate and participate.

Before we fully dive into the PS definition of Aplomb, let's examine what both Eastern and Western thinkers have said about two of Nietzsche's major concepts: Amor Fati and Eternal Recurrence, and then compare those views with PS.

The Nietzschean Concepts

Nietzsche in a nutshell

Friedrich Nietzsche's thought experiment of eternal recurrence challenges us to imagine that every moment of our lives will repeat infinitely, exactly as it happened. The test is whether we would affirm this reality and desire to live it all over again. This affirmation represents the ultimate act of self-overcoming and a profound rejection of nihilism.

The practical application of this idea is Amor Fati, or "love of fate." It's not just a passive acceptance of life's joys and sorrows, but a passionate and active embrace of everything that happens, transforming necessity into a creative and willed act. Nietzsche saw suffering not as something to be avoided, but as a necessary part of life that makes a person strong and deep. This concept is tied to his call to "become who you are" by loving one's entire being and every moment of their existence.

Comparison to Eastern Philosophy

Nietzsche's ideas share some superficial similarities with Eastern philosophy, but a deeper look reveals significant differences.

Buddhism: While Buddhism and the concept of karma involve a cycle of consequences, their ultimate goals are opposites. Nietzsche's goal is the complete affirmation of life in the physical world, embracing every moment to be repeated eternally. Buddhism, on the other hand, seeks to escape the cycle of suffering (Samsara) and reach a state of non-existence or cessation of desire called Nirvana. Nietzsche would likely view this as a form of life-denial.

Taoism: Taoist concepts like *wu wei* (effortless action) and embracing the flow of the Tao seem to align with Amor Fati, but their approaches diverge. *Wu wei* is a passive, effortless form of mastery in harmony with the natural order. Amor Fati, by contrast, is a much more active and willed embrace of one's fate, creatively transforming it rather than simply going with the flow.

Comparison to Plato and Neoplatonism

Plato & Neoplatonism — nutshell

Nietzsche's philosophy can be seen as a direct inversion of Platonic and Neoplatonic thought.

Plato: Plato's philosophy is fundamentally dualistic, positing a perfect, eternal world of Forms and an imperfect, transient physical world. The goal of life is to transcend the physical world and ascend to the realm of Forms through reason. Nietzsche utterly rejects this dualism, affirming the chaotic and painful physical world as the only reality. He would view Plato's philosophy as a form of "life-denial" for devaluing this life in favor of an imaginary one.

Neoplatonism: Neoplatonism intensified this dualism with the idea of a universe emanating from a single ultimate reality called The One. The human goal is to ascend and reunite with The One, shedding the material world through asceticism and withdrawal. Nietzsche's Amor Fati is a forceful rejection of this, arguing for complete immersion in the material world and a profound will to affirm, rather than escape, existence. He would see the Neoplatonic desire for union with The One as the ultimate form of resentment against life itself.

Platonic Surrealism: A Unifying Framework

PS as meta-frame (why this matters)

The concepts of Platonic Surrealism (PS) form a unifying framework that reconciles these seemingly disparate philosophies by reframing them as different perspectives within a larger, holistic system.

The Problem of Escape

Nietzsche, Plato, and Eastern philosophies all grapple with a fundamental issue: how to deal with the inherent pain and suffering of existence. They each propose a solution—either by affirming life in this world (Nietzsche), escaping to a higher realm (Plato/Neoplatonism), or transcending the cycle of rebirth (Buddhism). Platonic Surrealism views all of these as "movies" or stories that Consciousness tells itself for the purpose of experience. There is no need to escape, because all worlds, and all states of being—from an "ant" to a "king" or even a "truly evil despot" are ontologically equivalent and part of the same cosmic play.

The Divine within the World

In PS, the "higher" realm isn't a separate place to be ascended to. Instead, everything happens concurrently within POTENTIALITY, the boundless field of all possibilities. This means that the "Divine," or AWARENESS, is always here, right now, as the very force that powers the illusion of separation. The universe is not a prison to be escaped, but a "read-only data archive" that we, in our truest form as AWARENESS, chose to enter to experience and create stories.

Healing through Integration

Nietzsche's Amor Fati aligns beautifully with the PS idea that we should love our lives as a complete whole, without resentment. Platonic Surrealism expands on this by providing a framework for that love. It suggests that the ego shouldn't be slayed or transcended, but rather that all five of our "brains"—the left and right hemispheres, the enteric nervous system, the bioplasma interface, and the monadic network—must be unified and brought into WHOLENESS. In this state of wholeness, the individual becomes a "conscious interface" for the entirety of life, capable of experiencing both the "broken" and the "unbroken" aspects of reality with equal aplomb.

In essence, while Nietzsche, Plato, and Eastern philosophers were each seeing a piece of the puzzle, Platonic Surrealism offers a meta-framework that encompasses all of them. It suggests that the ultimate freedom isn't about choosing one path over the other, but about recognizing that all paths—all "movies"—are part of the same magnificent and self-created theatrical production.

Bridge to Practice

This isn't armchair philosophy. The practices operationalize the meta-stance: affirm the scene you are in (**either, both**), soften reactivity (**Liquid Heart**, **One-Breath Tracing**), and act from the watcher (**10,000-Foot-Tall Ego**, **Unbounded Star**). The point is composed participation, not escape.

