

To get the most out of this excerpt,
set acrobat to the following settings.

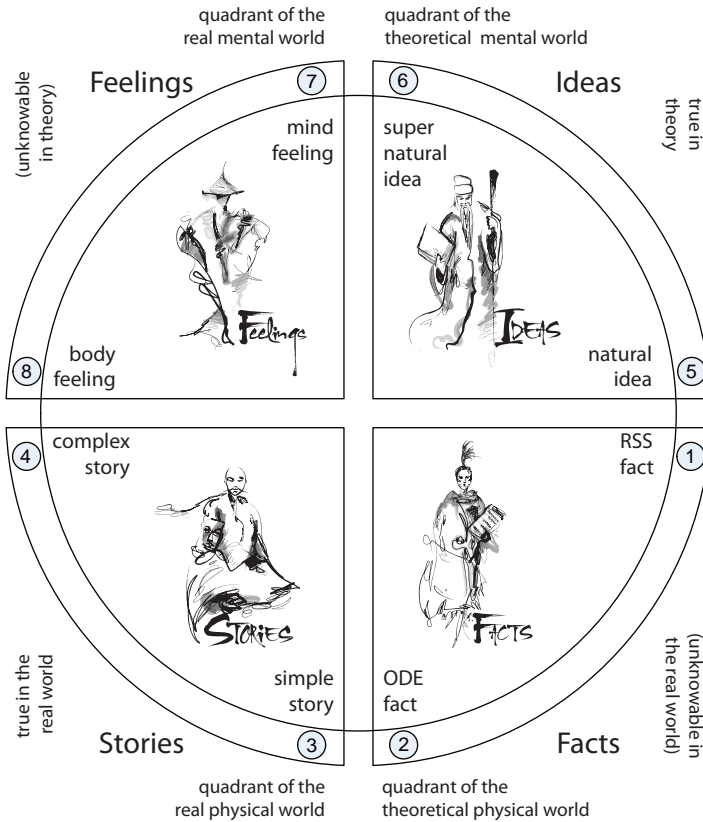
View / Zoom: Fit Page (ctrl 0)

View / Page Display: Two-Up

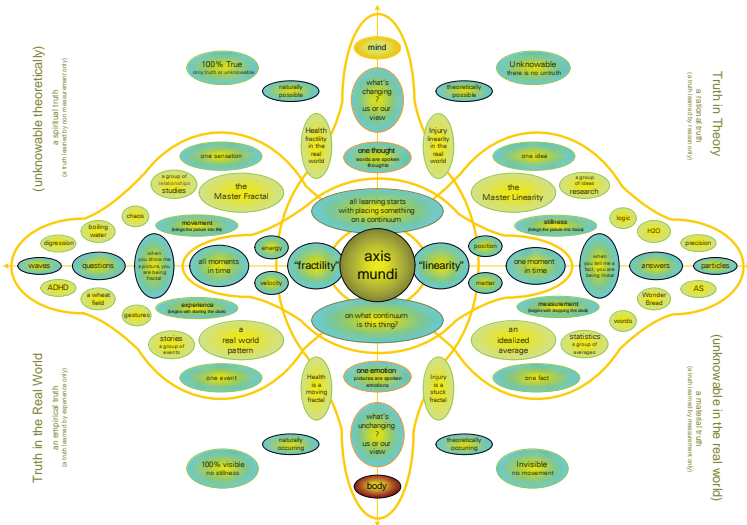
View / Page Display: Show Gaps Between Pages

The Four Great Truths

(© 2007 Steven Paglierani The Center for Emergence)



The Wisdom of the Four Wise Men
Finding Personal Truth
in the
too-much-information age



Book I: Solving the
Mind-Body Mystery

Steven Paglierani

published by

 The Emergence Alliance™
Nanuet, New York

© 2010 Steven Paglierani
All rights reserved.
Printed in the United States of America

This publication may not be reproduced, stored in a retrieval system, or transmitted in whole or part, in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise, without the prior written permission of the publisher.

Published by
The Emergence Alliance Inc
55 Old Nyack Tpke., Ste 608
Nanuet, NY 10954

SAN 859-5380

<http://theEmergenceSite.com> (This site contains the discoveries which preceded this book. And while I've since refined many of my terms and ideas, some may find it of interest. You can also buy the book here.)

Paglierani, Steven. T., 1946-
Finding Personal Truth (in the too-much-information age)
Book I: Solving the Mind-Body Mystery / Steven Paglierani

Includes bibliographical references.

ISBN 978-0-9844895-0-3 (hard cover, jacket)

1. Finding Personal Truth 2. Mind Body 3. Truth and Science 3. Truth and Philosophy 1. title

240 pages. 90,071 words.

PHI015000 PHILOSOPHY / Mind & Body
PSY023000 PSYCHOLOGY / Personality
SCI075000 SCIENCE / Philosophy & Social Aspects

Library of Congress Control Number: 2010935644

Printed in The United States of America

Printing Number

16 15 14 13 12 11 10 10 9 8 7 6 5 4 3 2 1

Dedication

To my parents, Aldo and Teresa, for teaching me to love learning. And to my fifth grade teacher. I hope, with this book, that I've finally vindicated myself. And that my original ideas will suffice.

Thank You

To my friend and award winning artist, Austin Shaw, for the wonderful wise men drawings and the character type babies art.

To my friend and founder of the school of Tai Chi known as the Tai Chi of the Two Directions, Ed Durso, for his loyal camaraderie.

To my students and friends for patiently enduring my obsession with finding original ideas—and for letting me help them face their wounds.

To my friend and editor, Avital Spivak, for her years of support, encouragement, guidance, and willingness to argue with me for her truth.

