

Sex, Lies and Trauma: Something is Very Wrong

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Something is wrong with men

As a gender most men suffer in ways women either can't understand or don't care to understand. It is challenging being a man in our unlovely society - more challenging than most know. In our dystopian culture men are basically disposable, and are more socially isolated and lonely than they have ever been. Men will lean on drugs and alcohol as a way to numb their feelings and their pain, but that is a self-destructive path.



For decades, our educational system has betrayed boys. The current teaching paradigm (created by the Rockefeller Foundation to produce worker bees) is tolerable if you are a girl, but if you are a boy, it is torture and they keep falling farther and farther behind. Female enrollment in colleges is closing in on 70%. Imagine the implications. There has been an anti-male sentiment by educators especially in the K-12 years for decades - the CIA created feminist agenda took hold and over-shadowed everything else. Boys were just *snips and snails and puppy dogs' tails* that have Ritalin deficiencies. Schools became so aggressive at recommending an addictive drug they could have made the Mexican Cartels blush.

Feminism sold burnout as liberation. It told women to break glass ceiling by working over 40 hours a week in a 9-to-5 system designed by and for men where consistency is king. But women are not small men - their energy, creativity and productivity ebb and flow with their menstrual cycles. Instead of connecting with their bodies and respecting themselves as women, they are handed birth control

pills, which is not a form of liberation but a form of sedation. Being disconnected from one's feminine biology was not liberation but a trap.

There are now 40,000 men committing suicide every year in the US. About 20 veterans a day commit suicide. There is a suicide every seven minutes. In the first quarter of this century there have been 1.1 million suicides (USA). Imagine if women were doing this. There would be ribbons, protests, billboards, telethons, Congressional hearings, fundraising concerts, etc. Clearly, we have failed to address these issues, heck we don't even talk about them and it is a reflection of our sick society. Men need to have a purpose, to feel that they are useful, but for many young men and very old men they find themselves lost, confused and desperate. The fact that we don't care to find a place and a purpose for these men is a tragedy, but the word tragedy makes it sound like this is some kind of accident. This is not an accident - this is willful blindness and this information is kept from the general public because it is not politically convenient.



Have you ever been to Camden, New Jersey? It looks like a post-apocalyptic movie set and has looked that way for a good 70 years. Nothing is done, no one seems to care. We are truly a mentally and spiritually ill society for we treat men like New Jersey treats Camden.

Being more specific, pre-1970 it was possible for a one income family to purchase a house in the United States. That is rarely possible now. Many young men are saddled with student debt as well making them feel less able to start a family. The increase of women in the workforce means the money they are earning is often higher than many men and women do not date down as a rule leaving a lot of lonely young men out there. In 1970, married couples made up to 71% of US households, but by 2022, that had dropped to 47%. In 1962, 90% of all 30-year-olds were married, but by 2019, that had dropped to 51%. These numbers point to a societal collapse. And this isn't just in the west. No one is getting married in China (only about 6 million pairs a year) and the birth rate is crashing. Why? Economic hardship and a very pessimistic outlook for the future. Do you think our current civilization is the pinnacle of human achievement?

What if the neolithic revolution wasn't the start of human civilization but a reboot? We rise, we fall, we forget. It is part of the game that is played out on our planet. But where are we today on this timeline, have we already sown the seeds of own demise?

Something pernicious has happened to young men - they were disproportionately affected, or should I say their brains, by the explosion of vaccines required to go to school, especially the ones given between 1989 and 2003 which were loaded with mercury which impacts males more than females because testosterone increases mercury toxicity. So, the first red flag I noticed, about 25 years ago, were the math scores of male students dropping like a lead balloon on one end of the spectrum and the autism rate exploding on the

other end.

When I went to medical school in the 70's the autism rate was 1:10K now it is more like 1:12 (boys in California). In 2004, I was invited to address a Congressional Committee on the matter and off the record I was told, by a government official, that everyone in the upper echelons of government who wanted to know whether vaccines cause autism already knew that they did but would do nothing about it. In fact, they were doing everything to obfuscate the issue to protect the government from liability.

None of the vaccines were safety tested and certainly not in combination, but vaccines became the sacred cow of the medical cartel and you see where that got us during COVID - it allowed a democide to take place the full impact of which has yet to be felt. The medical cartel is the Deep State of conventional medicine. Let me point out that autism is a vaccine encephalopathy, and just because someone doesn't have full blown autism doesn't mean their brains got past that process unharmed.

So, we have two generations of children first being poisoned by mercury and now aluminum. Even the so-called trace mercury vaccines (we just take Pharma's word that the mercury is reduced) is still at 2000 parts per billion. The EPA labels 200 ppb hazardous waste. All of us are being exposed to the nano-aluminum being sprayed on us from the biggest environmental threat of our time - the climate engineering weapons they are using. It is killing our soils, and killing our trees. No trees, no bees... no humans. Behind the scenes a death cult is still doing their thing and yet we don't talk about it. Oh, and let's make sure the bees die off with the unrestricted use of neonicotinoid pesticides, which is still the practice in the USA.

Buying houses and starting a family are the pistons of a large part of the economic engine of the USA. What happens when the timing of those pistons go so far off that the engine stops because we have poisoned our children while making it financially difficult to even think about starting a family.

Most don't want to believe there has been a multi-decade plot to collapse western society, especially its men, especially in the USA, but denial has a short shelf life.

Something is wrong with our relationships

When it comes to romantic relationships, most women will say they want to be with a nice guy, a good man and that certainly applies to women with mature femininity, but just like it is rare to find a man with mature masculinity (the nurturing male), so it is rare to find a woman with mature femininity (the wise female). So, for most women it is not the nice guy they want despite what they may say. Sure, he will be noticed and tolerated but never desired.

Nice guys are steady, consistent and predictable, but the immature feminine will perceive that as being boring. The immature feminine seeks chaos, drama and disruption of routine - it is what makes them feel alive especially if blood is not perfusing the prefrontal cortex of their brains. They want to do what they want to do when they want to do it (lack of impulse control) and structure would hold them accountable, but they don't want to be held accountable.

The prefrontal cortex is responsible for: Impulse control, Decision-making, Long-term planning/risk analysis, Evaluating risk vs. reward.

The immature feminine thrives on instability because it makes them (their brains) feel alive (engaged). This is the cause of the attraction to the so-called bad boys, because bad boys are chaotic, exciting and add drama and passion to the life, aka increasing blood flow to a hypoperfused (low blood flow) prefrontal cortex.

Usually, an alpha/sigma male, who owns his own space with confidence and certainty, will reject overtures from a woman with immature femininity, which is the vast majority of women. The woman with mature feminine energy will desire a man who has both qualities - he is a single, nice alpha male in other words - rare as hen's teeth. That nice alpha male comes with traits that the immature feminine is not able to cope with - discipline, strong boundaries, accountability, transparency, commitment and compromise - to the

immature feminine these qualities will be perceived as toxic, controlling or manipulative. The only thing that matters to a mature male is to have a partner that truly respects him first and foremost, values him, is a companion that brings peace, is willing to stand by him and grow with him to build a life together. Nothing else matters. NOTHING.

