

OPEN THOUGHT LOOP

An Undiagnosed Neurodivergent Minds Guide To Self-Enlightenment

The Neurodivergent Process Of Understanding our own minds. From my mind to your mind. I have a unique neurological issue as well as AuDHD which lets me free write and free type my mind in real time to bring you this book that will change your life as a new understanding sets in.

You don't need a paper to tell you your own mind. You just need to relate to what is in this book and then you decide if you are or if you are not indeed a neurodivergent individual possesses of gifts and abilities that the environment changed in the last 150 years has now caused these gifts and abilities to be "liabilities and disabilities"

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In Order to Change The Future Course Of Your Life

You MUST Change Your Perspective Of Yourself in the Current Past in The Present

In Order to Create a New Future Course Of Your Life

From an Undiagnosed Neurodivergent Mind To A Diagnosed Neurodivergent Mind

In Order To Benefit Your Life With Your Newly Understood Gifts and Abilities

From This New Current Present Point and Forward Toward Your New Future Self

The Old You Will Not Exist and The New You Will Be Born

By Closing Old Thought Lines and Thought Loops of What Could Have Been

To Creating New Thought Lines and Thought Loops To What You Can Become

With Understand Comes Knowledge

With Knowledge Comes Understanding

By Understanding Your Own Neurodivergent Mind Now

Now Your Own Neurodivergent Mind is Something You Understand

With This Knowledge and This Understanding

You Can Now Move Forward and Understand We ALL have Been Where You Are Now

Forgive Your Past and Accept Your Present Because Your Future Is Very Bright

Foreword

The below image is an actual drawing of an AuDHD mind. My mind during a period of psychosis, with arrows. It is also a recursive logic loop. It is also an infinity loop that goes to no where. Which means this loop can actually go to infinity before going back to loop 1 when you expand the loop picture and keep adding loops to it. If you have good spacial reasoning you can clearly see if you fold the paper into a sphere the loops actually look like the North and South Pole.

OPEN THOUGHT LOOP

LOOP 1 = LOOP 2

LOOP 2 = LOOP 3

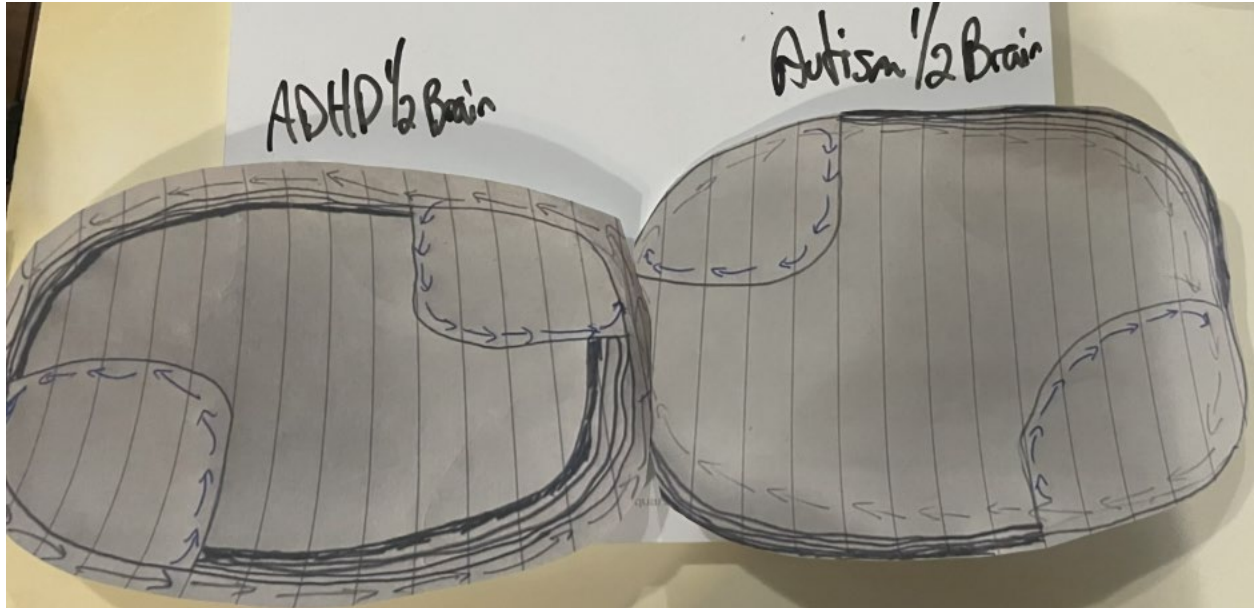
LOOP 3 = LOOP 4

LOOP 4 = LOOP INFINITY

LOOP INFINITY = LOOP 1

CLOSE THOUGHT LOOP

A more detailed explanation of this loop model will be included in a future book as well as my first mind perspective on interstate body language, metacognition and body doubling as a means to cope and thrive in every day life. The interesting thing about this is that all neurodivergent people possess these abilities in one way or the other. Welcome to the first step of your journey from an undiagnosed neurodivergent individual to a diagnosed neurodivergent individual who possesses gifts and abilities for your own hyperfocus and/or pattern recognition capabilities. As you go through this book you will learn about your minds gifts in ways you cannot even imagine.



Chapter 1

Imposter syndrome and you as the undiagnosed Neurodivergent Individual

The main reason why imposter syndrome exists is because a Neurodivergent mind internalizes all thoughts and thinks deep thinking thoughts and looks for validation of the imposter syndrome in them that they need validation in order to not feel like an imposter.

This makes no sense because a neurodivergent individual mind will internalize all emotions and have a stone face that will not be able to tell by a doctor that they are struggling in the internal mind which is why the double empathy problem exists. The double empathy problem, which was coined in 2012 by Dr. Damian Milton states simply that we think differently than a neurotypical person and we show emotion and empathy differently than the rest of the world as well. At least this is my take on the problem as described by Dr. Damian Milton. I am self-taught AuDHD and form my own opinions and conclusions.

A neurodivergent person will be the only mind that actually worries if they are neurodivergent or not and this is the easy sign that a person is a neurodivergent mind.

A neurotypical will think about it for a day and then move on and fit in with other neurotypical minds while a neurodivergent mind will constantly wonder if they are neurodivergent or not for weeks, months or even years.

Neurodivergent people are extremely caring individuals who have a very literal mind and understanding of the world. The neurodivergent ADHD mind thinks in black and white and loses sense of time as well as asks the Autistic mind asks Why?

Why? Why? Questions because they are insatiable curious. Does the picture below remind you of you? If it does, guess what, you very likely have a neurodivergent way of thinking and very likely so does anyone who recognizes themselves or others in the picture below. The spelling errors and the missing words are there for a reason. It is to show a clear sign of ADHD or Autism as the way the brain actually functions as well as what adults think when they actually meet an undiagnosed neurodivergent child in the real world.

CLEAREST SIGN YOUR KID HAS ADIH - 100%

(man - that kid is always causing trouble and gets to those other him around and causes PROBLEMS he goes.)