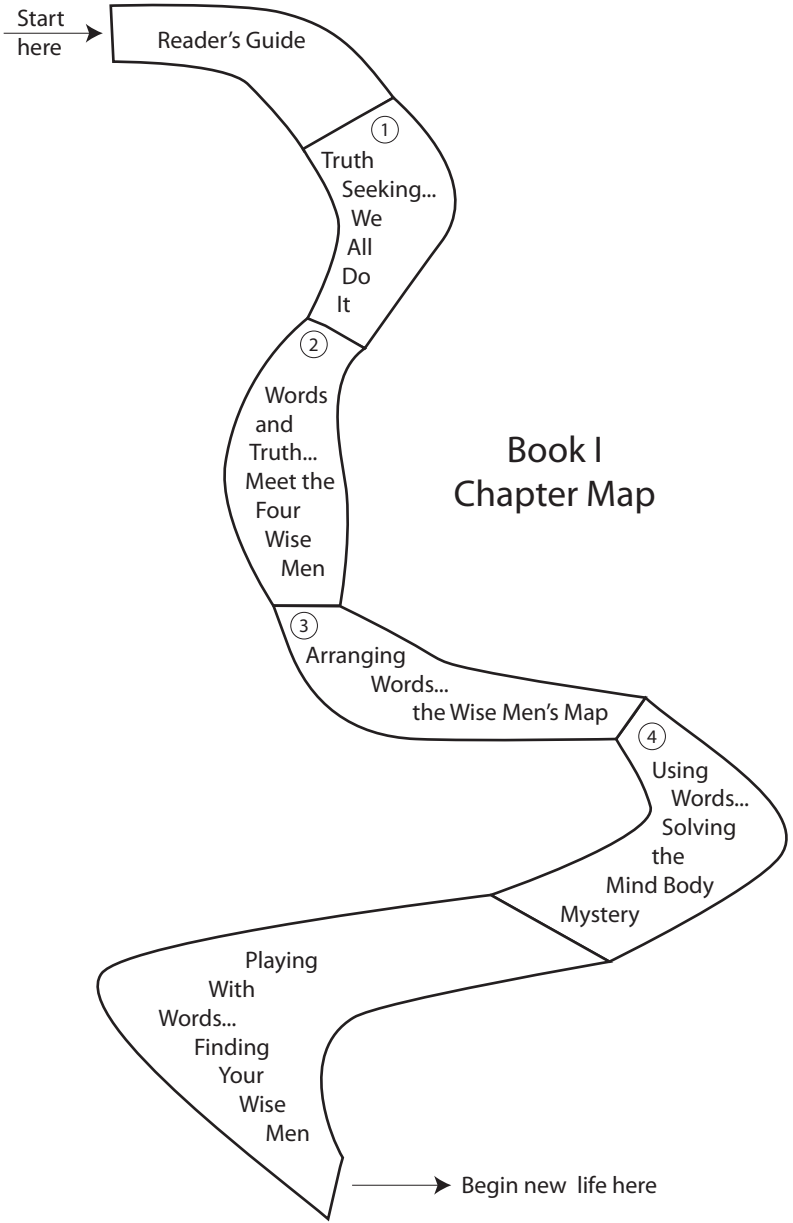


Table of Contents

Introduction

| | |
|---|----------|
| Reader's Guide to a Very Long Book | 1 |
| My Search For An Original Idea | 1 |
| What Makes Something an Original Idea? | 3 |
| Some Hints Which May Make Reading This Book Easier | 5 |
| Some Pointers Regarding the Content | 6 |
| How I've Organized the Chapters | 7 |
| Book I: Solving the Mind-Body Mystery | 8 |
| Book II: Unraveling Human Nature | 9 |
| Book III: Solving the Mysteries of the Universe | 10 |
| A Few Last Thoughts Before You Begin Your Adventure | 12 |

Chapter 1

| | |
|---|-----------|
| Truth Seeking . . . We All Do It | 13 |
| Are You A Truth Seeker? | 13 |
| Do You Really Need Help Finding Your Truth? | 17 |
| Can Theories Describe the Whole Truth? | 19 |
| Can Facts Be the Whole Truth? | 20 |
| Do Whole Truths Even Exist? | 21 |

| | |
|--|-----------|
| What Makes Something a Personal Truth? | 22 |
| With Personal Truth, Things Can Add Up Differently | 23 |
| With Personal Truth, You Can't Leave Things Out | 23 |
| Summarizing What I've Said About Personal Truth | 24 |
| To Find Your Truth, You'll Need a Method | 26 |
| How an Aha Moment Led to This Method | 29 |
| How Another Aha Led to the Four Wise Men's Map | 31 |
| Notes Written in the Margins of Chapter One | 33 |
| On Reinventing the Wheel | 33 |
| On My Choice to Use the Phrase Wise <i>Men</i> | 34 |
| A Few Thoughts About the Idea that Stress Causes Illness | 35 |
| A Few Words About the Word <i>Fractal</i> | 36 |
| Resources for Chapter One—Truth Seeking... We All Do It | 37 |
| On Descartes (1596-1650) | 37 |
| On Cholesterol | 38 |
| On Freud (1856-1939) | 39 |
| On Einstein (1879-1955) | 39 |
| On Being Startled and Stress | 40 |

