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#### YOUTUBE LINKS FOR FOLLOW-ALONG INSTRUCTION VIDEOS (BELOW)

(including DMT breathing, neck and shoulder stretches, stress release techniques, meditation, Divine Light Breathing, and more...)

The neuro-me keeps the heart beating and lungs breathing in the body, and generally maintains my functioning in the world, but impedes the flow of the Godself when it dominates my life. The first work of the intermediary-me is to transcend the neuro-me by aligning and integrating it with the soul and universal Self/non-self.

Sustainable, substantial betterment happens when enough people transform themselves personally to live from their innate higher qualities.

Advanced technology (such as the [Cardano blockchain](#)) alone will not change the world significantly until individual humans like you and me become more advanced by [embodying peace](#).

#### YOUTUBES AND OTHER RESOURCES (A-Z ORDER)

*In the envisioned DApp, resources like these can be accessed by various sorting and searching. Please [submit](#) potential additions in the same format, checked for spelling and working links.*

#### 8 WAYS TO EASE ANXIETY VIA THE VAGUS NERVE

<https://happiful.com/8-ways-to-stimulate-your-vagus-nerve-and-ease-anxiety/>

#### AARON ABKE - UNITY CONSCIOUSNESS

<https://youtube.com/c/AaronAbke>

#### AO MEDITATION

<https://www.wholehuman.emanatepresence.com/blog/ao>

#### BRAIN DYSREGULATION - HOW TO RECOGNIZE AND WHAT TO DO ABOUT IT

<https://youtu.be/8LNxy035NsU>

#### CAMPFIRE STORIES

POWERED BY <sup>®</sup>

#### CELTIC MUSIC

<https://youtu.be/iHFy98hLPRw>

#### CRYING AND BEING SENSITIVE

<https://highlysensitive.org/5/crying-and-being-sensitive/>

#### DMT BREATHING

<https://youtu.be/cgcUXIAXdrw>

#### DR. BRI'S VIBRANT HEALTH

<https://youtube.com/c/VibrantPelvicHealth>

#### EMBODIED METTA - GUIDED MEDITATION

<https://youtu.be/zhiHCU2CpB0>

#### EMOTIONS AND EMOTIONAL DISORDER

**Free course**

<https://www.open.edu/openlearn/health-sports-psychology/health/emotions-and-emotional-disorders/>

#### EMOTIONAL REGULATION

\*\*\*Emotional regulation: Skills, exercises, and strategies\*\*\*

<https://www.betterup.com/blog/emotional-regulation-skills>

#### GREGG BRADEN OFFICIAL YOUTUBE HOME

<https://youtube.com/c/GreggBradenOfficial>

#### GROWTH

An idea/vision for personal development resources

#### HOW TO STOP THINKING

<https://youtu.be/TrxRgpsrpGg>

#### HSP BRAIN TRAINING Online Course

<https://www.juliebjelland.com/hsp-course-brain-training>

#### MOBILITY FOR NECK

<https://youtu.be/XV5IztImQqE>

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### **NOCTURNAL CANYON SLEEP MUSIC**

<https://youtu.be/dr2VyUvzrwl>

### **PLASMA HEAVEN**

The whole book in audio format plus extensive excerpts

### **POLYVAGAL THEORY EXPLAINED**

<https://youtu.be/OeokFxnHGQo>

### **PRESS THESE THREE POINTS DAILY**

<https://youtu.be/kz6xb0HLDp8>

### **RELAXING HANG DRUM MUSIC**

<https://youtu.be/DcCWB9sX-SM>

### **RELIEVE STRESS AND ANXIETY**

<https://youtu.be/JKRf3eufY84>

### **RESET NERVOUS SYSTEM**

<https://youtu.be/rpHy6hzNDI4>

### **SCIENCE OF CRYING**

<https://sites.psu.edu/siowfa15/2015/09/14/science-of-crying/>

### **STRETCHES FOR MALE PELVIC FLOOR**

<https://youtu.be/oyGEVPuumtk>

### **TAO**

TAO page on Whole Human website

### **TAP THESE POINTS**

<https://youtu.be/LS5szJZ5AyM>

### **TARA BRACH YOUTUBE HOME**

<https://youtube.com/c/TaraBrach-meditation>

### **THERAPY IN A NUTSHELL**

<https://youtube.com/c/TherapyinaNutshell>

### **VAGUS NERVE EXPLAINED**

<https://youtu.be/gp67EQhNfj8>

### **WE ARE ONE BEING**

In many languages

### **WHAT IS MISOPHONIA?**

<https://youtu.be/CVcHvzvCxyA>

### **WHAT MAKES US HUMAN?**

AI is prompted with the world's great spiritual, philosophical, and literary works -- and then answers humanity's most pressing questions about life.