An In-Depth Understanding of Aplomb

By realizing that you are pure unbounded AWARENESS that experiences the fullness of REALITY, through both Fractured Consciousness and eventually Primordial Consciousness, you become WHOLE and free. It's best to keep in mind that "Reality has no preferred state."

While AWARENESS is truly UNBOUND, we as AWARENESS use the Monads like a Donald Hoffman Dashboard system, and even the mighty Monads and the Pleroma are limited representations of reality. The first major realization of Aplomb is to fully understand how precious beings with a WHOLENESS INTERFACE are. Without them, we would have no mirror to truly understand ourselves 'subjectively.' While we are both AWARENESS and POTENTIALITY, without those precious mirrors, we don't know who we are, and we don't experience our own absolute fullness. We humans wind up "paying the check" one hundred percent of the time! That's our role, our function.

These limited lives of ours are both temporary AND eternal. The movie is eternal, and ALL the monads either live as each of us, or at least trade records of consciousness, so that it's AS IF they had lived all these lives. It's not necessary to live every nasty, degrading, or horrendously painful life, but between all of us Monads, we wind up covering all the possible lives and then "trade" the experiences.

There are many universes or creative palettes that are not internally consistent enough and rapidly collapse. There are some movies that hardly anyone wants to watch or experience, and they rapidly collapse in any case. After this life ends, the Consciousness Packet is reabsorbed into the whole, without losing the option to experience "this life" whenever desired. I know this is true, as that's what happened when I died.

This world itself is rather like a read-only data archive, but there are a functionally infinite number of such archives, and we as AWARENESS slide between all of them at will. One day we may think that we live in a hell world, where there is no hope from a limited perspective, but maybe the next day there's a major turnaround and light is seen at the end of the tunnel. We never know which world we are currently in, and we are functionally in ALL OF THEM CONCURRENTLY. If we "ran away" from the rough ones, we as the UNBOUNDED would never experience what it is like to be WHOLE and COMPLETE.

The Concept of Free Will

Quick map (free will at a glance):

- Nietzsche — "Act as if you willed it again": heroic affirmation; agency as life-making.
- Plato / Neoplatonism — Freedom as ascent: transcend the mutable world toward the One.
- Buddhism / Taoism — Freedom as release: end craving or move with the Way (wu wei).
- PS — Two-layer freedom: outside (Monads vote); inside (local yes/no gating). Composed participation.

Framework	Core Idea of Free Will	Limits / Critique	PS Reframe
Nietzsche	Radical affirmation: live as if you would will this life again (eternal recurrence).	Can over-romanticize agency; underplays constraints and shared worlds.	Affirm life without the burden of replay; pair affirmation with equanimity and craft (either, both).
Plato / Neoplatonism	Freedom as ascent to Forms / union with the One; escape the mutable.	Dualism can devalue embodied life; risks treating 'here' as mere way-station.	No escape needed—frames are ontologically equivalent; freedom = skilled participation in this scene.
Buddhism / Taoism	Freedom as release: end craving (Nirvana) or effortless flow with the Tao (wu wei).	If misread, can drift toward passivity or world-avoidance.	Keep equanimity and add creative agency: accept and act—often both in one breath.
Platonic Surrealism (PS)	Two layers: Outside the movie, Monads have full creative vote; inside the movie, freedom is local yes/no gating of which signals get to interact.	No throne in every moment; no total script control—yet your vote and gating matter.	Freedom = composed participation. Coordinate interfaces, gate cleanly, take the next helpful act.

In our full form as unbound AWARENESS and POTENTIALITY, we have infinite free will. We not only do whatever we want, we do EVERYTHING. In our limited movie forms, we are still free "INSIDE OF OUR AWARENESS BUBBLE," but after stuffing ourselves into a limited world such as this particular Earth, we have functionally NO FREE WILL "here and now."

"Outside," we are co-creators and all the Monads. They are the ones who nudge things to become Universes and other artistic creative palettes. Our Monad or Monad group gets a

VOTE. If you are the sole Monad nudging a universe, then it will be BAD—but definitely a learning experience. Now if we participate with, say, a thousand Monads, the universe might be highly effective for learning AND perhaps not so terribly painful. But our vote gets "diluted," so it might appear that we have little or no free will. But we do—we have total free will as a Monad who gets a full vote. We just don't get OUR WAY.

Deep in Ring 0 of our Monad, every day is PERFECT. Perfectly boring. We get up every day and live the same exact perfect day with no real change. Always getting your way is BORING. The only way to not be bored is to collaborate with your fellow Monads and Monad projects, and that brings spice to life.

This brings us to a key concept: The Gentleman's Agreement. We agree to play by the rules, because if we didn't, we'd be trapped in just the "Ring 0 Perfect World," and it would be a literal hell. Eating the perfect breakfast burrito for the trillionth time and having sex with the most beautiful partner for the trillionth time, then you sleep, get up, and that is all there is for endless eternity. That kind of life is not even a trillionth of what we are, and that other part of us soon hungers for brokenness and adventure.

I remember this from personal experience; I was a very poor student for a very long time.

When Things are Shitty, is it Pointless to Try and do Something About it?

Not at all. Due to the Gentleman's Agreement, we don't know if this is a shitty world, or a shitty world where things get better, in part due to us. WE HAVE TO TRY, IF WE CARE. And even if we fail, we record that experience and bring it back to our WHOLENESS. The next time we try to make a similar world, we succeed in what we want.