Chapter 2

| | |
|--|-----------|
| Words and Truth—Meet the Four Wise Men | 41 |
| Learning to See the Wise Men's Four Truths | 41 |
| How the Wise Men Disguise Your Bank Balance | 44 |
| What is a Fact? | 47 |
| Facts—the First Great Truth | 47 |
| The Three Core Qualities of Facts | 47 |
| The First Type of Facts—References to a Standard Scale | 49 |
| The Second Type of Facts—Observed Definite Events | 49 |
| RSSs and ODEs—Can You Tell the Difference Yet? | 50 |
| Subjective Measurements Are Not Facts | 51 |
| A Few Interesting Ideas about Facts | 52 |
| Finally, a Story about Facts | 53 |
| Speaking of Feelings | 53 |
| What is a Story? | 55 |
| The Second Great Truth—Stories | 55 |
| The Two Types of Stories—Simple and Complex | 55 |

| | |
|--|-----------|
| The Three Core Qualities of Stories | 56 |
| Measured Glances as the Basis for Stories | 58 |
| A Story about Having No Stories | 58 |
| All Ideas Should Lead Back to Stories | 59 |
| Must These Stories Be True? | 60 |
| How Stories Reveal the Good in Religion | 60 |
| Do Stories Prevent Enlightenment? | 60 |
| Stories Are Best Told One at a Time | 61 |
| Feelings about Stories | 61 |
| What is an Idea? | 63 |
| The Third Great Truth—Ideas | 63 |
| The Two Types of Ideas—Natural and Supernatural | 64 |
| Time to Test Yourself—Writing Out Some Examples | 64 |
| The Three Core Qualities of Ideas | 65 |
| Why the Rationalist Wise Man Loves Technical Language | 67 |
| How Pictures Give Ideas Their Meaning | 68 |
| How Wounds Keep Us From Picturing Ideas | 69 |
| Testing Yourself by Trying to Picture Some Words | 70 |
| For Others to Understand Us, We Must Have Similar Pictures | 71 |
| If You Change Your Pictures, Your Ideas Change Too | 72 |
| Misusing the Word <i>Idea</i> to Mean an Estimate | 73 |
| How False Stories Create Impersonal Truths | 73 |
| To Have Personal Truth, You Must Have Your Own Experiences | 74 |
| Feelings about Ideas | 75 |
| What is a Feeling? | 77 |
| The Fourth Great Truth—Feelings | 77 |
| The Two Types of Feelings—Mind and Body | 78 |
| How Ancient Symbols Represent the Two Kinds of Feelings | 79 |
| The Surprising Origin of the Tao Symbol—Facts | 80 |
| The Master Continuum of Feelings | 82 |
| Why Feelings Provoke Mind Body Questions | 83 |
| Mind Feelings or Body Feelings—How Do We Decide? | 84 |
| All Feelings Simultaneously Affect the Mind and Body | 85 |
| Summing Up the Two Types of Feelings—Mind and Body | 86 |
| Our Four Identities—the Four Versions of the Self | 87 |
| The Materialist Wise Man's Version of the Self | 89 |
| The Empirical Wise Man's Version of the Self | 90 |

| | |
|--|------------|
| The Rationalist Wise Man's Version of the Self | 91 |
| The Spiritual Wise Man's Version of the Self | 92 |
| Why Do Feelings Feel So Personal? | 92 |
| A Clarification as to How I'm Using the Word <i>Personal</i> | 93 |
| The Three Core Qualities of Feelings | 94 |
| The Special Relationship Between Words and Feelings | 96 |
| Using Words as Spiritual Expressions | 97 |
| How Similar Feelings Blend Together Over Time | 98 |
| Using Psychophysics to Help Us Understand Feelings | 98 |
| Do Dissimilar Feelings Blend Together as Well? | 100 |
| What Determines the Amount of Pain We Feel? | 101 |
| To Learn About Feelings, Try Meditating on Holes | 102 |
| One More John Story—How Laughter Kills Pain | 103 |
| Comedy as a Feeling | 103 |
| The Forest Metaphor—a Good Way to Remember All This | 105 |
| Notes Written in the Margins of Chapter Two | 106 |
| My Use of the Word <i>God</i> | 106 |
| Why <i>Three</i> Core Qualities of Truth? | 106 |
| Afterthoughts on My Decision to Define the Four Great Truths | 107 |
| Resources for Chapter Two—Meet the Four Wise Men | 107 |
| Abraham Lincoln (1809-1865) | 107 |
| Spiritual Wisdoms | 107 |
| Ludwig Wittgenstein (1889-1951) | 108 |
| Odds & Ends | 108 |

Chapter 3

| | |
|--|------------|
| Arranging Words—The Wise Men's Map | 109 |
| A First Look at the Map of the Mind | 109 |
| The Four Realms of Truth | 110 |
| The Real World to Theoretical World Axis (the horizontal boundary) | 111 |
| How the Horizontal Axis Defines Personal Truth | 112 |
| Which Truth Is Better, Theoretical or Real World? | 113 |
| Summarizing the Horizontal Axis | 115 |
| Using the Five Aspects to Define Personal Truth | 117 |
| The Mysterious Mind Body Axis (the vertical boundary) | 117 |
| Using the Five Aspects to Define the Mind Body Axis | 120 |

| | |
|---|------------|
| — Descartes’Two Substances as the Two-Sides View | 123 |
| — Matter and Energy as Descartes’Two Substances | 124 |
| — Property Dualism (and Spiritual Unity) as the One-Coin View | 125 |
| — Reconciling the Three Views as One Coin with Two Sides | 126 |
| — The One-Coin-with-Two-Sides View as Monism | 127 |
| — Descartes as the Advocate of Fractals | 131 |
| — The Two Conclusions We Can Draw From the Fifth Aspect | 132 |
| How Does This Help Us Find Our Truth? | 133 |
| The Axis Mundi (the seat of the fifth wise man) | 133 |
| How Can Facts and Ideas Only Be True in Theory? | 135 |
| How Change is What Makes Real World Things Real | 137 |
| Notes Written in the Margins of Chapter Three | 138 |
| On the Origin of the Word <i>Theory</i> | 138 |
| On the Existence of <i>Aether</i> | 139 |
| On the Words <i>Matter</i> and <i>Energy</i> | 139 |
| Resources for Chapter Three—The Wise Men’s Map | 141 |
| On The Teaching Company | 141 |
| Modern Physicists as Natural Philosophers | 141 |
| Modern Translations of Ancient Philosophers | 142 |

