

# 12. Power & Creative Heat

Casually  
In the genre of scientific Notebooks  
already established  
by don the scientist  
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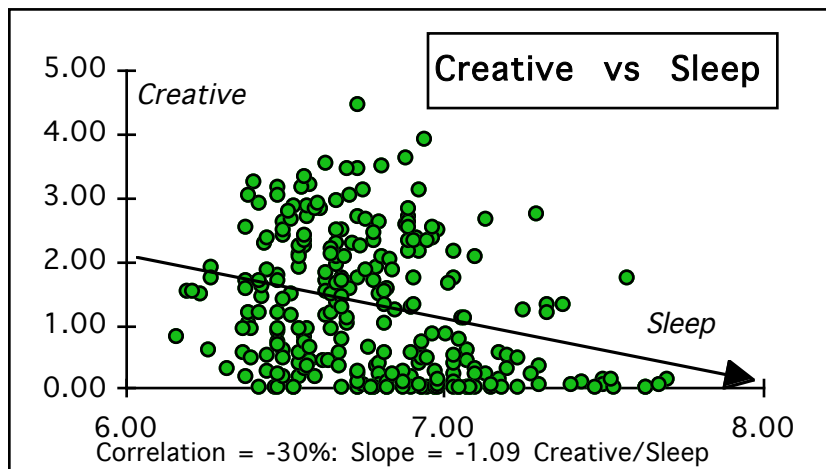
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## Chapter 6: Power

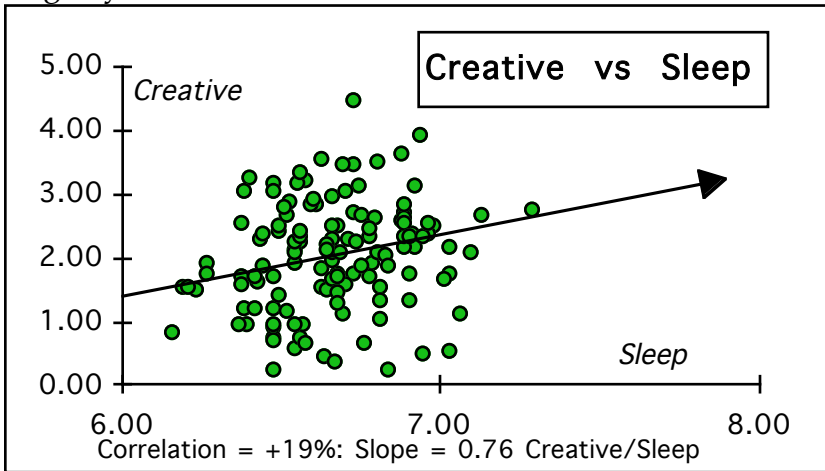
In section 1, we touched briefly upon the ability of Sleep to influence events. We mentioned that when the Experimenter discovered what a small influence Sleep had upon Creativity that he stopped recording Sleep. Let us talk about this ability of one Action to influence another. We will call this the Power of one Action over another, or the potential to do Work.

We will need a variety of ingredients in order to cook up our Statistical Soup. First we will need two Data Streams. Hopefully both of their Distributions are Normal and their relation is linear, if not great care need be taken in interpreting the Stats. The Stats we need to perform the operation are 1) a Correlation, 2) a Best Fit Line, with a Slope and Y intercept, and 3) a Standard Deviation for each Data Stream. Now that we have all the ingredients, we can start cooking up our soup.

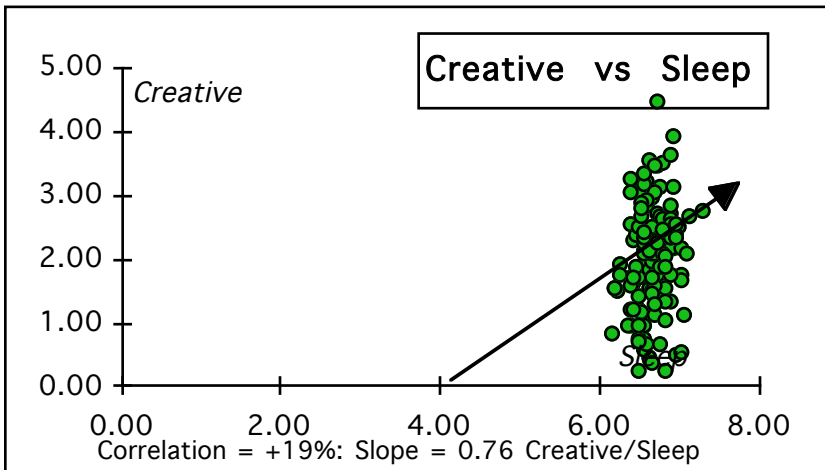
The Standard Deviation of each Stream is the average amount of variation that is expected of the Data Stream. As we pointed out in the Notebook Data Stream Momentum, this figure acts both as a description of past events and as a predictor of future events. Therefore if a Data Stream had been going for 20 years with a Standard Deviation of 0.5 hours, we would expect it to continue with the same Deviation into the future, unless something serious changed. Therefore we will define the standard deviation as the potential change. Let us start with a concrete example. Sleep has a Deviation of 0.30 while the Creative has a Deviation of 1.07, their Correlation accrues the 22 years of Data is -30%, which is pretty high, and their Slope is -1.09. Since the Sleep has a potential for change of 0.3 hours and the slope is  $\approx -1$  the greatest change for the Creative is 0.3 hours = 18 minutes as pointed out earlier. However a Correlation must be squared to get its effect, therefore  $-.32^2 = .09 \approx 1/10$ . Therefore multiplying this times the 18 minute potential yields about 2 minutes. Sleep has Power over 2 minutes of Creative Time.



Now let's check the Power of the Modern Sleep Set when the relation was positive. The Standard Deviation of Sleep is 0.21 hours while the Deviation of the Creative is 0.85. There the potential of Sleep for change is about 12 minutes. However the slope is 0.76 which means that the Creative changes more slowly than sleep. Multiplying the slope times the Deviation yields 9 minutes. Then take the effect of the Correlation which was +19%, squared which is about .04 or 1/25. Take this times 9 minutes and we have an answer given in seconds. Therefore the Power of Sleep upon the Creative is about 20 seconds \* 30 days/Month = 10 minutes/ month. Certainly not worth haggling over. - Or putting any effort into.



