

Chapter 7

Revealing the Secrets of Talk Therapy with a Question What Causes Addiction?

Have you ever been addicted to something or someone? Did you notice how this addiction changed your perception of time? In this chapter of Plain Talk about Talk Therapy, we're going to look at how this feeling defines addiction. What is addiction anyway? Is it something we can avoid? Do you know? The truth is, understanding addiction is easier than anyone has ever imagined. Don't believe me? Well then let's look. Together, shall we (smile).

“Frames of Reference”

Almost everything Emergence Personality Theory posits is based on fractals. Thus the theory makes very few assumptions about human nature and none based on research statistics alone. One of the few assumptions it does make then is that what we create in our world, we create in our likeness and image. Nothing too earth shattering to accept here. We design our technology so as to make us feel good. Or at least, to fit our needs.

What is important to see here though is that since it is we who design, build, and buy this technology, it must in many ways mirror who we are. Both on the outside and on the inside. How both our bodies and minds function.

What makes this idea important? Because if this idea is true then a good

Altering Time - the Basis of Addiction

(How Emergence Personality Theory explains addiction)

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Despite the obvious differences, all addictions share one thing. Indulging in them alters the way you perceive time. Thus the most basic references we make to addicting substances divide them into only two groups; uppers and downers. In other words, they either speed up our sense of time or slow it down.



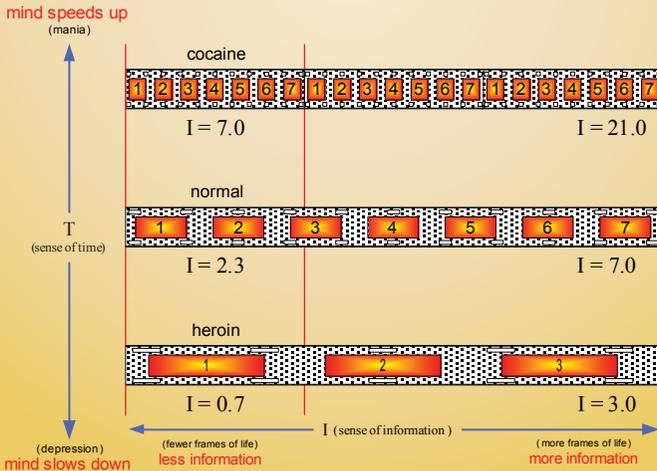
Meaning = Information (Time)

$$M = I(T)$$

(cocaine) $35.0 = 7.0 (5)$

(normal) $11.5 = 2.3 (5)$

(heroin) $3.7 = 0.7 (5)$



way to learn about human nature is to explore the nature of what we create. How this technology functions and communicates. And how we interact with it. Especially with technologies which store and retrieve information.

Why information? Because the grand fractal of all fractals within Emergence Personality Theory is the one which empirically describes the nature of the human mind. The Formula for Human Consciousness. $M=I(T)$. And because one of those variables stands for information.

What exactly does this little bit of algebra describe?

Basically, it describes every single experience we humans can have. And have had. And will have. No small feat to be sure.

How does it do this?

By describing and defining the relationships between Information, Meaning, and Time. The three variables within which the nature of all things human lie. And yes. I realize that by describing human consciousness in just three variables, I will make many folks wonder if I've lost my mind. How can anyone even know if this formula is for real?

My answer. You can know because of what it does. What does it do? When you use it to chart the visual intensity of what appears on screen of the mind, each time you do, you will find the same four three dimensional fractals hidden within the data. The same four. And only four. Or as I define fractals, the same four *recognizable (visual) patterns which always repeat differently*. As opposed to the holy grail of mainstream science, *recognizable (numeric) patterns which always repeat identically*.

Have I lost you already? Sorry. It's just that I'm feeling a bit excited and anxious to get to what we'll be talking about here. The underlying nature of addiction itself. At the same time, I know all too well that I must first ground what I say in more than just assumptions. I need to offer empirical proof. *Meaning* equals *Information* multiplied by *Time* is this empirical proof. Or as I more commonly refer to it, $M=I(T)$.

