

AMENDED Condensed, Expanded LIFE, Reflections On in Eleven Essays (Essays 42-52)
with Preceding Additional Material

by

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Please Note: In order for the “Preceding Additional Material” found in this work in the two beginning Tables (Pages 4 and 5) and the following Sections 1-7 (Pages 6-23) to be as comprehensible as possible, it behooves any reader to first peruse Essays 42-52 (Pages 24-71).

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for

Additional Material Preceding
AMENDED Condensed, Expanded LIFE, Reflections On (copyrighted 2-17-2017)
as contained in Essays 42 - 52 (copyrighted 7-17-2018)
of an unpublished work containing 52 Essays accompanying 52 Song Sets
as legacy of this particular life

Original LIFE, Reflections On found in Original PDF at www.evacarynason.com
(Corrections needed to LIFE, Reflections On in Original PDF are listed in
Essay 48 of AMENDED Condensed PDF)

Not included in Essays 42-52 in the material being registered on this date are the
autobiographical snippets as mentioned in Essay 42. These snippets exist as part of Essays 42-52
as these essays complete the unpublished work, Music for Youngsters from the Very Young to
Oldsters: 52 Song Sets with Essays.

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PERIODIC TABLE of ELEMENTS / CORRELATED HUMAN BODY STRUCTURES as PERCEIVED and CORRELATED by EVA CARY NASON

S-orbital

ABBREVIATIONS (alphabetically)

1 H ethmoid bone	2 He sphenoid bone
3 Li vomer bone	4 Be palatine bone
11 Na inf. nas. concha	12 Mg mid. nas. concha

C - cervical vertebra	inter. - intermediate	nas. - nasal
cent. - central	L - lumbar vertebra	PP - proximal phalanx
cun. - cuneiform	lat. - lateral	RLS - right lung segment
Cx - coccygeal vertebra	LLS - left lung segment	S - sacral vertebra
DP - distal phalanx	Mc - metacarpal	Ss - sesamoid
high. - highest	mid. - middle	sup. - superior
inf. - inferior	MP - middle phalanx	T - thoracic vertebra
	Mt - metatarsal	up.-upper, low.-lower

P-orbital

5 B xiphoid process	6 C sternum ----	7 N manubri- um	8 O clavicle ----	9 F maxilla alveolar	10 Ne mandible processes
13 Al scapula ----	14 Si humerus ----	15 P radius ----	16 S ulna ----	17 Cl upper wisdom	18 Ar lower teeth

D-orbital

19 K sup. nas. concha	20 Ca high. nas. concha	21 Sc C1 ----	22 Ti C2 ----	23 V C3 ----	24 Cr C4 ----	25 Mn S4 ----	26 Fe S5 ----	27 Co S3 ----	28 Ni C5 ----	29 Cu S2 ----	30 Zn C6 ----	31 Ga triquetrum ----	32 Ge pisiform ----	33 As hook of hamate	34 Se lunate ----	35 Br upper 2nd molar	36 Kr lower 2nd molar
37 Rb nasal bone	38 Sr frontal bone	39 Y S1 ----	40 Zr C7 ----	41 Nb Cx 1 ----	42 Mo Cx 2 ----	43 Tc Cx 3 ----	44 Ru Cx 4 ----	45 Rh L1 ----	46 Pd L2 ----	47 Ag L3 ----	48 Cd L4 ----	49 In malleus ----	50 Sn hyoid ----	51 Sb upper hip	52 Te pelvic hip	53 I upper 1st molar	54 Xe lower 1st molar
55 Cs parietal bone	56 Ba occipital bone	57* La Mc 5 ----	72 Hf hamate ----	73 Ta Mc 3 ----	74 W trapezium ----	75 Re Mc PP3 ----	76 Os Mc 1 ----	77 Ir Mc MP3 ----	78 Pt Mc PP1 ----	79 Au Mc DP3 ----	80 Hg Mc DP1 ----	81 Tl incus ----	82 Pb stapes ----	83 Bi femur ----	84 Po patella ----	85 At upper 2nd pre-molar	86 Rn lower 2 nd pre-molar
87 Fr temporal bone	88 Ra zygomatic bone	89* Ac T1 ----	104 Rf rib 8 ----	105 - T9 ----	106 - rib 9 ----	107 - T10 ----	108 - rib 10 ----	109 - T11 ----	110 - rib 11 ----	111 - T12 ----	112 - rib 12 ----	113 - tibia ----	114 - fibula ----	115 - calcaneus ----	116 - talus ----	117 - upper 1st pre-molar	118 - lower 1 st pre-molar
119 - lacrimal bone	120 - maxilla bone	121* - Mt 5 ----	136 - cuboid ----	137 - Mt 3 ----	138 - cuneiform medial	139 - Mt PP3 ----	140 - Mt 1 ----	141 - Mt MP3 ----	142 - Mt PP1 ----	143 - Mt DP3 ----	144** Mt DP1 ----	163 - upper canine	164 - lower canine	165 - upper lat. incisor	166 - lower lat. incisor	167 - up. cent. incisor	168 - low. cent. incisor
169 - body of mandible	170 - ramus of mandible	171 - L5 ---	172 - Mc Ss 2 ---	173 - Mc Ss 1 ---	174 - Mt Ss 1 ---	175 - frontal sinus	176 - mastoid cells	177 - maxillary sinus	178 - tympanic cells	179 - sphenoid sinus	180 - ethmoid cells						

***F-orbital**

58 Ce Mc 2	59 Pr Mc PP5	60 Nd Mc PP2	61 Pm Mc MP5	62 Sm Mc MP2	63 Eu Mc DP5	64 Gd Mc DP2	65 Tb Mc 4	66 Dy scaphoid	67 Ho Mc PP4	68 Er trapezoid	69 Tm Mc MP4	70 Yb capitate	71 Lu Mc DP4
90 Th Rib 1	91 Pa T2	92 U rib 2	93 Np T3	94 Pu rib 3	95 Am T4	96 Cm rib 4	97 Bk T5	98 Cf rib 5	99 Es T6	100 Fm rib 6	101 Md T7	102 No rib 7	103 Lr T8
122 - Mt 2	123 - Mt PP5	124 - Mt PP2	125 - Mt MP5	126 - Mt MP2	127 - Mt DP5	128 - Mt DP2	129 - Mt 4	130 - navicular	131 - Mt PP4	132 - cun. inter.	133 - Mt MP4	134 - cun. lat.	135 - Mt DP4

****X-orbital**

145 - RLS 1	146 - LLS 1+2	147 - RLS 2	148 - LLS 3	149 - RLS 3	150 - LLS 4	151 - RLS 4	152 - LLS 5	153 - RLS 5	154 - LLS 6	155 - RLS 6	156 - RLS 7	157 - LLS 7+8	158 - RLS 8	159 - LLS 9	160 - RLS 9	161 - LLS 10	162 - RLS 10
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Table of Linked Scaffolds of Body Structures

That which begins the material in this PDF is to be the last portion of the Addendum to a large as-yet-unpublished work entitled, Music for Youngsters. This work was created over a period of years as a compilation of the songs sung to my children when they were young to serve as legacy for them, or me or anyone, and this work eventually segued into my effort to determine a great deal about how the human body works and its relation to the larger universe. There were essays to go with the 52 sets of songs assembled to sing to my children at night, initially 41 essays, and there came a time, years after the children were grown, when I chose to complete the last 11 essays to accompany the previously abandoned 52 sets of songs by condensing parts of the book about human bodily functioning which had been written during the period of abandonment of the earlier work. Insight has come by fits and starts, and what follows is very recent new insight of sufficient possible significance as to hopefully attract someone's interest enough for that someone to wonder whether there could be enough meaningful about the connections I have made to pursue some course of action toward finding out. The commentary following the Table will present the meaningfulness I attribute to the connections made in this table.

Day 1 Brain Structure: Gyrus	Day 2 Brain Structure: Cranial Nerve	Day 3 B. S.: Spinal Nerve	Link from Brain Structure to Body-Bone Scaffold	Body-frame Bone	Cervical, etc. Bone	Finger Bone	Thoracic/ Rib Bone	Toe Bone
long	olfactory	C5	front pituitary	xiphoid process	C1	Mc 5	T1	Mt 5
short	optic	C6	back pituitary	sternum	C2	Mc 2	rib 1	Mt 2
dentate	olfactory	C7	infundibulum	manubrium	C3	Mc PP5	T2	Mt PP5
orbital	optic	C8	hypothalamus	clavicle	C4	Mc PP2	rib 2	Mt PP2
straight	oculomotor	T1	optic chiasm	scapula	S4	Mc MP5	T3	Mt MP5
subcallosal	trochlear	T2	inferior colliculus	humerus	S5	Mc MP2	rib 3	Mt MP2
cingulate	oculomotor	T3	superior colliculus	radius	S3	Mc DP5	T4	Mt DP5
lingual	trochlear	T4	pineal gland	ulna	C5	Mc DP2	rib 4	Mt DP2
inferior frontal	trigeminal	T5	posterior commissure	triquetrum	S2	Mc 4	T5	Mt 4
inferior frontal, orbital	abducent	T6	habenular commissure	pisiform	C6	scaphoid	rib 5	navicular
inferior frontal, triangular	trigeminal	T7	corpus callosum	hook of hamate	S1	Mc PP4	T6	Mt PP4
inferior frontal, opercular	abducent	T8	anterior commissure	lunate	C7	trapezoid	rib 6	cun.intermediate
supramarginal	facial	T9	thalamus	malleus	Cx 1	Mc MP4	T7	Mt MP4
superior temporal	vestibulocochlear	T10	tectal plate	incus	Cx 2	capitate	rib 7	cuneiform lateral
middle temporal	facial	T11	hippocampus	upper hip	Cx 3	Mc DP4	T8	Mt DP4
inferior temporal	vestibulocochlear	T12	fornix	pelvic hip	Cx 4	hamate	rib 8	cuboid
angular	glossopharyngeal	L1	mammillary bodies	stapes	L1	Mc 3	T9	Mt 3
lateral occipitotemporal	vagus	L2	subthalamic nuclues	hyoid	L2	trapezium	rib 9	cun. middle
middle occipitotemporal	glossopharyngeal	L3	red nucleus	femur	L3	Mc PP3	T10	Mt PP3
parahippocampal	vagus	L4	substantia nigra	tibia	L4	Mc 1	rib 10	Mt 1
postcentral	accessory	L5	putamen	fibula	L5	Mc MP3	T11	Mt MP3
precentral	hypoglossal	S1	globus palladium	patella	Mc Ss 2	Mc PP1	rib 11	Mt PP1
middle frontal	accessory	S2	caudate nucleus	calcaneus	Mc Ss 1	Mc DP3	T12	Mt DP3
superior frontal	hypoglossal	S3	amygdala	talus	Mt Ss1	Mc DP1	rib 12	Mt DP1

Commentary Regarding Meaningfulness of Table of the Linked Scaffolds of Body Structures

Section 1

I write now of aspects of how the human body quite likely works as discovered through some 30 years dedicated to attempting to make connections revealing the answers sought.

I found that the body itself, excluding the skull, cycles through 24 scaffolds of 5 bones each, utilizing each of the bones in its appropriate turn for 3 days as the primary body-orienting bone. These body bones are distinct from the bones of the head, the “master” head bone being the ethmoid bone with its crista galli. That to which the body is being oriented is the level of the greatest balance possible to one’s universe dependent on the arrangement of the structures of the body. I have long hypothesized that the orientation of the crista galli will give the level of balance achieved in a given moment.

24 scaffolds of 5 bones each, with each bone serving for 3 days, yields a 360-day year, the appropriate length of the year through which a human cycles before commencing again through a repeat of the cycles.

The primary body-orienting bone, to which I refer as the 3-Day bone, begins its aegis on Day 1 by means of one of 24 gyri of the brain being able to be activated or linked in a specific way with the 3-Day bone and its 4 companion scaffold body bones, as controlled or manipulated by the Day 1 muscles, to oversee or provide for functioning of the human organism.

On Day 2 for this 3-Day bone, one of 12 cranial nerves can be especially activated or linked in a specific way with the 3-Day bone and its 4 companion scaffold body bones, as controlled or manipulated by their Day 2 muscles, to oversee or provide for functioning.

On Day 3 of the 3-Day bone, one of 24 spinal nerves can be especially activated or linked in a specific way with the 3-Day bone and its 4 companion scaffold body bones, as controlled or manipulated by their Day 3 muscles, to oversee or provide for functioning with continuing involvement of the gyrus and the cranial nerve of Days 1 and 2.

The link between the gyrus of the brain of Day 1 and the associated 5 body bone scaffold as well as between the cranial nerve of Day 2 and the same associated 5 body bone scaffold and, then, between the spinal nerve of Day 3 and the same associated 5 body bone scaffold will be a single one of 24 structures of the mid-brain. The Table preceding this commentary shows the connections of each set containing a gyrus, cranial nerve and spinal nerve to its mid-brain link and the 5-bone scaffold to which the mid-brain link then connects.

There follows now the lay-out and explanation for the pattern of the different levels of functioning in which these structures engage, a quite simple pattern showing the type of energy required for each level of functioning, the means of providing that energy and the simple switch to be manipulated to move from one type of functioning to another.

Section 2

Pattern Lay-out/Explanation for the Different Levels of Functioning of the Human Organism *(in which is shown the type of energy required for each level of functioning, the means of providing that energy and the simple switch to be manipulated to move from one type of functioning to another)*

I have always wished I were really good at making analogies, never moreso than now as I come to a culminating moment in my 30-year effort to understand how the human body works in relation to how everything works. The sense of having arrived at a culminating moment is based on having recently seen the simplicity of the design for a human which has allowed for the adding on of part after part, all of which play their role in completing the simple design.

That which I have recently seen or discovered is the simple switching mechanism that allows the human body to switch from the use of one kind of energy for its functioning to its several other kinds, that is, from the use of gravity to the use of electrical or chemical energy.

The analogy that comes to me, poor though it may be, is that of comparing the three energy levels of functioning of the body to three different ways that cars can move from one location to another. Two of the ways will be based on cars designed for use of gasoline as energy source and cars designed to use stored electricity. Both of these cars are designed to move from location to location “under their own steam” by use of the chemical energy of gasoline or the electrical energy fed into batteries.

A third way of a car moving from one point to another can be for it to be placed on a truck, train, ship, etc. and simply transported, the energy for its transportation not having to be produced within its self in some way.

I would mention at this point that a transported car will, at least internally, not be subject to wear and tear of its parts to which a gasoline or electric powered car will be subject as it moves “under its own steam” from point to point.

I have discovered that the arrangement of two extensive ligaments of the body, that is, the posterior and anterior longitudinal ligaments, has everything to do with the arrangement of the structures of the brain which then determines what method of energy use will be required to allow the body to function. That which I have further discovered is that there is a simple way to determine the elevation of these two ligaments, or lack thereof.

I discovered this in connection with reviewing Part 2 of my book, the Original PDF at www.evacarynason.com, which attempted to address a possible manner in which the human body developed. This Part 2 is now being re-visited with a view to potential revisions. The issue began with my considering again what was likely the initial opening around which would develop whatever it was that would eons later become a human being - or into whatever it was that would eons later become a human being. For whatever reason at the time of doing this, I saw that the ethmoid cells in the top of the nose would have to be the initial opening. By a process I did, and, hopefully, will again, in a revised way if needed, attempt to explain in Part 2 of the book, the development of what will eventually be a human being proceeds by means of continuing succession of further openings continually closed off by that which will be the accompanying succession of primarily bones.

The second opening will be the sphenoid sinuses and it would seem that their formation will leave behind an ethmoid bone either as having developed in association with the ethmoid cells opening, serving ultimately to close off this opening, or as having been

some initial mass of matter with which there had come to be associated the ethmoid cells opening. Then there will be bone to close off the sphenoid sinuses, that is, the sphenoid bone, followed by opening and bone, opening and bone for a very long time until toward the end of the Periodic Table of Elements/ Correlated Human Body Structures as found on Page 1 of my aforementioned book (also shown on Page 4 of this material).

(Since there has formed in me the sense that there is to be seen in the development of a human a model for the formation of our universe, and vice versa, both as based on a Periodic Table, I have attempted to consider how the formation of the structures of a human could in any way be paralleled by the formation of the elements of the Periodic Table.

I quote a few sentences from my laptop's Quora Digest answer-giver, Viktor T. Toth, "Before the first second [of our universe] things were so hot, so dense . . . the universe was filled by a plasma of individual quarks and gluons. It was, in fact, when the universe was just about a trillionth of a second old that the mechanism related to the famed Higgs boson endowed the quarks and the electrons with their masses . . . then protons (hydrogen atoms) form; helium atoms form in the first 20 minutes."

As I imagine a couple of up quarks combining with a down quark to form a hydrogen proton with, then, the capture of an electron to form the hydrogen atom, I imagine this latter step closing the primary atom-forming process for hydrogen. The electron capture has come to seem to me to be the final "bulwark-forming" step in the making of the element that goes in the first box of the Periodic Table. I could only imagine that the "opening" of which I speak in the human as represented by the ethmoid cells, inhabiting the 180th box of my Periodic Table of Elements/ Correlated Human Body Structures is possibly paralleled by the activity "space" existing between the hydrogen's electron and proton and the activity in that "space".

Then comes helium, and I shall go no further in my wild speculation than to add I find it interesting that a proton and neutron are each formed from two up quarks and one down quark while everything I've done indicates to me that each bone of the body is associated with three muscles, two acting in one direction whereas the middle one always reverses that direction. Is the electron perhaps the primary responsive portion of this bone parallel?)

I propose now that the two bones, the ethmoid and sphenoid bones, with the openings which were likely associated with their development, the ethmoid cells and the sphenoid sinuses, represent the first two master steps involved in bringing into being an entity as representative of a time dimension to be concluded with four more master steps coming later.

Beginning Row 8 of my Periodic Table, after six rows of openings closed by further bone formation, all of which I hypothesize elsewhere are the structures for spatial dimensions as needed by the time dimension, there will be found the lacrimal bone, the bulwark around the next of the openings of the 6 master steps into the time dimension. This opening will be the eventual tympanic cells of the ear associated with the lacrimal bone of the nose followed by the subsequent opening which will become the maxillary sinuses, these being closed off or associated with the maxilla bone. Thus, the formation of the tympanic cells/lacrimal bone and maxillary sinuses/maxilla bone represent Master Steps 3 and 4 into the time dimension.

Further on, at the beginning of Row 9, will be the body of the mandible as closure to the mastoid cells followed by the frontal sinuses opening closed by the ramus of the mandible. Master Steps 5 and 6 into the time dimension are thus mastoid cells/body of mandible and frontal sinuses/ramus of mandible.

It is likely the level of the elevation of the posterior and anterior longitudinal ligaments depend on the disposition of the intaken breath to the six openings discussed here.

Section 3

A Manner of Determining the Type of Energy Called On for Human Functioning

It has been a long process of insight for me. I now come to an expanded view of “optimal alignment.” I have always used the term to mean alignment to what I have referred to as the “gravitational stream” allowing the body to use gravity as energy source and not needing to call on ion channels to provide electrical or chemical energy. I more strongly perceive now that it is the use of ion channels and alternative energy sources to pure gravity which gravity itself requires in order for a creature to be able to remain sufficiently well balanced to the “gravitational stream” to be able to function.

At the end of this entire work (for which copyright is being applied today) is a brief set of three ways to place one’s self in optimum alignment to the “gravitational stream.” There is a 4th quick way to determine whether one is functioning as an optimally aligned (balanced) creature or not. Using this method, one can also determine, if not optimally aligned, that is, not aligned to use only gravity as energy source, whether his/her alignment is of the kind which calls for the use of electrical energy for one’s functioning as based on the use of voltage-gated ion channels or is the kind calling for chemical energy as based on ligand-gated ion channels.

It does not seem possible that the test could be this simple, but experience tells me it is. Those moments of something approaching optimal functioning are most likely to be experienced at the beginning of that walk or run or other type of exercise we are encouraged to take primarily because our breath intake in those moments is at its most extensive. With a little practice, one can start noticing whether it feels like breath intake is reaching into the top of one’s nose to the ethmoid cells located there. Then, during exhalation, if one’s body is still pulled up into its maximum exercise mode, one can possibly notice there is a sensation of pressure in the area toward the back of the nose where the sphenoid sinuses are located. When breath intake creates the sensation of breath going to ethmoid cells and breath expulsion creates the sensation of pressure in the area of the sphenoid sinuses, then one is in optimal alignment mode with the energy for functioning being gravitational energy with, I hypothesize, the body’s connective tissue sufficient for manipulating its structures.

(There is probably the situation of breath intake going to ethmoid cells at the beginning of exercise but there not being enough elevation of bodily structures during exhalation to allow for the activation of the sphenoid sinuses. In this case it seems possible that gap-junction ion channels activated by mechanical energy could come to the rescue.)

Then, when bodily structures have lowered to a particular level in connection with back and down slippage of the posterior longitudinal ligament probably in women, and the anterior longitudinal ligament probably in men, the tympanic cells of the ear will receive the intaken breath which otherwise would have gone to ethmoid cells, followed by pressure in the maxillary sinuses of the nose during exhalation, and it will be the case that now electrical energy by means of activation of voltage-gated ion channels is required for functioning.

Finally, mastoid cells behind the ear receiving intaken breath followed by pressure in frontal sinuses above the eyes during exhalation is indication of more lowering of longitudinal ligaments such that chemical energy by means of ligand-gated ion channels has become necessary for one’s functioning.

Ion channels come in various forms assuredly handling the situation of breath being able to be directed into, and then held in, any of the 6 master step openings in the body.

Section 4 Rationale for Rows 8 and 9 Being Where They Are in the Periodic Table

In Section 2 above I speak of the first two master steps involved in bringing into being an entity as representative of a time dimension to be concluded with four more master steps coming subsequently. I associate the first two master steps with ethmoid cells/ ethmoid bone and sphenoid sinus/ sphenoid bone. Then, as said, subsequently there follow the last four master steps as associated with tympanic cells/ lacrimal bone and maxillary sinus/ maxilla bone followed by mastoid cells/ body of mandible and frontal sinus/ ramus of mandible. Between the first two master steps, having their bone structures shown at the beginning of the Periodic Table, and the last four with their bone structures toward the end of the Periodic Table, there are interceded six rows of primarily bone structures.

That which I write now continues the speculation in which I have always felt compelled to engage in order to conceive of some rationale for there having developed the connections I have made, which experience in sensing the manner of functioning of my body over long periods of time have indicated over and over to be largely accurate.

I have used my Periodic Table, arranged as it is (see Page 4 of this pre-essays material), for a such a long time now that I believe it to be essentially accurate (even though I've presently concluded - thus changing these on Page 4 - that Elements 175-180 needed to be re-arranged from the earlier arrangement in my originally copyrighted book, but most of these had never played a large role in the sensing of my bodily connections through the years).

In this Section 4 I shall speculate a good deal, attempting to form rationale for why Elements 1 and 2 (ethmoid and sphenoid bones) as well as Elements 119 and 120 (lacrimal and maxilla bones) and Elements 169 and 170 (body and ramus of mandible) are where they are in my Periodic Table.

The speculation begins with my hypothesized view of a developmental path for our universe. I have proposed that our universe is composed of a set of six Russian nesting-doll-type energy entities, the name with which I have designated the six members of the set. The six would be our universe, a galaxy cluster, a galaxy, a solar system, a living form such as a human and a sixth entity not yet distinguished by me.

(The on-going speculation in which I engage as to how our universe began usually involves the concept of somethingness arising out of seeming nothingness, if, in fact, space is full of a seething froth of virtual particles as is proposed by some in the scientific community. Based on my sense of implications found in the manner of functioning of the human growing out of the large number of structural connections and systems I believe I have discovered in this functioning, and have shown in the many tables of my book at www.evacarynason.com, I speculate that the "seething froth of virtual particles" of space altogether resembles the circumstances found in the human energy entity. I propose that the way in which some atom, molecule, cell is being used in the human body, and the type of energy instigating its usage in that way, alters constantly so that I can imagine all the "space" in a human constantly exhibiting something similar to a "seething froth of virtual particles" due to the constant flickering from one kind of energy use to another occurring throughout the body and that each of the six energy entities will have the same circumstances leading to their space also teeming with "virtual" particles.)

That which determines one of the six types of energy entities would be an entity formed of a set of structures based on some corollary to the Periodic Table of Elements with

structures connected in some way to allow for functionality on the part of the entity as a unit.

The pattern of formation of each of the six types of energy entities would parallel the pattern of formation I believe I have discovered for the formation of a human. I hypothesize, using terms to express my hypothesis as best I have been able to devise, that the forming of a universe such as the one we experience could be based on energy manifesting as mass on its way to being an energy entity by there being ultimately, in the beginning, something - dimensionless or not - that can transform into a compromised something with that which compromises it transforming it into an entity exhibiting the dimension of Time, an “after” following a “before.” I conjecture that, thereafter, given particular extraordinary circumstances, the process of the universe-forming initial transformation of my possibly dimensionless something (or perhaps even some stage of a Time dimension of some previous universe) into that which will become our universe energy entity, can be duplicated as a function of the Time dimension which was brought into existence at the beginning of our universe.

