

The 21 Laws of Existence

Taking Control of Your Reality
in a Time of Chaos and Insanity



The 21 Laws of Existence: Taking Control of Your Reality in a Time of Chaos and Insanity

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Preface

History would have us believe that humans have a love for fighting and conquest, and our days have been filled with savage and predatory behavior, with brief periods of kindness and compassion towards others.

The reality is that we are tired of fighting. We are tired of wars. We are tired of countless enemies. We can do without violence and hunger. Our enemies are tired, too. We say 'peace', but we have no peace. We seek peace for our own kind, but not for those we fight.

Our strength as a species is not in the pursuit of a bigger, better, and faster human being. That can only apply to the things we make with our hands, not the foundations we build with our hearts. Our strength has always been love for others, family, and community. It is the mother of peace and prosperity. It kept us sheltered from the great beasts that roamed the earth, kept us safe in times of war and disease, and filled our spirits with reasons to carry on.

This peace begins inside each one of us, in the way we see ourselves.

The tragedy of humanity is a tragedy of the mind. It is a tragedy of the masses. And most of all, it is a tragedy of our unwillingness to see ourselves in others.

Peace begins in the mind of the person reading these words. It is only then can we see with our own eyes something we have never seen before: that each person you see is an intimate part of who and what you are. Your neighbor is as close to you as your own perspective. Your environment is a continuous unfolding of your self. Your enemy begins where you begin.

We decline to accept the end of our own humanity, even as human beings continue to survive. We envision a world of our own choosing. The long search for truth and understanding has brought us back to re-discover ourselves.

Take away our love of chaos, and remove us from the chains of self-destruction.

Introduction

The 21 Laws of Existence is a codification of the principles of Q Metaphysics, which is a field of study that offers an explanation for *all* conceivable phenomena, not through the confines of the physical world but by the universality of perspective.

There can be single explanation for how everything works because perspective is the basis by which we can know about anything. Therefore, we only need to discover how perspective really works to understand all perceptions that we formulate through it.

But if your reality begins with your perspective, how do you begin to realize it?

In order for consciousness to be, you must be conscious of being in relation to something else.

Your brain reflects this reality in its mirror neurons, which will fire the same way if you do something as they would if you see someone else doing the same thing.

Your brain already knows that it is what it sees, subconsciously, but in order for you to be conscious, you must forget that you are already what you see, and interact with it as if you're not.

This book will share important guidelines that you can use to change your reality in your favor by simply re-interpreting what is already in your perspective. By re-interpreting what is often interpreted *for* you by others, the *21 Laws of Existence* will help you become the rightful master of your reality.

But who are these 'others' that seem to control and influence your reality already?

If you can imagine your reality as a wheel with everything revolving around a core that is your perspective, you begin to realize that you cannot experience or think of anything *outside* of your perspective. The story of everything you know in your reality begins here.

You might think it's difficult to know and feel like you're master of your reality when you are surrounded by people who don't really care about the bigger picture. It is easy to look around and assume that you should be more or less like them, or think that the same unwritten rules that apply to everyone should also apply to you. It is easy to think that reality does not bend, rather than seeing it as the dream-like game of creation that it actually is. But it is *you* who decides how the game is being played, by interpreting reality in whichever way you want. This process happens so quickly that it's very difficult for the conscious mind to conceive of what is going on.

If life is a giant game of chess, you are far from being just another piece on the board. But if you focus on the movement of the pieces hard enough it's easy to forget who you really are. The illusion is meant to be engaging and difficult to see behind.

Having forgotten who you are, you can either move or be moved. You can either play the game, or your own game plays you.

The first step towards regaining direct control of your reality is to realize how flexible it is. As you continue learning who is pulling the strings in your reality, you are beginning to find out that everyone and everything has a role to play in this illusion. Ultimately, you will find out that *you* are everyone and everything that you see.

Your true nature in this reality is nothing like the other players in the game, however. You're like a director of a cosmic play who knows the lines so well you find yourself reading along with the actors and – before you know it – find yourself on the stage, forgetting that the whole thing is an elaborate illusion that you produced.

In Q-metaphysics, the illusion is there because there is no way for existence to manifest itself otherwise. As you can only know of one thing in relation to another thing, it is necessary to create an illusion of *something else* in order for the first thing to have a reality. Your reality is completely supported by layers and layers of this same illusion.

Although it is easy to think that external forces have control of your reality (e.g., government, elites, your family, workplace) these external forces exist *entirely* within your perspective and are *entirely* you, regardless of how well or not you relate to them.

Leading your reality is like riding a horse. You must take control of the reins in order to steer the horse in the direction that you want to go. If you don't have control of it, it controls you.

In your left hand you are controlling *relationships*. Think of this as your internal language that you use to understand the world around you. It could be a word, a number, or another kind of symbol or representation. A word like 'butter', for example, references a more complex aspect of reality that you know of as butter. Rather than try to conceive of the complex aspect every time, you just fold the concept into the word 'butter'. The word would then be an interface to that part of your reality. This metaphysical language is what you use to construct your understanding of reality. When this language is manipulated by anyone, your reality is also. If the meaning of the concept of 'family' is changed, for example, then how you interpret it will be also. Or if the word used to describe a particular aspect of reality is limited or doesn't exist, then the ability to perceive or think about that aspect of reality will also be limited or non-existent. In this way you can direct your reality with the words, numbers, and other symbols that shape your perception of reality, or have other aspects of your perspective do it for you.

In your right hand you are controlling *interactions*. Think of this as your external language that you use to understand the world around you. Although you relate to things in order to exist, when you grow insecure of who and what you are, you naturally compensate by increasing your interactions. This is really just relating to stuff at a faster rate. But the faster you relate to things the less value each relationship will have. In physical reality these interactions take the form of stimulus. Although you're always seeking out interactions in order to assure yourself of your existence, when you become insecure you begin to seek over-stimulation. This can put you into a chaos loop of interactions – or, addiction – where you continue to come back for more stimulus. Thus, you can be controlled by systems of chaos loops, particularly those that are designed to make you feel afraid, insignificant, powerless, unsafe, unhealthy, financially insecure, unloved, or needing something other than what you have already.

Both reins are like information streams that flow in an entwined torus around the spine to the other side of the brain. Lose control of either of these forces in your perspective and your outer reality cannot duplicate your internal one. Lose control of both and, like a wild horse that doesn't respect you, your reality begins to control you, instead.

Control over these two primary forces is essential if you want to move from being a slave to being a master of your reality.

The First Kingdom <u>Your Interpretation of Reality Is The Only Reality</u>	
Law #1	Absolute Truth Is Beyond Perspective
Law #2	There Is No Right Or Wrong, Only Relationships
Law #3	Embrace Your Entire Perspective, Your Only Interface With Truth
The Second Kingdom <u>As You Interact, So Does Your Reality Become</u>	
Law #4	Reality Is Made Up Of How We Perceive, Not What We Perceive
Law #5	You Exist By Making Random Patterns That You Then Interpret
Law #6	As You Choose To Interpret, You Choose To Become
The Third Kingdom <u>Everything That Exists Is Folded into Your Current Perspective</u>	
Law #7	Your Perspective Is The Source Of Your Entire Reality
Law #8	You Are Exactly When And Where You Need To Be
Law #9	You Know Of Reality Through Relationships, Not Interactions
The Fourth Kingdom <u>Reality Unfolds From Metaphysical Language</u>	
Law #10	Metaphysical Language Is The Key To A Greater Reality
Law #11	Reality Is How You Perceive, Not What You're Perceiving
Law #12	There Is Nothing To Fear From Your Interpretations
The Fifth Kingdom <u>Emotions Are Illusions</u>	
Law #13	Emotions Are Undefined Thoughts
Law #14	What You Want Is Irrelevant
Law #15	Emotions Are The Gateway To Chaos
The Sixth Kingdom <u>Chaos Is Enslavement</u>	
Law #16	Choose Your Chaos
Law #17	Chaos Increases With Interactions
Law #18	Shape Chaos With Its Reflection
The Seventh Kingdom <u>Discovering Who And What You Really Are</u>	
Law #19	More Important Than Finding Yourself Is Finding Yourself In Others
Law #20	Awareness Happens With Inequality
Law #21	Love Is A Sense of Who And What You Really Are

The First Kingdom Your Interpretation Of Reality Is The Only Reality	
Law #1	Absolute Truth Beyond Perspective
Law #2	There Is No Right Or Wrong, Only Relationships
Law #3	Embrace Your Entire Perspective, Your Only Interface With Truth

You can only perceive of something as it exists in relation to something else. Because of this, you are unable to know of anything directly. Everything that you can perceive is your interpretation of a relationship, not individual things. If you're looking at your hand, for example, you're seeing nearly 100% empty space and perceiving the relationships between the atoms that make it up rather than looking directly at your hand. The things you see can only exist in relation to what they do not seem to be.