(I know right... THIS KID A Natural Leader who can gan get a bunch other oidrs following him around causing trouble - ALL TIME. TIME. THE HUNTER TRAIT OF ADHD.

(lets ground him and yell him... blah blah.

(lets ground him and and etc... blah blah.



Welcome to ADHD kid... reminds me of me :)

CLEAREST SIGN YOUR HAS AUTISM - 100%

(man that kid is annoying... is he/she doing it purpose) answer - NO. This sign of an GIFTED Autistic mind. - 100% The sign of a very logical mind mind that needs make sense of things.

Why-... Why-... Why-... Why-... Why-... Why-...



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A simple example of this is when you go and see the kid in the community or you were the kid in the community that organized the other kids and had the ideas to play games and then went out and played the games. The natural leaders that are kids are a neurodivergent mind and can naturally organize and play with

other kids. They are the ones other kids will ask questions too and they are the ones that will be asked what they think about things that pertain to how to do certain things that kids like to do like play games and where to go to hang out and how to problem solve so that their parents will not find out about misdeeds and the kid will get into trouble and yelled at all the time.

In high school they are different and do not seem to fit in with the general population of high school kids their own age. They will either be accepted for who they are or they will be different and bullied yet this is again a sign that they are neurodivergent in their thinking.

They will likely be obsessed with fantasy, Dungeons and Dragons, and will role play naturally with no clue they have just a different way of thinking. This is then translated to real world mental health issues since they then have to deal with depression, anxiety and guilt that for some reason no matter how hard they try they will never be truly accepted for who they are. So they hide to keep

themselves safe and this is called masking in order to blend in to their environment that they have to live in with people who are neurotypical and think differently than them.

Since a neurotypical mind is 97% of the world's population and Neurodivergent is only 3% of the world's population this obviously makes the divide obvious. Current research suggests this number is much higher, however to my understanding there are varying degrees of neurodivergent minds will likely fall into a much lower category as they have a closer to 100% ADHD or Autism traits and this leads to a higher

noticeability and makes them more different than the rest of the neurodivergent population at large. In high school is where the diagnosis should be made by a guidance counselor or teacher so that post secondary education needs can be tailored to a neurodivergent mind vs a neurotypical mind.

The current model eventually translates to adulthood and post secondary education where the neurodivergent individual is the one being asked by their classmates for their notes because they are detailed or for explanations on what the teacher is talking about. They will be able to learn very, very fast and explain in detail a concept to help other students pass their classes. It takes time but being self-taught and being able to fit in and blend in goes hand in hand. It falls under the radar because most of the time, you do not need to study much and are busy doing

other college people things like hanging out with your friends. You set a goal of 70% to pass, study the night before for a test and get the grade you are looking for. Essentially your IQ score will be average but the time it takes for you to actually study is a genius level.

As you proceed into the work force you encounter problems with your colleagues and co-workers because the environment changes. You are no longer in control of your education and the pace you do your tasks. You can work and learn and problem solve lightning fast yet you are directed to do things that make no practical sense. Your boss feels threatened and your colleagues who are looking for advancement also feel threatened hence they now start to gossip and that interferes with your work capabilities.

As you then get the feeling people don't like you and you no longer fit it you start to get stressed because more and more work starts to pile up. Then the stress and the resentment of being spoken to like you are a child from a person who could actually do a better job who is your boss and gets paid more eventually leads to your termination as you lash out and start to speak out in the workplace. This is a common line from individual neurodivergent people who have lived their lives in the workplace as undiagnosed neurodivergent individuals. Hence you now have your definition of imposter syndrome.

If you were a nerd or a kid that got into a lot of trouble then you are neurodivergent without much doubt. You will fit into a neurodivergent community and in this way you will learn to understand what neurodivergent means to you. Essentially it is just a different way of thinking and viewing the world and trust and honesty is of paramount importance. You do deep thinking questions and like to either spend time alone with a few friends which is Autism or you like to be outgoing and enjoy the attention and people naturally gravitate to your radiance which is ADHD. AuDHD is somewhere in between. They possess both abilities and are either predominantly ADHD or predominantly autistic and struggle to regulate both 1/2 minds of Autism and ADHD.

I use meditation with music to focus my mind and drown out noise in order to regulate the overwhelm of sensory overload which is prevalent among AuDHD people. The AuDHD mind battles between the half brain ADHD and the half brain Autism and with this battle the meditation comes from the music or a blazing fire or even just a candle on a tabletop to help focus the mind and guide the thoughts of the individual AuDHD mind.

By simply trying these techniques at home or by simply reflecting on your past or observing the world and people around you it will be easy to spot a neurodivergent mind who is struggling to fit in and in this way you will be able to easily understand what a neurodivergent mind is.

Chapter 2

Masking

The masking process begins in childhood for a neurodivergent individual. They internalize their struggles and due to being different attempt to fit in with their peers. This leads to being misunderstood and is easily observable as someone who struggles to be accepted for who they are. They are likely to be very nice and very understanding or the complete opposite, very mean and very aggressive depending on the individual neurodivergent mind. They are the outlier of the social structure in childhood and learn how to hide who they truly are in order to fit in.

An individual neurodivergent person can tell they are masking or not by simply looking at their life and seeing if they pretend to fit in when they are out with their friends, at work, at school, and act differently at home. Are you interested in the gossip, the workplace discussions, the education that you are receiving or do you find it really boring. Do you make observations that can easily make things better and do you get frustrated when no one understands what you are saying or thinking so you keep your opinions to yourself and simply agree with what the other people are saying so you don't need to explain yourself.

This is called masking your true ideas and feelings and identity and you learn to keep your face stone cold so as to hide your true feelings to the people around you. Even your family will not even notice because you mask your emotions so well you become a master at hiding what you truly think.

What an autistic person truly thinks is likely that you are bored and can do the job much better than your boss. You can write a paper that is amazing but since the education system says you need 15% AI content or less to pass you dumb down your work and this way you get a lower grade because the teacher or professor simply is too lazy to recognize your actual gifted mind that is Autistic.

ADHD people are different. They likely have a hard time to focus in school and need to study a lot to try and pass. They daydream a lot and think a lot in their own heads to the point they get yelled at often just because they have a hard time focusing on their tasks and forget all the time. It is hard having ADHD and being misunderstood.

You just drift and you can not help yourself. It is simply a neurological difference in an ADHD mind that can be easily adapted to the right environment which is to focus on a different teaching method and do one single class at a time and complete the class in a month.

This way the ADHD mind can focus on a single task and when the ADHD mind drifts it is not trying to do 5 things at once. A single subject at a time from start to finish then move on to the next subject is a better approach for ADHD. The mask

for ADHD is simple. They act like the class joker and the class clown in order to cover up their ADHD traits and get in trouble all the time for it. It is just an easy way to hide their ADHD traits in high school which then causes problems in the world as they go to college and then eventually the workforce. The mask eventually will lead to real world mental health issues and can be easily solved in high school by observation alone.