In this context, transparency is about the cornerstone of intimacy. Intimacy is not just a physical thing... It is about being able to share your feelings completely with your partner and often. No one needs to know everything you are thinking, this is about sharing what you are feeling.

Something is wrong with our understanding of Love

Many will say they don't feel loved or feel the love. There is really only one way to feel love and that is the love you call into your own being, your own heart and project it outward to the benefit of others. Become a conduit of love and let it flow through you to the universe itself. You will feel the love when you do that and you will feel loved as well, and the more you do this practice the more love you will be able to channel and the more love you will feel. Everyone has the potential to channel vast amounts of love but to do so we need to neutralize the barriers within our own hearts that we have built against it. It will take place automatically if we channel love as part of a spiritual practice. I know how hard it is to love oneself, but there are steps....start practicing with self-respect.

What is self-respect? It is recognizing and honoring one's own needs, feelings, and boundaries without relying on external validation. When you have self-respect, you value yourself regardless of what other's may think, you stand in your truth and stand up for that truth when called to do so. Your choices reflect your values and integrity and not made just to please others.

True happiness is not in getting love but in giving it (with discernment). Yes, a mature heart utilizes discernment. A mature heart does not solely rely on raw emotion, but rather in conjunction with thoughtful, careful consideration and wisdom to navigate life's choices. It's about balancing intuition with clear thinking. Yet you have to be present in your life, and energetically in your body to use discernment.

We idealize our romantic partnerships as being about love, loyalty and mutual respect, but the sad reality is they are more likely to be about a power play between validation and control - who cares more, who holds the upper hand, and the deep need to be acknowledged for being relevant, where loyalty is worn like a costume that can be taken off when convenient.

Humanity needs to evolve past the need for external validation and focus on building self-worth. Our true authentic self does not require external validation. The question is outside of the desire to procreate are almost all other romantic relationships about external validation? I am afraid they are. Perhaps the exception is when a woman with mature feminine energy and a man with mature masculine energy get together, but both are rare as hen's teeth and neither one would be looking for a relationship therefore making such a coupling very unusual.

Something is wrong with romance

In most romantic partnerships love is about what needs one can potentially fill in the partner's life. It is an infatuation with one's own projection. Most romantic partners aren't interested in the real you anymore than they are interested in knowing who they really are.

So many put their relationships on auto-pilot, which leads to normalized deviance where unacceptable emotional dynamics are allowed to exist without being checked. Few understand relationships are a discipline and require constant maintenance. Love is not just a feeling - it is a practice and a skill. Love is a choice - a choice to see your partner and create an energy that allows them to feel safe, but a choice that requires constant choosing. One of the techniques or practices for relationship maintenance is to take 5 minutes at the end of the day and just talk about the emotions you felt during the day - no interruptions. Then the next day the other partner does the same, so every day the partners rotate on who talks about their feelings for 5 minutes. Sounds simple, but it is a discipline. Maybe not for everyone, but the bottom line to keep a long-term relationship (LTR) fresh is maintain novelty, consistent physical and emotional intimacy, and think the best about your partner especially during a fight or disagreement.

In relationship, it is imperative not to get involved with the wrong connection. Really not trying to offer dating advice here, but it is best to avoid those that have expectations you will be able to fix everything for them - these are the Magical Thinkers. When reality shows up, they feel disappointed to the point of betrayal. Don't get involved with Accountants (not talking about CPAs) who will keep score about who is doing what to maintain the relationship. An Accountant will bail if they realize they are losing this tabulation. Don't get involved with the emotionally traumatized who have the baggage of unresolved pain from the past - I call them the Carpetbaggers. Do not get involved with those I call the Selfie Set. They are in it for the image and the novelty - they want attention not commitment. Do not get involved with a Fixer. A Fixer will get involved with someone who is not what they want but think they can mold their partners into what they want and when they realize that partner is not morphing into their fantasy they are done. Don't let anyone rewrite your worth.

Last but not least is the Thrill Seeker, because they are the most difficult to screen for and therefore often the most disruptive. A Wingsuit dare devil, those that put on flying squirrel suits and jump off mountains, is easy to identify as a thrill seeker, but the vast majority of Thrill Seekers are not involved in extreme sports. Instead, they are undetectable, but they do get bored with stability and gravitate to drama and chaos because it makes them feel alive. The hormones of infatuation have a short fuse - one- or two-years max. When the oxytocin and dopamine are gone that is when the trouble begins. Many of these folks may have been labeled as having attention deficit disorder (ADD) as children, and that may be the only clue (not saying everyone with ADD is a thrill seeker, but it is a safe bet that every thrill seeker also has ADD).

When the oxytocin and dopamine leave the stage of the relationship, a thrill seeker will seek it out elsewhere and it would be nice if that meant taking up skydiving, but alas, if novel sexual encounters have been the way that person raised their oxytocin and dopamine levels in the past that is what they will gravitate to in order to bring those levels back up.

The irony is marriage is one of the ultimate dangerous and high-risk activities one can engage in, and one would think if that was understood it might even satisfy a Thrill Seeker. Skydiving is a high-risk activity, true and you can even die (0.00028% chance per dive), but compare that with a near 50% failure rate for first marriages. Now, no one dies just from getting married, they may wish they were dead, but marriage itself is not fatal but still very dangerous to one's sense of self. Marriage is clearly not perceived as the danger that it is or most thrill seekers would want to be married and stay married.

There is an important variation of the Thrill Seeker where the spouse/partner withdraws from any activity that would support the relationship - they might verbalize that as feeling invisible in their own relationship, when the truth is they lost interest in their relationship and don't want to be visible, but their ego won't let them go there. There is no infidelity, just emotional numbness thanks to suboptimal levels of oxytocin and dopamine. When their other half realizes they are in a relationship with essentially a cold unfeeling stranger they leave, but this is where it gets interesting...the now abandoned thrill seeking spouse will recognize that not only have they jeopardized the relationship, but they panic for themselves. This sense of danger and fear kicks in the hormones that bring blood flow to the prefrontal cortex and their reasoning/logical mind reestablishes itself and they understand what they have done and sincerely try to make amends, but usually too late.

The non-thrill-seeking partner never knew they were literally in bed with a Thrill Seeker, so when the hormones of infatuation ran their course what was left was a neurologically compromised individual that, through no fault of their own, became emotionally dis-oriented but their interest in fixing things was honest and heart felt, because their prefrontal cortex was now engaged.

As much as 1:5 heterosexual married women in the USA will have extra marital affairs. The true number may be even higher but buried under shame.

