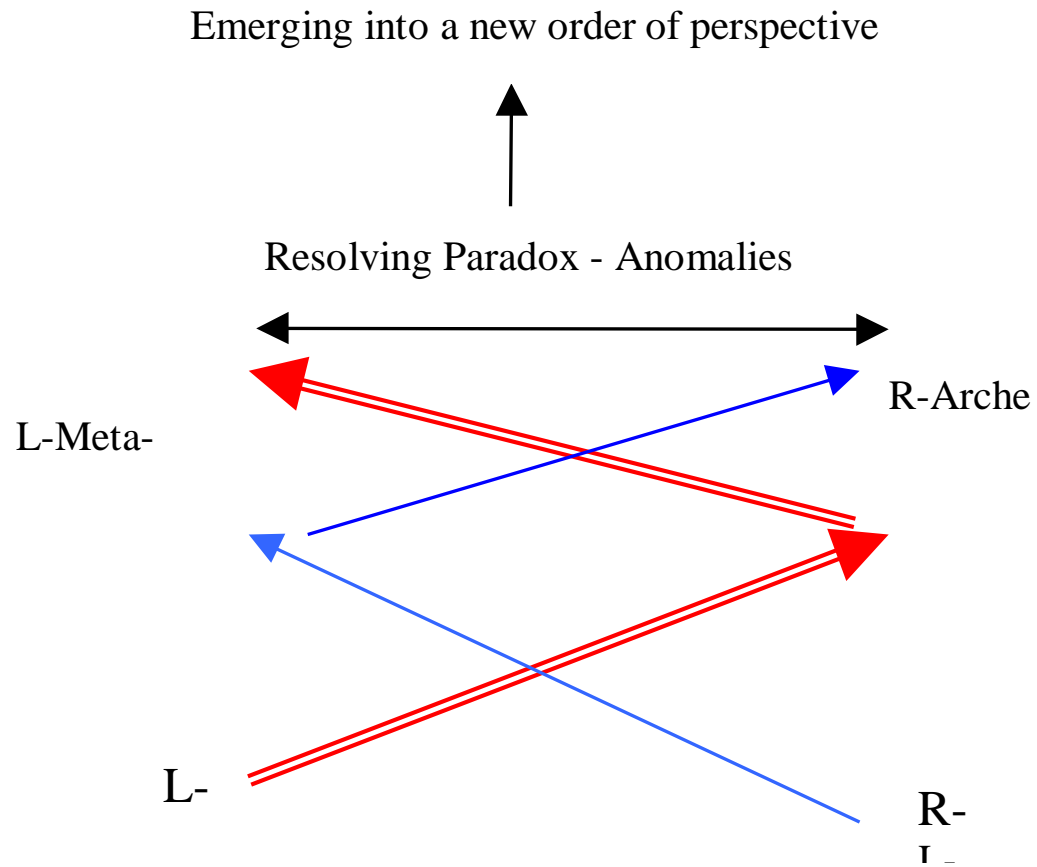


Examples of research notes

Nexial-topology
manipulates
changes of iconic
shapes

Mapping the shifts between perspectives as a double development, intellectual and experiential



Shifting Perspectives proceeds by shifting sides (\rightarrow or \leftarrow), and integrating 'both sides' and emerging into a new order/perspective by returning to the nexial perspective before detailing it in a new order.

