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Prologue

I promise to break some rules in writing this. No AMA, styled formats, some misspelling thrown into the mix to aggravate the type A folks, if there are images that aren't from my AI generated at I will do my best to link source and ask that you pay them homage, if there is still and a video link, I highly recommend the video, and to make this as conversationally approachable as I can, I will write this exactly as if I were speaking to you in person. I could do better at writing. I intend to do better. Everything that I have written has led me to where I am. I am on a journey, and hope you will come along.

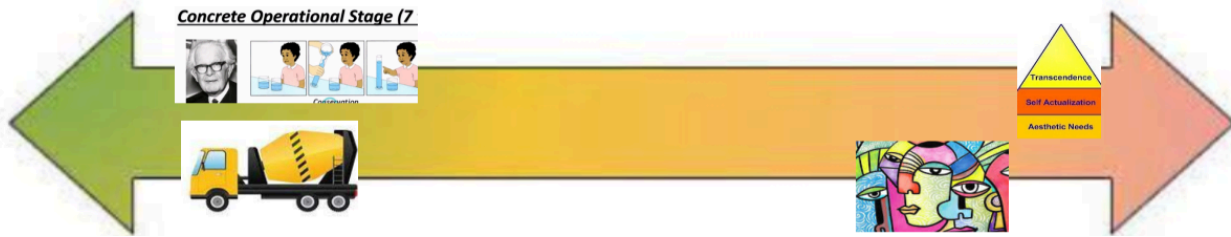
This self-help book is available for free. I am undecided if I will put it on Amazon. I suppose if you like it, you can buy me a coffee. If the ideas in this book are helpful, you will have found the most affordable way to approach counseling and dating that's presently available. I am, actually, a licensed therapist in the state of Texas. At the time of writing this, I have the credentials. I believe some of the insights within can be helpful to individuals who want to understand themselves better, as well as couples who want to understand themselves.

Not all things can be solved in a book, for sure. Sometimes people just need to talk to others.

Also, as with many things, there is rarely just one artifact, issues, or answer. You will hear therapists sort conscious and unconscious vectors to problems. What I will share might feel intuitive to you. It will make sense and be helpful. It is not a cure all. This will provide insight, give clarity and direction, but there will be additional steps to follow. I am not going to map out the entire formula. Seriously, we need a physicist to help me as there are more variables than in the Drake formula. Hint/wink, shout out to Dr. Sabine Hossenfelder if she wants to help me with my math. My math sucks. I am also not mapping out the journey, but rather I am giving you the compass to self orientate. I don't know where you are on the map. I don't know you. But you know you and you got this!

A metaphor is good for one step up. Once you go up the step, you can't use the same step twice for more height.

The formula I am using in this can be seen both as a literal thing and abstract. Consider that a continuum. Where a person falls on that continuum provides me insight into a person's intellectual age.



Where a person falls on this continuum informs my therapeutic interventions, but it's not the only factor. Take for example, most studies suggest that intelligent people suffer more from depression than their peers who are less intelligent. People who are intellectually congruent with their emotional age tend to recover faster than a person who has greater disparity between these two ages.

If you're smart, and you're depressed because life ain't fair, you seriously have to ask yourself, "How old are you? 12?" Not to beat you up! Seriously, just knowing that intellectually is not an out. In fact, if you're emotionally 12, and you hear that question, and get mad at me or yourself for being 12, you prolong the depressive episode! You'd don't punish yourself out of being 12! You give yourself compassion, love, and space to heal and grow. That's it.

It doesn't matter if you get something intellectually if you can't process it emotionally, or when experiencing heightened emotions. Anyone who has ever felt overwhelmed or panic, regardless of intellectual age knows- talking yourself out of a panic attack just doesn't work. Tell an angry person to calm down, you're likely going to get the opposite result.

Emotions are experienced and heard. Intellectual artifacts need to be processed. Intellectual artifacts are processed better when not in a crisis. This is never more evident to me when performing an initial assessment and the person can't or won't identify basic positive self attributes.

All humans require emotional and intellectual reciprocity of interaction for optimum individual health and optimum relational health. Your emotional age influences intellect more than the other way around.

Of course there be dragons here. May yours be Falkor.