The way you interpret the relationships becomes your perspective, set in motion to become your reality and experience. When you can only know something in relation to something else, it is abstract. This illusion persists in all directions of your reality. Because you can't think or know of something that is 'true' without relating it with something else, the truth of something will all ways be beyond your perspective.

Yet, truth is meaningless to you if you cannot somehow experience it. The 'true' things in our lives is not what is absolute but is, instead, what relates most to other things in your entire reality.

An understanding of the universe is ultimately an understanding of how you perceive. Your interpretation of reality is the only reality. Absolute truth is beyond perspective.

Law #1	Absolute Truth Is Beyond Perspective
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There is no way to represent truth, as it cannot be perceived directly. What is absolutely true has no perspective. You can either have truth or you can have perception, but not both. If there's 'truth' there's no perception of it. If there's perception, what is absolutely true cannot be perceived. The Truth exists outside of perspective.

However, something that is more 'true' in your reality is whatever can relate to more things in your reality. The more it relates to things naturally, the closer it is to absolute truth. The thing that can relate *most* to everything in your perspective is your perspective itself. Thus, the closest you can get to absolute truth is your own existence.

You do not exist to find truth but to avoid it entirely by producing an infinity of illusions that make you feel like you exist in every direction. By existing, you are the representation of what Truth is.

The thoughts of Shakespeare's Hamlet are no less real than the thoughts of someone you knew in school. A lie or a fictional story or a phrase can change your life just as much as anything else. What matters is not who or what is 'real' but how those illusions relate to you and how they put things into motion.

The illusions you see and experience are the only way that you can have a reality. Like as in a motion picture, the story of your existence happens *between* the frames and not in the individual frames alone. It is your job to make put them together and make sense of them in whatever way you want.

Law #2	There Is No Right Or Wrong, Only Relationships
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Everything that can be perceived is natural, as perception is the most natural thing in your reality. There is no right or wrong when everything is natural, there is only how you one thing relates to an other thing. Nothing is any more artificial than anything else.

The more one thing relates to other things around you the more real and true that thing will seem to you. When you're dreaming, the dream is more real than more physical experiences.

If you took a trip to another world where everyone had the custom of eating their best friend on their birthday, would you say that they're wrong to do so?

Is it good to help others if your help makes them dependent on you, such as giving them free food for so many years that they forgot how to grow it themselves?

Right and wrong are relative because, as Law #1 illustrates, something can only exist in relation to something else. There is no absolute right or absolute wrong. Instead, what matters is how something relates to how you've defined your reality.

Your subconscious mind makes no distinction between what the conscious mind thinks is right or wrong, natural or artificial, reality or illusion, 'do' or 'do not'. It only cares about relationships, not how your conscious mind interprets them.

It isn't 'bad' if you had a dream of knocking someone over, and your subconscious mind would not think it so. You could think it is bad, and you would not be wrong. Or, perhaps, the thought could be, "Why am I interpreting myself like this right now?"

There are no right or wrong interpretations. There is only what is more or less relative.

Law #3	Embrace Your Entire Perspective, Your Only Interface With Truth
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Your perspective is your only interface with whatever greater reality exists beyond your everyday experience. Embrace your perspective in its entirety, not just the things you think you like. You wouldn't toss out all the necessary bacteria and boring sub-atomic particles in your body that you don't care for, so why would you do that with the extended body of perspective? All of it comes from the same source – you – and is just as valuable as your perspective is.

Everything you love, like, dislike, hate, and could care less about is an interface with something so indescribable it cannot be experienced in a single perception. This greater reality doesn't reveal itself *only* in what you like or feel comfortable with. We can only ever love or hate *how* we are interpreting someone or something, not the person or thing itself. But you've never actually been able to perceive something that you didn't like directly and, thus, don't really like or dislike anything at all.

If something wasn't necessary to illustrate your complete perspective, it wouldn't be there.

The Second Kingdom As You Interact, So Does Your Reality Become	
Law #4	Reality Is Made Up Of How We Perceive, Not What We Perceive
Law #5	You Exist By Making Random Patterns That You Then Interpret
Law #6	As You Choose To Interpret, You Choose To Become

You crawled out of the Void and found perspective like a bat trying to navigate a reality it

can't see. By sending out a signal that interacts with its environment and bounces back its extended, chaotic reality is ready for interpretation.

Everything is you, of course, but you can only perceive of the different aspects of yourself by interacting with them. Interaction unfolds complexity and chaos. The more chaotic something is the more interactions you need to perceive it. The parts of yourself that are simpler require less interactions and more relationships to perceive. Relationships fold the complexity up again and make them easier to perceive.

The deeper you relate to the things in your perspective the less chaotic, complex, and irrational your reality needs to be. The more you interact with the things in your perspective the more chaotic, complex, and irrational your reality needs to be.

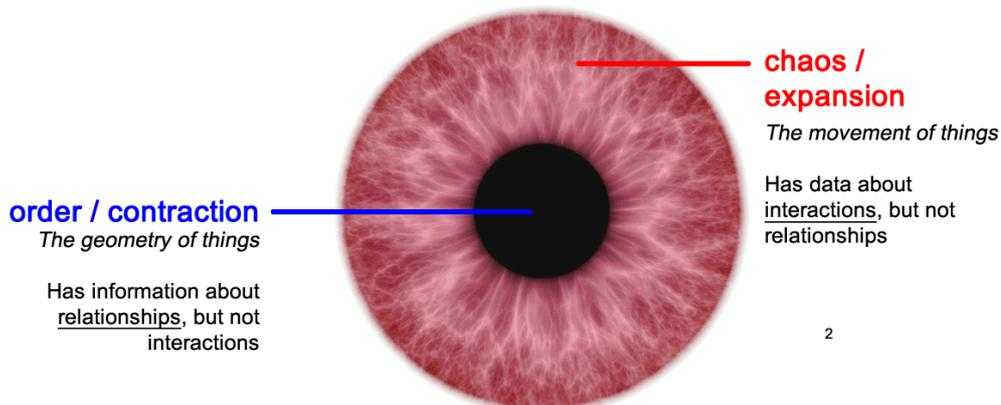
Although you must put relationships in motion (e.g., interact) in order to perceive, you do so by trying to balance both the relationships and interactions, an impossible task. You are *being* through relationships, but you are *becoming* through interactions. Too little being and there are not enough interactions to keep up the illusion of existence. Too much becoming and you destroy your ability to relate to anything.

As you interact, so does your reality become.

Law #4	Reality Is Made Up Of How We Perceive, Not What We Perceive
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You can only perceive the properties *of* your perspective, not the things *in* your perspective directly. When you're looking at an object, for example, you're actually perceiving how the two fundamental forces of perspective work together in a way that you then interpret as *something*.

To take the human eye as an example, when there is contraction and expansion at the same time, you get vision. The contraction of eye muscles allow for information about relationships in physical reality to be perceived, and their expansion allows for information about interactions in physical reality.



eye muscle **contraction** + **expansion** = eye perception
info about **relationships** + **interactions** = sense of vision

In order to see something, you need to have two kinds of information: information about geometry and information about motion. But the more you have about one kind, the less you can have about the other. The more information you have about geometry (relationships), the less information you have about motion (interactions). When there is less light hitting the eye in dimly-lit environments, for example, the pupil of the eye will expand to allow information about the geometry of the environment to dominate. When you're in a bright environment, your pupil will contract to sacrifice information about geometry for more information about

motion.