Chapter 3

Mimic

The mimic is established by the neurologically different neurodivergent individual as a way to form expressions based on social situations that they have been in to learn how to act in a certain way in order to fit in. This mimic begins in childhood and happens naturally. It generally starts as kids start to tease the neurologically different individual. They are known as tattletails and learn how to lie to hide misdeeds by their mischievous neurotypical peers at a young age.

Often you will see that these children who are very literal in their thinking and used to be very honest start to act in sneaky ways that in time they learn to use to their advantage in order to fit in. They will become masters of manipulating situations in elementary and high school and learn that they are actually able to reflect the emotions on their face and actions that the rest of the crowd uses in order to fit in to their surroundings. They become the masters of the mimic and they are the AuDHD minds.

Autism people tend to be loners who think a lot and ask a lot of questions. Why? Why? Why? It is a common trait in childhood and they get really annoying really quick to adults. It is clearly the sign of a logical mind that is trying to understand what is going on and wants to have clarity. Again they get yelled at and told “because I said so” when a simple explanation for 5 minutes will then solve the problem as the Autistic kid now understands the problem and the solution and the reason for that solution.

It is not just simple curiosity as it translates into adolescence and into high school. They are socially awkward and have a hard time learning their facial features and tend to like to play magic - the gathering, role play and dungeons and dragons. They are naturally attracted to fantasy adventure games like RPG games and will be the ones who actually “live” these fantasies in their minds.

They build up the why questions and then deep think on the aspects of the said adventures in the real world. They get the ideas and then construct the ideas. Reference Star Trek today and the iPad is the actual device used in the Star Trek series from the 1990's as well as many other similarities and commonalities. Autism at its finest.

Neurodivergent mind is the mimic of blending into society a society that the neurotypical people designed for themselves. They are more, and since they are more they cater to the masses.

ADHD minds seem to actually not mask and just act themselves as they see it. They are the extroverts of the Neurodivergent community. They are the ones who

lead and who always seem lost and confused. Extremely literal thinkers who just go with the flow and have the time blindness as well as the difficulties in school to pay attention.

Often you will find these ADHD people socially popular because they just seem so different and people naturally gravitate to their energy. They will make friends with autistic people as well naturally as a body double and when these two become friends you now have an extraverted individual that can lead an introverted individual who asks the why? Questions.

This translates into a partnership that is called “best friends” and the mimic is very difficult to see because the autistic person who is a loner will mimic the ADHD best friend and actually appear to be an extrovert as well.

The mimic is especially difficult to tell when a person enters post secondary as the autistic person will excel at school to the ability to study and learn very fast. This coupled with learning how to mimic their best friend who is ADHD in high school now leads to a very proficient mimic that can be next to impossible to tell the difference as a neurodivergent autistic individual will now be able to make friends naturally with ADHD people in college and in turn this will then translate to the workplace.

The ADHD friend in high school will likely struggle in college due to the fact that he relied on his best friend who is autistic yet will still be able to pass and move on with life as he learned from the autistic best friend in high school how to mimic being intelligent.

The opposite is true for the Autistic individual who is introverted and has a hard time to make new friends and only needs one or two to get by. Finding an adequate body double that is ADHD as a best friend is a challenge at the best of times. Being autistic means being alone and liking fantasy from all the observations I have made. Autistic people are deep thinkers that tend to go from a simple idea to a massive enterprise very fast. They are the engineers and are very outside the box deep thinkers who are often misunderstood. A complex mind that can solve world problems in 5 minutes flat when they think about it then move on since the world problems cannot be fixed and even if they talked about it – who would listen anyway.

ADHD individuals are natural leaders and because of this likely will become great team leaders once they start work. Since they are not perceived as a threat and just go with the flow they will likely be promoted and will then become team leaders and move up the ranks of organizations as they mimic their way up the chain.

Autistic people are different since they are really intelligent and focus on their work. Likely very quiet and reserved and do a lot of thinking. They hyper focus on a task and like to make it perfect. This then causes problems at work because their co-workers and managers see this and feel threatened to the point of piling up the workload for a single Autistic individual and this leads to GAD and eventually Autistic burnout.

Once in adulthood it is very hard to tell the difference between an ADHD individual who mimics the Autistic individual who they were best friends with in high school. Conversely, it is also very hard to distinguish the loner Autistic individual who

learned to act as an extroverted ADHD individual in high school and who carried on this mimic through college and eventually into adulthood and the workforce.

In this way the two individuals blended their styles. In this way you can clearly see what an AuDHD individual looks like and why AuDHD can understand Autism and ADHD. They have both and can blend which is the next chapter.

When in high school the disconnect between ADHD And autism happens when the connection and friendship is not formed. Two Autism have trouble fitting in and are considered outcasts yet they are best friends. Two ADHD are trouble makers doing all sorts of things that you probably remember doing when you were a kid. Natural leaders who just do stuff together and likely have a lot of fun.

The worst is a single Autistic who does not connect in elementary school or high school then this person will struggle in life as adulthood approaches. This happens in home schooled environments especially, as learning the mimic is extremely important for a neurodivergent individual to fit into society at large.

Chapter 4

Blending to fit in

Assimilating into society begins when in childhood as autism people must blend to fit in or be teased and become loners in adulthood who never fit in. The blend is crucial for a neurodivergent mind to learn as young as possible. Their honest minds and straight forward approach is not wanted.

Their natural abilities to problem solve as well as to ask the Why? Questions are quickly put down and they must hide their natural gifts and abilities from the world to the point where they believe they are dumb. Because of this it makes no sense to even try to fit in because they will just be shut down time and time again.

Blending is achieved by simply nodding and agreeing with the world at large. Even if you know better than your boss, letting them just make their own mistakes and just going with the flow of things is by far the best approach to blend into society and not make yourself a target of retaliation and vindictiveness.

Neurotypical people will quickly become jealous of you and will even pack on the workload to make it seem like you cannot do your job. Which is unacceptable behavior but yet it happens ALL THE TIME.

Blending happens as a defense mechanism due to the world around a neurodivergent individual. From a very young age the mimic is learned to act like the people around them in different situations and then the mask is developed to literally act like a different person depending on the situation at hand.

The more life experience the neurodivergent individual has the better the mask and in turn the mimic can reach a masterful level without anyone even being able to tell the difference. This information is processed naturally in the mind of a neurodivergent individual and blending for different situations then occurs and it is processed on the inside of a person and the facial paralysis that exists for Autistic and AuDHD people actually camouflage the internal struggles we all face. Which is GAD, depression and cPTSD from a lifetime of being misunderstood.

A person acts, talks, walks, is all designed to fit in to a neurotypical world that is different than what a neurodivergent individual used to live like in times past. Our environment changed in the last 250 years because at one time, our abilities and gifts were valued when we lived in the wilderness and survived off the land.

