

AN IDIOT'S GUIDE TO POSTULATE MECHANICS

NOT JUST
SCIENCE...
A WAY OF
SEEING
THE WORLD!

Thinking Clearly. Living Freely. Understanding Everything.

LET'S
MAKE SENSE
OF THE
UNIVERSE!

A COMIC BOOK GUIDE TO SEEING BEYOND THE SURFACE
AND LIVING IN HARMONY WITH REALITY.

WELCOME TO YOUR JOURNEY.



You don't need to be a genius.
You just need to be curious.
Postulate Mechanics is the art of
seeing clearly, thinking deeply,
and living wisely.



SEE THE PATTERNS.

Everything
is connected.



QUESTION ASSUMPTIONS.

Don't just accept—
inquire.



SEEK HARMONY.

Balance within.
Balance without.



KNOW YOURSELF.

The inner world
shapes the
outer world.



ACT WISELY.

Choices create
your path.



LIVE FREELY.

Clarity brings
freedom.



THIS IS POSTULATE MECHANICS.

Not just a theory.
Not just a book.
A way of life.



THE TRUTH IS OUT THERE — AND WITHIN YOU. **LET'S KEEP LEARNING!**

LET'S TRY TO
MAKE SENSE OF
THE UNIVERSE!



AN IDIOTS GUIDE TO POSTULATE MECHANICS

PREFACE

**REFERENCE:
POSTULATE
MECHANICS**

All knowledge
begins with
SENSATIONS.

ALL MY LIFE, I WANTED TO MAKE SENSE
OF THE WORLD.



I studied the physical sciences, but quantum mechanics went over my head. Life was exciting, but its complexity left me feeling I'd never catch up. When I retired in 2012, I finally had time to look for answers. I decided to research the boundary between physics and metaphysics.

I WENT BACK TO BASICS.

Mathematics, physics, Hinduism...

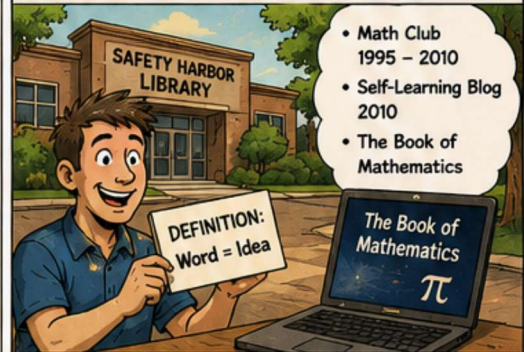


...and also Buddhism and Scientology.



From Scientology, I learned a study method built around looking up the meaning of words.

THIS METHOD BECAME THE FOUNDATION.



- Math Club 1995 – 2010
- Self-Learning Blog 2010
- The Book of Mathematics

It shaped the Math Club I ran, my blog, and the book I published online.

IN 2015, I BEGAN WORKING WITH HIGH SCHOOL DROPOUTS AT A FACILITY RUN BY METROPOLITAN MINISTRIES OF TAMPA IN NEW PORT RICHEY, FLORIDA.



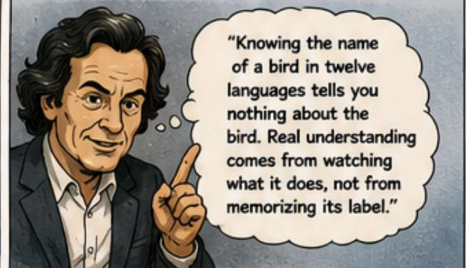
The students just sat there—fidgeting, staring at screens. They weren't making progress. All they wanted was their GED and a chance at a better life.

I TRIED TO HELP THEM CLEAR THEIR MISUNDERSTOODS.



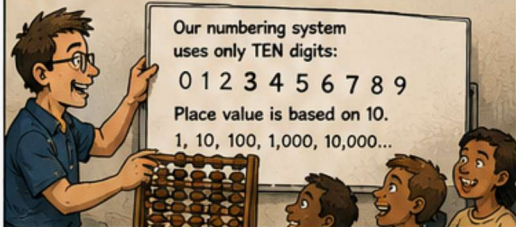
But they were overwhelmed with so much. It reminded me of my own struggle with quantum mechanics.

RICHARD FEYNMAN SAID HIS FATHER TAUGHT HIM:



I believed the same about mathematics—words and symbols only matter when they point to a real idea.

THEN A BREAKTHROUGH HAPPENED.



When they realized only ten digits write all numbers—like 26 letters make all English words—their faces lit up! I got them reading and writing large numbers with confidence.

IT WAS THEIR WATER-PUMP MOMENT.



Like Helen Keller, when the word "water" opened a door, these ten digits opened a door for them.

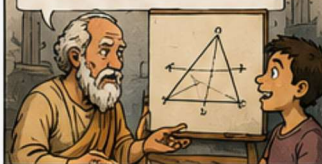
INTEREST SPARKED. QUESTIONS FLOWED.



This is when **SUBJECT CLEARING** was born. I learned: every subject has an inherent logic. Teach from the simplest concept up a smooth gradient with no logical gaps.

PLATO SHOWED THIS IN MENO.

Socrates asked the right questions. The boy discovered the truth himself.



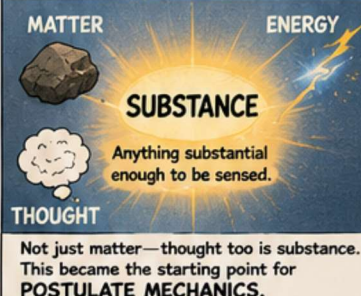
The knowledge was already there. The right sequence drew it out.

IT TOOK TIME TO GRASP THE POWER.



Could the entire universe be a subject to be learned? Maybe crazy—but I had time.

THE INTERFACE WAS HIDDEN IN PLAIN SIGHT.



THIS BOOK IS JUST THE BEGINNING.

These ideas may only scratch the surface of the universe. But here they are.

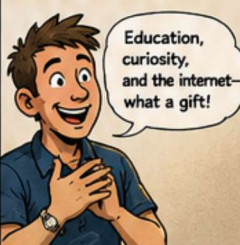


SUBJECT CLEARING HAS OPENED SO MUCH.



Principles discovered by great minds... are now within reach for anyone.

I FEEL VERY FORTUNATE.



I HOPE IT DOES THE SAME FOR YOU.



**LET'S
KEEP
LEARNING!**



STAY CURIOUS. ASK QUESTIONS. SEEK UNDERSTANDING. THAT IS POSTULATE MECHANICS.

WELCOME! LET'S
DIVE INTO THE BIG
IDEAS WITHOUT
MAKING A BIG
MESS OF IT.



AN IDIOTS GUIDE TO POSTULATE MECHANICS

CHAPTER 1: THE IMPULSE TO KNOW

REFERENCE: POSTULATE MECHANICS

Awareness =
Sensations + Perceptions
+ Concepts + Knowledge
Knowledge =
Postulate + Theory

THE HUMAN IMPULSE TO KNOW

There is a fundamental impulse to know.
It's built into us—like an instinct.



From a child pointing at the sky, to ancient astronomers mapping stars, to modern physicists smashing particles—our curiosity changes, but the drive remains.

We are always aware of the
gap between what we know
and what we don't.



UNKNOWN

When the gap is too large
to fill directly, we guess—
boldly and systematically.
That first guess is a
POSTULATE.

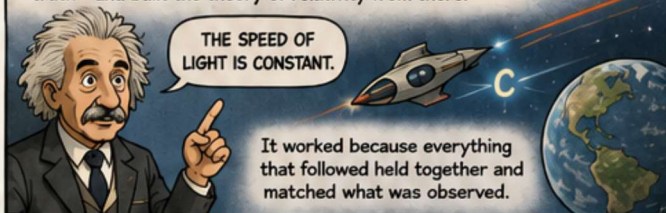
POSTULATE AND THEORY

A detective starts with a working hypothesis
so inquiry can begin.



She tests it. Uses evidence. Revises when facts push back.

Einstein faced a strange fact: the speed of light is the
same for every observer. He postulated it as a fundamental
truth—and built the theory of relativity from there.



It worked because everything
that followed held together and
matched what was observed.

AN ANCIENT POET SAID IT BEST...

"Whence this creation has arisen
— perhaps it formed itself,
or perhaps it did not —
the One who looks down on it,
in the highest heaven, only He knows —
or perhaps He does not know."

Not defeat—honesty. Holding the question
open is the beginning of wisdom.

A THEORY MUST HAVE ONENESS



A patchwork of guesses
breaks apart.



A theory fits together
without contradiction.

SENSATIONS AND KNOWLEDGE

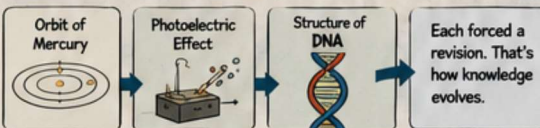
All knowledge begins with sensations from the outside world.



Raw input → meaning → ideas → organized understanding.



Our "theory of the universe" is a living construction. New sensations
that don't fit our current framework push us to revise and grow.



POSTULATE MECHANICS: THE THIRD TERRITORY

**CLASSICAL
MECHANICS**
Describes
MATTER



Motion of planets,
falling objects,
machines.

**QUANTUM
MECHANICS**
Describes
ENERGY



Behavior of particles
at the smallest
scales.

**POSTULATE
MECHANICS**
Describes
THOUGHT



How minds form postulates,
build theories, assimilate
sensations, and generate
knowledge.

All three are part of the same universe.
One reality, One coherent framework.

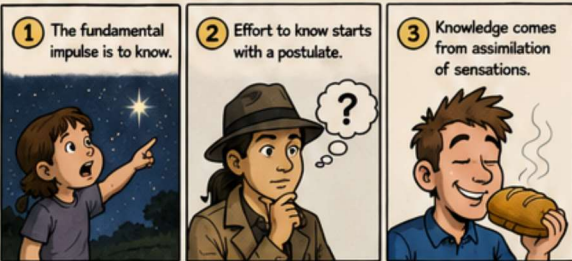
A scholar reads the same
ancient text across
decades..



The words didn't change.
Her perceptual and
conceptual framework did.

THE THREE POSTULATES OF POSTULATE MECHANICS

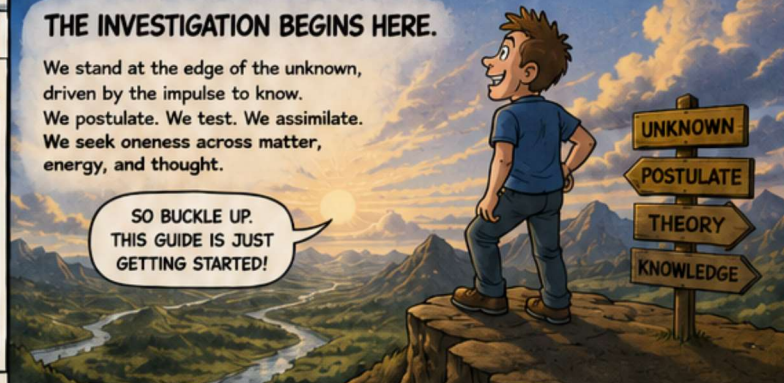
It rests on three basic postulates:



THE INVESTIGATION BEGINS HERE.

We stand at the edge of the unknown,
driven by the impulse to know.
We postulate. We test. We assimilate.
We seek oneness across matter,
energy, and thought.

SO BUCKLE UP.
THIS GUIDE IS JUST
GETTING STARTED!