What will $M=I(T)$ show you about addiction? Basically just this. That altering our perception of time is what we get addicted to. And that any experience which can do this to us can addict us. Anything at all really. A person. A place. A thing. It doesn't matter. If it can alter our sense of time, we can get addicted to it. Hook, line, and sinker.

Ironically, being addicted to something often makes us feel more free, when in fact, we have actually given our freedom away.

What makes us think we are more free then? The fact that addiction gives us the power to alter how we perceive time. Thus it makes us believe we can free ourselves from the burdens of life itself. This belief is so strong in fact that we can frequently become willing to give everything away. Money. Time. Friends.

Morals. All become increasingly expendable, as we more and more defer to the exhilarating experience of being able to affect our perception of time.

Of course, this then begs the question, can we ever actually alter time in a healthy, meaningful way? The answer? Yes. At times, we can. And I sincerely mean this. Meditation. Spiritual experiences. Seeing your children be born. However, in many instances, we can not. Or should not. Especially in times wherein we feel great pain. Even here then, addiction is never the preferred way.

Of course, my real point here is that in order to understand addiction, we must know some things about how we perceive time itself. Including how altering the way we perceive time alters our perception of everything else. Which then leads us back to my formula for perception, $M=I(T)$.

Why call this formula the Formula for Human Consciousness and at the same time, the formula for perception? Because as far as addiction goes, these two things are the same. In fact, I define *perception* as *the ways in which our minds experience Information, Meaning, and Time*. Perception as subjective consciousness then. Consciousness as what we perceive, as opposed to some external measure of consciousness.

Scientific types would now demand I define my three variables before going on. What do I mean by Information, Meaning, and Time? Know I will be doing this shortly. The problem is, these variables cannot easily be defined. Certainly not with words alone. And in fact, any and all attempts to do so will fail as miserably as trying to define roses with words alone. Or oak leaves. Or cumulus clouds. Or roiling water. Or ocean waves.

Why can't we define these things with words alone? Because all these things are fractals. And because no fractal can be described with words alone.

How then can you define a fractal and in particular, my three terms? The answer? By defining them in relationship to other fractals. And yes, if you are worried we're about to get lost in a math or physics class, don't fret. We indeed will be focusing on the underlying nature of addiction. Where it comes from and how it functions. However, before we can I need to first take you on a bit of side trip. Nothing too difficult really. And for those who describe themselves as math phobic, please hang in there. I promise you'll come away amazed at how simple the nature of addition is. Unfortunately, in order to understand the nature of addiction, I must first talk a bit about how time works. At least, the basics of how we perceive time.

I guess the question to begin with is, can I, you, or anyone for that matter actually understand time? My answer. Yes we can. At least we can understand how we perceive time. Does this sound too deep? You can get it. I'm telling you. Okay, big breath now. Here we go. "Into the valley of the shadow of death rode the six hundred"; defining the big three of human perception; Information,

Meaning, and Time.

$$M=I(T)$$

As I've just said, we cannot use words to define these three variables. Moreover, there is in fact only one way to define them. As algebraically related fractals. No coincidence, this is exactly what Einstein did in his famous algebraically related fractal formula; $E=MC^2$. Here, Einstein defined Energy as Mass multiplied by the Speed of Light squared. Not surprisingly Einstein called this formula, his Theory of *Relativity*. (They're "related" fractals, remember?)

Why bring Einstein into our discussion? Because like me and like my $M=I(T)$, one of the main things Einstein's formula describes is how time itself works. Or at least how our perception of time works.

So would I shock you now if I told you that Einstein's $E=MC^2$ and my $M=I(T)$ are actually two ways to express the same algebraically related fractals? This in fact highlights the very point I've been trying to make. That our physical world, which we call "Nature," mirrors the world of our perceptions, which we call "Human Nature." Not in the literal sense, of course. But in the underlying algebraically related fractal sense of what defines these two things.