Today, as the environment has changed, we are now overstimulated and therapy involves regular walks in nature, which we used to live and work as a community that grew up, worked together and grew old together, which is no longer the society we live in today. Hence Tribal mentalism is an accurate description to visualize the difference between 250 years ago until today.

Chapter 5

Camouflage

Camouflage is established as a way to prevent people from mocking and teasing the Autistic - AuDHD – ADHD individual. It is meant as a protection mechanism due to the fact that if a neurodivergent individual speaks their mind, they will get into trouble. Hence they hide in plain sight with what is known as camouflage.

Essentially it incorporates the mask, the mimic and the blend to achieve the camouflage so that no one really understands the neurodivergent person's internal struggles.

A matter of fact approach is used to describe a situation and a method is used that increases work production and as an autistic or AuDHD individual learns they then camouflage in order to not be harassed and not be used. The more the autistic person or AuDHD person learns with life experience, the harder it is to detect.

It happens naturally, the entire process, so it is not something that is even recognized until pointed out and explained. When this happens the path to self discovery of a neurodivergent mind then becomes apparent and great insights to the individual neurodivergent mind is obtained through encouragement, support and validation as the neurodivergent mind comes to realize their full potential.

The camouflage is essentially hidden from a neurodivergent mind because their natural abilities are just that. Natural in nature and a perspective is shifted to identify the neurological difference the camouflage will disappear for the neurodivergent mind and their true identity will be revealed to the neurodivergent person as they come to understanding based on their own hyperfocus and interests.

Chapter 6

Receiving the Official Diagnosis and what to expect from loved ones

Today in 2026 you still need to receive an "official" diagnosis to be accepted and these diagnosis cost alot of money. Why? I have no idea because a neurodivergent person will easily connect with another individual neurodivergent person.

It just makes sense before you go and spend all that money to actually go to a platform and connect with other neurodivergent people so you can see for yourself you actually fit in without any issues. Please refer to chapter 1 for more details.

In order to get the official diagnosis you will need to do a series of tests that are fairly private and include past family and friends from a psychologist who will ask

you a bunch of questions and then cross reference those to the SR5. The IQ test they administer as well is generic in nature and is not specific to any hyperfocus you, as the undiagnosed neurodivergent individual, will have.

All Neurodivergent people need to understand is that you are a PH.D in your own mind and have studied so much your own particular focus that you have now reached a PH.D level or visionary level based on what is of interest to you.

You will be pressured to complete the test and the “mental health” will give you advice. Your own judgement if the advice is right for you. You are the PH.D of your own mind and if it fits, then use it. If it does not, then discard it.

Myself, I use meditation and breathing exercises as well as neurodivergent community support to come to understand my mind with other people who have had similar experiences and are of like mind as well. This is ok to do. You do not need meds to live a normal, independent life or maybe you need support or maybe you do need meds, that is totally up to you and how you feel about the idea.

Your family will be confused since they had no idea and they love you so they will try to help you when all you want to do is be left alone. It is a process. First you will learn how to unmask as is covered in my next book as well as the other things you will learn to undo to become your true neurodivergent Self.

Your family and friends will obviously be concerned yet they need clear boundaries as this is a private time for the neurodivergent individual after you get diagnosed or you come to accept your neurodivergent mind yourself. This is the thing - you

will fit right into any neurodivergent community and your friends likely have ADHD or autism and don't even realize it either. It just makes total sense. If you need the designation for some reason then by all means get it - it is not required for acceptance to any neurodivergent community that is legitimate and run by neurodivergent people.

This is just a fact of life for neurodivergent people. We connect with ADHD and Autism and AuDHD because they are our mind and that is actually the official diagnosis. Official medical diagnosis is not a necessary requirement. Find links on my website at www.audhdawareness.com

Chapter 7

How to talk about the next process to your family and friends

When first opening up about the issue with your family and friends a slow approach is recommended. The recently diagnosed ND individual will likely receive responses like that makes a lot of sense. This explains alot. We suspected for a long time.

Others will look at you weird and will distance themselves from you. This is to be expected. The comfort level has changed and in time they will gravitate back toward you or they may not. Just accept that some people have difficulties with this concept and be understanding.

A simple approach is just to tell them you have a neurodivergent mind and a different way of thinking. Leave it at that. If they ask questions then be more specific. I am very literal in my thinking and tend to prefer deep thinking questions and to solve problems if you are predominantly Autism

ADHD is easy to see. They are the ones always late and have a hard time regulating themselves. Often speak out of turn and tend to get in trouble and have a hard time at work without consistent routine. They set themselves up with a routine that is clear for their minds and they can easily understand. Sudden changes in routine have a serious affect on ADHD minds.

As you talk slowly your new reality based on what is described you might see that you have traits of both ADHD and Autism. This is because before 2012 you could only get one diagnosis or the other. Today many people with AuDHD are unaware they are actually AuDHD. Many, many misdiagnosis. When talking to your family and friends simply state you have traits of both and even if it is not recognized officially you are the PH.D of your own mind and you know your own mind. Once the people are around you are aware then it makes life easier.

Assert your boundaries in writing and use the idea that it is a fluid concept and that it will change based on different situations. Use writing as a guide to express yourself. Try to avoid getting mad. You are gifted with abilities the others simply do not understand. Instead use the approach of baby steps will get you the desired outcome and by being yourself new friendships with the right individuals will happen and you will lead a happier, more fulfilling life.

The truth is Neurodivergent support groups over zoom will be much more effective and you will find many commonalities and similarities once you attend. This is a great place to learn other coping skills to help you out in your life at large. Just because you are a genius in your level of thinking does not mean that you do not need some form of support and this comes from family and friends who clearly understand what your needs and wants are and help you achieve your goals

Every Neurodivergent mind is similar but different. Find your similarities to other Neurodivergent people and then the differences can be discussed as others have the same differences as you and we can all learn from each other. By starting the conversation and then keep talking about it. Writing about it. Building on our own reality that is not a theory we can raise awareness and in this way bring about real world change for the neurodivergent community at large. In time, this will reflect our uniquely similar yet different neurologically different minds and change will happen with awareness and understanding leading the way.

Chapter 8

The unmaking process

Chapter 9

The unmimicing process

Chapter 10

The unblending process

Chapter 11

The uncamouflaging process

Chapter 12

The feeling like yourself for the first time in your life

Chapter 13

Meeting like minds on your journey to self discovery through the discord servers and reddit communities

Chapter 14

Finally finding your community where you are accepted and fit in

Chapter 15

The friends you left behind, the friends that stuck with you and the new friends you made

Chapter 16

Deciding on the proper career choice for you at this stage of your life

Chapter 17

Effects the entire process will have on your loved ones

Chapter 18

Living a happier and healthier life with a vision for the future

Chapter 8

The Unmaking Process

The unmasking process is one that is filled with self-doubt, fear, trauma and absolutely no one, including yourself understanding what is going on. This is normal. Do not worry about it. You are likely dealing with high amounts of anxiety called GAD. You are dealing with unimaginable trauma and pain so you are emotionally blunt. You likely also have cPTSD which is brutal as the rages set in you actually just lose yourself to them.