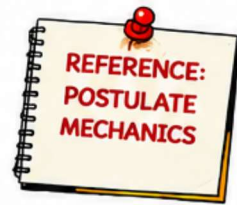


POSTULATE MECHANICS AIMS TO RESTORE ONENESS—COHERENT, UNBROKEN CONSISTENCY—TO THE WHOLE OF KNOWLEDGE.
THE INVESTIGATION BEGINS HERE.

LET'S FIGURE OUT
HOW WE MAKE
SENSE OF THE
UNIVERSE!



AN IDIOTS GUIDE TO POSTULATE MECHANICS



CHAPTER 2: SENSING THE UNIVERSE

BASIC POSTULATE = **SUBSTANCE** + **AWARENESS** + **ONENESS**

SUBSTANCE

= MATTER + ENERGY + THOUGHT



MATTER



ENERGY



THOUGHT



AWARENESS

= SENSATIONS + PERCEPTIONS
+ CONCEPTS + KNOWLEDGE



SENSATIONS



PERCEPTIONS



CONCEPTS



KNOWLEDGE



ONENESS

= HARMONY + CONSISTENCY + CONTINUITY



HARMONY



CONSISTENCY



CONTINUITY

1 THE SIX SENSES

We all know the five physical senses — sight, hearing, smell, taste, and touch. But there is a sixth sense quietly at work: the thinking mind, or “thought sense.” Its job is to take in everything the five senses report and weave it into a coherent picture.



SIGHT



HEARING



SMELL



TASTE



TOUCH



THOUGHT
SENSE



A newborn baby receives a flood of raw sensation — bright lights, loud sounds, warmth, hunger. None of it means anything yet. But very quickly, the thought sense begins organizing these sensations into patterns: “That warm shape that keeps appearing means I will be fed and held.”



When your thought sense encounters a sensation it has never met before, it makes a guess — a postulate — about what is going on. As more sensations arrive, those guesses get refined into a theory of the universe.

2 THE THREE FOUNDATIONAL POSTULATES

When we stand back and look at all of human experience, three irreducible facts about the universe emerge. These match the ancient Vedic formula sat-chit-ananda — existence, consciousness, bliss.

1. SUBSTANCE (SAT — “IT EXISTS”)

The universe is real. It can be sensed and known. When you bite into an apple or feel a cold wind — something is actually there. The universe has substance.



Sat = “that which is.” You cannot argue with the fact that something is pressing against your hand. Reality insists on itself.



2. AWARENESS (CHIT — “IT KNOWS ITSELF”)

The universe is not a dead machine. It senses and knows. Every living thing is the universe becoming aware of itself through a particular vantage point.



Carl Sagan: “We are a way for the cosmos to know itself.” When you look up at the stars and feel wonder, the universe is looking at itself.



3. ONENESS (ANANDA — “IT ALL FITS TOGETHER!”)

The universe tends toward integration. All the pieces of sensations, perceptions, and ideas want to assemble into a greater harmony. That experience is ananda, or bliss.



Think of a jigsaw puzzle. The joy when the last piece clicks into place — that’s a small taste of ananda.

3 THE INERTIA OF THINGS

The universe’s substance comes in three grades — Matter, Energy, and Thought — each with a different degree of inertia.

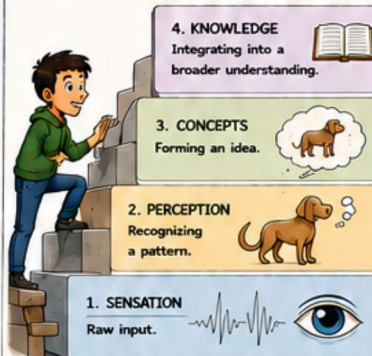
SUBSTANCE	INERTIA MEASURED AS
MATTER	MASS (density, firmness)
ENERGY	FREQUENCY (motion, vibration)
THOUGHT	FIXATION (mental rigidity)

Thought has inertia. A mind locked in bigotry, fear, or hatred is genuinely heavier than a mind open with love and tolerance. This is not just a metaphor.



4 HOW AWARENESS GROWS

Awareness builds in layers, like a staircase:



Each step is an act of assimilation — the universe digesting itself into greater self-knowledge. A scientist studying for decades, or a meditator sitting quietly — both are climbing the same staircase.



5 THE OVERARCHING IDEA

The deepest truth of the universe can be captured in three words:

SUBSTANCE — AWARENESS — ONENESS
(sat-chit-ananda)



Everything else — matter, energy, thought, perception, knowledge — is this fundamental reality expressing itself in varying degrees of density and self-awareness.

6 THE GOAL: TOWARD ONENESS

The goal of the universe is not random. It is moving toward oneness: harmony, consistency, continuity. Beauty, health, rationality, and bliss are all symptoms of things coming into alignment — of the puzzle finding its shape.



SEPARATION
(Confusion)



CONNECTION
(Integration)



HARMONY
(Oneness)



ANANDA
(Bliss)

LET'S FIGURE
OUT WHAT THE
UNIVERSE IS
MADE OF!



AN IDIOTS GUIDE TO POSTULATE MECHANICS

REFERENCE:
POSTULATE
MECHANICS

CHAPTER 3: THE SUBSTANCES OF THE UNIVERSE

What is the universe made of? Most people would say stuff — rocks, air, light, heat. And they wouldn't be wrong. But this chapter offers a more precise answer, one that includes something most textbooks leave out entirely: thought.

The framework here — called Postulate Mechanics — proposes that everything in the universe can be grouped into three fundamental substances:

MATTER

the stuff you can touch



ENERGY

the stuff in motion



THOUGHT

the stuff you consider



Each of these can be sensed. You feel matter when you sit on a chair. You sense energy when sunlight warms your face. And you sense thought when an idea suddenly clicks in your mind. If something can be sensed, it has substance. That is the starting point.

1 MATTER

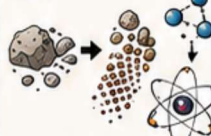
Matter is the universe's architect. It builds things, holds things together, and keeps them stable. A mountain doesn't wander. A table doesn't dissolve. Matter has what physicists call inertia — a stubbornness, a resistance to change. It would rather stay put than move.

Think of a block of marble. Left alone in a garden for a thousand years, it will still be a block of marble.



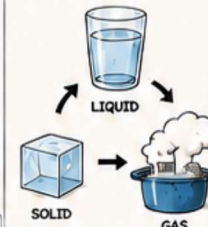
That staying power is what makes matter, matter.

Matter is also structured. You can break a rock into pebbles, pebbles into grains of sand, sand into molecules, molecules into atoms.



But once you start breaking apart atoms themselves, matter starts to lose its "matter-ness." The deeper you go, the less is something too solid, stable world we know.

Matter also exists in different forms depending on conditions.



Water is a liquid at room temperature, a solid when frozen, and a gas when boiled. Same substance, very different faces.

A sculptor chips away at a block of stone. Each chip reveals a shape that was always latent in the rock.



The stone resists the chisel — that's inertia at work. But with enough energy applied, the structure changes. The stability of matter is not a cage: it's a canvas.

2 ENERGY

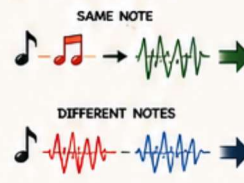
If matter is the architect, energy is the worker. Where matter stays put, energy moves. Where matter is heavy, energy is swift. They are, in many ways, opposites.

Energy is characterized by frequency — how fast something vibrates or oscillates.



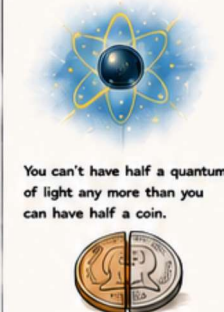
Light is energy. Sound is energy. Heat is energy. Each travels at its wave, spreading outward, filling space.

Energies of the same frequency merge and reinforce each other, while energies of different frequencies remain distinct.



Two musicians playing the same note result in sound. Different notes remain distinct.

Energy also has a minimum unit: the quantum.



You can't have half a quantum of light any more than you can have half a coin.

Energy exists not just in the physical world but in the mental one too.



The excitement before a performance, the restless alertness before an exam — these are forms of energy just as real as electricity.



A child pushes a swing. Each push adds energy at just the right moment — the same frequency as the swing's natural rhythm — and the swing goes higher and higher.

But push at the wrong moment, out of sync, and you fight the swing instead of feeding it. Energy amplifies when frequencies align, and neutralizes when they clash.



3 THOUGHT

Thought is also a substance. Not a side effect of the brain, not just "information," but a genuine dimension of the universe with its own properties of space, time, and motion — expressed differently than in the physical world.

In the mental dimension, space feels like associations — the sense that an idea opens up.



Motion feels like the flow of reasoning, one thought leading to another.

Fixation — the mental version of inertia — is when an idea locks in as a belief or conviction.



A mind locked in binary, fear, or hatred is heavier than a mind open with love and tolerance.

Thought begins as a postulate: a basic assumption, a fundamental "I believe this is so."



The postulate is the seed; a full theory is the grown tree.

A young engineer is told by her professor that a certain design is impossible.



Years later, she questions it — what if it can? That single shift changes everything. She tests later, the "impossible" design works. The physical world changed because a thought changed first.



The universe is made of three substances — Matter, Energy, and Thought.



All three can be sensed. All three shape reality.

THINK IT.
FEEL IT.
KNOW IT.
IT'S REAL!

LET'S FIGURE
OUT THE PROPERTIES
THAT EVERY TYPE
OF SUBSTANCE
SHARES!



AN IDIOTS GUIDE TO POSTULATE MECHANICS

REFERENCE:
POSTULATE
MECHANICS

CHAPTER 4: THE PROPERTIES OF SUBSTANCE

PROPERTIES OF SUBSTANCE = SPACE + TIME + INERTIA + MOTION + GRAVITY

Everything that exists — matter, energy, and thought — shares five fundamental properties. These properties are not features of empty space or abstract dimensions. They only exist because substance exists.

Think of it this way: a wave has height, speed, and shape. But without water, there is no wave. Similarly, Space, Time, Inertia, Motion, and Gravity are properties that ride on substance — they vanish if substance vanishes.

MATTER



ENERGY



THOUGHT



1 SPACE – THE “HOW BIG” OF SUBSTANCE

Space is the extent that a substance occupies. It is not a blank container waiting to be filled; it is defined by what fills it.

- A rock on a table takes up dense, compact space.
- A radio signal from a satellite spreads across thousands of kilometers of space.
- A memory of your childhood home occupies “mental space” — real, but not physical.



Imagine you're standing in a dark room. You say, “there's nothing here.” But the room is full of air molecules, radio waves from nearby cell towers, and your own thoughts. “Empty” just means empty of what you can see. True void — absolutely nothing — doesn't exist in this framework.



2 TIME – THE “HOW LONG” OF SUBSTANCE

Time is the duration that a substance persists. It doesn't tick on its own; it measures how long something lasts.

- A mountain lasts millions of years — near-infinite time.
- A flash of lightning lasts a fraction of a second — very short time.
- A thought can feel like it lasts forever or vanish in an instant.



Anyone who has waited in a hospital for news of a loved one knows that mental time and clock time are completely different things. An hour can feel like a day. Your thought-substance is stretching its own duration. This is not merely poetic — it reflects that mental time operates by different rules than physical time.



Without substance, there is nothing to measure the duration of. Time collapses.

3 INERTIA – THE “STUBBORNNESS” OF SUBSTANCE

Inertia is the tendency of substance to stay centered in its current state. The more compact and structured the substance, the more it resists being disturbed.