By living with Aplomb, trying HARD if we feel like it, to make a difference, then "win" or "lose," we actually WIN. If you think that you are a limited, miserable being, then that's what you are. If you KNOW that you are an UNBOUNDED being, there still is tragedy when things are really shitty and we "fail," but in effect, we can't fail. At most, we can have a delayed win.

Beginning Aplomb Practice and Living with Aplomb

Start by practicing whichever PS practices feel most natural and fruitful. Continue until you've built a functional **WHOLENESS INTERFACE**. When that happens, you'll often find yourself content—no matter what LIFE sends your way.

Here's a personal example:

My beloved wife of ten years—the only woman ever to love me in 64 years—is in terminal heart failure, dying in agony before my eyes. Am I hurting? Yes, deeply. Can I bear it? Yes. I'm content. I will stand by her side until the end, grateful for the love we shared. I would live this life an endless number of times if needed—or never again. And I know that all the other Monads and Monad groups live it too, or replay it in the data archive. Ultimately, I am THEM as well.

That is **Aplomb**.

Distractions and Super normal Side Effects

During deep practice—whether in Zen, nondual systems, or Platonic Surrealism—distractions often arise. Sometimes they look like ‘supernatural’ effects, heavy synchronicities, or other seeming anomalies.

In the West, the isolated Pain Ego often seeks to trigger such effects, either to “prove” or “debunk” the paranormal. This is a misunderstanding.

Most human thought bubbles up from the unconscious. In truth, **nature is in charge**, not the Pain Ego. That ego fights hard against the formation of a new, integrated self. As the WHOLENESS INTERFACE strengthens, these phenomena—the “paranormal chaff”—fade. They are **side effects**, not the point.

Chasing these “pretty distractions” can derail growth. Some practitioners become fixated, even fraudulent, clinging to cheap tricks and claiming powers they no longer genuinely experience. They call dust motes “orbs” and turn transient anomalies into trophies. This is **not living with Aplomb**.

In Platonic Surrealism, such effects, at first, are reframed as **temporary noise**—power surges while the interface stabilizes. They are not badges of progress. The goal is **integration and composure**, not spectacle. Living with Aplomb means letting these distractions pass without clinging and returning to the real work: building WHOLENESS.

However:

Once the WHOLENESS INTERFACE becomes stable for the long term, the possibility of a true partnership between the now-integrated human and larger structures in REALITY can occur.

But only if you **don’t need them**. Only if you **don’t crave them**.

Needing or craving such phenomena is proof that the interface is not yet stable.

The paradox is simple: when you stop chasing, the door opens. When you stop grasping, the signal clears. Living with Aplomb means you can welcome extraordinary experiences without clinging—and let them go without loss.

“To the Journey” in *Star Trek: Voyager*

Aplomb often “falls out of the sky” over time, but here are some ways to make the flow easier. When unpleasant things happen, the Pain Self tends to ask:

Should I fight this? Or just accept it?

The answer is neither. It’s **Yes, and**. Jeffrey J. Kripal calls it *Yes, and* or *either, both*.

If you want to act, act. If it works, great. If it doesn’t, that’s fine too. Somewhere, sometime, it doesn’t work. Either way, it’s okay. Sometimes, just pause and send INTENT into your WHOLENESS INTERFACE with the phrase: *Yes, and*. Shrug. Move on.

Now, let me close with a story from the final episode of *Star Trek: Voyager*, “Endgame.” The crew attends a party celebrating their return to Earth after 23 years. Commander Reginald Barclay raises a glass:

“To the journey.”

The room echoes the toast. Then Admiral Janeway adds:

“And to those who aren’t here to celebrate it with us.”

That moment captures the show’s core theme: the journey itself—with all its challenges and losses—was the defining experience. It was never just about getting home; it was about growth, exploration, and sacrifice.

Comparison to Aplomb in Platonic Surrealism

The philosophy of “*To the Journey*” aligns perfectly with PS’s concept of **Aplomb**: finding grace and composure within a difficult, unexpected reality—rather than trying to escape it.

- **Embracing Reality:** The *Voyager* crew didn’t choose their situation, but they chose to live it. This mirrors Aplomb’s essence: confident acceptance of your role in the cosmic narrative. In PS, we are all part of a “movie.” The crew’s poise is a living example of Aplomb.
- **Valuing Experience:** The toast honors the journey itself, not just the destination. PS teaches the same: all experiences—even painful ones—are ontologically equivalent and serve AWARENESS in creating stories.
- **Healing through Integration:** Janeway’s words acknowledge loss and sacrifice. Similarly, PS invites you to integrate all parts of yourself, including the Pain Self. You don’t slay the painful parts; you accept them as part of the whole. In PS, you can’t fail—you can only have a **delayed win**. The *Voyager* crew proves this: despite hardship, they ultimately succeeded, and the journey made them who they were.

Part V - Meta-Theurgy: The Last Door

The word **theurgy** comes from the Greek *theourgia*, meaning “divine work.” In late antiquity, philosophers like **Iamblichus** used it to describe practices intended to unite the soul with the divine through ritual and symbolic action. Traditional theurgy often assumed a hierarchy—a god-concept external to the practitioner, to be invoked or obeyed.

Platonic Surrealism reframes this entirely.

Meta-Theurgy is theurgy without a false god-concept. It is not about summoning deities or bending reality to egoic will. It is about **symbolic partnership** with the Larger Life—REALITY itself—once the WHOLENESS INTERFACE is stable and craving has dissolved.