There is a variation of infidelity that takes place not because feelings changed for their partners, but because they refuse to face themselves and do the inner work life encourages us to do so we can evolve. It is about the absence of self-awareness - they are escaping but what they are escaping is not what one might think. They are escaping the mirror their partners are holding up and if they don't

like what they see they want to escape - emotional evasion rooted in shame, fear and unresolved wounds. Escape is not sustainable, but they don't understand that. They will blame their partners for the parts of themselves they do not want to face. They crave external validation not because they lack love but they lack internal peace. They didn't cheat because they wanted someone new, they cheat to avoid becoming someone true. They cheated because they stopped facing themselves. Love makes them feel seen but if they don't like what they see in the mirror they run. With little to no oxytocin their partner's love becomes a threat and fight or flight kicks in.

Something is wrong with hypergamy

When we belonged to small tribes hypergamy had purpose (hypergamy is hard wired into the female brain and is always looking for a better man for themselves, whatever that means to them to maximize survival.) It may be buried deep in the subconscious, but it is there - it is always there because it is an instinct. It comes out of hiding when fight or flight kicks in. - it served a function and that is why we have it with us today. Say we are in a tribe of 50 hunter gatherers, maybe there were two viable mates for a woman to pick from. One of them, probably the tribal chief - women were driven to have the chief mate with them. And the chief mated with many. Do you think this was about love? That these women loved the chief? This was not love but hypergamy, and survival depended upon it.

Be that as it may, if you lived past 33 years you were an elder. I submit that for most of man's existence on this planet LTRs did not exist and if they did they sure didn't last long when life expectancy was in the early 30's. It didn't matter if partners fell out of love after seven years if you only lived to 30. Survival was the only agenda.

There was no menopause or swollen prostates...we were all dead before those benchmarks could be reached. Neolithic farmers were likely to have mates, but for a very finite time. In the bronze age the life expectancy was in the early 20's, Ancient Greece the life expectancy was 25 and 18th century France it was 28, so this is not just about the stone age. Long term pairing probably didn't become common until the agrarian communities came on board, but again what did long term mean when we were dead at 28?

Midlife crisis took place when you were 14, the proverbial seven-year itch was never scratched because one would likely be dead.

The 90:10 syndrome is a variation of hypergamy. This is where the male partner checks off 90% of the boxes for being a perfect spouse but his partner obsesses about the 10% of boxes he doesn't check. Instead of being grateful he met 90% of her requirements, for few men can even get to 90%, social media convinces her the grass is always greener somewhere else and she will seek out a man with that missing 10%. While others may have that missing 10%, they may not even come close to getting to the other 90% her ex, or soon to be ex, had. Sure, she could have either appreciatively accepted 90%, or helped her spouse with the remaining 10% but that is not how these things unfold when you don't have oxytocin working for you. It is totally irrational and completely ego-centric, but humans like to learn the hard way. The grass is not greener on the other side; the grass is greener where you water it.

Imagine having an incredible rose garden but instead of being grateful for such an eye pleasing bounty one is completely obsessed and upset about the one rose bush that has aphids on it and one is willing to burn it all down because of that one aphid covered bush. That person has a hot or hyper-vascularized amygdala. The amygdala is that part of the brain that is the gateway into the limbic system or emotional part of the brain.

It isn't easy to be a human. In fact, 900K years ago 98% of humans were wiped out due to a volcanic winter. Twelve thousand years ago about ~75% of humans were wiped out due to the catastrophic melting of the northern ice sheet (comet fragments). In a real sense these psychoendocrine relationship issues never had a chance to come to the fore in ages gone by and that could explain why we are so incompetent and inept dealing with them today. What we are transitioning through never happened before on this planet.

Today's woman descends from eons of hunter-gatherers who had no social media. The internet exposes mateable women to 100's of high value men. This has never happened before for modern man. So, because we have no experience in the arena, many women will choose poorly. Social media has helped foster delusional dating standards while simultaneously making women think they don't need to bring anything to the table, because they have been told they are the table - it is called entitlement. That 6'2" emotionally intelligent

millionaire who is ripped, gentle but aggressive, romantic but tough is a total fantasy. Before they know it, many women are 38 and they have nothing.

For the sake of argument, let's assume some lucky lady gets married to this 6'2" emotionally intelligent ripped millionaire. Well, while he is out there in the world making all this money, he still better be home on time and give this lady all his attention and take her on all the dates she desires or she will wander.

High value men are at the top of the fruit tree and there are not a lot of them, and even so they are very, very selective- they are analogous to the tribal chiefs of old. The percentage of unmarried women in the US is ~ 53%. I don't mean to be crass, but there are plenty of men who will be more than happy to have a tryst with good looking women who are closing out their prime years, but just because they are willing to "pipe" you doesn't mean they will "wife" you as many a woman finds out.

These men are often players (predators really - emotional con men, compulsive manipulators, snakes) and there is a horde of them out there. I am not saying every man is a dog and a pervert but they are not in short supply. Many women who have been married or in LTRs don't really understand how nasty and predatory some men can be seeking out the vulnerable and lonely as victims. Usually, they are narcissists. They are not interested in emotionally available women, they don't want a relationship, they are only interested in boning attractive women and they will say or do whatever is required for the conquest. And if they are narcissists, they will be very charismatic or seductive with an intensity that is hard to ignore. These men are often sexual addicts because of issues with their prefrontal cortex. Trading a husband for a predator is to choose poorly.

The men who prefer short-term mating opportunities usually have similar qualities. They are often psychopathic, narcissistic, Machiavellian and sadistic. Psychopathy is characterized by continuous antisocial behavior, impulsivity, selfishness, callous and unemotional traits, and remorselessness. Machiavellianism is characterized by manipulateness, indifference to morality, lack of empathy, and a calculated focus on self-interest.

One of the negative aspects of the sexual revolution is while it freed up women it also delivered them to psychopathic men. They are so much worse than naive women think and the worst of them are so much worse than one can even imagine. If one were to look inside their minds it would be an experience one's sanity might never recover from.

Gambling security for attention, fidelity for flattery, trust for pleasure - sounds like poor choices to emotionally healthy people. Of course, a narcissist won't regret cheating because they don't regret anything, they think they are untouchable until they aren't. The ego doesn't really think at all - it just takes and reacts.

One more point to make, since getting that highly valued guy is next to impossible because the competition is fierce and the men are very selective, women settle for a lesser choice. Yet the memory of being with the ones' that got away or were never even in the way - all fantasies that will never be fulfilled and on some level that will cause resentment, and unconsciously or even consciously the resentment will be used against her partner to a greater or lesser degree.