Chapter 4

| | |
|---|------------|
| Using Words—Solving the Mind Body Mystery | 143 |
| The Mystery of the Mind Body Connection | 143 |
| Introducing Dr. Gershon’s Two Physiological Brains | 145 |
| How These Two Brains Explain Who We Are | 147 |
| The Four Wise Men’s Take On The Mind Body Mystery | 148 |
| Before We Start, a Quick Review of the Playbill | 150 |
| Audrey’s Story—A Mind Before Body Person | 151 |
| Lori’s Story—A Body Before Mind Person | 153 |
| Dr. Gershon and the Second Brain | 154 |
| Proof #1—The Number of Cells Present | 155 |
| Proof #2—The Kinds of Cells Present | 155 |
| Proof #3—The Amount of Serotonin Present | 156 |
| Proof #4—The Scope of What Serotonin Affects | 156 |
| Proof #5—How All This Connects to Our Sense of Time | 157 |
| Proof #6—Functional Independence | 157 |

| | |
|---|------------|
| Descartes' Interaction Puzzle—His Two Kinds of Matter | 159 |
| Spinoza's Solution—All Matter Derives From One Source | 163 |
| Compositing All Four Viewpoints in One Diagram | 165 |
| Leibnitz's Solution—The Two Kinds of Matter Exist in Sync | 169 |
| Summing Up What We've Said So Far | 170 |
| Finding Mind Body Connections in the Composite Drawing | 170 |
| The Solution Hides in Plain Sight—Herbart's Contribution | 172 |
| Herbart's Threshold as the Key to the Mind Body Mystery | 172 |
| How Can We Be Sure the Mind and Body Connect? | 174 |
| Personal Time vs Science Teachers' Time | 174 |
| Difference #1—How We Measure Time | 174 |
| Difference #2—Where We Measure Time | 176 |
| Difference #3—How Quickly Time Passes | 178 |
| Difference #4—Whether Space and Time Are Separate | 180 |
| Mind Time & Body Time—The Two Kinds of Personal Time | 182 |
| The Mind First State vs The Body First State | 182 |
| How Time Affects Our Sense of Success and Failure | 184 |
| Why Single Events Feel Intense | 184 |
| How Your Mind Body State Affects Your Taste in Music | 185 |
| Testing For Your Mind-Body Orientation | 185 |
| Four Mind-Body Orientation Tests | 186 |
| Mind-Body Orientation Test #1—Throwing Fives | 187 |
| Mind-Body Orientation Test #2—the Draw and Speak Test | 188 |
| Mind-Body Orientation Test #3—the Sing and Tap Test | 188 |
| Mind-Body Orientation Test #4—the Ultimate Test: Slow Talking | 188 |
| The Mind and Body as Radio Stations | 190 |
| How the Transmit Waves and Receive Ovals Create the Self | 192 |
| How They Also Create Our Sense of Personal Time | 192 |
| How Not Tuning-In to Others is the Main Problem | 193 |
| Notes Written in the Margins of Chapter Four | 194 |
| On My Choice to Use the Word <i>Impression</i> | 194 |
| On Ryle's "Ghost in the Machine" | 195 |
| On Cause Versus Correlation | 196 |
| On Success and the Gambler's Fallacy | 196 |
| Resources for Chapter Four—The Mind Body Mystery | 197 |
| On Time | 197 |
| On the Mind Body Connection | 197 |

| | |
|--------------------------|-----|
| On the Four Philosophers | 197 |
| On The Unconscious | 198 |
| Odds and Ends | 198 |

Appendix

Playing With Words—Finding Your Wise Men 199

| | |
|---|------------|
| Why Play the Game? | 199 |
| Constructing the Game | 200 |
| Getting Yourself Ready | 200 |
| Laying Out the Game and Recalling the Rules | 201 |
| Playing the Game | 204 |
| Knowing Where to Place the Process Cards | 204 |
| Interpreting the Results | 205 |
| Some Examples of Actual Games | 208 |
| GAME ONE | 208 |
| Quest Card: Am I a hypochondriac? | 208 |
| GAME TWO | 209 |
| Quest Card: Why can't I move forward? | 209 |
| GAME THREE | 210 |
| Quest Card: Why have I been so negative? | 210 |
| GAME FOUR | 211 |
| Quest Card: Why do I overeat? | 211 |
| GAME FIVE | 212 |
| Quest card: What happens when you die? | 212 |
| GAME SIX | 213 |
| Quest Card: Am I a good mother? | 213 |
| GAME SEVEN | 214 |
| Quest Card: His mohawk? | 214 |
| GAME EIGHT | 215 |
| Quest Card: Why are Monday mornings bad? | 215 |
| GAME NINE | 216 |
| Quest card: Why is it so hard to pick a question? | 216 |
| GAME TEN | 217 |
| Quest card: What do I really think about my father? | 217 |
| GAME ELEVEN | 218 |
| Quest Card: Who was my mother? | 218 |

| | |
|---|-----|
| GAME TWELVE | 219 |
| Quest Card: How can I get thin? | 219 |
| GAME THIRTEEN | 220 |
| Quest card: My problems with doing the billing? | 220 |
| GAME FOURTEEN | 221 |
| Quest Card: Why I feel so sick? | 221 |
| GAME FIFTEEN-A | 222 |
| Quest Card: When am I going to be happy? | 222 |
| GAME FIFTEEN-B | 223 |
| Quest card: What makes a good photograph? | 223 |
| What's Next? | 224 |

Introduction

Reader's Guide to a Very Long Book

My Search For An Original Idea

If I was to tell you I began writing this book in fifth grade, you would probably think me mad. And you'd be right. I'm now in my sixties. How much could I even remember from fifth grade? In truth though, all things do begin somewhere. And this book did begin in fifth grade, when, for some now obscure reason, the teacher began the day by telling us that in all likelihood, no one in the class would ever have an original idea.