The center of the eye is best for perceiving geometry (e.g., looking at an object's details) while the outer edge of the eye is best for perceiving movement (i.e., peripheral vision). When geometry and movement combine, the result is a sense we call vision.

How your eye works is the same as how anything else in the universe works, as we can only know of anything through perception. You could never possibly know what something really is or how something really works because you would still need to interpret it in order to perceive it.

Rather than perceiving an actual apple, for example, you are really only perceiving the *method* of perception itself, which you can then interpret as an apple or anything else.

Your reality is an endless interpretation of something that lay just beyond your perspective.

When you interpret in a way that *relates* to other things you have interpreted, it is information about reality (or, Order). When you interpret in a way that *interacts* more with other things, it is data about your reality (or, Chaos). Data, or noise, is the chaos of information when it is in motion.

An interpretation will naturally become more chaotic as it interacts with other things you have interpreted. Conversely, it can become more orderly as it relates to other things. As time interacts, for example, it is set into motion and re-interpreted as space. Said in another way, space is data about time (or, time-in-motion) whereas time is information about space (or, space-at-rest).

Different interpretations make for different interactions which, in turn, make for different interpretations. Thus, your entire reality is born.

The same process happens all throughout your reality. You could interpret something as 'knowledge' that, when allowed to interact with its other interpretations become 'education'. In this way, government becomes politics, tools become technology, content becomes media, production becomes consumption, etc.

The more something interacts, however, the more difficult it will be for it to relate. You can balance a more chaotic perspective by slowing things down, adding more time and relationships to the equation. For example, to understand things more and not just know them, knowledge can be slowed down to the point where relationships are more easily seen. Instead of blazing through 10 chapters of a book in one semester, perhaps studying the first chapter in-depth for the entire semester would provide you with a better understanding of the entire material.

Your reality is made up of the interpretations that you relate to the most, but require the least amount of interactions to interpret. It's not about what you like, desire, feel, or think you are, but what is easiest to perceive and interact with in any way.

Law #5	You Exist By Making Random Patterns That You Then Interpret
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The reality you think you're perceiving is, instead, an illusion that *interfaces* with a reality that cannot be experienced directly. This can easily be shown when two people see the same thing two different ways. Neither is 'true', but seems true to the person experiencing it. No one has the true version. Each is an interpretation of something else that is beyond their perspective.

The universe, and your perspective, not only uses energy in the most efficient way possible but doesn't use any energy at all; It doesn't need to. Rather than transmitting energy from one place to the next or having to produce an infinite amount of energy to sustain the entire

universe, there only needs to be information *about* energy wherever it is needed. Energy is cleverly put in the language used to 'request' it rather than the Absolute pretending to transmit energy to itself.

The human need for some kind of drama to feel like one is alive and their existence is valid drives us to see and make patterns where there are none. This tells the story of an existence whose purpose cannot be known.

And when there aren't enough patterns that you can relate to in order to define yourself, you simply make them up like you the first time.

Law #6	As You Choose To Interpret, You Choose To Become
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People naturally project the reality that they are focused on. Just as you cannot experience what you are not interacting with, the signals you send out are the ones you are experiencing in your reality.

Someone that calls another 'xenophobic', for example, can only do so if they have developed a relationship with xenophobia. Existing entirely in their perspective, they are what they project.

The people that are most -ist, -phobic, etc., are the ones focusing on those concepts. The loudest of them are likely the most confused about that part of their own perspective that they have become focused on.

A person that interprets their reality in a way that relates to happiness will have their reality colored with happiness. A person that interprets their

How you interpret both Chaos and Order in your reality will determine how it unfolds in the space of your experience. However, your interpretations may be difficult to notice at first.

If we were to look at one of the ways you interpret time in your everyday physical reality it would be in the form of the 24-hour clock. A more chaotic manifestation of time (with more social interactions) is in the form of money, a particular velocity of time in our human experience.

As space is time-in-motion and time is space-at-rest, we often measure time with money. Money, being an instrument of measurement, is used to provide order to chaotic social interactions. As humans who are generally insecure in our place in their universe, we often measure our existence using money and value as a way to confirm our own existence.

If we are less secure in our existence, we might find ourselves more on the space/chaos side of the equation as a consumer. Consumers generally spend a great percentage of their 24-hour physical allotment of time participating in systems and ideologies that increase their ability to *interact* with reality. They subscribe to systems that allow them to exchange their time for products and services that they believe have equal value. This 'locks up' their time in products, allowing them to sense their own existence externally.

If we are more secure in our existence, we might find ourselves on the time/order side of the equation as a producer. Producers generally use their time to build systems that increase their ability to *relate* to reality. They build or subscribe to systems that increase their time and removes their 24-hour limitation. They generally do this by transferring production from themselves to something or someone else in a way that *multiplies* their time.

You might find that the more chaotic aspects of your perspective are often found controlling the means of production and managing levels of consumption, something that relates directly how other aspects of your perspective measure existence.

Anything that you perceive is something that is unfolded from your internal reality. As it

unfolds it relates less and less with the core of who and what you are.

How you choose to interpret these chaotic aspects of your being is your choice. How you choose to interpret more orderly aspects is also up to you. But as you fold or unfold it externally, you mirror it internally.

As you choose to interpret, you choose to become.

Everything in your reality you are being. Perceive violence externally in media, for example, and your brain must mirror it in order to perceive it. Perceive something that you think you do not want or like and the brain must mirror it regardless. Your brain is altered from the perception alone.

Choosing the path of chaos is not only choosing to do something chaotic but also choosing to perceive it. Choosing a more sensible, balanced path is as simple as perceiving it.

You project your focus externally and mirror perceptions internally.

The Third Kingdom	
Everything That Exists Is Folded Into Your Current Perspective	
Law #7	Your Perspective Is The Source Of Your Entire Reality
Law #8	You Are Exactly When And Where You Need To Be
Law #9	You Know Of Reality Through Relationships, Not Interactions

Your reality is not made up of separate persons, places, things, and events but *processes*.

As you are the source of your entire reality, everything that you see and experience can be traced back to you. A complex event, for example, is just a simple event that has lost focus and interacted with other things. A chaotic person is just an aspect of you that has lost focus interacting with other things you've interpreted. The more something interacts without relating to it in equal measure, the more complex it becomes.

It is easy to get overwhelmed by complexities and think that's how life is meant to be. Yet, everything that is complex began very simply.

Your entire existence is about interpreting something that is very simple and making it more complicated in order to feel more secure in your existence. You then seek to find a balance between the source of your existence and the Chaos that keeps it going. This is the nature of perspective.

Reality is more far simple than you could possibly see it. Your reality is, indeed, the simplest possible representation of everything that exists and has ever existed, folded into your experience in a way that makes sense from where you are right now.

Just as the word 'mortgage' is a way to package up a bunch of concepts into one representation so that you can more easily perceive it, your perspective also very cleverly folds *everything* in it into one representation: your reality.

You don't need to experience the complex movements of distant galaxies when they have already been folded into the Earth's atmosphere around you. The complexities of the Sun are folded into sunlight, which fold again into proteins in your body. In this way, a grain of sand can be in harmony with the entire universe.

Between the Sun and the protein folding into your body is a logical narrative, a pathway from one thing to the next. A beam of light would not just appear in your body as a protein. Its complex interactions must be traded for relationships – in cycles – with things along the pathway, such as the Earth's lower atmosphere or the surface of your skin, for example. Once a relationship with the proper level of your reality is made, a protein is then said to be produced.

Everything that you perceive can be folded or unfolded from where you are right now. When you perceive of anything you are perceiving this process at work.

When you unfold and *interact* with something or someone it is like touching it in order to subconsciously think, 'I really exist.'