Semantically, the word game in which I would prove this to you would go something like this. (Big head in the sky mode on please. Miner's helmets with lights on a plus.)

What we call *Time* is simply *how we perceive energy as it changes states*. Both literally and as we perceive it. Thus Einstein's C^2 and my T are analogous. Expressed as $M=I(T)$ then, Time is literally how we measure the degree to which Information stored in fractal patterns has changed. From compactly packed and capable of suddenly expanding (which is the state we refer to as being energized) to completely decompact and incapable of suddenly doing anything (which is the unpacked state of energy we commonly refer to as waste).

This makes *Information* literally *anything which can potentially or actually be stored in fractal patterns*. Anything from what makes up roses and clouds and coal and oil to thoughts and feelings and human personality. Including the part of human personality we call addiction. This means my Information variable is equivalent to Einstein's M . Indeed, they are the same fractal only expressed in different terms.

How can this fractal sameness be? The short answer? Because both variables refer to the same basic quality, the thing which underlies all information; moving light. At least in our physical world.

Finally, we have Meaning. What is Meaning? *Meaning is how we describe the way information stored in fractal patterns changing over time affects us*. It's influence. On us, and on our world. In other words, if something has no effect

on us, we give it little to no meaning. And this same idea is true in physics. This in fact is what makes “grave circumstances” and “gravity” such a good way to bridge the psychophysics gap. Heaviness. And lightness. Things which press down on us. And things which can uplift us. And we can be talking here about both physical or psychological meanings or both. Energizing things. Or in other words, Einstein’s E.

How then do these two formulas differ? As I’ve said, they differ mainly in the words they use, words based on what they seek to describe. Thus Einstein, as a physicist, sought to describe our physical world. And I, as a personality theorist, seek to describe our psychological world.

In a way then we are simply talking about the perspectives from which we can explore our world. From the “inside” and from the “outside.” Here again we see evidence for how we and the world we live in mirror each other.

Okay. You can turn off big head in the sky mode now and turn off the light on your miner’s helmet. We’re done with the brain scrunching psychophysics lesson. At least for now.

So what does all this funky algebra have to do with the nature of addiction? We’re literally paragraphs away. I promise. Before we get there though, I need to review a bit.

Setting aside the algebra, can you see how both Einstein and I have both described Nature in only three variables, one of them being Time? And yes, spiritual / philosophical types may squirm a bit here with that I’ve equated *perception* with *consciousness*. There is even a natural reason for this squirminess. In part, it’s due to an aspect of human nature wherein humans feel compelled to understand everything *literally*. This then leads us to imagine, and believe I guess, that we can find literal meanings for everything in our world. Including for consciousness. We can’t. But our nature makes us think we can.

My point is, there is no literal meaning for consciousness. Just as there is no literal meaning for time. Nor for energy or mass nor for information or light. In truth, we have only relative consciousness. And relative everything else. Which is why I think Einstein’s Theory of Relativity might better be called his Theory of Physical Relativity. And my Formula for Human Consciousness might better be called my Theory of Psychological Relativity.

All this said, my whole point for pummeling your mind with this philosophical algebra is that Time is one third of everything we perceive. About ourselves. And about our world. Moreover, if Time is one third of all we perceive, then can you begin to see how the power to alter this perception could addict someone?

Now take a moment to consider what I’ve just said. How powerful would you feel if you could change how you feel about *everything* in your life? Addic-

tion offers us this possibility.

In other words, whenever we get addicted to anything; to a person, place, or thing, our experience of this addiction alters how we perceive everything in life. Including, of course, how we feel about this person, place or thing. But also how we feel about everything else.

Moreover, regardless of who or what you get addicted to, the underlying commonality in all addictions is that we get addicted to the power of altering our perception of time. Which then allows us to effect how we perceive everything else.

Admittedly I have sidestepped the unknowable questions here, like what makes us conscious? And what proves we are conscious? About these questions, I remain distantly curious. And excited by Maturana and Varela's posited answers. Fortunately for the sake of our present discussion, we need not answer these questions. Thus, I'm merely noting they exist and moving on.