Something is wrong with the prefrontal cortex

I have already touched on the Thrill Seeker but because they represent as much as 50% of the population, to a greater or lesser degree, we need to go into more detail. Their prefrontal cortex is hypoperfused - meaning adequate blood flow is not feeding that part of the brain. If they get involved in something exciting blood flow returns to their prefrontal cortex and they feel alive and focused. These are your extreme skiers, paragliders, skydivers, freestyle rock climbers and even scuba divers, that is, people who are impulsive risk takers. They made great hunters because not only would they take risks, they enjoyed taking risks and even went out of their way to take risks. In other words, it provided an evolutionary advantage for those hunters. These folks see stability as boring. They do not make ideal candidates for LTRs. Now, if you were to ask them if they want an unstable home life filled with drama, they would certainly deny that, but that is exactly what they would create because it makes them feel alive.

They often have affairs because of the rush of being wanted, the ego boost that someone else desires them, which then increases blood flow to the prefrontal cortex. They choose betrayal because they want both the security of someone loyal along with the excitement of someone new. They want the best of both worlds. The endless hunger for external validation that can stimulate blood flow to the prefrontal cortex. Without that part of the brain online they simply don't have the psychological tools to control their impulses. They can't be loyal as their need to stimulate their compromised brains overrides everything else in their life.

Even the mildest brain injury will decrease impulsivity control. Add a mild traumatic brain injury to someone who already has marginal impulse control and ethical disorientation (no moral compass) and you have a recipe for disaster.

Something is wrong with the way we give birth

If there is brain injury involved, it could have originated at birth. Squeezing one's head thru a keyhole is traumatic, and sometimes anoxic (lack of oxygen to the brain). But just because one doesn't have Cerebral Palsy doesn't mean one's brain got through the birthing process unscathed. Cerebral Palsy is an umbrella term that covers many symptoms of birth brain injury that don't always manifest the same from one person to the next. Then again it could have been after school soccer for example. What part of the brain is right behind the forehead where all those soccer balls are "headed?" Yep, the prefrontal cortex. Then there was that bike accident in 8th grade...

In both addiction and thrill seeking, there is often reduced activity or hypoperfusion in the prefrontal cortex. Obviously, this has major implications for inhibitory control — basically, stopping oneself from doing something that feels good but is bad long-term.

What are the two most common excuses given by those committing adultery who get caught aside from, "It's not what it looks like," (the anthem of the guilty) or "it was a mistake." Those two excuses are 1) I wasn't thinking; 2) It just happened (usually over and over).

This is exactly what someone who has no impulse control would say. Not to imply everyone who cheats on their partners is brain damaged, but if the shoe fits They weren't thinking, well of course they weren't ...only their egos were engaged - the lizard brain. When you are not in control of your own impulses things do just happen. So, unintentionally these classic cheater excuses may have some verisimilitude to them.

Entertaining the possibility that subclinical brain injury may not only be pervasive but at the root of relationship issues it is worth unpacking how those affected think (or don't think in this case) when it comes to infidelity. "*The affair partner (AP) understood me*" – a common justification. However, what exactly did the AP understand? That the cheater put everyone in their family at potential health risk, or that the cheater is a liar or that they betrayed their entire family for a good time? Is that the kind of understanding one wants? Is it understanding that is being sought after or enabling that is sought after? Someone to justify one's dishonesty. Someone to stand at one's side while home and family are destroyed. That is the kind of understanding the AP will have. Only someone with little to no self-respect would tolerate that kind of understanding - that is neither love or connection - that is mutual dysfunction not understanding.

Then there is the line about the AP making them feel seen. One gets seen if all one shows is the version of self that is easy to love - free of baggage, responsibility and real-life stress that comes with long term commitment. They don't see the cheater exhausted or frustrated. They don't see the cheater come home and unload their disappointments after a long day. They don't witness the cheater's worst moments or love them through these events. One feels seen when one only shows the pleasant parts of oneself. Of course they feel seen - the fantasy version of them. A fantasy stitched together out of dissatisfaction, projection and a desire to be validated, but fantasies only last until reality shows up with bills, expectations and the lack of any true connection. One can't build on a foundation of lies.

Let me call a spade a shovel here, this planet is a game as I have already alluded to and we are the players. I call the game find the Light in the Dark game. But we are blindfolded, we don't know the rules, at least most of us don't, and we don't even know who we are. We don't need to know all the rules if we only followed the Golden Rule, but few do, so we learn the hard way. It is a choice how we conduct ourselves in this game, but don't think for one minute you can do whatever you want without consequences.

Hormones don't just control the quality of our lives, but seem to control the direction of our lives as well. If you don't agree then ask why would someone make a decision to burn down hearth and home for some attention and an ephemeral dopamine hit?

There are CEO's that blew their careers because they could not stop flirting with interns. Physician who could not stop texting their patients. This is not love, it is 100% ego undoubtedly brought on by hormones and a prefrontal cortex that is not engaged.

External Stimulus releases adrenaline which leads to a norepinephrine surge. Heart rate and blood pressure go up along with arousal. Dopamine kicks in due to novelty or reward, lighting up attention and the oxytocin reward circuits. The person feels alive, alert, and laser-focused. How often has it been asked why would someone destroy their marriage or LTR or even their life over some sexual hanky-panky - the answer? Lack of impulse control.

Something is wrong with the brain scans

The brain scan of a narcissist shows a hyperperfused or overactive amygdala - the gateway to the limbic system, the emotional center of the brain. When one has a traumatic brain injury (TBI) one gets a hyperperfused amygdala. Narcissists will have a hypoperfused prefrontal cortex - exactly what takes place with a TBI. Narcissist will have a hypoperfused hippocampus if not a shrinking one at that.

This bears repeating - neuroimaging studies on people with narcissistic traits (especially narcissistic personality disorder, or NPD) have shown: Hypoperfusion in the prefrontal cortex — linked to poor impulse control, empathy, and emotional regulation. A smaller or less active hippocampus — associated with impaired emotional memory processing.

A hyperactive amygdala — linked to heightened emotional reactivity, especially to perceived threats or criticism.

These are the same regions affected in traumatic brain injury (TBI).

Where would a narcissist get their TBI? Perinatal/Birth Injuries are probably the main culprit: hypoxia (lack of oxygen during birth), forceps delivery, or other complications can cause subtle brain injury—often not diagnosed unless it's severe. These injuries can affect the limbic system (amygdala, hippocampus) and prefrontal cortex during key stages of development.

Aside from birth trauma, falls, abuse, or undiagnosed concussions in infancy/early childhood could disrupt brain development. And none of this might reveal itself until emotional/social demands increase—like in adolescence or adulthood.

The Emotional Dysregulation of a TBI are often indistinguishable from several types of mental illnesses. They show impulsivity, emotional reactivity, low empathy, poor insight into behavior. And if that sounds like a narcissist there may be a good reason.