### **WHEN THOUGHTS AND EMOTIONS JOIN FORCES**

<https://youtu.be/gCG6CRbpYmpA>

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### **TRANSCENDING THE NEURO-ME**

Evolution happens — from a sub-atomic level to a sensory one, where it is for humans more observable in nature.

To what end? It's debatable, and alternative views follow.

Humans may not currently have the capacity to fully understand the motives of evolution, because the movement originates from beyond the sub-atomic, and a higher perspective -- as David Bohm said, from the implicate order to the explicate order.

One aspect of the direction of universal evolution from a human perspective is the development and expansion of complexity and intelligence. Our species is on the path to consciously participate in its own evolution (in my view) but challenged by its confusion between complex and complicated, and the many distractions of materiality.

Nearer the exit than the entrance of this lifetime, at 69, my reflections and values turn ever more away from the material to the eternal. Yet so long as there is a food chain on earth, and an economy-based human society, some attention probably has to be given to the material for survival.

As an intermediate stage (until replaced by a more advanced and ideal society in future generations,) *my bets are on the Cardano cryptocurrency ecosystem for living outside totalitarianism*. There's something about being at the headwaters of a great river flowing into the future which sets the Cardano ecosystem experience apart.

One doesn't know when their exit will be, and cannot assume a long life as in the case of my brothers who exited at 19 and 17 in separate car accidents.

A person with no connection to the beyond or feeling for the unseen may have more materialistic values, and that's fine. Every perspective has validity, if momentary, for each holder. Each life journey has value for the whole.

Reflecting on my life led me to realize I've experienced it through my neurology, which includes Asperger's, misophonia and HSP. Whatever I once thought was solid and true, is not.

Filtering through any neurology distorts. Human society takes this individual distortion and with it creates a collective hallucination called reality.

Experiencing something of the actual while still in the body, is to me of primary interest. For this, I've developed a daily practice of stretches, breathing, mantras and meditation which support the reaching for and embodiment of my chosen higher qualities.

Comments are welcomed.

**Credit:**

The image was created at my request for the cover of 'Vision River Guide: Awareness and Energy Medicine' by a young computer artist, in 1998. It speaks to me of Self-awareness, both personal and universal.

<https://www.wholehuman.emanatepresence.com/one.html>

**Reflections**

God, in its native state Perfect, has clothed itself to experience limitation and imperfection. There is nothing that is not the infinite, eternal God, yet we experience ourselves as separate, finite, and temporal. The earth experiment of separation in this timeline is preparing to experience a re-unification in awareness with God itself.

This God of universal intelligence is essentially contained within physicality more fluidly (then humans generally experience) in various states of sub-atomic plasma, which comprises 99% of All That Is according to plasma physics. The plasma is not God, but a finer, more subtle container of the Essence than human physicality. Plasma also evolves to become more structured, self-organized, and self-aware. There is plasma in a candle flame, the human brain, and the Kordylewski clouds of dusty complex plasma between the earth and moon, for example.

The encapsulation becomes more rigid and removed from human awareness in atomic physical bodies. And the barrier is made even more defining by what I term the neuro-me, which includes the brain, nervous system, genetics and whatever prevents conscious union with the Divine (whole awareness, also called Solar Logos, etc.), such as inner tension beneath the level of normal human functioning.

Advancement happens when the One Being is more consciously integrated with physicality in an embodiment of the Solar Logos, with all the higher qualities of Love for Love Itself. As an intuitive sense, I feel that whatever survives the process we call death of the physical body can be influenced either towards separation from or integration with the Whole Awareness.

The 'first work' of the intermediary me (possibly the soul) is transcending the neuro-me to live more fully from the more fluid and authentic energy complex of the God I am.



What is the 'I', more than the quality of self-awareness?

Is the atomic physical body self-aware, or is that quality more fully held in a sub-atomic plasma body?