Enough philosophy and psychophysical algebra already. Let's move on to the pragmatic aspects of addiction, such as how altering the way we perceive time addicts us. How does it? It turns out we need only two continuums in order to list all the possible ways, and in this chapter, we'll look only at the main one. The continuum for how quickly or slowly we feel life is going. The rate at which the "frames of the movie of our life" are passing in front of our eyes.

Interestingly enough, this last metaphor turns out to be a very accurate way to describe how we get addicted. What the heck am I talking about? Let's take a look.

“Frames of the Movie of Life”

To begin with, please notice how, in this chapter's diagram, I've again equated something from the physical world (the frames of movie film) with a part of human personality (how we perceive time passing). In other words, did you notice how this drawing is a *psychophysical* diagram?

This aside, how then do these two things, movie film and our perception of time, fractally equate? Let's start with the idea that both what we see in movie film and what we see in our minds occurs in "frames." What are frames?

Frames are individually "framed" snapshots of life placed into a meaningful sequence. Thus although we see movies as continuous movement (thus the name), movies are actually a long sequence of individually framed snapshots. And because they pass a fixed point, the projector bulb, at a fast enough rate, we get the illusion that what we are seeing is continuously moving.

The first thing to note here would be how the individual frames of a movie cannot be shifted or resorted to mean other things. At least not easily. This is because they are sequentially fixed in time. Physically fixed. And of course, while

film editors get paid to shift these frames around, rarely if ever would a film editor edit at the single frame level.

Normally then film editors work at the group of frames level. In this way, film editors get to almost magically make us believe that the action we see unfolded as we see it on the screen.

Why say all this? Because physically, our minds function similarly. How? First of all, scientists tell us that we too see life as “frames.” What I mean is, our minds refresh at about forty times a second. Forty frames of life to be exact. Thus we too see life move because our minds see the frames of life we record pass our mind’s eye forty times a second.

By the way, in the case of movies, the individual frames of life go by at about 24 times a second. Which then provokes a question. So if the screen of our mind refreshes 40 times a second, and if movies frames change at only 24 times a second, then why do we not see the movie frames changing? The answer. The film projector mechanism is designed to interrupt the light behind each frame two or three times per frame. Thus, while the film itself is actually running at only 24 frames per second, the opening and closing shutter in projection devices makes us believe the film is running two or three times faster.

This means, while movie film contains only 24 frames per second, the projector makes it appear to us that we are seeing something running at 48 or 72 frames per second.

What makes this frame rate important? A related psychological phenomenon called the *flicker fusion threshold*. Also called, the *flicker fusion rate*. To what does this phrase refer?

It refers to the fact that human beings perceive light that is pulsating at below the rate at which our minds refresh as flickering.

We also see light that is pulsating at near or above the rate at which our minds refresh as being continuously on.

Know that the exact rate at which we perceive this change from flickering to steady varies depending on the person. As well as on things like your state of consciousness versus your level of fatigue. And on the brightness of the light source versus the sensitivity of your eyes. As well as on the amount of the retina being hit by the light. And so on and so forth.

My point here is, people rarely perceive flicker in things which change frames at about twice our mind’s natural refresh rate. Which turns out to be about 75 Hertz (cycles per second) for most mechanical devices. For most people. Most of the time.

Okay. So can you see how both movies and our minds perceive life as something which changes frames at so many times per second? More important, can you see how, if we speed up, or slow down, movie film, how this then alters how

we perceive time, certainly for what we see happening in the movie? Our minds function very similarly in that whenever our perception of time changes, it is because the physical refresh rate at which the flat screen of our mind refreshes has changed.

All this said, can you see where I have been going? To this one important question.

So what exactly has the power to change our mind's psychophysical refresh rate? The answer? Any and all things to which we can become addicted. Anything from having sex and spending money to taking sedatives and overeating.

