

Authors Note:

I've been journaling for about 30 years, just observing causality in everything around me. I started adjusting my own actions and reactions, treating my life like a case study. Everyone's life is their own personal case study—not everyone likes to self-analyze, but that's what I did.

I remembered things from high school, jobs, programs I'd been in. All of it was data. I kept seeing functional similarities in everything, across different domains, different contexts. So I started putting myself out there more, learning different skills, accomplishing tasks. And what I saw held up. It was true, at least to me.

About two years ago, I started using springs to explain things to people about life. I thought a lot about balance, opposites, reflection, recursion. Eventually I created a spring model of an anti-parallel double helix—I wanted to 3D print it. A friend showed me AI. Later, they suggested I use AI to help organize my notes and journaling.

For the past year and three months, I've been using AI as a deep research assistant and scribe. It's helped me translate my layman observations into academic terms, find the frameworks that already existed for what I was seeing. I don't claim everything in this book is right. But I know what I found is real.

In life, we use tools for survival. That's always been the way. I used what I had, so I used AI. That doesn't mean the pattern isn't real. When you get right down to it, nothing can be proven real or not real beyond the constructs of our sensory perception.

There are two ways to cultivate existence.

To give measure of difference within similarity, is to invite destruction and decay with separation.

To look for similarities within difference, is to influence peace and growth with connection.

Which do you prefer?

-Neutron-



The image features a handwritten logo. At the top is a stylized symbol consisting of two loops connected by a vertical line, with a diagonal stroke extending upwards from the right loop. Below this symbol is the word "Leitran" written in a cursive script. The entire logo is contained within a light gray square background.