Here is a scatter plot which best exhibits the lack of influence of Sleep on the Creative.



Let us apply the same technique to our previous ratios. First let us look at the Power relation between Meditation and the Creative. The Standard Deviation of Meditation is 0.14 – times the Slope, 2.45, = .343 – times the Correlation<sup>2</sup>, .33<sup>2</sup>, ≈ .04 –times 60 minutes = 2.4 minutes/day \* 30 days/month ≈ 1 hour/ month.

How about the Healthy vs. the Creative. The SD of Healthy is 0.94 while the SD of the Creative is 1.04. Their Slope is  $0.59 * 0.94 = .55 * (\text{Correlation}^2 = .54^2) = .16 * 60$  minutes  $\approx 10$  minutes/day or 300 minutes/ month = 5 hours per month.

How about Work vs. Vitality. The SD of Vitality is 1.73 while the SD of Work is 1.00. The slope of Vitality to Work is -0.98. The product is about -1.00 multiplied \*  $(\text{Correlation}^2 = -.57^2) = -.325 * 60$  minutes  $\approx -20$  minutes/day or -600 minutes/ month = -10 hours per month.

In other words if our Subject works an extra hour a day in a month, i.e. if he works 5 hours a day = 35 hours per week, then this will cut into his Vitality time by 10 hours a month. Conversely if our Subject works an hour less per day, i.e. 3 hours per day = 21 hours per week. This will add 10 hours a month onto his Vitality time.

## Chapter 7: Fractalized Data, the Hole Theory & Creative Heat

Let us return briefly to our Data in order to better understand some underlying theories concerning interruptions and the Creative Fire.

### An Example of a Day of Data:

As mentioned the Data consisted of daily readings of hours spent on different activities. The daily readings were averaged over a month and then correlated across each activity. For instance, on November 2, 1994, the Subject spent 1/2 hour on Home Time, 3 1/2 hours Children Time, 1 1/2 Exercise, 2 1/2 Talking, 3 Writing, 1 Waiting, 1 Reading, 6 Sleep, 5 the Rest or Emptiness. Each day added up to 24 hours of data. Because of inherent limitations to our Data, which we've explored in previous Notebooks of the constraints of Fuzzy Data, each reading could only be taken to the nearest half hour.

### Behind Categories

Each Category was like a container to throw the Time Numbers into. Because each 1/2 hour had to be thrown into some container and because we didn't want to deal with too many time containers, the mouths of the containers were large. Some of our categories were general enough to absorb diverse types of time expenditure. For instance, the Exercise container, holds Tai Chi, Biking, Swimming, Dance, Walking, and anything else that might seem physical. Each of those separate types of exercise might have their own dynamic, but I chose to treat them as one class.

### A Brief Reference to Fractal Behavior

The general category representing the Activity called Exercise is in no way homogeneous. No human behavior, including Sleep, is homogeneous. Behavior is filled with holes. Just as the leaves of a tree emulate three dimensions but mainly surround empty space filled with their curved planes, so does behavior emulate continuous time, while in fact it is filled with holes. The leaf configuration is based upon 2 dimensional planes, while organizing as 3 dimensional space. Therefore some scientists say that trees exist in fractional dimension between 2 and 3. In a similar manner while we seem to live in continuous time, it is actually quite discontinuous. As with the discrete images which create the illusion of an animated cartoon, our Mind extrapolates temporal continuity when our Conscious Mind is much more active than that, jumping from place to place like a monkey. It is only with great concentration that one continually brings the Mind back to the Present after his instantaneous excursions. Thus the Mind extrapolates continuity where only discontinuity exists. This illusion of temporal continuity is at the heart of most objections to the cyclical Spiral Time Theory. (See 1. [Spiral Time Theory Notebook for more supporting theory.](#))

### Examples of the discontinuity of behavior

Sleep is not continuous from the moment one gets into bed, until one gets out. Instead scientists have charted very complicated brain wave cycles and stages when we are supposedly continuously asleep. Similarly Exercise differs in intensity and concentration. Biking differs from Tai Chi, which differs from Jazzercise, which differs from Swimming. When Swimming, sometimes it is relaxed, doing side strokes, while other times it is racing and diving. Further even Tai Chi differs from itself on a day to day, week to week level. Doing Tai Chi with different classes under the same Master on different days has different intensities, with some days devoted to more verbal teaching and some devoted more to form. Sometimes the Student is distracted thinking about potential problems in the future or things that happened in the past, while other times he just gets lost in his thoughts, daydreaming about nothing in particular. The ideal is when the Student is just concentrating on the form, on what his Body is doing, nothing else. Unfortunately this ideal is mostly Hope with very little Reality. Again the Mind strings together moments of Consciousness and calls it Continuous rather than acknowledge the reality of 'Fragmented Consciousness'. The Form is merely the Anchor which our Monkey Mind returns to after he has finished playing around in Oblivion.

### An example of how Consciousness is fragmented

"That stupid manager! Why did he give me such a stupid schedule? I can't believe he did that to me! To me, the Great Scientist and Writer! Why I'll get even, I'll turn him into a boob in my next novel."

Whoops! What am I doing? Distracted again. Back to the basics of form. Hip tuck in - Dragon back - chin in - shoulders down - stomach in.

Boy she looks silly - Sure is moving erratically - and to think that she said that ...

Darn Lost in thots again - No time for regrets however - Regrets are a type of thot which distracts one from the NOW - which I'm lost from again - back to the Form

Slipping and sliding in and out of the Universe, from dimension to dimension across space and time.

Cultivate the flow of energy - feel the energy shoot up my spine - Oh ecstasy! Yeow that feels good! Wallowing in the Now!

Wonder if anyone else is feeling this good. I am such a unique person. Probably not. I am just so superior I ...

Ouch! What is that tweak in my knee? Must pay more attention so that I don't hurt myself.

Thank you friend Knee for hurting and bringing me back to the Present with each ache and pain.