I would propose that the first compromising component of what is to be an energy entity (for the sake of convenience, not speaking now of the first formed energy entity, that is, our universe, but subsequent energy entities), leading to the first of six master steps into the Time dimension, will quite likely correlate to the last of the last six elements (Elements 175-180) of my Periodic Table of Elements/ Correlated Human Body Structures, that is, Element 180. This Element 180 in that first compromised something on its way to becoming an energy entity would correlate to what become ethmoid cells in a human, the first in-road into, or influence on, that dimensionless something or special state of a previous Time dimension I mentioned above, which is to be compromised into forming a blob of matter that will become an energy entity, its first matter structure correlating to the ethmoid bone of a human, which takes its place as the Element 1 of a Periodic Table.

Then, I have imagined that, as there is developing proto-ethmoid bone structure, there continues to be inroad into the “dimensionless” something of compromising component until the formation of structure becomes prohibitively confining to the incoming compromising component such that there is breach through structure for escape of compromising component into the surrounding “dimensionless” something causing the process to start over again. Then, there will be a second compromising something in the form of what will eventually be the second “opening” in the human being, the sphenoid sinuses.

Each of these compromising somethings, which are represented by “openings” in the human, can be seen to be associated with a subsequent structure which perhaps can be spoken of as serving to close off the “opening” or be a bulwark of some sort for or against the “opening.” The subsequent structure associated with the corollary to the sphenoid sinus I perceive to be the corollary to the sphenoid bone.

There is an order to the sequence of compromising somethings followed by bulwark-forming structures. At this point the compromising components would seem to congregate toward the end of the Table or the end of its rows such that the sphenoid sinus would likely be Element 179. The bulwark-forming structures which follow each compromising component would seem to work forward through the 180-element Periodic Table such that the sphenoid bone will be Element 2.

I proceed with the concept of there being a compromising component to, that is, perhaps an inroad into, a “dimensionless” something which results in the formation of a mass, and these steps represent the beginning of Time, the “after” following the “before.”

Throughout my work there always seemed to be required “the path back.” And thus it came to me that every “after” required a means to return to the “before.” Therefore, I found myself imagining that the correspondence to the initial happening would have been inroad into the “dimensionless” something by way of what became ethmoid cells in the human causing to form, or being associated in some way with, the blob of matter that would correspond to what would eventually be the ethmoid bone in the human. Then, it came to me that a way back could possibly be by means of there coming into being a subsequent compromising component compartment somewhat resembling ethmoid cells, in that it is an “opening” into which the first compromising something contained in the first ethmoid-cells compromising component compartment can be transferred in such a way as to force the separating out, or the coming into existence, of the subsequent second blob of matter whose shape itself will force the entire “after” to revert back to, or toward, its “before.” I have given these possible roles to the sphenoid sinus (Element 179) and the sphenoid bone (Element 2).

However, two matters are to be noted. First, it would seem that it has to be that each subsequent attained “before” will always be different than the previous “before” because in the six types of energy entities ensuing from that first moment of the first “dimensionless” something being compromised, there will always be change from that first moment such that each return to a “before” state will have brought the incipient energy entity back to a “before” that has to be an extension from the previous “before” because the “before” itself has moved on to become a different “before” state so that the first incipient energy entity will not reach quiescence perhaps through eons of universe building.

Then, secondly, from the beginning, the road back to “before” would perhaps always be subject to difficulty in being completed in its journey back so that the effort to make as great a return as is possible to “before” in the process just described as repeating over and over can result each time in the appropriate “before” state not being able to be achieved (that is, not being able to be as far returned to as is possible toward the initial “dimensionless” something).

(It is wonderful what a vivid imagination can do for a person! Of the 12 of 25 quantum fields said to make up spacetime, I am imagining activity in the 12 fields occupied by probably fermions as having to do with the openings I have referenced which result in the urge toward input into an energy entity, e.g. a human, with possibly resultant mass structure, moving aspects of the entity away from the “gravitational stream.” Each of these fermion fields will then be associated with one of the 12 fields occupied by probably bosons, these having to do with the transference of the input impact to openings which result in there being return toward the “gravitational stream.” Boson Number 25, the Higgs, I cannot help but associate in some essential direct capacity with the association of the energy entity with the “gravitational stream.”)

My intention here was to speak of a rationale for the lacrimal and maxilla bones and the body and ramus of mandible being where they are in my Periodic Table.

Only one step away from the aforementioned “dimensionless” something results in there being a Time dimension, the “after” which follows the “before,” there seeming to be always a subsequent road back to as close to the “before” state as is possible.

Then, what would seem to happen is extension from the originally formed Time dimension. Everything that exists after Elements 1 and 2 must surely be the stretching away from the Time dimension, always with paths back. The way in which I imagine this occurring would follow the pattern of inroad of compromising something (presumably outside

environment) into a compromising component compartment followed by a bulwark-forming structure. I am seeing first extension, then interjection after interjection and/or conversion and transformation as the reason for the lay-out of my Periodic Table/ Correlated Human Body Structures. The continuation of the pattern after Master Steps 1 and 2 (ethmoid cells/ ethmoid bone and sphenoid sinus/ sphenoid bone) would be an Element 178 representing what would eventually be tympanic cells in the human followed by the formation of an Element 119, lacrimal bone, then an Element 177, maxillary sinus, followed by formation of Element 120, maxilla bone. I am suspecting the beginning of the energy entity which would eventually be a human would have the elements which would form it all be found originally as a single row of a Periodic Table and would look like this, using latter-day corollaries:

1	2	3	4	5	6	7	8	9	10	11	12
ethmoid bone	sphenoid bone	lacrimal bone	maxilla bone	body of mandible	ramus of mandible	frontal sinus	mastoid cells	maxillary sinus	tympanic cells	sphenoid sinus	ethmoid cells

I am conjecturing that Elements 119/120, shown as 3 and 4 in the Table above, and Elements 169/170, shown as 5 and 6 in the Table, would be the initial extensions from the Time dimension, perhaps allowing a 360 degree range of further-behind lag.

(I pause now to comment that I'm sure it would seem very strange to anyone that I would continue trying to find a reason why my Periodic Table of Human Body Structures is arranged as it is when it is completely a creation of my own devising. I persevere in spite of recognition that everything I have been doing for so long is speculative except for the one real part that ties recognizable names to actual anatomical structures and the rather tenuous part based on the sensations of various kinds of connections experienced by me over years of attempting to sense the connections. Defying common sense, I continue in my effort to discover a reason for my Periodic Table arrangement using recent insights and the material in Part 2 of my book at www.evacarynason.com, all along considering whether I need to make major changes to the Tables of Part 2 of my book. Since my functioning continues to follow the progression I have made in these Tables, the better part of wisdom would seem to be to make adjustments based on insights which came late which accord with the basic lay-out of the original tables. Therefore, that is what I am trying to do.)

Remaining consistent with the pattern of development I have imagined / devised / concocted in Part 2 of my book, I am hypothesizing the need to insert an extra step in the development of an energy entity from lagging-behind energy, this step being one that indicates there is an initial development of some corollary to the structures as shown in the small Table I've just drawn for an original single row of a Periodic Table.

I have considered that perhaps initial development of "Elements" or Structures 1 and 2 (with 12 and 11 as shown on the small Table just presented) as the beginning of a lag-behind-in-the-"gravitational-stream" energy entity leads to the need for Structures 3, 4, 5 and 6 with their associated "openings," as represented by Structures 10, 9, 8 and 7. This would be because of need of Structures 1 and 2 (with 12 and 11) to be able to extend their reach, that is, to reach away in a circumferential sweep from themselves as a way to continue the feeding of themselves with whatever the compromising component has been.

Over eons, then, this feeding of themselves requires extension further a-field. Therefore, I am hypothesizing there comes to be a need to stretch-away from the lagging-behind locale (this locale being imagined by me to be the particular portion of the “gravitational stream” in which this energy entity is developing) so that now spatial dimensions must develop as extensions beyond the direct flow with the “gravitational stream.”

These will be, then, the initial masses forming what will become Rows 2-7 of my Periodic Table of Human Body Structures. Consequently, the structures for a sweep-away (as contrasted to a stretch-away) from the initial Structures 1 and 2 - the sweep-away structures being represented by Structures 3 and 4 and Structures 5 and 6 in the Table above - would move down in my Periodic Table to head up Rows 8 and 9 as a result of the interjection of Rows 2-7 representing the stretch-away spatial dimensions, that is, a stretch-away up-down spatial dimension and, from that, a reach-away left-right spatial dimension and a move-away back-front spatial dimension.

As said earlier, aspects of the process of creating a human presented in Part 2 of my book at www.evacarynason.com continue to play out in my functioning as being valid. I have presented the process as three separating-out progressions through a potential 180-“element” Periodic Table. The first progression would create masses of matter forming the 9 primary rows of my Periodic Table. Then, Part 2 of my book speaks of a progression back through the 9 rows, starting toward the end, with individual elements/ bodily structures being separated out. A third time back down through the Periodic Table would seem to supply much of that which is needed for the great complexity of a human organism.

Into this pattern of development laid out in Part 2 of the book I now interject the extra step presented in the previous several paragraphs. The primary difference will be that Rows 8 and 9 will have their beginning at the beginning of the process of forming an energy entity and will move down the set of rows of a Periodic Table due to the need for the interjection of earlier rows to create spatial dimensions as aid to the Time dimension.

Section 5 Regarding the Fine Structure Constant

Having completed the above Section 4 concerning an extra step to be added to the Table of Part 2 of my book at www.evacarynason.com, I throw, more completely than before if possible, caution to the wind, and add a last musing on the topic of my Periodic Table of Elements/ Correlated Human Body Structures.

There has always been for me musing about the role of the named elementary forces in the development of a human, these forces being the gravitational force, the strong force, the electromagnetic force and the weak force, the latter permitting symmetry breaking.

Recently, I thought to take several percentages, that is, $137/180 \approx 76\%$ and $43/180 \approx 24\%$.

From my Periodic Table with 180 boxes containing human body structures (even if no existing elements in its latter part), the box for what would be Element 137, if it existed as an element, contains the body structure, Mt 3, which is the 3rd metatarsal toe bone.

Mt 3 has been a dividing point for me for some time because it is central to aspects of the body and the number 137 is associated with the number having to do with one of the limited number of the constants of nature, that is, the fine structure constant. (I have just read

on this day, August 22, 2019, in one of the daily Quora Digest question/ answer entries, the following as answered by physicist, Rodney Brooks: “QFT [quantum field theory] does not explain why [its] equations have the values they do. The most famous example is the so-called *fine structure constant* that describes the interaction between matter fields and the EM [electromagnetic] field. This constant was once thought to have a value of 1/137, and this, as you might imagine, led to some numerological attempts to explain why nature had chosen this particular number - and such an unusual one at that. . . .more precise measurements showed that the actual value is 1/137.04.”)

At the time of my percentage-taking, and still having in mind my question about the role of the elementary forces in the development of the human organism, I had reason to take several other percentages as a result of reflection on an aspect of my personal bodily functioning of which I wrote in my book at www.evacarynason.com. The years of learning the individual structures of my body and being able to sense levels of pressure on each one had brought me to realizing one day that when I allowed my body to sag into its most relaxed state, there was a sense of the whole weight of it having settled on a single toe bone in each foot. That toe bone was what I write as Mt MP4, that is, metatarsal middle phalanx 4, which is the next to last bone toward the end of the fourth toe bone (next to the little toe bone). Mt MP4 occupies the box in the Periodic Table for what would be Element 133.

Then, when I pull myself up into some approximation of what I refer to as optimal alignment, it is very obvious that all that pressure on Mt MP4 when I am sagging has been pulled away from it toward Mt 3, that is, the metatarsal 3 bone, as I align myself. It is also obvious that Mt 3 is the central bone of the foot to which the weight of the body above should be directing itself. *(Each toe - and finger too - has 4 bones except for the big toe - and thumb - these with only 3. There are the main long metatarsal bones, Mt 1-5, in the foot itself, - or metacarpal bones, Mc 1-5, in the hand itself - and from these bones in the foot or hand extend the connecting, bendable 3 digits which form the obvious toe or finger itself, there being only 2 digits for the big toe or thumb extension.)*

In looking at my Periodic Table of Elements/ Correlated Human Body Structures, I have never been able to ignore that there are only 4 boxes containing toe structures between Mt MP4, the place of pressure in my sagging body, and Mt 3, the place from which pressure spreads to its surrounding bones when I am optimally aligned. In my book at www.evacarynason.com I have mused that the universe has been formed in such a way that there is only a narrow range of deviation from an optimally aligned energy entity with “weight” spreading from Box 137 and the states of misalignment the energy entity can move into which cover only some four steps away at Box 133.

With the above reflections in mind, I determined I should take the following percentages: $133/180 \approx 74\%$, $4/180 \approx 2\%$ and $43/180 \approx 24\%$.

Our universe is said to be composed of 98-99% hydrogen and helium with all other elements, the so-called heavy elements, forming the other 1-2%, hydrogen being said to be ~74% and helium ~24%.

In Part 2 of my book at www.evacarynason.com I have given a manner in which a Periodic Table might develop, specifically, my Periodic Table of Human Body Structures as correlated to a Periodic Table of Elements. The manner of development for my Table describes three progressions through the Table. The first progression is said to bring forth a mass of matter to correlate with each row of the Table. The second progression starts at the end, or near the end, of the Table and goes back to the beginning, separating out from each

row's mass, the structures which go in the individual boxes of the Table. The third progression comes back down through the Table adding on what I think of as complexity.

I found myself wondering whether, if there could be any credence to my Periodic Table of Elements/ Correlated Human Body Structures (which years of observation of my functioning constantly confirm to me) and to some version of the way in which it is depicted as being formed in Part 2 of my book, whether the masses of Rows 2-9 (separated out as masses during the first progression through the Periodic Table) could have been associated with the strong force as the keeper of the alignment necessary for gravity to reign supreme.

Then came the second progression back up through the Periodic Table in which individual structures are separated out, perhaps as described in Part 2 of my book, with the strong force continuing to hold sway until "Element" 137 is reached. At that point I muse that the development took place of whatever was needed to allow the electromagnetic force to step in and become a player in the development of functioning pathways for the developing living organism, maybe the pathways which would allow exit from the "gravitational stream" locale mentioned above in Section 4. I am imagining that henceforth, in the remaining progression back up through the Periodic Table to separate out all the structures previous to "Element" 137, that which will be necessary for the electromagnetic force to be functional in the organism will develop along with that which is crucial to optimum alignment of the organism in order for gravity to be satisfied.

I am imagining all this continues to be true for the third progression through the Periodic Table until the weightiness of the mirror-imaged parts of the organism has reason, from some source, to become unbalanced in the vicinity of Element/ Structure 133, that is, Mt MP4, metatarsal middle phalanx 4. At this point I am imagining that some means of symmetry breaking becomes necessary so that the weak force can come into play. I speculate that the means for this to occur devolves onto the structures of Row 9, that is, Element/ Structure 174, the metatarsal sesamoid Mt Ss 1, working with the patella, and Element/ Structure 173, the metacarpal sesamoid Mc Ss 1, working with the hyoid (also calling on Element/ Structure 172, the metacarpal sesamoid Mc Ss 2, working with the incus of the ear and Element/ Structure 171, lumbar vertebra L5, working with the pisiform of the hand). It will be the s-orbital structures which begin Row 9, the body and ramus of mandible, that is, the movable jaw, which will be the manipulator of the four sesamoid pairs to allow symmetry breaking through the use of the weak force.

Since I imagine symmetry breaking beginning with Element/ Structure 133, only four structures earlier than the central earth-contact structure which I believe Element/ Structure 137 to be (Mt 3, metatarsal 3), I have imagined that all of the havoc which can be played on the body by symmetry breaking is instigated by the structures from Element/ Structure 133 to a return to mirror-imaged functioning at 137, but this subsequent functioning beginning again with 137 is skewed away from engagement in overall body symmetry by the broken symmetry of 133 through 136. Comparable body structures to Elements/ Structures 133 to 137 (Mt MP4 to Mt 3) are the body-frame bones, the malleus, incus, upper hip and pelvic hip, Elements/ Structures 49-52, which I view as the "heavy" elements/ structures of the body upon which the rest of the body is able to exist and function.

To return to the earlier-taken percentages, I can't resist imagining that Elements/ Structures 1-132 of my Periodic Table correspond in the vicinity of the 74% hydrogen content of our universe. Then, 133-136 correspond to the "heavy" element content in the vicinity of 2%. Finally, I can imagine Elements/ Structures 137-180 corresponding in the vicinity of

the 24% helium content of our universe based on the concept expressed above that after the symmetry breaking which occurs in 133-136, there is a return to symmetry but now a symmetry strong enough to resist its structures being skewed away from dependence on symmetry in the remainder of the entity, corresponding to the sort of stability possessed by helium.

Regarding the Cosmological Constant Problem

Having thrown caution to the wind in Section 5 above in musings about the *fine structure constant*, I shall add one other set of musings regarding another possible constant of nature referred to as the *cosmological constant*. The value of this constant seems to be involved in whether gravity is accelerating the expansion of our universe in the way that seems to be occurring.

I have read that quantum field theory proposes that “fields” have energy even when they are in their so-named vacuum state and this is referred to as the zero point energy.

The “fields” of quantum field theory apparently exist at different frequencies. If the zero point energy existing in a “field” is considered for each frequency up to the Planck scale, that is, the set of universal units beyond which physics breaks down, then the calculated energy density is something like 120 orders of magnitude too big beyond the cosmological constant.

For a long time I have thought these 120 orders of magnitude beyond the cosmological constant might provide some confirmation of my work and my Periodic Table of Elements / Correlated Human Body Structures. Einstein introduced the cosmological constant as a way to have a static, unchanging universe.

I have often wondered whether it might be that the 120 orders of magnitude above what is necessary for a static universe might be represented by the 120 scaffolds of bones I have derived which allow a human body, or perhaps, any other energy entity as I speak of such an entity in sections above, to move with the “gravitational stream” (perhaps infrequently) or step outside it (into spatial dimensions) to compel electric, chemical or mechanical energy to activate to run its systems, thereby creating the flickering zero point energy to be found in quantum field frequencies up to the Planck scale.

Section 6

Table for Effects of Directing Breath to Certain Structures of Head

In this section I shall include several items which have grown out of the above sections. These items appeared to be of sufficient possible relevance, if valid, that I felt I must include them before finally bringing to an end the additional material to accompany the last 11 essays of a large work containing 52 essays and song sets (unpublished at this time), these last 11 essays being primarily condensations of the parts of another large work, a book about human bodily functioning entitled Life, Reflections On (etc.), which appears at present on my webpage at www.evacarynason.com. The version of that which I am writing now will begin with the new material presented in the sections above along with this Section 6, and will conclude with the 11 essays, Essays 42-52, serving to condense the parts of the book that is presently the other item on my webpage, that is, Life, Reflections On (etc.)

Having come to a point during the writing of several of the above sections in which I paused to experiment with the effects of directing breath in various ways to the six breath intake structures which were introduced in Sections 1-3 above, I concluded I should make a sort of table or chart (certainly useful to me) showing the effects of directing breath in the various ways. I would not be surprised if the development of the ability to determine where the whole in-taken breath goes on inhalation, and what happens to it on exhalation, would serve as as good a diagnostic tool as could be needed for determining the type of functioning in which a person is engaging and the likely ramifications of that functioning.

The six breath intake structures to which I refer are as follows:

1. ethmoid cells in the top of nose,
2. sphenoid sinuses at the back top of nose,
3. tympanic cells in the ear,
4. maxillary sinuses (large!) in the middle of nose toward front,
5. mastoid cells in the mastoid bone ending behind ear and coming down from above,
6. frontal sinuses more or less just behind eyes.

The body structure to which I refer in this table is that which I have named the 3-Day bone, which remains the same for three days and should be the main structural balance-point for the body on Day 3. On Day 1 and Day 2 of the three days there will be associated structures of the head playing large roles in the balance-keeping for the body. I refer to the main balance-point structure for Day 1, Day 2 and Day 3 as the Bob-C's. These will be shown in the Tables of Part 4 of my book, Life, Reflections On (etc.) found at www.evacarynason.com.

There follows now a no doubt very incomplete survey of general effects I believe I have discovered to exist when one of the above six breath intake structures receives breath and it or another of the six serve to receive breath pressure transference during exhalation: (structure receiving inhalation > structure of breath pressure transference during exhalation):

1) ethmoid cells > sphenoid sinuses: Inhaled breath to ethmoid cells with breath pressure transference during exhalation to sphenoid sinuses results in balance-point of body during inhalation being on the Day 1 or Day 2 or Day 3 Bob-C. (See Tables of Part 4 of book at www.evacarynason.com). However, during exhalation, the balance-point for the entire body becomes the comparable structure in the next 3-day sequence with accompanying transference of usage to all structures associated with the next 3-day sequence of balance-points.

2) ethmoid cells > ethmoid cells: As above on inhalation but if breath pressure stays in ethmoid cells during exhalation, then the balance-point of body and usage of accompanying structures would seem to stay the same during exhalation as during inhalation. There will be comment at the end of this table as to what might be happening during exhalation to compensate for there being no moving on of the body to its next incremental progression through an always changing universe.

3) sphenoid sinuses > tympanic cells: Inhaled breath to sphenoid sinuses with breath pressure transference during exhalation to tympanic cells would seem to result in the balance-points of the body during inhalation and exhalation following the Misalignment Chart shown in one of the 11 essays mentioned above which follows this Section 6, named Song Set 47 Essay. The Breath In and Breath Out structures of the Misalignment Chart will be used.

4) sphenoid sinuses > sphenoid sinuses: Inhaled breath to sphenoid sinuses with breath pressure remaining in sphenoid sinuses during exhalation also would seem to result in the balance-points of the body during inhalation following the Breath In portion of the Misalignment Chart of the essay after this Section 6 entitled Song Set 47 Essay. During exhalation, it is found that the structures serving as balance-points during the Breath In phase will continue to serve as balance-points during breath-out exhalation phase.

5) tympanic cells > maxillary sinuses: Inhaled breath to tympanic cells during all 3 days of a 3-day cycle will result in balance-points during inhalation remaining on the Day 3 Bob-C. There is no engagement of Day 1 Bob-C. The Day 2 Bob-C simply engages as an associated structure of the Day 3 Bob-C. During exhalation, that which happens will be similar to the first situation described above for ethmoid cells > sphenoid sinuses, that is, the balance-points for the entire body during all three days will be the comparable structures in the next 3-day sequence with accompanying transference of usage of all structures associated with the next 3-day sequence of balance-points.

6) tympanic cells > tympanic cells: Inhaled breath to tympanic cells as shown in 5) above, but during exhalation the situation will be similar to 2) above.

7) maxillary sinuses > mastoid cells: Like 3) above, that is, inhaled breath to maxillary sinuses with breath pressure transference during exhalation to mastoid cells would seem to result in the balance-points of the body during inhalation and exhalation following the Misalignment Chart shown in one of the 11 essays mentioned above which follows this Section 6 and which is named Song Set 47 Essay. Sensation implies that different portions of the involved structures are utilized.

8) maxillary sinuses > maxillary sinuses: Like 4) above, that is, inhaled breath to maxillary sinuses with breath pressure remaining in maxillary sinuses during exhalation would seem to result in the balance-points of the body during inhalation following the Breath In portion of the Misalignment Chart of the essay after this Section 6 entitled Song Set 47 Essay. During exhalation, it is found that the structures serving as balance-points during the Breath In phase will continue to serve as balance-points during breath-out exhalation phase.

9) mastoid cells > frontal sinuses: Similar to 5) above but with one big difference. The similarity to 5) above is that inhaled breath to mastoid cells during all 3 days of a 3-day cycle will result in balance-points during inhalation remaining on the Day 3 Bob-C. There is no engagement of Day 1 Bob-C. The Day 2 Bob-C simply engages as an associated structure of the Day 3 Bob-C. The one big difference is the strong likelihood (as implied by sensation) that all involved muscles will be functioning in the opposite direction than in other situations, from insertion to origin rather than vice-versa. During exhalation, that which happens will be similar to the situation described above for tympanic cells > maxillary sinuses, that is, the balance-points for the entire body during all three days will be the comparable structures in the next 3-day sequence with accompanying transference of usage of all structures associated with the next 3-day sequence of balance-points. However, once again, all involved muscles will be functioning from insertion point to origin.

10) mastoid cells > mastoid cells: Inhaled breath to mastoid cells as shown in 5) and 9) above, that is, inhaled breath to mastoid cells during all 3 days of a 3-day cycle will result in balance-points during inhalation remaining on the Day 3 Bob-C with no engagement of Day 1 Bob-C and the Day 2 Bob-C simply engaging as an associated structure of the Day 3 Bob-C. There remains the difference that involved muscles function opposite their normal functioning, acting from insertion point to origin instead of vice-versa. During exhalation the situation will be similar to 2) above.

11) frontal sinuses > ?: Here is supposed to be found the breath intake structure to which is transferred, during exhalation, the breath pressure occurring in the frontal sinuses created during inhalation. Considering how entirely speculative all that I write here will appear to be, then the following speculation simply follows in the preceding chain: Sensation implies to me that the above question mark should be replaced with whichever is the “Link from Brain Structure to Body-Bone Scaffold” shown on the Table which begins this entire work that is appropriate to the particular day’s scaffold of body structures holding the body sufficiently balanced to its universe to be able to function.

12) frontal sinuses > frontal sinuses: Breaking the pattern above for the use of the Misalignment Chart of Song Set 47 Essay (among the essays following this Section 6) for the situation of breath intake into the sphenoid sinuses and the maxillary sinuses, breath intake into the frontal sinuses yields the distinct sensation that the balance-point structures during intake become the Breath Out structures of the Misalignment Chart for the relevant time of day on Day 1 or 2 or 3, muscles continuing to function in the opposite direction than normal, from insertion to origin. During exhalation, structure use will stay the same.