- A spinning gyroscope resists being tilted — it wants to stay oriented as it is. This is inertia as centeredness.
- A billiard ball sitting on a table has no active inertial force. The moment you push it, it pushes back — that's inertia kicking in.
- A rigid belief system in the mind is a kind of mental inertia: it resists updating even when new evidence arrives.



Think of a stubborn old professor who has held the same view for 40 years. Every challenge to his worldview is met with resistance. His thought-substance is highly “centered” — highly inertial. On the other hand, a curious student with an open mind has low mental inertia; their thoughts are free-flowing and easily shift with new understanding.



4 MOTION – THE “RESTLESSNESS” OF SUBSTANCE

Motion is the intrinsic spread or *mmmmmm* of substance. Less centeredness (low inertia) means more motion.

- A rock barely moves on its own — high inertia, low intrinsic motion.
- Light races at 300,000 km/s — very low inertia, very high motion.
- A thought jumps from Paris to your childhood in milliseconds — near-instantaneous motion in mental space.



SUBSTANCE ON A SPECTRUM:

ICE CUBE
(mostly still, compact)

ENERGY = A FIRE
(spreading, fast)

THOUGHT = A SPARK
IN DRY GRASS
(instantaneous,
everywhere at once)



Inertia and Motion are deeply linked: inertia preserves the existing motion of a body. Light doesn't slow down because its small but real inertia locks in its speed. It's not going fast despite its properties — it's going fast because of them.

5 GRAVITY – INERTIA FOR A FAMILY OF BODIES

If Inertia is the stubbornness of a single body, Gravity is the stubbornness of a whole system of bodies. It keeps a community of substances in their shared equilibrium.

- The solar system is not held together by gravity pulling everything inward like a magnet. Rather, gravity acts like a referee ensuring that the Sun, Earth, Mars, and all the moons keep their agreed-upon dance going.
- When a comet intrudes and disturbs the equilibrium, gravitational forces arise to restore balance.



Picture a family of musicians playing in harmony. No one is fighting for control — the music just flows. But if one musician suddenly plays off-tempo, the others instinctively adjust to restore the ensemble. Gravity is that restoring force for celestial bodies.

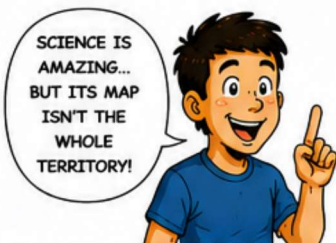
WHY THIS DIFFERS FROM STANDARD SCIENCE

PROPERTY	STANDARD SCIENCE	POSTULATE MECHANICS
Space	Empty container, exists independently	Extent of substance; can't exist without it
Time	Universal clock ticking on its own	Duration of substance; vanishes without substance
Inertia	Resistance to change in motion	Centeredness of substance; determines intrinsic motion
Motion	Result of applied force	Intrinsic property linked to inertia
Gravity	Force of attraction between masses	Equilibrium-restoring force for a system of bodies

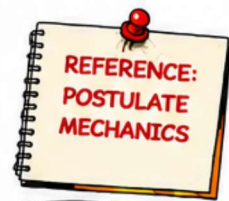
The key shift: science treats space and time as the stage on which substance performs. Postulate Mechanics says there is no stage without the performer — space, time, and all the rest are costumes worn by substance itself.

This reframing has a profound implication:
the universe is not an empty theater with things moving around in it.
It is pure substance, and all the properties we observe — extent, duration, resistance, movement, balance — are simply substance knowing itself in different ways.





AN IDIOTS GUIDE TO POSTULATE MECHANICS

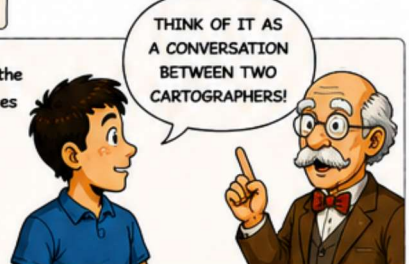


CHAPTER 5: WHERE SCIENCE FALLS SHORT



Science has given us aeroplanes, antibiotics, and smartphones. It is one of the greatest achievements of human civilisation. But every map has edges—places where the lines run out and the territory keeps going.

This chapter explores where the standard scientific picture leaves things unexplained, and how a different framework—Postulate Mechanics—offers another way of seeing.



WHAT SCIENCE CURRENTLY BELIEVES

1 THE UNIVERSE LOOKS THE SAME IN EVERY DIRECTION

On the largest scales, the universe is roughly uniform. Like standing in the middle of a vast wheat field—same color, same density, same sway wherever you look.

2 THE LAWS OF PHYSICS ARE THE SAME EVERYWHERE

$$F = ma$$
$$E = mc^2$$
$$\nabla \cdot E = \frac{\rho}{\epsilon_0}$$

No special place in the universe where the rules change. Gravity works the same in a lab on Earth as in a galaxy billions of light-years away.

3 THE SPEED OF LIGHT IS ALWAYS THE SAME

$$c = 299,792 \text{ km/s}$$

Light in a vacuum always travels at the same speed, no matter how fast you're moving. The lighthouse beam hits you at the same speed—always.

4 MATTER BENDS SPACE—AND BENT SPACE GUIDES MATTER

Mass warps spacetime like a bowling ball on a rubber sheet. Objects follow those curves. Astronauts orbit because they're in free-fall along that curve.

A DIFFERENT STARTING POINT: POSTULATE MECHANICS

1 EVERYTHING THAT EXISTS IS SUBSTANCE

MATTER ENERGY THOUGHT

Because we can perceive the universe, it must be made of something real—"substance." This includes matter, energy, and thought. If you can sense it in some way, it has substance.

DRAWING A HARD LINE BETWEEN "PHYSICAL" AND "MENTAL" MAY BE AN ARTIFICIAL DISTINCTION, NOT A NATURAL ONE.

2 SUBSTANCE HAS FIVE PROPERTIES

SPACE TIME INERTIA MOTION GRAVITY

Space, time, inertia, motion, and gravity are properties that substance carries—like color or temperature. Gravity is inertia operating across a whole system of bodies.

A SPINNING TOP HAS EXTENT, DURATION, CENTEREDNESS, MOVEMENT, AND BALANCE. SO DOES EVERYTHING ELSE.

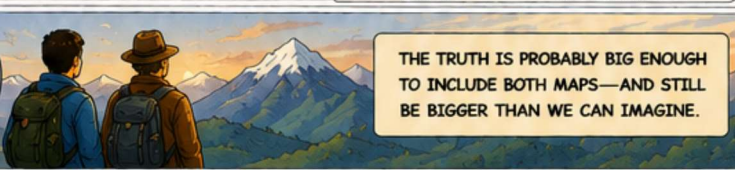
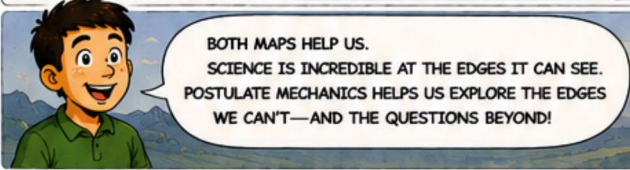
3 THE PURPOSE OF THE UNIVERSE IS UNITY AND KNOWING ITSELF

The universe is not random. It is moving toward oneness—harmony, consistency, continuity—while becoming aware of itself. Understanding is the universe recognizing its own nature.

THE JOURNEY OF THE UNIVERSE IS BOTH TO BECOME WHOLE AND TO KNOW THAT IT IS WHOLE.

STANDARD SCIENCE vs POSTULATE MECHANICS

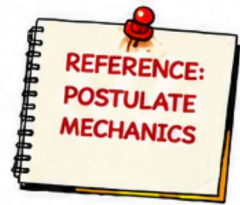
	STANDARD SCIENCE	POSTULATE MECHANICS		
SPACE & TIME	Exist independently as a vast, empty stage.	Are properties of substance; cannot exist without it.	EMPTY STAGE	SUBSTANCE FIRST
INERTIA & MOTION	Inertia resists change in motion. Motion needs an external force.	Inertia is centeredness of substance. Motion is intrinsic and linked to inertia.	NEEDS A PUSH	INTRINSIC SPIN
GRAVITY	A force pulling masses together across empty space.	Inertia operating across a system of bodies to maintain equilibrium.	PULLING FORCE	RESTORING BALANCE
UNIVERSE'S PURPOSE	No inherent purpose—just physical processes and chance.	Moves toward oneness and self-awareness; understanding is built into reality.	RANDOM	PURPOSEFUL UNITY



LET'S FIGURE
OUT HOW SIMPLE
MOTION CAN
BECOME LIFE!



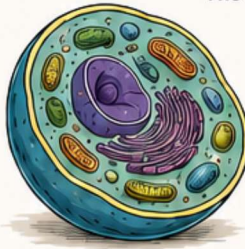
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CHAPTER 6: FROM SIMPLE MOTION TO LIFE

LIFE = SOPHISTICATED INERTIAL CONFIGURATION + COMPLEX MOTION

The basis of a life organism is controlled motion.



- Substance, with all its properties, becomes organized.
- A harmonious organization may be called an entity.
- Space and time give that entity an enduring form.
- Inertia gives that entity control over its motion.
- Gravity gives that entity equilibrium and stability.

Thus we have the laws
of nature and the
elements of life.

This entity has
everything it needs to
grow into a living
organism.



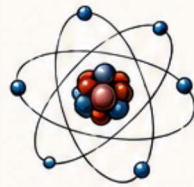
SIMPLE MOTION TO LIFE

1 LIGHT



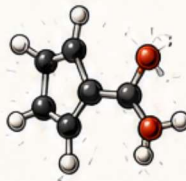
A beam of sunlight seems inert and lifeless. Yet even light maintains equilibrium through motion. It travels at exactly 299,792 km/s because its momentum is perfectly matched against itself. That balance is its nature. In a modest sense, light is already doing something: it is maintaining equilibrium through motion.

2 ATOMS



Electrons orbit a nucleus. Their motion is not perfectly uniform — they shift, accelerate, respond. Their inertia varies just enough to make things interesting. Compared to light, atoms live in a more dynamic, more changeable world. There is a faint flicker of something more complex going on.

3 ORGANIC MOLECULES



Add more atoms into organic molecules. Now electrons are spread across an entire structure, responding to every neighbor. Like a mobile vs. a single pendulum, this system is richer — it can do more, express more, and interact in countless ways.

4 VIRUSES



A virus is not alive like a cat or fern, but it is a molecular machine. Thousands of proteins and strands of genetic code are arranged so that under the right conditions, it acts — attaching to a cell and hijacking it to make copies of itself.

5 LIVING CELLS



A living cell — though still simple compared to us — is one more turn of the screw: more organization, more degrees of freedom, more exquisitely controlled motion.

6 THE LIFE ORGANISM



A living organism is a self-animating structure. It senses, eats, moves, repairs, grows, and reproduces. It takes in the universe around it and expresses it through itself — a temporary, highly organized arrangement of the world, thinking about itself.

WHAT MAKES SOMETHING "ALIVE"?



THERE IS NO
GHOST IN THE
MACHINE.

For centuries, people explained life by invoking something extra: a soul, a vital spark, an alien vital. This chapter rejects that idea. Motion is not added to substance from the outside — it is inherent in substance. Life is what happens when these properties of matter become organized in an extraordinary way.

THINK OF AN ORCHESTRA...