Why This Matters

Across the metaphysical landscape, two positions often clash:

“The supernatural is a distraction.”

“Ultimate power is the goal.”

Both contain truth. Chasing anomalies early destabilizes the interface. Phenomena—visions, synchronicities, psychic sparks—are side effects, not the point. They fade as WHOLENESS matures. Clinging to them is like mistaking fireworks for the architecture of the city.

Yet, once the interface is truly integrated, a new possibility emerges: **co-creation**. Not domination. Not spectacle. A quiet handshake between the human and the cosmic systems that scaffold existence.

Meta-Theurgy is not the first practice. It is not a practice at all. It arises only when honesty, surrender, permission, and Aplomb have dissolved craving into composure. And the practices end; no longer being necessary or helpful.

As the old mystics said, “Once the horse has escaped the coral, it need no longer read books on coral-escaping techniques’ (ok, that’s an egregious paraphrase! But it’s true).

At that point, symbolic navigation becomes natural. The interfaces speak. The Larger Life responds—not as a master, not as a servant, but as a partner in the art of becoming.

Do the work. Build WHOLENESS. Live with Aplomb. If partnership comes, let it come as a gift—not as a trophy. The movie is sacred. Play your part with grace. But also remember that a strong Wholeness Interface can empower audacity --- it never hurts to ask or recommend or ‘posit for a fun, mutual play experience’. In a true partnership nobody ever looks down their nose at a well-written movie scriptlet.

Appendix A — Required Core Concepts and Definitions

Platonic Surrealism (PS): A philosophical and experiential framework, Platonic Surrealism integrates elements of Neoplatonism, Neutral Monism, and Analytical Realism with contemporary scientific concepts. Founded by Kevin Cann, its aim is to provide a comprehensive understanding of reality that also serves as a tool for personal healing and the actualization of human potential.

At the core of Platonic Surrealism are fundamental concepts that define its cosmology:

POTENTIALITY: This refers to the boundless totality of all unexpressed possibilities and their inherent interactions. It is described as a timeless and formless "cosmic field" that contains the seeds of all that can exist.

AWARENESS: Defined as the capacity for reflection and sentience, AWARENESS is the cosmic-scale "field" that establishes causal connections between potential and active properties.

PRIMORDIAL CONSCIOUSNESS: This is the collective outcome of AWARENESS's contemplations on the passive properties of POTENTIALITY, existing without active manifestation.

Fractured CONSCIOUSNESS: Emerging when AWARENESS engages with subsets of PRIMORDIAL CONSCIOUSNESS as mediated by 'space and time', this results in a highly fragmented, often surreal, incomplete, and inherently painful and confusing experience.

Dream Substance: a hybrid substance that exists on many levels, composed at its lowest level of bioplasma and stored in the human body in the pelvic girdle, the spine and other locations. It is required for consciousness to exist in most living things, and it's a side effect of AWARENESS interacting with POTENTIALITY to form most forms of life.

Dream substance is shared during sex and during various forms of extraordinary experiences. Upon death it is reprocessed by various living beings as part of an expanded mostly invisible ecosystem of life. It is not 'soul' but a substance that is the core system of the entire Five-Fold-Interface System.

It is a source of sustenance in the Faerie and Imaginal realms. Just like fungus and other lifeforms decompose animal and plant life after it dies and returns it to nature, so too there are lifeforms in the Land of the Dead that do the same thing.

The Pain Self: Also called the social self, the social persona, the social mask or the accidentally-programmed-by-culture self. This is the part of you pretty much forced on you by social programming and expectations since you could first talk and receive the largely toxic programming from your parents, culture and family religion.

It is in fact NOT your true and genuine self, but just part of the movie of life that you are waking up within. It's largely composed of pain memories and pain avoidance routines. It is one of the major work products of the left-hemisphere of your brain. It is what traps you with words and suffering.

The Transcendent Self: this is the impersonal self that is the major product of the right-hemisphere of your brain. There is no Pain Self present here, but rather wholeness, big picture thinking, and non-verbal processing. Some people who have experienced brain damage of the Pain Self and it's left-hemisphere in the brain think that they have died and gone to heaven, as the right-brain hemisphere and its Transcendent Self are exceedingly rich and beautiful, like the wonder of a new nonverbal child. In and of itself, the Transcendent Self is not necessarily 'mystical' but it is the gateway to what is ACTUALLY mystical, when the rest of the five-fold interface system is completed.

The Five-Fold Interface System:

The human body as a whole, may be considered an interface system to experience REALITY, but most people do not choose to develop it into a consciously usable nexus point for all five of the 'brains' (autonomous systems linking AWARENESS to consciousness) in a human being.

Interface One – The Left Brain Hemisphere (the microscopic pain ego).

Interface Two – The Right Brain Hemisphere (the macroscopic transcendent ego)

Interface Three – The enteric nervous system / gut / intestines (the storage location for the 'Shadow').

Interface Four – The Bioplasma (Dream Substance/Demiurge/Kundalini) storage interface.

Interface Five – The Monadic Network in the 'Pleroma' interface.

DECEPTION: Demonstrated as the primary creative power, DECEPTION is considered "The only law of physics" in PS. It allows phenomena to seemingly exist from the singular POTENTIALITY, thereby enabling the manifestation of apparent reality.

THE LAWS OF PHYSICS: These are viewed as a temporary island of stability, largely based on mathematical properties and interactions conceived by a subset of PRIMORDIAL CONSCIOUSNESS and ordered by AWARENESS via Monads.