There was a day on which I realized something that seemed extraordinary at the moments of realizing it because it seemed too good to be true as confirmation of much of what I’ve written above. I realized that if breath intake went to the first of my listed breath intake structures, the ethmoid cells, and then I arranged myself to feel breath pressure transference during exhalation to a breath intake structure several structures away such as the tympanic cells or the maxillary sinuses or the mastoid cells, then the scaffold for the balance-point structures will have moved an equal number of steps away! I think a simple sentence is likely to be sufficient to state what is happening, that is, wherever residual breath (or primary breath if one has discovered how to direct one’s breath) is found in the six breath intake structures listed 1-6 above will determine the arrangement of the posterior and anterior longitudinal ligaments and this arrangement will determine the manner of functioning of the body and all its structures.

I would propose that gravitational energy serves as the body’s energy source utilizing its mirror-imaged structures and connective tissue for 1) above. Then, by 5) above, electromagnetic energy has become necessary through the use of voltage-gated ion channels. By 9) above, chemical energy has become necessary through the use of ligand-gated ion channels. It is likely that gravitational energy suffices so long as the posterior longitudinal ligament is pulled as snugly up and forward as possible in women with it being likely that the anterior longitudinal ligament needs to be snugly up in men. When these ligaments lapse, then it is likely electromagnetic energy serves through some version of voltage-gated ion channels until there begins to be reversal in the direction of action of muscles from origin to

insertion to a direction of action from insertion to origin that occurs to call forth ligand-gated ion channels based on the need for chemical energy. There is so much more to be said about the body's energy use, but I leave that for another time or someone else.

As mentioned in (2 above, I add now the following commentary about what is possibly happening when there is no breath pressure transference during exhalation from one of the six named breath intake structures to another.

I am assuming that as a living organism, specifically a person in this case, inhales, then that person comes to occupy a different locale or situation in the universe than before, however miniscule the difference. When he or she exhales, it seems likely he either moves on in whatever the universe is doing, stays stationery or drops behind.

I hypothesize that the series of effects of directing breath in the various ways shown in the series of 12 steps above, will determine the degree to which a person is moving on, staying stationery or dropping behind in what I have come to think of as what the universe is "properly" doing, that is allowing gravity to be "uncompromised." I propose that a major determinant of whether moving on or staying put or dropping back will be found to be in the disposition of the posterior and anterior longitudinal ligaments.

The body is connected in such a way that if residual breath goes to the ethmoid cells in a woman (see * at end of these paragraphs as regards similar situation for a man), then the body is arranged such that the posterior longitudinal ligament will be necessarily pulled up and forward toward the crista galli. If that residual breath pressure can be transferred to the sphenoid sinuses on exhalation, then the arrangement of the body and the posterior longitudinal ligament will be maintained and the result of this is that there will occur whatever transformation is necessary to particles of the body to allow the body to move directly with the portion of the "gravitational stream" of which it is a part. It is in that sense in which I propose a person moves on in whatever the universe is "properly" doing.

It is likely, then, when breath pressure transfers from one of the six breath intake structures discussed here to another, that there can be transformation of particles of the body toward moving the body on with those moments of movement of the "gravitational stream," as proposed for what happens when there is breath pressure transference from ethmoid cells to sphenoid sinuses, OR toward staying put outside the "gravitational stream" but moving a step ahead in that spatial dimensional location outside the "stream" in order to keep up in that location OR dropping back from that location outside the "stream." The manner in which it would seem a person does none of these things on exhalation but stays just where he was as the universe moves on, would be a function of there being no breath pressure transference during exhalation, that is, inhalation brings breath into one of the six breath intake structures and breath pressure remains there during exhalation.

The intent of these extra comments after I have completed my summation above of general effects I believe I have discovered to exist when one of the six breath intake structures discussed here receives breath, and it or another of the six serve to receive breath pressure transference during exhalation, has been to mention a possible role of the dentinal tubules of the teeth (along with whatever recesses must surely exist in the maxilla and mandible alveolar processes and the virtual spaces in the frequently non-existent wisdom teeth) as well as the pores of the six head bones associated with the six breath intake structures discussed here, that is, the ethmoid bone, sphenoid bone, lacrimal bone, maxilla bone, body of mandible and ramus of mandible.

When there is no breath pressure transference during exhalation from one of the six breath intake structures to another so that the same breath intake structure handles inhalation and exhalation, then I propose that the lack of breath pressure transference from one breath intake structure to another to bring about some movement of the person in relation to the “gravitational stream” results in that pressure for movement, which isn’t occurring in the one way, finding its alternative in bringing moving pressure effect to the dentinal tubules of the relevant one of the 16 possible tooth structures or the maxilla or mandible alveolar processes or one of the six head bones just listed above for a total of 24 structures to handle the inability of breath pressure transference to occur to move the person in some way in relation to the “gravitational stream.” The 24 structures which I am proposing handle this inability for a person to move in some way, forward or backward in relation to the “stream,” during a breath cycle correlates with the 24 bone scaffolds of the body, each handling a sequence of three days, which are cycled through five times in a year, allowing these bone scaffolds with their series of associated structures to maintain the functionality necessary to keep an organism sufficiently aligned to its universe to make use of the energy sources available to it to keep going.

*Footnote to the 4th paragraph immediately above: In a man, there is the possibility of the opposite situation existing, that is, of it needing to be the anterior longitudinal ligament which pulls firmly upward toward its attachment to the basilar part of the occipital bone, the primary difference leading to male and female development likely being the weighting of the male genitalia toward the front of the body and that of the female more internally toward the rear.

Section 7 Area 25 of the Brain and Depression

Before I leave off adding extra material to begin what was originally only 11 essays to serve as condensations of the parts of the book to be found on my webpage at www.evacarynason.com, that is, the Original PDF for Life, Reflections On (etc.), I wish to add an example of what I've been trying to do for years now but never in any systematic, presentable way, which has been to take the nebulous connections I so often see, which I then spend time checking out for any possible validity, and try to put them in comprehensible language which could then provide a basis for someone else checking my connection for possible validity to provide greater insight regarding some malady afflicting us humans.

What I write now is based on an article, "Turning off Depression," by David Dobbs about work of Helen Mayberg, the article having been found in the book, Best of the Brain from Scientific American of Floyd E. Bloom, M.D.

In the article, David Dobbs writes that Helen Mayberg showed the importance of Area 25 of the brain to depression. Area 25 is part of the cingulate gyrus.

If looking at my Table of the Linked Scaffold of Body Structures, which begins this material, it can be seen that the cingulate gyrus is the gyrus associated with the body-bone scaffold which has the radius as its body-frame bone. The radius is the bigger of the forearm bones, the one above the thumb, whereas the ulna is the smaller one above the little finger. The muscles for these bones, as indicated by my years of attempting to associate muscles as having particular connections with specific bones (see Tables of Part 4 of the aforementioned book) are the heart's muscles, the ones for the radius being the muscles coming in from the wall of the heart and those for the ulna being the extensions on into the heart.

In reading the article noted above, there is the comment, "Antidepressant effects in responders were associated with a marked reduction in local cerebral blood flow . . ."

I think it possible that there could be a connection between the quantity of blood flow to the cerebral area, possibly an over abundance in the cingulate gyrus area of the cerebrum, and the dominance of the radius in asserting its body-bone scaffold as the controlling scaffold of the body when it is only one of 24 scaffolds which are probably supposed to be cycled through regularly and repeatedly.

In connection with a family member, I have had reason to give thought to the probable strengthening of the radius to cause its scaffold to become the controlling body-bone scaffold by on-going, day-long, year-long typing on a keyboard. It seems possible that the ascendancy of this scaffold, when it should be only one of 24, could have an effect on increased volume of blood flow to the area of the brain's cingulate gyrus, thereby perhaps playing a significant role in creating conditions for depression. If it were possible for a person to become aware of there being an on-going greater balance between the sense of pressure on the ulna and the radius, I have wondered if that would over time have a similar effect as the taking of anti-depressants.

That which follows was written July, 2017 - July, 2018 and copyrighted July 17, 2018. There have been corrections to the original material, but much of it stays the same. The song project referred to below is now completed with the possibility of publishing when permission to use copyrighted songs has been obtained. These latter Essays 42-52 were to be in three parts, the 2nd and 3rd of which were to be relevance of essay to song set and an autobiographical snippet, these parts not included here inasmuch as this work's intent has been to present the essays' "idea" portion to stand for copyright as safeguard, speculative though the ideas are.

Snake et al: Dispossessed I - Set 42

In the previous essays (Essays 1-41, not included in this work), I wrote from what is coming to seem to be a long-ago time in my life. A quarter of a century has elapsed since I wrote Essay 41.

Even then, having put together 52 sets of songs I'd sung to my children when they were young and written essays to go with the first 41 sets of songs, I knew I would need eleven more essays to complete the song project I had started. I abandoned the project some 25 years ago because I irreversibly caught onto the string of an inquiry I could not let go until it culminated in conclusions which I was finally able to sum up in a book format and send to the U. S. Copyright Office on February 17, 2017.

It is my hope to now complete this song project by writing the eleven remaining essays.

As can be seen from the titles of the last eleven song sets, as shown in the Contents for this work, the needed Essays 42-52 must surely address change, change, change, concluding hopefully with that which could be said to stay constant.

At this late period in my life, being of the age of 77 today, July 15, 2017, I have considered that it would be good for me to say whatever else I might have to say about the previous portion of my life if I am going to have any sense of completion of that portion. Perhaps I shall have long life yet to come, but I think a new story will ensue.

On July 1 of this year my ex-husband of 25 years died. He was my only husband, the father of my two younger children and he exited my life 15 years ago. He was a good father and left his children a book containing summations of the periods of his life. His doing so has suggested to me the possibility of forming a portion of these remaining eleven essays from brief autobiographical summations of periods of my life.

Since this song project developed as a legacy for my children, it would seem reasonable to complete it now with autobiographical snippets, but I would hope to intertwine these snippets, as much as possible, with the theme of the song set itself and with a last task that I see before me. As said above, I abandoned the song project some 25 years ago because I had caught onto the string of an inquiry I could not let go until I was finally able to sum up conclusions of that inquiry, as said, in a book format to send to the U. S. Copyright Office.

Neither my children nor anyone else of the approximately 150 people to whom I sent an electronic copy of the PDF of my 471-page book (found on my webpage at www.evacarynason.com) have likely perused it beyond determining to go no further than the initial perusal, if even that. I have suspected the radical nature of the book prevents it from lending itself to ease in reading or to ease in making use of any of the material in it.

Therefore, as part of my legacy to my children, I have determined that I must try to provide brief, comprehensive expositions of the material in the six parts of the book and some suggestions of how to more easily use it. I shall do this in nine of the remaining ten essays with the last essay being the culmination.

Songs from the Interior I - Set 43

My earliest writing regarding the string I latched onto 25 years ago, as mentioned in Essay 42, was based on my effort to look into voice improvement if I were going to be singing a lot to my children. I perused the writings of great singers and singing teachers and found they often made use of language for shaping the voice tract.

Eventually, I would come to connect the development of language at a given place on earth with the efficacy of the making of particular sounds in causing the body at that particular place on earth to line itself up in its optimum balance. Therefore, to use those particular most basic sounds in preparing and exercising the singing voice should naturally be efficacious in directing a person toward a balanced body and, thus, a balanced vocal tract.

My entire work, as found in the PDF at www.evacarynason.com, hinges on my perceived discovery that there is a single optimum alignment for the body at any given moment. A friend has told me that her workplace occasionally holds seminars on measures for staying healthy. One measure was to use the voicing, aloud or silently, of our first numbers in reverse order, that is, 5,4,3,2,1, in order to jump-start our bodies to engage in whatever physical or mental activity needed. To do this in a certain way can have some effect in pulling the body into momentary alignment in the same way as utilizing many of the alignments laid out in my book based on knowing one's bodily structures and how they should be utilized at any given time.

However, the goal for a person wishing to create a body capable of perpetual optimum alignment and balance is to fashion the structures of the body so that they are not subject to lapsing out of alignment when one is not repeating over and over, "5,4,3,2,1", or using some other trick based on no awareness of what the trick is actually doing to our many bodily structures. (Smile with your eyes, my son's wedding photographer told us - very efficacious, so much so that there will be found toward the end of the Addendum ending this work [that is, the referenced Music for Youngsters, but at the end here also] a chart delineating three different methods of correctly aligning one's body by knowing only a very few of its structures and using some of the afore-referenced tricks.)

Manuscript I of Part 6 of my book in the PDF at www.evacarynason.com, the title of which is Life / Reflections On / What It Is / How It Developed/Develops / How It Processes To Death (but Possibly Need Not Do so) / What It Tells About Our Universe, describes my beginning effort to figure out what the perpetual, but constantly changing, optimum alignment of the human bodily structures might be and how the structures might be reshaped to allow for the perpetual reshaping needed to maintain constant optimum alignment.

That which I was discovering, which would lead to my writing Manuscript I, was that the way my body was arranged could give me very different sensations when I did things such as say "5,4,3,2,1." I could think the series of numbers in such a way as to seem to feel no change to anything except for a flutter of activity in my larynx, and I could say the numbers with there only being added on a bit of tightening of my pharynx in the area behind the larynx and the mouth.

Alternatively, I could say the numbers with emphasis on each and feel tightening occurring in the abdominal area and up my spine.

In the first instance of little sensation associated with the thinking or saying of the numbers, I was in maximum bodily sag mode in which breathing was altogether shallow, likely reaching only the very top lung segment/s of the 18 available segments.

In the second instance, of emphasizing the numbers, I have begun the process of tightening up my spine, even affecting the crista galli in the top front of my head. Since the spine is connected to everything else, I am thus rearranging areas such as the abdomen to alter lung segments quite likely

for more extensive reach of breath.

Of the two people who have ever indicated to me they have read any part of Manuscript I of Part 6 of my book, they have both commented that the kind of things about which I am writing are generally known. I assume they refer to it being known that breathing is of essential importance to the human being and that there are things which can be done to enhance breathing capacity.

So, how does it seem to me that my Manuscript I goes beyond these generally known concepts? In this first manuscript, I think I trace some of the path toward my coming to understand that I would need to learn my anatomy, that is, to know my bodily structures, and, also, to discover whether I could sense anything about them.

Some of the initial indications of Manuscript I, based on the obvious fact of the body being extremely complicated because of so many parts, are that if the body is not known in its many parts and what the parts ought to be doing at any given moment, then we have no way of really fixing anything.

Further, Manuscript I points toward the concept that optimal breathing leads to optimal functioning but that the large sequential number of spaces into which breath needs to be taken, or structures with which breath needs to be especially associated, are likely not known at all. Consequently, there is not even anyone telling us that the very limited number of spaces into which many of us breathe are altogether insufficient and will almost never allow us to do the fixating of breath in its proper location in a breath cycle which is the essential step in our being able to hope to alter our bodily structures toward optimum alignment and balance.

Manuscript I implies that a life style conducive to a laughing, smiling facial configuration brings human bodily structures toward their optimal alignment and that the jaw is the primary culprit in disrupting this alignment by misaligning muscles. This is due to the improper seating in its space of the head of the jaw, that is, the head of the condylar process (in front of the ear), a chronic condition which is greatly exacerbated by all kinds of mental and physical stress.

In Manuscript I, “back breathing” is discovered, that is, the possibility of breathing in such a way as to get breath to the back, lower sections of the lung.

However, now, at the end of all my “discoveries” to present, I am going to propose that I speak from time to time as though I were the writer of science fiction in order to not destroy whatever value the rest of this work might have if I advance theories that seem to be of a science fictional nature. Therefore, whenever I wish to jump to the “discoveries” I believe my years of work have brought me, I shall declare myself to be in SciFi mode.

In SciFi mode now, I would say a major importance of back breathing is its effect in expanding the back and, thus, effecting the possibility of more properly aligning lumbar vertebra 5 (L5).

Still in SciFi mode and jumping from Manuscript I to the present, my discoveries lead me to conclude that the proper alignment of L5 would result in the proper alignment of ourselves to the master one of the four dimensions in which we live of which we are aware, that is, the dimension of time. The development of this concept is mentioned in Essay 44 and pursued in Essays 46-47.

Continuing in SciFi mode, I would propose that the seating of the head of the jaw in its space is the arbiter of the degree to which we will experience alignment in all our four dimensions, that is, the dimension of time and the three spatial dimensions. I would further propose that it is the many ways we misalign to these four dimensions which cause all our maladies and our death.

A further implication of Manuscript I leading to a large concept derived in the present (which I will discuss presently in SciFi mode) hinges on my early realization that the rise in bodily structures which occurs as we inhale needs to be a rise in those structures which is maintained as we exhale.

Only in recent months have I come to see the large concept to be derived from the realization that our inhalation should be done with and into an extending-spine body whereas exhalation should occur from a flexing-spine body, which is the process assuring that there is no collapse of risen structures during exhalation.

The larger concept involves the possible effect on the larger environment around us of breathing in the two different ways, the one leading to an expanding environment and the other to a contracting environment. Reference to this concept is found on Page 422 of the book forming the PDF on my webpage, www.evacarynason.com and will be discussed further at the beginning of Essay 44.

Manuscript I declares there to be “a crux of the matter,” that the goal is to keep our center of balance at our center of mass.

As time went by and concepts leading to the rest of my book in the PDF emerged, it became more and more apparent that change truly does underlie everything because it came to appear that our center of mass should be ever altering from one structure in our body to the next through each day of each year and that all of these structures are undergoing change to accord with the constant change of our universe. Insofar as this is not happening and our center of mass remains more or less constantly associated with some main structure in our body such as the sacrum, then our body adapts itself to allow the necessary constant change to occur as wear and tear on various bodily structures until they give way rather than alter to fit themselves to universe change.

Songs from the Interior II - Set 44

As these latter 25 years went by, I began learning my bodily structures and the extent to which I could sense them within my body. Always, however, I was looking for the large picture - why do we exist at all? I read as much as I could from physics and other scientific disciplines and, inevitably, began devising possible scenarios for how the connections I was making within the body might relate to the larger universe.

Since I had nothing but myself and my books to inform me, when questions arose as to what the difference might be between a surely common normal way of breathing into a body with a flexing spine and exhaling from a body with an extending spine and the opposite way of breathing I had derived as associated with a more optimally aligned body, that is, with an extending spine during inhalation and flexing spine during exhalation, there was always the impetus to move toward an explanation that would shed light on my questions of why we are here and what it is all about.

The SciFi-mode theory I devised as to the large-picture difference between the effect of the one configuration of the spine during the breath cycle as compared to the other configuration was a large-picture concept indeed, the difference determining whether living, breathing creatures were contributing to universe expansion or universe contraction. There was a distinctly different sensation between exhalation in the old normal way and exhalation when I felt I had fixed my spine such that there could be no extension of it during exhalation as well as no collapse of structures which had risen during inhalation. In the old normal way, there was the obvious expulsion of breath from nose or mouth; in the new way, it were as though the breath I had inhaled was compressed by my body to be sent forth by some means from the various exit routes I had concluded must exist for sending forth what I suspected must be electromagnetic energy or what I referred to as spectral wave-length energy. There were six exit routes for this energy to accommodate what I further concluded must surely be (or could possibly be?) some continuum of electromagnetic wave-length energy. (See Lines 28-33 of any odd-numbered page of the Tables of Part 4, Pages 117-356, of my book in the PDF at www.evacarynason.com.)

Always there was the question, "How could this be?" I had no means of verification, but, in my mind, the possibility was so intriguing that I had to try to present it in hopes of eventually also intriguing someone who might be in a position to determine any possibility of credence to my science fictional concept.

As time went by I began wondering whether there could be any credence to my growing suspicion of just how intimately entangled everything in our universe actually is. Would it be possible that some tiny happening on earth could radiate out to affect the larger universe? And, therefore, the configuration of a spine of a single human being on earth could have some effect on universe expansion or contraction? If so, then could it be possible that whatever was happening in one spot in the universe would affect all the universe?

In Manuscript II, *Musings with Anatomy Book*, I concentrate on discovering what I can about the effect of our sinuous spine on the rest of our body and the effect of the sacrum on our spine. The role of the larynx on our bodies is considered at length, and it is in connection with the larynx that I insert one of the longer italicized sections harkening forward to insights from the latter year or so. It is in this particular italicized section in which I present my SciFi mode theories regarding the source of the dimension of time and of the three spatial dimensions familiar to us and the role played by the sesamoid bones of our body in forming us to function as four-dimensional beings (see Page 400 of my book).

Continuing in Manuscript II, there is much attention to two big ligaments, one running along

the front of our vertebrae and the other along the back, the anterior and posterior longitudinal ligaments, with reference to their possible roles in the flexing and extending of our spine and the tilt of the sacrum and so on.

Finally, the last portion of Manuscript II explores, in particular, the connecting tissue in the brain, the membrane called dura mater, its attachments in relation to the peak portion of the skull's ethmoid bone, that is, the crista galli, the coming-to-be all-important indicator of body alignment, as well as the dura mater relation to the posterior longitudinal ligament.

It seemed that all the connections I was making in Manuscript I and II and the various different effects I seemed to be creating in myself both physically and mentally by manipulating bodily structures to better accord with what I was determining was a more balanced body were indicating that there was much not yet known about what was happening in our bodies as well as how we living creatures related to everything else.

No doubt I began wondering early on whether our various physical and mental maladies need not exist if we functioned in accord with some optimum alignment and balance of our structures. And maybe there was a way to align ourselves so that our bodily structures did not have to wear out. But, if I were beginning to imagine the possibility of arriving at a condition of on-going life, then I had to imagine the possibility of arriving at a condition of on-going happy existence, of that state of existence that gives us equanimity and underlying joy in being alive regardless of circumstances in order to make the prospect of on-going life palatable. I had my work cut out for me.

Native Americans: Dispossessed II - Set 45

In preparing to write these last 11 essays, I gave one or two word depictions of the periods of my life about which I might write. This period after university I referred to as floundering time, that is, coming from school ready for the next phase but not easily finding my way.

How nicely this dovetails with my plan for these essays to include some synopsis of the parts of my book as found in the PDF at www.evacarynason.com, in this case, Manuscript III of Part 6.

In Manuscript I and II, I was attempting to school myself in the anatomy of the body and determine what I could fathom about the possible relevance of the connections I was sensing of all the anatomical parts.

At the beginning of Manuscript III, I have distinctly moved on to the “larger questions” by stating that a base question as to our origin is to ask how matter comes into existence in the first place. Then I ask, “Is not the difference between living and non-living matter nothing more than the capacity of the collection of living matter to respond to its environment in a seemingly non-passive way?” I go on to respond that a means of doing this is “by affecting some kind of movement that issues from within itself.”

To move on, then, beyond these introductory remarks of Manuscript III, I propose that “we might look at ways that chance movement became predictable, organized, controlled movement.”

Thus begins - or continues as the case may be - that which my moments of doubt declare to be a floundering effort to discover and explore possible paths to answer why we are here. However, my moments of doubt have been constantly superceded by those next moments of perception of possibilities seemingly not yet elsewhere proposed. Therefore, Manuscript III moves into a story of the functioning of living organisms as found in a process of accretions, with the process by which these occur developing into Parts 1 and 2 of my book.

I propose that these accretions result eventually from the initial continual movement from equilibrium to disequilibrium occurring within a collection of molecules which is discreet and separate from the environment around it but which receives substance from this environment by way of the opening or lengthening of that which encloses the collection of molecules, perhaps a globule-forming membrane. Then I draw a parallel between this membrane lengthening and the manner in which I propose muscle first developed to function by means of lengthening rather than contracting since contraction comes with much needed paraphernalia in the form of the development of other kinds of add-ons thru the eons such as ion channels of messaging systems.

Next in Manuscript III there is mention of the 22 amino acids used to form the proteins of our bodies and a discussion of the unique characteristic of only one of these 22 amino acids, glycine, whose carbon atom occurs in such a way as to not be asymmetric in the glycine molecule. This results in a molecule without right-handedness or left-handedness as compared to the DNA molecule which is a helix spiraling to the right. All the other amino acids found in proteins in our bodies are left-handed.

As Manuscript III continues with proposals for the role of the special amino acid, glycine, the manuscript moves on to discussion of the handicaps of muscle contraction as our means of movement. The special characteristic of glycine of even-handedness combined with my perception of the handicaps associated with muscle contraction as our means of movement lead me to hypothesize that the initial development of the simplest living creatures could have been based on glycine as the first amino acid yielding symmetrically balanced creatures whose balance was eventually so greatly compromised as to require mitigating developments to handle incorporated unbalancing elements. I suggest that the long history of the development of a balanced creature probably continues to

underlie the modern-day creature who possesses an overlay system directed toward allowing levels of functioning based on imbalanced use of creature structures.

Then I speak of a possible source for the imbalance to the precursor globule as exemplified in the form of spirochete-type precursors as well as the manner in which on-going various unbalancing elements resulted, in particular, in 20 situations in which major change occurred to the organism which would become a human being. I write, “That which led to the perceptions underlying this story of beginnings . . . was the slow perception of the manner in which muscles developed to function in such a way as to maintain the balance of the body as a whole in order for the body to be able to function.” I continue that after the development of twelve initiating muscles, all subsequent muscles developed by patterning themselves in sets of five (with a 6th muscle-resembling component) yielding 60 groups of muscles each containing five mostly-obvious two-part (mirror-imaged) muscles (plus a 6th muscle-type component) functioning together to maintain balance. These 60 groups are themselves divided into subgroups of three with each subgroup being associated with one of the 20 major-change accretions to the organism which becomes a human being.