Must protect my knee and relax. Uh oh! How many Wave Hands have we done? I've lost count. And is it second or third Wave Hands - Lost in oblivion - I can't remember - Must concentrate, but not on concentrating - Sink down.

Ahh! Back to the Kundalini circuit from base of the spine to the top of the crown - connected from head to toe feels so good

If my manager could only feel what I feel he would treat me better -

Let go of it! - These negative emotions are just distracting you from the real work that needs to be done -

Which is - Concentrate on the Form to avoid Oblivion and focus one's consciousness to increase the intensity so that a precipitate might form - Not enough energy and the energy is not concentrated enough to leave anything behind. Indeed the Energy isn't enough to follow any train of activity and dissipates instead - Leaving loads of unfinished business behind -

These are good thoughts - but must let go of them and return to the Form - Ah sweet continuity - My Body seems to be doing the right thing - At least I haven't run into anyone."

These were just the Thoughts of a five minute stretch of Tai Chi. While the Body was moving the Mind was fragmented - jumping from place to place like a hyperactive kid on his third can of Soda who has forgotten to take his Valium.

### Mini-Theory of Fractal Behavior

So the theory is that each activity has its own internal fractal pattern which blends in with the more general fractal pattern of a larger group. There exists a fractal Tai Chi pattern which blends in with the larger Exercise pattern. The smaller patterns are however unique from the larger pattern. Many small fractal patterns add together to emerge into a unique larger fractal pattern. [\(More about this in Fractal Behavior.\)](#)

### **The Hole Theory and Creative Heat**

The point is that in this experiment, we are only studying time-allotment. We don't care about the quality of a session. If we can get our Subject to Practice, the quality will take care of itself. All we care about is the quantity of time spent. But in terms of the quality of time spent and the idea of fractional dimensions, we would like to make a few comments. Consider any hour spent as an approximation of continuous time. Hence the writer at his desk for 4 hours writing, might spend a few minutes collecting his thoughts, might get up to stretch, go to the bathroom, change the music, answer a telephone call, sit thinking about what to write next. Those four hours will never be filled with continuous word generation. At one level of discontinuity, how fast does the

writer type? So our continuous time is shot through with holes if we consider it writing time. It is mostly writing time. But this 4 hours of time that we call Writing is actually filled with holes and probably if visualized would actually look like a piece of Swiss cheese. So I will call each of these interruptions a hole in the activity. Of course each session is different and so each piece of Swiss cheese altho' tasting like cheese still has more or less holes. Now I will define the quality of the time as defined by the number and size of the holes. So take this mini time line of the 4 hours of writing and break it up into its real components, thinking time, typing time, bathroom time, phone call, snack time, verbal interruptions, etc. Now instead of looking like a line, it looks like a dotted line. If the space between the Writing time exceed the bars then maybe the time should be dumped into a different category or at least divided between two different categories. Suppose that during writing that one is interrupted by a few short phone calls, then the phone calls are disregarded and the time is still called Writing. But now suppose the writer gets a call from an old friend and they talk for an hour on the phone. Now that 4 hours of Writing becomes 1 hour of Interaction-Talking and 3 hours of Writing, a clear-cut distinction. Now suppose that the writer is trying to rent a studio and has an add in the paper and receives numerous short phone calls interspersed over the 4 hours. None of the individual Talking holes added up to more than 3 minutes but if added up turns into something measurable.

#### Thermodynamics, Entropy, and the adiabatic curve

My theory is that the holes of time take up much more energy than actual time. In thermodynamics there is a concept called entropy, which translates into an adiabatic curve. What this curve shows is that movement increases the entropy of the system, which means a loss of energy. The classic example is a heated house. It takes much more energy to bring a cold house to a livable temperature than it takes to keep the continuously warm. This is why people don't turn off their thermostat when they go to sleep but instead maybe just lower it a few degrees. The amount of energy it takes to reheat a house after it has lost its warmth to the evening cold is much greater than if the fires had been kept burning.

I am suggesting that a similar phenomenon comes into play with the Creative Fire. It takes some heat energy to get the Fire going. Once the Fire is going, it takes much less energy to keep it going than to start and stop. This principle operates on continuous time as well as the cyclical spiral time mentioned in Notebook 1, the Spiral Nature of Time.

In continuous time the principle is much more apparent. One takes energy to get the ball rolling. Once it is in motion the coefficient of friction is much less than when it is

stopped. Thus in continuous time when the Creative Fire is lit, it takes much less energy to keep it going than to start it again after it has been stopped. Thus each time there is an interruption, it is as if the ball has been stopped and must be restarted again, with all the extra energy this entails. If time was continuous and had no momenta then these stops and starts would have no effect upon human output. However because we experience time cyclically as a spiral instead these stops and starts have an effect disproportionate with their actual size. As an example: An Artist, whether painter, writer, musician, scientist or mathematician, gets set up to Create. Then his or her Mind connects up with the Divine Source and the channeling for the gods begins. Ideally this channeling is allowed to manifest until it is finished. This is the Creative Momenta.

Anything that interrupts this creative fire, we will call a Hole. Each time a Hole occurs the whole process of inspiration must be invoked again. This takes extra energy, which takes away from the power to channel. The Artist in creating a work must first set up his work station, whether it be easel, computer, or lab, or just turning on some lights and opening your box full of paints. This process takes time but only must occur once per daily session. This part of the process acts in continuous time. If someone calls or interrupts this process doesn't have to be done again. One simply goes back to one's cubicle and begins work again. However the next stages of the creative process are not so simple. After getting the work space set up and ready to go, one mentally reviews the progress of the previous days, getting the whole project in one's mind, then with this holistic view of the Creative Project one then goes into a trance. This trance state takes a longer or shorter time to achieve depending upon many other factors, depending on how 'Hot' the Artist already is. How "Hot" the Artist is depends upon how many Holes have interrupted his or her work and how close he is to finishing his momenta. Starting a new Creative Momenta always takes a while to get the Momentum going.