How do these things alter our perception of time? Let's start with the obvious things. The things we've already labeled with how they affect our perception of time. Speed-er *uppers*, like cocaine, amphetamines and caffeine, and slow-er *downers*, like heroin, valium and nicotine.

Did you notice my reference to how we label these things? We label them by how they alter our perception of time. Please keep this mind as we go through the next section on how addiction addicts us.

Addiction as the "Projectionist"

So how does addiction alter our sense of time? With uppers, of course, our perception gets affected similarly to how speeding up a movie film would alter our perception of the time. And amazingly, because our world is *psychophysical*, this change affects both of us; both the movie film and our minds. In other words, we perceive both what we see in the movie and what we feel in life as being sped up. On the edge of our seat. More exciting.

Why do we feel this? Because the increased speed makes it seem as if there is more going on. Life is literally speeding along. And we are on a thrilling ride. Or as gamblers would say, we feel more "action."

With downers then, we get affected in just the opposite way. In other words, downers affect us similarly to how slowing down a movie would affect us.

Thus, downers make us perceive life as if it is passing by slower. In more manageable bites. This then is similar to how slowing down a fast paced action movie would enable us to take it in more easily. Sit in our seats a bit more comfortably. As well as giving us more time to understand what it all means. Including to us.

How do things other than drugs and alcohol alter our sense of time? Start with what we've just said; that *uppers* speed up our perception of life, and *downers* slow it down.

Now if we sort things other than drugs and alcohol into one of these two piles, we see that gambling is an upper and overeating is a downer.

Not clear why I am saying this? Well think about it. As you are waiting to

see if you won the lottery, how fast is your mind going? Faster than it normally does. That's for sure. And has time literally sped up? No. But it sure feels like it has.

Now how about overeating. When you overeat, how fast is your mind going? Or when you eat fine food at a fancy restaurant? How fast is your mind going? Slower than it normally does. Can you picture this?

The point here is, consciousness wise, this change is what we get addicted to. To how we can, almost at will, alter the way in which we perceive time by eating, drinking, drugging, gambling, sexing, spending, and so on.

Please keep in mind here that I've mentioned we need two continuums on which to describe what actually addicts us. Time is only the first one. Admittedly it is the main one. But still, there is a second one.

What is it? The feeling of *euphoria*. And we'll be exploring *euphoria*, and how it addicts, in the next chapter. For now though, please focus on how the ability to speed up or slow down life is built into the very nature of these activities.

Not clear on what I mean yet? Then let's try looking at two more potentially addicting activities. Video games (a speed-er *upper*) and compulsive exercising (a slow-er *downer*). What normal person could play a video game and not have their mind speed up. This, in fact, is what hooks us on video games. Again, the perception of excitement and action are the keys here.

Likewise, what normal person could go through a whole gym routine and not have their mind slow way down. We even say this. We feel calmer. More even. Back to a normal pace. Thus no normal person's mind races at the gym. At least, not while you are actually working out. Unless of course you get a peak at the hot babe in the skimpy outfit who just walked by your treadmill. In which case you literally switch perception gears as your mind speeds way up. Which we do of course in order to record more information. Which is why we can then get addicted to sex. More frames of life in less time. Exciting.

Now think about what I've just said and about how we can get addicted to sex. In a way, having sex functions much like vigorous exercise. Even if only in our heads. Thus, for the most part, having sex slows our minds down similarly to how vigorous exercise slows our minds way down. Thus, the idea behind Marvin Gaye's, "Sexual Healing," and all that.

At the same time, the thought that we might have sex with a hot babe (or a hot boy toy) makes our minds speed up tremendously. This then is how we can get addicted to the "before sex actually happens" part of sex. Flirting. And indeed, some people do. Serial daters, take note.

Speaking of which, can you see how similar this is to how overeaters feel "before" they actually eat. Thus for an overeater, the process of acquiring food can addict just as much as eating the food. Moreover, because these two experiences

both alter our perception of time, things like sex and overeating can actually addict in both ways.