Chapter 1, the emotional age

I am going to illustrate the differences between intellectual, emotional, and physical ages. I am even going to give you an example using myself as the artifact of study. Yes, you will have some insight on me. Like seriously, I am vulnerable, I can be manipulated. You laugh at my jokes, we get along. Don't, and I will tell you them again... So, just laugh the first time. And watch how stupid I get.

These graphics are things I just threw together. I am speaking to you how I would speak to just about anyone. There are more variables to contend with, but this is the basics.

There is a huge disparity between my emotional age and my intellectual age. That disparity is less than it was, as I have done a good bit of emotional work, but you can consider the emotional age a variable, dependent on trauma, abandonment issues, environmental and social issues, and other potential mental health and substance related factors. Even an emotionally mature person can be triggered into a trauma memory and have their emotional age temporarily disrupted, or permanently reset.

Physical age is what it is. That's just how long you've lived on the planet. Yes, yes, metabolism affects it, and you can measure telomerase as an age thing which might indicate a difference in physical age between same calendar date aged people. You can also say if you spent any time in space, you may be older than your earthbound identical twin, but let's just call this variable 1 for 1 in earth years. It changes, for sure. But the problem is that all too often we assume that a person's age reflects their emotional and intellectual age, which is not the same thing as emotional and intellectual competencies. Sorting people by physical age alone can get us into trouble. Some folks are more emotionally mature for their age. Some actually look physically more mature, but are truly kids. Just because someone is intellectually older than their physical age, doesn't mean you should engage them as an adult.

All the ages probably average out to an 'identity' age, but we humans do like short cuts. We make assumptions.

We're going to generalize here. Most females trend towards emotional maturity before their male counterparts of the same age. They have larger brains and more coherence between brain regions sooner than their male peers. That may be a survival mechanism because all too often the body will appear mature prior to intellect, making even grown ass men stupid.

There are differences between men and women. Not in emotional or intellectual competencies. Research is very clear on that. We're not focusing on competencies.

Typically, the older the male, the greater their intellectual age. Did you know, you can't apply to study the kabbalah until you're 40? Men are not adults until they're 40, so I have heard. I am still not an adult emotionally. I am a Toys-R-Us kid in a world where there are no Toys-R-Us. Clearly, society influences these variables. Considerable adjustments would have to be made to the scale I am going to give you if we go back even just a hundred years.

I need a volunteer. Oh, yeah, John, you raised your hand. Damn it, alright. My family of origin required that I get smart fast. It was a prerequisite that I become a smart ass or get eaten. I got smart. I watched *Get Smart!* I could read a room before I could read, and I realized there were times I needed to get the hell out of Dodge. My family was known to discharge firearms in the house. When it was that bad and I read the room right and exited stage left, I missed the worst of it. But if I misread the room and I was scarce for too long, well, I got the worst of it.

Consider that a metaphor. Consider this literally; It was necessary to read the room correctly.