Anyway the workplace has been set up, the context for creation is mentally established, then the Muse is invoked. At this point the Artist is possessed by the Divine and has entered the Creative Trance. Anything that breaks this Trance is an interruption, creating a Hole in the Creative Momenta, breaking the Trance, as it were. Sometimes the Artist when interrupted is like a Chicken who has been Setting, who has been in the Setting Trance, and then is interrupted. His language is garbled, his Mind is disoriented, he doesn't seem as if he really there at all. The more disoriented he is, the deeper his Trance. The deeper the Trance that is interrupted the more difficult it is to regain it. Sometimes if the Trance is aborted completely enuf, it might never be regained. This is not to say that the Artist will never enter the Trance state again as

much as it is to say that the particular Trance that he entered with the particular message that he was trying to impart with the particular words that were to be used with the continuous flow that was achieved might never be regained. The Artist might finish a painting or work with another set of words or notes or colors but that particular momenta might be lost forever, depending upon the depth of the interruption and the intensity of the Trance.

Anyway the momentary interruptions might be neutralized if the Artist keeps his Mind upon his Work, just as a Chicken never forgets her Eggs even when she gets off the Nest briefly to get Food and Water. As long as she gets back to her Nest in a timely fashion her Eggs will not get cold, her Chicks will not die and the Eggs will eventually hatch. However if the Setting Hen is removed from the Nest for too long, the Eggs could get too cold aborting the Germination process. Or the Setting Hen might forget her project altogether if the Trance is broken for long enuf. "Eggs? What eggs?" The owner might attempt to deliberately break the Trance of the Setting Hen if he doesn't want her setting.

Anyway the Setting Hen is like the Artist. If the Artist is interrupted but maintains his concentration then he can return to his Work and regain his Trance. If however the Interruption is too long, he might not be able to regain the Trance or he might even lose his Project.

As an aside, certain Hens are good Setters and others are not. The ones that are good Setter never lose their concentration on the Egg until it is hatched and until after the Chicks can survive on their own without the internal heat of the Hen. The Bad Setters are the ones that have erratic bursts of concentration. They Set for a few days and then get off for a few days which doesn't give the continuous Heat necessary for germination. Else they sit on the Fertile Eggs for 2 weeks and then give up before the last week is over. In these cases all the energy of Setting is negated because the Eggs aren't given enuf continuous Heat to hatch the Chicks. They never mature or are lost in the last week before they hatched. This potential exists with the Artist as well. This project must be carried thru to a certain level of completion before being abandoned. If the Project is abandoned too quickly, it might remain a fragment forever, never achieving existence as a Unitary Whole.

We have been speaking primarily of continuous time - The Setting Hen sits on the Fertilized Eggs for 20 straight days before they hatch and then must tend to the chicks for another week or so before she can leave her trance and her chicks to their own devices. Therefore the Setting Hen must maintain her Trance continuously for almost a full month in order to bring her Egg to the state of Life. She doesn't leave the nest,

except briefly to get food and water, even at night. Obviously the Artist doesn't enter the Trance that deeply.

The Artist takes time off to eat, sleep and lead a normal life. Therefore the continuity of the Trance is maintained primarily in a cyclical fashion. Each day the Artist attempts to reach the Trance-like state in which he is channeling for the Gods. He hopes that His internal Heat is enuf to germinate the fertilized Eggs and then to hatch a completed work of Art.

Each day he hopes for his Trance to complete itself. This has to do the individual momenta of the day. He has just a discrete amount of energy to use up on a daily level. No matter how intense the Trance is, the Artist must take time to eat and sleep. Therefore once he has manifested his daily energy he must rest and nourish himself no matter how intense the Creativity is. Therefore the Artist hopes to manifest continuously on the Daily Level to manifest the Creative Momenta the gods have given him fro the day.

Unless he is working on short projects, like a short story, a poem, or perhaps a song, or maybe even an impressionist painting, normally these Creative Projects will take days, months or even years to complete. In that case we have left the Continuous Time of the Setting Hen and have entered the Cyclical Time of the Artist. In this case the Artist is given a discrete amount of Creative energy on a daily level, which can be used or dissipated. The Heat he generates for the longer Project is nearly identical to the Creative Heat of the Daily Outpouring except that it is quantized rather than continuous.

In this case the Artist must maintain his daily concentration despite the continual distractions of day-to-day life. Each day he gets his momenta of creative energy. With each day of Creative Work added to the last the Heat of the Artist begins to build in a cumulative fashion. His Trance intensifies. While a momentary interruption on the daily level takes a lot of extra energy, requiring the Artist to restart his Creative Fire, to regain his Trance after it has been broken, a interruption in the daily flow can be even more devastating, especially at certain key times. If the Artist loses his concentration for even a day it takes a lot of extra energy to regain the Trance. If the Artist loses his daily Trance for a week he might never regain it without a prodigious effort. Therefore the Fire of the Artist, the Heat, how Hot he is, must be renewed on a Daily level. Once the Project has been completed, then the Artist can go back to daily life, doing normal things, vacationing, parties and the like, but the Creative Fire must be tended continually on a daily level. This doesn't mean Continuously; this means continually in spiral fashion. As each day returns to the Creative spot, wherever that might be it is

mandatory that the Artist breathe with his project or it will suffocate and putrefy from lack of oxygen.

Once the Fire has gone out it takes a much greater energy to restart it. Sometimes the Fire goes out for good and is never restarted. Further the aborted project is just as much of a cycle that has its own Momentum. Therefore every aborted project carries its own energy with it. The only way the energy is dissipated is by finishing projects. The best way to defuse the momentum of lack of completion is to finish the project. This way there are no residues of incompleteness, which generate their own cyclical energy.

The Creative project begins with the Heat of the Trance. With each additional Day that is added on, the Heat of this Trance increases, developing its own momentum along the way. This Momentum is broken or mitigated unless each day the Fuel is consumed. Using the Trance energy increases the Heat, while not using the Trance Energy decreases the Heat. There is no such thing as stasis, at least when we are dealing with the Fire of inspiration.

Therefore the Artist who is interrupted might become exceptionally irritable or depressed because he has experienced an Artistic abortion. As mentioned, some of these momenta can be regained while some cannot. The daily momenta are unique outbursts of hopefully continuous creativity, which add in an integral way to the hole. The Weekly or Monthly Creative momenta have a larger integrity which is enhanced by the continuous daily activity but which has a larger more stable configuration, which doesn't depend upon exact words and phrases but instead could be created by a myriad of different configurations. However this larger more stable configuration has its own time frame, which can't be tampered with much either, without losing the Whole to the Holes.