When you fold and *relate* to something or someone it is like stopping to observe it and understanding, 'This is me, in another form.'

Law #7	Your Perspective Is The Source Of Your Entire Reality
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You might realize now that you are the source of your perceptions and you cannot experience, think, or know of anything outside of it. This places you firmly at the center of everything that exists. You are, indeed, the center of the universe.

When what you truly are is so great and infinite it cannot be perceived, the center is everywhere.

When you realize you are in control of your entire reality because you are the core where everything else unfolds from and folds back into, then you will begin to see how you formulate your own existence.

If your reality seems out of control, or chaotic, it is probably because your concept of *space* has increased past a point that you can easily manage. Through chaotic interactions such as with technology, humans are no longer aware just of what is going on with your tribe, neighborhood, or village but have become more acutely aware of what is happening right now on the other side of the world as it happens. This sense of *more-space-in-less-time* means more complexity and Chaos.

Increase your perception of time, order, relationships with people and things, and provide structure to your life to minimize chaos and regain control over your reality.

The great majority of people around you don't act like masters of reality. Perhaps you think it wouldn't be appropriate because you need to consider others. But others do not interpret reality into your perspective. *You do.*

Most of your reality naturally drifts towards Chaos if left unattended. Everything from your core is trying to get to the edge of your perspective as fast as it can. It is up to you to control this flow by building relationships, instituting structure in your life, defining your reality, taking time to perceive things, etc., so that your reality is not chaotic and irrational.

If you learn by copying others in your perspective, remember that you're copying a more chaotic part of yourself. If you interact with Chaos – as is natural to do – use the experience to discover how to relate better with yourself by simplifying the interaction.

Masters of reality form their identity from their own ideas and efforts – from their core. Others form their identity based on the efforts and productions around them.

Law #8	You Are Exactly When And Where You Need To Be
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Everything is here already, folded into your current perspective. There is no need for more understanding, intuition, wisdom, fortune, love, or whatever, other than what you have here and now. Discover how the things you need are *all ready* in your current reality and relate better with them to bring more of what you want into your life.

If you want to grow, learn how you've grown and try to understand how your life has changed because of it. If you want more, take more time with what you have all ready. You

only need to think about your immediate reality, not what is happening in distant times and spaces.

The things in the universe that are most related to who and what you are right now are the things that are easiest for you to perceive and interact with. What is least relative to you is what is most difficult to perceive and interact with. That means when and where you find yourself right now is exactly where you need to be.

Law #9	You Know Of Reality Through Relationships, Not Interactions
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The more you interact with your reality, the less of it you can actually perceive. By interacting more with it, you relate less.

Your relationship with the things in your reality has more value than any interactions within it, because without relationships there is no way to perceive of anything. Yet, you could easily assume that a relationship with something develops as a result of interactions with it. But because your interpretation depends on how you relate to something rather than how you interact, relationships unfold into interactions. Interactions are just complex relationships.

When your relationship with something or someone is valued more than what they can do for you or what you can do with them, then you have begun to understand the greater reality. If you've ever missed something because it wasn't there anymore, and then felt disappointment when it was again, you were missing the relationship rather than the interaction.

When you learn to perceive of relationships before interactions then you have begun to be more aware of who you really are.

When you realize that interactions spring from the geometry of pre-existing, internal relationships then you have made the first step towards defining your reality rather than having your reality define you from the outside.

When you understand that you know of reality through relationships with people, places, and things, rather than through your interactions with them, then you can see the value of what you perceive. Although expressing your self through interactions in your reality makes you secure in your existence, it also makes it easier to miss its meaning.

Relationships contract the space of your perspective to make things easier to perceive. Any goal or destination can be more easily reached once you break down Chaos by spending more time on each interaction. This allows the value of interactions to be discovered at their cores.

The Fourth Kingdom Reality Unfolds From Metaphysical Language	
Law #10	Metaphysical Language Is The Key To A Greater Reality
Law #11	Reality Is How You Perceive, Not What You're Perceiving
Law #12	There Is Nothing To Fear From Your Interpretations

At the foundation of your awareness of reality is your ability to interface with it through metaphysical language.

Metaphysical language is how you come to know and experience anything. It transforms the Order parts of your perspective into more complex ones such as actions, while

transforming the Chaos parts into more simple ones like thoughts and words.

The difference between perceiving a thought and perceiving an action is in how close in time and space it is to your point of awareness. If it is very near to the core of your perspective, then you'll perceive it as awareness of self. Less near, a thought. A bit farther away, the same thought is transformed into a word or symbol. Farther still, it transforms into action, then an event. Approaching the outermost reaches of Chaos, an emotion.

By adding Chaos to the core of your being, basic awareness can transform into a simple thought, thinking, or an idea, a word, concept, symbol, or a person, place, thing, ritual, or an action or event in your perspective. Each manifestation is as real as any other, as each exists entirely in your perspective. The reality of something is in how well it interacts. You are what you perceive.

A bicycle in a dream you're having now, for example, may be more real to you than the one in the garage that you can ride when you wake up. Though the physical bicycle relates more to your physical self, the dream bicycle relates and interacts more with the dream while you're dreaming.

Although you use metaphysical language to help define your reality, reality can never be truly defined. As we can either have perception or truth – not both – our reality is not a reflection but a mere reference to something so great it cannot be perceived.

The endless manifestations emanating from the core of your being and seeking out existence through chaos become your reality. When the metaphysical language you use to perceive this reality is manipulated – by yourself or others in your perspective – your experience of reality is also.

The more you cannot focus your thoughts, ideas, words symbols, actions, etc., on something specific the more limited your ability to perceive your reality will be. When you adopt the definition of others, copy their rituals or behavior, or mimic their actions, then you will adopt a more chaotic version of reality and modify your thoughts and experiences accordingly.

Metaphysical language is what you use when you forget who you are and communicate with the parts of yourself you've forgotten.

As you use it to perceive who and what you really are, it becomes the key to the greater reality itself.

Law #10	Metaphysical Language Is The Key To A Greater Reality
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Neurologists understand that your brain maps how you interpret something rather than what actually happened, and has a difficult time telling the difference between the two kinds of experiences.

The language that we use to relate to and interact with things – the words, symbols, and actions – also determine *how* we will interpret things when we experience them. Show your middle finger to someone who has no idea of its colorful meaning, for example, and it will have no effect. Your action didn't move their thoughts because it had no place in their internal map of reality. Or, say the words, "I really like you," to someone and it might be interpreted to mean, "I don't love you," and they will map it accordingly.

You can begin to understand your reality more by learning how you define the words, phrases, actions, the daily rituals, and other elements that make up your metaphysical language.

Some examples might be: Is how you walk expressing the concepts you want to convey to your reality? Do you choose your words with consideration for how you think of things to be

(or how you want things to be)? Do you think nothing of saying, “I’m so stupid” but then wonder why you have difficulty focusing? Does it occur to you that a simple thing like holding something valuable in one hand while taking out the trash in the other influences your brain to map the valuable thing to the same area as the trash and begin to fire previously-separate neurons together? How are you communicating with your body through your posture? What can doing something like snapping both fingers together when you feel happy do to improve your mood when you're down?

Chaos doesn't need any help in its seemingly infinite expansion, so you can apply more order, logic, and time-spacing to many of the things to balance your perspective.

Western civilization is over-focused on speed and chaos, getting things done quickly no matter how irrational. The emotions and feelings of the day often take precedence over time-tested reason and logic. Workers are evaluated by how much they can do in any given time, most sports revolve around speed, companies focus on ever-increasing revenues every quarter, fast food, fast cars, little in-depth news articles or reporting, countless social networking contacts that we don't really care about, and products with an over-abundance of features. These are all ways that your perspective communicates when you allow Chaos to take control over your reality.

When you prefer the chaotic way, or assume deeper relationships can be skipped, then you are seeing the over-expansion of chaotic forces at work.

When your perspective is influenced mostly by the force of Order, you can interpret a greater reality but not experience it. When the force of Chaos is the over-arching influence, you can interpret a greater reality but it will have no meaning.