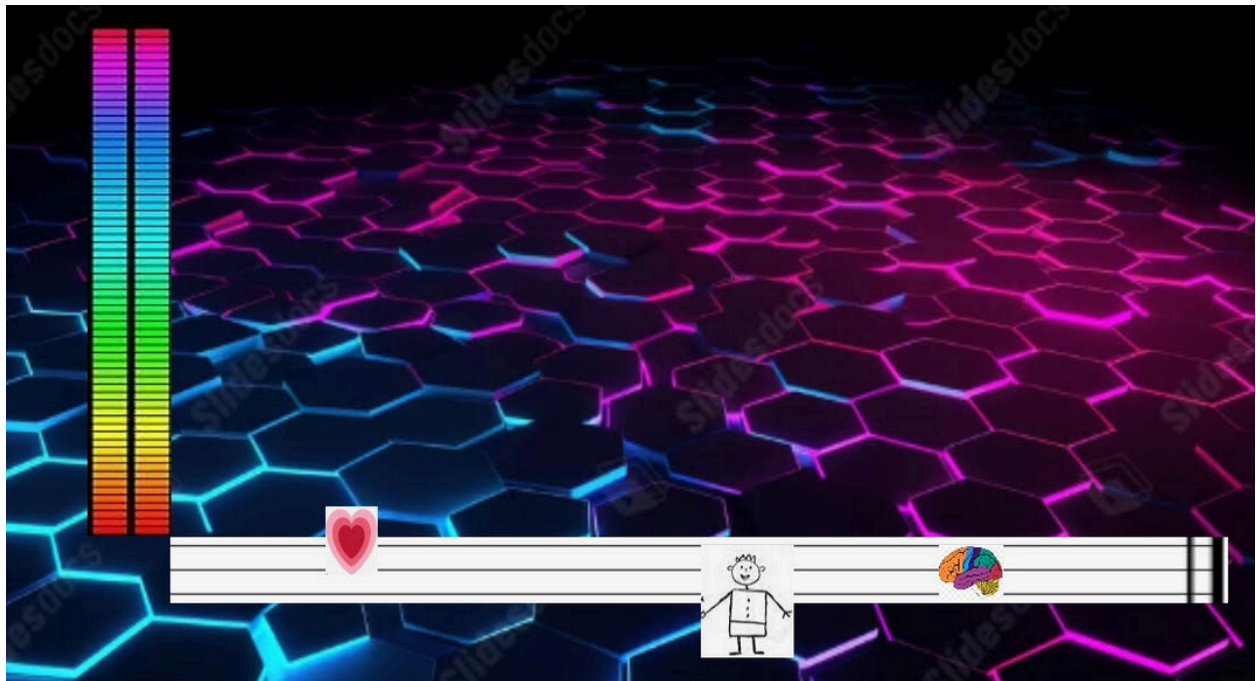
Grandmother was the matriarch of the family. If she was happy, everybody was happy. If someone intended to derail her happiness, I would side rail them better than that Chief's linebacker who broke through. I hope that's the right analogy. I am not a sports guy. If I couldn't stop the drama, I pulled my ripcord. Essentially, you need to know this. I learned to make myself happy vicariously through someone else, which in my family worked great. It was a functional strategy as long as I lived at home. The moment I got out in the world and applied this skill to an unsuspecting person who I thought needed the wisdom of my insight, it ceased to work. Healthy people don't like people meddling with their well being. This is when that functional skill gets labeled maladaptive behavior. But, I was reasonably smart, I adapted to the new game, and then I went home, and the family used to my meddling ways were mad at me for not doing my job. They called me selfish, triggering me back into my old script and behaviors.

I failed to learn to make myself happy first. If you make yourself happy first, and avoid rescuing, healthy people gravitate towards you. If you're a fixer, you will automatically find people to fix. Why would you move towards healthy people? They're good! You'd have no function!

Let's say this another way.

Emotionally, I was stunted at 6. That's the age when the worst of it seemed to occur, as evidenced by that was my first recollection of suicidal thoughts, and the first age in which I met a psychiatrist. At Scott and White Hospital. He told us to call him Doctor Batty. He had some really cool toys. Yes, six years old sometimes are smart enough that their brain says suicide is a viable option out of a cold, cruel world, or because the doctor has cool toys. All people manipulate systems to get their needs met. It's only maladaptive if you manipulate all your life. Leave that as an abstraction. Stay out of my operational concrete cement truck. To illustrate this, let's put my physical age on a graph at about 18. At 18, I was probably processing at the junior level of college. I was intellectually older than my physical age. Okay?

Now, we're going to introduce a new variable. Volume or intensity. As emotions get louder, intellectual age drops.



Let's dance.

John is 18. He's pretty smart. He's emotionally 6. He gets mad. He breaks things. He hits the wall. He breaks the wall, he breaks his hand. He sits on the couch and pouts. He disengages from social groups, isolates, and is just as unreasonable a soul one can find. You might ask, and reasonably so, and I am sure it was asked, which didn't help in the moment of shifting variables, "How old are you?!"

Bastards! Anyway, you can also sort why such a smart kid was failing to shine in academics. Real voices of family, tapes I still hear running in the background of mind, and my inner tapes and perception of my abilities, comes from an inner child who used to derail the adult me more than I care to admit.

I was six longer than I was 1 through 18! Yeah, do that math fast in your head. As emotions go up in volume, intellectual age drops. The loudest volume emoted will be where intellectual age aligns with emotional age. And it's not just anger!