STARTING CIPRAMIL (CIP) / RESTORES again

DATE	TIME	POSOLOGIE	EXPERIENTIAL CORRELATES
Thur. 13.01.00	Last night 8:15 8:00 8:10 8:20 L 8:00 8:30	1 CIP HUAN + IRES + TY + CYS + ARG + DLPA + GLU + B6 SPI + X 1/2 B6 + A + E + Mg + 1/2 Ca + GIN Ef + Ke + FORM 33 + CAU + 1/2 B3 + GKO SPI + 369 + FORM 33 + A + E + DQ SPI + CYS + DLPA 369 + FORM 33 + CAU + A + 1/2 B6 + K + Mg + GKO + DQ	dry mouth, bad taste, intestinal gas, headache - For 2h only RES taken 2min before Gone to Mova world - <u>crisis in a ride</u> - nearly out to hospital headache on way back. Back: BP, slight nerve pain in legs very weak spine all day past 2 days: tension behind right knee ("cock")
Fri 14.01.00	8:00 9:30 9:45 10:15 12:45	HUAN 2 RES TY + CYS + ARG + DLPA + GLU + SPI + X + 1/2 B6 + A + E + Mg + 1/2 Ca + DQ Ef + Ke + FORM 33 + CAU + 1/2 B3 + GKO + GIN + DQ SPI +	better mood/energy/spinal tone today RES CIPRAMIL?
Sat 15.01.00	10 10:30 12 3:00 9:30 12 mid	Huan TY + CYS + ARG + DLPA + GLU + 1/2 B6 SPI - 1/2 B6 + A + K + Mg + 1/2 Ca SPI Ef + Ke + FORM 33 + CAU + 1/2 B6 + GKO + GIN + DQ SPI + CYS + DLPA + 369 + CAU + 1/2 B6 + K + Mg + 1/2 Ca + GKO Huan + TAU + Zn + CIP	mood/energy/spinal still better, as yesterday = 3 no discomfort in belly or legs - Walked to pool + back + swim: I'm rather slow
Sun 16.01.00	9 12 12:30 1:30 6:00 8:30	Huan + CYS + ARG + DLPA + G-LU + 1/2 B6 + TAU SPI x 2 1/2 B6 + A + Mg + 1/2 Ca Ef + Ke + FORM 33 + CAU + 1/2 B3 + GKO + GIN + DQ 369 + FORM 33 + A + DQ + SPI - CYS - DLPA + GLU 369 + CAU + 1/2 B6 + K + Mg + GKO + DQ HUAN + TAU	depressed although spinal tone 2 Slept 2h this morning - Had my eyes in dark: Feell need melatonin Slept 2h this afternoon "whole in the chest" of smoking is gone bad taste in mouth when smoke