A meaningful experience of the greater reality is a balance of both forces of perspective and a sense of who you really are.

You may need to restrict chaos in order to bring equilibrium to your reality and allow experiences to flow more easily. This isn't too difficult. It's your map, after all. For example, if you're looking to pass a difficult test, make up a new word for the feeling you get when it happens, and use it often in various contexts. Or, if you'd like to avoid a particular thing that happens, take a look at your own actions – however small – that usually surround the event and apply time or a system of logic. Minimize Chaos and irrationality by defining and simplifying those things that are chaotic.

You can also explore new territory on your map by defining it with a new set of terms, symbols, and actions. If you want to experience something new, come up with new words and phrases for it, or learn the meaning of those that exist already so you can interact with it more. Develop new symbols and representations for the things you want to experience and the feelings and actions associated with them.

Redefine your reality by redefining some of the language you use to communicate it.

Being honest with language is also important. As the philosopher Epictetus said, “*When you name things correctly, you comprehend them correctly, without adding information or judgments that aren't there. Does someone bathe quickly? Don't say he bathes poorly, but quickly. Name the situation as it is, don't filter it through your judgments. Give your assent only to that which is actually true.*”

Name or represent something for what it means. Do what really needs to be done. Don't be afraid to be honest with your expressions of language in whatever form they may take.

Words and symbols reference more complicated aspects of reality, while actions unfold your innermost thoughts. Improper definitions, improper usage, and improper actions inhibit your ability to navigate your reality effectively.

If you restrict language you also restrict imagination of possibilities, foster your own ignorance and confusion, and allow irrationality to flourish in your perspective.

In trying to make the actions of others in our perspective more clear we must find out how they define their words and make use of language. We cannot assume that their use of important words will match our own, so we must look to their more chaotic expressions to see how their being unfolds. Invite time into the equation and look to their past actions for guidance to see how well their words unpack into the actions they have taken.

Often, people don't understand their own actions because they don't have a clear and consistent definition of their own words or thoughts from which they spring.

Consider the thoughts of others as they express them, but look to their actions to know how their thoughts unfold.

Finally, take a look around you if you want to know what your thoughts really are, and how you interpret your own being.

Law #11	Reality Is How You Perceive, Not What You're Perceiving
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Like most people born in the 19th, 20th and 21st centuries, you were probably educated by learning *what* to think instead of learning *how* to think. You also probably didn't learn the essential life skill of teaching yourself and, thus, are dependent on chaotic, authoritative elements in your perspective (such as teachers, governments, businesses, media, scientists, etc.) to inform you about reality.

When you look outside yourself for the author of your reality, you find systems of authority that are designed to waste your time. How many thousands of hours have you already wasted in school, learning about meaningless things that have no real value in your life? How easy is it for you to even remember the meaningless stuff you've learned, or even identify how you've applied what you've learned?

In the modern era learning institutions provide classes to educate on subjects, but do not offer classes on how to learn effectively. You will not find classes on how to take classes, or even how to read effectively. It is extremely difficult to find a class on the function of memory and how to improve it, how behavior is developed, the role of imagination, how the brain works with regards to learning, how to have a healthy brain, how being social affects brain development, how to focus and organize, the importance of discipline and determination and how to use them, creating measurable goals, being responsible, communicating effectively, and thinking critically. Neither will you find classes on proper manners and being polite, honor, courage, identity, the benefits of failure and how to stand again afterwards, the importance of life-long learning after formal education is completed, working independently, working effectively in teams, civility, accountability, public speaking and conversation, being cautious in reasoning and not jumping to conclusions, identifying social manipulation and propaganda, identifying fraudsters and malicious parties, leadership, how not to be discouraged by critics, making financial budgets, managing time wisely, or even the different ways to be of benefit to your community.

If the purpose of formal education is to prepare people for the 'real' world, what does it mean when they find out that most of what they learned has little real value to their lives? What is being learned when so much of it is meaningless? *Submission.*

How much more different would humanity be if billions of hours were not spent taking mandatory algebra classes where one learns about polynomial functions and parametric equations – irrelevant to the lives of nearly 100% of the population – but were spent learning

about courage, kindness, and civility, instead? (Put it into perspective by thinking about the thousands of hours a malicious person in your perspective spent learning about algebra or a historical narrative that never really happened.)

Learning any of these fundamental life skills would mean simultaneously learning critical and creative thinking. Instead of this, however, one learns how to memorize facts and appease self-appointed authorities. Telling someone to *be* courageous or studious (or any of the above things) is very different from learning how to *become* it.

Unfortunately, modern education is irrational and is simply another way for the force of Chaos in your perspective to destroy time, minimizing your ability to take control of your perspective.

On your way to becoming a master of your reality, you probably have a lot to un-learn about your reality.

What the vast majority of people learn from their formal education is very different from what is taught in the most elite academies around the world. Classical education was the norm in schools throughout the West before 'Prussian-based' education reforms began to take hold in the late 18th and early 19th centuries. Although the system is still the default today, many of the world's 'top' producers and thinkers have been educated in the classical method, or have simply taught themselves.

The foundation of a classical education is based on three stages. The first two stages help to develop a systematic approach to thinking about anything and everything.

The first stage is Grammar, which is learning about how words are related to other words and so-called objective reality. This allows for a greater perception of the who, what, when, and where of reality. The second stage is Logic, which is the processing of language and discovering the 'why' of reality. It is understanding the way in which language is used in order to make your experience logical. The third stage is Rhetoric, or wisdom. This is understanding how to express oneself in a way that has the greatest effect on your reality.

In a pure classical education it is only after many years of studying the fundamentals of how to think for oneself that a student would move onto 'subjects' where they learn about things like music, geometry, and arithmetic.

In modern education the first stage – Grammar – has been transformed into a 'grammar school' education that skips the Grammar and Logic stages altogether and moves directly into subjects prematurely. Without the ability to think for oneself, one can only be left to memorize things and learn how to follow instructions.

Just because you know how to read, it doesn't mean you know how to learn. And having a good grasp on a particular subject does not mean you know how to think for yourself.

It should come as no surprise that you cannot interpret something for which you don't have concepts for. Everything that exists is *already* in your perspective in a folded or unfolded state. The question is only: "Do I have the metaphysical language to define it, and thus relate to it and perceive it?"

The best way for chaotic aspects to hide a 'truth' is to hide the means to conceive of it. Without a way to conceive of something, you can't.

While a classical way of thinking offers a great set of tools for navigating and manipulating the world around you, a different way of thinking is needed to understand the nature of reality itself.

You can begin by realizing that if you are aware of your thoughts then you are sensing them and, by extension, interpreting them by finding a way to represent what *already* exists. Thus, 'thinking' is interpreting existing relationships, not doing any 'thinking' directly.

Where was your thought before you gave it structure via language?

Are you able to think of something without representing it first as a word, event, shape, process, concept, or something else?

If 'thought' is entirely dependent on representations for its existence, could you say that what you are actually doing is interpreting something that is beyond your ability to perceive it directly? Even beyond reality itself? Would not trying to interpret the impossible-to-interpret lead to a seemingly infinite variety of possible thoughts?

Before your thought had structure, it could have been *anything at all*. Before you interpreted your thought as something, it was nothing in particular.

Thinking and interpreting, then, provide focus to your reality. You can think of it as a way to collapse the uncertainty of the Absolute and provide tangible value to existence itself.

All interpretations and possibilities can be said to exist beyond perspective but collapse – or fold – into something that can be perceived when it meets resistance from something that it is interacting with.

Your reality depends entirely on how you are interpreting it. By knowing what to think you can interpret things, perceiving them and experiencing reality. But by knowing *how* to think you can understand it and draw meaning from it.

A classical education tries to mirror the process of how we work within reality. Grammar for *inputs*, Logic for *processing*, and Rhetoric for *outputs*.

It is natural to think of the process from inputs to outputs and back again as a linear progression, but this only when we think of the process from a physical perspective of time-space, not from the system of metaphysical language on which reality is based.