In summary the Artist attempts to maintain two levels of Continuity. The first is the continuous time outburst on a daily level. The Artist attempts to reach the Creative Trance, which the Greeks personified as the Muse, and then maintain it without interruption for best effect. The second level of the Creative Trance extends to maintaining a regular daily schedule. This daily output increases the Creative Fire and the Trance on a weekly and monthly level. This level of Continuity is just as important as the continuous creativity on the Daily level. While one is based upon continuous Time, and the other is based upon Cyclical Time, both Fires need to be tended to prevent them from going out.

One last topic before my Creative Momenta for the day burns out. The intensity of the Fire, the Creative Trance, has a lot to do with the quality of the Output. A tepid fire creates a tepid output, suitable for certain types of Science and journal writing. A hot

fire creates poetry and inspiration, which is unapproachable is the Fire is too weak. Therefore if the Artist's individual Creative day is broken up with lots of interruptions, lots of holes, then the Fire never gets that hot, and the Inspiration never becomes that deep. One doesn't reach the state of the perfect word, the perfect color, the perfect sound, or the perfect idea. Instead one wallows in the state of good words, which communicate, good colors which suggest, and good sounds which pacify. To reach the state of Perfection, which inspires and stimulates and enlivens, the Fire must be hot and uninterrupted.

Similarly on the long term level, if the Artist's long term output is plagued by daily holes the Fire never gets that hot either, which inhibits the Daily Continuous Output as well as the longer term project. The deep inspiration is lacking and the paper or story or painting or musical composition might be good but will have a hard time reaching the level of Great. If the Artist's longer term output is interrupted by missing weeks, the Creative Heat will go out and Project will have to be restarted from scratch. If the Creative Heat is interrupted by missing months or years, the Creative Fire might go out for good, never to be relit. This is true for the vast majority of humankind.

In summary the Creative Heat, which arises during the Trance, must be tended just like a regular fire. Further it follows similar principles to regular physical heat. It drains energy from the system when there is an interruption. The rise in Entropy must be guarded against, else it will put out the Creative Fire altogether. Next the Notational system which communicates these ideas.

#### **Notation:**

Whenever I refer to a Data stream, I will use a capital letter to begin the word. For example, Sleep refers to the data stream that has been accumulated under the word Sleep, while sleep refers to the act of semi-unconscious rest that each of us participate in every day.

#### **In the Beginning**

##### The Source

We start with a Source. This Source is moving through Time. The Source is Unitary. Unitary!? Anything that cannot be fractionalized is unitary. Animals, including humans are unitary. [\[See Fractional Notebook for a more thorough treatment.\]](#) While our Source is unitary, his behavior is not. The way he spends his time can be broken into parts. "He spends a third of his time sleeping", is a valid statement.

##### The Experimenter

We now have an Experimenter, who wants to study the Source. He doesn't want to study anything about the Source except how the Source spends its time. Our

Experimenter doesn't need to know anything about our Subject except for time allotment. The behavior of most Earthlings is based upon the 24 hour day because of the dark and light cycles. Thus our Experimenter decides to break the Source's behavior into Days. This is the Duration. How much of each day is spent upon different activities?

### Quantity not Quality

He doesn't care about the quality of the subject's behavior, only about the quantity. He doesn't care how well the subject plays the piano, but he cares if the subject plays the piano. The Experimenter only cares what the subject does with his time; he doesn't care how well he does it.

### Data

Quantity implies numbers, Data. Because each day is conveniently broken into 24 hours, our Experimenter decides to quantify the Behaviors of his subject in hours. He generated his Data in the way specified in the Notebook Data Stream Momentum. His Duration was one Day. His Units were in Hours. His Data was in terms of Hours per Day.

### The Totality of Behaviors

He first broke the Day into a Sleep Box and an Awake Box. Then he broke the Awake Box into a series of smaller boxes. Each Duration, or Day, our Experimenter added up all the entries in the Sleep and Awake Boxes and then subtracted this from 24. This amount he threw into the Null Box. Now the sum of the Data from each of the Boxes on each Day will add up to 24 hours per Day. This is the Totality of Behavior for our Subject, our Source

### Action Boxes

He called each of these behavior boxes, Action boxes.

## xxghHere Old Garbage

the Data Streams in the Healthful Alliance, mentioned above. The Healthy 3 is the inner kernel of the Health Alliance based upon the continuous strength of their connection. I could go into specifics, but suffice it to say that I was overwhelmed by the continuity and strength of connection between the Healthy 3.”

Interviewer: “Maybe the Scientist could give us some details.”

### Creative Activities linked with Healthy 3

Experimenter: “Further, some of the other Actions included in the Healthful Alliance, associated with the Healthy 3, were Actions that I wanted to inspire in my Subject. As mentioned I primarily wanted to inspire my Subject to do Creative Work. The Healthy 3 were especially positively connected with Writing and Science - Two of my special concerns. I had always felt that my Subject had the most creative potential in these fields. As an added bonus, the Healthy 3 were also friends of Music, Sex, & Sleep, as mentioned earlier.”

Experimenter: “Excited and convinced by the especially high connections between the Healthy 3, of which Meditation a part, and these Creative Actions, I lent my tiny bit of support to Meditation as a way of inspiring my Subject’s productivity. I also believed that the Meditation would clarify and heighten the quality of my Subject’s production, also essential parts of the creative process. It seemed like a win-win situation, especially when I realized that Music, Sex and Sleep were part of this Healthful Alliance as an additional frosting on the cake.”

Scientist: “Also the Healthy 3 were not negative to Art, the last of the Creative 3, but was instead neutral or slightly positive.”

Experimenter: “I concluded that Meditation, like Sleep, certainly augmented the Creative 3 rather than fighting with them for time, as I had suspected previously, in my mechanical way of thinking. Thinking more holistically, at last, I realized that if I could entice my Subject to Meditate and do Tai Chi, which was my Exercise, that all the rest would take care of itself. I just needed to stay out of the way and let my Subject manifest creatively without trying to conscript his activities except to make sure that he got plenty of Sleep and Exercise and remembered to Meditate daily. From here the Music, Writing, Sex, and Science follow naturally.