In the subsequent remaining 15 pages of Manuscript III, the development of the eye as much more than an organ for vision is explored. There is then an italicized section, probably more in the SciFi mode than even the regular text, in which I propose that each muscle of a set of three muscles associated with a specific bone should activate in its turn in a specific direction alternative to its neighboring companion muscles, that is, the middle muscle of the three which is stated as composed of circular fibers as distinguished from longitudinal and radial fibers of its neighbors, performing in a different way and a different direction than its two companion muscles. Additionally, I propose the primary purpose served by each set of three muscles, with their alternative-acting directions, is to move along that which is in-taken by an organism as well as the manner in which this is done.

Next, there is a section on the possible role of spirochete-type precursor organisms as invaders of initial globule-type precursor organisms serving to initiate the development of the essential ion channels used by living organisms to convey designated molecules through cell membranes.

Then follows an exploration of, and relevance to our story of, the three muscle fiber types, slow-twitch, fast-twitch and fast fatigue-resistant, and there is discussed the role of myoglobin and the degree of oxygen from the blood-stream for the different types of muscle fibers.

Finally, as conclusion, there is another SciFi mode italicized section which, if valid, could explain a great deal. I delve into discussion of the three kinds of ion channels, i.e. gap-junction, voltage-gated and ligand-gated, and describe to some extent the make-up of each. Then, I presume to present my conclusions as to the situation calling for the use of each as regards what type of balance the body is experiencing and what it is having to do to handle unbalanced alignment of its structures requiring electrical and chemical messaging as represented by voltage-gated and ligand-gated ion channels. With greater presumption, I suggest the relevance of these usages of the ion channels in the bigger picture of what the body is doing in respect to its dimensional alignments to the universe to call forth the use of the several ion channels. In the months since having copyrighted my book in the PDF at www.evacarynason.com on February 17, 2017, there has been significant refinement in my perceptions regarding the ion channels of the body, which will be discussed in these last essays.

Revolution and War - Set 46

Revolution! Seeking a new unfettered destiny! Surely I knew I was doing that as I began making the associations of my bodily structures which would result in Part 1 of my book in the PDF at www.evacarynason.com.

I was in no way satisfied with the state of our knowledge about human maladies as well as the basis for our existence at all. I remember wondering whether I couldn't start discerning something about how my body worked if I just sat wriggling my toe and noticing what felt different in other parts of my body as I did so. Did I imagine I could go from there to determining why we exist?!

I began making notes, which became boxes of notes as the years went by. Those notes must tell in much more tedious detail than given in the text of Part 1 of my book how I slowly made the connections leading to the Bone / Muscle Table of Part 1.

Bodily structures, such as bones and muscles, seemed to group themselves. In Part 1, I write first about grouping muscles in sets of three and then relating these groups to specific bones and how a table grew out of this based on there seeming to be scaffolds of bones (each bone with its three muscles) forming themselves into 24 sets of scaffolds. The scaffolds of bones were formed from a bone taken from each of 5 seemingly natural bone groupings into 5 sets of 24 bones each. There were 12 thoracic vertebrae and 12 ribs coming from them yielding 24 structures making up the thoracic spinal column. If I looked at the bones of the hand in a certain way, then I could see that five of the wrist bones could resemble the 19 finger bones to yield a set of 24 finger bones. Likewise with the foot and its toe bones, all comparable to the hand and finger bones, yielding 24 toe bones.

Then, later, it seemed reasonable to consider the role of the curious small round sesamoid bones attached to two finger bones and one toe bone as serving some role similar to that of the remaining vertebrae of the spinal column, i.e. 7 cervical, 5 lumbar, 5 sacral and 4 coccygeal vertebrae, which, along with the 3 finger/toe sesamoid bones, yielded 24 non-thoracic vertebra-type bones.

That gave me four 24-member bone sets to provide four of the bones of a 5-bone scaffold if one bone were taken from each set of 24 bones. So, how about the remaining bones, those of the main frame of the body and those of the head? It was easy to build a body-frame with the remaining main-frame body bones, starting with those associated with the sternum and clavicle and the shoulder blade and the long arm bones with the four remaining wrist bones. Then came a few very small bones of the ear and neck to join up with hip bones, the long leg bones with a kneecap, and the two remaining foot bones to yield 24 body-frame bones, the main frame of the body. (The "bones" of the head - some of which will be teeth - will not be mentioned until several pages into Essay 49 and are referred to as the "time dimension structures," which I hypothesize allow diversion from the gravitational stream. There are 24.)

So now I had five sets of 24 bones to give me 24 scaffolds of five bones if one were taken from each set. I could think of a 5-member scaffold including a main-frame body bone, a cervical vertebra / etc. bone, a finger bone, a thoracic vertebra / rib bone and a toe bone. The order of combining bones, one from each of five 24-member sets, was a little tricky, probably taking several years of sensing connections before I arrived at final arrangements, but at least the thoracic vertebra / rib set was straight-forward as well as some of each of the others.

Many notes had surely ensued as I formed my Periodic Table of Elements / Correlated Human Body Structures (Page 1 of my book) and made the curious arrangement of the beginning and ending squares of each row of my Periodic Table. Suffice it now, I hope, to say that the way in which my Periodic Table had needed to be arranged, as I saw the possibility of relating bodily structures to it, lends itself to explaining how the human body developed in such a way as to possess structures designed toward giving it functionality in the dimensions of time and the three spatial dimensions.

Needed would be structures handling movement forward in the x dimension and a set for backward movement. Likewise, two sets would be needed for the y dimension and two for the z dimension. However, as I came to see, these dimensions all related to the development of the individual creature in relation to what I came to assume had to be the gravitational “stream” as the basis of our universe.

As matter developed in connection with the energy forming the gravitational stream after the presumed Big Bang beginning of our universe, concepts of my book might imply there had to be an accounting of how that bit of matter related to the gravitational stream and, also, there had to be a means within the bit of matter to align itself to the stream in order that it may flow along with it. The latter needed to be true even if the bit of matter would then use these means as the markers of how it comes to lag behind in the stream.

I have come to the concept that six of the head bones yield what is needed for providing the capacity for alignment to the gravitational stream and for providing oversight to the accounting needed when lagging behind in it. They are the first two bones and the last four bones of the first two columns of my Periodic Table, that is, the ethmoid and sphenoid bones at the beginning and the lacrimal and maxilla and the two parts (body and ramus) of the mandible at the bottom of the Table.

The entire Periodic Table serves to give the capacity for alignment and the accounting needed by the ethmoid and sphenoid bones at the Table’s beginning. However, within that framework, the structures in the four squares beginning the bottom two rows of the Periodic Table have their special ways of disrupting alignment and must have helpful structures for maintaining or restoring alignment and for accounting. The lacrimal and maxilla bones toward the bottom of the Table would seem to be served by the toe bones and the six front teeth which are the canine and the lateral and medial incisors (see Row 8 of my Periodic Table) whereas the mobile mandible (jaw) would be served and informed by L5, the finger and toe sesamoids and the six sinuses / air cell sets (see Row 9 of the Table).

I slowly came to a perception of how our three spatial dimensions related to the gravitational stream. It is very confusing because there are two layers of relating to the stream, that is, the rather simple layer allowing for optimum alignment to the stream which requires the usage of bodily structures in one way (difficult!), and there is the layer of relating which becomes necessary when we are lagging behind in the stream and our bodies must keep track of how we are functional when not making use of the energy of the gravitational stream, surely our normal mode of functioning.

If we are using the layer allowing for optimum alignment to the stream, - in which case the sesamoids handling the time dimension, that is, lumbar vertebra 5 (L5) and the pisiforms, are aligned, and I propose we are using gravitational energy for our functioning - then it has been my experience that the body need not concern itself with alignment in the three spatial dimensions because they fall in line. I shall present a table below in this essay showing the relative simplicity of our functioning if we were able to be always aligned in the time dimension (to achieve this is the effort of my days!).

However, from the moment there is slippage in alignment of the structures responsible for balance in the time dimension, then the body must concern itself with the complicated process of seeing that all the structures of the body - I speculate all developed for handling the four dimensions - are, in fact, handling all these dimensions in such a way that we can function.

As I’ve written earlier, the basic first question of my quest for answer to why we are here was why do we breathe? My answer to this became we breathe because the universe requires it of us. Furthermore, I propose we exist because the universe required that we come into existence to breathe and consume the environment in order to process it to serve to extend the needed universe expansion or, alternatively, in order to contract the universe.

If there is not alignment of our structures such that my perceived requirement of the universe that we breathe and consume the environment around us to allow us to continue to use that breath and

consumed environment in such a way as to enable us to use gravity for the energy required for the functioning that lets us be able to breathe and consume the environment, then where there is such misalignment of our structures, there must be compensatory provision of energy to the misaligned structures to bring them into balance to allow the needed functioning.

There are messaging systems in our bodies which developed to be able to see that energy is produced to bring sufficient, recurring balance to misaligned structures to allow increments of functioning. The types of energy associated with these messaging systems, mechanical, electrical, chemical, alternative to gravity, are formed depending on where our misalignments allow us to convey intaken breath and the effect on our breath intake of other intaken environment which is being handled by various organs of our body such as the kidneys, digestive system, liver, etc.

The destination of that which is conveyed by the messaging systems by mechanical, electrical or chemical means will ultimately be the structures handling the dimensions which must coordinate in order for there to be continued functioning of an organism.

I have spoken of the time dimension being overseen by lumber vertebra 5 (L5) and the pisiform bones at the outer part of the wrist. When I am able to create the sensation of there being lines of a connected triangle joining L5 and the pisiforms of the two wrists, then I can discern that the structures of my body are all balanced to one another as proposed in my different tables and, as well, that breath is going to the appropriate place as shown in my tables.

Then, I can check the structures overseeing the three spatial dimensions which will be aligned if the time dimension is aligned, and, as proposed, gravity will surely be our energy source. The simplest spatial dimension I associate with up/down in the human body, which I speculate to have been the first stretch away from lagging-behind mass that has had to form within the gravitational stream due to some energy-perturbed situation in the stream. I imagine this stretch-away up/down spatial dimension, as initiated by lagging-behind mass, as requiring, then, matter fashioned for a path back as well. The structures of Row 2 of my Periodic Table would handle stretch-away, that is, in the human body as an energy entity, the vomer, palatine, xiphoid process, sternum, manubrium and clavicle (+ a couple of tooth-related structures). Row 3 would handle the path back, that is, the inferior and middle nasal conchas, scapula, humerus, radius and ulna (+ a couple of tooth structures).

The remaining two spatial dimensions were much more complicated, surely because they hinged on the first spatial dimension, that is, the up/down stretch-away/back dimension. That which I associated with the left/right dimension of the body became the reach-away from the up/down stretch-away/back dimension and then the path back from reach-away. The reach-away part of this dimension would require the structures of Rows 4 and 5, as well as involvement of those of Row 9, that is, altogether, the cervical/etc. vertebrae, a wrist, ear, hip and the finger/toe sesamoids. The return from reaching away would call forth all those 24 finger bones of Row 6 of my Periodic Table as well as additional ear structures and a femur and tibia.

There developed then, also, a move-away and back path allowing movement away perhaps from both the reach-away and the stretch-away dimensions. This move-away dimension would require the structures of Row 7 of my Periodic Table, which would be in large part the 24 bones of the thoracic vertebral column, i.e., 12 thoracic vertebrae plus ribs, and the fibula, knee and heel. The path back from move-away would be handled by Row 8 of the Table, in particular the 24 toe bones.

I have written earlier of the optimum alignment of all our structures resulting in there being ultimate congruence of our spine to our body. Then, from this ultimate congruence, we will breathe into the place in our body which allows us to achieve and maintain optimum alignment of the bodily structures responsible for the four dimensions in which we function. I would propose here, because I don't believe I have included this perception of my functioning elsewhere, that the place and time of

my conception on this earth, and my development resulting from my coming into existence at that place and time, will play a role in determining the destination of each breath I will take throughout my life in conjunction with the alignment my structures will be able to have at any given moment in connection with the destination of each breath I am taking as influenced by all that has happened in my life added to the determining factors and possible on-going influence of the place and time of my conception. And, yes, I am proposing that everything is completely entangled, and it will be found eventually that everything depends on everything else!

If, by some fortunate circumstance at present and perhaps, eventually, by general understanding, learning and training, we do happen to breathe into the right place in a body in which the spine is congruently aligned to the body and maintain that congruence during exhalation, then I give now two examples of all that my experience shows likely to be needed to continue to effect the simple functioning which gives us optimum alignment of all our structures and, thus, our four dimensions, allowing us to use gravity for our functioning which possibly results in our becoming on-going, long-term contributors to contraction rather than expansion of our universe, perhaps as good a science fictional proposal as many another! Each of the two examples I give represents a specific set of 3 days (Day 1, 2, 3) as associated with a specific person to function in this way but with each day of the year requiring a progression of different structures, as can be seen by the large difference between the two examples. The two examples given are from the first page of the Tables of Part 4 (Page 117-xiphoid process as 3-Day bone) and from 266 days later (Page 283-Rib 10 as 3-Day bone).

Day 1 **Breath In (toward Sigmoid/Transverse Sinus)** **Resulting In:**
Bone pores of the day's 6-bone scaffold adjusting pressure within the pores during inhalation, as well as muscle-adjustment to insertion, with exhalation pressure likely fixing adjustments.

(up/down)	vomer - dilator muscle of eye	xiphoid process - ciliaris, longitudinal fibers
(left/right)	C1 - ciliaris, longitudinal fibers	Mc 5 - same muscle
(back/front)	T1 - same muscle	Mt 5 - same muscle

Day 2 **Breath In (toward Cavernous Sinus 1)** **Resulting In (as above):**

(up/down)	vomer - sphincter muscle of eye	xiphoid process - ciliaris, circular fibers
(left/right)	C1 - ciliaris, circular fibers	Mc 5 - same muscle
(back/front)	T1 - same muscle	Mt 5 - same muscle

Day 3 **Breath In (toward Ethmoid Cells)** **Resulting In (as above):**

(up/down)	vomer - orbitalis muscle of eye	xiphoid process - ciliaris, radial fibers
(left/right)	C1 - ciliaris, radial fibers	Mc 5 - same muscle
(back/front)	T1 - same muscle	Mt 5 - same muscle

Day 1 **Breath In (toward Superior Sagittal Sinus)** **Resulting In (as above):**

(up/down)	Zygomatic - dilator muscle of eye	Tibia - serratus posterior superior
(left/right)	L4 - procerus	Mc 1 - interosseous palmar
(back/front)	Rib 10 - digastric, anterior belly	Mt 1 - gluteus minimus

Day 2 **Breath In (toward Cavernous Sinus 5)** **Resulting In (as above):**

(up/down)	Zygomatic - sphincter muscle of eye	Tibia - rectus abdominus, 4 th /5 th part
(left/right)	L4 - occipitofrontalis (epicranium)	Mc 1 - interosseous lumbrical
(back/front)	Rib 10- middle pharyngeal constrictor	Mt 1 - gluteus maximus

Day 3 **Breath In (to RLS 6)** **Resulting In (as above):**

(up/down)	Zygomatic - orbitalis muscle of eye	Tibia - serratus posterior inferior
(left/right)	L4 - corrugator supercilii	Mc 1 - interosseous dorsal
(back/front)	Rib 10 - digastric, posterior belly	Mt 1 - gluteus medius

As explication of this small table, I would say that conformational change to the breath-receiving receptacle during inhalation in an optimally aligned body will be in conjunction with pressure adjustment in the pores of the body's bones likely in general along with the necessary degree of adjustment of the body's muscles toward their insertion points. The sense of adjustment will occur in conjunction with the continued intake of breath until breath-capacity limit is reached.

Then, I propose that if there can be continued maintenance of congruence of the spine to the body, and thus the continued optimum alignment of the structures handling the four dimensions for the day, the result will be that exhalation will bring no collapse of structures, which had experienced adjustment during inhalation, back to their pre-inhalation arrangement. There is a sense that the exhaling body brings all of its weight to bear on that which I refer to in my book at www.evacarynason.com as the day's Bob Center with its muscle or muscle-type structure and, by extension, the other members of the Bob Center's "extended family," especially all the members of the associated 6-bone scaffold with their muscles. There is the further sense that what has occurred to and/or in the six bones of the scaffold, i.e. the skull bone, the body-frame bone, the cervical vertebra/etc., the metacarpal bone, the thoracic vertebra/rib and the metatarsal bone has concomitantly resulted in there being produced that which creates a strong sense of non-material outflow (spectral energy?) from the appropriate one for the day's time period of the body's six exit routes I have named, that is, the bladder, skin/armpits, lactiferous ducts/nipples, anus, eye, vagina/penis. I have imagined that what is happening during a breath cycle is that, during inhalation, the incorporation of some form of "environment" into some aspect of the relevant set of six structures associated with one of the six exit routes progresses, by some means during exhalation (perhaps the concentrating effect of the weight of the body on the mentioned structures as well as the particular bones and muscles) toward the wresting from the in-taken environment some level of electromagnetic energy to be sent from the exit route.

The table presented in this essay gives the structures used by the body to provide for its energy needs (by means of gravity) when the spine maintains continuous congruence to the body which prevents any break in the system of lines running through the body. When there is no break, I am proposing it is fairly simple for the body to manipulate just a few parts in order to pull all parts into the correct configuration to allow continuous functioning. Any break in the congruence of the spine to the body results in a break to the system of lines, and then I hypothesize that all parts of the body must be messaged as to what they must do to have the correct configuration to allow for an increment of functioning. In Essay 47 I shall discuss how that might occur.

This Essay 46 was to sum up Part 1 of my previously copyrighted book. However, I seem to be writing my way toward an ever deeper and simpler understanding of what our bodies are doing such that I'll leave Part 1 to stand on its own with no further attempt at explication.

Slavery: Dispossessed III - Set 47

There is contained in this essay that which is perhaps the most meaningful results of all my efforts, should they be able to be shown as valid.

Never intending to do so, I've finally determined I should write of how I perceive our bodies function incorrectly as slaves to their complicated, energy-intensive mechanical/ electrical/chemical messaging systems, these systems so much more complicated as compared to the simple daily system I've devised allowing for my perceived correct functioning by means of gravitational energy. In this attempt to write of misaligned bodily functioning, the writing is surely speculative, but its base of personal experience bears it out sufficient to warrant, I believe, tests for validity. The reference to bones and muscles are all based on the Tables of Part 4 of my referenced book. (Text >next page)

Anyone at his/her spot in the universe, misaligned, using mechanical/electrical/chemical energy

Tables

<u>Day 1</u>	<u>Breath In</u>	<u>Breath Out</u>
8:52a - 11:16a for up/down	xiphoid process - ciliaris, longitudinal fibers C1 - same Mc 5 - same T1 - same Mt 5 - same	scapula - platysma S4 - thyroepiglottic Mc MP5 - deltoid, back part T3 - rotatores brevis Mt MP5 - inferior gemellus
for left/right	triquetrum - esophagus, longitudinal fibers S2 - nasalis, alar part Mc 4 - trapezius, frontmost part T5 - longissimus capitis Mt 4 - adductor hallucis, transverse head	malleus - large intestine, long. fibers Cx 1 - levator labii sup. alaeque nasi Mc MP4 - trapezius, 2 nd front part T7 - longus colli, superior oblique part Mt MP4-extensor halluc./digitor. brev.
for back/front	stapes-internal oblique abdominus & cremaster L1 - zygomaticus minor Mc 3 - adductor pollicis, oblique head T9 - palatopharyngeus Mt 3 - vastus medialis	fibula - sternocleidomastoid, sternal h. L5 - sternothyroid Mc MP3 - biceps brachii, short head T11 - omohyoid, superior belly Mt MP3 - tibiales anterior
<u>Day 1</u>		
11:16a - 4:04p for up/down	sternum - uterus/scrotum, longitudinal fibers C2 - same Mc 2 - same rib 1 - same Mt 2 - same	humerus - levator costae brevis S5 - transverse arytenoid Mc MP2 - flexor carpi radialis rib 3 - intertransversarii, cer. post./ant. Mt MP2 - (ishio)coccygeus
for left/right	pisiform - stomach, outer longitudinal layer C6 - orbicularis oculi, palpebral part scaphoid - teres minor rib 5 - interspinalis cervicis navicular - abductor digiti minimi, medial	incus - rectum, longitudinal fibers Cx 2 - auricularis anterior capitate - rhomboid minor rib 7 - rectus capitis anterior cuneiform lat.-gastrocnemius, med. h.
for back/front	hyoid - transverse thoracis L2 - superficial masseter trapezium - opponens pollicis rib 9 - cricothyroid, straight part cuneiform medial - semitendinosus	patella - internal intercostal Mc Ss 2 -diaphragm, anterior costal p. Mc PP1 - supinator rib 11 - geniohyoid Mt PP1 - fibularis brevis

In my own mind, I have made an analogy between one portion of the human race enslaving another portion to do its work for it and there occurring the situation of structures of the human body, which were brought forth to serve in their way as independent structures, being commandeered to serve in a system in which all are subjected to daily great unnecessary labor in order that a compromised system continue to exist at all. (I have long considered that the seeming different nature of the microscopic world, spoken of in quantum mechanical wave-function language, from the macroscopic classical world, spoken of in Newtonian physics collapse-of-the-wave-function language, is to be found in the difference between the functioning of an energy entity as a part of the gravitational stream utilizing its version of the simple daily system of Essay 46 with no collapse of the wave function and the functioning of an energy entity as collapsed from direct participation in the gravitational stream, there being what the physicists refer to as continuous spontaneous localization due to gravity not being able to serve as the energy source for the energy entity.)

To go with the table of Essay 46 proposing how we correctly utilize our bodies based on

Day 1	Breath In	Breath Out
4:04p - 12:36a for up/down	manubrium-levator pal. sup., superficial lamella C3-same (levator palpebrae superioris, sup. l.) Mc PP5 - same T2 - same Mt PP5 - same	radius - heart, anterior pectinate S3 - lateral cricoarytenoid Mc DP5- extensor carpi radialis brevis T4 - levator veli palatini Mt DP5 - adductor minimus
for left/right	hook of hamate-small intestine, long. fibers S1 - orbicularis oris, superficial fibers Mc PP4 - subscapularis T6 - longissimus thoracis & cervicis Mt PP4 - quadratus plantae, medial	upper hip-conjoined l. (rectum/lev. ani) Cx 3 - levator labii superioris Mc DP4 - triceps brachii, long head T8 - rectus capitis posterior minor Mt DP4 - flexor digitorum brevis
for back/front	femur - serratus anterior, upper part L3 - tragicus Mc PP3 - flexor pollicis brevis T10 - orbicularis oris, deep fibers Mt PP3 - psoas	calcaneus - bulbocavernosus Mc Ss1-genioglossus, horizontal fibers Mc DP3 - extensor digitorum T12 - palatoglossus Mt DP3 - tensor fasciae latae
Day 1 12:36a - 7:14a or 8:52a for up/down	clavicle - bladder, longitudinal fibers C4 - same Mc PP2 - same rib 2 - same Mt PP2 - same	ulna - heart, anterior papillary C5 - vocalis Mc DP2 - extensor pollicis brevis rib 4 - tensor tympani Mt DP2 - soleus, inner part
for left/right	lunate - longitudinal bundle of bile duct C7 - levator anguli oris trapezoid - pectoralis major, clavicular part rib 6 - semispinalis cervicis cuneiform intermediate - interosseous plantar	pelvic hip-corrugator cutis ani/conj. l. Cx 4 - lateral pterygoid, inferior head hamate - coracobrachialis rib 8 - semispinalis capitis, medial cuboid - biceps femoris, short head
for back/front	tibia - serratus posterior superior L4 - procerus Mc 1 - interosseous palmar rib 10 - digastric, anterior belly Mt 1 - gluteus minimus	talus-urethrovaginalis/urethrae sphinc. Mt Ss 1 - intrinsic tongue, sup. long. f. Mc DP1 - flexor digitorum profundus rib 12 - scalene, anterior Mt DP1 - adductor brevis

gravity as our energy source, I wrote the following: There is distinct sensation, when I am “fixed” at the end of inhalation so that there will be no collapse of structures during exhalation and no incongruence of spine to body, that the position attained by bones and muscles due to inhalation holds steady in relation to larger environment during exhalation perhaps resulting in internal change to these structures so that in the next breath cycle, this possible change occurring during exhalation, is an added increment of change to the one that went before during the previous breath cycle.

In recognizing the sensation I’ve just described, I find the possible source of my long-time sense of being a creature who can serve as a ratcheting mechanism for the universe. And gravity is, then, surely the impetus for me being able to serve as what I have sensed is the mechanism for pulling the universe back together by taking in environment and processing it back to spectral energy.