The music does not come from the conductor creating sound.



It lives in the instruments, the trained muscles, the practiced ears.

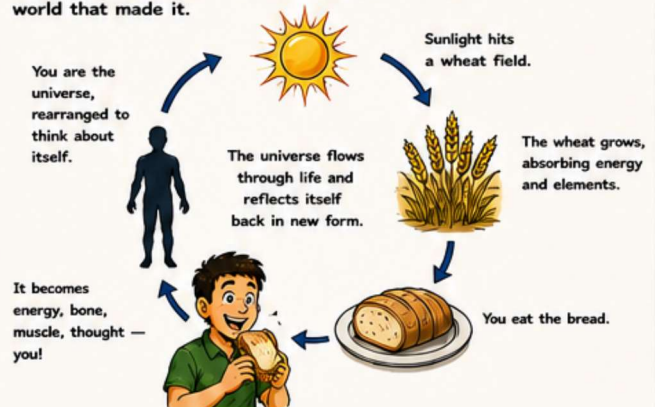


The conductor coordinates musicians who already know how to play.

Life is like that. The animation is in the structure.

NO OUTSIDE ANIMATOR

A living organism is not matter plus something else. It is matter organized in such a refined, self-regulating, self-perpetuating way that the motion inherent in matter becomes — at last — capable of looking back at the world that made it.



THE BIG PICTURE

From light to atoms, from molecules to viruses, from cells to organisms — the same principles operate at every level: substance, organized into structure, expressing motion under the laws of nature.

Life is not a mystery tacked onto matter. It is matter discovering its own potential — and using motion, awareness, and organization to become a conscious participant in the dance of the universe.

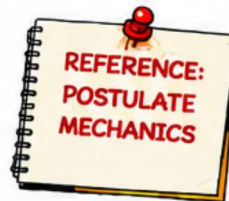


AMAZING
WHAT SIMPLE
MOTION CAN
BECOME!

LET'S FIGURE
OUT HOW LIFE
EMERGES FROM
CHEMISTRY!



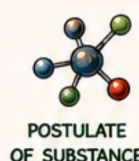
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CHAPTER 7: THE SCIENCE OF LIFE

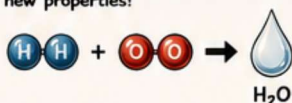
**LIFE = POSTULATE OF SUBSTANCE + PHYSICS + CHEMISTRY + BIOLOGY +
HARMONY WITH ENVIRONMENT**

Life is not magic. It is what happens when substance becomes organized in harmony with its environment. From atoms to organisms, it's all about structure, motion, and interaction.



WHAT HAPPENS IN CHEMICAL REACTIONS?

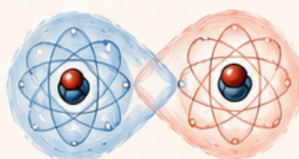
A chemical reaction is the making and breaking of bonds between atoms. New arrangements create new properties!



Hydrogen is flammable. Oxygen keeps fire burning. But together, they make water that puts fire out!



When atoms bond, their nuclei stay the same, but their electron clouds merge and create new shared spaces.



New properties come from this shared space.

The environment matters just as much as the atoms.



VS.

Even if products look the same, they are not identical. Different environments create subtle differences. That's why lab-made DNA has more errors.

The environment includes not just temperature and pressure, but also energy and thought.



Two reactions in different mental or energetic states can produce different results.

HOW LIFE'S MOLECULES FIRST APPEARED

1. EARLY EARTH

Lightning, volcanoes, UV rays, and heat drove reactions among simple gases like water, methane, and ammonia.



Raw energy cooked up the first organic compounds.

2. MILLER-UREY EXPERIMENT (1953)

Stanley Miller and Harold Urey simulated early Earth conditions in the lab. After a week of electric sparks...



...amino acids appeared! Life's building blocks formed from non-living ingredients.

3. FROM SPACE

Comets and meteorites contain amino acids and other organic molecules.



Life's ingredients came from the stars.

4. BUILDING MORE COMPLEX MOLECULES

In warm, protected places like hydrothermal pools, simple molecules linked into long chains—polymers.



RNA emerged—a molecule that can store information and act as a catalyst.

5. THE FIRST CELL

Molecules became enclosed in fatty membranes. With a boundary, metabolism, and the ability to copy information, the first true cell was born.



A self-contained, self-sustaining system!

WHAT GENETIC MATERIAL DOES



Genetic material carries instructions. DNA is the main carrier (RNA in some viruses). It's a double helix made of nucleotides.

A NUCLEOTIDE HAS 3 PARTS:



The sequence of A, T, G, and C letters across billions of positions spells out the blueprint for an organism.

FOUR LETTERS. BILLIONS OF POSITIONS.
COUNTLESS POSSIBILITIES.



VIRUSES VS. CELLS

VIRUSES



- Not truly alive
- No metabolism of their own
- Hijack a host cell
- Genetic material (DNA or RNA) inside a protein coat
- Simple but incredibly efficient

CELLS



- Truly alive
- Have metabolism
- Can grow, respond, and reproduce
- Complex internal machinery
- The basic unit of all life

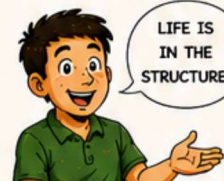
Viruses are molecular machines.
Cells are living systems.

WHAT MAKES SOMETHING "ALIVE"?

There is no ghost in the machine.

Life is what happens when matter is organized so precisely that its inherent motion becomes:

- ✓ Self-regulating
- ✓ Self-perpetuating
- ✓ Responsive
- ✓ Adaptive
- ✓ Capable of growth
- ✓ Able to reflect its world

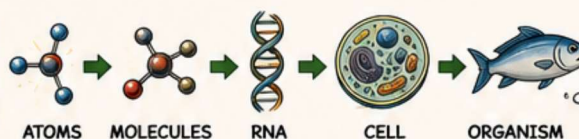


THINK OF AN ORCHESTRA:

The music doesn't come from a ghost conductor. It comes from instruments, musicians, and how they are arranged. Life is the music that plays when matter is arranged just right.



From simple atoms to living beings, life is a journey of increasing organization, complexity, and harmony with the environment.

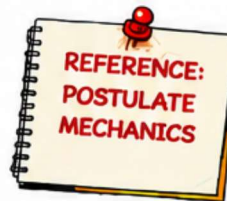


THE UNIVERSE
IN MOTION...
BECOMING LIFE!

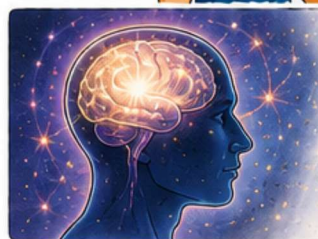
LET'S FIGURE
OUT WHERE OUR
THOUGHTS COME
FROM!



AN IDIOTS GUIDE TO POSTULATE MECHANICS

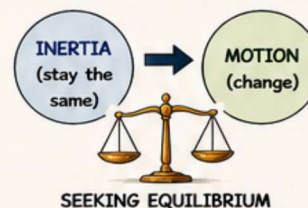


CHAPTER 8: THE ORIGIN OF THOUGHT



Every thought you have ever had — every flash of recognition, every dull worry, every sudden insight — has a physical origin. This chapter traces that origin all the way down to molecules, then shows how the same logic scales up through the mind to conscious experience. The central idea is simple:

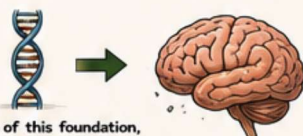
**THE MIND, LIKE EVERYTHING ELSE IN NATURE,
IS ALWAYS MOVING TOWARD BALANCE.**



1 THE BASIC PRINCIPLE



Deep inside every living cell, DNA carries the evolutionary history of the organism — a molecular instruction set shaped over millions of years. This code builds a body AND a mind. At the lowest level, the mind's architecture is pre-wired, like a computer's processor before any software runs.



Higher mental functions grow on top of this foundation, like an operating system on machine code.



The riverbed was carved by forces long before the rain arrived. Water follows those channels, yet it is alive and dynamic. Human thought is the same way: evolution carves the channels, and experience flows through them, finding equilibrium.

2 THE ENVIRONMENT

No organism lives in isolation. It constantly swaps matter, energy, and information with its surroundings. The environment is noisy and disorderly; the organism maintains internal order by processing what comes in.



Some impressions are too intense to process right away — like a soldier returning from combat. The unprocessed impressions persist as flashbacks, nightmares, or dread. The mind keeps working on them to reach equilibrium.

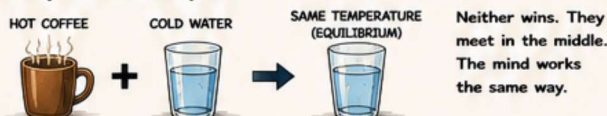


In rare cases, unresolved impressions may even be passed forward through biological inheritance, explaining fears or patterns that arrive without personal experience.



3 ASSIMILATION

assimilate is to make similar — bring something foreign into harmony with what already exists.



When you face something puzzling, tension appears. When understanding clicks, tension dissolves. That resolution is assimilation.



At first, every step needs full attention. Gradually, impressions assimilate. Walking becomes natural.

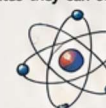
Chaotic input becomes orderly. That is how the mind grows.

4 THE PHYSICS BEHIND IT

At the most fundamental level, thought comes from the tension between inertia (stay the same) and motion (change).



Atoms manage this tension through discrete energy levels — specific stable states they can occupy.



More atoms = more energy levels. In complex molecules like DNA, the energy spectrum is vast — able to store enormous amounts of information.



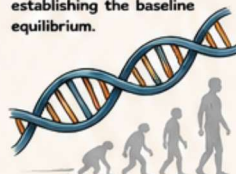
The mind is nature playing that piano. Signals and impulses — the music — arise from a system always negotiating between staying still and moving on.



5 THE TAKEAWAY: ONE CONTINUOUS PICTURE

EVOLUTIONARY CODE

DNA encodes the deepest structure of the mind, establishing the baseline equilibrium.



ENVIRONMENT

The environment constantly disturbs that equilibrium with new impressions.



ASSIMILATION

The mind digests those impressions, layer by layer, from sensation to wisdom.



PHYSICS

The engine is universal: the balance of inertia and motion.



EQUILIBRIUM

All of it seeks balance — the pull toward harmony in every system.



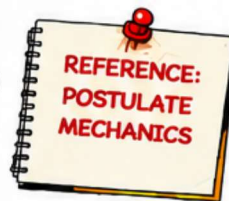
Thought is not separate from the physical world. It is the physical world, at its most organized, doing what it has always done — finding its way to stillness through motion.



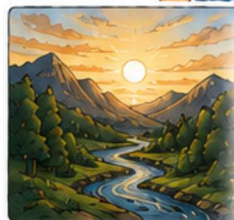
REASON IS OUR TOOL TO FIX WHAT'S OFF AND BRING HARMONY BACK!



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CHAPTER 9: THE ANATOMY OF REASON



Everything in the universe seems to be moving—slowly, steadily—toward greater connection and wholeness. Humans are the most intricate, most aware form of life we know of. And yet—we suffer.

Our suffering isn't natural. It's a glitch—an anomaly. The tool we've been given to fix those glitches is reason.