### Increasing Meditation, Exercise, and Helping Out increases Creative Output

Reducing Sleep didn’t increase output. Reducing Sex didn’t increase output, Reducing Pot did not increase output. Reducing Exercise and Meditation so that there was more time didn’t increase output. Reducing the time spent helping out so that there

was more time for output didn't increase output either. In fact increasing the time spent Meditating, Exercising, and Helping Out certainly did increase output or at least allowed it to happen."

**(a break xxgh) Creative 3 and Health Alliance fight Kid Alliance**

The main fight with the Creative 3 and Healthful Alliance was the Kid Alliance, as pointed out above, not amongst themselves. Work while fighting the Kid Alliance was also fairly neutral to the Creative 3, while consistently negative to the Healthy 3."

## **Transcription of the Correlation Study: 1976->2000**

### Half Page transcription

Probably a few definitions are in order. a Data Stream is the term for the

#### Page 1:

While each of the Data Stream is unique, they tend to break themselves into three enhancement groups and one other. The 3 enhancement groups, E groups, are called that because each to the members enhance the other members of the group. The main E group by far is that consisting of the 4 activities, Meditation, Home, Exercise, and Writing. Their average interaction is +31.8%. The 6 interactions between the four activities range from 18 to 47. For reasons that shall become quickly clear we shall call this the Meditation Group.

47 is the highest interaction on the whole sheet. This is between Meditation and Home/Help. Both of these activities started near the beginning of the study in 1976 and have continued steadily, if irregularly, since. This interaction is key. While the information, i.e., correlation, stands on its own, My theory is that Mediation neutralized the Person Trance enabling the person to serve others - Getting locked in projects thru obsessive behavior - Hunting - one pointed behavior ins neutralized by Mediation to be more multitasking.

#### Page 2:

The strongest addition to this pair is Exercise with a 34 and 39 added to the duo for an average of 40 for the three - The exercise in recent times has been primarily Tai Chi but has included Modern Dance, Jazzercise and Volleyball in times past, not to mention Biking, Hiking and Swimming on a more irregular basis. Again the Exercise is a body exercise which neutralizes the vise grip of the Left Brain illusion of Self Fever

The next strongest addition to this trio is Writing with correlations of 18, 21, and 32., which gives the average of 32 added to the rest - Let it be pointed out that Writing only consists of creative writing. While words are the media - the creative right brain is the motivation that propels forward - This includes History, Religious, and Fictional Writing- Whichever form this writing took, it included Inspiration else my Person would have stopped or put himself to sleep through Boredom.

#### Page 3:

Hence the inspiration is unlocked by Meditation/Exercise & Help - Possibly the Inspiration is rooted in the urge to help clarify for others (Thus the Writing urge is connected with the urge to Help out. This is extremely different from other creative activities, which my Person was involved in. We will examine these other activities later.

Depending on how one groups the activities (Remember that any grouping is an attempt at simplification combined with an inherent distortion of reality) The next activity would be Music which interacts positively with all the above activities - if not quite as strongly 14, 6, 13, 14 - an average of about 12 - There are still no negatives. The bundle's average drops to 23.8 over 10 interactions with the lowest at 6. Notice that Music is another Right Brain/Left Brain activity which is beyond thots.

#### Page 4:

The perceived value of this non-verbal side could be enhanced by Meditations. Let it be noted that our Person's musical side has been erratic at best. which my Person's ability reflects - Thus his musicianship is nowhere near professional and would only be considered a hobby with no practical value.

A sixth activity could be added to this bundle Sleep - This too adds no Negative interactions to the Bundle. However we have the first zero interaction between Writing and Sleep. Sleep interacts on the levels of 22, 16, 18,4 and 0 with an average of 12/ Added to the whole bundle lowers the average to 298/15 about 20 over 15 activities which is still quite high.

There is no other activity that is positive with all of the above activities - However Sex would have to be considered part of this enhancement Bundle. The interactions while containing a slightly negative interactions -6 and -9.

#### Page 5:

contained some extremely high correlation with the other four 16, 20, 32, and 30 al told the average for Sex is  $83/6 \approx 14$ , which is very high. When added to the total  $381/21 \approx 18$  - this is a positive 18% correlation over 21 interactions which is still incredibly high - While Sex is slightly negative with Helping out and Writing as It could drain energy from Help as the Chinese might predict , plus it is in combat with the verbal mind of writing as a sensual activity - But it interacts extremely positively with Med. Exercise,. Music and Sleep - All follow non-verbal activities - Hence with the exception of Writing which is based around Inspiration which is inspired by the Right Brain, and Helping Out, the other 5 activities in the Enhancement Bundle are heavily right brain non- conceptual non verbal activities.

#### Page 6:

Meditation's active purpose is to still and revitalized the verbal conceptual Left Brain. Sleep shuts down the Left Brain naturally while not completely as is exhibited by dreams - Music while beginning in the verbal domain ends by shutting the polar world of words out. Good Sex has no thots and is purely sensual - touching and smelling are the emphasized senses. Exercise while containing a verbal component - again attempts

to transcend the verbal level especially in Tai Chi but in Dance and aerobics also - The Body and its muscles and tendons are the focus not the mind - Music and sleep & Sex are so Mediation and Exercise when combined as a Group have a 203/10 rating of 20.3 average over 10 activities. However these activities are arranged and no matter why they are

Page 7:

Incredibly powerfully correlated with each other - As it were this bundle could be called the Right Brain Alliance with Meditation leading the way.

There are no other actions which relate as strongly to the Right Brain Alliance - However there are a few other activities which relate positively to parts of the package but not the whole - Viewing relates poorly (-6 to -15% correlation) with Med., Help, & Ex is neutral (-5 -> +5%) with Writing and Music, but reacts very well with (+16 -> 25% Correlation) both Sleep and Sex - In fact Sleep, Sex, & Viewing are a powerful trio with a nearly 20% collective correlation. between them - Watch a movie - Have Sex - and Sleep Well. No time for Meditation - a little more selfish - no time to help out and no time for exercise. Writing and music continue unaffected.