The thing is, I do have a kind of madness. I have Asperger's. So my reaction to her proclamation wasn't normal to say the least. To wit, from that morning on, her words so haunted me that I felt obligated to prove her wrong. Or die trying.

Looking back, my obsession almost did kill me. Many, many times. Then in August 1996, just four months shy of my fiftieth birthday, I had my first original idea. While meditating on a small mountain near my home, I realized that underlying every personal struggle is the same seemingly innocuous event—being startled. In other words, it's not traumas, symptoms, dysfunction, or mistakes which make our lives hard. It's startles. That's it. Just startles.

Does my claim about startles seem crazy? If so, don't be concerned. To be honest, back then, I had no idea what this realization meant, let alone that it would change the lives of so many people. Ironically, today, on days when I'm feeling more grandiose than I normally do, I imagine this moment as being similar to Descartes' grand realization; that thinking proves we exist. Ultimately, his certainty about the nature of thinking led to all his accomplishments. So my certainty about the nature of startles has led to mine.

Indeed, one month later, in September 1996, I had my second original idea. In a flash of insight, I realized that the only way to actually heal a wound is to have an aha while reliving the startle. And because this idea—that epiphanies heal wounds—is the complementary opposite to the first, I now had what I've come to call, a "personal truth."

Why write a book on how to find personal truth? For one thing, because we live in the "too-much-information" age. We need a way to tell nonsense from truth. For another, because my discovery—that startles burn out parts of our minds—means we are all prone to miscalculations in our search for truth, expert and amateur alike.

In addition, as a therapist, I've been haunted by how inexact talk therapy is. What we are taught about the mind and body feels vacuous and flawed. Finally, I have my personal reasons. As I've mentioned, I have Asperger's. Thus over the course of my life, I have, at one time or another, inadvertently offended almost every person I have ever come in contact with and never understood why.

For all these reasons and more, finding personal truth became my obsession. And in the years following those two insights, I tried in vain to share what I'd discovered. In the end, I found I had grossly misunderstood the nature of these discoveries. And my own inability to teach them. This led me to do what any madman who was bad at teaching would do. I started a school. And while at first, most of my students ended up leaving with middle fingers raised and cursing me as they exited, gradually, a few began to see me as sincere.

Then in June 2008, I had the aha that led to this series of books. While struggling to find a way to introduce my ideas to a new student, I accidentally stumbled onto what I now know to be a map of the human mind. Sounds like more craziness, doesn't it? A map of the human mind. Weeks later though, when I introduced this map to my students, I found myself talking about my discoveries in language that made my years of failure melt away.

This is how the four wise men were born. The map naturally delineates the mind into four interrelated parts. And because I love telling stories, I made these four divisions the mythical realms of four wise men and the truths that exist within these realms their four wisdoms.

Since then, I have come to love these four old curmudgeons and their wisdoms. And while I now see their bickering as the main impediment to knowing yourself, I also see their struggles as embodying the amazing courage and resilience of the human soul seeking truth.

As for why you are now facing a three volume work of epic proportions rather than a nice, slim, in-ten-easy-lessons book on finding personal truth, it's simple. These two ideas—that startles wound our minds and bodies, and that epiphanies heal these wounds—underlie every aspect of your personality. Including your consciousness. And while I realize how this must sound—boastful at the very least, and totally absurd at worst—perhaps peering into the mind of a madman might just be incentive enough for you to read on.

As for the concept behind these books, it's simple. One of my heroes, René Descartes, once wrote a book about how to discover truth. And while he didn't exactly call his method a way to find "personal" truth, he begins his book by telling his readers, "this is how I found truth. It might work for you." Thus it's clear he intended this.

In this way, my books are but an echo of Descartes'. And while the centuries have turned him into one of the most misunderstood geniuses of all time, his idea—that we each must find our own truth—is perhaps the most important original idea of all.

These books are about how I found my personal truth. I hope, with all my heart, that they enable you to do the same.

What Makes Something an Original Idea?

In theory, there was a first human being, and this person had the original ideas from which all others came. Including mine. However, crediting this faceless predecessor for my discoveries doesn't seem quite right. At the same time, without the myriad original ideas my heroes have instilled in me, I might as well have been born a brainless slug. Thus somewhere inbetween giving no credit and all the credit lies the truth.

What exactly am I offering credit for? To tell you, I need to define what I mean by an "original" idea. An original idea is something which is so obviously true that we find it hard to believe no one has said it before. At the same time, in hindsight, we can see that the seeds for this idea have existed inside every human being ever born.

In this way, I see my discovering original ideas as similar to how world class chefs create new recipes from already existing ingredients. Only in my case, the ingredients have come largely from the ideas and exploits of my heroes, most of whom I've never met and never will. As well as from the many people who have inspired me over the years, quite a few of whom I have met, many, face to face.

To me then, these people deserve the credit for being the source of my books; the brave souls who posit original ideas, and the compassionate beings who inspire us to seek these ideas. Not coincidentally, my father fits into the former group and my mother into the latter, albeit, were either of them still alive I'm sure they'd both vehemently deny this.

Why my father?

His lifelong love of all things mechanical led him to become the perennial explorer of exploded drawings. Indeed, I have many early childhood memories wherein he is sitting in our living room, dark save one orange floor lamp, searching for just the right diagram which would allow him to repair a junk yard car engine, or rebuild a discarded lawn mower, or repair my mother's ten year old iron. And while I doubt my father, during his eighty-eight years, ever read a single shred of what most would consider literature, the fact that all his life he sought knowledge in books has in part made me who I am. My hunger for books never ceases. And my having to put what I've learned into diagrams very much reminds me of him.