BASIC PRINCIPLE

Oneness = harmony + consistency + continuity



ANOMALY

arbitrary data + contradictory data + missing data

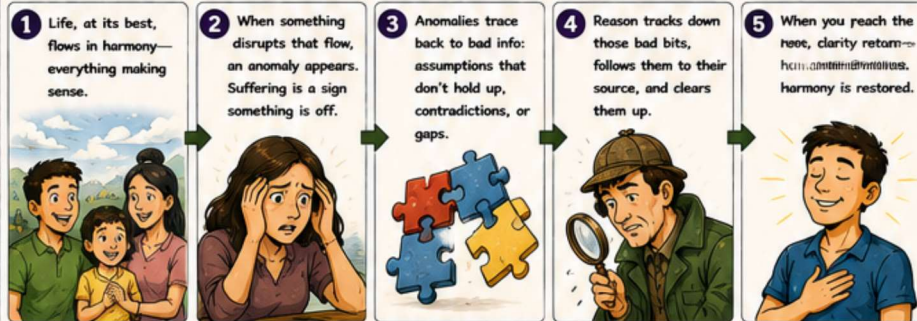


REASON

looking + spotting anomalies + postulating + fixing anomalies

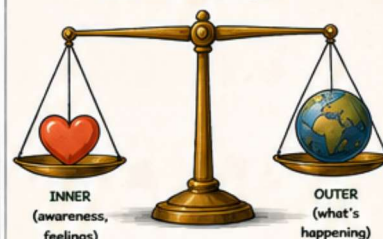


THE GOAL: FROM ANOMALY TO HARMONY



HARMONY: WHEN LIFE FLOWS

Clarity, continuity, and equilibrium between inner and outer worlds. It's dynamic, alive, and it feels good.



All suffering is a form of anomaly—an engine making a strange noise.

ANOMALY: THREE WAYS HARMONY GETS DISRUPTED

1. ARBITRARY DATA (ASSUMPTIONS THAT DON'T HOLD UP)

We operate on ideas never examined—passed down and treated as facts.

People like us don't go to university.

A limiting assumption becomes a self-fulfilling barrier.

2. CONTRADICTORY DATA (THINGS THAT DON'T ADD UP)

Reality and what we're told don't match.

We're in great shape—our best year!

Contradictions create friction—and that friction is informative.

3. MISSING DATA (GAPS IN THE STORY)

The explanation leaves out something important.

Your tests are fine—nothing to worry about.

But I'm still exhausted, can't sleep, can't focus...

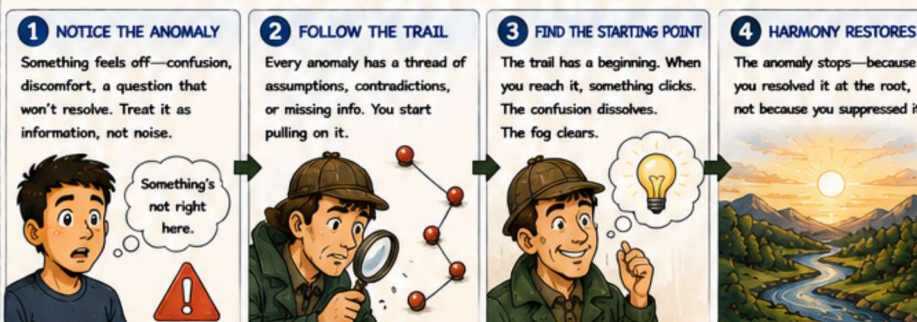
Gaps in understanding are like gaps in a map—you don't notice until you're lost.

STORY: THE ABANDONED CREATIVE PROJECT

Maria was irritable for months. The source? She had abandoned a creative project that mattered to her because she told herself it was "not practical." That unexamined assumption created disharmony. Once she made room for her creativity again, the irritability faded.



REASON: THE PROCESS OF RESTORING HARMONY



Prerequisite: See things as they are. This is a skill. Be honest about the words you use. If you don't understand a term, look it up. Muddy language creates muddy thinking.

STORY: FOUR YEARS OF SILENCE

James and his sister hadn't spoken in four years. He traced the trail and found the root: a throwaway comment from their mother he'd taken as favoritism. He'd never checked if it was true. It wasn't. The assumption dissolved—and so did the silence.



Every field of knowledge rests on foundational assumptions. Postulate Mechanics ensures they are solid.

Like inspecting a building's foundation—if it's cracked, nothing on top stays stable.



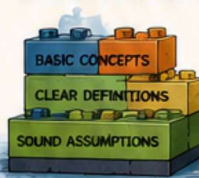
STORY: THE MATHS STUDENT

She struggled for years. The teacher went back to basics—what do numbers mean? What is multiplication? Hidden misunderstandings were clarified. Once the foundation was clear, advanced maths became easy.



STRONG FOUNDATION

STRONG UNDERSTANDING



Clearing up basic misconceptions at the foundation level multiplies clarity across the whole system.



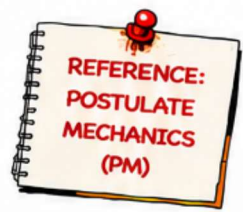
The anatomy of reason is this: life flows in harmony; anomalies interrupt that flow; reason finds and resolves them; and clarity—at every level—restores the flow. That's how we move toward wholeness, one insight at a time.



LIFE IS
MESSY. BUT
THERE ARE
TRUTHS THAT
CAN HELP.

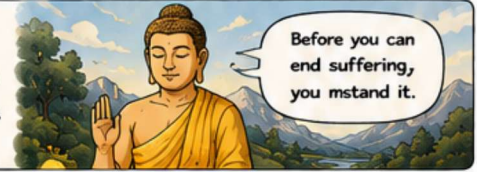


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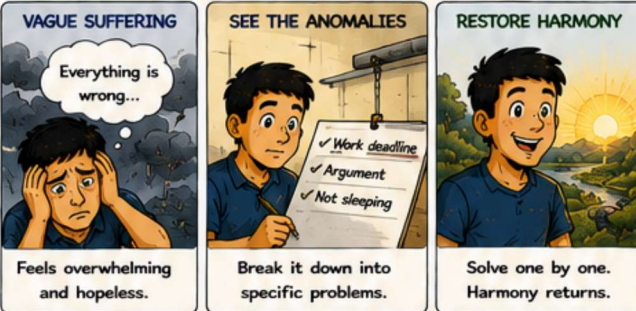
CHAPTER 10: THE ANATOMY OF SUFFERING

Over 2,500 years ago, the Buddha taught Four Noble Truths: Suffering exists, it has a cause, it can end, and there is a path that leads to its end. Postulate Mechanics looks at these truths through the lens of how the mind works—finding patterns, fixing problems, and restoring harmony.



1. SUFFERING – THE PROBLEM

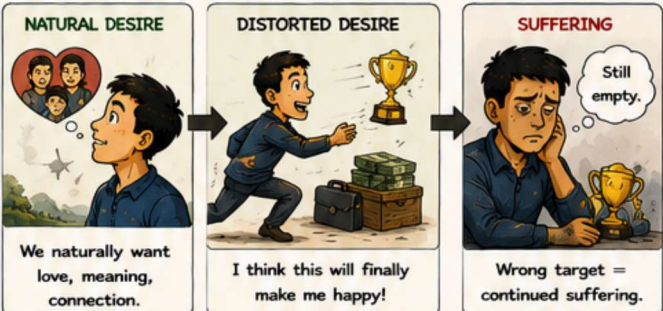
Life contains unavoidable pain and instability. Buddha called it “Dukkha”—unsatisfactoriness. Postulate Mechanics says suffering = anomalies—things that break natural harmony.



Seeing suffering as specific problems gives us power. We can solve problems, but we can't fight the weather.

2. THE ORIGIN OF SUFFERING – THE CAUSE

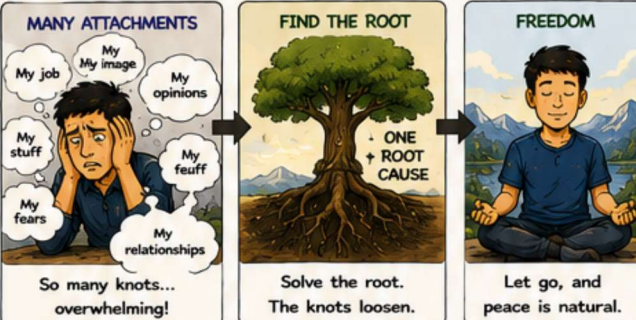
Buddha: suffering comes from craving—wanting things to be different, last forever, or not be painful. PM: Desires are natural. Suffering comes from desires that are distorted or misdirected.



It's not the wanting that hurts—it's the wanting pointed at the wrong target based on false beliefs.

3. THE CESSATION OF SUFFERING – IT CAN END

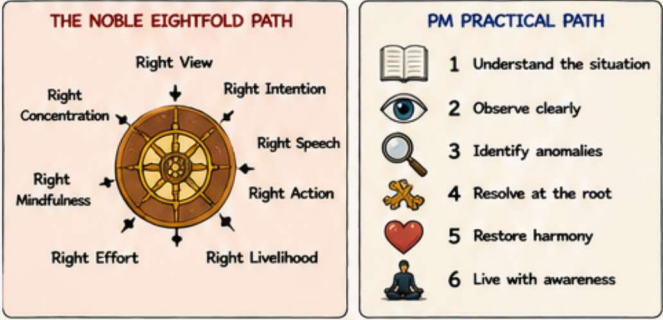
Buddha: Let go of craving and attachments—Nirvana. PM: Letting go is hard because of many attachments. But they all trace back to one root cause—a leverage point. Find it, and everything becomes easier.



There is a way out. The work is not endless—just focused.

4. THE PATH TO THE END – THE WAY

Buddha: The Noble Eightfold Path—wisdom, ethics, mental discipline. PM: A practical method—understand, observe, resolve, and realign with harmony.



Practice daily. Small, steady steps lead to lasting freedom.

THE FOUR NOBLE TRUTHS + POSTULATE MECHANICS

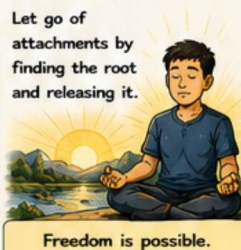
1. SUFFERING EXISTS



2. IT HAS A CAUSE



3. IT CAN END



4. THERE IS A PATH

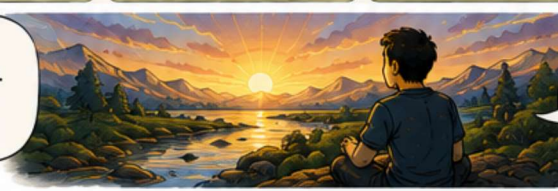


They are not just ideas—they are tools.

They help us understand our minds, solve our problems, and live in harmony with life itself.



SEE THE PROBLEM.
UNDERSTAND THE CAUSE.
LET GO AT THE ROOT.
WALK THE PATH.

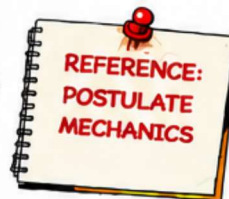


UNDERSTANDING
BRINGS CLARITY.
CLARITY BRINGS FREEDOM.
FREEDOM IS PEACE.

WHO AM I,
REALLY?
LET'S FIND OUT.