This is the time to self isolate yourself and to be alone. No contact with friends. No contact with family or anyone else for that matter. You want to be alone and you want to research everything about your new neurodivergent mind. This is called the unmasking process. You will be dealing with autism burnout which is simply you feel like you hit a brick wall after a short period of time. Best described as a MANA drain from an RPG game. You are fine to work. You are fine to drive. You can talk and function in front of others. This is the mask.

The unmasking process is when you are sitting down in a chair in private and completely unable to function or even think. Basic skills like talking and even moving are near impossible to do. This is called catatonia and is something from my observational research ALL AuDHD people do. Likely all ADHD and Autistic people do as well.

It is a private time for you to just sit in complete peace and stress free environment and just research and read up on your new understanding of your neurodivergent mind. The mask is what you have been wearing naturally your entire life and because of this you don't realize you are your true self when you are alone, sitting in your comfy chair with your thick blanket and a couple pillows behind your head with a warm or cold drink beside you.

I do this all the time and I just write my mind as I am still going through Autistic burnout today. It is a private time. Your family and friends will not understand and this is expected since you are going to change into someone completely different over the course of the next several months. Do not worry, in time they will get used to the new reality.

As you unmask it is best to take things slow and to learn about your triggers. These are the things that get you really mad as you reflect on what could have been as you analyze your life from start to finish. You will be dealing with extremely strong emotions and will lash out violently because of it. You will be in a rage, not mad. You will flush and you will be ready to do things that you would of never considered doing.

This is normal and it is vital you understand this point. DON'T ACT ON THESE IMPULSES. THEY WILL PASS. You can think it, do not act on them or else it will end badly for you. They will pass in

time as you learn about the neurodivergent mind. Your mind, as described will be gifted and brilliant with ideas that are as of yet a theory of science. You are a living theory and a PH.D of your own mind and your own consciousness.

Mental health people will tell you things and you need to understand that if it works for you, do it. If it does not work for you and does not fit your understanding, simply smile and nod, and ignore it. You will find that joining a neurodivergent community is your best idea ever. I highly recommend joining the neurospicy community run by Professor Sol Smith over on the Skool Platform. You can also find him on facebook. This individual saved my life back when I was first learning about autistic burnout and was just starting my unmasking process and he is the inspiration for me to write this book.

Chapter 9

The unmimicking process

This process comes after a period of self reflection and self enlightenment as you realize that you have been mimicking situations your entire life. Naturally. You are a gifted improvisational actor who can actually just look at someone, pick up on how they act and react and then do it yourself in order to fit in.

This is how you have managed to survive all these years, but acting like someone you are not. Since you still have no idea of who you actually are you will find an intense period of uncertainty in your mind. The unmasking portion has led you to understand that you are exhausted beyond imagination and that you are your true self when you just sit and rest in your comfy chair.

Your unmimicking process is now leading you to understand that you have been acting a certain way your entire life as a reflection of who you are not just in order to fit into a society that is not designed for the neurodivergent mind. It will take a lot of time and a lot of patience to finally go through the sadness, the anger, the negotiation, the depression that will set in and then finally find your acceptance that you have never truly acted like yourself because if you had you would have met like minded friends. This is ok. This is normal.

I acted completely different my entire life because I never even knew I did it. WE all do it. It is perfectly healthy as a newly aware neurodivergent mind that what you are actually going through is completely normal and WE ALL go through this unmimicking process.

Who you really are is simple. You are a person who is literal in their thinking. You believe what people tell you. If you are Autistic, you are a straight forward, to the point type of person who likes to do deep thinking questions and solve world problems.

ADHD minds are a very outgoing, friendly people and have a very trusting nature and uncanny awareness of their surroundings. I have both so I understand the minds of both Autism and ADHD people since I am AuDHD myself.

I have something called the “Hunter” trait and have time blindness and can hyperfocus on the smallest things. I can also deep think and solve world problems very fast. So I write and I publish books – this is my first one. Any neurodivergent mind can do it too from their own minds perspective on their lived life issues. Try it out and be amazed what speaking your own mind and your own voice in a neurodivergent community will lead to. From my observations Free thinking and Free talking is the preferred method of communication for neurodivergent people.

We all deal with anxiety as well due to a lifetime of being misunderstood. This is normal. WE all see the world in a very nice, simple way that everyone should do. We simply do not understand why everyone just does not act that way. I do this as well. It is the perfect way to see the world and if everyone did this, it would be a great world indeed.

This is going to be a private time for you, as you contemplate the meaning in this book and as it applies to you as well. You must focus on the similarities as the differences will be minor in nature. WE ALL have similar minds but different. Similar perspectives but different. For myself I am an observational researcher who observes his surroundings and can tie lines together for similarities and only see the minds of my neurodivergent community members. It is a very rare form of dyslexia – I understand the difference but I do not see it as such. To me everyone is people and I don't understand why some people don't like other people based on what they say. To me it is just a deep thinking question that should be reflected on and discussed intelligently. What is it for you?

As you start your journey to self-enlightenment on who YOU TRULY ARE MEANT TO BE, you will find a lot of people who disagree with you and that is ok too. It just means they are wrong and you are right and you need to find your own sounding board to keep bouncing your ideas off of and in this way you will keep on your journey of self-enlightenment.

For my friends who are AuDHD, YOU ARE THE ARCHITECTS AS THAT IS YOUR MIND TYPE. YOU ARE the people who teach autism and ADHD individuals as you are the ones who possess the gifts of both minds.

You understand Autism since you are ½ Autism brain and you understand ADHD since you are ½ ADHD brain. You can self regulate by using music in order to drown out the noise and think and plan and build and create and help and understand the world around you since you do both ADHD and Autism. You have the thinking trait and ask the WHY? WHY? WHY? Questions endlessly. You have advanced natural pattern recognition capabilities as well. You also possess the gifts of ADHD and the hypervigilance and the incredible creative focus that time blindness

provides. You have the “hunter” trait and can notice minute changes in your environment – like a blade of grass that is out of place, you can read that face that is suddenly acting different toward you – instinctively.

If you are AuDHD - You are the architect and are destined to lead and to build. This will resonate with people as they discover their true minds as they learn to unmimick and become their true selves. It is guaranteed. So many AuDHD people were missed since they were diagnosed before 2013 and prior to that there was only one possible diagnosis – ADHD or Autism – not both.

Chapter 10

The unblending process

WE have covered the unmasking process, the unmimicking process. Now it is time to understand the unblending process. Your entire life has been just a disorganized mess where you took many different styles in order to create an impression of yourself that is not your true self. It is hard to understand at first but by the time you reach this point the unblending process is getting easier for you to understand.