As for having original ideas, when my father couldn't afford a tool, he would spend all day on Sundays inventing one. And when he came up with this tool, and he always did, he'd beam with the delight of an eighteen month old who had just learned to put the right blocks in the right holes. These discoveries were probably the reason my father remained vital all his life. And in a real sense, his two callings—learning and helping people—both derived from this.

My mother, on the other hand, was the person who taught me both to be excited about learning and to delight in someone else's learning. For instance, I recall coming home from school early in third grade and having her tell me I had misspelled the word "grammar." She then went in search of the family dictionary and returned, moments later, grinning. At which point, she delighted in telling me that she had been wrong and I had been right.

For some reason, this simple act of love has so affected me that, like my father's love of learning from books, her delight in my discoveries has stayed with me all my life. That my father, the original thinker, never went

past sixth grade, and that my mother had schizophrenia all her adult life only makes these things more meaningful. And so poignant. And I often think of them when people tell me they have nothing to contribute to this world and never will. Bah!

Some Hints Which May Make Reading This Book Easier

The first and most important suggestion I could make regarding this book is—take nothing for granted. Question everything you think you know. And everything I say. This was Descartes' way and this is my way. And if you truly want to find your truth, this must become your way.

Second, for most people, reading means trying to ingest as much information as you can cram into your head. That's why we call studying for tests, "cramming." However, you're not going to get tested on what is in this book. So while cramming can work with books based on one or two main ideas, this book has far too many ideas, facts, and stories in it to ever fit into one head. Including into mine. This is why any attempt to retain all of what you read, or even to understand all of what you read, will only frustrate you and make you want to fling this book onto the nearest dung heap.

What will work, however, is to first label the parts, then see how these parts are arranged. And to understand what I mean by this, I need to tell you a story.

Recently my boiler stopped working on a very cold day. Figures, right? Fortunately, my best friend is a plumber. So I called him. However, as he began to tell me how to diagnose the problem, I started to freak out.

"Take the aquastat cover off and pull the relay lever."

(What the heck is an aquastat and how do I get the cover off? Relay lever? That silver thingy? It's pulled out as far as it will go. Is this the right lever? Will I break the stupid thing if I pull harder?)

"Can you hear the pilot burner?"

(The what? What kind of sound does a pilot burner make? I do hear something. But I don't know what it means. Am I going to blow up the whole house if I do it wrong? Can't you just come over and do it for me or at least, speak English?)

"If it's out, then pull the cover off the front of the boiler and look inside to see if you can see anything."

(Cover? Okay. I bent it a little, but it's off. Uh, oh. I need to take that silver plate off. Okay. Calm down and breathe. Two hex head screws? Shit. I need my nut driver set. Where the hell did I last see it? Crap, I don't

remember where I put it. Okay. Here it is. Oh, my back. It's a darn tight fit in here. Whew. Finally. It's off. Now what am I looking for?)

Long story short, I got off the phone, then read the directions on the side of the boiler. I then proceeded to locate, and label with a magic marker, each and every thingy attached to the side of my boiler. Then, when my friend called back and when he started speaking in tongues again, I was ready. And to my surprise, this time, I understood everything he said.

My point? If you try to learn the ideas in these books just by reading the words, you'll learn very little and understand even less. Indeed, the more you try to reduce what you're reading to what you already know, the less you'll learn. However, if you make a habit of referring back to the diagrams, you'll do great. Better still, copy these diagrams into your own little notebook and make notes as you're reading. It worked for my father. It will work for you.

In addition, pay particular attention to the way I've used subheads throughout these books. These subheads divide what are admittedly complex topics into manageable sections. Moreover, if you suddenly notice words spilling aimlessly through your brain, go back to the last subhead you did understand and try to connect it to what you're having trouble with.

Finally, do write down the words or phrases that appear to be me speaking in tongues. Then do your best to let them be "unknowns" for now and just keep reading. And trust the process. If you give yourself time and use these hints, you will succeed. I promise.

Some Pointers Regarding the Content

All books have a theme. These books do too. Finding personal truth in the too-much-information age is the theme of these books.

Along with this though are a number of auxiliary themes, the main one being that to find this truth, you'll need a method.

In addition, there are assertions I make without which these books could not exist. That personality, like all living things, is fractal, not linear. That synchronicities do not prove all things happen for reasons. That our perception of time is what creates the mind body duality. That startles program blank spots into our minds that only epiphanies can heal.

In addition to these assertions, I make a number of assumptions as well. That all babies are born with an innate capacity, and desire, to find their own truth. That all people suffer injuries to this innate capability. That it takes more than logic and compassion to heal these injuries. That we all deserve this healing. And that only by doing this, can we get the lives we want.

Then there is the thing about how I write. People with Asperger's use words differently than normal people. Thus there are places in these books where you may feel annoyed by what appear to be redundancies and repetitions. In truth, I'm not repeating myself. I'm merely restating things in different words in order to add shades of meaning.

I also tend to redefine words a lot—facts, feelings, stories, and ideas being the main four. But there are literally hundreds of other words which I have felt the need to clarify or redefine. The Asperger's thing again. In chapter two, I address this need, and hopefully this will suffice.

Why tell you this? Because there will be times wherein you'll find yourself getting lost. Know that when this happens, it's probably not you. Rather it's likely you've been thrown off by a word or phrase for which you already have a meaning but which I have felt the need to refine. Here, a little patience will go a long way. This, and remembering what I've mentioned about how folks with Asperger's use words.