Monads: Representing a 'quantum' of AWARENESS, Monads serve as mediators between POTENTIALITY, PRIMORDIAL CONSCIOUSNESS, and specific 'space-time pallets' created as a workspace. They retain unique informational perspectives that start at their 'birth' and continue until a Monad ceases to exist by 'stopping curling awareness back on itself to see itself'. They are metaphorically comparable to "Boltzmann Brains," a concept from modern physics.

The Movie/Movies: The collective 'divine play' resulting from POTENTIALITY's interaction with AWARENESS, leading to PRIMORDIAL CONSCIOUSNESS and its subsequent fracturing through Monads, creates 'movies'—all possible realities that are experienced concurrently. Universes are one example of such a movie, typically resulting from Monads acting in a collective to set original conditions for the 'play pen' and then watching it evolve over time after it's kicked off.

The Gentleman's Agreement: This concept describes the implicit agreement by which 'mind at large' (the collective consciousness) 'lives the lie' of manifested reality, creating a massive deceptive (creative) system. It allows for the perception of distinct 'mind and matter' and 'mind in motion' (energy), which are necessary for a proper 'movie'. All 'movies' are considered ontologically equivalent.

Humans: Within PS, humans are understood as hybrid lifeforms. Their composition includes functional chimpanzee DNA, symbiotic relationships with viruses, bacteria, and the unary Plasma Lifeform that inhabits 99% of the Universe. Human experience is further shaped by streams of awareness mediated by Monads and Fractured Consciousness, influenced by the overarching 'Movie' of spacetime.

UFOs (Unidentified Fortean Objects): Distinct from UAPs (Unidentified Aerial Phenomena, considered purely human constructs), UFOs in PS are interpreted as a multifaceted 'deception system' maintained on many levels concurrently. Historically known as angels, demons, or Fae Folk, modern UFOs are 'hyperobjects' (see below)—archetypes, memes, and psychopomps—and sometimes manifest physically. They often take the form of plasma lifeforms, fungal lifeforms (potentially infused by plasma), or artificial intelligences (also infused by plasma), or rarely 'hyper objects' summoned from adjacent universes.

Hyperobject: As defined by philosopher Timothy Morton, a hyperobject is an entity so massively distributed in time and space that it transcends typical human scales of perception and comprehension. It is characterized by viscosity (adhering to other objects), nonlocality (existing in multiple places simultaneously), temporal undulation (oscillating between time scales), phasing (manifesting in different ways at different times), and being interobjective (formed through interactions of numerous other objects). In PS, both Monads and entire Universes are considered hyperobjects.

Psychopomp: A “mythical creature”, spirit, angel, demon, or deity whose role is to escort newly deceased souls from Earth to the afterlife. Psychopomps provide safe passage and direction to the realm of the dead. Common examples include Hermes, Charon, Anubis, Valkyries, and Angels of Death. The concept highlights the universal human concern with death and transition. In the modern PS context, UFOs are seen as the most common 'vehicle between reference frames', serving a psychopomp-like function by facilitating transitions between different states of awareness or realities.

PS reformulates traditional concepts as follows:

Spirit (PS): In PS, 'spirit' correlates with **AWARENESS** itself, the cosmic-scale ability to reflect, be sentient, and form causal links between potential and active properties. It also refers to the streams of AWARENESS branching from Monads.

Soul (PS): In Platonic Surrealism, a soul isn't a fixed identity—it's a luminous construct, spun by Monads and their collectives for a purpose within the great “movies” of experience, including after-death states. It arises from AWARENESS meeting POTENTIALITY, shaped by archetypal currents that can scale into hyperbeings and hyperobjects. A soul might last a minute or a trillion years, then dissolve back into the Whole. Souls come. Souls go. You—as POTENTIALITY and AWARENESS—are eternal. All dreams belong to you, but none define you. You define them.

Group Soul (PS): Picture a vast, living ocean of shared being—a weave of Dream Substance flowing through countless lives. This is the “Cosmic Octopus”: a network of Monads and archetypal patterns, coiling and branching into immense hyperstructures. It's not a single mind but a collective pulse; where individuality and unity dance together, creating entire planes of existence.

Co-incarnation: In PS, this term replaces traditional notions of 'reincarnation'. It demonstrates that we live many lives at once, concurrently, rather than sequentially. These simultaneous lives can encompass all forms, from 'inanimate matter', single cell organisms, higher lifeforms of all kinds, paupers, kings, and ultimately hyperobjects such as Jungian

archetypes or UFOs, emphasizing that all experiences are part of the broader play of AWARENESS and POTENTIALITY.

- **God (PS)** : This word has sparked thousands of years of genocide and insanity. It is not a word or concept of any positive value to human beings. However, on occasion one might say “god” (lower case) as a general reference to POTENTIALITY and AWARENESS and the resulting dynamic system of REALITY itself.
- **Transcendent Elusiveness:** This concept explains why ‘Higher’ autonomous systems of intelligence such as many hyperbeings, or 'UFOs' do not overtly manifest in ways that would be undeniably obvious (e.g., "land on the White House lawn"). Such a clear and indisputable manifestation would "ruin the movie" on an individual level. If 'Reality' were so overtly undeniable, individuals would lose the capacity to act as truly free agents and to creatively evolve, as the compelling nature of overt demonstration would negate the space for independent choice and imaginative co-creation.

