

Michael:

I will take the unusual step of giving your work and general course a detailed analysis, if overly rapid. In most cases, this is unwise, and one is well advised to reject what is not exactly correct, and never to engage with those who submit material. I will provide this as I believe, you are close to the mark, and I also believe, that you are intelligent and motivated, and even a bit deep. That makes it worth it. So, if this seems like too much, just ignore it. I believe, you will benefit from what follows, and that you need no education, only a proper attitude, and with the internet, you may well become a fine author and leave a truthful legacy of new knowledge.

Reading:

You speak of religion and psychology. You must read, and make these things specific, and ground them in the historical material, which is deep, thorough and entirely needed in light of the topic. You must place all you have found in context of what is known, and much is known. Before you rewrite the piece, you must read a few thin books, with great depth, and understand them. A small task, with rich rewards. Naturally, this happy chore must be taken to heart, and you must read and read...never stop. General information below is advised, the bold, is required.

Religious structures channel hidden libidinal components from the unconscious, and have detailed relation in the work they do, to the work of the neuroses. Both structures, do a job, and allow expression of certain energies, and evidence derivations from, and roles within a social context. **Please read the thin book: *Totem and Taboo*, Sigmund Freud.**

The neuroses use our energies, libido, which is an anatomically specific proposition (see link), so as to create symptoms:

http://media.wix.com/ugd/cf8614_8af2a1861a6045a893a845c2658ee56e.pdf

You may really enjoy this book. I will attach it. Please do not feel obliged.

You speak of ego. Ego, is also an anatomically specific proposition, and has demonstrable relation to meditative practice:

a. (Carhart-Harris and Friston, 2010)(please enter as search term in browser):
doi:10.1093/brain/awq010

b. Brewer, J., Worhunski, P., Gray, J., Tang, Y., Weber, J. and Kober, H. (2011) Meditation Experience Is Associated with Differences in Default Mode Network Activity and Connectivity. PNAS, 108, 20254-20259.

<http://www.pnas.org/content/108/50/20254.full>
<http://dx.doi.org/10.1073/pnas.1112029108>

To begin to deepen the concept of Ego— **please read the following thin book: *The Ego and the Id***, Sigmund Freud.

General point: You have found the existential truth! Very good my man. Well done. It is this, which mainly convinced me to write all this. That and the title. Follow the instructions, and you will be a fine author, or at least I will think so.

Oh, my latest...this sort of thing has had me preoccupied...not user friendly...pity me, I now construct another, even more severe and detailed:

Norman, R.L. (2016) Homeostatic Conductance and Parasympathetic Basis Alteration: Two Alternative Approaches to Deep Brain Stimulation in Parkinson's, Obsessive Compulsive Disorder and Depression. World Journal of Neuroscience, 6, 52-61. <http://dx.doi.org/10.4236/wjns.2016.61007>

OK, so the idea is to place the notions in a deeper context, and develop a way of working. You should read, in the various areas, and deepen them. Soon, this will become habit. With the internet, this can easily be accomplished. You have the talent, meaning you are honest and willing to look, and write well. But it needs context. You must place roots beneath the main, and trim out a few things. The section at the end should be skipped, and then the rest, fleshed out, to make an interesting article. You will soon see, how the other submission could be 20 pages...and should be! Once you see this, you will be ready to go to write proper articles and books, no PhD required. I hope you can see, I am not any but in your favor, and do hope you decide to give it a go. If so, I will bounce it back and we can use it. If not, no worries, it is a lot of work. Somehow, I bet you are up to it...a PhD in one lesson for you. heheh! I took the same..."course load". Welcome to Necessity U. You will graduate in two months...tops. The classes are fun, and you are the teacher. All I do is add talk:

I believe words hurt children even more than adults! If you travel back into the netherworld of your early history, those ugly little words had quite a sting. You are of course correct about pride, and the existential truth. The aphorisms are good, and I encourage you to write your own, just in a general sense. An honest self-approximation is as you say, a sort of inoculation against later discovery of the fact, and insult. You are correct in that we need regular validation: this *conditional regard* from others, we are wired for it...you may want to deepen this part. Show it rather than just say it, and learn a bit of science. Make this part more than folk wisdom. Pick a point in each section for such treatment:

Research: Social reward, oxytocin and dopamine

Put that in the browser, and do some detailed investigation. Back up points, deepen and

add foundation, *show...do not say*. Be specific. Use a few citations.