In reality then, we can have two addictions, not just one. And oftentimes, we do. In other words, we can get addicted to thinking about something which, before doing it, speeds up our perception of time. And we can get addicted to doing something which slows down our perception of time after we do it.

What about things like meditation and visiting the Grand Canyon then? These things also alter our perception of time. The timeless moment kind of thing. So are these things also potentially addicting?

For most people, probably not, although I suppose mountain climbers and world travelers might be susceptible. To see why not though, you'll have to wait until the next chapter when we talk about euphoria. Why? Because the primary factor in these activities is euphoria.

Before we end this chapter though, I'd like to bring your focus back to my point for all this; plain talk about talk therapy. What does all this talk about addiction have to do with talk therapy? And how does knowing this Fractal for Perceived Time help you as a therapist or client?

The Therapist as the “Projectionist”

As a therapist, one of the main things guiding what I do in my practice is that I rarely use therapies which do not lead to permanent healing. Other than to help people in emergencies to do better damage control. And yes, in emergencies, it is better to teach people to do damage control than to try to help them to heal. Given options though, I prefer to have the suffering people feel in therapy lead to their healing something.

This said, so how can the Fractal for Perceived Time help us to help addicts to heal? Before I answer, I need to make a disclaimer. Addiction, per se, cannot be healed. Why? Because to paraphrase something the founder of AA said, there is no such thing as “addiction” as a disease. Addiction, like heart disease, is a collection of diseases.

Of course, when Bill Wilson said it, he used the word, “alcoholism.” Even so, this merely goes to show how brilliant he was, in nailing something most people even today often miss about addiction. That it is a collection of injuries all bound in one book. The book of the person's mind.

Why preface what I'm about to say with this disclaimer? Because what I'm about to tell you are two stories in which I used the Fractal for Perceived Time to help an addict heal a single part of their addiction. One part. Period. Thus, while there is no way to heal a whole addiction, you can heal parts of it. Permanently. Each time, improving the addict's chances for a good life.

How would you go about doing this then? The most obvious way would be

to visually explore how the particular addiction changes the person's sense of time. Both before, during, and after indulging.

How would you actually do this? By exploring, in fine detail, what the person does right before, during, and after indulging. As you do this, sort into two piles what the person can and cannot picture on the screen of his or her mind.

In a sense, this is similar to how film editors examine mangled film a frame at a time. They look through each and every frame looking for what they need to edit out and where they need to splice.

Add to this that healing an element of a person's addiction is like editing a film so as to clarify the meaning. Thus, as you review with the person the details of what he or she can and cannot see, you gather frames of information between which you at some point will insert or delete something. What? I'll show you in a moment.

Once you have gathered the critical elements then, you the therapist then act like a psychophysical movie editor and purposely alter the speed at which the projector of the person's mind is playing the "get high" movie.

In essence, what you are doing here is using your ability to alter the person's sense of time so as to counteract the addictive properties of the person, place, or thing to which they are addicted. You do this by visually altering the speed at which what the addict sees on the flat screen of his or her mind is going. Slowing the person's perception down if the addiction speeds life up, and *visa versa*.

How does this play out in real life then?

I once helped a man who was addicted to ordinary cold pills. Weird, right? What he would do is, he would gulp down a whole card of cold pills all at once which he said gave him a downward buzz.

What did I do? I had him picture, in detail, every step of the way from buying the pills to gulping them down. And at each step of the way, I helped him to notice that his mind was racing. How? By getting him to notice how when he pictured the details, his mind slowed down. In other words, the antidote to the man's addiction was the contrast and compare between how fast he normally went and how it felt to picture these details. In fact, the more he pictured the details, the slower his mind would go. Thus, picturing details literally slowed down this man's perception of time. Just as slowing a movie film down would do the same thing.

At some point then I had gathered enough frames of the movie and had figured out where to make the edit. Where did I make the edit? In the moment just before he actually gulped down the pills. Which usually took place when he got back to his car right after buying the pills. There he would rip the pills as fast as he could out of the pill card, then swallow them down in a gulp. Then he'd wait for his perception of time to change in the way he loved. The slow *downer*

feeling of life slowing down to which he had become addicted.