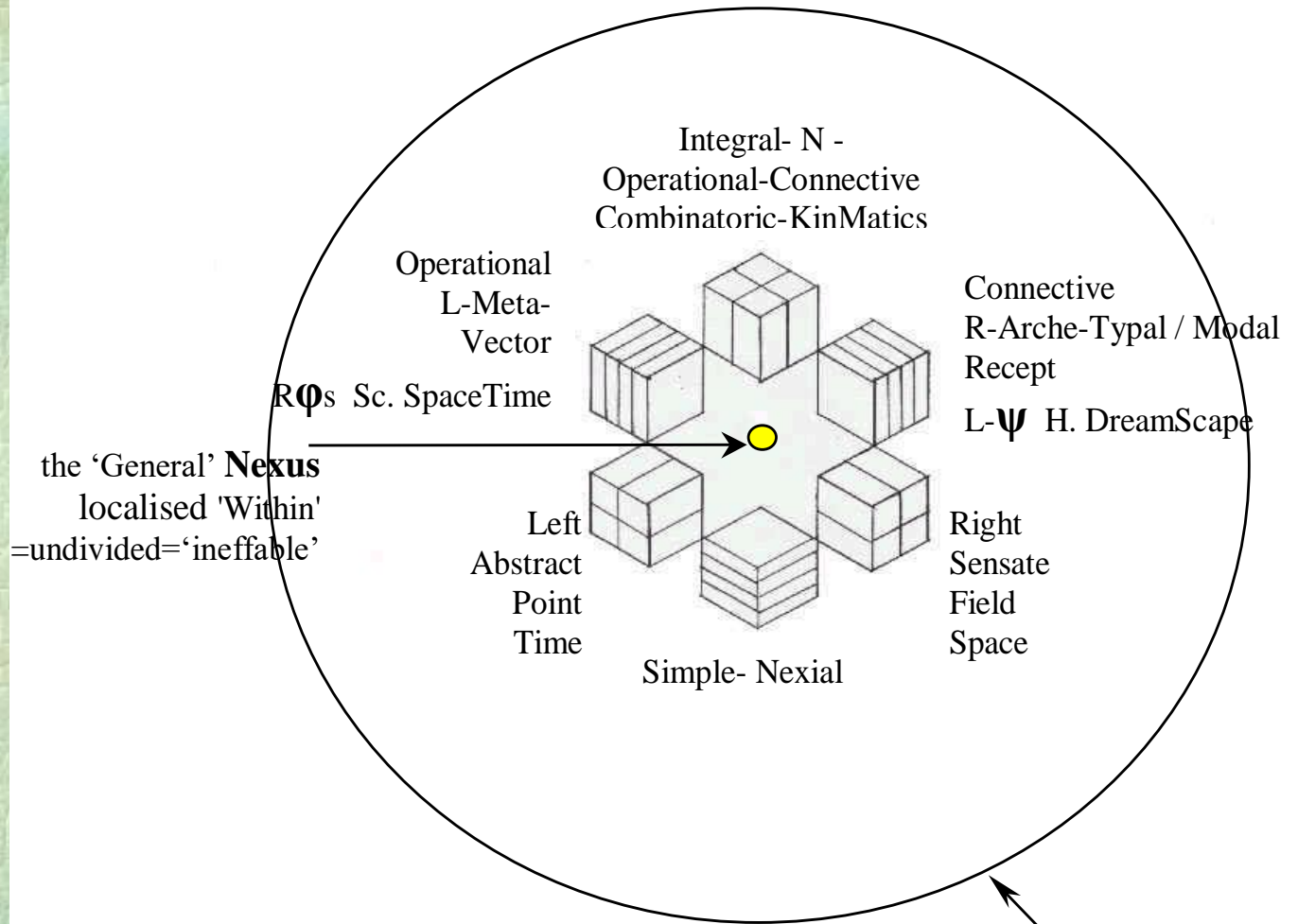
Early experiential correlates records

SPINAL TONE SCALE

- Scale Spinal tone
- 0: last week, ego type
- 5: "normal"

→ Hist allergy to smoke
immediate HTY MBS

An early M6
map of
perspectives
that leaves
the problem
of a 'whole'-
center



the \mathbb{B}^5 -'ball' = 'One'
can be apprehended as
the **Nexus local** to a human
with **global** characteristics of its '**life**',
(a lived universe)
without an 'outside', objects or subject

Connection between observations & literature

SIGNS:

the RED SPOT ("mark of God") happens both when \uparrow \downarrow at Boundary balance

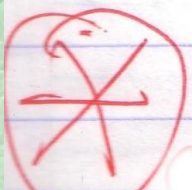
from Archie's maths course, lesson 1.3
p 54

: Lack of Vit B3 can lead to

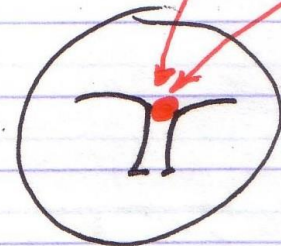
ROUGH
RED
RAW
SORE skin

It is Rough - Dry
Red - Raw
like a sore
but is not painful

ARCHIE: gets, instead,
a PIMPLE right then



(Has happened to me twice in the



Values of sexual hormones in the female cycle bring up 'mountains' & 'valleys'

Values of sexual hormones in the female cycle:

General 'normal' statistics (in mg/dl of blood)

Days	Day 28=day1 to day 14	About day 10- 11	About day 11-19	Day 21	Day 14 to day 28=1	Life phase:
Ovarian cycle phase	Follicular = Phase 1	Pre-Ovulatory Estrogen Peak	Mid-cycle FSH- LH Peak↔drop	Day 21 Progesterone Peak	Luteal = Phase 2	Post- Menopausal Pre-Pubertal
FSH	2.5-10.0 (rise)		3.0-33.0 (peak↔drop)		1.5-9.0 (alt)	Post: >23.0
Marika- D- 25						
LH	<15.0 (alt)		15.0-75.0 (peak↔drop)		<15.0 (drop)	Post: 5.0-50.0
Marika- D- 25						
Estradiol Oestrogen	70-670 (RISE-fall)	Pre-ovulatory 550-2000			200-750 (rise-FALL)	Post:<2.5 Pre: <40
Marika- D- 25						
Progesterone	<5.0 (RISE)			Day 21: >15.0	10.0-82.0 (even rise-fall)	Post: <2.05 Pre: Negligeable ? -too small-
Testosterone						Normal value: 50-100mg/dl - No cycle described

Comparing symptoms of stress with 'reading' global-local signs

Seeing only Signs of Stress

in 3 specific systems, localised in space-

There is a problem to solve: some and

Uniformising ma

3 signs of Stress ReAction: (spe

Water: coughing, twitches
clumsy, little accid
itches, sneeze, di

Fire (Spirit, Fats, Oxygen)

emotional uproar: fru

Physical energy: ex

Sensory-Motor Reac

Earth: changes in the app

Signs of loss of 'healthy/normal'

Immune: colds/flu, painful

Nervous: numb, slow refl

Endocrine: mood chronica

Rigidity

Body (Integral One): chan

'Reading' global signs (in body and in world):

(2003)

Using (N3p) **Signals** (pain, startles, noticeable small changes such as mental or sexual activation, etc.)