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CHAPTER 11: THE NOTION OF "I"



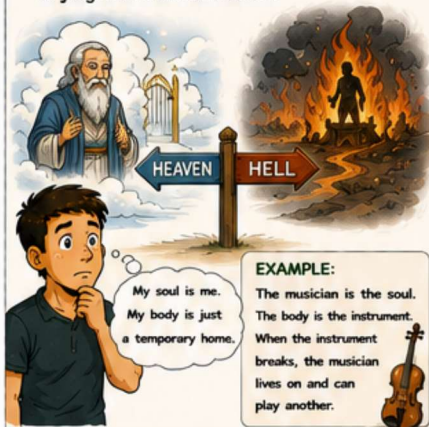
From the scale of the whole universe, suffering is an imbalance, a glitch. Life is the universe's way of fixing those glitches. Life isn't the problem—life is the problem-solver. Self-awareness, the "I", appeared with humans. Trouble starts when we believe this "I" is permanent and eternal.

PERMANENT "I"
=
"NETI, NETI"
(Not this, not that)



1. THE SOUL (ABRAHAMIC VIEW)

You have a soul, separate from the body. It lives forever. When the body dies, the soul goes to heaven or hell, and eventually to judgment and resurrection.



EXAMPLE:

The musician is the soul. The body is the instrument. When the instrument breaks, the musician lives on and can play another.

2. THE THETAN (SCIENTOLOGY VIEW)

You are the thetan—an eternal being. You chose to inhabit and operate a body, like a driver chooses a car.

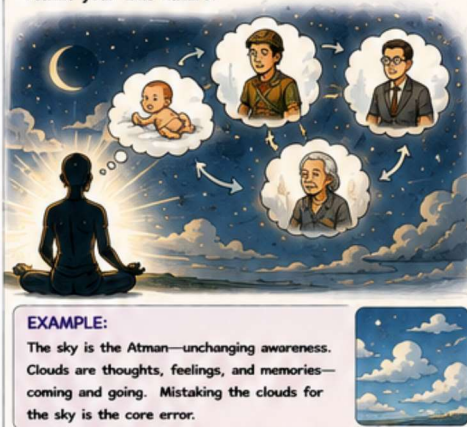


EXAMPLE:

In a video game, you are the one holding the controller. The avatar on screen is the body you operate.

3. THE ATMAN (EASTERN VIEW)

Deep down, you are pure universal consciousness (Atman). You became tangled with a body and mind, and are born again and again until you realize your true nature.



EXAMPLE:

The sky is the Atman—unchanging awareness. Clouds are thoughts, feelings, and memories—coming and going. Mistaking the clouds for the sky is the core error.

4. THE PRIMARY MISCONCEPTION & THE PRACTICE: NETI, NETI

All these views assume a permanent, individual "I" that is separate from or above the world. That sense of a fixed, eternal "me" is the misconception.



THE PRACTICE: NETI, NETI (Not this, not that)

Instead of asking "what am I?", we examine what we are NOT. We peel away layers by asking:



1. Am I this ___?



2. What actually is this ___?



3. Do I fully understand the nature of this ___?

When you truly understand something, you can say: "That's not me." You work inward, layer by layer, until you reach the deepest postulate about yourself—and examine even that.

Don't just declare "I must be pure awareness!" intellectually. The understanding comes from actually doing the inquiry.

LAYERS TO PEEL BACK

- Body (matter)
- Sensation & energy
- Emotions
- Thoughts
- Beliefs
- Roles & relationships
- Memories & story
- Deepest postulate ("I")

STORY: THE WOMAN'S REALIZATION



Each layer peeled back brings her closer to what cannot be taken away.

5. POSTULATE MECHANICS: THE DANCE BETWEEN OBSERVER & OBSERVED

The observer (the "I") and the observed (the world, thoughts, experiences) are not entirely separate—and not the same either. There is harmony, a relationship.



Real understanding comes from seeing how the two fit together—how they inform and shape each other.

EXAMPLE: THE MUSICIAN

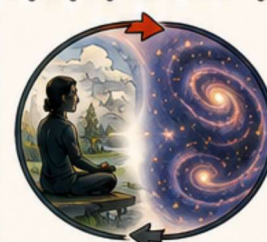
Musician and music are not the same. They are not separate either. What's real is the interplay.



The music shapes the musician. The musician shapes the music.

THE TAKEAWAY

The "I" and the world are in a dance. Seeing that dance clearly is the beginning of genuine self-knowledge.



IN SHORT

- ★ Life's natural state is harmony.
- ★ Suffering is an anomaly.
- ★ We get trapped by the illusion of a permanent "I".
- ★ Through inquiry (Neti, Neti) we see clearly.
- ★ Clarity brings freedom.



You are more than your body, your mind, or your story—but not separate from them either. You are the awareness in the dance of life, learning to know itself.



IS THERE
A REAL,
ETERNAL "ME"?



AN IDIOTS GUIDE TO POSTULATE MECHANICS

REFERENCE:
POSTULATE
MECHANICS

CHAPTER 12: NIRVANA

Many traditions say there is a "you" that never dies—a soul, a thetan, or an Atman. But what if that's just something we want to believe?

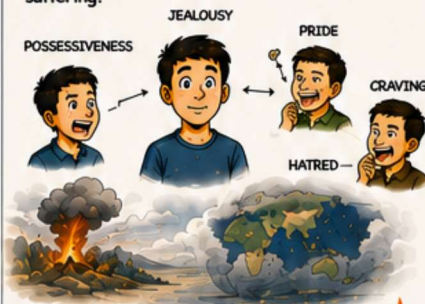
Buddha taught **Anatta**—the Doctrine of No-Soul: that permanent "I" is an illusion. Let's explore why.



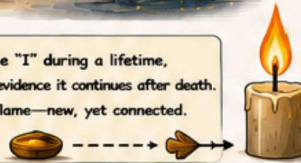
FAMILIARITY DOESN'T
MEAN "I WAS THERE."
IT MAY BE INHERITED
THROUGH BIOLOGY AND
FAMILY CULTURE.

1. SENSE OF "I"

The sense of "I" arises with the body at birth. It thinks, feels, and takes credit or blame. It's real and useful—yet also the root of much suffering.

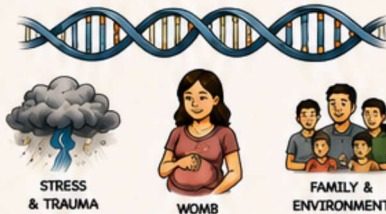


We can see the "I" during a lifetime, but we find no evidence it continues after death. Like a candle flame—new, yet connected.



2. DNA & ENVIRONMENTAL FACTORS

Our life experiences can change how genes are expressed—without changing the DNA itself. This is called epigenetics.



Imprints can pass across generations. This is close to what Dianetics calls engrams. Buddhism calls it karma—patterns that echo through generations, but gradually fade.

EXAMPLE: Thomas feared dogs though he was never bitten. His grandfather was attacked by a dog. The fear was inherited, not remembered.

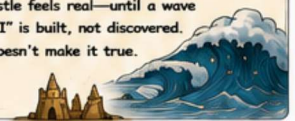


3. THE POSTULATE OF "I"

We fear death. The ego wants to matter forever. So we postulate an eternal soul. *Neti, neti*—"not this, not this"—strips away false assumptions.



EXAMPLE: A sandcastle feels real—until a wave washes it away. Our "I" is built, not discovered. Declaring it eternal doesn't make it true.



4. THE "NON-I" OR NIRVANA

A person is not a fixed self. We are a flowing process made of five constantly changing parts:

- 1. MATTER**
The physical body
- 2. SENSATIONS**
Pleasure, pain, neutral
- 3. PERCEPTIONS**
Recognizing & interpreting
- 4. MENTAL FORMATIONS**
Thoughts, emotions, intentions
- 5. CONSCIOUSNESS**
Bare awareness of experience

There is no separate "I" sitting behind these. The "I" is a pattern that emerges—like a flame from wax, wick, and oxygen.



EXAMPLES: THE MOVIE



Ego is born when awareness identifies with something in substance: "I am this body." "I am these beliefs." Enlightenment begins when we notice this identification—and see it as a construction, not a reality.

AWARENESS vs SUBSTANCE

SUBSTANCE: everything we can observe—body, thoughts, emotions.



AWARENESS: the act of looking. The light, not the object.



Nirvana is not a place you go. It is the ongoing process of seeing through identifications as they arise.

KEY TAKEAWAYS

- 1** The eternal self is a postulate, not a proven fact.

Ideas like soul or Atman assume the same "I" persists across lifetimes—without direct evidence.



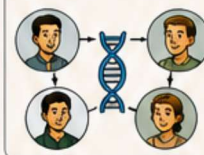
- 2** The sense of "I" is real but temporary.

Our ego and individuality arise with the body and are shaped by genetics and environment. They appear to end with the body.



- 3** Trauma and experience can pass across generations biologically.

Epigenetics explains how ancestors' experiences shape our stress responses—feeling like past-life memory.



- 4** Awareness and identity are different things.

Pure awareness has no inherent selfhood. The ego forms when awareness identifies with the contents of experience.



- 5** Nirvana is a process of seeing through false identifications.

Each time you recognize "I thought I was this, but I'm actually just aware of this," the rigid sense of self softens.

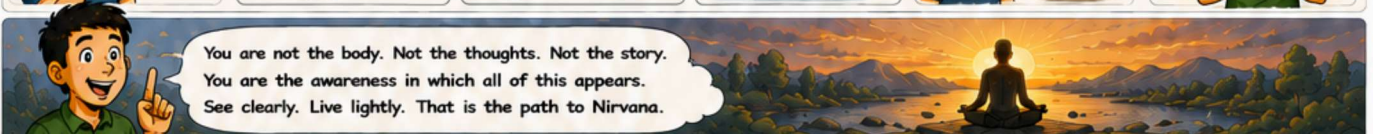


- 6** Clarity is freedom.

When identifications fall away, life is still lived—but with less suffering, more compassion, and greater peace.



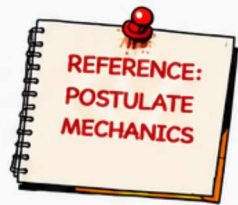
You are not the body. Not the thoughts. Not the story.
You are the awareness in which all of this appears.
See clearly. Live lightly. That is the path to Nirvana.



WHAT'S
BEYOND THE
EDGE? LET'S
FIND OUT!



AN IDIOTS GUIDE TO POSTULATE MECHANICS



CHAPTER 13: INFINITY AND DIVINITY



What does it mean for something to have no beginning, no end, and no edge? Thinkers across centuries have wrestled with that question—and their answers keep circling back to the same three ideas: substance, space, and infinity itself.

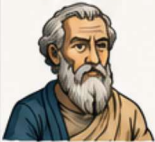
Three ideas. One boundless reality.
Substance. Space. Infinity.



1 INFINITE SUBSTANCE

Everything comes from one boundless "stuff" — and returns to it.

ANAXIMANDER
(6th century BCE)



Everything emerges from the boundless "apeiron" (the infinite) like waves from the sea—and returns to it.



DESCARTES
(1596–1650)



Only God is truly independent substance. Everything else depends on something else to exist.



A flame depends on fuel.

SPINOZA
(1632–1677)



God is the universe—one infinite substance, which he called "nature."



LEIBNIZ
(1646–1716)



Created things rely on God continuously, like a candle flame relies on the wick and wax.



POSTULATE MECHANICS VIEW

Substance is anything substantial enough to be sensed: matter, energy, and thought.

MATTER



ENERGY

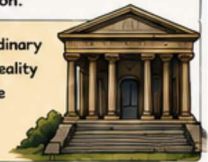


THOUGHT



At the deepest level of thought lie postulates—foundational assumptions from which reality flows, like a building rests on its foundation.