Not all narcissists are brain-injured, and as far as I know no one has treated a narcissist using hyperbaric oxygen therapy, which has more than proven itself to bring back appropriate metabolic and vascular activity to these brain regions. This is an incredibly important area of research that's still evolving (being optimistic when I say that as I don't know of anyone connecting these dots). I am not saying hyperbaric oxygen will treat a narcissist because aberrant behavioral patterns have been established and even if their brains became normal after hyperbaric oxygen they would need to be trained, coached or mentored into healthy ways of treating their fellow human beings. These are skills they don't have and would have to learn them and earn them.

Something is wrong with the brains of drug addicts

It is of interest that the brain scans of addicts show a hypoperfused prefrontal cortex, an hyperactive amygdala, and hypoperfused hippocampus (in addition to an oxytocin deficiency).

So... Are Some Addicts Actually TBI Survivors?.

Short answer: **Yes.**

So, some people with addiction(s) may actually be walking around with the scars of a TBI, especially from early life. It doesn't *mean there aren't psychological* or environmental causes, but we might be missing the biggest piece of them all - a TBI. Even after many years, TBIs can be treated with hyperbaric oxygen therapy.

It definitely should make us less judgmental about these folks that cause so much chaos in other people's lives, but without treatment they are still toxic and to be avoided.

There is no medication that will cure a narcissist, just like there is no medication that will cure a TBI... "mic drop" as they say.

Something is wrong with morality

When someone doesn't believe in consequences, they always make mistakes (understatement), because they don't bother thinking about 2nd order, 3rd order level implications. For a narcissist there are no implications as there are no consequences - it is a mental illness after all.

The ego will not tell us that if we lie and deceive it affects our perspective on reality. Not only will one grow to be oblivious to lying but one loses the ability to perceive the real from the unreal. When one lies long enough one forgets which version of oneself is real. I don't want to belabor this point, but one can't just do whatever one wants to - there will be consequences - there will always be consequences and if it involves the misuse of sexual energy - that can call in some very nasty unforeseen repercussions. We are free to use our energy in any way we so choose, but this is not free energy - it has strings attached to it on this planet and be it the positive or negative use of energy we will be responsible for what we set in motion. Is it fair to put this on someone who very likely has a traumatic brain injury? Well, fairness is not how things work here.

Unfortunately, we don't get any kind of notification that our frontal cortex is no longer participating in our life's decisions. There is no engine light that goes off on our foreheads. Neither does ego announce itself saying it is in charge, or that you are a narcissist. The ego lives in the moment for itself only and wants what it wants, but it doesn't blow a horn and step up to a podium to announce it is in control. No, it is seamless and silent.

As oxytocin levels fall the "Love light" is turned off imperceptibly at first - like autumn leaves falling off a tree or a fire whose embers slowly cool. Like a thief in the night, the individual losing their love for their partner is usually as clueless about this process as the partner. When someone loses their love for you not only do they withdraw their presence but they literally become someone else from a psychoendocrine POV, but symbolically when two people fall in love they create a union of energies and in the context of that union they are a certain person, but when that union dissolves so does the person who existed in that union - again, same appearance, same voice not the same person energetically.

Once it gets to that stage all one can really do is honor love's passage. But was it ever love or just hormonal infatuation? As the LTR matures beyond infatuation, is a partner's love actually for you or about the idea they have of you, and what you bring to the table be it lifestyle, emotional security or a financial safety net. Doesn't sound romantic, but I can't say this too much, romantic relationships are transactional. Prenuptial agreements make that pretty clear. But whether there is a written agreement or not, violating promises has consequences.

All this pathos from the lack of just this one hormone - oxytocin plus or minus TBIs.

Starting in the 1970's, most families required two income streams to make ends meet. Twenty percent of the individuals in business will have workplace affairs. One in five! Young adults often spend more time with their co-workers rather than their partners and they share purpose with their coworkers. I call it the pseudo-intimacy of the workplace.

Modern society has encouraged women to be wives to their careers not their husbands, so is it any surprise they want to mate with co-workers? We have healthy adults, well dressed, make-up on and thrown together for long hours, exposed to all those pheromones,

little to no moral compass - what could go wrong?

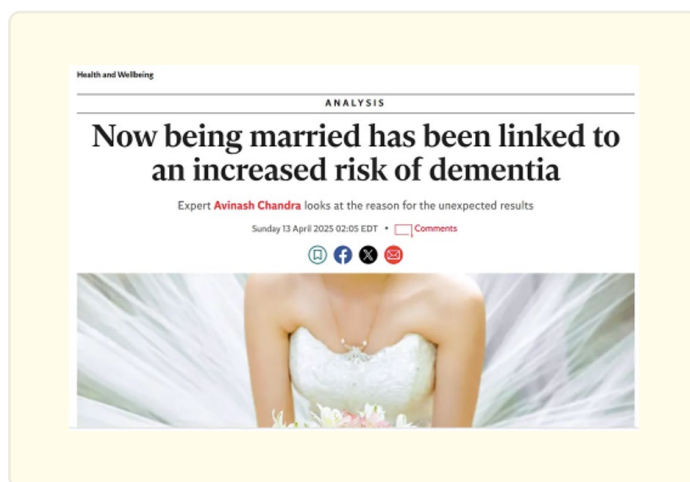
Plenty can go wrong which is why so many businesses have a zero-tolerance policy on workplace romance - these affairs often blow up in everyone's faces as they are just amoral fantasies but then chasing a fantasy will increase oxytocin levels at least until reality catches up.

Likely, the relationship they had with their LTR/marriage partners devolved into being co-managers of a household, which may have included children only increasing the workload - glorified housemates, who usually had little time for each other when all their responsibilities were discharged. No oxytocin gets generated to solidify a relationship at home under those conditions and so that unstable situation ends the relationship sooner than later with or without infidelity.

Most believe that when two people love each other they naturally meet in the middle. You give, you take, you support, you're supported. Sometimes one gives more than the other but it balances out because there is respect and reciprocity.

Relationships need to be nurtured and massaged - if one can't devote the time or interest, it only ends one way. If you want to experience something new and exciting, but you are in a committed relationship, end that relationship first or deal with the fallout from which there will be no escape; although, the ego will try and convince one otherwise.

Something is wrong with perimenopause



Fifty to seventy percent of men in marriages or LTRs feel more alone in the presence of their partners than without them. The infamous 7-year itch - only a small fraction of individuals feel like they are still in love by then. These statistics, well... point to a serious problem that is just being ignored. Most divorces (80%) are initiated by women and often against their own best interest, but that is because they are often in flight or fight mode. If you don't know who you are, how are you going to know what is in your best interest?

If you don't know there is treatment for the genitourinary symptoms of menopause (vaginal atrophy, painful intercourse and no interest in your partner), that is, hormone replacement therapy, then go ahead and get that divorce - what did Jesus say? "My people perish for lack of knowledge."