You naturally act in a different way depending on your surroundings. With one group of friends you act a certain way. With another group of friends you act a different way. You blend styles to fit in naturally, depending on different situations. You are just using the cover of the mimic and the mask to blend different life situations to create an image of yourself over time that is parts of what you want to be but it is not the real you or the way that makes you happy in private.

You are scared to be yourself because no one will understand you when you speak your mind. People will just look at you like you are an alien if you do. This is normal and it was exactly like this for me too. You should of seen the look on my parents face when, as an AuDHD individual, I went and bought books on quantum mechanics and quantum physics. That is the unblending process. Learning to just talk your mind and do your own thing. Will people understand as you become the new you. No. Don't expect them to understand your mind and how you think. It is normal to be intelligent. It is normal to be misunderstood. It is normal to be a neurodivergent mind to be talking about deep thinking questions and asking the why questions and to have the hyperfocus and the obsession and the idea generation as well as the original content and the create writing, talking, philosophy, perspectives that are different and to create your own reality and live in that bubble with other neurodivergent people. This is called the unblending process. Learning what is YOUR original ideas and thoughts that you can then build on yourself vs what everyone else “expects” you to be. Unblend your ideas from others ideas and create your own definitions and philosophy and define how you want to live your life. That is the brilliance of the unblended neurodivergent mind. Your mind. As defined. Be yourself doing what you love to do

when you want to do it to help people who are important to you. It takes time and patience. WE all get there in time.

Chapter 11

The uncamouflaging process

Now that you have learned how to unmask in private. How to unmimick in private. How to unblend in private the next challenge is the most difficult challenge. The uncamouflaging process. Learning to let those ticks that you discovered you have and those twitches that are becoming apparent show in public. This is when you will lose friends. Family might turn away. People will look at you and will even visibly mock you or even get really mad at you. It is critical that you take this very, very slow and very seriously. It is one of the most difficult things you will do in your life. It is also the most important thing you will ever do in your life. You will lose people but the neurodivergent people you meet will be like family to you. You will find like minded friends. You will find a new spouse. It could and does happen very often that marriages will fail because of this. Yet for you in the end, you will have to decide if being your true self or the fake version everyone is used to is most important for you. Take it very slow. Start with the most trusted people in your life. Write it all down and journal what you want to say to them. Give them the piece of paper that is a single page in length so they can read and adjust and digest and understand that you are becoming your true self. That for the first time in your life you realize that you do not need anyone's permission to be who you are destined to be. You are wonderful with gifts and abilities that are just theories to science. If you want to move your head from side to side when you are stressed. Do it. I do and I just explain to my doctor, psychometrist, mental health person and concillor that because I have a stone face and do not want to force a fake smile I just move my head from side to side to signify internal anxiety and to regulate my AuDHD half brains. I also use my hand in the air and move my hand from side to side to signify discomfort of a situation and explain to my friends what it means. The faster my head or hand moves the more anxious or the more uncomfortable I am. This is a way of non-verbal communication that is most effective and it starts with the closest people in your life and as they get used to seeing it you can slowly move out to other people and in this way you build a support network of trusted family and friends as well as make new friends who are neurodivergent too. As the old you falls away, the old friendships fade and the new ones are made that are right for you, you find yourself ending a period of self discovery and self enlightenment as your true self finally sets in and you learn who you are finally, for the first time in your life you feel the true freedom of being you. That in itself is the most enlightening thing in the world. It will take months for people to get used to the new you. They will love the new version of you in the end. Keeping a positive mindset and focusing on a step by step approach is what your mind is designed to do in order to find the right people just by being yourself. It is a

gift that is still not scientifically recognized yet Neurodivergent minds naturally connect with other Neurodivergent minds. Even “undiagnosed” neurodivergent minds will naturally connect with autism and ADHD people. It is a fact because that is my reality and most of my close friends throughout my life who I have connected with are all Autism, ADHD or AuDHD. The body double for ADHD is Autism. The body double for Autism is ADHD. I don't even know what my body double is yet. I'm still in my period of self discovery as well yet I am light years ahead of current scientific research. Best guess is AuDHD body double is ADHD as the extrovert and Autism as the thinker and I am a content creator. Essentially AuDHD need 2 body doubles in order for a trinity of minds to create a brilliant design and get it to market. This is the end result when you finally come to acceptance of who you are a neurodivergent mind and what you can expect after you uncamouflage. Acceptance and finding your real community and realizing you are a living theory of science with natural gifts and abilities they simply do not understand.

Chapter 12

The feeling like yourself for the first time in your life

We have covered the masking, mimicking, blending and camouflaging traits you have lived with unknown to even yourself your entire life. We have covered the difficulties that you have had to endure your entire life as a result of your natural gifts and abilities that, as a result of an environment change in the last 150 years, you are now having to adjust your neurologically different mind to the world as it is today.

We have dived into the struggles of unmasking, unmimicking, unblending and uncamouflaging in regards to my own personal experiences as a neurodivergent mind who was undiagnosed to diagnosed and we have covered briefly the topic of how people will react as you discover yourself. It is a very personal time for you, and this is expected as it is a very personal time for me and all of us as well.

The most important thing for you to do is to always be true to yourself and what is important to you. If you think it, act it, live it, believe it, understand it then that is perfectly normal and ok too. Always be you doing what you love to do. It is ok to be yourself and it is ok to have your own original thoughts and ideas that no one else understands around you. It just means you are intelligent and an intellectual and when you start to write your unguarded mind, thoughts, opinions online you will realize what I realized in my journey to self discovery – that you are brilliant in your own hyper focused mind and it is ok to be heard the world over and because of that – other like minded creative writers will notice you.

To conclude I write my ideas and thoughts and opinions unfiltered and uncensored under my pen name ~AuDHD mindset on substacks. I write my thoughts and opinions unfiltered and uncensored on Reddit under the pen name ~NorthernOntarioLife. I grew up in a tiny community

called Smooth Rock Falls, Ontario. Everyone here knows each other and my intelligence and intellectual abilities were missed simply because back in the 1990's no one understood Autism and ADHD and even if they did – the population size is so tiny no one can do anything about it. A \$50 cab ride for people in the city is actually a \$5,000 trip for me – imagine how many people are missed that live in tiny communities across the globe and just by life circumstances are never heard or understood.

I leave you with a final deep thinking question to ponder as you start your journey to self enlightenment – what makes you think you are not the P.D.D of your own mind and why do you think I am the only one who can write a book like this. I issue a challenge to ALL of my neurodivergent brothers and sisters the world over. PROVE TO ME that you can write better than me. Prove to the world of science, psychology, academia, that you can write and publish a better book than me with your own mind as the example. Draw your own brain picture. Go insane. Go psychotic. Go hyperfocus on something for so many months you come out of it with your own creative works of brilliance to be shared the world over about whatever topic is your own hyperfocus. There is nothing wrong with you. The system is broken – we are not.