In space, an object cannot actually be placed in front of another because there is no direction in space without time. Similarly, one event cannot come before another in time because time has no motion without space.

If we sense a linear progression in time it is because we are also interpreting space (*spatial information*), along with it. If we sense direction in space it is because we are also interpreting time (*systemic information*) along with it.

In this way, the entire process happens simultaneously because it is an interpretation of something that is beyond time and space. The interpretation happens at once, and each step of the process is really just a different way of looking at the same thing. We see things unfold over time and space because that's a fundamental part of the metaphysical language we are using to interpret it.

Your experience of the process of reality formation is an illusion. It is the metaphysical language itself that takes up time and space, not reality.

To illustrate the simultaneous nature of this process is simultaneous, let's illustrate it with simple math: $1+2=3$. Here, '1' and '2' are your inputs, while '+' and '=' are the processing. By the time you decide the first input you have *already narrowed down* the output from endless possibilities. Because '1' was chosen as an input, the output uses the same system of logic and is collapsed simultaneously with your selection.

The input focuses the direction of the output. Because we chose '1' over something else, the output is not 'cow spleen' or 'Adelaide' but something that reflects the same logic as what you chose as the input. If you chose cow spleens as inputs, instead, you would have affected the interpretation of the output.

This also means that any part of the process could be chosen without the other parts being known, collapsing the possibilities of the other parts into something relative. The more specific any part of the process is, the more the other parts will collapse into something specific.

Your reality is an interpretation that depends on how you communicate information about it.

As soon as you've thought of something you've already determined how it will unfold into action. As soon as you act, you've already narrowed down your thoughts.

Actions are *accelerations* of thoughts being interpreted. Thoughts are *decelerations* of the actions being interpreted.

If you have only aggressive words and concepts to choose from, for example, it would be difficult to interpret actions any other way. If your actions are efficient, it will be expressed in other parts of your reality.

If you've tried everything you can in order to change your reality, try thinking about how you communicate it. The metaphysical language you're using to communicate your reality – the thoughts, words, phrases, concepts, symbols, actions, emotions, etc. – could actually be limiting your interpretation.

Just as you cannot easily change your body because it is a fundamental to your interpretation of your physical experience, you cannot so easily change your thoughts. Your thoughts are everywhere in your reality, as are other manifestations of your self.

Law #12	There Is Nothing To Fear From Your Interpretations
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There is nothing to fear from your interpretations of reality. There is nothing to fear from any aspect of the language that expresses it. Do not be afraid of thoughts, words, actions, or anything else. As you relate to your reality to perceive it, define it for yourself.

Be comfortable being all things in your perspective, no matter how you think you should feel about them. As you are unable to perceive of anything that is not in your perspective, you are not able to perceive of anything that is not you.

Love and hate, like and dislike, pleasure and pain, and other expressions are interpretations, not absolutes. If you are experiencing love it is because that is the easiest way for you to interpret something. Make what you want to experience convenient for your interpretation. Don't move to the desert if water is what you're looking for.

When you encounter resistance, realize that pushing against something only focuses it in your perspective. Resistance of other aspects of yourself is how your reality is born, but sometimes it is just you telling you which way to go.

If someone in your perspective is trying to hurt you in one way, hurt yourself another way with a satisfying laugh. You realize your reality is an extension of yourself and it is up to you to you collapse it as you please.

Know that the actions of others are your own. Bring actions back to the source – *your perspective* – and see them as if in a dream. The most complex of actions can be altered with a single word or thought. Redefine them to your advantage.

If parts of you are working against you, take on their cause or reasoning for a time so they are unsure what they are actually resisting. And, by extension, you can perceive resistance less. Any resistance comes from you, of course.

The chaotic aspects of your reality can be masters of spatial information (e.g., creative pursuits, resources, emotional manipulation, technology, etc.) but are not so good with systemic information (e.g., logic, memory, strategy). Use it to your advantage.

If interaction with a chaotic person is inevitable, ask for definition and clarification of important concepts. Often, agents of Chaos mask their confusion in a sea of words and actions they do not really understand.

We really only fear not existing and have nothing to fear from the Chaos that makes existence possible.

The Fifth Kingdom Emotions Are Illusions	
Law #13	Emotions Are Undefined Thoughts
Law #14	What You Want Is Irrelevant
Law #15	Emotions Are The Gateway To Chaos

Emotions are thoughts that have no focus. They are thoughts, words, and actions that interact so much with your reality they become abstract. They are the deepest of illusions, not the authority of your reality and experience.

There are no *true* feelings or emotions because you can only know of what you feel through comparison. But truth stands on its own and is independent of perception. It is beyond the ability to interpret it. What is 'true' for us is that which relates most to everything in our reality, whether we agree with it or not. [Love, a sense of who and what you really are, is not an emotion. See *Law #21*.]

You could feel more happy if you focused on happy things. You could feel more sad if you focused on sad things. So which is how you really feel? Neither. But you could waste a tremendous amount of time not being aware that your feelings sprang out of what you were focused on.

We often see our feelings as being 'true' when they're just extensions of whatever we have been focusing on for minutes, hours, or even years.

Law #13	Emotions Are Undefined Thoughts
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Emotions are thoughts that have been accelerated so much through interaction with other things in your reality, they became unfocused.

Thus, an emotion only has as much power as it relates to other things in your reality.

We consider it human nature to act from emotions because we see our emotions as being true. We can *feel* them, after all. But nature doesn't do what it feels like doing. It does what makes sense, all things considered.

This sense is the harmony between Order and Chaos.

Our bodies often have a better sense for this balance than our conscious, emotional-driven thoughts do. After a long day we feel tired. When we need nourishment we feel hungry. When we are sick we have symptoms.

Yet, your body wouldn't work if it was powered by emotions. It's powered by folding endless interactions into meaningful relationships, just like nature. It's illustrated in the pregnancy cycle, DNA and cell replication, growth cycle, and even in the shape of our bodies. The force of endless expansion meets a contracting force that folds the expansions into a harmony that reflects the process of our own perspective.

If you had to choose between taking a 6-hour flight on an airplane piloted by someone that was more emotional versus someone that was more logical, what would be your choice? You would probably not choose a pilot that acted mainly from their emotions, yet both types of pilots would be imbalanced.

A pilot who acted from logic alone could deduce that there was no way to steer the craft to a safe landing after a critical malfunction, and give up trying altogether. A pilot acting on their *sense* of harmony instead of either extreme would likely add some hope to a hopeless

situation.

Yet, acting from a place that leans more towards emotions or logic is often how we craft and steer our own lives. The emotional among us wonder why they have a hard time working with systems that are already in place in society, sometimes making them resist laws and authority. The logical among us wonder why their reasoning abilities are near useless when applied to the chaos in the world around them, sometimes leading to bad decisions.

Rather than allowing emotions to control your life, focus on how you relate to other things in your perspective, not as your emotions might color them.

If you're not sure how to think or feel about something, see what else it relates to by observing it over time. Then you can judge it by the reality that surrounds it.

When emotions group together they form a belief. Because beliefs form relationships, they are given more definition and seem more real than would be as unfocused thoughts alone. Thus, our beliefs seem true to us, though of course it is impossible for any of them to actually be.

So many of us are slaves to our emotions, thinking that we need to follow them because we feel them move us inside. When we feel a certain way, we focus on it, producing more of the same feeling. We might think the emotion became stronger because we feel that way, not realizing what really happened. We might then 'follow our heart' for emotions that didn't actually have definition to begin with, all the while not knowing how we actually feel about things.

Chaos breeds chaos.

By managing your emotions, you don't suppress them but shape them.

Instead of just saying you 'like' someone, for example, define what that means. In what ways do you feel it? How? When? How do they benefit (and how do you know)? How do they feel about what you're doing and how? How are you communicating those feelings? Don't just talk about them. Writing them down, drawing them, thinking about related feelings, etc., are other ways to help make them more clear.

This way, you can turn your emotions into more of a sense by choosing what they are related to and how, and what they attract. This limits the abstraction that is the power of Chaos, allowing you to take more control of your limitless potential.