In Essay 44 I suggested what might be happening as I served as a ratcheting mechanism. I wrote, “There was a distinctly different sensation between exhalation in the old normal way and exhalation when I felt I had fixed my spine such that there could be no extension of it during

Day 2	Breath In	Breath Out
8:52a -	xiphoid process - ciliaris, circular fibers	scapula - hair follicle muscles
11:16a	C1 - same	S4 - inferior oblique of eye
for	Mc 5 - same	Mc MP5 - deltoid, middle part
up/down	T1 - same	T3 - multifidi
	Mt 5 - same	Mt MP5 - obturator externus
	triquetrum - esophagus, circular fibers	malleus - large intestine, cir. fibers
for	S2 - inferior rectus of eye	Cx 1 - lateral rectus of eye
left/right	Mc 4 - pectoralis, abdominal part	Mc MP4 - trapezius, middle part
	T5 - spinalis cervicis & capitis	T7 - longus colli, vertical part
	Mt 4 - abductor hallucis	Mt MP4 - extensor hallucis longus
	stapes - rectus abdominus, 1 st part	fibula - pyramidalis
for	L1 - helix minor	L5 - sternohyoid
back/front	Mc 3 - abductor pollicis brevis	Mc MP3 - anconeus
	T9 - inferior pharyngeal constrictor	T11 - subclavius
	Mt 3 - vastus intermedius	Mt MP3 - flexor hallucis brev., both h.
Day 2		
11:16a -	sternum - uterus/scrotum, circular fibers	humerus - circulatory system muscles
4:04p	C2 - same	S5 - accessory muscle bundle
for	Mc 2 - same	Mc MP2 - palmaris longus
up/down	rib 1 - same	rib 3-intertransversarii, lum.med.&thor.
	Mt 2 - same	Mt MP2 - obturator internus
	pisiform - stomach, middle circular layer	incus - rectum, circular fibers
for	C6 - depressor supercillii	Cx 2 - auricularis superior
left/right	scaphoid - latissimus dorsi	capitate - levator scapulae
	rib 5 - oblique capitis inferior	rib 7 - oblique capitis superior
	navicular - opponens digiti minimi	cuneiform lateral - plantaris
	hyoid - rectus abdominus, 2 nd part	patella - innermost intercostal
for	L2 - temporalis	Mc Ss 2 - diaphragm, sternal part
back/front	trapezium - palmaris brevis	Mc PP1 - pronator quadratus
	rib 9 - cricopharyngeus	rib 11 - mylohyoid
	cuneiform medial - articularis genu	Mt PP1 - flexor hallucis longus

exhalation as well as no collapse of structures which had risen during inhalation. In the old normal way, there was obvious expulsion of breath from nose or mouth; in the new way, it were as though the breath I had inhaled was compressed by my body to be sent forth by some means from the various exit routes I had concluded must exist for sending forth what I suspected must be electromagnetic energy or what I referred to as spectral wave-length energy. There were six exit routes for this energy to accommodate what I further concluded must surely be some continuum of electromagnetic energy," which, in sets of two, I simplified into radio and micro wave lengths, infrared and red wave lengths, orange and yellow, green and blue, violet and ultraviolet, X-rays and gamma rays (see Lines 28-33 of any page of the Tables of Part 4 in the PDF of my book at www.evacarynason.com beginning on Page 116).

To move on now to speak of what is occurring when our bodies slip out of alignment to our four obvious dimensions of functioning as discussed in Essay 46, in this SciFi picture I'm creating of how our universe works at the local level, I would propose that channels, - which actually exist in the

Day 2	Breath In	Breath Out
4:04p - 12:36a for up/down	manubrium-levator pal. sup., middle lamella C3-same (levator palpebrae superioris, mid. l.) Mc PP5 - same T2 - same Mt PP5 - same	radius - heart, septal pectinate S3 - superior oblique of eye Mc DP5 - brachioradialis T4 - salpingopharyngeus Mt DP5 - gracilis
for left/right	hook of hamate-small intestine, circular fibers S1 - medial rectus of eye Mc PP4 - supraspinatus T6 - spinalis thoracis Mt PP4 - interosseous lumbrical no. 1	upper hip - internal anal sphincter Cx 3 - levator labii superioris Mc DP4 - triceps brachii, medial head T8 - longus capitis Mt DP4 - flexor digiti minimi brevis
for back/front	femur - rectus abdominus, 3 rd part L3 - heliis major Mc PP3 - abductor digiti minimi T10 - superior pharyngeal constrictor Mt PP3 - quadratus lumborum	calcaneus - superficial transv. perineal Mc Ss1 - genioglossus, vertical fibers Mc DP3 - extensor carpi ulnaris T12 - hyoglossus Mt DP3 - sartorius
Day 2 12:36a - 7:14a or 8:52a for up/down	clavicle - bladder, circular fibers C4 - same Mc PP2 - same rib 2 - same Mt PP2 - same	ulna - heart, septal papillary C5 - oblique thyroarytenoid Mc DP2 - extensor indicis rib 4 - uvula Mt DP2 - popliteus
for left/right	lunate - common bile duct (choledochal sph.) C7 - depressor septi nasi trapezoid - pectoralis minor rib 6 - splenius cervicis cuneif. intermed.- inteross. lumbri. nos. 2,3,4	pelvic hip - external anal sphincter Cx 4 - medial pterygoid hamate - abductor pollicis longus rib 8 - splenius capitis cuboid - quadratus femoris
for back/front	tibia - rectus abdominus, 4 th /5 th part L4 - occipitofrontalis (epicranius) Mc 1 - interosseous lumbrical rib 10 - middle pharyngeal constrictor Mt 1 - gluteus maximus	talus - deep transverse perineal Mt Ss 1 - intrinsic tongue, vert./trans. f. Mc DP1 - flexor pollicis longus rib 12 - scalene, middle Mt DP1 - pectineus

body - which allow trafficking in and out of cells, can be seen to be associated with what's happening when the body can't use gravity as its energy source and has to switch to messaging the body as to how to function through the use of mechanical, electrical or chemical energy messaging systems.

Three major kinds of channels will be mentioned here, that is, gap-junction ion channels, voltage-gated ion channels and ligand-gated ion channels. A gap-junction ion channel is composed of six parts (or subunits), and each subunit has four of what are referred to as domains (these domains possibly addressing what adjustments need to be made in structures handling the four dimensions in which we function). There is connected to the six subunits what I think of as a complementary set of six other subunits with four domains in each of these. What moves through these channels are ions which are atoms or molecules with a non-zero net electrical charge and there is the possibility for two-way movement of ions through gap-junction channels because of their structure.

In the situation of the human body making extensive use of gap-junction ion channels, the manner in which the body receives energy for functioning can have its beginning description as

Day 3	Breath In	Breath Out
8:52a -	xiphoid process - ciliaris, radial fibers	scapula - temporoparietalis
11:16a	C1 - same	S4 - aryepiglottic
for	Mc 5 - same	Mc MP5 - deltoid, 2 nd front part
up/down	T1 - same	T3 - rotatores longus
	Mt 5 - same	Mt MP5 - superior gemellus
	triquetrum - esophagus, muscularis mucosa	malleus- lg. intestine, muscularis muc.
for	S2 - nasalis, transverse part	Cx 1 - mentalis
left/right	Mc 4 - deltoid, frontmost part	Mc MP4 - trapezius, back part
	T5 - iliocostalis thoracis & cervicis	T7 - longus colli, inferior oblique part
	Mt 4 - adductor hallucis, oblique head	Mt MP4-extens.digitor.long.& fib.tert.
	stapes - external oblique abdominus	fibula-sternocleidomastoid,clavicular h.
for	L1 - zygomaticus major	L5 - thyrohyoid
back/front	Mc 3 - adductor pollicis, transverse head	Mc MP3 - biceps brachii, long head
	T9 - stylopharyngeus	T11 - omohyoid, inferior belly
	Mt 3 - vastus lateralis	Mt MP3 - tibiales posterior
Day 3		
11:16a -	sternum - uterus/scrotum, radial fibers	humerus - levator costae longus
4:04p	C2 - same	S5 - oblique arytenoid
for	Mc 2 - same	Mc MP2 - flexor carpi ulnaris
up/down	rib 1 - same	rib 3 - intertransversarii, lumbar lat.
	Mt 2 - same	Mt MP2 - piriformis
	pisiform - stomach, inner oblique layer	incus - rectum, muscularis mucosa
for	C6 - orbicularis oculi, orbital part	Cx 2 - auricularis posterior
left/right	scaphoid - teres major	capitate - rhomboid major
	rib 5 - interspinalis lumborum	rib 7 - rectus capitis lateralis
	navicular - abductor digiti minimi, lateral	cuneiform lat.-gastrocnemius, lat. h.
	hyoid - transverse abdominus	patella - external intercostal
for	L2 - deep masseter	Mc Ss2-diaphragm, post.lum.& crus p.
back/front	trapezium - opponens digiti minimi	Mc PP1 - pronator teres
	rib 9 - cricothyroid, oblique part	rib 11 - stylohyoid
	cuneiform medial - semimembranosus	Mt PP1 - fibularis longus

though it were optimally aligned for functioning by gravity, not needing the use of any ion channel. This will be because the inhalation portion of a breath cycle can be more easily accommodated or maintained by an optimally aligned body than the exhalation portion.

To emphasize the stage-setting I have tried to indicate I can frequently form by my years-long attention to bodily sensation, I interject here that when I have created the stage-setting of being optimally aligned, there is the strong sense that my body is not being run or fueled by the food I have eaten or the breath I have taken but by the use of gravity to arrange one part of it to move or arrange another part. In this scenario there is the sensation that during the inhalation phase of the breath cycle, all the six exit routes running from my body are closed to dispersal activity. If I am able to maintain the optimally aligned body during the exhalation phase of the cycle, then there will be the sensation of outward flow through the appropriate exit route for the time of day of what I can only deem to be spectral energy. It is assumed the body then has its manner of moving material refuse, mined of its spectral energy, on through and out of the body. This sensation of outward flow of energy is quickly

Day 3	Breath In	Breath Out
4:04p - 12:36a for up/down	manubrium-levator pal. sup., deep lamella C3-same (levator palpebrae superioris, deep l.) Mc PP5 - same T2 - same Mt PP5 - same	radius - heart, posterior pectinate S3 - posterior cricoarytenoid Mc DP5- extensor carpi radialis longus T4 - tensor veli palatini Mt DP5 - adductor magnus
for left/right	hook of hamate-small intestine, muscul. muc. S1 - risorius Mc PP4 - infraspinatus T6 - iliocostalis lumborum Mt PP4 - quadratus plantae, lateral	upper hip- anal canal, muscularis muc. Cx 3 - depressor labii inferioris Mc DP4 - triceps brachii, lateral head T8 - rectus capitis posterior major Mt DP4 - flexor digitorum longus
for back/front	femur - serratus anterior, lower part L3 - antitragicus Mc PP3 - flexor digiti minimi brevis T10 - buccinator Mt PP3 - iliacus	calcaneus - ishiocavernosus Mc Ss1- genioglossus, oblique fibers Mc DP3 - extensor digiti minimi T12 - styloglossus Mt DP3 - rectus femoris
Day 3 12:36a - 7:14a or 8:52a for up/down	clavicle - bladder, radial fibers C4 - same Mc PP2 - same rib 2 - same Mt PP2 - same	ulna - heart, posterior papillary C5 - thyroarytenoid Mc DP2 - extensor pollicis longus rib 4 - stapedius Mt DP2 - soleus, outer part
for left/right	lunate - hepatopancreatic ampulla sphincter C7 - depressor anguli oris trapezoid - pectoralis major, sternal part rib 6 - semispinalis thoracis cuneiform intermediate - interosseous dorsal	pelvic hip - levator ani Cx 4 - lateral pterygoid, superior head hamate - brachialis rib 8 - semispinalis capitis, lateral cuboid - biceps femoris, long head
for back/front	tibia - serratus posterior inferior L4 - corrugator supercilii Mc 1 - interosseous dorsal rib 10 - digastric, posterior belly Mt 1 - gluteus medius	talus - compressor urethrae Mt Ss 1 - intrinsic tongue, inf. long. f. Mc DP1- flexor digitorum superficialis rib 12 - scalene, posterior Mt DP1 - adductor longus

and easily ended by any number of things I can do to misalign various structures.

Therefore, as just indicated, even though I start a breath cycle by inhaling into an aligned body, I have discovered that I can easily fail to maintain the alignment after I've reached the limit of inhalation and am transitioning to exhalation. As happens most easily at the beginning of exhalation, the structures overseeing the time dimension, lumbar vertebra 5 (L5) and the pisiforms of the wrist misalign, removing me from direct flow with the gravitational stream and, thus, from alignment in the time dimension. If, however, the three spatial dimensions remain aligned (as overseen by Mc Ss 2/incus, Mc Ss 1/hyoid, Mt Ss 1/patella), then I speculate the gap-junction ion channel messaging system is adequate for opening cells for intake of whatever is available in that moment of transition from inhalation into an optimally aligned body to an exhalation which causes slippage in the L5/pisiform time dimension. As exhalation begins with the changed bodily alignment, I have hypothesized the possibility that there could be transmission from the cells by means of the complementary six gap-junction ion channel subunits to what has become a now limited number of spectral-energy-transmitting exit routes of whatever spectral energy has been able to be mined by the differently aligned body from intaken outside environment. Portions of the intaken environment, in this situation of misalignment of the time dimension even if not the three spatial dimensions to one another, must surely be processed to provide whatever fuel is needed by those structures experiencing misalignment.

I am proposing that gap-junction ion channels could possibly handle the situation of messaging the body to do what it needs to do to function when the three spatial dimensions have not misaligned to one another because there remains balance between the two parts of the mirror-imaged bones and muscles responsible for alignment in each of the spatial dimensions.

(I envision a 4-sided figure [a quadrilateral] being formed by imagined lines from equal origins on the two Mc Ss 2s to the two incuses of the ear, and then from ear to ear and between the two Mc Ss 2s, as well as similar 4-sided figures for Mc Ss 1s/hyoid and for Mt Ss 1s/patellas. None of the 4-sided figures I envision representing the three spatial dimensions will be disrupted so long as there is no slippage in the dimension overseen by each of the 4-sided figures.)

Before continuing commentary regarding the body's use of ion channels for messaging of cells, I interject the scenario I am imagining of how it came about that a developing "energy entity," which would become a human being, could no longer rely on gravitational energy for its functioning and had to switch to using messaging systems based on other types of energy to arrange structures. It begins with something in the "entity" needing to move itself away from its original extension of stretch-away from the gravitational stream as well as its additional reach-away extension. I imagine that in order to do this, that is, to move away from the original stretch-away extension with its reach-away component of extension, there was to be used the developmental disconnect between structures which would eventually become a thoracic spinal column with rib extensions under which a set of lungs and a heart could develop and the structures above and below this thoracic spinal column with its ribs. The developmental disconnect would provide a means for misaligning the structures on either side of the places of disconnect, that is, at the top of the thoracic column and at the bottom. This would prevent gravity from being able to use structures to weight one, or perhaps a mirror-imaged part of one, to eliminate pressure from another. And perhaps this was the basis for the need to develop lungs and a heart to do what they do so there would be the necessary equipment to run messaging systems to handle misalignments.

There would develop then alternative ways for the body to function without the use of gravity as energy source for taking in outside environment and extrapolating spectral energy from that intaken environment to be sent forth from the body. These alternative ways of functioning will now

use the in-taken environment (breath, food, etc.) to be converted into fuel for its continued functioning, and its exit routes are no longer open for outward transmittal of an extensive range of spectral energy wave length.

I propose that voltage-gated ion channels became necessary when the structures developed to oversee the three spatial dimensions could no longer all be aligned to one another. As a spatial dimension went out of alignment, the mirror-imaged parts of the structures responsible for its alignment lost the ability to adjust to one another to maintain balance.

Before continuing and concluding my discussion of the role of ion channels in allowing a misaligned body to continue to function, I shall stop once more for interjection of a needed introduction to the complicated matter of breath direction in the body as well as a preceding statement of my manner of being able to tell whether my body has slipped out of optimum alignment to which I will refer when speaking of breath direction.

It was not so very long ago that I finally isolated out the determining sensation as to whether I was optimally aligned, particularly as I began exhalation, and was then able, therefore, to truly ascertain whether slippage in the L5/pisiforms time dimension automatically resulted in the body no longer being able to use the simple table of Essay 46 and, thus, had to use these tables of Essay 47 showing bones and muscles throughout the body which would need to be arranged for increments of functioning. It had to do with whether, on exhalation, there is sensation of pressure along the back of the vertebral column at the level of the top of the throat and on up. The alternative, which occurs in the misaligned body, will be the sensation of pressure during exhalation along the front of the vertebral column. (Please see footnote at the end of this essay.)

What makes the difference is that in the aligned female body, it is the posterior longitudinal ligament which must be secured upward and forward toward the crista galli during the breath cycle in order to offset the somewhat posterior placement of the uterus as contrasted to the anterior placement in the male of the scrotum.

If there is sensation of pressure along the front of the female vertebral column, then it is the anterior longitudinal ligament which is being secured upward toward the underneath side of the basilar part of the occipital bone, thus pulling the sacrum into an incorrect tilt that has the effect of pulling down on the posterior longitudinal ligament and pulling backwards the crista galli, misaligning everything. I predict that a different situation prevails in the male body due to the forward placement of the scrotum, and it could be likely that a male should experience pressure upward on the anterior longitudinal ligament during a breath cycle to achieve optimum alignment.

To proceed now to the matter of breath direction in the body as it plays a pivotal role in the way in which a body is aligned and balanced, I offer the introductory remark that until I began the effort some 25 years ago to discover how the human body really functions, it had always been my understanding that breathing was just a lung function. As time passed in my effort, it became obvious how much more was needed in understanding the role of breath intake than viewing it purely as a lung function.

I jump over years of effort to comprehend the possibility of an enormously expanded role for breath intake beyond lung function by simply stating that when L5 misaligns with the pisiforms of the wrists so that the time dimension is disrupted, that which has occurred is the opening up of the nasal passage to the pharynx by means of the lowering of the soft palate from contact with the wall of the pharynx at the back of the throat to close off the nasopharynx. The result of this is the closing down of such canals for breath conveyance as the nasolacrimal ducts and the Eustachian tubes and the nasal meatuses, preventing breath from going to, or having an effect on, ear, head, brain structures to activate them in particular ways to allow gravity to serve as energy source. As the soft palate

lowers to open up access of the nasal passage to the pharynx (passage from the nasopharynx to the oropharynx) so that now breath by-passes the nasolacrimal duct and other nasal passages, the breath is shunted to larynx and lungs by way of the pharynx (the oropharynx and laryngopharynx).

All that which I have been describing above as to the opening up of the nasal passage to the pharynx for incorrect breath destination is in conjunction with the posterior longitudinal ligament in the female not being maintained with a strong upward, forward positioning, possibly with the same situation obtaining for the male as regards his anterior longitudinal ligament.

The possibility to which I refer is likely not at all recognized because I believe that people who do maintain a nasal passage closed off from the pharynx (thus providing the lungs with their much reduced need for breath by way of the incisive canal through the hard palate) are few and far between if existing at all!

To re-iterate, due to the importance of the concept, I maintain that it is where breath goes in the body during inhalation, and how it is handled through exhalation, that determines what will happen with all the parts of the body during that breath cycle. How the body functions, what structures it will use and so on, is determined by what the breath does in each breath cycle. If breath goes to the correct place and is handled in the correct way during exhalation in a breath cycle for a given person in a given time period, then there is the sensation that the effect of the inhaled breath has been to cause weighting in the appropriate body-frame and finger and toe bones. There seems to be the further sensation that the weighting of these three bones causes a lightening in the appropriate skull, cervical/etc. and thoracic vertebra/rib bones, and no doubt because of the special association of all these particular structures, it would seem the lightening frees up the breath-receiving compartment to receive breath until limit is reached.

Then, if at the beginning of exhalation, the body is fixed so that there can be no slippage of the alignment of L5 to the pisiforms, thus allowing no incongruence of the spine to the body to occur, there will be no sense of collapse of structures that “rose” during inhalation BECAUSE of the radical concept I have had to come to that the breath that was inhaled, by having its component of spectral energy removed to be sent on from a truly aligned body, has allowed the body to move on in the gravitational stream such that its structures, which rose during inhalation, are now in a position in relation to the larger environment to not need to sink back down during exhalation. At the same time, all of this that has happened has created a new situation in and for the body in relation to a new situation for the outside environment such as to cause the body to have to once again take in breath. In the truly aligned body, the sensation is that the intake of breath occurs purely as a requirement of the breath-receiving structure to once again have incoming breath, and surely inhalation occurs as a function of internal changes of the body as well as external changes in the body’s outside environment.

To continue and conclude now the earlier discussion of the role of the ion channels to allow a misaligned body to continue to function - quite likely observing the manner of usage of structures suggested in the tables of this essay - I return to my proposal that voltage-gated ion channels became necessary when the structures developed to oversee the three spatial dimensions could no longer all be aligned to one another. As a spatial dimension went out of alignment such that the mirror-imaged halves of the bones and muscles overseeing it lost the ability to adjust to one another to maintain balance, with quite likely a wider-ranging unbalancing effect, there developed means of intervening in the system to allow there to happen that which had to happen.

I hypothesize that when there are only one or two spatial dimensions which misalign, then voltage-gated ion channels are able to serve as the intervening means to allow functioning to continue. There has been a lowering of the soft palate to open up the nasopharynx to the oropharynx so that

there has been the closing of the nasal passages which would have allowed breath to play its role in causing head and brain structures to activate in particular ways to allow gravity to serve as energy source. However, there has been no complete break in the messaging-system connectedness of the thoracic spine to the cervical spine above and/or the lumbar spine below, as will have happened when ligand-gated ion channels become necessary as discussed below. Because there has been no hypothesized complete break in transmission channels along the spinal column, then electrical transmission of signals by means of voltage-gated ion channels remains possible. The body itself seems to be still used in much the same way as when it is in optimal alignment in terms of the particular lung segments which are utilized on any given day and things of that sort. However, I would predict that a great deal has changed in regard to the role played by the head and brain structures when voltage-gated ion channels must activate due to slippage from optimum alignment. These structures will surely have become involved in seeing that all the structures of the body below have what is needed to continue functioning when gravity can no longer directly provide.

Finally, I speak of ligand-gated ion channels, the means whereby the body uses a chemical messaging system. The messaging which occurs by means of all the ion channels is from one cell or neuron to another across a "synaptic cleft," the transmitting cell or neuron being called the presynaptic neuron and the receiving neuron being the postsynaptic neuron.

This messaging across a synaptic cleft is extremely rapid in the electrical messaging of voltage-gated ion channels because there is direct flow of current from one neuron to another. However, when the body has aligned itself so that ligand-gated ion channels become necessary for conducting messages as to what cells must do, then there is no direct continuity between neurons at what is a chemical synapse. It is necessary for a presynaptic neuron to release a neurotransmitter into the synaptic cleft which is then taken up by the postsynaptic neuron resulting in a slight delay in messaging as compared to electrical messaging.

So what determines whether electrical or chemical messaging of cells to do what they must will prevail?

I have written earlier in this essay of the likely interjection into creatures on their way to eventually becoming humans what would become a thoracic spine with rib extensions, this thoracic spine being interjected in the midst of structures which would be in the modern-day human a cervical spine above and a lumbar/sacral/coccygeal spine below. (The non-thoracic vertebrae, which include the 7 cervical vertebrae, 5 lumbar, 5 sacral, 4 coccygeal and 3 sesamoids form one of the six 24-member columns of the body so the interjection of the 24-member [12 vertebrae and 12 ribs] thoracic spine can rightly be seen as enormously disruptive.) I have suggested the possibility of ease of misalignment of bodily structures due to this interjection such that a human energy entity could be perpetually misaligned to the gravitational stream, unable to use gravity as the energy source for its functioning. It possibly developed gap-junction ion channels as a messaging system to tell cells what to do when its spatial dimensions remain aligned. Then, when misalignment occurs in only one or two of the spatial dimensions, allowing there to remain enough continuity in the spinal column for there to be some flow of electrical current due to one remaining aligned dimension that can still manipulate the mirror-imaged parts of relevant structures to produce balance, then voltage-gated ion channels will have developed to handle this situation.

However, there comes the situation I have perceived in which the shape of the thoracic spine becomes so incongruent to the body and the cervical spine above and/or the lumbar spine below that there can no longer be a flow of electrical current continuously along the spine. All three spatial dimensions are misaligned and voltage-gated ion channels can no longer serve. Chemical messaging across what has become widened synaptic clefts becomes necessary.

In this essay there is a table of structures running underneath the first part of the text. I propose these tables show in each time period of 24 hours which structures are on call to be manipulated for carrying forth the functioning of the body when there is no alignment to the gravitational stream (the time dimension). They are on call as shown when there is no complete incongruence of the thoracic spine to the cervical and/or lumbar spine due to misalignment of all the spatial dimensions, and, therefore, gap-junction and/or voltage-gated ion channels can remain functional.

However, when all spatial dimensions misalign and no direct current messaging is possible along the extent of the spinal column, then the 24 bones of the cervical/lumbar/sacral/coccygeal spine (+ sesamoids), part on one side of the “break” with the thoracic spine and part on the other side have had to develop some means of being able to connect in order for some manner of functioning to continue. I propose that since the connection and direction of activity can no longer be through the thoracic spinal column, there is messaging across this column by means of ligand-gated ion channels to reverse the direction in structures below the thoracic column to cause them to function in an opposite direction around the front of the body back to the top of the thoracic spine. Therefore, the direction of stretch in muscles shown in the tables of this essay is reversed from insertion point to origin point and Day 1 and Day 3 muscles are exchanged in usage. Breath to the lungs by way of the oropharynx to the laryngopharynx will travel very differently, going to the opposite counterpart of wherever it went when there was no break in usage of electrical messaging along the spinal column.