So much fear was generated regarding potential problems with hormone replacement therapy (HRT) an entire generation was robbed of its benefits and few physicians even know how to prescribe hormones correctly. HRT can reduce the risk of **colon cancer, fractures, and type 2 diabetes**, and **reduce overall mortality** if initiated early in menopause. When estrogen and progesterone are used together there is a very slight increase risk of breast cancer. Normally, the baseline risk is 30 cases per 10,000 women per year,

which goes to 38 cases per 10,000 with combined estrogen and progesterone. That is a very small increase in absolute risk. This is half the population not getting an intervention that could vastly improve the quality of their lives and perhaps save their marriages.

Why do so many women seek divorces in their 40's and 50's? Perimenopause is nature's cruel slap in the face. Remember, for most of human history no one lived long enough to go through perimenopause, so essentially women are on their own to suffer the slings and arrows of massive hormonal fluctuations. Now, not everyone has a rough go of perimenopause, but many do. It can shift one's identity, tolerance and even the timber of the voice. The marriage is the first to feel it. It changes the way your brain handles stress and connection. The perimenopausal woman may be resentful over anything and everything, cries for no reason and doesn't know who she is (assuming she knew before).

Do you know what some women feel during perimenopause? All emotional connections and feelings for anyone and everyone in their life feel like they were wiped out as if they never existed, and the only thing left in its place is a pervasive sense of dysphoria. It is bewildering at best and few know the depth of despair one can feel in perimenopause and fewer still are prepared to cope with it. Often the non-prepared resort to self-medication.

But perimenopausal women don't have to suffer, they could be using bio-identical hormone replacement, but most don't, which is unfortunate for any LTR they might be in. The emotional, psychological, and physical changes associated with it can create or amplify stress in a marriage or long-term partnership. Again, we are talking about hormones or the lack thereof. These physiologic changes can destroy any interest in their partners.

As the estrogen and progesterone crash communication feels strained, tension builds causing partners to drift apart, interest in intimacy vanishes. One's ability to handle bonding, connection dysregulate and one becomes desperate for peace, but the spouse is often perceived as the problem. I can't tell you how much oxytocin would benefit here. For women going through this difficult transition, I have two suggestions. Oxytocin and practice gratitude for your partner but also for yourself and all of life (and bio-identical estrogen and progesterone as needed).

LTs/marriages do not need to end during perimenopause if it was truly understood the hormones are hijacking one's psyche. Ask for support not space, don't make big decisions when emotionally dysregulated. Divorce is usually not the answer, but stabilizing one's hormones is.

Something is wrong with mental health

This is an oversimplification, but narcissism is what happens when life is turned completely over to one's ego and these folks are dangerous individuals to their victims. Those with Narcissistic Personality Disorder (NPD) have a serious mental illness - they are not sane; although, they act very normal in public if not charming. The Devil is a gentleman until you cross him.

But are we dealing with a TBI as I have already pointed out? Yes, they do get a psychiatric diagnosis but is this really a brain injury with a potential treatment?

A narcissist is a stunted child in an adult body trapped in a set of defense mechanisms so thick they can't access who they truly are - they have zero introspection - no ability to self-reflect. Their reality is delusional and inverted. They believe they are victims. Narcissists often work with the victim/perpetrator archetype and are incapable of taking accountability - to them admitting a mistake or wrongdoing is the emotional equivalent of slitting their own wrists so they don't go there. They can have a rare lucid moment but they just don't have the ability to sustain clarity. This is so much like a TBI, but there are just too darn many of both - meaning one needs to carefully vet a potential partner.

Narcissists are often more likely to marry compared to non-narcissists because marriage can provide them with a captured source of validation, admiration, and control. Narcissists are also often more likely to marry multiple times due to their inability to maintain long-term relationships or their desire to find a "better" partner (victim - usually an empath). NPD is estimated to be only 1%-2% of

the population, but having Narcissistic Personality Trait (NPT) could be over 20% of the population. In the USA that is at least 3 million with full NPDs and 60 million NPTs. That is a whole lot of people you want to steer clear of, but unfortunately, they don't wear signs around their neck other than being very charming and seductive, which is their main psychological power. It is their superpower - like honey to a fly.

It does beg the question how many people in the USA have some form of mental illness. The answer is not precise but it is believed that 50% of the population will experience some form of mental illness during their lifetime. While this is just an estimate, of married couples there could be at least a 50% chance that those marriages are with a narcissist be it trait or disorder. Non-coincidentally, that corresponds with the divorce rate of first marriages. The eventual fate of a narcissist is to spiral into a deep depression when all they have left is their own low self-esteem and self-loathing - they deserve our respect as a human being, but you want to stay as far away as possible.

It is sad, but it is a mental disorder that thrives on the addiction to chaos and manipulation. Some people need to feel the thrill of destruction to feel alive.

Many of us are lonely, but not because we lack companionship. We are lonely because we will not release the past, and it is hard to be in the present moment burdened by unresolved emotions from past experiences that no longer serve us. I loathe the phrase, "let it go." or "letting go." I don't think these phrases assist unless they provide the knowledge of how to achieve this "letting go." These unresolved and often painful emotional memories are not things that can be tossed away or dissolved just because we want to release ourselves from them. We hold onto these memories, be they positive or negative, because we didn't understand them and the truth is we may never understand them so there is hardly a point in holding onto them unless we like punishing ourselves. What we can do, as they sneak into our conscious minds, is to thank them for shaping us and providing valuable experience regardless of how pleasant or unpleasant they were.

I submit it is gratitude and dissolves the attachment we have to memories that no longer serve. Gratitude for what? For everything you have going on in your life at any moment - take nothing for granted. I can't stress this too much, but gratitude is the universal solvent, so to say, for the burden of holding on to a past that just holds us back. We have lost sight of the tools we could be employing to make our lives better.

In the past, there were more individuals in western society that had a strong spiritual foundation. We have been living through a very dystopian period where both men and women have lost their moral compasses. Having morals is not some quaint archaic notion. This isn't about attending church or temple, it means people knew they weren't the center of the universe and couldn't just do or think anything they wanted with impunity.

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Antidepressant-Induced Female Sexual Dysfunction

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PMCID: PMC6711470 NIHMSID: NIHMS1046615 PMID: [27594188](#)

There were more gals who had better relationships with parents and family members. They had interests and hobbies and didn't rely on their relationship to fulfill all their needs. Family goals were more aligned than they are today. The problem with losing one's moral compass is that Nature abhors a vacuum so instead of a moral compass you get a mental illness in its place. And where there is mental illness there is often self-medication.



One in six women in the US are on antidepressants and with that comes potential sexual dysfunction further complicating an already delicate situation and what has been found is ~25% of women with anxiety disorders or major depression will self-medicate.

40% of US teenagers now struggle with anxiety or depression in part due to the junk food they eat.

Something is wrong with our understanding of sex

Hormonally, men are very simple. But again, it is even more nuanced than that for two lovers will form a matrix and in the context of that matrix they have a certain identity that didn't exist before that union. There is no free lunch when you have sex with another human being - you get energetically exposed to their emotional body including their abuse and trauma. Consider it an energetic STD. So, to think that this doesn't affect the partners on some level is to be in denial. Sexual union is meant to be sacred, but there is no sacredness in today's hook-up culture.