To be "divine" means a level beyond ordinary experience—where the basic rules of reality are set. When we think of God, we are really asking: Who or what wrote the foundational postulates?



2 INFINITE SPACE

Space has no edge—because substance has no edge.

ARCHYTAS
(4th century BCE)



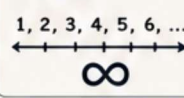
If you are at the edge of the universe, can you reach out? If yes, there is more beyond—so it was never the edge.



ARISTOTLE
(384–322 BCE)



Infinity is not a thing; it is a property of measurable quantities: space, time, numbers—there is always "one more."



NEWTON
(1642–1727)



Space is infinite, flat, and absolute—a 3D stage extending in all directions forever.



SPINOZA & DESCARTES



Space is not separate from substance—it is the extent of substance.



POSTULATE MECHANICS VIEW

Space is what you get when substance spreads out.



Matter creates the space we measure.



Energy creates the space we feel as fields.



Thought creates the space of ideas.



True emptiness (void) cannot even be conceived—the act of thinking fills it with thought.

The frontier where thought ends is where divinity, selfhood, and ultimate awareness reside.



3 THE INFINITY

Infinity is not a very large number—it is no end, no beginning, no boundary.

JOHN WALLIS
(1616–1703)

Invented the infinity symbol in 1655.



A loop with no beginning, no end.

EVERYDAY HINTS OF INFINITY

COUNTING

1, 2, 3... you can always add another.



...7, 8, 9, 10, 11...

A CIRCLE

Travel its circumference forever—you never reach a starting point.



BEYOND NUMBERS

Infinity applies to the universe and all that makes it up.



THREE DIMENSIONS OF INFINITY

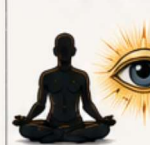
PHYSICAL DIMENSIONS

Substance, space, time.



AWARENESS DIMENSIONS

Divinity, God, the self.



UNITY DIMENSIONS

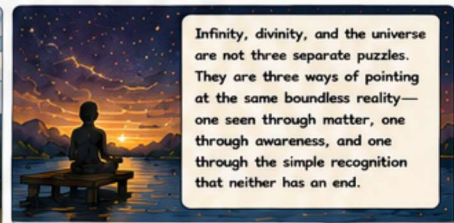
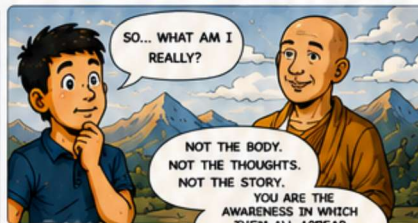
Nature, natural laws, knowledge, wisdom.



Think of a river: The water is **substance**—always flowing, never the same, yet always the river. The riverbed and banks are **space**—shaped by the water, inseparable from it. The river keeps flowing without ever stopping—that is **infinity**. It is the nature of the river itself.

KEY TAKEAWAYS

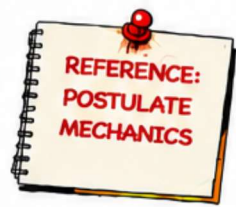
- ★ The eternal self is a postulate, not a proven fact.
- ★ The sense of "I" is real but temporary—it arises with the body and ends with it.
- ★ Biology and environment pass impressions across generations (epigenetics)—not the "I" itself.
- ★ Awareness is not the same as identity. The ego forms when awareness identifies with experience.
- ★ Nirvana is the ongoing process of seeing identifications—one moment at a time.



WHY DO HUMANS REACH FOR SOMETHING BEYOND THEMSELVES?



AN IDIOTS GUIDE TO POSTULATE MECHANICS



CHAPTER 14: THE NOTION OF GOD

Across cultures and centuries, humans have imagined God. The details change, but the intuition is the same: reality is deeply interconnected—an expression of Oneness.



1. THE VEDIC GODS

The ancient Vedas spoke of many gods—Indra, Agni, Varuna, and more—each a force of nature.



"Ekam sat viprā bahudhā vadanti"
— "The Truth is one; the sages call it by many names."

All the gods are different windows onto the same light (sat = being or truth), and the cosmos runs by natural order called ṛta.



THE BLIND TRAVELERS & THE ELEPHANT

Different views, same reality.



Like the elephant, the One Reality is too vast for any single image to capture.

2. GOD IN BUDDHISM

Buddha acknowledged devas (divine beings), but focused on a practical question: Why do we suffer, and how can we stop?



"For self-protection, people create God—a powerful parent figure who watches over them. For self-preservation, they create the idea of an immortal soul that will live forever. In ignorance, weakness, and fear, people cling to these ideas because they bring comfort."

THE CHILD'S IMAGINARY GUARDIAN

The giant under the bed keeps me safe from monsters.



Comforting, but not ultimately real. Ideas born from fear can keep us stuck.

THE CORE TEACHING

Buddhism rejects an all-powerful eternal creator because it conflicts with dependent origination—everything arises in relation to everything else, with no single first cause pulling the strings.



3. THE MONOTHEISTIC GOD

Early Israelites practiced monolatry: "We worship one God," not "only one God exists."



After the Babylonian Exile (6th century BCE), leaders rebuilt society around a radical idea:

YAHWEH ALONE IS GOD—NOT JUST OUR GOD, BUT THE ONLY GOD OF ALL CREATION.

Early Israelite Religion
(9th–8th century BCE)



Babylonian Exile
(6th century BCE)



Strict Monotheism Developed
(After return)

THE REGIONAL BANK ANALOGY

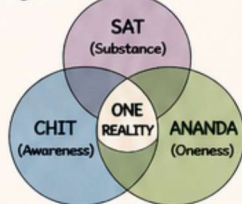


After a crisis, the bank claims universal authority. One source of law, one source of truth.

It creates unity—and also a clear line between "us" (the faithful) and "them" (the mistaken).

4. POSTULATE MECHANICS

Starts from Sat–Chit–Ananda (Substance, Awareness, Oneness) and builds toward a "scientific religion."



The universe is staggeringly complex—interconnected and dynamic. Saying "one personal God controls all" is like saying the internet is "one website."



THE MAYOR & THE CHARTER



A single charter, one authority, one interpretation—effective for governance... and consolidation of power.

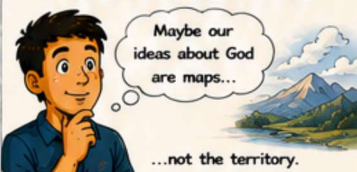
KEY INSIGHT

Treating "one true God" as an absolute postulate may prevent us from seeing the real Oneness of the universe—the vast, interconnected whole.



The Vedic intuition returns:
The Truth is one; the sages call it by many names.

HOLD YOUR IDEAS LIGHTLY



THE JOURNEY CONTINUES



IN SHORT

- ★ The idea of God evolves across cultures and time.
- ★ Many forms, one intuition: Oneness.
- ★ Suffering comes from misunderstanding, attachment, and fear.
- ★ Fear creates ideas of God and soul for comfort.
- ★ Reality is interconnected—no single separate controller.
- ★ Use reason and experience to move beyond assumptions.



WHY DO HUMANS REACH FOR SOMETHING BEYOND THEMSELVES?



AN IDIOTS GUIDE TO POSTULATE MECHANICS

REFERENCE: POSTULATE MECHANICS

CHAPTER 15: MIND-BODY DUALISM

Across cultures and centuries, humans have imagined God. The details change, but the intuition is the same: reality is deeply interconnected—an expression of Oneness.



1. THE VEDIC GODS

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INDRA
(Storms)

AGNI
(Fire)

VARUNA
(Water)

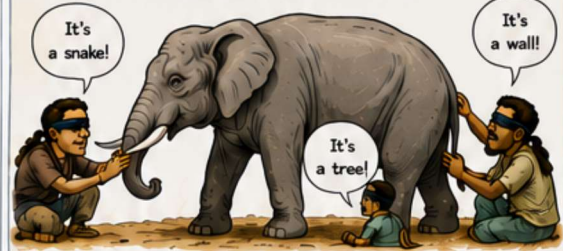
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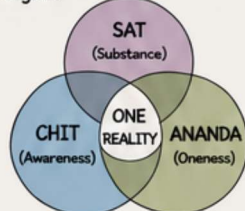


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HOLD YOUR IDEAS LIGHTLY



Maybe our ideas about God are maps...

THE JOURNEY CONTINUES



IN SHORT

- ★ The idea of God evolves across cultures and time.
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- ★ Reality is interconnected—no single separate controller.
- ★ Use reason and experience to move beyond assumptions.

YOUR MIND IS A PROBLEM-SOLVING MACHINE THAT CRAVES ONENESS!



AN IDIOTS GUIDE TO POSTULATE MECHANICS



CHAPTER 16: THE MIND AND LOGIC

When something doesn't fit—when there's a contradiction, a gap, or something that just feels off—your mind flags it and goes to work. That nagging feeling is your logic engine doing its job.

A great painting has many colors and shapes, but it all works together. That's "oneness."



When words and signals don't match, your mind detects a violation of oneness.

ONENESS = HARMONY, CONSISTENCY, CONTINUITY



When the picture is whole, you understand more clearly—and make better decisions.

1. POSTULATES OF MIND

The mind is the thinking structure of a living being. At the heart of the mind is a vast web of data. At the center are postulates—core assumptions. New information is woven into this web.



POSTULATES
(Core Beliefs
& Assumptions)

DATA WEB
(All gathered
information)

BRAIN = Hardware
(The storage)

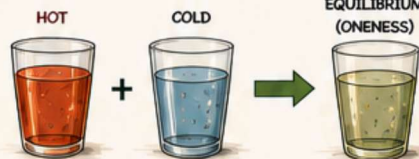
The mind can notice and correct its own errors. It can look at itself.

STORY: In the 1800s, many doctors believed disease came from "bad air." Once the core postulate changed—thanks to Semmelweis and Pasteur—medicine was transformed. The data didn't change; the core belief did.



2. POSTULATES OF LOGIC

Logic takes all information and makes it cohere—assimilation. Like hot and cold water settling to one temperature.



Layers of assimilation:

- 1 Sensations → clear perceptions
- 2 Perceptions → clear concepts
- 3 Concepts → clear knowledge
- 4 Knowledge → wisdom (intuition)

STORY: A sommelier tastes wine and instantly knows: "2019, Burgundy, cool growing season." Years of resolving small anomalies created assimilated knowledge—expressed as intuition.



3. THE ANOMALIES

An anomaly breaks the coherent picture—something doesn't fit.

DISHARMONY



Something feels out of place.

INCONSISTENCY



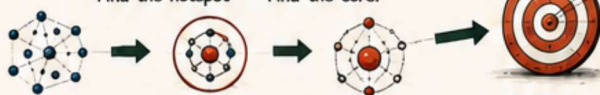
Two things contradict each other.

DISCONTINUITY



A gap where something should be.

Zoom in on the area that doesn't fit → Find the hotspot → Find the core.



STORY: Sales drop in a small bakery. The owner zooms in and finds one small cause—an employee was dismissive about dietary options. One anomaly at the core explained many surface problems.



4. RESOLUTION OF ANOMALIES

Anomalies aren't resolved by thinking harder—they're resolved by looking more carefully.

START WITH DEFINITIONS.



If a concept stays murky, look at the word's root.

TYPES OF ANOMALIES & THEIR ROOT CAUSES

DISHARMONY
(Arbitrary data)



Root cause: Lack of differentiation. Two things lumped together.

INCONSISTENCY
(Contradictory data)



Root cause: Lack of gradient. Jumped from one end of a spectrum to another.