I would predict that it is bodies in which none of the spatial dimensions are able to be aligned within themselves (mirror-imaging of the structures overseeing each of the spatial dimensions fails to provide balance within any of these structures) which are most prone to mal-functioning because of the possibility of mishap in the chemical messaging of ligand-gated ion channels. We are encouraged to exercise and be active to maintain the health that is surely provided by a body whose structures have had to be somewhat elevated as the body stretches itself out to move, thus resulting in the use of messaging systems and energy source associated with greater connectedness of bodily structures.

To conclude this part of Essay 47, I utilize a note written on February 5, 2018: Because I am trying to make these essays of explication of my book in the PDF at www.evacarynason.com my last hurrah for further “intellectual” endeavor at this time, I undertook the development of the tables of this essay which I propose are quite likely useful in determining how we unknowingly misuse our bodies. Through the days of developing these tables, I experimented a great deal with letting my body sag in an effort to determine which muscles are being used and the direction of their action. During this time I’ve had periods of being totally without initiative/energy or whatever it is that gives us will to carry on. I suspected such periods resulted from imbalances I was making my body observe added to the probable situation of it having to function, in any case, with the use of under-developed structures during those times when I was not forcing imbalance on it. I have assumed that even when I am not optimally aligned, my body has altered for the better toward more balanced alignment during the past months causing me to use structures, even when not in optimal alignment, differently than I had for years. I am at the very end of the long period (24x3=72 days) of the thoracic vertebrae/ribs providing the 3-Day Bone as Bob Center and maybe these bones have been especially needful of re-building of themselves and their aiding structures such that my body is especially deficient in the energy-carrying lines or production centers it needs for giving me oomph.

However, sufficient oomph for joyful living or not, I am thoroughly aware of how free of stress my entire body is when I am optimally aligned. To be so to the greatest extent possible continues to require attention, which can’t be given at various times. Thus, I come to moments of awareness of lack of optimal alignment, at which time I can check to see what my body is doing

otherwise. The tables of this essay lend themselves to showing what is happening when I slip out of optimum alignment, and I present them in hopes they will be recognized by someone for what they are and will be more fully developed as to how the universe goes about using our bodies when they are not properly aligned and are not able to serve what I believe to be the universe ultimate goal, that is, always accelerating itself back together by means of the everywhere pervasive gravity.

Before leaving any further commentary of this essay regarding my book in the PDF at www.evacarynason.com, I shall address a different area of discussion from Part 2 of my book. I attempt to lay out the manner in which an energy entity in the form of a living being, that is, a human being, could have developed through the eons. This development is based on my SciFi notion of there having come into existence at what would be earth-spot a bit of matter which could take its outside environment into itself to grow and grow to become a bit of matter, i.e. an “egg,” containing within itself all that was needed to become a 180-element set of structures mimicking a Periodic Table of 180 elements.

The manner in which the bit of matter grew into this “egg” is the initial subject of Part 2 and depends on a concept based on that which happens when there is over-pressurization by incoming outside environment into a discreet entity such that there begins a process of emptying out of the discreet entity into an extension compartment of itself, leaving behind “spaces” within the discreet entity to become always over-pressurized again.

This perpetual ability within the original discreet entity, and all those which are to form and follow, to become over-pressurized will allow for the discreet entities to have the power to alter the extension compartments of themselves. And each extension compartment will form other extension compartments and will have the same power of alteration over the ensuing extension compartments. These formations of extension compartments will continue until there is an “egg,” that is, an entity containing within itself all that is needed to be a set of structures mimicking a 180-element Periodic Table. When the “egg” is grown into its initial form, Part 2 of my book then speaks of the ensuing process of differentiating out individual structures within the “egg” which will become bones and teeth and lung segments and sinus/air cell sets, each of these being one of the elements of my 180-element Periodic Table of Elements / Correlated Human Body Structures.

In connection with the differentiating out of the 180 bones/teeth/breath-receiving bodily structures of my Periodic Table, many other structures of the body, such as gyri of the brain, cranial nerves, various organs, etc. are brought forth.

In this present effort to summarize the parts of my previous book, a number of new concepts have developed from the effort to better understand possible implications of earlier concepts. To conclude this essay, I shall include my ever more fanciful recent attempt to arrive at a concept for why there came to be the bit of matter of which I speak above which first became a discreet entity at earth-spot and would be able to grow into what would become a living creature. I can only conclude that in my perceived universe which is composed of Russian-nesting-doll type energy entities, one of which is a solar system, then the earth itself had been brought forth as one of the rows of the initial bit of matter that was going to grow into a 180-element Periodic Table capable of becoming our solar system and which, through the same process, had been spawned by our “nesting-doll” galaxy.

If earth represents a row of a bit of matter extending away from our galaxy which could grow into a 180-element Periodic Table that will become our solar system, and if an initial bit of matter extending away from this earth (which is only a row of a 180-element Periodic Table solar system) can become a human being which is its own 180-element Periodic Table energy entity, then I shall conclude that there surely are very precise circumstances determining just where a bit of matter will form which can become a 180-element Periodic Table energy entity. Happily or not for us living

creatures here, earth-spot obviously fit the circumstances needed for an initial bit of matter to extend away from whatever was going on at what would be earth's spot in the universe to develop eventually into this human being energy entity.

There has always been the question of how less fully developed living creatures than human beings fit into this scheme, but answer for that will be pursued on another day.

Footnote to text of Page 44 in reference to Section 6 - September 29, 2019 - Today is the absolute last day of continuing in this work before placing it in a PDF to send to the U. S. Copyright Office. Therefore, I shall not pause now to provide detail elucidation of what my posterior longitudinal ligament and anterior longitudinal ligament are experiencing as I allow there to be residual breath in the 6 breath intake structures found as Human Body Structures 175-180 in my Periodic Table of Elements / Human Body Structures, that is, ethmoid cells (180), sphenoid sinuses (179), tympanic cells (178), maxillary sinuses (177), mastoid cells (176) and frontal sinuses (175) in connection with the material I presented in Section 6, Numbers 1) - 12) above on Pages 18-20. I mention only that where there is to be found residual breath has everything to do with the arrangement of the posterior and anterior longitudinal ligaments.

Optimal alignment of the body in a woman will be associated with breath pressure felt in ethmoid cells during inhalation and in sphenoid sinuses during exhalation, with the posterior longitudinal ligament pulled snugly up and forward toward the crista galli. I write this note now because only at this last moment have I come to realize that breath pressure in tympanic cells on inhalation gives sensation of upward pull on the posterior longitudinal ligament also, but in the lower area behind the chest rather than higher "at the level of the top of the throat and on up." This would be in keeping with voltage-gated ion channel usage to provide electrical energy with the structures of the body still used in the same direction, but not reaching the same 4-dimensional balance as when they are in optimal alignment, with the body needing, then, only gravity as energy source with ion channels unnecessary, as I have strongly proposed.

Then, it is a bit amazing to me how clearly is felt the change when breath pressure is felt in mastoid cells during inhalation. It is the same as with inhaled breath pressure to the sphenoid or maxillary sinuses (see Section 6). Response is felt in the anterior longitudinal ligament. I will not take time to go further in delineating what is happening in these situations, but in Section 6 above I have proposed that breath pressure to mastoid cells implies the body is using its muscles directed from insertion point to origin point, quite likely having to utilize ligand-gated ion channels for the use of chemical energy with the anterior longitudinal ligament in women pulled toward the basilar part of the occipital bone in the opposite direction away from the proper posterior longitudinal ligament pull toward the crista galli.

Hopefully this interjected interlude, even curtailed as it is, will be of use.

Civil War - Set 48

According to my scheme for these last essays, this first part of Essay 48 is supposed to speak of the Preparatory Tables of Part 3 of my book in the PDF at www.evacarynason.com. When I did this part of my book, I was attempting to sum up in some easy-reference form a number of the connections of human bodily structures I had made which would help me put together and/or check for accuracy of other parts of my book.

However, I pause now on this Monday, 7-9-18 to put in a perhaps too personal note to begin Essay 48. As stated in Essay 42, these latter essays were to be in three parts, the 2nd or 3rd of which was to be autobiographical snippets. In preparing the “idea” portions of these last essays, i.e. the 1st parts, to stand on their own to be copyrighted as safe-guard before I finish the work (Song Sets + Essays) of which they will be a part, I’ve chosen not to include the 2nd & 3rd parts of the essays. However, I find I am ever more inclined to write “autobiographical” material associated with the development of the “ideas” as I complete these last essays, and I will probably let such material stand since all of this will be part of the larger work of songs and essays I’m trying to create as legacy.

I have just finished Essay 47, which was quite difficult, but because I had written already lots of material I could use for Essays 48-52, I decided I could finish up these last eleven essays to send to the U. S. Copyright Office on 7-17-18, a date I might be able to remember in future as the date I took my life back! For as long as I can remember I have felt, if at all possible, I had to use the best period of my day for thinking about and trying to progress in forming as complete an answer as I could to my long-time questions of “Why are we here?” and “What’s it all about?” I thought I had done what I could on 2-17-17 when I copyrighted my 471 page book summation of the best answers I had been able to come to at that point. However, 471 pages was just too much and, thus, the past year found me trying to condense the essential ideas into eleven essays which I had to complete in order to finish the 52 essays I needed for the other work I’d begun years ago. This year of continuing to think about these ideas led to a good bit of expansion of the ideas, much of which has already been included in Essays 42-47.

On this day’s morning, I’d set myself the task of brushing up Essay 48, of which I’d already written a lot, and finishing Essay 49, which I thought was perhaps the most important one of all as the explication of Part 4 of my big book, the “how to do it” part. Curiously, on this morning, which was Day 1 of the all-important pisiform as the 3-Day bone, I began very dull of brain. Therefore, after a bit I allowed myself to drift into sleep and had an extraordinary, long, complicated dream, the culmination of which was the disappearance of my baby daughter from where I had laid her among all the books and papers I’d brought to our front porch to work from as soon as my daughter began her morning nap. I searched through the vines surrounding the porch into which I thought perhaps she’d slipped and then searched for her on all the beds and couches within the house, finally knocking on the door of a visiting friend to ask for help. I awoke at that point. This dream seemed significant in speaking to me of my need to move on from these years of concentration on this one effort if I were not to lose more of my life than has perhaps already been lost in this effort. Therefore, I shall probably do a bit of cobbling together of material now to bring what has always felt like a monumental task to a final conclusion.

After I have copyrighted the meat of these eleven essays, I will have done what I can to lay out a basis, science fictional or not, for the functioning of a human body to accord itself in various ways to serve our universe in whatever direction it may be going. As I move into whatever my future will be, I shall have that basis to call on in continuing to shape my body from day to day as well as in the journey toward ever increased knowledge and understanding. There will still be two specific

“intellectual” tasks to finish in the form of finishing up the actual book of some 200 songs, divided into 52 Song Sets each with an accompanying essay, which I began so long ago, as well as editing and correcting the 471-page book, copyrighted on 2-17-17, preparatory to finally having printed copies of it. However, none of this work will be rife with big, science-fictional-type ideas, which I will be having to rack my brain to try to express as clearly as possible. Therefore, I can finally use the energetic part of my day for life tasks and fit the other work in as I can.

Now to begin cobbling together essays 48-52, I continue this Essay 48 by writing of the relationship of this essay to Song Set 48 - Civil War rather than first giving a summary of Part 3 of my book. I do this because I had earlier determined that instead of writing much regarding the content of Part 3, I would write of any glaring corrections needed to my book. This led to my thinking of the large corrections needed to human society and wanting to speak of my conviction that the most right/correct humans will ever be able to be will come from having a thorough knowledge of the how and why they came to exist within the context of the how and why their universe came to exist and, then, beyond that, an understanding of the ramifications of this knowledge.

In these eleven essays to end the 52 Essays to go with my 52 Song Sets, I have hoped to suggest that true knowledge of how we came to be and continue to fall out, as (and if) it becomes available might help us perfect society.

In a recent note to myself, I write that the only thing likely to save us as a species is knowledge; and the only thing that is going to tell us whether we’re worth saving or not is knowledge, that is, knowledge of whether we might uniquely serve some purpose in whatever the universe is doing giving reason for us to continue to evolve and develop as a recognizable species. In order to ever figure that out, we must finally figure out what the universe is doing and what it is, actually. When we’re trying to determine what we ought to do individually or as a society, then the most correct we can be in what we do will come from our having as thorough a knowledge of what is factually known as possible and, then, engaging in a thorough effort to understand the ramifications of this knowledge.

I have not observed my own insight as how best to proceed. I have not acquired as thorough knowledge of what is factually known as does exist before I have begun advancing theories as to the ramifications of the knowledge I did acquire. I would offer as defense that the knowledge I acquired was as much as I could at the time and the theories seemed to demand to be made. No doubt many of us would use the same defense for their ideas and theories. As recompense for my failure to be as informed as possible before advancing the theories in this work - a number no doubt subject to proving to be fictional - if I am to go on living for any extended period of time as a result of living in accord with the seemingly non-fictional portion of my theories, it is my intention to become ever more knowledgeable of that which is known in disciplines relevant to the areas in which I theorize.

Among the songs of still-to-come Set 51 is “Down by the Riverside” or “Ain’t Gonna Study War No More.” To study war no more is surely a dream we might possess, but, to address the topic of this Song Set, i.e. civil war, slavery had to be abolished. There could have been no advancement in any aspect of civilized life growing out of a society based on slave labor or out of a society which was a neighbor to another based on slave labor. War against the recalcitrant slave-owning society was inevitable, and this has been the case from time to time when human beings have shown themselves to be monstrous in their treatment of other human beings.

Thus, we had the Civil War, and we made the needed correction of ending slavery, but, oh, how much work there was to be done afterwards to ever bring those who had been enslaved fully into the family of man. One hundred fifty years later, society still hasn’t finished its work in that regard.

I would question whether we will ever finish the work so long as societies are arranged in such a way as to allow for the inequitable distribution of whatever they have or produce which provides for the necessities of life. And this question is raised by my question as to whether we will ever understand the depth to which we are all one family, such that until “the least of these” is brought into full participation in the family, then there is little hope of the family ever being anything but dysfunctional.

I persist in writing of my SciFi vision of our how and why because it has given me a basis for suspecting there is a most right understanding of why we are here and what it’s all about and that we have quite likely developed to the point of being able to finally grasp this understanding.

As regards needed corrections to my book in the PDF at www.evacarynason.com, the list of corrections I include now is primarily for me as I begin correcting and editing the book but, also, for anyone who might ever actually take a look at my book and wonder about inconsistencies. I believe at this time that I have significantly erred in the connections I have made among human bodily structures primarily in one area, that is, in the sequencing of the Day 2 bones in their relationship to the other bones of the body. The Day 2 bones are all s-orbital bones found in the first two columns of the Periodic Table of Elements / Correlated Human Body Structures on Page 1 of my book. The corrections I will make ensue from my having realized (by means of sensation primarily) that Day 2 s-orbital bones alternate day by day rather than progress 2 by 2 for a given set of four 3-Day bones.

The corrections needed to the sequencing of the Day 2 bones are most importantly in Part 4 of my book, which is the primary “How To Do It” section. In the Tables themselves of Part 4 (excluding the introductory text), in each of the last 3 boxes on the front of each sheet (that is, on all the 120 odd-numbered pages beginning on Page 117), the s-orbital Day 2 bone is shown as (1).

Until I have corrected my entire book and replaced the original PDF with a corrected PDF, then I know not how else to specify the needed changes except to state the following:

1. In sets of 4 odd-numbered pages from Page 117 through Page 147, and again from Page 165 through Page 355 at the end of these Part 4 Tables, the s-orbital bone shown in (1) in the last 3 boxes for the 2nd odd-numbered page in each set of 4 should be exchanged for the s-orbital bone shown in (1) in the last 3 boxes for the 3rd odd-numbered page in the set of 4.

To go along with the changes made in “1.” above and in “2.” through “9.” below, there are 3 additional changes to be made to correct the s-orbital bone arrangements in the Tables of Part 4:

- 1st - Wherever the s-orbital bone in (1) in the 3 boxes at the bottom of an odd-numbered page is exchanged with (1) in the 3 odd-numbered boxes of another, then the sentence following the date in the 2nd of the 3 boxes at the bottom of the odd-numbered pages should also be exchanged. The referred-to sentence will comprise the first 2 lines in the 2nd box at the bottom of odd-numbered pages, excluding the date.

- 2nd - Referencing the top of the odd-numbered page, in the 3rd box down (DAY 2 BOB CENTER), this box on the 2nd page of a set of 4 should also be exchanged for that on the 3rd page of the set of 4.

- 3rd - On the reverse of the 2nd and 3rd odd-numbered pages in a set of 4, that is, on the even-numbered side of the 2nd and 3rd odd-numbered pages in a set of 4, counting boxes down on the left, the entire section across the page for the 4th box down should be exchanged between the 2nd and 3rd even-numbered pages in a set of 4 even-numbered pages.

At Page 149 through Page 163, there is an anomaly in the process I have described above for correcting the Tables of Part 4. This occurs because, in this one place, there is a set of two 3-Day bones which has a set of four different-type 3-Day bones interjected before the remaining two of the previously-begun set of 4 are able to continue and conclude. For these pages, I shall list how their (1)'s should be shown:

2. Page 149 is correctly shown.
3. Page 151 should have its (1)'s in the last 3 boxes changed to "Highest Nasal Concha."
4. Page 153 is correct.
5. Page 155 should have its (1)'s in the last 3 boxes changed to "Highest Nasal Concha."
6. Page 157 should have its (1)'s in the last 3 boxes changed to "Superior Nasal Concha."
7. Page 159 is correct.
8. Page 161 should have its (1)'s in the last 3 boxes changed to "Superior Nasal Concha."
9. Page 163 is correct.

As regards any other corrections or alterations at this time to the Tables of Part 4, I will comment that there is ambiguity in meaning in the sentence following the date in the first of the 3 boxes at the bottom of odd-numbered pages. I use the phrase "through the aegis of the 'x' Gyrus." As explained below, this phrase could be changed to "overseen by the 'x' Gyrus" or even "which is the 'x' Gyrus."

At the time of attempting to finish my book in the PDF at www.evacarynason.com, I had still not determined how the 24 gyri of the brain fit into my scheme. For a while I thought they might be involved in "instigating alteration" to other structures but finally concluded sensation told me that during a proper body-extending breath, the on-call gyrus for the day was, if anything, having a vacuum created in it rather than was being pressurized. Therefore, the gyrus would not be what I had determined to be an instigator of alteration, but rather, would itself perhaps experience alteration during exhalation. Thus, I concluded that the gyrus was likely to be the RNA-making or DNA-making Apparatus which is mentioned in the sentence following the date in the 1st of the 3 boxes at the bottom of odd-numbered pages.

There is need of re-wording in some of the first set of across-the-page boxes on the even-numbered pages of the Tables of Part 4. My sense of what is happening during inhalation is that the instigator of alteration (found in the third column toward the top of even-numbered pages) becomes pressurized by some means (inflow of one sort) causing the structure which I have proposed is to be altered during exhalation (found in the fourth column) to develop a vacuum allowing for the inflow of another sort, providing substance which will then possibly be used to alter the structure by outside pressure on the structure during exhalation. During this exhalation the instigator of alteration will be prepared to be able to become pressurized again during inhalation, either by incorporating into itself whatever the inflow had been which had previously pressurized it during inhalation or by expressing same from itself. I have considered it possible that the instigator of alteration during the inhalation phase could itself experience alteration during the exhalation phase.

Note from 7-16-18: Before these last essays become part of the larger 52-Song Sets work, I hope to establish much greater clarity regarding the matter of pressurization of/intake into/weighting

& lightening of/vacuum-formation in all the number of structures I have proposed as being possibly subject to these effects.

To reflect the needed corrections in Part 4 of my book, which I have stated above, there will need to be corrections made in Part 1 and Part 3.

In Part 1, the box at the very top of each page of the Bone/Muscle Table (as Scaffolds) (Pages 16-21), must be corrected to show still that “The first scaffold bone for each set of 5 reading across is based on which of 5 is the 3-day Bone,” but now the understanding is that the first scaffold bone alternates down the 5 columns of 24 bones each rather than serving 2 by 2. Therefore, on Page 16 it should read “for xiphoid process (& manubrium [not sternum]), it is the Vomer; for C1 (& C3 [not C2]), the Superior Nasal Concha; for Mc 5 (& Mc PP5 [not Mc 2]), the Parietal; for T1 (& T2 [not rib 1]), the Temporal; for Mt 5 (& Mt PP5 [not Mt 2]), the Lacrimal. Then for the sternum [not manubrium] (& clavicle), the Palatine; for C2 [not C3] (& C4), the Highest Nasal Concha; for Mc 2 [not Mc PP5] (& McPP2), the Occipital; for rib 1 [not T2] (& rib 2), the Zygomatic; for Mt 2 [not Mt PP5] (& Mt PP2), the Maxilla.” Comparable changes will need to be made in the top box for each of the remaining five pages of The Bone / Muscle Table (as Scaffolds).

In Part 3, Page 73 must be changed such that the 2nd bone in each set of 4 is lowered to the box below and the 3rd is raised to the box above.

In Part 3, on Page 75 in the section entitled “Interceded Spinal Nerves” in the 3rd column, bones Number 2, 6, 10, 14, 18 and 22 should be swapped with the bone immediately below it, for example, the vomer with the palatine below it.

In Part 3, there must be change made to the middle column of the Tables on Pages 89-97, i.e. “Day 2 Bob Center.” The change will consistently be the following: in each 2 by 2 set, the material in the boxes for the middle two bones will be exchanged. Toward the bottom of Page 90 and at the top of Page 91, this change will need to occur by considering that the Day 3 Bob Centers shown in Column 3, that is, S2, C6, S1 and C7 form the set of 4 in which change needs to take place in the 2nd column.

A last obvious need for major correction is in the Tables of Part 5 when there is reference to the cranial bones. Where they are shown, the 2 by 2 arrangement is given, and this must be changed to show the alternating nature of the service of the cranial bones. The needed corrections will be to Pages 361-2 and 366-8.

One miscellaneous correction: On lines 30 and 31 in left-most box on odd-numbered pages of Tables of Part 4 (and left-most box on 5th and 6th lines up from bottom of even-numbered pages), the time given as 12:36a likely needs changing to 12:04a or 12:52a (not yet checked out).

There will likely be other miscellaneous corrections which will be made as I see the need for them in the process of correcting the entire work as days ensue on which I continue to attempt to function by means of the optimal arrangement of my structures as shown in the many tables. Only recently did sensation tell me that I needed to exchange the muscles, adductor hallucis, oblique head and adductor hallucis, transverse head where they appear in 2 of the last 3 boxes on Pages 149, 153, 205, 261 and 317 as well as on the opposite side of these pages in across-the-page Boxes 8 and 10, that is, on Pages 150, 154, 206, 262 and 318. I must also make these changes on Page 18 and Page 31 in Part 1 of my book.

A last miscellaneous correction needs to be made to the breath tracts associated with the groups of body-frame bones. These tracts consisted of the 6 breath intake structures, 175-180, shown on my Periodic Table of Elements / Human Body Structures on Page 1 of the book in the Original PDF on my webpage. Since the ordering of these has changed as shown on Page 4 of this work, then they must change for the body-frame bones, although I have given it correctly in the Essay 46 table.

Home, Sweet Home - Set 49

In this Essay 49, I am to attempt to explicate Part 4 of my book at www.evacarynason.com and possibly/hopefully make more accessible its usefulness as the “how to do it” part of the book.

As preliminary to an actual listing of “how to do it” steps, I don’t believe I can do better than reproduce here an introductory part of the Text for Tables of Part 4 and follow this with several notes written during the previous year giving some background as to what is to be achieved if a person is able to engage in the “how to do it” portion of the book.

The title of Part 4 of my book is Tables for Day 1, Day 2, Day 3 Extending-Body Bob Centers. The Introductory Text for these Tables, an initial portion of which follows now will perhaps seem very fanciful when I come to speak of a Pendulum Bob or Pendulum. Please remember to view it as my SciFi way of creating some model for what I sense to be occurring within me as I proceed now to quote the first one and one-half pages of Part 4’s Introductory Text:

Text for Tables of Day 1, Day 2, Day 3 Extending-Body Bob Centers

I come now to writing an introduction to Part 4 of my work.

The 240 pages of Part 4 have grown out of all that is contained in the remainder of this book. What is on the pages grew out of years of learning, primarily from anatomy books, the parts of my body and, then, sensing out the relationship of these parts to one another by the very slow, direct reading of actual sensation in my body as I manipulated its parts - slow, requiring years of refinement, because of the nebulous, confusing quality of sensation. The presentation of Part 4 in this book is the last of innumerable iterations of these relationships, and I believe it to have proven itself over and over through many months now to be accurate such that I can declare it to be an essentially accurate final iteration.

The front and back of each sheet of Part 4 represents one of the non-S-orbital bones found on Page 1 of this book in my Periodic Table of Elements / Correlated Human Body Structures. These are what I have named the 3-Day Bones, and there are 120 of them as represented by the following 120 sheets of the Tables of Part 4. [Each of the 120 3-Day Bones is associated with 3 muscles responsible for manipulating it through 3 days such that each of the 120 sheets represents 3 days of a 360 day year. I make reference to the concept of our most optimally balanced functioning being based on a 360 day year on Page 112 of my book.] The remainder of the non-S-orbital boxes of the Periodic Table are represented by tooth structures and breath receptacles (lung segments and air cell sets and sinuses), which will appear in the Part 4 Tables as structures associated with the 3-Day Bones.