We tend to focus on the interactions – the slap, the pain, the loss – but not their relationships with the things that we can see. We then base our feeling on how something looks or seems on the surface rather than how it relates and interacts over time.

This may give us the sense that how we feel is a reflection of what is actually going on, when it probably isn't the full picture. We know this intuitively, though, and may use emotional expression as a way to try to find out what we are thinking.

If you desire more balance in your reality, stop doing what you feel like doing and start doing what makes sense to do.

Law #14	What You Want Is Irrelevant
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Your perspective contains both what you like and what you don't, yet nothing in your reality actually cares about what you like or want. You might desire to surround yourself with what you like, choose to do things you want, have experiences that you would like, eat things you

like, yet may still feel unsatisfied when you do them.

Because human brains require dopamine, a chemical that is produced when we search for or attain something, our brains will manufacture emotions and desires that aren't really there in order to get what it needs. That means that many of the things you think you desire are actually the brain's way of tricking you into producing more dopamine. Does your brain really want to check for new messages, or just care about the dopamine that doing it will provide?

If you do something because it makes you feel satisfied, then it's probably dopamine at work. Many of the day-to-day things you desire are just your brain trying to maintain, or exceed, its normal dopamine levels. Whether it's checking email or your mobile phone for updates, playing games, watching television, movies, and videos (including seeking out particular themes in television and movies, such as thrill or violence), browsing the internet, news, partying, social media, or whatever, you are constantly tricked into thinking that you want things that are actually just mechanisms for dopamine delivery.

Making you feel like you want something is the brain's perfect way to rationalize how you're getting a particular source of dopamine.

You're unlikely to discover or be aware of this trick by yourself, though, because the brain that figures it out is the same one that will be affected by the potential loss of dopamine. It's goal, in that way, is to convince you that your desires are your own. [See *Managing Your Chaos Molecules* in Law #16]

Nobody cares what you want – including you or your brain. But even then, you don't *really* care that much, because those desires are always changing in small ways. Your wants and desires morph as your perspective does. What you really care about are the more focused things that you can actually perceive – the things *surrounding* your wants and desires.

Do you really want to buy a new house, or is what you really want all of the benefits it could bring? If it did not have those benefits, would you still want it?

We only desire something when we can perceive and relate to what surrounds it, while the thing itself – an illusion – is just an interface to those other things that we really want but we can't define as easily.

That your wants and desires are ultimately meaningless is wonderful. That means you can define them as you please, rather than having your desires control your life.

You can make things more likely to happen, even if you don't know exactly *what* will happen. You understand this intuitively – you're not likely to find a job if you don't look for one, for example. You need to bring about the conditions around what you want in order to perceive it more in your reality.

Want a new romance? Define it. What does it do to your Saturday morning schedule? Start to perceive it by experiencing where it is *now*. Want a new laptop? Bring it closer to your experience by experiencing the drama that owning it might involve, perhaps by looking for a replacement for the adapter you 'lost'.

Your perspective will begin to fill in the blanks with the missing information that looks more and more like your new laptop.

Make it happen by nudging your perspective in the direction you want it to go. But don't think of it as a 'want'. Discover it as something that exists in the here and now. There is no need to wait for what is waiting for you. Everything exists all ready, ready for you to unfold it.

Law #15	Emotions Are The Gateway To Chaos
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Your feelings change, as does the way you interpret reality. When you allow your feelings to determine the way you interpret reality, however, it is far more difficult to define who and what you are.

Emotions get excited by how something looks or seems on the surface because they don't have time for the depth of real understanding. When we bring our feelings forth from clearly defined thoughts, then we have married emotions with sense.

Without the tether of definition, emotions encourage an irrational thinking that thrives by interactions to captivate you with its endless dramas and busy-ness, but have no real meaning on their own.

Because an emotion can change so rapidly in subtle ways it is hard to reduce it to a clearly-defined thought process. It may help to think, 'How did I arrive at this emotion?'

Because emotions have no clear definition, they can be felt forever, expressed forever, and affect other things forever. They are the gateway to chaos.

Define your thoughts, and place them at the forefront of your reality.

The Sixth Kingdom Chaos Is Enslavement	
Law #16	Choose Your Chaos
Law #17	Chaos Increases With Interactions
Law #18	Diminish Chaos With Its Reflection

The spirit of Chaos is both exciting and addictive. It looks good, tastes great, and promises all the infinity in the world. An endless variety of choices, fun, wealth, excitement, programs, games, pleasure, products, music, celebrity, applications, services, satisfaction, and so much more. Spend too long on the Chaos train, however, and you'll become as hypnotized by its charm and flavor as those around you, unable to relate to who and what you really are.

Populations are easy to enslave with the many temptations of Chaos. As problems created by Chaos can only be solved with more Chaos (to a lesser degree), irrational people will automatically assume that more Chaos (at the same level or higher) is the solution to their problems.

The advantage that Chaos has, however, is that following its path makes you think and act irrationally. This makes it difficult to notice its affects in your thinking and behavior, and makes it difficult to be able to find a path out of it.

The ability to reason is the foundation of any civilization. We can compare modern civilization to a supermarket. There are a few really healthy products but mostly you'll find a lot of junk that are deceptive. It would be difficult to find something that isn't packed with chaotic elements, such as sugar-loaded products designed to manipulate your dopamine system.

The best things to get at supermarkets, then, are just ingredients. That way you can produce in a more balanced and nutritious way.

Because Chaos is so exciting, it is difficult to see how it distracts you from a far greater sense

of who and what you really are. With Chaos, the meaning of one's life is drawn from the distractions.

In this way, Chaos is enslavement.

Law #16	Choose Your Chaos
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Being just about everywhere, it's easy to step into Chaos. Just because it's infected so many people, places and things, however, doesn't mean you need to focus on it yourself.

Although it's impossible – and unhealthy – to reject and avoid Chaos completely, it isn't difficult to minimize its effect on your perspective. For this, you can be aware of Chaos in its many forms.

The agents of Chaos are different aspects of your own self and perspective, making efforts to increase the velocity of the information coming from your core by turning it into noise. These irrational and chaotic elements are meant to overwhelm your senses so much you don't even bother trying to figure out who and what you really are. The goal of Chaos is your submission, since your core is the only thing keeping it from expanding forever.

You might not think that these aspects of your reality are overwhelming your conscious mind but they make you almost entirely submissive. You could say that a deer in headlights is still conscious, but what kind of consciousness is it?

When we barely understand the reality we ourselves interpret, Chaos is doing a rather good job of spreading confusion.

Irrational people can often be quite nice and happy, perhaps convincing you that maybe they aren't so irrational after all. They can even sometimes explain their flawed reasoning with verve or a smile, which may actually confuse your brain and get you to adopt their thinking or actions. That's the power of Chaos to influence your interpretation of reality with things that might look and sound attractive but are actually more like an infectious disease that takes control of the host's brain and changes their behavior in order to spread further and faster, like toxoplasmosis in cats that makes them behave in a way that is attractive to humans.

As you are what you focus on, by interacting with Chaos you are creating possibilities for Chaos in your reality. Relate to chaotic things and your perspective will take on chaotic properties over time.

What you focus on is what you will build relationships with. It doesn't matter if you like or don't like something, or what your desires are.

Don't make the mistake of focusing on what you don't like, as many often do, wondering why they see more of what they don't like in their perspective.

Choose what you will focus on, and choose your Chaos wisely.

Some basic rules of thumb:

- Media regulates the flow of words and symbols in society, while government, corporate, and other entities regulate the flow of interactions. They all lean heavily towards the never-ending expansion of Chaos.
- There is little benefit to interacting with irrational people, situations, or ideas. Doing so makes your interpretations of reality more chaotic. If you must interact, give them a challenge and leave them alone.
- Many make the mistake of interacting with irrationality when they think they're rejecting it. Sharing a video of someone who says something stupid, for example, you

may think that you are spreading awareness when you are actually increasing its presence in your reality. As you choose to perceive, you also choose to relate to and interact with.