18 year old John gets paid. Happiness volume goes up. Intellectual age drops. John buys a paycheck worth of candy and he doesn't stop eating until he has made himself sick, and he then asks himself, which doesn't help in the moment of shifting, 'how fucking old are you?!' As emotions damper, intellect begins to rise, and then the realization sets in that I just ate my entire paycheck in candy and can't pay the car note, fear goes up, embarrassment goes up, intellect drops, the wanting to be rescued goes up, real and perceived abandonment issues assert themselves on the psyche...

You got that! Pretty straight forwards, at the basic level. There are other things that influence these variables. Physical needs, sleep, access to food and appetite, libido, social, introverted versus extroverted tendencies... Seriously, we're just getting warmed up.

You can be temporarily, emotionally mature, situationally, and or inappropriately induced. On the pediatric ward, you will often find kids who put on a brave front for the nurses and family. It's not just a mask, some of these kids are super emotionally resilient considering they rightfully want to reduce the suffering of those around them. Kids at a certain Piaget maturity level are also not yet individuated and see themselves as their family, and so if they can make their family happy they can be happy! This temporary boost interjects another variability, in that emotional age can become inflated, stunted, subject to intermittent regressions, or becomes a persistent shifting variable that sabotages the intellectual age sufficiently that relationships and other life functionings are disrupted.

Seriously, if your kids are rescuing you when you're in a crisis, you're at risk of making them rescuers. Maybe it's good insight on their part, but it can emotionally delay their own growth. It results in kids having a future self that says, "I didn't have a childhood." There can be resentment, anger, depression, and serial relationships in which they hook up with emotionally younger people in order to subconsciously, and vicariously rescue themselves through others! Rescuers always find people who are impoverished in one or more domains so that they can have a job. A job that was so well ingrained that they

do it on autopilot. Rescuers will sometimes lament, “Why do I give and give and not get anything back?” Or, “Do I have abuse me written on my forehead?!”

Rescue relationships don't last. If you do your job well, you raise an emotionally young person to adult, they leave. If you're Kathy Bates in the movie *Misery*, you sabotage their well being in one or more domains, so they won't leave you come snow melt. Rescuers sometimes get the roles flipped on them and they become the rescued. This starts with love bombing, feelings of safety, slowly isolated, and incremental sabotage to keep you at an emotionally unstable age so you won't abandon the person with abandonment issues! Incremental sabotage always increases in severity over time as a person becomes numb to the initial abuse.

If you rescue, you are most likely going to find someone with the same emotional baggage. If you are rescued, their emotional baggage is probably worse than yours. But don't worry. They will equalize you to their depth if you tarry long enough.

Sex is a variable that is likely the most difficult to contend with. There is a hidden set point variable that reflects the emotional and intellectual ages at which puberty occurs. People who were sexualized prior to puberty have a different hidden set point, and multiple other interjection points that destabilizes the emotional and intellectual ages. You only need to know the term 're-enactment' and how people subconsciously put themselves in situations where they have higher potential of being re-victimized to know that's another book worth of variables to sort.

Just the thought of sex can make a person, male or female, temporarily emotionally younger than their age. There would be no ethics violations from doctors, lawyers, psychiatrists, and police officers if this wasn't so! They can be intellectually smart, but emotionally young, and so when triggered, good or bad, their intellect can be dropped. Psychiatrists are the easiest to drop because the stereotype about mental health folks is truer than you suspect; people go into the field because they wanted to cure their family, themselves, or both!

The only reason I am as good at this as I am is because it takes one to know one.

There are subconscious variables to how sex influences emotional age, but the best evidence for this truth is that usually, once this particular need was attended to, people return to their normal intellectual age, desire wanes or is spent, and the person that was previously attractive becomes less so. Now, if the 'actor' did something inappropriate, their sudden mental recovery results in fear, which drops their age, and they start doing stupid things again, like killing people and trying to clean up after a crime, which is in itself a crime.

We're not creating get out jail free cards here. We're simply explaining how easily people can get stupid. I suspect detectives know how to trigger people into emotionally immature ages that help them solve crimes. The ones that have no identifiable emotional ages, those are probably the psychopaths that scare even the detectives. It is supposition, or curiosity on my part, as to whether or not the psychopath blocks their emotional response, or they simply don't have the wiring for it.