What kind of edit did I make? Something I call the “surprise edit.” Thus, what I did was, I had him imagine arriving back at his car. Then I had him imagine *slowly* taking the pill card out of the paper bag. Then I had him imagine himself *slowly*, painfully removing the foil from the back of each pill slot. I then had him painfully *slowly* picture himself crumpling up all this foil into a crinkled ball, slow piece by slow piece. Finally I had him, without warning, imagine suddenly putting this ball of foil into the back of his mouth and biting down on it hard. Arrrrgh! he exclaimed. Whoa! That’s bad.

Then he and I laughed. For minutes actually.

He never took cold pills like this again. He never even had the urge. Can you see why? Because I had edited into his consciousness the exact opposite experience. Including that he could literally picture biting down hard on a ball of the foil he had taken from the back of a cold pill card.

Know there is an important question which I will not address here; what makes this kind of intervention heal? My answer. I apologize yet again, but I’m afraid you’ll have to wait. At least, until the chapters in which we explore the nature of healing. There we’ll explore how you can know for sure that someone has healed. As well as how to know nothing has actually healed. For now, we need to stay focused on how purposely altering an addict’s sense of time can help lead to a healing moment.

Now let’s look at a very different addiction. Overeating. In this story, I helped a fourteen year old boy to stop overeating. How? Let’s see.

To begin with, his mother brought him to me after he gained 40 pounds in a year. Imagine. Fourteen and forty pounds in a year. And while there was quite a bit of other stuff we addressed which surrounded his weight gain, there was a single intervention which turned the whole thing around. What? I had his mother, myself, and him each eat a single slice of pizza. A single slice. After which the boy lost most of the weight he had gained and fell in love with feeling fit and eating right.

Sound impossible? Here’s what I did.

I had his mother bring in three slices of pizza to a therapy session. I then had him and all of us in fact slow down before we began to eat. How? By doing the usual. I had them notice the small details. The smell. The color. The box. And so on. All while the boy continued to salivate.

Then I set up the potential edit. I told them both that the object here was for them to identify as many things about eating pizza as they possibly could. That they were to try to consciously taste as many individual ingredients as they could, separately, including the four basic flavors; salty, sour, sweet and bitter. As well as things like the taste and texture of the cheese and crust and so on.

How slowly can you eat a single slice of pizza? Well it must have taken us at least fifteen minutes and in fact, it may have taken us more time than that. Moreover, as with all healing moments, in the magic moment, I saw visible surprise on the boy's face. After which he said to us that *he was no longer hungry*. No longer hungry! This despite the fact that it was mid afternoon and had eaten no lunch. He in fact still had some of that slice of pizza in his mouth when he told us this. Which understandably exempted him from his mother's admonishment not to talk with his mouth full.

She smiled.

So did I.

Now think about what happened here. What happened?

One. I had the boy slow way, way down. When? When he was in the *speeding up on his way to actually eating* phase. Thus, I had him do the very thing which would act as the antidote to his speeding up. I had him consciously notice more and more details. Which made his mind slow down.

Two. I had the boy do something which strayed far outside the norm. Similarly to what I asked the man to ball up the pill package foil in the prior story, I asked the boy to *consciously* notice all the tastes and textures *separately*. We don't usually notice these things let alone notice them separately. Thus, his doing this allowed us to access the part of his brain wherein permanent change occurs. The area which registers surprise.

Three. I had him do all this *in front of his mother*. In front of his mother. He, a fourteen year old boy. This significantly heightened his normally lowered awareness, giving him even more access to the part of his brain wherein permanent change takes place.

Finally, in an ongoing way, I had him gently but continuously notice three things: how much he was tasting, how much pizza was left, and how long it had been since we began eating the pizza. And at some point, nature simply took over and did the real healing work. At which point he had the healing "aha."

"I haven't finished the one slice of pizza and I'm not hungry anymore!"