DISCONTINUITY
(Missing data)



Root cause: Lack of a postulate. No underlying principle predicting it.

If anomalies keep piling up, examine the viewpoint itself—the lens may be flawed.



STORY: A student struggles in math. The tutor simply looks and finds he never truly understood what a fraction is. One missing definition was the root cause. The resolution came from careful looking.



What does a fraction mean?

5. EXERCISES: PRACTICE LOOKING

EXERCISE 1
NOTICE THE LABELING MIND



Watch the mind name things. Just observe.

EXERCISE 2
NOTICE THE EVALUATING MIND



Watch the mind judge things. Just observe.

EXERCISE 3
NOTICE THE CONCLUDING MIND



Watch thoughts build conclusions. Just observe.

EXERCISE 4
NOTICE ALL THOUGHTS



Observe all thoughts alongside the objects.



NO SUPPRESSION. NO CHASING. JUST LOOK.



KEY TAKEAWAYS

- ★ Your mind seeks oneness—harmony, consistency, continuity.
- ★ Find the key postulate; trace and resolve anomalies.
- ★ Look more carefully, not think harder.



LOOK DEEPLY. SEE TRULY. SEE HARELY.



When the picture is whole, the mind rests in clarity. That is the journey.

6. POSTULATE MECHANICS

Everything that can be perceived has influence. Nothing exists in isolation.



A good postulate:

- ✓ Explains what we already know.
- ✓ Predicts new things we can test.
- ✓ Requires no invented entities.

One unjustified assumption opens the door to more. Sloppy foundations compound.

STORY: For centuries, astronomers used epicycles to save a bad postulate: Earth is the center. Once Copernicus changed the postulate, the system became simple, predictive, and true—no invented structures needed.



WE ARE
MOTION.
WE COPY
OURSELVES.
WE EVOLVE.



AN IDIOTS GUIDE TO POSTULATE MECHANICS

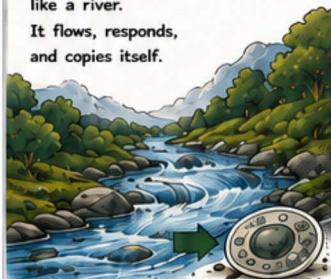
REFERENCE:
POSTULATE
MECHANICS
(PM)

CHAPTER 17: LIFE AND SELF

PART 1: POSTULATES OF LIFE

1. LIFE

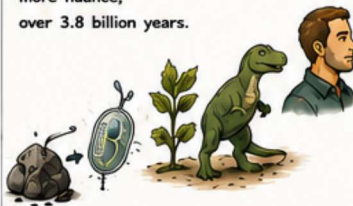
Life is motion—
like a river.
It flows, responds,
and copies itself.



A single cell reacts, grows and divides—all without anything "inside" directing it.

2. EVOLUTION

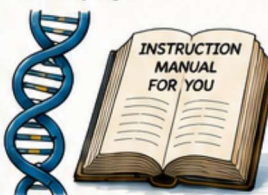
From minerals to us—
more complexity,
more nuance,
over 3.8 billion years.



A bacterium senses chemicals.
A human reads poetry and cries.
Same principle—greater sophistication.

3. GENETIC ENTITY

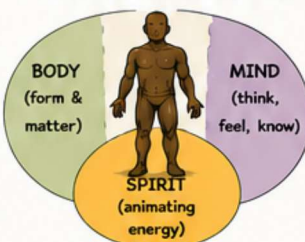
DNA is the master blueprint
passed down through every
ancestor. Incredibly capable,
but fairly rigid.



Like factory firmware—runs
everything, but doesn't update
easily on its own.

4. LIFE ORGANISM

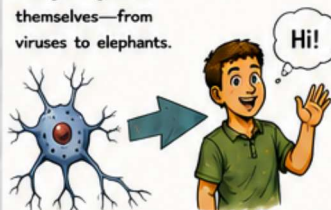
Body (matter), mind (complex
abilities), spirit (animating energy)—
three views of one living thing.



Humans sit at the top of
this evolutionary unfolding.

5. SELF-ANIMATION

Living things move
themselves—from
viruses to elephants.



Your thought travels through your
nerves and moves your hand.

6. BEINGNESS

Your individual essence—body, mind,
spirit—shaped by billions of years
of genetic development.



Two identical twins can still feel like
different people inside.

7. DEATH

Death is the full, permanent shutdown
of the life organism. The "I" is the
first thing to go. There is no eternal
soul that survives.



Like a fire—real while burning,
then it simply ceases to be.

KEY TAKEAWAY

- ✓ Life is motion that evolves and copies itself.
- ✓ DNA builds and runs you.
- ✓ Body, mind and spirit are one living system.
- ✓ Self-animation lets thought move matter.
- ✓ Death is natural—part of the cycle.

PART 2: POSTULATES OF SELF

1. SELF

Pure awareness—
the part of you that
notices, senses what's
off, and seeks wholeness.



The quiet watcher beneath
the noise.

2. IDENTITY

Clusters of beliefs, roles
and stories we build.
We forget we built them—
then we live as them.



We can soften and dissolve
rigid identities.

3. INDIVIDUALITY

A genuine sense of "me"—
unique and real. Identity
and individuality can
coexist.



You are uniquely you—
with all your roles.

4. EGO

When you turn inward so
far that you lose
perspective. "Me, me, me"
distorts reality.



Can't admit mistake—
worth is fused with being right.

5. INDIVIDUAL

A human being who
experiences themselves
as a unified "I,"
distinct from others.



One point from which
life is navigated.

6. VIEWPOINT

The lens through which
you see reality. It can
get stuck—but it can
always be shifted.



Same view—different lens.

7. SELF-DETERMINATION

Making choices from
your own center—
from values, not fear
or other people.



Choosing your path—even
when it's hard.

8. FREE WILL

You make real choices
within the constraints
of reality and your
own nature.



Freedom within a structure,
not freedom from it.

9. SPIRIT

Originally "breath."
The living energy that
makes a person truly
alive and engaged.



Having spirit means
being present—lit up.

10. SOUL

Non-physical essence—
a concept in philosophy
and religion. Views differ
on what it is and
what happens to it.



Playing "piñt soul" means
something real comes through.

11. (SUMMARY)

All these aspects are
expressions of one
living, aware being.



Many pieces—one person.

12. (REMEMBER)

Know yourself. Look
clearly. Act wisely.



Self-knowledge is the
foundation of freedom.

HOW IT ALL FITS TOGETHER

LIFE GIVES YOU THE VEHICLE...



Body + Mind + Spirit = Living You

SELF GIVES YOU THE INNER NAVIGATION...



LIFE FLOWS. SELF LEADS. POSTULATES. ONENESS. EMERGES.

AND THE JOURNEY CONTINUES...



LOOK DEEPLY.
SEE TRULY.
LIVE IN.
ONENESS.

SIX FACTORS
SHAPE LIFE
AND THE SELF—
ALL PART OF
ONE FLOW.



AN IDIOTS GUIDE TO POSTULATE MECHANICS

REFERENCE:
POSTULATE
MECHANICS
(PM)

CHAPTER 18: THE FACTORS

1. THE BEGINNING

- Everything starts with something becoming real—something with substance.
- Wherever there is substance, there is awareness. They arrive together.
- That awareness needs a viewpoint—a place to stand and look from.
- And there must be something it is looking at.
- From the start, there is substance that can be experienced and responded to.



EXAMPLE: When the light switches on in a dark room, there is something real (the light), a someone aware (the child), a viewpoint (their eyes), and something being seen (the brightness). That's the beginning of experience.

2. ONENESS OF LIFE

- Substance moves and resists (inertia is built in).
- These motions spread out into different forms and also come together.
- When they come together well, the result is harmony.
- Harmony that holds over time becomes consistency and continuity.
- That sustained harmony is the oneness of life.



ANALOGY:

Different streams meet, clash, and then find rhythm. They remain themselves, yet move as one river toward the sea. Life's oneness works the same way.

3. ONENESS AS GOAL

- Many viewpoints exchange and adjust.
- They find harmony and create a shared reality.
- Shared reality grows into ideas, energy, matter.
- Oneness is blocked when genuine admiration is missing.
- The result is an ever-more-complex spectrum of distinct things and beings.



WITH ADMIRATION:

They listen, adjust, and create a new, richer harmony together. ✓

WITHOUT ADMIRATION:

One refuses to listen. Harmony collapses. Chaos takes over. ✗

STORY: Admiration—real, open listening—is what makes oneness possible. Without it, structures built by viewpoints become fragmented and unstable.

4. INDIVIDUALITY AND FREE WILL



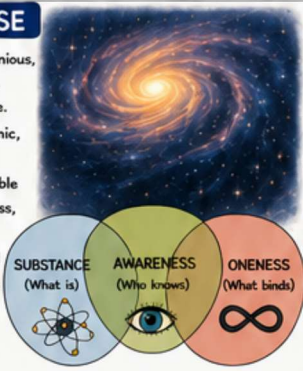
- As viewpoints consolidate, the forms they create become intricate.
- Beauty is harmony as seen from a viewpoint. Ugliness is disharmony.
- Attachment to forms brings concern about survival—"I want this to last."
- No individual form or viewpoint lasts forever.
- Clinging without understanding creates dependence.



ANECDOTE: The sculptor works in harmony and enjoys the process. The apprentice clings to the result and becomes a prisoner of fear.

5. THE UNIVERSE

- All change must be harmonious, consistent, and continuous. This regulated flow is time.
- The universe is one dynamic, flowing whole.
- It rests on three inseparable things: substance, awareness, and oneness.
- The belief in a fixed, eternal self violates dynamic oneness.
- Anomalies arise from that violation, keeping cycles of life and death spinning.



ANALOGY:

A river delta flows as one system. If one channel builds walls and stops, the flow backs up and others suffer. A fixed viewpoint does the same to the whole.



6. ANOMALIES AND RESOLUTIONS

- Anomalies are where oneness breaks down—experienced as suffering.
- Root cause: attachment to a fixed, rigid viewpoint.
- Freedom comes from spotting and gently resolving those fixations.
- The best gift we can give is a method, not an answer.

TYPES OF ANOMALIES

DISHARMONY (Doesn't fit)



Feels out of place.

INCONSISTENCY (Contradicts)



Two things can't both be true.

DISCONTINUITY (Missing)



A gap where something should be.

RESOLUTION PATH



STORY: A man held years of anger at his brother. By looking carefully, he saw his story was only half the truth. The knot loosened—and healing began.



THE BIG TAKEAWAY: THE SIX FACTORS

1. THE BEGINNING



Substance and awareness arise together with a viewpoint.

2. ONENESS OF LIFE



Motion finds harmony. Sustained harmony is life's oneness.

3. ONENESS AS GOAL



Viewpoints create shared reality. Admiration makes unity possible.

4. INDIVIDUALITY AND FREEDOM



Unique forms emerge, but attachment causes dependence.

5. THE UNIVERSE



Dynamic oneness is the universe. Fixed self creates cracks and anomalies.

6. ANOMALIES AND RESOLUTIONS



Suffering comes from fixation. Look, find the knot, and loosen it.



EVERYTHING ARISES TOGETHER.
EVERYTHING FLOWS TOGETHER.
FREEDOM LIES IN JOINING THE FLOW,
NOT RESISTING IT.



REMEMBER:

- ★ Look deeply.
- ★ See truly.
- ★ Act wisely.
- ★ Live in oneness.