Sometimes folks will date someone who is physically younger than their emotional age because some folks actually are emotionally mature for their ages. Stable does not denote mature, it just means it's solid and less prone to shifting left and right, regardless of volume of emoting. This can work out, if the two emotional ages are relatively close, and emotional ages continue to evolve in tandem with increases in physical and intellectual age. If the emotional age is fixed or maxed out, the partner will keep getting older, but the person who did seem mature will seem less mature as time goes on. It wasn't an illusion that they used to be emotionally more mature. Someone simply failed to do the dating algebra.

People don't fall out of love. Your capacity to love increases with maturity and health of the emotional age. If your partner becomes less appealing over time, one of you has probably emotionally matured. If you think it's you, assume you're wrong. Your growing disinterest, or discontent, is because you're either looking for an external fix to something that is internal, or you're looking for an emotional 'job' so you can fix something to feel better on the inside.

There are less narcissists than there are people using that word inappropriately. You have to have 5 of the 9 traits to be so diagnosed, and you must be diagnosed by an expert, not Google. 9 out of ten people who say the partner is a narcissist are emotionally younger than their intellectual age. "Life's not fair! He was mean to me." How old are you? Seriously, I am not beating you up, but if someone is beating you up, move on!

I'm not being callous. Relationships are hard. Fuck, when you been beat up all your life, you can become accustomed to being beat up. In the absence of someone doing it to you, you do it to yourself. We do it to ourselves. I am not immune to that superpower. I mastered it! More often than not, we beat ourselves up! The goal in all this is to discover our emotional age and level up so that we can utilize the things we do actually know intellectually.

Seriously, most people in counseling who hear a question I pose and say, "I know. I know..." This would be evidence for intellectually getting something, but not having the emotional age, strength, wherefore all to act on the information!

You got this! Now you need to get this!!

I have heard the adaptive evolutionary explanation for why so many societies favored May to December relationships. Females might prefer someone who is the same emotional age. Many require someone who is financially older, which might also influence or reflect an emotional age, but definitely influences their preference for an emotionally similar age! You don't want to hook up with a kid who is also an emotional spender. Rescuers are at risk for doing that very thing! Financial age is definitely influenced by emotional age. Perhaps females have to grow up too fast because society or biology is pushing that. Ideally, maybe we're all supposed to be better at recognizing emotional age and engaging people in more sophisticated ways. Maybe men are delayed, emotionally, and the risks we take in youth helps to level us up.

Sometimes society rewards the risk takers because they can reveal society's weaknesses. Sometimes we favor the risk takers because we love them and we want to level them up because leveling them up results in a corresponding leveling up in ourselves. Did I say this was complex?!

I would say having the emotional age closer to the same age is more ideal in terms of dating and long term relationships, but it's not an absolute. Interdependence sometimes means a relationship is strongest when the two bring balance. We can discuss that elsewhere if you like. The person you date's multivariate ages influence yours even as you influence theirs.

Same intellectual age isn't necessarily a deal breaker, but generally, the closer the domain age the closer the overall ideal. Different combinations of ages may have advantages, like variance in intellectual age but same emotional age, or same physical age but differences in emotional and intelligence, all of which will be dependent on other variables not discussed here.

Interdependence improves when the variances complement, allowing individuals in relationships to excel in their domain strengths.

It does seem, though, the greater the stability of emotional age, the greater the stability of the relationship. People who report growing apart may be reporting a growing disparity in intellectual age. Some people age out. Some people grow their entire life time. Just like physical age, it is what it is, unless even this is modified by an advanced emotional age that can remember the passion and love and enthusiasm of a younger age and invoke that power without the loss of emotional age attained.

You don't have to become so emotionally old that there is no flexibility, but if you want that vibrance- you have to have that emotional competence built into you, as opposed to being dependent on others to change that variable. There is a difference between co-dependent, independent, and interdependent.

Thoughts to explore further.

There are other variables which we can express in terms of maturation, or ages. There's an academic age, which is not an intellectual age, but intellectual age definitely influences academic and street smart age. Street smart age is probably better than academic age, especially when you consider too many employers today want street smart versus book smarts.