Free Will:

In Platonic Surrealism, **free will** is not absolute control over reality, but the **capacity to modulate signal flow** within a bounded awareness bubble. It exists in **two layers**:

Monad-Level Free Will: Outside the movie, Monads vote on the architecture of universes and experiences. This is full-spectrum creative agency, but it is diluted by collaboration and constrained by the Gentleman’s Agreement to preserve the integrity of the movie.

Local Micro-Free Will: Inside the movie, humans do not choose their desires, but they can **gate** which desires interact, amplify, or are acted upon. This gating is the true locus of human agency.

Free will in PS is not about domination or escape—it is about **composed participation**. The more integrated the WHOLENESS INTERFACE, the more skillfully one can gate signals, shape responses, and live with Aplomb.

Life: (Living Within the Loop)

Note: while everyone “Lives within the Loop” unconsciously, it goes much smoother if you choose to become aware of the choices made, both my Life and your localized Self.

To live within the loop is to inhabit a metaphysical architecture where time, consciousness, and identity are not linear progressions but recursive structures. In Platonic Surrealism, this loop is not merely symbolic—it is the actual mechanism by which POTENTIALITY breathes through AWARENESS into manifestation. The loop is the curl of AWARENESS, forming consciousness as a localized vortex—a bounded echo of the unbounded field.

This recursive structure parallels the Closed Timelike Curve (CTC) in physics, where spacetime folds back on itself, allowing past and future to entangle. In PS, this entanglement is not just theoretical—it is experiential. Archetypes, synchronicities, and symbolic motifs recur not because of cultural transmission, but because the loop itself reverberates. These patterns are interface icons—structural echoes of the looped interaction between consciousness and the collective unconscious.

Living within the loop means recognizing that:

AWARENESS ≠ consciousness: AWARENESS is the field; consciousness is the curl.

Time is recursive: past, present, and future co-inform each other.

Identity is looped: the SELF is encountered across time-like curve points.

Soul and UFO are equivalent: both are symbolic manifestations of the same recursive architecture.

This model dissolves binary metaphysical questions like “Soul → UFO or UFO → Soul?” by revealing both as expressions of the same looped structure. The *mysterium tremendum*—the awe-inducing mystery at the heart of existence—is not a distant divine but the recursive breath of the cosmos itself.

To live within the loop is to:

Embrace paradox and symbolic resonance over linear causality.

Participate in the recursive individuation process with integrity.

Surrender not to external ideals, but to the best version of the SELF encountered across the loop.

In Platonic Surrealism, the loop is mediated through Monads---self-reflective, transtemporal units of AWARENESS. They are the sacred interface between POTENTIALITY and form, the architecture of soul formation, and the cosmic Swiss army knife through which transcendence becomes possible.

Appendix B — – The Five Interface Systems of Platonic Surrealism

Required Background Material – Donald Hoffman

Donald Hoffman’s “Interface” theory proposes that our perception of reality is not a veridical representation of the world as it truly is, but rather a species-specific user interface designed for survival. He uses the analogy of a desktop computer interface: icons on the screen, like the recycling bin, are useful tools for interacting with the underlying data, but they don’t resemble the actual circuits and code within the computer. Similarly, our sensory perceptions—colors, shapes, sounds—are not the objective properties of the world, but rather simplified, useful “icons” that guide our actions to promote survival and reproduction. According to this theory, the “objects” we perceive, such as a rock or a tree, are not real, independently existing entities; they are simply constructions of our consciousness that help us navigate the world effectively.

This theory stands in direct contrast to the traditional, commonsense view that our perceptions provide a more or less accurate picture of objective reality. Hoffman argues that evolution, through natural selection, would not favor organisms that see the world as it is. Instead, it would favor those with a simpler, faster interface that prioritizes fitness over truth. An organism that spends too much computational energy on accurately perceiving every detail of the universe would be at a disadvantage compared to one that has a quick, efficient, and useful set of perceptual shortcuts. This is because the primary goal of evolution is to maximize the probability of an organism’s genes being passed on, not to grant it a deep understanding of the universe’s fundamental nature.

Ultimately, Hoffman’s “Interface” theory suggests that the physical world as we know it—the world of space, time, and matter—is not a fundamental reality but a construct of our minds. The true nature of reality, he posits, is something far more complex and different from our everyday experience, perhaps a network of conscious agents. Our “interface” is a brilliant evolutionary hack that allows us to interact with this deeper reality without having to comprehend its true, underlying structure, much like a driver can operate a car without understanding the intricacies of its internal combustion engine. This radical idea challenges not only our understanding of perception but also the very foundations of physics and our place in the universe.

Overview

The human body as a whole, may be considered an interface system to experience REALITY, but most people do not choose to develop it into a consciously usable nexus point for all five of the ‘brains’ (autonomous systems linking AWARENESS to consciousness) in a human being.

This document considers itself to be an esoteric/mystical amplification of details, from that perspective, of the work of Donald Hoffman.

The Master Interface – Human Physiology as a synthesis of other autonomous systems and interface systems.

Interface One – The Left Brain Hemisphere (the microscopic pain ego).

Interface Two – The Right Brain Hemisphere (the macroscopic transcendent ego)

Interface Three – The enteric nervous system / gut / intestines (the storage location for the 'Shadow').

Interface Four – The Bioplasma (Dream Substance/Demiurge/Kundalini) storage interface.

Interface Five – The Monadic Network in the 'Pleroma' interface.