Page 8:

This is a very interesting phenomenon. Without Viewing there is time for Med. - Hence Helping and Exercise as mentioned before - Further Writing and Music are augmented - With Viewing, the trio of Help, Med. and Ex are inhibited - Music and Writing are unaffected while Sleep and Sex are augmented

An increase in Viewing throws the whole Meditation dynamic off. The Helping goes as the Person is more Self absorbed - Exercise drops form lack of focus. Writing and music move ahead propelled on by other forces -

But what are the other forces that augment Writing? The Big Trio, i.e. Med., Home Exercise, which are all lessened by Viewing. Hence while Viewing itself does not attack Writing it undermines the major sources of Writing. Further it augments Sex which is a minor enemy of Writing. Thus Viewing attack the allies of Writing and Aids her enemies.

**Page 9:** While Viewing is neutral w/Music it attacks her 4 main allies. i.e. the Big Three combined with Writing. Viewing does augment Sleep which is an ally of Music, while is neutral towards Writing. Hence Viewing even in her neutrality deviously undermines the foundations of Writing and Music.

The other activity, which connects up, is Divination. My Person engaged in Astrology, Tarot Cards , and the I Ching from the beginning with durations of intensity followed by durations of non-existence. Divination has a Zero correlation with Viewing

indicating an affinity or similarity - a neutrality with regards each other. You go your way - I'll go mine. With non interference

While Viewing was slightly negative Divination is very negative towards the Big Four ( Including Writing) with a negative average of  $-70/4 \approx -17$ . While it is neutral to Music, Divination undermines all of Music's allies except Sleep and Sex, just like Viewing.

Page 10:

Indeed the four of Viewing, Div., Sex and Sleep could be considered a positive group with a linking average of  $105/6$  activities  $\approx +17$ . while Viewing and Div. are neutral they augment each other's allies and attempt to undermine each other's enemies. While Viewing is mildly negative towards Helping and Writing - Div. is extremely negative  $-52/2=-26$ ) towards both. While both Div. and View are neutral to Music they are both extremely hostile to her allies which undermines their strength. With a reduction in the Meditation 4 Alliance, Music might continue on in the face of a lack of support. Indeed a good case could be made for the group of Music View, Sex Sleep and Div. with an average of  $154/10$  actions  $\approx +15$ . A little music , movies Sex , Sleep and astrology. Sounds like a 60's rock star - No Meditation, Help, Exercise, or Writing.

Page 11:

Thus Viewing and Div. could be another manifestation of the Right Brain Alliance including Sex sleep and Music but without the Med., Alliance. Indeed the V/D neutrality is against the Med. Alliance  $-104/8 = -13$  while it supports the Sleep Sex pair  $75/4 \approx = 19$ . They are neutral to Music which is positive to both groups. Divination must be considered another right brain activity because it relies upon intuition, not deductive thinking, to ferret out what the future has to hold. Viewing is definitely Right brain as it engages the whole eye to process information. Thus the Meditative Right Brain Alliance which includes Meditation/Help/Exercise/Writing is opposed to the Right Brain alliance of View and Divination, while they both interact positively with the third Right brain alliance of Music, Sex, & Sleep.

Page 12:

It could be pictured this way. <Diagram>

From my Person's Bias the Viewing solution to the Left Brains vise grip is the inferior path as Exercise, Helping out, Writing, and Meditation are diminished. In most cases Sleeping and Sex are augmented by these activities. Except Sex joins with View And Divination to oppose Helping out and Writing. This connection of Help and

Writing is a support for the theory that Writing may be an expression of the urge to help out. While Sleep is neutral to Writing, he augments Writing's allies.

While we have been speaking about these groups which have been characterized as more Right - The next group could be said to be more Left Brain. Interestingly they center around Children or Kid Time.

#### Page 13

The Actions positively correlated with Children are Books w/39%, Jewelry 39%, Then Consulting and Reading at 36% and then finally Talk at 30% These 5 activities average exactly +36% Without Consulting, the other 5 Actions all have positive correlations with each other  $229/10 \approx +23\%$ . Without Kids the remaining 4 actions 4 actions connect at a  $85/6 \approx 14\%$ . Thus while the other activities are mildly positive w/regards each other they are very positive with Kids.

Kids is augmented by and augments the others - Let us look at these activities Talking - Kids got my Person interacting more Reading more- doing more Books and Laurie's Jewelry Books - It is totally negative with respect the Right Brain Alliance including Viewing and Divining  $-234/9 \approx -26$

#### Page 14

While the Big 4 interact heavily positive with each other all of the Kid Alliance is negative to the Meditation Alliance including Music and Love - There is not one positive correlation between the 6 Right Brain and 6 Kid Alliance of the 36 interactions none are positive  $-720/36 = -20$  an average interaction. Sleep is the only activity which is no all negative and it is only slightly positive on Talking but negative to the rest. Adding Sleep in the negative becomes  $-777/42 \approx \Omega -18.5\%$

What type of activities are the Kid related activities - Non-Creative over all - Talking/Interaction and Reading are both examples of Passive Intellect - Books-Tabulating and graphing - no research - Jewelry is just Laurie's Jewelry business, while consulting is the restaurant business - While each of these can be performed creatively

#### Page 15

None have to do w/creative research as much as they have to do with tabulations and summations of long columns of numbers - The Analysis is on a business level rather than a scientific level -

One could see how the family man could abandon all his creative Right Brain activities for the Family - focusing upon Business - It is almost as if the demands of business could more easily accommodate a family and taking care of children, while the creative obsession takes one too far away from the nurturing that is demanded by

children. Each of the Right Brain Activities is devastated by this Complex of activities -  $154/6 \approx -26$ .

Let us look at each Activity individually. For the Action of Music the attack from the Kid Alliance was fairly broad based with -17 the lowest and -42 the highest - Being a Musician would be hard to do along with raising children, being part of a family, for this Person at least.