There is a spiritual age which will influence emotional and intellectual age. There is some evidence that spiritual maturity could make you physically younger and healthier than peers with a less developed spiritual sense. If you're opposed to that nomenclature, substitute philosophical age with spiritual. We all operate through a philosophical lens, from simple to sophisticated, influenced by culture and ethics, as defined by the various groups and societies we were born in and then shift towards.

PS

If you want tools for leveling up emotionally, keep reading. Imagination may be your greatest ally. Einstein believed so. And so did Carl Jung.

Chapter 2, the Patterns...

Emotional age matters more than you think, by definition.

There are patterns of behaviors that people subconsciously fall into. Not everyone gets into these two patterns I am about to share, but these are the two I encounter the most with people who are more likely to suffer with mental health variability and or have a tendency towards negative relationships experiences. Once you're aware of the pattern, it's easier to exit the pattern. Becoming increasingly more aware of the pattern, increases your ability to choose the outcome you prefer.

You are not broken if you are in these patterns. If you're in the pattern, the patterns were established by the age of four. We all have patterns! Patterns are subconscious physical, emotional, and intellectual age set points that evoke subconscious patterned responses to stimuli, real or perceived. So that above step one basic is algebra, but now we're doing calculus. For every age you lived, your brain has stored the multivariate age variables and the response sets for those variables, which get situationally evoked.

They can be functional set points, or maladaptive set points.

Seriously, this is important. Most people, most of the time, are good people. We can be triggered, disturbed, bothered, elevated, encouraged, motivated, and we are improved in the right social circles. We should develop independence, but not if that means isolation, or the sacrificing of healthy relationships. We were designed to be independent first, followed by interdependence. Isolated is survival, together is thriving. Society's emphasis on independent survival increases the likelihood that all relationships will be transactional to raise the 'I am independent' variable.

All people need to be functionally competent in enough domains to be able to survive solitude, considering those two ages relating to physical and intellectual. Assuming physical and intellectual age has allowed for 'independent' competency in most domains, then as emotional age increases, there should be visible evidence of greater interdependence.

You might have heard a Dorothy meme, in which Dorothy laments she can only find stupid, heartless cowards. No! Okay, maybe, funny, situationally. But the alternative is also true, Dorothy inspired thoughtful, heartfelt courage.

Pattern one. People tend to love others the way they needed to be loved growing up. Pattern two. People tend to hook up with the person they had the most trouble with growing up.

Don't get ahead of me. Don't beat yourself up. I married my grandmother twice before I figured out the pattern.

Pattern one is fairly easy to sort, especially if your childhood sucked ass. You'd be surprised how many people who had difficult childhood become rescuers. Rescue relationships almost always end. All too frequently, they end badly. And not, because, anyone is particularly bad. This will happen like magic, because you're not doing it consciously.

If you ever felt as if you give and never get anything back, it's because you're in the pattern.

Rescuers are special. They would not magically gravitate towards a healthy person because they'd have no job. Healthy independent people will not show up on their radar at all. These people might as well be invisible. Rescuers naturally gravitate towards people who are impoverished in one or more domains, because there is something about these people that remind them of who they were as a child.

Rescuers are not truly wanting to give and get nothing back. What they are doing is rescuing themselves vicariously through others. Rescuers, especially those with childhood trauma, will have abandonment issues. Ladies, beware the rescuers. Cause here's how this often plays out. Rescuer sees someone with a need. In their heart, they think if I rescue this person, she will be grateful and love me. Don't get mad. Disney taught us this. They love bomb you. They put you in a nice little box. They promise to keep you safe. Most likely, you have trauma, too, but now that you're safe, you start to heal. This triggers the rescuer into panic mode. If you get better you will leave, so, they sabotage your success.

Worst case scenario is Kathy Bates in Misery. They hobble you so you can't leave come snow melt.

Second worst case scenario is you end up staying in a trauma bond relationship longer than you need because both parties have abandonment issues and they will sabotage each other by many, minor altercations just to prolong the suffering.

Rescuer relationships invariably fail. Think of it this way. Doctor and patient. "Oh, poor baby bird, I can fix this wing..." Bird gets better, flies away. Teacher, student. I teach, teach, teach, student masters everything I give them, they go away! They have to go teach themselves, or find a new master, because I gave them everything. Even if they wanted to stay, I am now out of a job, I am bored, I am going to have to find a new student. I end up stepping out! Parent, child. Love, love, love, child grows, they individuate, they go away.