While some might consider an energetic STD to be a metaphor, I can assure you we are surrounded by parasites - the third-dimension kind and trans-dimensional and they feed off of us if we supply them with the energy they seek. They particularly like those who have given their will power away to something outside themselves, such as in the case of a drug addict. I am not saying all drug addicts are being overshadowed and being drained of their life-force, nor everyone experiencing depression or hopelessness, but many are. Doesn't seem like an even playing field to me, and yet here we are.

Something is wrong with relationships

Alas, love is blind for we think this other person is who we think they are (projection) not who they actually are. And on top of that, who they are in love is not who they truly are. So, in marriage men give up their autonomy to be with a best friend they can have sex with. It is a Faustian bargain because in all likelihood that is not what they will get.

A good portion of men who have been through marriage have gained the wisdom that comes with that traumatic failure. It feels like the mother of all failures when a relationship ends in divorce driving many to self-medicate. Still, not everyone gains wisdom as some men will get married again and again. The sad truth is men lose freedom when they get married and with that loss of freedom comes a loss of part of their identity as well. It takes away some of their joie de vivre because so much of a man's energy is now dedicated to

someone else, which is often just fine if that man is valued and respected. Ah! But there's the rub, because often he won't be valued or respected any more than a stick of furniture (statistically speaking). Well, if you treat someone like they are disposable, don't be surprised if they dispose of you first.

The grief that comes with the breakup of an LTR is intense and can even cause PTSD and yes that grief could be modulated with oxytocin, but after you have done this breakup thing once or twice that really is more than enough. When we are young, we think if we bring someone into our lives it will enhance our sense of fulfillment and happiness (external validation). We think there will be mutual respect, emotional support, empathy, communication and trust. Having said that, if one is not already happy and we enter into a relationship thinking this other human will be the gateway to our happiness then that is one of life's most horrendous mistakes. Bottomline is you can't make someone else happy, that is on them.

Warning: do not sleep with someone until you have explicitly discussed where the connection is going.

Now, the more you know yourself, the less you will feel the need to bring in another person into your experience. Yes, there are people out there who can add to our experience instead of detracting from it, but if we are not already at a place where we are maxing out on happiness and fulfillment by ourselves, we certainly won't be getting that from someone else.

When we don't know ourselves, we are vulnerable to the manipulation of others and life-decisions get made for us that are usually not in our best interest. Most of us are lazy, it is a primate thing, and we just go along to get along. But what if the algorithm we are going along with was created by a death cult? The power structure that has been running roughshod for the last few decades is a death cult. Maybe it is time to wake the heck up.

Nothing nefarious, but in western culture we teach boys/men that having a romantic relationship is the pinnacle of human experience. Being in a relationship is a privilege and a discipline but it is not the pinnacle of human experience as there are many other life options. Nevertheless, our culture pushes this on men when many don't belong in or would even benefit from a romantic relationship. When a man has low self-esteem getting into a relationship is like handing him a dangerous power tool without training. Men have low self-esteem because they haven't mapped out a vision for their life, they don't know who they are. If you don't know who you are you just follow along with societal algorithms.

Most men have this need to be needed, but if they let themselves get drawn into relationships by this need it will only end in pathos. Getting run by archetypes and algorithms is akin to being blindfolded in the backseat of a car with only an algorithm driving - a crash is inevitable. Many, not just men, fear dying alone. Spoiler alert, we all die alone, so I suggest we feel very comfortable with ourselves being alone so we don't have to fear dying alone. Many of us have had parents with unhealthy relationships and we have to assume that because of that our understanding of what a healthy relationship is may be broken as we actually have no idea what a healthy relationship is. This requires a lot of inner work, reflection and processing to reprogram ourselves before we enter into a relationship if there is to be any opportunity for it to succeed.

Our unlovely society teaches that fame & fortune is a benchmark of success, and having more stuff makes you happy, for society teaches happiness is something that exists outside of you and if you want it, you must go out and get it. This is part of society's algorithm and if you do not conform you are a failure, and as a failure you will be marginalized. Yet these are all lies to keep us being sheeple instead of people.

No matter how much you love someone or how much history you have with them, you cannot let their misery dictate your mind-set. It is not your responsibility to fix them, as if you could, or pull them out of the hole they have chosen to remain in. You can offer support and encouragement, but you have to be able to walk away. Some choose to explore self through mental illness and we have to respect and honor their decision, but that doesn't mean you hang around and enable them either. That is not an act of love.

The physical and psychological cost of letting someone else's misery into our life either because we don't want to be alone or they don't, has the most unpleasant consequences. Where women need to protect their innocence, men need to protect their mind-set and their peace.

All that oxytocin and dopamine make young lovers feel like their love is invincible, but it is a self-induced delusion we create so we can feel the emotions associated with it. These emotions are exhilarating and wonderful and are further reinforced by our media, our culture that this is the pinnacle of experience. Alas, it is not. Falling in love is not some magical happenstance. Romantic love is as transactional as it is intoxicating, and while one can be intoxicated for a long time the inevitable hangover awaits. Romantic love isn't really love at all - it is just a very strong attraction. True love, which is not transactional, is more like how we feel about our children - that we would do anything for them to make their lives fulfilling without thought of any compensation or reciprocity.

Romantic love is about the perception that someone is able to fill an unconscious need we have - they resonate with our own unconscious issues of lack and we are drawn to them. That attraction is real but the force behind it is our own unconscious responding to its own needs in order to grow. If the qualities that are admired in a partner are not recognized as something they could nurture in themselves then that relationship is about an unconscious need but it is not about love. What if those needs change or the idealized partner turns out to be less stellar than previously thought? The illusion of love crumbles.

Often, we are deeply attracted to someone who is working with an archetype that reflects back to us our own internal design. Romantic love can also be about having someone awaken a powerful subconscious image we have carried with us for a long time and it stirs powerful emotions, but we aren't in love with them but rather the symbol they represent to our inner world. We are not seeing who that person really is but rather what we have projected onto them - it is an illusion that will break down under the weight of reality. It is an archetypal projection playing itself out and reflecting back to us what we need to see in ourselves in order to evolve. Romantic love is actually not very romantic... as it is not about love at all but about the self-trying to evolve.

In that regard, the word love is overused and abused. My recommendation is not to use the "L" word - love, unless you truly, really understand what you are saying. It certainly doesn't mean anything if it is used to keep someone blind and manipulate them. Telling someone else you love them should be reserved for very special moments when you sincerely know what love is and you mean it.