Managing Your Brain's Chaos Molecules

Dopamine is a molecule that is vital for communication between neurons in the brain. Your brain must produce dopamine in order to function properly. Produce too much or not enough, though, and your brain – and your ability to interpret reality – will become imbalanced.

Dopamine is the brain's Chaos molecule. It causes you to want, desire, and seek, motivating you to undertake actions that will ultimately result in a signal to your brain that you exist. It is most powerful when you're stimulated, but not stimulated enough to completely satisfy you. Anticipation of stimuli (especially rewards), however small, also keeps dopamine levels high.

Your environment gives your brain the signals it needs to produce dopamine.

There is nothing wrong with things that directly or indirectly trigger dopamine surges in moderation, whether it's listening a song that you really like, going out with your friends, eating sugary foods, playing video games, smoking, watching digital entertainment or pornography, participating in social media, browsing the internet, etc. However, sustained dopamine surges over a long period of time leads to a *loss* of dopamine activity in the brain, prompting you to seek out even greater dopamine-rewarding activities. It also makes activities that provide less dopamine surges appear to be *less* rewarding and harder to do. Perhaps your subconscious signals your conscious mind not to start a conversation with someone you don't know, for example, because being 'social' online would provide you with a greater surge of dopamine. So, instead of striking up that conversation you pull out your phone, all the while not realizing what just happened.

The lack of dopamine during activities where there is no reward mechanism involved makes it harder to focus and function normally. It also drives you to think of creative ways to get what you want, but not avoid what you fear.

While humanity's dopamine levels are increasing substantially through the use of technology, the neurotransmitters for signals like loss, danger, and safety are not increasing in the same proportion. This means that one is far more likely to ignore real danger to pursue meaningless rewards.

The degree to which humans will become complacent to various kinds of dangers to receive ever-increasing surges of dopamine will only increase over time.

Now imagine that billions of people around the world are far more over-stimulated than they have ever been thanks to social media and technology, excellent facilitators of unpredictable events and rewards which work to stimulate the dopamine system to a high degree.

Our civilization has become lethargic not because of media and technology but because of our addiction to the increased dopamine levels that they can provide, which substantially decreases our cognitive abilities to think about the problem and to do anything about it.

It is very difficult to think of how much over-stimulation has made us slaves in our reality because our brain is highly unlikely to conclude that its own choices are harmful.

A great percentage of the 'civilized' world is unknowingly becoming uncivilized by over stimulation, making for hypersensitive sensory neurons that lead to prolonged and exaggerated responses to stimuli such as chronic pain, depression, or just being offended at the drop of a snowflake.

As our technology becomes more personal, we become less personal. As we shift our own

logic and rationality over to technological systems, we become more irrational. As we search for identity, we lose the one we had already.

If the civilized world seems like its getting exponentially dumber, more irrational, more self-destructive, and more uncivilized every year that passes, now you know why.

Without a healthy cognitive function we lose the very thing that allowed us to produce civilization in the first place: our ability to reason.

Law #17	Chaos Increases With Interactions
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Beliefs and behavior are influenced by shared social connections. The larger the group, the more contagious the belief or behavior. In groups, people become weaker, more irrational, and slower to respond. The greater the interaction the less the value of each participant in the whole.

Media and technology are the primary tools to spread a chaotic, extended reality within populations in modern times. Media such as social networking apps that accelerate Chaos and amplify its distribution are culprits. They fortify the illusion that what you need is somewhere else and that your essence is somewhere other than here and now.

The trick of Chaos is to convince you that such technologies are good because it can be argued that they make humanity better overall, lead to a sense of connectedness, and provide people with access to information they never had previously. But has any of this happened, or does it seem to have the opposite effect? Is information being used to strengthen relationships or increase interactions, producing more Chaos?

If we think what is used to enslave us can also be used to set ourselves free, is it safe to assume that we are willingly enslaving ourselves?

The more one relies on technology to perceive and interface with reality, the more one becomes a product and loses control over the production (or, *interpretation*) of one's own perspective.

Law #18	Diminish Chaos With Its Reflection
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Chaos would not want to live in the house that it has built.

Yet, from the perspective of Chaos, it is logical and Order is irrational. In order to diminish Chaos it must see its own reflection.

Chaos does not respond well to logic, but does so to more Chaos. Although you can diminish Chaos with logic, it is only when logic is applied in small quantities to Chaos that logic becomes useful to diminish it.

Any defense against irrational thinking and behavior that cannot be substituted should not be a reasonable one. When you're using an adversary's own energy, you don't need to defend yourself. They are turned off by their own reflection.

The mind is always making patterns and always believes it is making sense. To itself, it is always logical.

People that are irrational do not believe that they are. Reasoning with them won't have much benefit, if any at all. Reason would seem irrational.

Just as you can convince an emotional person of something using emotions rather than logic, an irrational person can be met with irrational words, actions, arguments, and behavior.

If it an irrational person or situation cannot be substituted, you can illustrate the irrationality by bringing it to its logical, inevitable conclusion – no matter how offensive. This will also serve to demonstrate the irrationality to your own perspective, where the irrationality originates.

A culture of *sense* can be grown, however small, rather than fighting against chaotic or ‘evil’ forces, or trying to persuade irrational people to see a particular point of view.

There will always be Chaos in some form or another for as long as there is existence. But if you give your time to Chaos, you have already been lost to it.

The Seventh Kingdom Discovering Who And What You Really Are	
Law #19	More Important Than Finding Yourself Is Finding Yourself In Others
Law #20	Awareness Happens With Inequality
Law #21	Love Is A Sense Of Who And What You Really Are

You have existence because you continue to resist who and what you really are.

The origin of existence is something that is beyond any perspective. It is true and absolute, and not even a small part of it can be contained in something that can be perceived.

Fortunately, we don’t need to perceive of anything directly.

Only in relation to something else can we know of anything. But that ‘something else’ doesn’t actually need to exist. We only need to relate to the illusions we create and find reality in our interactions with them, helping us define who we are.

The essence of perspective is a nothing-in-particular pretending to be something-in-particular, producing two imaginary forces that resist the other to bring itself into being. We resist the God within by forgetting who we really are in order to have a life that only has meaning when we remember the heart of ourselves again.

Law #19	More Important Than Finding Yourself Is Finding Yourself In Others
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In order to exist, the journey to be who and what you really are must never end.

You have no idea who you really are, what you're really thinking or feeling, and what your experience really is at this very moment. In fact, you can't perceive of anything happening in your here and now. Even as you look in the mirror you are interpreting the electrical signals coming from your retina as they were in the past.

Truth is beyond any perspective. But you’re also defining yourself anew at every moment.

More important than actually *being* who you really are and arriving at nothing is to discover who you really are at the heart of anything, which can show you the way to perceiving everything.

Law #20	Awareness Happens With Inequality
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In a universe where a thing's reality depends on it *not* being other things, true equality does not exist and is unnatural to pursue.

There is nothing in nature that is equal, nor should it be. Nature seeks harmony, not equality.

Human beings seek out equality when Chaos is pursued, insecure in their own existence. In their irrational view of Order they see equality as the savior that will bring meaning to their Chaos.

The irrational may want equality and diversity at the same time, when neither is natural.

Equality goes against the natural balancing mechanisms of the universe of perspective.

Without the interaction of polar opposites in a way that maintains the illusion of inequality there can be no awareness of self.

Polarity allows us to define – and thus know about – ourselves and the external world.

With inequality there is balance.

Law #21	Love Is A Sense of Who And What You Really Are
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Love is the only meaningful feeling, because it brings you back to the source of everything that is. It is a sense that you are that which you love; that *you are that which you perceive*. It is an interpretation of the one-to-one relationship of your perspective, a reflection of a basic awareness of your self in your reality.

You are not only the people, places, and things you love, but everything that you don't. Love is the doorway to that realization, not matter how novel the doorway might appear on the surface.

When you realize that your essence extends to your entire perspective, then your existence is truly meaningful.

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