(N2d) **Signs** (visible changes in body shape, colour, skin texture, etc.)

(1) Watching for Subtly Noticeable Signs:

2 domains: Local and Global (not time-space localised)

2 indicators: Scale and Scope (not general-specifically localised)

manifesting in 3 spheres of Shaping

No problem to solve yet, but a leaning: something must be done [Nourish adequately: Flow]
Uniformising makes potential actual, perfects mind, completes body, makes life Full, keeps it One

'Reading' Local signs (to my life)

Mood or 'energy level':

Mood going down: 'tired of it', 'bored', 'wish I was somewhere else', tired (→ exhausted, drowsy)

Mood going up: excited, impatient, 'can't wait', passion → drive 'want to get it done', 'have to finish'

Body temperature:

-Harmonic resonance: 'too cold', 'too hot'

-uneven, **not symmetric all-around**: cold hands, hot head

Global: (encompassing my entire OneScope)

SCOPE (projection of sense of self):

Contracting: shrinking in fear, under stress, or contracting to toughen up and 'take it'

Expanding: lashing out, need for social/cuddles, 'helping others', tell others what to do

SCALE (lost middle):



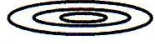












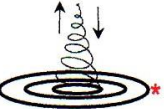
Lost the peacefully active, happy feeling of Free-Flow

Lost the sense of freedom, of Free-Standing

There is yet no 'problem' to 'correct', it's liveable, but the SHAPING is leaning toward reactive stress, chronic degeneration. 'Something must be done' to uniformise scale and scope (Nourish) or illness, ageing, life problems become actual.

A study of the element 'Water'

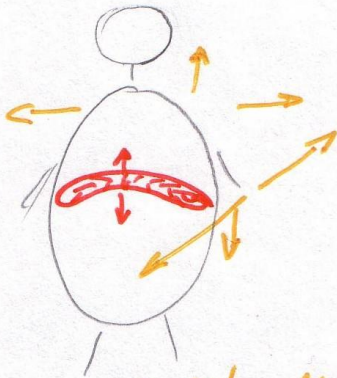
Developmental study, of essential concepts of water in three cultures, through etymology and symbols

Indo-European	Aboriginal	Chinese <i>Shui</i>
<p>AQUA- = island, *</p> <p>→ <i>fons</i> (fountain, spring) *</p> <p>flow (from <i>wed-</i>)</p>	<p>Waterhole</p> <p>compare to a drop </p> <p>falling in water: </p>	<p>Boundary *</p> <p>eg 'water's edge' or 'cross the great water' develops as need, want, desire</p>
<p>UND- = wave *</p> <p>agitation (from <i>wed-</i>)</p>	<p>Snake or meandering path (ancestor, river, man)</p> <p>*  *</p>	<p></p> <p><i>Shui</i>  as bend + drops** and pressure *</p> <p>(can be symbolised as spiral)</p>
<p>HYDR- = water snake (from *<i>ud-</i>) (duality, ambivalence): → muse ⊕ / nymph ⊖)</p> <p></p> <p>→ caduceus (both *<i>ud-</i> and <i>ud-tero</i> come from <i>wed-</i>)</p>	<p>Rushing out, (causing rain) or plunging in, (to obtain naming mind) or both alternatively</p> <p></p> <p>swallowing-regurgitating (bipolarity → ambivalence about female blood / Naming)</p>	<p>Bifurcation </p> <p>(chirality Left-Right) → water is source of Life, but 'deep water' (Abyss) and the Female are dangerous; pairs of dragons also have double value: ⊕ or ⊖.</p>
<p>WED- = 'wet' double-edged development of 'moist' human life (too much or too little wet) double-valued water (water's double edge)</p>	<p>waterhole snake: *</p> <p>Cosmologic development: concentric circles + spiral = critical event, or oscillation, resonance</p>	<p>Rain</p> <p>Topologic Development of 'One' through boundary + initialising bifurcation = extreme conditions</p>

Difference between normal descriptions of breathing and 'B3-ball' breathing (unpatterned)

B³ BALL - BREATHING

a 6 DIRECTIONS Topography-N2 (double orienting)
a CONSTANT N3-activity Not in-out (constant in Time)
Not up-down
Not contract-release