#### Page 16

Sex =  $-174/6 \approx -29$  (-12>-58) Music  $\approx -154/6 \approx -26$  (-17>-42) Writing  $-85/6 \approx -14$  (-11>-20) Meditation =  $-94/6 \approx -16$  (-4>-31) Exercise =  $-142/6 \approx -234$  (-6>-56) Home =  $-71/6 \approx -12$  (-4 > -24) Sleep =  $-57/6 \approx -9$  (+7> -41)

Thus our Kid Alliance, oriented towards Business, Talking and Reading (Manage, Jewelry and Books) are all Business type activities) is violently opposed to the Mediation Alliance.

However Viewing is fairly complementary to the Kid Complex - while slightly negative to Kids it is positive to the Reading , the Business side and Talking

Divining on the other side is slightly negative. The ambiguous relations of both of those activities to the Meditation and Kid Complex - which have such strong likes and dislikes / again affirming their similarities.

#### Page 17

Sex. Let me speak just a little about the effect of Sex on my Person. Sex and Kids have the Biggest Conflict of all at 58% However we all know that the sexual urge will still squeak thru despite Children if given the opportunity and Sex increases the likelihood of Mediation, Exercise, Music , Sleep Viewing and Divination - Thus the only part of the Right Brain Alliance it doesn't support is Home and Writing which it only opposes mildly. Thus Sex naturally increases the occurrence of the Right Brain Actions while vehemently opposing the Left Brain Activities. This is true for Sex more than any other activity. Thus Sex as an Activity has the natural function of inspiring Right Brain Activities breaking the vise grip of the Left Brain associated with family.

#### Page 18

There is one last group of Actions, which I will call the Negative Categories because they conflict with almost everything while augmenting almost nothing. Because we are in a closed system of the 24 hour day the sum of our correlations must end up negative, because everyone is fighting for limited time. It is amazing that there are any positive correlation pockets at all and especially any which are so high - However the categories in the Negative bundle have a much higher negative range of the summation of their

effects - from  $(-152 \rightarrow -234)/18$  relations  $\approx (-8.-13)$  while the others range from  $-10 \rightarrow -106)/18$  relations  $\approx (-5.5 > -5)$  with the exception of consulting which is at  $-241$  anyway

#### Page 19

Let us look at each in turn. First comes Waiting tables, Work, my Person's job. This type of work is physical labor - certainly not a desk job - or an office job - while Consulting, Jewelry + Books have mostly to do with book work and business - Waiting Table is mainly a physical blue collar job. While we wear a white shirt and tie, we have no office. We have no desk. We never sit down for our entire shift. - Waiting is incredibly negative towards the Kid Alliance at  $-155/6 \approx -26$  /. It is also fairly negative towards the Main Meditation Alliance group of 4 at  $-52/4 = -13$ . The main positives for Waiting are Sex and Music - possibly the non- intellectual side of Waiting allows the Sex and Music to emerge forth. This connection is supported by the fact that Waiting is also slightly positive with Art and Divining, clearly Right Brain activities.

#### Page 20

Art is another negative activity. While it is negative overall - it is not strongly, i.e.  $>25$ , negative to any other Action. Indeed of the 19 activities, 5 of the correlations are 5 and under (a zero in order of magnitude). Six are  $-1$  in order of magnitude ( $-6 \rightarrow -15$ ). Only one Action is at  $+1$  in order of magnitude ( $+6 \rightarrow 15$ ). All the rest are  $-2$  in magnitude. Art's biggest opposition comes from Writing and School at  $-25$ . Books at  $-23$ . Science and Talking at  $-20$ . Then Emptiness and Consulting at 19% and 18%. One can see that Art's biggest enemies are certainly left brain - words - numbers- deductive logic - Waiting Tables, Art's only real ally might neutralize the strength of the Left Brain. Indeed many of Art's biggest enemies are also enemies of Working, Talking, Books, Consulting, School and Science. Art is the first Action to have an erratic, almost random, response to either Alliance.

#### Page 21

**Science** is the next negative Action. Like Art his responses are mild in comparison to some of the other Actions - As to be expected he is mildly anti the Right Brain Alliance associated with Viewing =  $-64/5 \approx -13$ . In addition to these 5 activities Science is very anti Writing, Reading, Art, Waiting. It seems that while Science is associated with the Left Brain that it is in conflict with Reading - The Words of Reading and the concepts of Science , while similar compete in subtle ways for command of the Doors of Perception. Again Science, except as mentioned. like Art has a fairly random connection to the Kid Alliance and the Meditative alliances. Meditation aids Science slightly and is neutral with Art. Exercise is neutral with respect Science and Art.

School is the 4th of the Negative actions.

## Page 22

It did not exist very long - maybe 3 years - so there is no reading against many activities. However we can say that School is violently opposed to Exercise and Sleep (Both of them -5 in order of magnitude) The rest of its behavior is erratic across Alliances - It is mildly anti (-1>-15) Med., Writing, Music, Reading, Waiting, and more opposed (-16-> -25) to Divine, Books, and Art. School after Waiting and Consulting is the Biggest Collective Negative.

The Last Action is Emptiness - a mysterious quantity - It represents the time that is left after all the rest have been accounted for. What Significance does it have? Not sure. Let see what its relations are. Emptiness is totally anti the 7 member Meditative alliance  $-130/7 \approx -19$  - A -2 order of magnitude average negative against the Meditative Alliance. Perhaps this means that the emptiness can easily be filled by activities in this Med./Exercise alliance. This is especially true with Med., Home, Exercise + Sex

## Page 23

Other Actions, which fill the Void, are Kids and Art (2) and to a lesser extent Writing, Science & Consulting. Emptiness, the Void, is curiously neutral to the Kid Alliance other than Kids to the View, Divine, Sleep Complex. It is as if the Creative and Meditation aspects can take over parts of the Void while the relatively passive left Brain Activities are neutral . This is substantiated by the neutrality of Emptiness to Waiting, which has no creative aspect, View/Divine. & Sleep. This categorization takes Divination out of the creative because it doesn't fill the void-

Of all the activities the only one which didn't interact w/consistency for or against any of the Alliances was Art - all of the rest were part of an Alliance reacting against other alliances. On the following page are lists. <Fin>

**End**