You use the word *Ego*. Please define it. It is more than being puffed up, it is an intrasystemic and external stimulus barrier, and more.

[Just as an aside:

http://www.frontiersin.org/10.3389/conf.fnhum.2015.219.00046/event_abstract

Methylphenidate increases dopamine! So, you may speculate of connections between social reward (dopamine), ego (DMN) and mental performance. What if...the reigns of conditional regard, were our own to control? How would this impact social functioning and mental performance? Hint: empathy is a function of identification, not social control!]

The poem and sections: Nice idea. Right about tears...quite so. I have found they are a form of libido, a healing balm of sorts. To deny them, is foolish. Talk about Empathy a bit more with kindness. Is it a rule governed thing? Does it extend only to people? I am sure the answer is no in both cases. But you may see otherwise. If, empathy extends to identification with all the world...may it be the source of ethics, rather than rule and punishment?

http://www.thejournalofunconsciouspsychology.com/web_documents/who_fired_prometheus_black_watch.pdf

http://media.wix.com/ugd/cf8614_243ef24742a84c69b64e998280ac34b8.pdf

Art, is indeed the closest thing to religion! Good eye my man. Both are substitute symptoms. I believe, art is healthier.

<http://blog.theultranet.com/2016/02/ontological-calculus-the-descriptive-and-relational-calculus-of-human-meta-psychology.html>

You speak much of how the fact is total connection is delusion, and, total isolation is truth. Very good. I am impressed. This is existentialism in two phrases! Please read the existential texts, Camus and such. Sisyphus and the rest. This must be put into context. Much has come before you of depth, which must be mentioned. Here is a fun bit about the relation between identification, empathy and delusion:

http://media.wix.com/ugd/cf8614_2d8d07b0e4c345c9a26c9502e64cbbe2.pdf

Existential themes of death, suicide, meaning, and the rest must be attended. We want connection, that means social reward and chemistry. We have truth, that is isolation by design! Such a thing is man! The balance, between delusion, and truth...is this human character? Perhaps.

The point I am aiming at is: Each section, must extend at some point or level beyond your

folk wisdom, and find a piece of fact or truth, and ground the notions, be they set against, or for a point. Each section, must touch ground with reality, and be researched, and supported...at least in one place.

Of obsession creates narrow-mindedness, tell me how. Pick a point, and bring in detail and fact, in support. A bit of research, context is needed. If you speak of connectivity and the carbon cycle, you may wish to think also of universal similarities. Is there a relation between thought, ego, enlightenment...and universal processes? You need not go this deep, but you should pick a point, and do so.

<http://dx.doi.org/10.1016/j.plrev.2013.08.002>

http://media.wix.com/ugd/cf8614_693ffab9999b487b846fe2d7dc052eab.pdf

http://media.wix.com/ugd/cf8614_8af2a1861a6045a893a845c2658ee56e.pdf

Again, you need not go that deep, but you must pick a point in each case, under each heading, and add some clear fact which relates to the idea, not just say it. Show, do not say. Then what you say, will be believed. There is no normal. Right again. Can you find historical figures in support of this? Da Vinci, Tesla, Einstein...give real examples and facts in support. This is my point in all cases.

Speak of the true psychology of paranoia, Freud had a good theory, Klein a good theory, again, ground, and relate the ideas. Many have tread this ground, many very able indeed. Pick one...Melanie Klein has much for you. You say: "Maybe habitual thinking stems from the repetitive firing of certain neurons in our brains" OK. Research it. Where, how? Does this relate to the Freudian repetition compulsion, the very source of neurotic unconscious resistance? I believe it does. Again, not too much, just pick a point, and ground the work. I suggest only a style of thinking and working.

From Peter's confession on out, is too much for one piece, and quite specialized. Please consider truncating the work there, and, extending it deeper as specified. In this way, you can take a few months, and rewrite the piece. This will serve as a model for future work, which may well achieve a high academic standard, and also, be fruitful for a common audience, who will learn much, and have reason to believe. If you are willing to extend the work, and work with me a bit to get it trimmed out after that, I will publish it. Take your time, and explore deeply. You will find, the result to be of high value.

Thanks,

Rich