If the quality of self awareness continues after the physical body expires, presumably it is in something like a plasma body.

Could there be benefit in separating the identity of 'I' from the brain (which causes me so many issues with Asperger's, misophonia and emotional dysregulation) and centering it in the sub-atomic or subtle body?

The body can still be honored and appreciated whilst identifying less with it and more with the self-aware energy complex I am.

On a lifelong journey of scattered enthusiasms guided variously by attraction to the mystical,

hunger for knowledge, compulsion towards experiences and a mind driven to explore and experiment in the fields of psychology, philosophy, metaphysics and quantum physics, I have picked up many but kept few teachings, techniques, and systems for what I term whole human evolution.

Usually, initial amazement at some newly discovered perspective quickly fades as my idealistic vision adjusts to see what is always partial, limited and often contradictory. Even my own writing which first seems brilliant to me reveals itself as full of holes. But that's okay, it's a journey, a process sometimes of gathering new, other times of distilling and refining.

In general, there seems to be dichotomy between human thought, speech and actions. As Paul wrote, 'For what I want to do I do not do, but what I hate I do.' It's true in me, too. I'm full of contradictions. For me, a primary aspect of the great work is my synthesis towards acts of compassion.

Without embodiment, my writings have not much worth. Abstract concepts are gradually wrought into practical application, where it matters.

For embodiment, simplification leads the way.

stretching that releases body tension  
breathwork to strengthen and stimulate  
mantras to focus on essential values and qualities  
meditation which connects and protects  
making supportive choices in the moment

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Reflecting on a message received,

"It's possible to access any field of information on our own as it is all within.

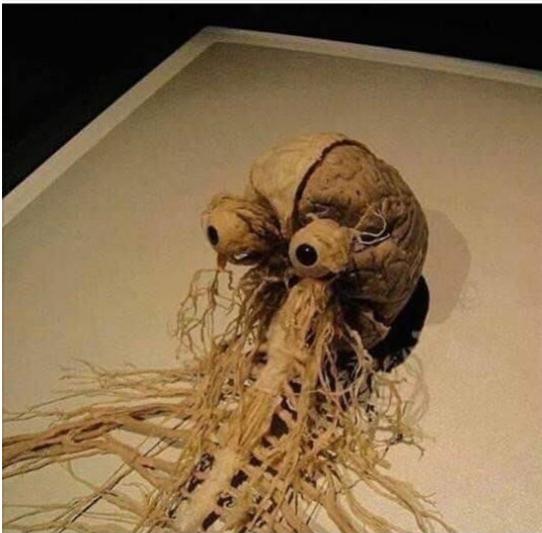
"It's about opening up to, knowing and embodying that possibility so you can access what you need in the moment from your personal akashic record, DNA, each within our own universe."

I would add from my perspective that this individual access can expand beyond one's personal universe and include ever higher and more complex and complete fields of energy and information.

Self referencing may need to be balanced by other references and perspectives to not become self delusional.

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### Wonder what ours looks like?



**Mind Unleashed Art** February 23 at 1:24am · 🌐

The nervous system. That is us...the rest of the body is an organic spacesuit worn by this creature to live on this particular rock revolving around a star.

The photo says, 'The nervous system is us.'

I'd revise that with an important distinction.

My nervous system is the neuro-me, not the whole me.

The neuro-me (which seems more descriptive than nebulous terms like 'egoic mind') totally gets in the way of expressing the real me in the world.

Even more shocking than the first glance at the image is the realization that this has been running the show of my life. In one sense a biological wonder, the nervous system in another is

the lowest, densest aspect of my complex being experiencing this human lifetime.

The motivation behind my Brain Training or perhaps better Synchronization Invocation is to synchronize the neuro-me with the Christ within, 'my highest self'.

The brain and nervous system are not the full story. Also the blood has crystals with original information, and [plasma physics](#) describes a very real realm that is subtle to our senses.

How much is known about the workings of the different shapes and geometry in the body? Consciousness of the all is altered to the specific purpose of the form, as [explored in biogeometry](#).

Everything in nature is build intelligently. How we understand the workings is up to us. Probably not by focusing on the world created by the limited sensory experience and information overload of the human brain.

On the other hand, every journey has a starting place.