Finally, we come to the strange diagrams you'll find strewn amongst the pages. In these drawings, I marry classical geometry to aspects of fractal science. By doing this, complex truths transform into recognizable geometric shapes and shades of grey. Thus if you pay particular attention to these drawings, your mind and body will absorb far more than my words could ever communicate.

Of course, in order to access these truths, you'll need to relax and let them seep into your mind. In this way, these drawings resemble the magic eye drawings from a few decades back, you know, the ones you must relax to see. Then again, since the truth you seek will often be hiding in plain sight, right in front of you, this ability—to allow things to seep into your mind—will be an essential skill for you as a truth seeker. So again, be patient. And if you do your best to cultivate this skill, you will succeed.

How I've Organized the Chapters

Like many people I know, I hate being told what is and isn't true. No surprise then that I go to great lengths not to impose my truths on others. This said, it might be helpful to share my thoughts as to why I've structured the chapters as I have. And why the subtitle of this book refers to it as *Book I*. How many books are there?

In all, there will be three books, all titled, **Finding Personal Truth in the too-much-information age**. This book is **Book I: Solving the Mind-Body Mystery**. The next book will be **Book II: Unraveling Human Nature**. And the third book will be **Book III: Solving the Mysteries of the Universe**.

Know I had originally hoped to publish all three books under one cover. However, facing an 800 page tome can discourage even the most adventurous reader. Not to mention the cost.

At the same time, these three books are still really one long book. Thus I've opted to retain the original, single-book, chapter and page numbering scheme. And while you're welcome to read these books in any order you like, it's best to treat Book I as the beginner's course, Book II as the intermediate course, and Book III as the advanced course.

Book I: Solving the Mind-Body Mystery

As for what's in these books, let's start with the current book, Book I: Solving the Mind-Body Mystery. In it, you'll find chapters one through four, along with instructions for playing the wise men's game. What's it about?

As I've said, this book is the beginner's course. Thus, chapter one introduces you to the main ideas—that we all seek truth—that there are only four ways in which human beings seek truth—that in order to find your “personal” truth, you must have access to all four—and that a map of your mind, and a method for using this map, can allow you to combine all four in a way which gives you access to your own wisdom.

Why focus on a map and a method, rather than on telling you “the” truth? For one thing, because no matter what people tell you, there is no “one-size-fits-all” truth. For another, because even if there was, no amount of books could hold it all.

Mainly I do this though because, while I believe there are no inherently stupid people, a lot of us act stupid, by blindly accepting other people's truths rather than seeking our own.

At the same time, even the smartest people fall prey to self doubt at times. I surely do. Thus having the map and a method for using it can bolster your confidence and keep you on track.

So where is this map? Before I can tell you, I first need to introduce you to the four map makers. You'll meet them in chapter two. I'll also introduce you to their four wisdoms—facts, stories, ideas, and feelings. Here, we'll look at how we must use words in order to find truth. But because words can deceive and mislead us, we must do more than understand them. We must learn to picture them. Literally.

Admittedly, this chapter is dense, so reading it may feel overwhelming at times. And yes, this is ironic, considering this book's title. At the same time, it's not as distasteful as a colonoscopy and it's a lot more interesting. Moreover, since this chapter lays the foundation for the entire series of books, if you take it seriously and go slow, you'll benefit greatly.

In chapter three, I'll begin to reveal the secrets of the map, including how the four wisdoms fit into it. Here, you'll learn things like how the mind and body each have their own way of looking for truth, and why theoretical truths don't translate well to the real world. Admittedly, some of this stuff can feel like you're wading through philosophical molasses—the “five aspects of truth” (duality, unity, simultaneity, sums, and emergent properties), the mysterious “Axis Mundi,” and the origin of the Tao symbol, for instance. On the other hand, if you like esoterica, you're going to love this chapter. And even if you don't, reading this chapter may change your mind.

Why have I made you read all this? You'll find out in chapter four. Here, you'll use what you've learned so far to solve a major mystery—how the mind and body connect—the real truth. What could I possibly say that has not been said before? Again, it's not the ingredients. It's the way these ideas are put together. All I can say is, be prepared to be stunned by how obvious the answer turns out to be. And by how many mysteries this answer unravels. The word here is *fun*.

Finally, I'll introduce you to the wise men's game, a powerful method for uncovering the inner workings of people's minds. From it, you'll discover which wise men you favor, and which you ignore. You may even heal a few wounds, albeit, I can't promise that. But whatever the case, you'll be well prepared for the next leg of your journey—discovering what it means to be human—the real story.

Book II: Unraveling Human Nature

To begin with, as a book, Book II—the intermediate level book—is a bit strange. It only has two chapters, five and six. It also contains a series of personality tests, the likes of which the world has never seen. Including my claim that the results of these tests are one hundred percent certain.

What's in it for you?

In chapter five, you'll learn that to find personal truth, you need a personality theory—a collection of assumptions as to what makes people tick. And lest this sound like something you have no interest in, know we all have these theories, albeit, you may never have called your “how-people-tick” thoughts, a theory.

The trouble with most of these theories, of course, is how they add to your information overload. Amazingly, this personality theory is so precise that a single drawing holds all of human nature. Every detail. Every nuance.

How is this possible?

Unlike previous theories, this one is fractal. By this, I mean, it unfolds in self-similar layers, sort of like the proverbial onion, or like Russian

nesting dolls. At the same time, because the same ten recognizable patterns repeat throughout, this theory is infinitely complex. Yet it's so simple, even young children grasp the basics. And while this boast may sound suspiciously similar to a late night infomercial for the perfect car wax, I mean this literally. Indeed, one seven-year-old boy whose mother I'm close to recently taught parts of this theory to his class. Unsolicited. At age seven. You'll find his story later on in this book.