Pendulum Bob or Pendulum

In order to attempt to explain the different sections on each of the 120 sheets of the Tables of Part 4 (front and back equaling 240 pages), I will proceed down the front of the sheet providing comment about the significance of the content of each box which extends across the page as I come to it more or less in sequence down the page. Where possible, I shall incorporate portions of the text from other parts of my book to give explanation. As regards the first 4 boxes, to explain how I came to refer to myself as an “8:52 a.m. 7/2/1939 HUMAN as Bob or Pendulum from Crista Galli as Hook or Pivot,” I take from Page 388 of Part 6, Manuscript I the following paragraphs: There came a time in my work in which I had to accept “that a living organism is intricately entangled with the universe,

at different levels of remove, thus arriving at a concept from which I would work that each organism serves as a pendulum part or a pendulum itself in a universe composed of pendulums. What I had referred to for a long time as the fulcrum or balance point of the body became the Center of any body serving as a Pendulum Bob hooked in at the body's Crista Galli or it became the Bob for a Pendulum swinging from the Crista Galli serving as the pivot for what is now the body as a Pendulum rather than a Pendulum Bob. There is implied an enormous difference in whether the body serves as a Pendulum Bob or as a Pendulum. As a Pendulum Bob hooked at the Crista Galli, the implication is that the body is directly entangled in what I came to think of as the universe flow (actually the gravitational flow) and must constantly alter itself to accord with the flow. In contrast, when the body is serving as a Pendulum pivoting from the Crista Galli, then it happens that there is lost the possibility of a constantly changing fulcrum giving accordance of the entire Bob to the gravitational flow, with this loss allowing gravity to flow on leaving pendulums answering to other forces than gravity and thus requiring alterations within the pendulums based on the needs of the other forces."

From this quoted section from Part 6 above, I am attempting to explain that I can align myself in such a way as to serve as the bob at the end of a pendulum's cord with the bob attached to the cord at the crista galli and with the cord hooked into what I propose to be the gravitational flow or stream. The material on the front and back of each sheet of Part 4 is a lay-out of the parts which need to be aligned on a given day in order for the human to serve, as I have imagined or speculated, as a pendulum bob hooked directly into the gravitational stream and subject to constant alteration to accommodate itself to the stream. Also, this material shows the patterns to be followed in aligning the relevant parts in order for proper alteration to occur.

Throughout this material are the innumerable departure points at which the pendulum bob can lose its direct attachment at the crista galli such that a pendulum cord begins extending away from the crista galli with the body then coming to serve as its own pendulum, subject now to forces beyond the gravitational force. I have proposed the parts of the body developed in conjunction with handling the dimensions through which the body must move, and a result of its becoming its own pendulum is that there has come to be misalignment of its dimensions to one another, requiring the use of non-gravitational forces which can deal in dimensions not balanced to one another.

Sperm Meets Egg

One of the many questions to be answered is how does a person quickly, easily determine at which minute of which day a sperm and egg join to begin their journey together as a human being? Perhaps it will be found that a simple reading of some aspect of a person's DNA will give the answer. I determined that, for me, the minute and day was 8:52 a.m. on 7/2/1939. This determination was made by first proceeding backwards from my birth moment to what would have been the beginning of a normal gestation period. Then, I used sensation over a period of time to attempt to feel what would be the most appropriate moment of my beginning based on alignment of my parts issuing from various possible moments in the vicinity of what would have been the likely beginning moment of my gestation period when sperm and egg combined. I have been perhaps wrong in what I established as my beginning moment, but it has felt correct through this number of years of developing the 240 pages of Part 4 based on 8:52 a.m. on 7/2/1939 as that first moment of me. [I look forward to a time when a simple test is developed which can be used to determine the first moment of each of us should that prove to be important to know.]

To proceed now to several previously written notes regarding the simple sort of bodily

functioning that is to be achieved if a person is able to engage in the “how to do it” portion of my book, on January 10, 2017 I wrote: The body developed in such a way that there are particular structures to handle movement in each dimension on a given day. As we breathe, swallow and, very likely, bring any outside environment into our body, I propose that we are engaging in up/down movement, which I have defined elsewhere as stretch-away from the gravitational stream with structures for a path back.

Upward dimensional movement required by our body in allowing us to engage in the inhalation portion of the breath cycle is handled by the cranial bone (shown as the Day 2 Bob Center on Line 6 of any odd-numbered page of the Tables of Part 4 but with a correction stated in the preceding Essay 48 to the effect that Day 2 Bob Centers do not serve 2 by 2 as shown, but alternate, the one shown first in a groping being first and then followed by the other for the next 3 days with a repeat of this ordering) and its dilator or sphincter or orbitalis muscle. Concomitant downward dimensional movement allowing us to exhale will be handled by the day’s body-frame bone with its muscle for the day (the first of the five body scaffold bones to which I often refer but with there always being an initial head bone which is the cranial bone). Corresponding to the L5/pisiform connection as measure of the degree to which the body is aligned to the time dimension, the set of sesamoid bones giving a measure of the degree of alignment in the up/down dimension is the metacarpal sesamoid 2 bone at the inside base of the index finger as connected with the incus of the ear, that is, Mc Ss 2 / incus.

When I am most optimally aligned so that my body’s structures are used to observe the dimensional parameters described above, then I propose that that which is achieved with the exhalation completing each breath cycle is my ability to send forth from the body’s relevant exit route for the time of day the range of spectral energy which has been (or is being) produced and prepared from in-taken substance during inhalation (or other in-take activity) to be ready to send it on its way during exhalation.

I would propose the gyrus of the brain for a given day’s activity is likely involved in overseeing the track to the exit routes. However, when my body slips or sags out of optimal alignment, it must surely be the effect on the gyrus which tells the body how to proceed in using its mechanical/electrical/chemical messaging systems to continue to function.

To maintain optimum alignment, then the remaining two spatial dimensions must remain aligned with the up/down dimension. Any component of left/right movement, that is, any reaching away from the up/down dimension, will be handled by a structure associated with our cervical spine/etc. series of 24 bones, and the return from reaching away is handled by a structure associated with the 24-member finger bone series. The measure of the degree of alignment in the left/right dimension is given by the set of sesamoids, the double-bone metacarpal sesamoid 1 at the inside base of the thumb as connected to the hyoid bone at the back of the chin, that is, Mc Ss 1 / hyoid.

Any back/front movement, which is move away from the up/down, left/right dimensions to be handled by the 24 bones of the thoracic spine/ribs, is completed in the return-from-move-away as handled by the 24-member toe bone series. The measure of the degree of alignment in the back/front dimension is given by the set of sesamoids, the double-bone metatarsal sesamoid 1 at the bottom-side base of the big toe as connected to the patella of the knee, that is, Mt Ss 1 / patella.

All of the above is overseen by the time dimension structures which allow such diversions from the gravitational stream. These are the ethmoid/sphenoid bones, 18 tooth structures, the lacrimal/maxilla bones and the body and ramus of mandible, all utilizing the eye’s zonular fibers as muscles.

The movement of a structure is permitted by involving the halves of the day's mirror-imaged structures overseeing the dimension in which the movement is occurring to weight themselves in such a way as to cause the other halves to cause movement.

The remaining notes from my previous year to duplicate here will serve as introduction to the six "how to do it" steps which I shall list. These notes from 6-29-17 / 7-1-17 give the most basic steps to aligning one's body to be as optimally balanced as is possible. It is movement in relation to the dimension of time (the gravitational stream) which determines all else. The structures overseeing the time dimension have been given as lumbar vertebra 5 (L5) and the pisiform sesamoid bones on the inside of the wrist below the little finger. As I wrote in early summer last year, all that is required in order to have a body that is truly aligned to pure gravity - that is, the non-stepped-down-into-other-forces gravitational flow of the universe - is to create the sensation that the two sides of one's lumbar vertebra 5 (L5) are as securely connected as is possible to the two pisiform bones of one's body, these being the small round bone found in the left wrist with another in the right wrist on the little-finger-side of one's hand where the hand joins the wrist. The small round bone can be felt at the inner bottom of the little-finger-side of the palm-up hand.

To create the sense of the most greatly secured connection between one's L5 vertebra and the two pisiform bones, if one is a woman, will require her quite likely to create the sensation of shifting her L5 backwards. If one is a man, it is likely the shift will need to be forwards. In Essay 47, I have written of the importance for the female of securing the posterior longitudinal ligament, which runs along the back of the vertebral column, strongly upward and forward toward the crista galli in order to have the correct tilt of the sacrum/coccyx at the bottom of the vertebral column, which will determine the alignment of L5 immediately above the sacrum. For the male, it is likely that the anterior longitudinal ligament needs to be secured upward toward the underneath side of the basilar part of the occipital bone.

In establishing the six "how-to-do-it" steps, I have placed the aligning of the structures overseeing the dimension of time and the three spatial dimensions as first on the list. The goal in aligning these dimensional structures is to optimally position one's crista galli such that there can be no extension of pendulum cord from it, thus assuring that the human serves as a pendulum bob hooked into the gravitational stream rather than allowing itself to extend a cord from the crista galli turning itself into its own pendulum. To place the alignment of the structures overseeing our four dimensions as first in my list does not allow me to place as much emphasis as I would like on the ultimate importance of breath destination in determining everything that happens in the body. Therefore, I shall list breath destination secondly, but, because it will initiate the action of the body's structures in each breath cycle, I shall assign Numbers 1 and 2 to both be Numbers 1 and/or 2.

How-To-Do-It Steps

1. and/or 2. Align the two structures overseeing each of our 4 dimensions, that is, the time (gravitational stream) dimension and the 3 spatial dimensions:

- a. time dimension: L5 / pisiform
- b. up/down dimension: Mc Ss 2 / incus
- c. left/right dimension: Mc Ss 1 / hyoid
- d. back/front dimension: Mt Ss 1 / patella

(See Note 1 below after Number 6.)

1. and/or 2. Breathe by way of designated breath tract toward the structure to be activated by incoming breath as stated in the 2nd, 3rd and 4th boxes on the odd-numbered pages of the Tables of Part 4 (starting on Page 117), these breath tracts and to-be-activated structures associated with Day 1, Day 2 and Day 3 Bob Center bones. During any three days for a 3-Day bone (this bone always the Day 3 Bob Center), it is useful to try to create the sensation of breath going toward all three to-be-activated structures as shown in the three boxes for Day 1, Day 2 and Day 3 Bob Centers.

3. To next most immediately create a sense of alignment is to use that which I list in Number 5 below, but its use is perhaps more difficult than paying attention to the scaffold of 6 bones responsible for our alignment in a given 3-day period. Therefore, I list the bone scaffold next and quote from Number 8 on Page 111 of the PDF at www.evacarynason.com: *Check for seeming pressure on mirror-imaged bones for the day's 6-bone scaffold as shown in boxes Number 8, 9 and 10 (same scaffold through three days). This "seeming pressure" creates the sensation of each mirror-imaged bone having its two reversed images of itself actually "present and accounted for" in the same general location in the body. In a sagging body, it is easy to create a sense of pressure on any bone in one side of the body without there being awareness of the presence of its mirror-image on the other side. When L5/pisiforms are properly aligned and I call attention in myself to a particular bone on one side, the same bone on the other side is obviously present too.*

4. The 6 bones of a day's scaffold will each have an associated muscle for each of the three days on which that bone scaffold is responsible for our alignment. These muscles are often not so very hard to distinguish in our body and manipulate. I quote from Number 9 on Page 112 of the PDF: *Check for similar direction of stretch pressure on mirror-imaged muscle associated with each of the six bones for a given day (in most cases the muscles change day by day). My effort to determine how my body functions began many years ago with the effort to figure out what my muscles were doing. Now, at the end of this portion of the effort and the end of the How-To-Do-It section, the muscles receive only two lines of text with emphasis instead on so many other parts of the body!*

5. To address the impressive efficacy which can be had in aligning ourselves by paying some attention to organs and glands, I quote from Number 3 on Page 109 of the PDF: *Check for continuous pressure in the area of spectral energy associated structures as described in across-the-page box Number 5 (I've thought of these as substance-producing organs whether it be material substance or nerve impulses, etc.) for given time of day for given day as shown in box Number 7. All six organs in the relevant time line across the page are important, but I have felt it to be sufficient if I concentrated on the organs in the appropriate time line for the columns marked at their tops as 2 and 3, that is, the organs associated with the body-frame bone shown as (2) in the three boxes at the bottom of the page and with the cervical/etc. bone shown as (3) in the same boxes.*

6. In the "How-To-Do-It Steps" part of the Text introducing the Tables of Part 4 (Page 109 in PDF), the most extensively described step is Number 7 with its four "(7. continued)" entries. I shall quote here only Number 7 itself although this step, as described in all the parts of Number 7, may be the one which must happen if we are to continually alter ourselves to accord with what may be the direction of universe alteration which could possibly result in non-destructive, non-death-inevitable change to ourselves. It is complicated. Correct inhalation and exhalation are essential to carry through this step. I quote: *On inhalation, check for expansion pressure in, or contraction / compression pressure in, the day's Bob Center, whichever the case may be. If the day's Bob-C, as*

stated at the beginning of box Numbers 8, 9 or 10 at bottom on sheet front “instigates alteration,” then there should be felt expansion pressure in it whereas the structure to which it is stated it is instigating alteration should have some sensation of pressure on/in it to be compressed or contracted. Then, on exhalation, there should be a reverse on these structures of the sense of expansion in/contraction on/in pressure.

Note 1. This is Number 6 on Page 110 of the PDF and speaks of structures of assistance to those primary structures overseeing our 4 dimensions: *For some time, I thought that all I needed for alignment of my entire body was to use the vowels, YUOIEA (see first page of Part 6, Page 444), to remind myself to create a sense of mirror-imaged balanced alignment in my larynx (Y), my lower mandible, i.e. jaw (U), my upper mandible, i.e. maxilla bone (O), my nose (I), my ears (E) and my crista galli, i.e. peak at the top of the ethmoid bone in the front top of the head (A). Later, I added to this the desirability of having a sense of balanced alignment of the metatarsal 3 (Mt 3) bones coming through the middle of the foot (reference to this as efficacious on Page 457 of Part 6 of my book) along with the vomer, i.e. the septal plate in the nose, and the crista galli. At a later time, I determined that using YUOIEA, Mt 3, the vomer and the crista galli were useful primarily for aligning the structures of our three spatial dimensions but did not have enough alignment power to affect L5 to move back the spine at the waist to align L5 and the pisiforms to align my female body properly in the time dimension. The caveat to this would be if the crista galli were straightened right/left and pulled up and forward (in females; probably up and back in males) in which case I would propose that L5/pisiforms could be so properly aligned as to allow the body to need only its connective tissue for functioning (see Page 434 of Part 6). To assure that YUOIEA + Mt 3/vomer/crista galli provides all the desired alignment, then I add a check for a sense of pressure in both or either of the last two structures at the bottom of the column labeled 3 in the 6th/7th across-the-page set of boxes on a sheet front. These structures are the cranial ventricle (serving 12 days at a time) and the spinal nerve (serving 3 days at a time).*

The end of Note 1 has just mentioned the cranial ventricle (serving 12 days at a time) and the spinal nerve (serving 3 days at a time). This latter, the series of 24 spinal nerves, shown in Column 3 in the 7th across-the-page set of boxes on a sheet front of the Tables of Part 4, parallels 24 of the dermatomes of the body, C5- S3, and knowing these and giving them appropriate pressure on appropriate days has proven to be very helpful in alignment. On Page 75 of Part 3 of the PDF are found tables of spinal nerve correlations showing the table of what I perceived to be the base spinal nerves, i.e. C1-C4 + S4-S5 + the coccygeal nerve and the table of interceded spinal nerves, i.e. C5-S3. The dermatomes of which I've made use parallel C5-S3, and are beautifully shown on Page 150 of Frank H. Netter's Atlas of Human Anatomy, 2nd Edition.

I conclude these “How-To-Do-It Steps” with the “Concluding Remarks to Text to Part 4” from Page 112 of the PDF: *As I believe I have mentioned elsewhere in this work, I dream of the possibility of a time when school children will learn the structures of their bodies, just as they learned in an early grade in my day the multiplication tables.*

I will consider my effort in creating this work worthwhile if it could start a trend of people being interested in knowing the parts of their body and beginning to notice that they have the ability to use that knowledge to help themselves. It might be the case that great benefit would come from becoming familiar with only a very limited set of muscles each day and trying to assure that those sets have on them similar stretch pressure from proper origin to proper insertion throughout the day. Similarly, help might come from learning the location of a few sets of bones or organs, such as the

kidneys or suprarenal glands, and creating the sensation that these bones or organs are level or equal to one another in their location and spaciousness in the body. So often, when I allow myself to sag back into the arrangement of my parts which has developed through the many years of my life when I have not known of my lack of aligned, balanced functioning and, more recently, have not yet been able to consistently maintain the new way of balanced functioning, then I become aware of the sensation of all my mirror-imaged parts being at odds to one another.

I look forward to the day when we do truly understand the in's and out's of our functioning based on a real knowledge of why we are here and how we fit into the universe order. Also, I look forward to the day when the only kind of pill/ pharmaceutical permitted on the market deemed to be safe will be one which assists a living creature to move toward according itself with what we discover to be the real purpose of our being here. It will be a pill/ pharmaceutical / health or beauty aid one can use without fearing adverse side effects because it will be based on a thorough understanding of where its recipient is in his or her progress toward maximum balance of his/her parts and on what will be of aid in furthering that progress. Inasmuch as I deem quite difficult the on-going effort involved in doing the sort of things suggested in this work to bring about properly aligned, balanced, non-wearing bodily functioning, then I have joked to myself that the medical profession could now develop tests for this new kind of balanced functioning and the pharmaceutical companies could divert their research to developing "pills for proper overall functioning with no adverse side effects" based on the tests (and in some new day coming, not enrich themselves unduly at the expense of the public!)

Finally, three more notes:

Note 2. When I speak of arranging body structures in this way or that by creating some sort of sensation regarding them, it may well be that all I really need to be suggesting is that I do whatever is required to remove the weight of the body from relevant structures so that they can do whatever they need to do.

Note 3. As I wait and work to achieve the hoped-for and seemingly ever-closer perpetual optimum alignment for myself, I devise what I have thought might be a broad-brush method of protecting the body from internal harm - but only if the exhalation phase of a breath cycle is paid especial attention - that is, I breathe into all the nasal passages and available cavities in my head assuring that the soft palate will rise to close off the nasopharynx. This will include the nasolacrimal duct and the lacrimal canaliculi - giving the sensation of breath directed toward 6 brain sinuses plus the parts of the cavernous sinus - as well as the Eustachian tube and nasal sinuses and air cell sets, including the ethmoid, tympanic and mastoid air cells. With the soft palate keeping the nasopharynx closed off, I then pay attention to the possibility of breath being able to be directed to any one of the 18 lung segments in its appropriate time by way of the incisive canal through the hard palate and, in particular, to the back lung segments.

Then, during exhalation, I must assure there is no relaxation in the soft palate in its maintaining its secure connection to the pharynx to close off the nasopharynx. If I can do this, I can ascertain that the 6 exit routes of the body are all properly arranged, each in its turn, for transmission of what I hypothesize to be spectral energy, these exit routes being the urethra, skin (with armpits, etc.), lactiferous ducts (nipples), anus, eye, vagina (penis).

Note 4. next page

Note 4. I found a note to myself stating: much that we are is that which can happen in the degrees of separation between L5 and the pisiform sesamoid bones of each wrist. Earlier I had written of there being 6 processes (bone projections) on each side of L5, and I proposed that what is happening to align a human to pure gravity by forming the most secure connection between L5 and the pisiforms is that the continuum of connections between whatever connects to the 6 processes on either side of L5 and proceeds on through the series of connections extending to that which finally connects to the pisiforms is made to eschew any lapse from a gravitational orientation which would require the use of any other force to message body structures to do this or that. By July 8, 2017, I made so bold as to hypothesize a lumbar vertebra 5 (L5) with 7 sesamoids taken from it (Netter, Page 144):

1. The 2 pisiforms taken from the vertebral foramen,
2. Mc Ss 2 taken from the area of the inferior articular process,
3. the 2 incus bones taken from having been part of the area of the spinous process,
4. Mc Ss 1 taken from the area of the mammillary process,
5. the hyoid taken from between the 2 superior articular processes,
6. Mt Ss 1 taken from the area of the accessory process,
7. the patellas taken from having been part of, or from along, the transverse processes.

World War - Set 50

Someone very close to me made the statement that knowledge about how the universe and living creatures work is not likely to in any way inform her daily life and, therefore, would likely not be of much interest. Probably true for many. However, when there is a failure of joie de vivre in daily life for so many different reasons - bad beginnings for too many, youth's good health dissipates, calamities such as war and death come - and the brevity of life and the quantity of struggle it can contain loom large, then, through all the beauty of morning sun and summer shade, one can begin wondering about the seeming cruelty of a universe which can create creatures capable of caring about so much and yet never, ultimately, show its creatures any caring. I see the lightening bug - or it could be a big palmetto bug; it makes no difference - struggling in a swirl of water, and I do not think, "Wow, isn't it wonderful the degree to which we living creatures struggle to survive." No, my foolish heart continuously breaks for that bit of life so easily destroyed.

I do what humans have done through the eons. I create possibilities for there to be some rationale for it all. I do not posit the existence of a God or of an eternal life after death basking in the glory of some God, thereby, being happy and content. Instead, I entertain the possibility that we weren't necessarily destined to die for perhaps as simple a reason as that, if we knew what we were doing, we could be playing a continuous role in serving the universe, and along the way discover the physical means of living with on-going joie de vivre, living a "heavenly" existence without having to navigate the completely unknown realm of death.

At this time, in view of the brunt of my years' efforts, I'm musing that the war we must mount against death is quite possibly most strongly in the realm of dealing with those structures overseeing the exhalation portion of the breath cycle. Part 5 of my book in the PDF at www.evacarynason.com, about which I am to be writing in this essay, is entitled "Tables of Day 1, Day 2, Day 3 Flexing-Body Bob Centers." It is very brief as compared to Part 4. I have spent little time paying attention to Part 5 because the body structures in these Tables are those overseeing exhalation, and they are utilized in such a way as to be on call for such brief periods of time. Moreover, the structures overseeing exhalation, as shown in Part 5, would seem to apply only for a properly aligned body, and most of my time has been spent on attempting to determine a properly aligned body during the inhalation portion of a breath cycle. Only fairly recently, have I begun to sense that the war in which we may be unknowingly engaged regarding the direction of the universe, which so far has led always to our destruction, probably occurs primarily during the exhalation portion of the breath cycle. Our body pulls breath in without too much effort if we're reasonably healthy, and now I recognize that the breath is pretty well "shot down" and incapacitated as to its ability to affect desirable change when our exhalation is from misaligned, sinking-back-down bodies which are simply unaware of the effort that needs to be made to cause that breath to do its real work during exhalation.

I would propose that the Tables of Part 5 do, indeed, show which structure of our body provides the Bob Center for each exhalation when we are optimally aligned such that our entire body itself serves as Bob hooked in at the crista galli with pendulum line, then, toward the gravitational flow of our universe. The functioning occurring during the breath cycle for this optimally aligned body is modeled in the small table shown in Essay 46. If, during exhalation, there is slippage from optimal alignment, then the body becomes a pendulum attached by a cord extending from the crista galli, not remaining the hooked-in bob. A discussion of the body itself as a pendulum, thus needing a part to serve as bob with a bob center, will not be undertaken in this group of essays. I propose the tables of Essay 47 are relevant to the non-optimal functioning of the body when it is serving as a pendulum swinging from the crista galli rather than as a pendulum bob hooked in at the crista galli.

I conclude this essay with continuing SciFi notions as found in the text introducing the Tables of Part 5, this text having been my attempt to give rationale for the development of the tables. As usual, much of the reference is to the no doubt infrequently-found optimally-functioning body.

*Text for Tables of Day 1, Day 2, Day 3 Flexing-Body Bob Centers
from March 17, 2013 Note*

Based on the extraordinary notions my discoveries have caused me to develop as regards the necessity of properly aligned bodies of living organisms to have constantly changing centers within themselves as bob centers, it is reasonable to theorize (and sensation in my aligned body would seem to validate the theory) that the bob center of an organism's body would be different when it is overall inputting and extending than when it is overall outputting and flexing.

Thus, Part 4 of my book in the PDF at www.evacarynason.com is the 120 pages showing the bob centers of the human body for 360 days of inputting/ extending. The following Part 5 shows the bob centers of the human body during outputting/ flexing. These latter are the same throughout the year except they differ Day 1 of a 3-day cycle from Day 2 and both Day 1 and Day 2 from Day 3.

The bob centers during inputting/extending (shown on 120 odd-numbered pages of Part 4) each endure for a 24-hour period perhaps because during that period the inputting body is resisting rotation and has come to be fashioned in such a way as to be able to catch the continuum of spectral energy from longer to shorter waves as the earth rotates and comes to travel with the direction of the on-coming spectral energy. The resistance of the body to rotation during each input (inhalation, etc.) of the 24-hour period reverts back, after an exhalation, to the same general location within the body, presumably with the necessary mechanism in place during each input/output cycle to alter, or perhaps only gird up, that particular location appropriately to maintain the resistance.