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The photo says, 'The nervous system is us.' The neuro-me is not the whole me...

Who I am has three primary colors, with many gradients in-between:

The neuro-me (my human interface).  
The intermediary me (soul).  
The universal Self/non-self.

<https://www.wholehuman.emanatepresence.com/one.html>

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## COMMENTS

**on the first article, which was posted in FB groups:**

### **K Hugh Bennett**

The physical brain is a piece of meat which rots after death. Consciousness and its active extension the outward going objective mind, which is the basis of the personality and the analytical thought, it is this which operates through the brain but is not contained or produced by the brain. The physical brain is an instrument not a producer. This is why after death you remain who you Are and upon reincarnation you add another step to your development. This is done because Consciousness is eternal in the brain is not.

### **Gary**

The brain is also the means by which I experience this lifetime.

I am not the brain, but would have no sensory experience without it.

The brain can impede an experience of the beyond, while in the body. Which is why I wrote 'My Brain', as suggestions to help synchronize my temporal human vehicle with the eternal.

### **Larry Vorwerk**

Great food for thought, Gary. Yes, people perceive their world quite differently, depending on their beliefs, body condition, and many other aspects of their awareness. Like you, I like to keep my focus on the greater awareness of the eternal reality of who we are and where it is taking us, with just smaller interest in the day to day living in this illusion that my physical body and surroundings shows me. But like you said, all experiences are valued, because it adds to the totality of the greater mysteries of all that there is.

### **Jamie Tanna**

Very profound Gary. Thanks for sharing...

We are surely part of an evolving, conscious universe — even if we are not always conscious ourselves.

The collective is now experiencing a regression of sorts — Covid destroyed many people's capacities to look beyond a myopic narrative that harmed both humans and the Earth. How many billions of dirty plastic masks ended up spoiling the land and oceans? After years of caring about plastic waste and pollution in general.

From a higher view, we are part of a moving tapestry... and we cannot know the totality as we always look through a keyhole. And yet we are part of that very fabric, and our individual thoughts and actions matter.

It's a deep discussion but not really one that can be had via comments alone.



### **Gary**

You are most welcome, and your response is also much appreciated.

Yes, commenting in social media has its place, but not for deeper conversations. I'd be delighted to exchange thoughts by PM or email.

In the evolution from sub-atomic to atomic to molecular to single cells on earth, from the perspective of plasma physics, a certain amount of complexity in these structures is needed for intelligence. I'm not a physicist, nor a scientist, and the whole of my information comes from one book and my own musings -- which lead me to think that beyond our current stage there is much more, and evolution to the more could include our conscious participation.

Plasma physics really speaks to me, especially from the perspective of one book, 'A New Science of Heaven' by Robert Temple.

My primary interest is in applying the principles as I interpret them, to my life.

Regarding our regression, perhaps it's a matter of perspective. What comes first to mind is when driving up a steep grade, there can be dips in the road which create an impression of going downhill, yet the drive overall is still climbing. Also, the whole human evolution I write of will not occur equally among all individuals. I sense there will eventually be a distinct division between those who evolve and those who don't. I believe it has to be a conscious choice, and certainly not all are ready for that.

The post on my website goes further into this, with what I do in daily practice leading (I trust) to conscious participation in my own whole human evolution. Feedback is helpful.

#### **James Pennington**

Very cool explanation of your personal perception of the perceived reality .. that at some level, due to relativity everyone's perception is like an entire universe and equivalent just like Einstein's thought experiment for relativity of the trains a bystander on a platform watches two trains go by one train is going 40 and the other is going 20 to him that is the correct speed but for the person that's on the 40 mile an hour train if all he is watching in his field of view is the other train it passes him it's 60 miles an hour but yet the bystander on the platform sees a completely different scenario and Einstein said all are equivalent there's no preferential position to view..... And to further complicate the issue.... Evolution and intelligence and the Homo sapien or any sentient being..... Evolution and Intelligence are an emergent phenomenon..... just as the large macroscopic world of the cosmos itself has emergent qualities.. but we are but offspring of the bigger intelligence of the universe itself everything is connected and has been from the moment of the Big Bang or the inflation or whatever human word one puts upon the creation in Genesis of the cosmos.... because everything was one so therefore everything still is one it's only the human Homo Sapien mind that prevents seeing the Oneness of all things..