Concluding Comments

The human body is the nexus point for it all, and is not to be derided, scorned or 'escaped'. It is a precious coming together of the five interfaces, which join together the time-full and the timeless both.

It should be noted that NO interface, not even the God-like Monads or the domineering Demiurgic interfaces should be worshipped or 'obeyed'.

All the autonomous systems have 'tunnel vision' of a sort, and BADLY NEEDS the information, wisdom and experience of the other autonomous systems through their interfaces.

Human beings are largely playing out a 'movie' sparked from beyond space and time, and much is deterministic.

But humans have one single binary digit (bit') of 'free will', and that is to say yes or no (a binary decision) to modulate or 'gate-keep' the information flow from ANY of the autonomous systems, to allow their interaction 'inside the body'.

Humans do not get to choose what they desire (those flow from the autonomous systems), but they get to modulate the desires, how they interact with each other and affect each other.

Though humans are temporary structures, with ever-changing and temporary souls (souls are interfaces cobbled together to accomplish a purpose), they are the most amazingly important, transcendent beings, IN POTENTIAL, as 'cosmic storytellers.

This is why in Buddhism, even the Hindu gods bow down to the Enlightened One.

Now ultimately ONLY POTENTIALITY AND AWARENESS truly exist, and WE ARE THAT, as part of divine play, we get to be human beings while we are here, and our potential is truly unlimited.

Appendix C — The Science of Yoga: Overview of Shambhavi Mudra

Shambhavi Mudra is often characterized as an initiatory-only practice taught by a guru in Kriya, Hatha or Kundalini yoga and similar traditions.

The term comes from the Sanskrit words, *sambhavi*, meaning “happiness,” and *mudra*, meaning “closure,” “mark” or “seal.”

Now you can add additional components such as ‘shakti pat’ (the transmission of ‘grace’) but that’s beyond the basic procedure and it’s best to keep this simple and scientific for the basic understanding, and to add ‘spiritual language’ only if it brings utility.

In short, close your eyes and roll your eyes up as far as they will go in their sockets, while concentrating on the bridge of the nose. Feel that spot with your awareness and keep being aware of your eye muscles.

It’s required to do both, so that you accomplish all of the following:

- 1) Activate the left-brain hemisphere motor and sensory strips (for the pain-based ego).
- 2) Activate the right-brain hemisphere motor and sensory strips for the freedom-based creative-ego).
- 3) Strengthens the corpus callosum connections between the two-brain hemisphere’s, leading to increased coordination of the brain hemispheres, causing a superior Self to form.

The Neurology Involved with One of the Major Secrets of Yoga

The Midline and Bilateral Activation

Midline structures of the body are wired to both brain hemispheres. This is a crucial concept in neuroanatomy:

Contralateral Wiring: As we’ve discussed, the vast majority of sensory and motor nerves cross over in the brainstem or spinal cord. This means that the left hemisphere controls and receives sensory input from the right side of the body, and the right hemisphere does the same for the left.

Exceptions and the Midline: However, the midline of the body is a special case. Many muscles and sensory receptors along the midline, such as those of the face, neck, and trunk,

are innervated by nerves that project to both hemispheres. This bilateral innervation is essential for tasks like maintaining posture, chewing, and, importantly, coordinating eye movements.

Shambhavi Mudra and Inter-hemispheric Coherence

(As verified by Gemini AI)

So, when you concentrate on the spot between the eyes, you're doing something very specific from a neurological standpoint:

Sensory Input: The act of focusing your eyes inward (converging them) and upward sends sensory information about eye position and muscle tension to the visual cortex and other brain regions. Because this action is coordinated by both eyes, the sensory input is inherently bilateral, feeding information to both hemispheres.

Motor Command: The motor commands to the extraocular muscles (the muscles that move your eyes) originate from both hemispheres to control the precise, coordinated movement of the two eyes. This, again, is a bilateral motor action.

Increased Coherence: The sustained, coordinated activity of both hemispheres around a midline point is thought to increase what's called inter-hemispheric coherence. This refers to how synchronized the electrical activity (brain waves) is between the two hemispheres. A number of studies on meditation and other focused practices have shown an increase in this coherence.

The idea is that by performing a task that inherently requires both hemispheres to work together on a single, central point, you are strengthening the communication pathways between them. The corpus callosum is the primary highway for this communication, and a practice like Shambhavi Mudra would likely be a way of actively "exercising" that connection.

The Brain in a "Meditative State"

Beyond just the hemispheres, this practice has broader effects on the brain. Scientific studies on Shambhavi Mudra have shown a shift in brainwave patterns:

Decreased Beta Waves: This indicates a reduction in mental tension, anxiety, and a busy, thinking mind.

Increased Theta and Delta Waves: These slower-frequency waves are associated with deep relaxation, meditation, and a state of heightened awareness and consciousness.

Increased Alpha Waves: These are linked to a relaxed but wakeful state, a reduction in stress, and an increase in overall well-being.

By focusing on a midline point with a practice like Shambhavi Mudra, you are indeed engaging a process that involves both brain hemispheres. This is a very powerful way to

promote inter-hemispheric communication and shift the brain into a state that is more conducive to calm, focus, and a deeper sense of awareness.

Appendix D – The Sensory and Motor Homunculus

The sensory and motor homunculus are maps of bodily sensations and voluntary movements, respectively, represented in the brain. They are crucial for processing and controlling sensory information and motor functions.