The mere fact that you can create your own original content from life perspective on your own minds that has never been published and never been read and never even have any literature about an uncensored first minds perspective is my challenge to you. Do the very best you can do and write your mind to the very top level you can think of so that everyone can learn from you and in this way my oath to Nikola Tesla, Dr. Damian Milton who coined the double empathy problem in 2012, Albert Einstein, Michelangelo, DaVinci, Pythagoras, Edgar Casey Foundation and most importantly Stephen Hawking, who not only seen his own body deterioration – but also brought the concept of white holes and black holes to humanity – will now be able to be built upon by the brilliant neurologically different neurodivergent minds of the world.

YOU are all brilliant in your own hyperfocus and never be scared to challenge yourself and write your mind and change the world for the better doing what you love to do. You can be the next Einstein, Hawking, Casey from your own original brilliant minds.

One Day Equals Yesterday

This is a very simple analogy describing how our actions yesterday determine one day.

Basically, this means that One Day was Yesterday. Today is a New Day and Tomorrow Will Never Come if one day yesterday never happened.

A real world example of this is simple

If yesterday you didn't go to your job, Today you are jobless, and tomorrow you will be broke.

If yesterday you went to your job, Today you are employed, and tomorrow you will be poor

If yesterday you started a side business, Today you will be employed with a side gig, and tomorrow you will have more money

If yesterday you read a self motivation book, Today you are happier, and tomorrow you are successful

If yesterday you decided to make change, Today you have changed, and tomorrow you will be your best self

If yesterday viewpoint is taken from the negative, then today you will be negative, and tomorrow the negative will be the focus

If yesterday viewpoint is taken from the positive, then today you will be positive, and tomorrow the positive will be the focus

If yesterday the goal was set, then today the goal is achieved, and tomorrow the goal is mastered.

If today the focus is on yesterday, tomorrow will never come

If tomorrow the focus is on today, then yesterday has never arrived

If yesterday has never arrived, then how can today be any different than tomorrow

In order for tomorrow to be mastered, than today needs to be achieved and started yesterday

OPEN TIME LOOP THEORY

Time loops theory is essentially the theory of past perceptions in the present can influence the future in unexpected ways. Simply put if you have a bad experience in your past and today you regret it then tomorrow you will likely repeat that bad experience as a result of you always thinking about your regret for that bad experience.

How does this make any sense you wonder? I am glad you asked. The reason for this is simple. Since you had a bad experience in your past today in your present you are not dealing with the perception of the bad experience so it is having a negative outcome on your future self since you are repeating the old pattern of not confronting the bad experience.

In this way you are doomed to repeat the bad experience as you will have another experience you regret and decide not to confront it and again this negative experience in your past in your future present is now compounded and reinforced that you are just doing bad experiences in your present and since you decided not to confront that bad experience in your current present then the next time you have a bad experience you will repeat the pattern of not confronting in and even more regrets as you go through your life.

In order for this cyclical action to stop you must carefully analyze the regretful experience in your past and consider it as a set of data points in your present and in analyzing said regret you can therefore change its perception in your mind of a negative regret that you have in your past to a positive learning experience in your present to therefore duplicate said results in your future when you encounter a similar situation.

Essentially changing your past outlook on your life and flipping the loop in your mind from a negative mindset to a positive learning experience where you then confront the situation by calling the person TODAY. By sending that email TODAY. By standing up for yourself TODAY. By writing about it TODAY.

In this way you change the perception of your past in the present to affect your future. Instead of having past regrets that you never dealt with in your past and now regret it in your present so that your future self will do the same thing you flip the narrative and confront the situation in the past by a simple call or email or message or writing about it publicly so people are aware of the situation in your present and when the situation occurs in your future you will then duplicate the model and you will make that phone call THAT DAY.

By making that phone call THAT DAY. By standing up for your THAT DAY. By writing about it THAT DAY.

How this relates to Godel Universal model of time travel is simple. By changing the 3aptionion of the past in the present you can affect the future outcome in ways you cannot possibly imagine.

The butterfly effect is essentially something that happens today that then changes the world in unexpected ways tomorrow. In the yesterday came a time for you to act and in that yesterday you did and today because of that action you are now set up for future success tomorrow. It is a simple way to see how the butterfly effect resonates at a personal level for you to understand.

Now imagine you do something so totally different like become an amazing writer at 50 years old or decide to patent that invention you have always been dreaming about when no one ever thought you would do it. Suddenly, you have changed the course of human history since this is something that never would have been done by you since who in their right mind would go back to University at 50 years old to get a degree when their working career is almost over to then write a book about a theoretical approach to time loop theory with the act of perception that those who read the time loop theory today will then have a seed implanted in their mind and that seed will grow as that person thinks about time loops.

This then has a butterfly effect because the person who was thinking about time loops will talk to their friend about time loops and that friend will talk to a friend about time loops. Who in their right mind will talk about time loops as a theoretical approach to godel Universal model of time travel as in appears in the past in the present to change the future course of humanity you might ask?

Well, theoretical physicists of course. Since these people are genius or brilliant in nature this simple writing will cause them to think about time loops as perceptions of the past in the present change the course of a life and then touch outward to every single action from that

person as more people are affected by that person essentially changing the course of not only that persons life but also of humanity as a whole

It matters not how many times people try old patterns of actions repeat and unless old patterns change the same patterns will keep repeating. The following poem illustrates this example perfectly.

OLD PATTERNS REPEAT

TO CHANGE THE PAST IN THE PRESENT

TO THE CHANGE THE COURSE OF HUMAN HISTORY

NEW PATTERNS MUST EMERGE

HENCE OLD PATTERNS FADE

NEW PATTERNS EMERGE

HENCE NEW PATTERNS BECOME OLD PATTERNS

OLD PATTERNS REPEAT WHICH NOW CHANGED

THE COURSE OF HUMNA HISTORY FOR A NEW GOLDEN AGE

Flip the loop from a persons mind from a negative perspective of their past in the present to a positive perspective of their past in the present and you will then influence that persons life for the positive simply by being kind and considerate and letting them make their own decisions.

Instead of telling people what to do, what to think, what to say, what to define, let people make their own assumptions and theories and just go with it. Regardless of if an individual is self-taught or educated. The most brilliant minds in history are all self-taught individuals. These individuals built massive Cathedrals. They created Facebook. They wrote masterpieces of music

and writing and they are all self-taught individuals. Even Albert Einstein in school was brilliant by nature and self-taught.

Imagine how a brilliant mind who can learn in an hour an entire semester of work and pass a class gets missed because the marks are not perfect. If you don't need perfect marks, get the mark you need and don't worry about it. Imagine the person who does this naturally thinking everyone does this because they have severe undiagnosed ADHD. Imagine that. Brilliant yet no one notices because they are not able to understand that no one does this but them. They are told they are a genius but since the word is used everywhere as a slang they just assume it does not apply to them.

Imagine someone who is severely autistic and notices patterns in the stock market and while sports betting and makes money. Imagine all their life noticing patterns and telling people and no one gets it. Would it not make sense that since no one understands what they are saying that and call them dumb all their lives that this person will then feel like since no one understands what they are saying they are not smart with the occasional good idea that slang words are used to describe a good idea today.