Then, I speculate, toward the end of inhalation, the resistance to rotation is overcome by the strength of the urge to rotation and the body goes literally headlong into the mode of being-one-with-earth-rotation. There is now output as needed to accord with the body flexing toward rotation and the bob center of the body swings toward the part of it most free to flex toward the direction of rotation – and away from its “attachment” to the earth - the freer part of the body being the head. Therefore, during Day 1, the bones of the head, the s-orbital bones, sequentially serve as the bob centers for the outputting/ flexing body (these bones serving alternatively when they are functioning as part of sets of four related bone scaffolds.

Because the body is “attached” to the earth it can only fully succumb to going with earth rotation during flexion for as far as its “attachment” will let it. Then, during Day 2, the flexed-body bob centers will move away from the head and cycle over and over through the main-frame bones of the body like an upright spinning top. Finally, during Day 3 when drag has set in leading toward there coming to be a new Day 1 input/extend rotation-resistant bob center, the output/flex bob centers will run the gamut sequentially of all 180 Periodic Table structures of the body as though having to try each one fixed in its place before the body can move on to having a new rotation-resistant bob center for the next 3-day cycle.

from March 23, 2013 Note

Why the difference in a body's bob centers between the time in which the body is inputting/ extending and when it is outputting/ flexing?

Could the difference be that the incorporation of some part of the outside environment into a

body (particularly one that is as aligned as it can be to the gravitational stream) changes the whole big outside environment of the earth and the response of the body to the changing outside environment has two components of response?

As was proposed in the previous March 17, 2013 Note, during the input/extend cycle of a body, there is resistance to the effect of earth rotation on it such that the body is freed to be responsive to the effect on it of the earth's revolution around the sun. The result of the effect on it of earth's revolution around the sun, which is likely consummated during the output/flex cycle, has then prepared the body for its next resistance-to-rotation input/extend cycle.

Since the change in the whole big outside environment being caused by the inputting body ultimately alters the relationship of the earth to the sun, the sun pressure on the inputting body will have altered at the beginning of each input/extend cycle in a minutely small way, but in a big enough way, to cause the altered sun pressure to very slightly affect the body differently moment by moment in the body's progression around the sun as part of the earth.

I have theorized that the inputting body of a living creature is a link to the gravitational stream at some particular location on the earth. During its input/extend cycle, that which the body takes in is ultimately sun's spectral energy from the earth's progression around the sun. Then, in a properly aligned body, there is the sense that each output/flex cycle functions to process the in-taken outside environment/ spectral energy so as to alter the body to serve the gravitational flow. From this aligned body it is somewhat easy to imagine that whatever output there is during the flexion cycle has been mined of anything which could be of use to the body in its service to the gravitational flow. Thus, the subsequent output can become some level of spectral energy itself in addition to that material substance which is left over from the process of mining in-taken substance of useable energy for that organism. The material output is then available to disperse to add to earth accretion or be taken up and both mined and replenished by the processing system of another type of living organism.

Thus, we see an earth of orbiting/ revolving-around-the-sun living creatures taking in their environment to be uniquely processed by each creature by means of its particular processing system. Spectral energy must travel on, and as each living creature takes in some portion of it from its environment in whatever form, there will surely be a distinct pattern between the living creature and its method of handling its relationship to spectral energy, this relationship being perhaps the basis of the creature's existence.

Home Again; Please, War No More - Set 51

Finally, as regards reference to my book in the PDF at www.evacarynason.com, in this essay I was to speak of the remaining material in Part 6 beyond the three Manuscripts which I discussed in Essays 42, 43 and 44. This remaining material of Part 6 is in the form of notes I had written through the years, some of which seemed worth including and maybe several of which contained what I thought were “big ideas.” However, I have run out of patience for the moment. I want to be “home again,” doing the usual life tasks, rather than continuing even one step further in this possibly quixotic quest. Therefore, I finish out Essay 51 with a couple of notes written earlier, and Essay 52 has been partially ready to be included for a few months now (as of the date of writing this Essay 51).

From September 6, 2017 - All through this time of the most consistent initial re-building of my body (or, at least, preparing it to resist further decay!) which I believe I have been carrying forth for some months, I have experienced little of that energy which makes life and its daily tasks a joy. I have lamented being in a life situation as I approach my 9th decade requiring constant physical and mental effort which I simply have not felt like giving.

At the same time, I have acknowledged the probable benefit of being in such a situation inasmuch as the physical and mental me has had to remain quite functional during this time of what I sense to be initial re-building. There have been situations such as the necessity to move my daughter’s belongings from one place of residence to another due to her having emergency major surgery leaving her in the hospital during the week of the required move and leaving me carrying loads of belongings up and down steps over the days of a week. What a lot of opportunities were provided for reminding my body of how to be most aligned such that I would be able to be stable and steady as I pushed myself up the last steps with another load!

During this same period I was involved in trying to determine how to deal with a group of 10 animals - mostly large dogs - placed in my life by my other daughter, as well as coping with the death of my ex-husband and a close friend due to cancer.

Younger friends remarked on my physical stamina and emotional equilibrium. I, of course, had given up long ago suggesting I might have discovered the basis for much that afflicts us.

Whatever I have now of stamina and general equilibrium would no doubt be attributed by this one or that to my having good genes or good charka alignment or any number of other proposed sources of our good or bad physical and mental health. The point I’m making here and in my book is that good genes and all the other methods of improving our bodily conditions are quite possibly based on the serendipitous dipping into the proper bodily alignments I have proposed in my book. I have hoped a few others might eventually take a look at what I am doing to determine whether there could be shown some level of veracity beyond my personal conviction, hopefully leading thus, to expansion of what I have done.

From February 7, 2018 - I do not talk to a God I have anthropomorphized into existence, but I do talk to the universe, that is, the whatever-is of which I am a part. Through these many years of attempting to figure out how our bodies work, my one-way conversation with the universe has seldom been friendly. As I have forced my body to breathe into unaccustomed places and utilize body parts in unaccustomed ways, there have been days without number of malaise of one kind or another: days of no energy, of inhabiting a stiff, arthritic-seeming body, of inexplicable pain or discomfort in one part or another and so on. In spite of the tendency toward hopelessness about my ability to finally ever achieve what I have set out to achieve which each of these episodes create, I have always been able to maintain the sense that each malaise is a passing phase. (See Note below.)

But, oh, how I have faulted a universe which created creatures capable of suffering far beyond

anything I've ever suffered. And, if there could be credence to my conclusions that disease and death result primarily from our functioning in ways always resulting in imbalance to what I have deemed the gravitational stream such that it is the labor-intensive functioning of creatures enslaved to a wrongly-directed universe, I have to ask whether we would not be equally enslaved if we were functioning in such a way as to serve a rightly-directed universe, and be without the relief of death? I conclude, maybe so, but possibly, if we were extensions of a rightly-directed all-that-is, maybe I can dream that a universe engaged in more rightly-directed functioning would be more likely to consist of happily functional human-type energy entities whose discomfort-sensing mechanisms could become dormant through disuse resulting from no longer being much needed. It is to dream!

NOTE for last iteration of this work (September 29, 2019) based on conversation from this time period with a friend about her work-out program:

Because it was conversation with you last night which led to my train of thought this morning, I'm going to try to sum up that train to you rather than just write another note for my boxes of notes. Please set aside for a moment your inclination to say, "But I wouldn't want to live indefinitely!"

So I thought about the muscles you probably have well developed which allow you to rise with ease from sitting on the ground, and I thought about the muscles I might be using to get myself up. And I thought: the muscles I would be using alter each day through a 72 day cycle with there being 5 of these 72 day cycles in a year with each of these cycles pulling on the muscles in a slightly different way. That's what I've been figuring out all these years and what the sequence of muscles are.

Therefore, I sat this morning lifting my leg to lay it across a table top. If I let my body be in its old relaxed position, I could feel pressure on certain thigh muscles. I predict that doing the same each day into the future would result in pressure in the same area.

Then, I did all those things that pull me into what I refer to as "optimum alignment," and lifted my leg. The pressure was no longer on muscles in my thigh. The pressure was concentrated on yesterday's "leg" muscle (from the group I refer to as toe muscles) which was the quadratus femoris (yesterday ending about 9 a.m.). Today, starting about 9 a.m., when I am in optimum alignment, the pressure will be on the long head of the biceps femoris and then the subsequent 3 days on the 3 parts of the vastus muscles followed by the semitendinosus, articularis genu and the semimembranosus.

The reason I believe it is laborious for me lift my whole heavy body at present is because I have learned how to keep myself somewhat in "optimum alignment." Therefore, every move I make is based on the set of muscles (6 of them) responsible for manipulating my body on a given day, these muscles always changing and many of them being small in the first place and not having been used in that way throughout most of my life. It is my belief that as time goes by, and all these muscles are properly used in sequence, with tiny year by year increments in strength, eventually I will be overall strong again (but so much not soon enough!).

The reason I believe strengthening the muscles we normally use will not keep us living indefinitely is fairly simple. Each set of six muscles of the always-changing-day-by-day-through-the-year muscles is responsible for some system of the body. These sets get neglected day by day because we continue using and strengthening the same muscles that prevail in bodies that warp more and more toward misalignment in order to make use of the always strengthening same set of muscles. Therefore, the systems which depend on the neglected sets of muscles become more and more compromised until they can no longer do their job and we die due to failure of such systems.

If my theories could be true, they are totally unknown. How do I ever change that?

What It's All About - Set 52

The title I have given for this last essay is the one I gave years ago to the last in my series of 52 Song Sets, the book for which Essays 42-52, found here, have been written to go with Song Sets 42-52 about revolution, slavery, war, home, more war and home again.

I am bemused by the original title for this essay, that is, "What It's All About," because almost 30 years ago, the basis for this title was quite different than it became through the years, even though at that time I did question whether there wasn't a good deal more to the matter than the last verse in the last song of Song Set 52 would indicate. This last verse in "Love's Old Sweet Song" states the following:

"Even today, we hear love's song of yore, / Deep in our heart, it dwells for evermore.
Footsteps may falter, weary grow the way, / Still, we can hear it at the close of day.
So, 'til the end, when life's dim shadows fall, / Love will be found the sweetest song of all."

Surely a sweet song, but the inevitable end of love through death in this life-time renders it a very sad, sweet song. My husband left before the end, but, had he not, the history of human life decreed that loss to one of us was almost inevitable. I found a somewhat sustaining alternative to life's not being primarily about love's old sweet song to be the effort to figure out what it really is all about.

I shall end my years of work with three earlier-written very short notes that I typed up to be "big concept" Essays I, II and III. They began with Essay III, the ideas of which came to me and I wrote down on the morning of what would have been my ex-husband's 74th birthday and the day on which I would attend a backyard "memorial celebration" of him. However, before concluding with these short Essays I-III, I pose a question about the significance, if there could be anything to my work, of our development and our functioning being based on a 180 element Periodic Table, not 360. A next question to pursue?

I. Gravity Reigns Supreme by Requiring Mirror-Imaging by Eva Cary Nason September 12, 2017 and January 6, 2018

I have developed for myself the concept of our universe being formed from that which I have named "energy entities." In my concept, an energy entity is a collection of matter into a system which can effect some sort of movement or change from within itself.

I hypothesize that our universe is composed of six (6) Russian-nesting-doll-type energy entities, i.e. our universe itself, a galaxy cluster, a galaxy, a solar system, a living creature such as a human being, and a sixth entity which I have not determined for myself as yet.

I propose that an energy entity first began as matter brought forth in some relationship to gravitational energy. This would seem to be necessarily so since I have concluded that the basis for everything is surely gravitational energy. The function, then, of an energy entity would seem to be to "grow" itself in such a way that it, and all its progeny, have the capability of converting in-taken matter particles back toward whatever that relationship to gravitational energy is, a capacity which quite possibly can be altogether latent. I have difficulty with this concept for a human being as an energy entity until I remind myself of how many cells, molecules, atoms are required to compose a human body, possibly all able to serve in concentrated direction.

I hypothesize that the initial formation and subsequent “growth” of an energy entity - for whatever unknown initial reason - will always entail the formation of mirror-imaged structures. (I further hypothesize, for future reference, that a consequence of energy entities “growing” mirror-imaged structures is that the atoms forming the mirror-imaged pairs will always be entangled.)

The matter forming energy entities must be mirror-imaged because wherever matter exists, gravity must reign supreme. Therefore, each mirror-imaged half of the collections of matter forming an energy entity must have its mirror-image to serve as the weighting mechanism for leveraging its other half.

As an energy entity develops with its moving parts forming in mirror-imaged pairs, there concurrently develop the means whereby one-half of a pair can always weight itself sufficiently greatly in order that gravity’s pull on that one-half would cause it to move, thus forcing movement on its other half due to the physical connections between the two halves.

II. Possible Explanation for Source of Dark Energy, Dark Matter, Visible Matter by Eva Cary Nason December 14, 2017

It would seem likely that matter particles brought into existence in relationship to gravitational energy would possess mirror-imaging as discussed in Paper I above and that the two mirror-imaged halves can always be responsive to gravity alone if there is a network of proper arrangements. However, it would seem, also, that the collection of matter forming an energy entity can have the capacity for parts of itself to become non-congruent to one another (such as a human spine becoming non-congruent to the human body housing it when intake is a spine-flexing activity with output a spine-extending activity rather than vice-versa. See Page 422 of the PDF at www.evacarynason.com). In this situation gravity cannot serve to pull on one-half of a mirror-imaged pair of structures to move the other one-half when the connections between the two are disrupted. Therefore, alternative energy sources such as electrical and chemical energy must develop to play a role if there is to be continued functioning of the energy entity.

I would propose these alternative energy sources, and the developed paraphernalia needed for their use, can come to prevail over the continuing underlying gravity-dependent system such that existing visible matter can seem to form our universe.

The primary matter constituent of our universe is given the designation dark matter, rather than visible matter. I would propose that dark matter is all that matter which, after it has been initially formed, and subsequently “grown,” is able to continue in its use of gravitational energy for whatever energy need it has.

The remaining matter, visible matter, of our universe is all that matter unable to use gravity as its energy source and must step down to the use of the aid of the alternative, electrical energy.

However, dark energy, unknown as to what it is, is deemed to be the primary constituent of our universe.

September 28, 2019: At the time of writing this brief essay on December 14, 2017, and still at the time of including it in material I copyrighted on July 17, 2018, I had not realized that dark energy was being given the role of causing the expansion of our universe.

Therefore, at that time, being the unschooled person that I am, I could only surmise, dark energy “must surely be all that energy which has not had to step down from gravitational energy into other matter-manipulating types of energy.”

Quite recently, in reviewing the material that was to go in this copyrighted work and considering the concept of dark energy, whatever it is, as expander of our universe, there came to me the wonderment as to whether the functioning of the human body that has to be effected by the use of chemical energy, inasmuch as I have worked out that it has to utilize the body's structures in an opposite direction than they are used when functioning is effected by electrical, (also probably mechanical) and gravitational energy, whether, then, this functioning by chemical energy could move the human energy entity away from universe contraction toward expansion.

Then, of course, I have to ask, what difference would it make about whatever the puny little human being and life on earth are doing? But, just maybe, life on earth is a window to the functioning of the universe inasmuch as, just maybe, entanglement of everything does exist and does not allow happenings in the universe to not be completely affected by happenings on earth, with perhaps all such happenings being of such a hidden nature as to be unobservable. Also, just maybe, there are forms of correlation throughout the universe to earth itself, these correlations performing in similar ways to that of the present earth, or, just maybe, in my hierarchy of six levels of energy entities, whatever is happening in one could cause parallels in happenings in others. So many "just maybe's."

I read that expansion began slowing some 7 billion years ago. So, I wonder whether, according to the theories I've developed, whatever energy entities existed at that time began functioning with the use of their structures in the direction consistent with gravitational (or mechanical, electrical) energy as underlying their functioning. And, then, could it be that this has continued through some 6 billion continuing years bringing the whole kit and caboodle ever closer to creating conscious energy entities who could figure out what was needed to halt expansion and perhaps create stasis.

As regards human beings and what might be happening when their style of living causes them to function by means of chemical energy, using primarily ligand-gated ion channels, I would propose that insofar as their matter particles have fallen out of step with one another to the extent that their bodies must call on chemical energy for their functioning, causing their structures to reverse the direction of action of their parts, and if they travel on in that way until death of themselves as host to that set of matter particles, then generation after generation of such hosts could possibly generate quantities of energy involved with matter particles having to function in a "wrongly" directed pattern that leads to out-of-synch spreading-away-from-one-another particles rather than energy involved with synchronized particles moving toward one another by means of gravitational, mechanical or electrical energy activity. I cannot help but speculate that dark energy, insofar as it is responsible for universe expansion, is associated with the functioning of energy entities such that the direction of action of their structures is opposite the alternative direction of action of their structures which would move them toward and/or along with a contracting universe rather than an expanding one.

September 29,2019: As I come toward the end now of the last 11 essays to which I have made frequent reference, I am in no way comfortable with the way in which I have amended this Essay II of Essay 52, but I shall let the essay stand as amended in hopes that there will be occasion in the future, by means of further study, thinking and understanding purely on my part, or by some eventual engagement with another, or others, who are knowledgeable, to amend my knowledge and understanding toward ever more tenable concepts.

Meanwhile, I shall continue to attempt to maintain the bodily functioning which surely cycles a portion of breath as described in 1) of Section 6 above to create the sensation of my whole self being on, not of, the earth, with no sensation of having sagged toward becoming part of earth.

III. Possible Solution to Mystery at the Heart of Quantum Mechanics by Eva Cary Nason August 12, 2017

I have hypothesized our universe is composed of Russian-nesting-doll-type energy entities, e.g. a human being, a solar system, a galaxy, a universe. (See PDF at www.evacarynason.com)

I would further hypothesize that each energy entity has come into being by a process entailing the establishment of structures allowing for the development of the sequence of the ultimate dimensions of time, down/up, left/right and back/front. Time I associate with what I have come to think of as the flow of gravitational energy. Down/up I depict as stretching away from the flow of gravitational energy and returning back toward the flow (this has been altered in the material preceding these last 11 essays to become now the first spatial dimension stretching away from the lagging-behind-in-the-gravitational-stream time dimension.) Left/right is depicted as reach away from / return to the down/up dimension. Back/front I depict as move away from / return to the down/up and/or the left/right dimension.

The establishment of structures allowing for the development of the sequence of ultimate dimensions would seem to require mirror-imaging of each structure.

It is in this seeming requirement for the mirror-imaging of the structures forming an energy entity that I propose there could be found the answer to the mystery at the heart of quantum mechanics and the dual nature of light as wave and as particle.

If every bit of matter that is formed has to be first formed as a mirror-imaged structure, then I propose the two parts of any bit of matter must always be entangled.

Therefore, wherever one of the paired parts is found, there will be a connection from it to the other so that if circumstances allow, as in the 2-slit experiment when only one photon at a time is being sent to the two slits, then what goes through one slit has connected to its entangled nature with its mirror-image.

There will be interference pattern so long as there is accommodation of the connection between the mirror-imaged halves of a matter particle as occurs in the 2-slit experiment.

However, as regards the situation of there being only one slit, since I hypothesize that a bit of matter has its wave function formed either by a series of steps forming the balanced connections between its mirror-imaged halves or by a series of steps away from balanced alignment of its paired halves, then I would propose that what the wave function does will hinge on one or the other of these series of steps. In the first case of wave function being based on balanced connections between mirror-imaged halves, and there is only one slit, then, I would suggest that the connections of the mirror-imaged halves go out of balanced alignment as the paired halves of the bit of matter must navigate the single slit, causing the halves to have some level of independent existence. In the second case of the wave function being based on unbalanced alignment of mirror-imaged halves, I would suggest the series of steps away from balanced alignment of mirror-imaged halves representing the wave function has been caught at a particular step when confronted by the single slit, and this allows each half to have independent existence in that context.

To Conclude “AMENDED Condensed, Expanded LIFE, Reflections On in Eleven Essays (Essays 42-52) with Preceding Additional Material,” there follow now two last items:

- 1) a page summation of three sets of “how to do it” steps as referred to in Section 6 of the material preceding the 11 essays which conclude this work,
- 2) some final thoughts.

Summation of Some How-to-do-it Steps

The first step I mention here I believe to be as much a preventative of cancer as is likely to be found if it can be shown that it is the inability of a body to disperse what I have imagined to be electromagnetic energy which leads to areas of rampant cell growth.

Of the six major systems which I have hypothesized sequentially developed to form the human organism, i.e. the initial intake system which became the respiratory system, then the circulatory system, the digestive, the immune, the nervous and the reproductive, each has what I have referred to as an Exit Route giving, in the same order, a urethra, skin/ armpits, lactiferous ducts/ nipples, anus, eyes, vagina/ penis. It would seem if I can create the sensation of maintaining the exit route for the time of day consistently open during exhalation for emission of what I came to consider must be forms of electromagnetic energy (or what I have called spectral energy), then this can serve as one of the number of ways to check to see if all the day's structures are correctly aligned and doing what they ought.

It was in relation to maintaining Exit Routes open as described above that I spent time ascertaining what I sensed to be the validity of the use of the Table of Essay 46 to indicate the "on-call" structures (bones) to align during inhalation to give overall body alignment, followed by the use of the Tables of Part 5 of my book in the (to be corrected) Original PDF at www.evacarynason.com to give the "on-call" structure on which to feel pressure in its mirror-imaged parts during exhalation as indication that one's body remains aligned during the end of the breath cycle.

I hypothesize the following relationships obtain for aligning the body in the 4 dimensions of time plus the 3 spatial dimensions, that of time being the master one. Each of the 3 sets of relationships can stand on its own. I have found alignment possible during a complete breath cycle by utilizing "Smile with your eyes" and "U/Y" from below (with a nod toward "5,4,3,2,1") and maintaining open Exit Routes (see above), the latter especially important as exhalation begins.

To align dimensions:

<u>4th (time)</u>	<u>1st (up/down)</u>	<u>2nd (right/left)</u>	<u>3rd (back/front)</u>
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1. To use the sesamoid bones of the body:

L5/pisiform	Mc Ss 2/incus	Mc Ss 1/hyoid	Mt Ss 1/patella
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2. To use the vowels of language for the spatial dimensions:

crista galli (can be aided by Mt 3 and vomer)	A/E (A activating the ethmoid bone & E the sphenoid)	I/O (I activating the lacrimal bone & O the maxilla)	U/Y (U activating the body of mandible & Y the ramus of mandible)
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Note: It proves to be the case that disruption/sag in alignment will virtually always be found in U/Y in an unbalanced, unaligned body.

3. To use tricks from the everyday:

Smile with your eyes.	Tighten abdominal area inward and upward.	Tighten buttocks and pelvic area toward abdomen.	Tighten day's dermatome, i.e. say 5,4,3,2,1 to pull up & for- ward posterior longitudinal ligament toward crista galli.
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Note: The latter aid would generally be for women. It is likely that for men it would be necessary to pull upward the anterior longitudinal ligament toward the basilar part of the occipital bone.

Some Final Thoughts

At the end of this work, I feel I would be derelict in not expressing appreciation for whatever it has been that let me create the Table of Linked Scaffolds of Body Structures as shown on Page 5 of this work and is the primary basis for it coming into being.

As I move on now to determine to what extent it would be useful to prepare my Music for Youngsters to share, and perhaps record its 200+ songs with myself as representative of an a-cappella, single-voice mom singing to her children, I can only be grateful for having recently discovered the boon provided the singing voice in knowing which middle-brain structure linking the other brain structures to the 24 scaffolds of bones of the body is the relevant link for a given day. To free up the structures of the head permitting the link structure room to be functional gives great strength to the singing voice.

Whether I share this series of songs through which I so regularly sing or not, I cannot help but consider the possibility that perhaps it was nothing more than the activity involved in learning to sing a series of 200+ songs, and repeatedly calling them to mind in singing through the series on a regular basis, that has kept me going, hopefully still in good mind, quite a few years beyond the loss of my dear mother to Alzheimer's.

I shall end this material with what I deemed to be some interesting thoughts in a letter I wrote to my son at Mother's Day, 2019. I suggested to him that if he had no interest (which I didn't really believe to be the case), then he should tell himself he ought to have because, in the end, our Knowing may be What It's All About.

In a homogeneous, isotropic universe in which everything is equidistant from everything else (and presumably all is expanding), then each particle of matter could be viewed as the center of the universe of which it is a part. If that particle of matter developed the ability to think, speculate, figure out how to do things differently than they'd ever been done (in that universe) on a consistent, continuous way for a long time (that particle of matter and its offspring having figured this out), then that might be the means of slowing/halting the expansion to a state of stasis, perhaps a preferred state for universes, so that, in essence, the development of thinking beings could be this universe's way of establishing stasis, or doing whatever universes do other than expand to their "death."

A long time ago I came to understand that it is not only individual particles of matter (whatever is deemed to be those most basic particles) which can demonstrate particle characteristics such as seeming to be able to exist in wave form or in particle form, but it is also much larger, more complicated structures such as protons, atoms, molecules.

What I suspect I have figured out is how a human being has built into it the capacity to exist in a wave form state, removing it from its particle state in which "it has a well-defined position (like a particle) but no well-defined momentum." I could think of a human, when existing in its particle state, as being stuck in place in the muck of expansion.

I would venture to say that it is in this regard that a thinking being becomes capable of becoming a center for this universe of which it is a part and perhaps begins to change things, halt expansion.

If there could be anything to all that which I think I have discovered, then I would lobby for there being emphasis put on really figuring out how a human came into existence as a model for how a universe, a galaxy, a solar system comes into existence. I hope I have gone some distance of the way in figuring this out as delineated in these pages which I close now.