Obviously, there is a whole lot to discuss here. Including, as I've mentioned, how these two interventions permanently altered the lives of these two people. And yes. As I've been telling you, altering an addicts perception of time counteracts his or her addiction. Even so, what in what I did made these interventions work? What mechanism was at work here?

At the risk of inciting your interest further, at this point, I shall decline to comment further. Other than to promise, as I've done so often before, that we shall indeed return to this idea in a future chapter. In depth, then. I promise.

This Chapter's Session Notes

Here we are at the end of another chapter. Again, I've shown you a whole lot of stuff based on a fractal. This time, a fractal found within human nature; the fractal for altering one's perceived sense of time. As before, I hope I haven't overwhelmed you too badly. Just in case though, let's review what I've said in this chapter. Briefly, if that's even possible.

Human perception, which is to say, human consciousness, can be defined using only three variables; Information, Meaning, and Time. Moreover, rather than trying to define these three terms with words (which in truth, cannot be done anyway), the best way to define each of these three terms is to voice them each as an algebraic formula which relates each fractal to the other two. An algebraically related fractal formula. The "relativity" being the key here.

In this way, $M=I(T)$ is similar in nature to Einstein's $E=MC^2$ in that both are algebraically related fractal formulas which then relate fractally to each other. Said in other words, Human Nature mirrors Nature. Fractally, they relate.

In addition, there is a direct relationship between these two formulas; between $M=I(T)$ and $E=MC^2$. In fact, these two formulas are analogous, differing only in what they seek to define. $M=I(T)$ seeks to define all of human consciousness. $E=MC^2$ seeks to define all of the physical world in which we humans exist. Again, Human Nature mirrors Nature. Fractally, they relate.

The thing to note here is that I've included an important limitation in how I've just voiced this. I've just said that $E=MC^2$ seeks to define *all* of the physical world *in which we humans exist*.

The words to pay close attention to here are the word, *all*, and the phrase, *where human beings exist*. These words limit what I've said so as to make them true. How? By acknowledging a limit most modern physicists do not observe. What I mean is, many of them seek to define and understand all places, including places wherein we can never exist. Places like the inside of black holes and life among quantum particles.

What makes it impossible for us to exist there? Just one thing. Light as we know it ceases to exist there. And since we are made of light, we can not go where what makes us human ceases to exist. Duh!

Again, more on this idea in later chapters.

And yes, it very much does relate to talk therapy.

What else did we discuss in the present chapter?

The idea that if $M=I(T)$ is true, then our perception of time is a full third of what we use to define our experience of the world. And our experience of ourselves as well. Thus when we alter time, we alter our perception of everything. Including ourselves. And this perception is based entirely on the speed at which

we feel that life is moving. Which then determines how exciting we think life feels. As well as how calm and soothing it feels.

In addition, rather than this merely being our perception, because our minds refresh similarly to our psychovisual machines (movie film, computer monitors, televisions, etc.), we literally live within limitations imposed on us by our mind / body make up. Something I call, our *psychophysical* make up. In grand terms, the Theory of Physical Relativity is fractally related to the Theory of Psychological Relativity.

Where then does all this psychophysics connect to how we get addicted? Addicts use things like money, sex, food or drugs, to alter how they perceive time in a semi predictable way. Either to speed it up, or to slow it down. This then is one of only two experiences which underlie all addictions. Altering perceived time being the main one. The other one being euphoria.

Speaking of which, this is what our focus will be in the next chapter. Euphoria. Which just so happens to be the main *symptom* of all things addicting. As well as the secondary motive which draws us to them. Specifically though, we'll be looking at where euphoria comes from, how it affects us, and how this chapter's focus; altering our perception of time, creates it. And yes, euphoria comes from an altered sense of time. *Body / Mind Time*, that is.

Body / Mind Time?

Yes, *Body / Mind Time*.

Arrrgh. He's using another new term Edith.

I know. Try to let it go until the next chapter Archie.

Until next the next chapter?

Until then.

I hope you are well,

Steven