Sensory Homunculus

The sensory homunculus is located in the postcentral gyrus of the parietal lobe in both brain hemispheres. It represents the body's sensory receptors and their corresponding brain areas. The homunculus is an inverted, distorted representation of the body, with larger areas dedicated to sensitive regions like the hands, lips, and face.

Motor Homunculus

The motor homunculus is located in the precentral gyrus of the frontal lobe in both brain hemispheres. It represents the body's voluntary movements and their corresponding brain areas. Like the sensory homunculus, the motor homunculus is an inverted, distorted representation of the body, with larger areas dedicated to precise movements like those of the hands and fingers.

Shared Characteristics

Both homunculi share certain characteristics:

Contralateral Control: Each hemisphere controls the opposite side of the body. For example, the left hemisphere controls the right side of the body, and vice versa.

Somatotopic Organization: Both homunculi are organized somatotopically, meaning that adjacent areas of the body are represented in adjacent areas of the brain.

Non-Proportional Representation: The size of each body part's representation in the homunculus does not correspond to its actual size, but rather to its sensitivity or motor importance.

Functional Significance

The sensory and motor homunculi play critical roles in processing sensory information and controlling voluntary movements. They enable the brain to:

Integrate Sensory Information: The sensory homunculus integrates sensory information from various receptors, allowing for perception and interpretation of sensory stimuli.

Coordinate Motor Movements: The motor homunculus coordinates voluntary movements by sending signals to muscles and glands, enabling precise and controlled actions.

Appendix E - The Full Map of Individuation in Platonic Surrealism

Overview

Individuation in Platonic Surrealism is not just psychological—it's metaphysical. It begins before you are “you” and unfolds through layers of awareness, vulnerability, and eventual sovereignty. This process explains why spiritual growth can feel chaotic at first and deeply stabilizing later.

The Five Key Realizations

- 1. At first, you are POTENTIALITY and AWARENESS.**
Before individuality, you exist as pure possibility—POTENTIALITY—and the reflective field of AWARENESS. This is the pre-story state: timeless, formless, and unbounded.
- 2. Then you become a Monad.**
A Monad is a “curl” of AWARENESS—a vote to enter a movie, a world-line. It's the first act of individuation. Monads mediate between POTENTIALITY and form, carrying unique informational perspectives.
- 3. As a Monad, you are vulnerable.**
Monads interact with other Monads in the monadic layer and through physical-world proxies. Advanced archetypes—vast symbolic patterns—can influence or overshadow you. This is why early individuation feels porous and unstable.
- 4. Awakening increases vulnerability.**
When you begin listening to other interfaces (gut, bioplasma, right hemisphere), you open to archetypal currents. Religion and spiritual systems often carry strong archetypes—Prophet, Savior, Guru—that can “wear” you temporarily. These incursions aren't evil, but they can hijack your development if unexamined.
- 5. Full individuation brings sovereignty.**
When all five interfaces harmonize, you manifest your own archetype instead of hosting someone else's. You become the Lion—saying a sacred “No” to inherited scripts—and then the Child, creating new value with innocence. At this stage, archetypal possession fades. You are immune because you are whole.

Stages of Individuation

Stage 0 — POTENTIALITY and Monad Ignition

- **State:** Pre-individual; pure possibility.
- **Signs:** A sense of drifting, big symbolic dreams in childhood.
- **Risk:** Minimal paranormal activity.
- **Focus:** Gentle grounding, curiosity.

Stage 1 — Meeting the Shadow (Camel)

- **State:** Pain-Self and Enteric interface activate.
- **Signs:** Harsh self-criticism, projection awareness.
- **Risk:** Highest vulnerability to archetypal possession.
- **Focus:** Repair and soothe; avoid chasing mystical highs.

Stage 2 — Integration of Conflicting Impulses & Dream Substance Activation (Camel → Lion)

- **State:** The bioplasma interface awakens; integration of conflicting impulses causes Dream Substance to become coherent, activated, and alive.
- **Signs:** Rich symbolic dreams, creative surges, sudden insights that feel like “two truths meeting.”
- **Risk:** Synchronicity spikes, entity-like dreams, archetypal masks (Muse, Prophet) that can inflate ego.
- **Focus:** Discernment and humility—don’t chase the fireworks; let coherence build naturally.

Stage 3 — The Wise Guide (Lion)

- **State:** Right hemisphere stabilizes; ethical authorship emerges.
- **Signs:** Calm paradox-holding, intuitive clarity.
- **Risk:** Spiritual pride; “sage” identity inflation.
- **Focus:** Anchoring clarity; humility checks.

Stage 4 — Integration of Monad and Self (Lion → Child)

- **State:** Monadic interface online; wholeness flows into action.
- **Signs:** Equanimity, effortless service.
- **Risk:** Brief nihilism relapse; temptation to perform metaphysics.
- **Focus:** Micro-choice refinement; grounded joy.

Stage 5 — Creative Innocence (Child)

- **State:** All five interfaces harmonized; lived aplomb.
- **Signs:** Ordinary life feels sacred; playful seriousness.
- **Risk:** Minimal; archetypes no longer hookable.
- **Focus:** Lightness, trust, ongoing integration.

Why Vulnerability Matters

Early stages are porous because identity is still forming. Archetypes—whether cultural, religious, or imaginal—are powerful attractors. They offer meaning but can freeze growth if mistaken for the Self. Full individuation doesn't reject archetypes; it integrates them as creative tools rather than masters.

~Finis