Very few people mature and heal so well together that they stay together forever. Can this happen? Absolutely. And it will be the best damn relationship ever. But most people, they heal, they mature, they move on. That's what children are supposed to do. If you're in this pattern, you missed a nurturing milestone and you're getting it in the rescue relation, either by someone rescuing you, or rescuing yourself vicariously so often that you recognize the pattern and quit partaking. That quitting is usually just exhaustion, and giving up.

There are two healthy ways out of the pattern. If you realize you're not getting anything, you are probably in the pattern. Make an assessment and then decide one of two things. Can I give in this situation, knowing I will never get anything back? If yes, I am okay with unconditional love and charity. But immediately call it what it is. This charity. It is no longer a relationship. Move along. If you can't give without putting yourself or your family in harm's way, tell that person, "You're a grown ass adult, take care of your business. Also, we're done. Move along."

Relations require a give and take, some trade. Relationships require intellectual and emotional reciprocity of interactions.

Pattern two is more difficult to discern. Who we will hook up is usually determined by age 4. It is hard wired. If you had healthy parents, you usually have a montage of your parents best traits. If you have a problem parent, you will likely hook up with a partner who reminds you of the person you had the most trouble with growing up. It's more than a trauma bond. It's closer to Stockholm syndrome.

Just ask yourself, who does your partner remind you of? Did you have any unfinished business with that person? If so, that's why you married them. If you resolve the internal conflict, you might have a good relationship with them. Most often, the moment the resolution is found, the relationship ends. More often than not, you end up recreating what you had in childhood, which leaves you at the emotionally wounded age in which you got the worst of it.

Think of this subconscious pattern as being similar to 're-enactment.' Yes, it is true, the criminal does show up at the scene of the crime. Also, some people who are sexually traumatized as a child will continue to put themselves in situations where they are highly likely to be revictimized. It happens enough they created that term! This is the basic tenets of shadow work. Our subconscious always brings us back to the lessons we most need to get. That's it. You're not broken. Your brain isn't broken. You're not failing. You just have unfinished business.

How do you finish the business? Healing. Gratefulness. Forgiveness. These are some of the top few. There are other ways. Sometimes, just slowing down and figuring out the pattern is the fastest way to eject yourself from the pattern.

Chapter 3, Sideways on Soul Contracts

What if intersectionality was so fundamental to life we can no more discern it directly than a fish might know water is a medium until it's removed from the water?

As a counselor, I come sideways against the subconscious pretty much daily. I have touched it enough that I tend to notice the subconscious patterns even when I am not intentionally probing for the undercurrents that can sometimes sabotage an individual's success. Not all subconscious patterns are bad. You know how to drive. You don't think about driving because you mastered driving. If you ever experienced going from point A to point B without remembering the journey, well, it's because you're on automatic pilot. Call it hypnosis, call it daydreaming, call it being mindless, but that's the pattern! What if UFOs are interdimensional objects designed to wake humans from the pattern?



[Professor of Religion Gives Her Take on the UFO Phenomenon](#)

Now one quick way to understand interdimensional objects or entities is to review Carl Sagan's introduction to Flat Land. You'll find that linked below. A three dimensional object passing through a 2D world would emerge as a point, grow, then shrink. If you were to loosely associate the waxing and waning of a moon, or the seasons, you might argue for this cyclic shadow being the sensation of the flow of time through a 3D space.

In the podcast with Joe Rogan, Professor of Religion Gives Her Take on the UFO Phenomenon, Doctor Diana Walsh Pasulka makes an interesting statement. UFOs might be an aspect or an attribute to an interdimensional object.

This could take a moment to unpack. Some folks suggest the UFOs are alive. Imagine we're in a simulation. All artifacts in a simulation would be conscious, because the entire construct is conscious. But if that artifact is just an avatar, then the person using it is more alive than anything in the simulation. An external probe from outside the simulation would seem like an intrusion by an object that defies 'simulation' physics. They would seem alive because there is a conscious agent on the other side, and the sensations of this world are telegraphed through the avatar back to the entity probing.

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