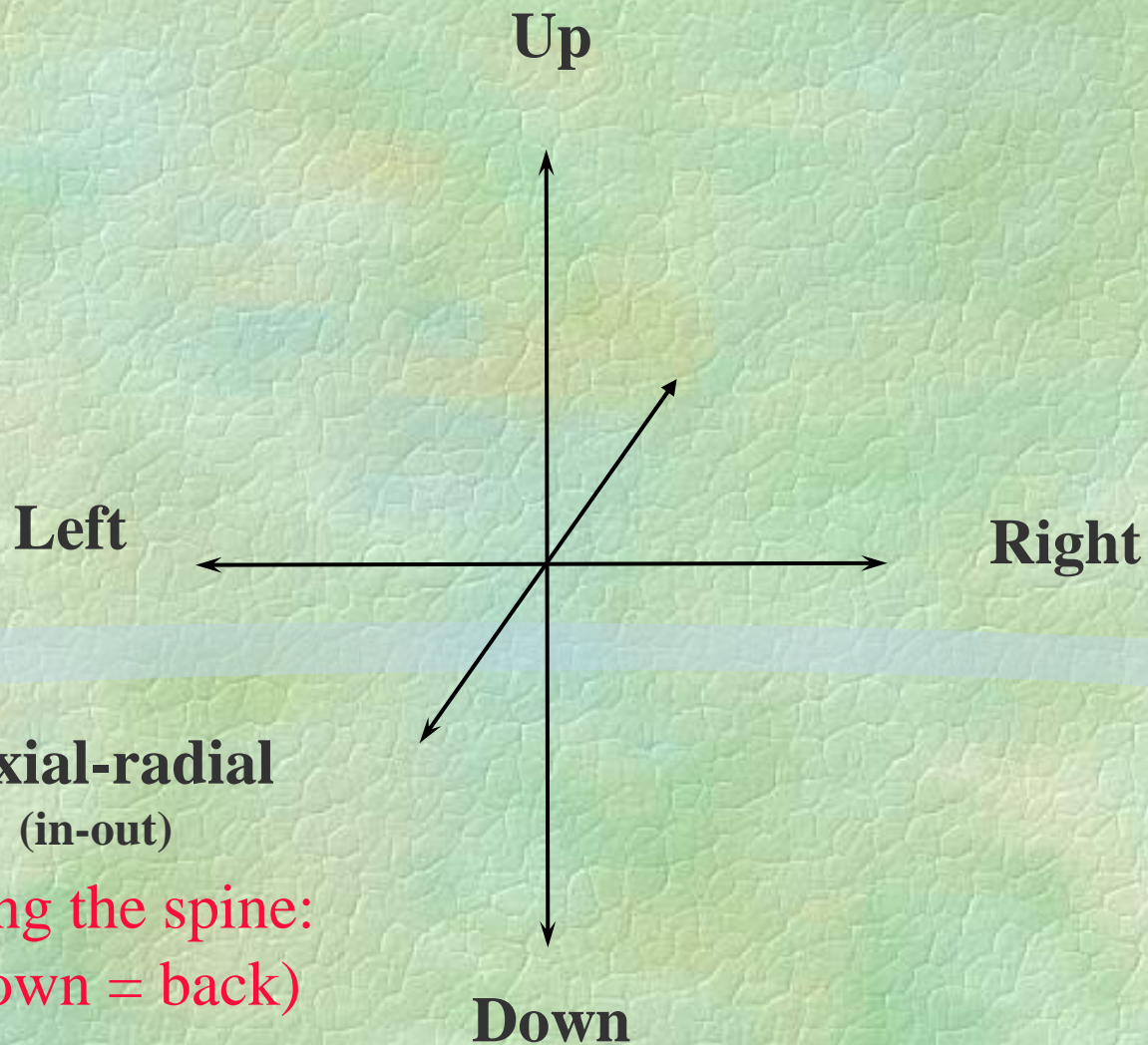
DURING SLOW BODY MOVEMENTS:
- Breast stroke swimming
- Walk

up (shoulders)
BACK RIBS
L side ← → R side
Front Ribs
Down (Diaphragm)

Down: Collar bones
small muscles along spine
Sternum
Up: Diaphragm Contract

BREATHE THROUGH THE NOSE.

An abstract
M6 map
perspectives



(physically along the spine:
up = front & down = back)

‘Nexial’-topology:

An animate geometry that gauges ‘shaping’ by imaging a ‘likeness’ of the ‘presenting’ situation.

Conventional topologies give similitude, imagistic isoMorphism, naturalistic analogy or realistic metaphore.

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