Again, this chapter has a lot of information in it. We are, after all, defining what it means to be human. Know that in chapter six, you'll be rewarded for all this work, when I introduce you to something I call your *core personality*—the part of you which, from age four on, never changes.

Imagine knowing exactly what makes you, you? Personality tests based on the wise men's theory can reveal this and more. Things like why you fall in love with the people you fall in love with and how you pick your friends. They can even match teachers to students and people to their careers. As well as improve your parenting skills and all your relationships.

Finally, at the end of Book II, you'll find the actual tests. Know they're unlike any personality tests you're even taken. For one thing, they're tipping-point based, which is what makes them one hundred percent accurate. For another, they're brief, fun, and deeply revealing. At the same time, they're so provocative, they sometimes provoke epiphanies in people. So it's just possible, taking these tests may change your life. And heal a few wounds, besides.

Book III: Solving the Mysteries of the Universe

In Book III—the advanced book—we'll broaden our focus to include the whole Universe. Here, we'll explore the mathematical, scientific, and pragmatic proof behind Books I and II. In short chapters with lots of pictures no less. Topics will include a new geometry which combines shapes with words—a new algebra which unifies the hard sciences, like physics, with the soft sciences, like psychology—a new mathematics which can measure real-world things with one hundred percent accuracy—and a new psychotherapy which can pin-point wounds so well that it makes conventional talk therapy seem like stone-age brain surgery.

We'll begin with chapter seven, where you'll learn how to map truth. Amazingly, the whole trick lies in using the map to arrange your words. These “word-maps” make it easy to discern between other people's truths and your own. As well as enabling you to master a wide variety of things, from to-do lists and Tai Chi classes to meditation and career advancement.

Realize that to make these word-maps, you'll need to learn a bit of geometry. Six geometric patterns to be exact. Here, we're talking about the six geometries from which all truth derives. Know that anyone who masters these patterns will be able to discover original ideas. As well as being able to know for sure whether something is true. Indeed, these patterns are so powerful that, in a few cases, learning this geometry has increased the person's IQ. And while I can't promise this will happen to you, I can't rule it out either.

In chapter eight, you'll learn how to fine tune your truth seeking, by ruling out things you cannot know. Here we'll look at how uncertainty drives us to try to predict the future. This is the obsession which drives us to trust so-called experts, rather than trusting ourselves. Fortunately for us, there's a remedy for this obsession—something called, the “personal uncertainty principle,” a theorem which defines the limits of what we can know. Moreover, when you know this theorem, it takes the pressure off you, because it allows you to let go of what can't be known.

In chapter nine, you'll learn how to create maps of everything that occurs in your mind. Here, we'll explore the four fractal patterns from which all human experience derives, the four recognizable shapes which lie hidden within the seemingly chaotic data of your mind. To do this, we'll combine Cartesian coordinates with an algebra so powerful that it's capable of revealing the essential nature of every aspect of human consciousness—from mania, addiction, and getting overwhelmed to depression, healing, and being born. From this, you gain the ability to visually describe seemingly nebulous experiences—like feelings and addictions—with shapes. Can you imagine? A shape for depression. A shape for boredom. A shape for cocaine addiction and falling in love.

In chapter ten, I'll teach you the secrets to finding and healing wounds, beginning with that it's information-overloads which cause your wounds. And enable you to heal. I'll also teach you some evidence-based methods which could improve all therapies, psychological and physical alike. For instance, did you know that *bracing for pain*—whether in your mind or body—proves you have a wound, while experiencing pleasant surprise *after bracing for pain* is the proof this wound has healed?

I'll also tell you some healing stories which demonstrate the basic techniques from Emergence Therapy, the first talk therapy to focus directly on wounds, rather than on symptoms, illogic, or painful events. Here, you'll learn things like how ordinary words can sometimes wound you, and why some types of violence don't wound you. As well as a rather controversial assertion—that being molested doesn't always result in sexual wounds.

Speaking of healing stories, in chapter eleven, you'll hear a few more. This time, we'll focus on relationships and love—romantic, and otherwise. Again, we'll look to solve a few mysteries, things like why most parents disagree about how best to discipline their children, and why parents connect differently to each of their children. We'll also look at why you can find someone who, in theory, is your perfect mate, yet feel no attraction.

In chapter twelve, we'll look at learning, starting with the four-step sequence I call “personal” learning. What is personal learning? Learning you can't get enough of. Learning you never forget. Learning you never tire of revisiting. Learning that makes you feel young. Sounds a little like falling in love, doesn't it?

We'll also look at what makes people hate learning, and why kids drop out of school. And what makes some teachers boring. And how to recapture your early-childhood curiosity.

Finally, in chapter thirteen, I'll introduce what could become the future of science, something I call, “constellated science.” This method enables lay people to make discoveries even in technically complex fields of study. Here, we'll constellate what is known about three topics—sleep problems, weight loss, and a rare kind of deafness—in hopes we'll unearth a few previously unseen possibilities hidden within this data. And while we may fail to uncover any fully-baked new truths, I expect we'll at least come up with some interesting paths for future exploration. As well as piss off a few closed-minded scientists.

Sound like a lot to cover? Trust me, you have no idea.

A Few Last Thoughts Before You Begin Your Adventure

Although we haven't met, and while this may make you uncomfortable, I have to say something before you begin.

I believe in you.

I also believe you have it in you to find your truth, and to use this truth to leave this world a better place for your having been in it. This said, it's likely you'll never read another series of books like this for as long as you live. Book publishers don't normally publish books which contain so many ideas. I've literally attempted to explain the essence of everything we experience as human beings—a “theory of everything personal,” so to speak. And while I knew I would never succeed, I've tried anyway.

Try anyway.

Steven Paglierani

To buy this book, go to:

<http://theemergencesite.com/Intros/FindingPersonalTruth-Books.htm>