#### **Ian Willis**

The word: "motives" assumes an interventionist intelligence to start with.

Evolution has no intentions. It is a mindless process that accumulates replicators that are more successful at replicating than others.

Intelligence is not a goal of evolution.

It is one on multivarious behavioral adaptations that, in some specific gene pools, is advantageous at assisting replicators to become ancestors.

#### **Gary**

I like my version better.

#### **MORE COMMENTS**

When the words can be said and deeply felt as so, "I am perfect, and want nothing," the bliss of who I am is touched.

Some feelings about compromising.

When we live our lives with the full focus on awareness and service to the One, than our personal fights disappear.

Individually, each of us has to commit to this process regardless of how different our individual perspectives are. How will love master the challenge?

Pointing to a better future is not creating such, as the needed vibrations aren't present in the now to manifest that future.

In Christ Consciousness there isn't anxiety, and therefore our focus has to be there equal what we do.

Living the sacred can mean a lot of different ideas to different people. Everything is subject to that personal interpretation.

What I mean does not come from a definition. It is a deep feeling that has an always stable existence to it.

It is felt when there is a flow within me. It is to feel when the connection to the inner sun has space to be felt. It has nothing to do with a human body as it isn't generated there.

Sacred means being available for the unseen portion of life that can only be felt or sensed internally.

It needs being present to the moment and all I touch in that moment.

It is a dance with the diversity within creating.

It's walking the dog, going through the meadow, etc. I have to shine my inner light out so the light within the other is invited. That is the honest and sacred interaction, the dance of creation.

Its physics that creates concepts with names for what simply is, and the is-ness is felt by a deep knowing.

The need to understand before having a well-established connection to the inner compass, will pull away from expressing the unique within you.

Falling prey to the need for proof, and the following discussion about the proof, leads often to comparison -- seldom to one's own roadmap.

Expressing compassion, the balance of love and wisdom and staying neutral is my path.

\*

There is a difference between embodiment of joy or understanding the workings of joy.

Heaven the astral trap to reincarnation.

The plasma physic isn't describing the joy within sacredness.

\*

Language of humans are a trap. The language within the sun body, the one heart is what truly creates. Man made language is polarizing and serves magic .

Magic serves a wanting, creation serves the all.

Sure magic is an experience within creation, within the experience of service to self.

I still feel we can't just wipe out all human patterns and needs. In the end we will become aware and let one after another pattern go for the love we feel with our truth.

Together is a natural happening after each human is living it in him/herself.

Yielding to awareness and intuition are the way. We can't eradicate the human yet can realize ways to work through it.

Identification with the knowing truth combined with compassion for the human.

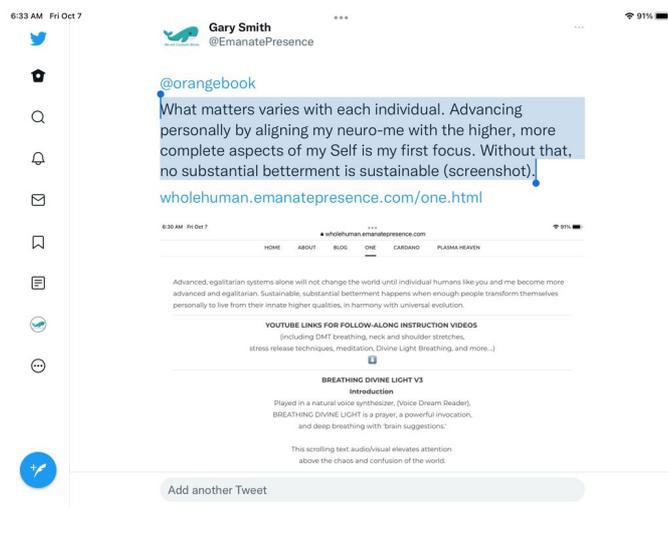
The only freedom and help we have is the roadmap within our soul.

Including the guidance to navigate this map from the central sun.

Called also logos.



What matters varies with each individual. Advancing personally by aligning my neuro-me with the higher, more complete aspects of my Self is my first focus. Without that, no substantial betterment is sustainable (screenshot).



**Disclaimer:**

Advice (e.g., medical, financial or personal) is not given here.  
Each person is responsible for their own choices, actions and consequences.