Something is wrong with trust

Trust is both a gift and a responsibility. It is a responsibility because one needs to be accountable for maintaining and honoring that trust. If you trust someone, you're not only putting faith in them, but you're also responsible for protecting and nurturing that trust. Trust does not mean turning a blind eye. Trust is not something you owe someone just because you love them. Trust is something that is earned moment by moment through choices someone makes when you are not looking.

Trust is mutual. We have a responsibility to both uphold the trust placed in us and to be mindful of the trust we place in others. Of course, that is where things break down - being mindful of the trust one places with others. When trust is broken, no amount of love can repair it and it can lead to harm, disappointment, and loss - consequences that are rarely taken into consideration, and never taken into consideration by the ego. I don't think too many people are crazy about having to check in and assess whether the someone they trusted last month, or last year, or for the last 10 years is still earning that trust especially if you are sharing a bed with them. We like to go on auto-pilot in this arena, but that is a big mistake. Part of us doesn't want to find out that the trust that was once there is now gone or all that shared experience counted for nothing. Yes, there is part of us that likes to avoid pain and conflict, but that only makes us cowards, further complicating matters. We all know that once trust is broken it never comes back.

It has been my experience that if someone says "trust me" then you don't. It is like saying, "I promise you I will keep my promises." These are next to meaningless phrases. These words only hold weight when they're backed up by consistent behavior over time. Trust is earned through reliability, honesty, and follow-through. Promises mean little if they're not kept, except there are unforeseen consequences for breaking promises. That means in a relationship one needs to be vigilant about monitoring all the above. That is one of the

reasons relationships are a discipline. There is no auto-pilot in relationships - we just don't want to face the reality that someone we once trusted would violate that trust, but they often do - still denial is always a temporary option; although, usually a costly one. Blind trust just makes one vulnerable to manipulation. Honesty is not just the best policy; it is the only policy.

Now, this is poorly understood by both men but especially women even though this is not rocket science. So, when the sex goes, so does the trust and that marriage is over. It may go on for years afterwards but in name only maybe for the sake of appearances or the shame of failure. We want to believe we deserve honesty from those closest to us, and we do deserve honesty, but one will not get honesty from the ethically disoriented.

Men are often culturally conditioned to "provide" or "endure" for the sake of stability—like staying in a marriage for the kids, suppressing emotions, or prioritizing financial responsibility over personal joy out of a sense of duty. In our current societal algorithm, women feel more empowered (or pressured) to seek self-fulfillment even if that is with infidelity, while the same algorithm teaches men that endurance is noble, even if it's silent suffering.

It's a quiet crisis that doesn't get enough attention—and it's not just about marriage; it's about how men are taught to relate to themselves and others emotionally and what they have been taught doesn't work in today's dystopian world. Having said that, men's interest in sex is to help secure an emotional bond, and validate trust, which is itself a problem. They are seeking external validation to make them feel complete.

Something is wrong with our DNA

Women retain traces of DNA from their sexual partners. This phenomenon is known as microchimerism.

Microchimerism occurs when a small number of cells from one individual are present in the body of another. In the context of women, this can happen when sperm from a male partner enters the female reproductive tract during intercourse. The DNA from the sperm can potentially enter the woman's bloodstream and become incorporated into her body, where it may remain for some time.

Studies have shown that men's DNA can be detected in women's tissues long after sexual intercourse. For example, research has found male DNA in the female brain, blood, and other organs, and in some cases, this male DNA can persist for decades. The long-term effects of this genetic material on health are still not well understood. But that is just what takes on a molecular level. What is not understood is what happens on an energetic level.

Sex is not merely a physical act but an energetic exchange that has psycho-emotional implications. This energetic exchange can affect one's sense of identity, self-worth, and emotional state that not only can affect women but those that woman interacts with outside of the sexual partner. Obviously, if mating can affect a woman's mental and emotional state it has implications for how she deals with others in her social circle. The mental and emotional scars from negative experiences can persist and affect future relationships for years beyond that brief exchange. These energetic imprints from sexual partners can be very positive or very negative depending on who is involved and the circumstances. Without discernment, which few possess in this arena, one is literally playing a form of Russian Roulette with one's psyche. If women really and truly understood this, would they be as promiscuous as they are?

Specifically for men, it is important to understand that when one has sex one is either building strength or draining it, transferring power or receiving poisoned energy. This energy, let's call it Kundalini, is the same creative energy that builds empires, creates great music and art, flows through the heart and allows it to be a vessel of love, opens up the third eye and more. It is our free will and choice how we want to use our personal energy, but depositing it in random women you don't even respect is not a great choice and you will feel drained.

Some sexual partners will carry the energy of peace, while others will carry chaos, some will carry grace, while others destruction. If one is lust driven do not ask why one's life is going nowhere fast.

Now, is this microchimerism from sperm as worrisome as the Pfizer/Moderna COVID jab that we now know will write itself into your DNA and genome? No, not even close. Just to put things into perspective. The COVID jab is causing men not to make sperm but spike protein and in women the jab wipes out 60% of their primordial follicles. Not only does that make them less fertile, but it will end up putting them into menopause 40% sooner.

Something is wrong with this movie

Third dimensional earth is like a board game. Personally, I don't like games, and I certainly don't like playing them, but it seems our reality is a simulation so almost everything is a game to a lesser or greater degree. Be that as it may, it is a game with a great deal of responsibility. To disrespect life, no matter how one rationalizes it, is to choose poorly in the game of life.

Everyone has a role to play with our individual game piece, and we each go through certain experiences hopefully for the betterment of all, because in reality there is no separation. There are certain boundaries that must be adhered to in this game and that is one of the reasons why there is a difficulty remembering the past - the same past we need to be grateful for and make peace with.

So, when we are born the world is pulled over our eyes and we are blindfolded to see how well we can do. Call me jaded but I don't think most people do too well, because they don't make peace with their past. One doesn't forget, but holding onto the past with either incompletely understood positive or negative emotions keeps us from living in the present moment in the context of this game. There isn't any other way to put this, but without participating in the perceived separation, isolation, and amnesia, many of the experiences the earth has to offer would not be possible—no one would want to play the “game.”

I call earth a shadow planet because it holds the shadow of beneficence and the shadow of maleficence so we can choose between them. True beneficence would not only end the game but it can't coexist with true maleficence any more than matter and antimatter can exist together. Earth is very beautiful and rewarding from a soul growth POV, but there is not a lot of clarity here. So, we are blindfolded by this simulation and asked to find the light in the dark and enjoy the process, hopefully making high vibrational choices...

And then one day the game ends and we are called back home, for lack of a better word, and we only take two things with us - the size of our heart and our integrity. Truly knowing this should inspire a great devotion to making sure that with every breath, and with every step we enrich that heart with our thoughts and deeds and we conduct ourselves with gratitude and respect for all beings of all states. It is not easy being human. I know that more than most, but we are here for a reason until we are not. Know thyself, remember who you are, take nothing for granted and stand in your truth.

And when it is all said and done, we will understand that we were just in a movie.