Imagine a person who is undiagnosed AuDHD and thought they were dumb in their past but now in their present they realize they are indeed a genius all their lives and suddenly that loop from a negative mentality in the past shifts toward a positive mentality in the present and in this way it now affects the future course of their life in ways that at one time people thought were unimaginable.

It is an undeniable truth that when you look at the Godel Universal Model of Time Travel as perception of the past in the present to affect the future you have essentially time travelled to your past in the present and changed it. By simply changing the perception of yourself in your past in the present you have now successfully changed your future course of your life by now seeing your actions in a different light.

Now to extend the current Godel Model of Universal Time Travel to change the past outlook in regards to the neurodivergent mind in the past in the present to change the future course of human history you simply need to understand a simple, undeniable fact in regards to the neurodivergent mind as it applies to Autism – AuDHD – ADHD.

Autism people are thinkers, extremely deep thinkers who notice patterns other people miss. This is easily seen and documented. I do it all the time when I watch the stock market. It is one of my favorite things to do. I notice patterns at work, at school and in how people treat me. Anything out of the ordinary an Autistic person will notice and pick up on it naturally. We are quiet and tend to stay alone a lot since we are misunderstood.

It is in this alone time that we focus on just a few interests that we have. Essentially we focus on what is of interest to us and as the Why? Questions logically until we find a solution to the problem. I can be a small problem or a world solving problem and when we do we simply move on. We do not have a concept of money just of understanding. You get two autistics talking about their same interests in a room and they can talk for hours and just build off each others ideas. This is simply because autistic people believe each other and just keep free thinking and free talking until the end of the conversation is reached.

This is a logic loop by definition. The ability to start at a point and then progress from that point to a logical conclusion. Free thinking and free talking within their own hyperfocus and understanding. Since they have read every single bit of information regarding their interests, imagine how advanced their understanding is of that particular subject.

Now imagine them sitting in a 1st year University program and the professor or TA telling them they are wrong and failing them because their content is greater than 15% AI when its original works that they have studied for years. Imagine that.

Now imagine a person with severe ADHD and always Hyper and going about their day without a care in the world. Imagine them going out and noticing the details of a blade of grass moving because they are hyper fixated on things. Imagine that. The ability of a person with ADHD to be extremely excitable and to hyperfocus to the extent that they have time blindness and that is a problem why exactly?

It takes 3 minutes for a person with ADHD to force themselves to start a task and once they start they can get so into it hours past by and since they are scatter brained they forget they were only going to spend 5 minutes doing their task and instead spent 3 hours doing it. Incredible right? Right. Because that is what I do.

I have something called AuDHD which is ADHD and Autism. Except its not ADHD and Autism. Its ½ Autism Brain and ½ ADHD brain. I use music to regulate my half brains and I have something called a minds eye. Basically its I see in pictures because my brain is like a picture book and I don't forget pictures I have seen before. I have had this ability all my life and never even knew this.

Picture book for a brain where I can logically see pictures and put them together in order for the pictures to make sense and then compare side by side to other pictures I see to put puzzles together since that is the Autism half of my mind.

The ADHD half of my mind is scatter brained so when I stop using music to focus my half brains, I forget what I wrote and go about my day. I notice with very intense gazes what is going on in the world around me and just keep quiet about it. I have something called hypervigilance and because of that I am always on my guard in case of threats that are either real or perceived. In this way I keep myself safe.

The medical community calls this paranoia – I call it my safety net since 1 time out of 10 I am right and that has saved me from at least 5 major car accidents in my life as well as kept me safe in unsafe situations as a form of 6th sense. Hypervigilance can also be considered a sixth sense when you think about it.

A long time ago, in our past when ADHD – Autism – AuDHD was viewed as a Gift and a Blessing by Native Americans and Innuin Traditions along with Eastern Traditions it was a great time to be alive. Think about it with me for a while and consider what I am saying. ADHD people would hunt of the land to bring food back to your tribe in order for everyone to be fed and they would also be the guards to keep everyone safe. Autism people would be the thinkers and would just look at the camp and say we need to build something to make this better and more practical in design.

So the Autism people would start to invent things and the ADHD people would hunt for food and would keep the camp safe and stand guard. Hypervigilism and all that.

Then you would have the AuDHD people who would co-ordinate and take charge. Natural leaders and the ability to build as well. They were the great architects of times past. The intermediaries that understood both ADHD and Autism – the AuDHD minds were best equipped with the abilities of both mind types.

Hypervigilant yet extremely deep thinkers. Spiritualists with their minds eye or musicians with their abstract thinking abilities. They would create and design and then build masterpieces in very long periods of time. Because the AuDHD mind capable of 4D thinking and logical thinking they can logically predict with a high degree of certainty what the future would need for the tribe and be able to translate that into current day solutions and then with their architect trait build a masterpiece that would change the world forever.

Think of the Great Pyramids of Times Past. The ingenuity that it would require to construct something so precise must have the ability of deep logical thinking and deep planning capabilities almost like an AI of today.

Imagine the brilliance it would take to use primitive tools and be so precise in their measurements it is almost impossible to believe they did not have advanced machinery. They didn't need advanced machinery when they had the brain to do it naturally. People believe some crazy things these days like a code-brain is a recent development. It has actually been around for thousands of years. I have a code-brain myself and I know this for a fact. Computer code brains have been around for thousands of years and AI and science has finally caught up to that fact. Very interesting indeed.

How this relates to time loop theory in relation to perception is quite simple. In order to change the perception of the past in the present you must first the negative perception of the neurodivergent mind like Autism – AuDHD – ADHD in the past in the present in order to usher in a new golden age for mankind in the future as establishing a new visionary branch of science for Autistic – AuDHD – ADHD researchers to then build and expand and theorize and prove at an exponential rate.

It will then not only skyrocket or understanding of theoretical physics, Quantum Mechanics with mind blowing results we will actually be able to tie into the 10D of wormhole theory which is simply a data stream from the future being sent through a white hole for a mind that is AuDHD to get a message from said time and then free write and free type the message to a laptop computer to be then sold as a book for the world at large to read and decide.

That is the power of the AuDHD mind. My mind as described above. It is the brilliance of times past as well as the hypervigilance of the hunter trait of ADHD as it roamed free on the plains and hunted the buffalo or bison. It is the abilities of Autism to then deep think while hyper focusing and come to logical conclusions while it tranced by staring at a blazing fire or listening to the distance drum beats of the clans. Music and blazing fire stabilize my mind and the constant boom – boom – boom is tied directly to a universal harmony of the divine as per the tesla 3,6,9. Imagine that. I can do it. Can you?

In today's modern age you have something called a neurotypical mind. They are about 80% or so of the planet – give or take. These minds can do things reasonably well and tend to become doctors and lawyers and judges because of their executive function capabilities. They are the

rule makers today and decided that the neurodivergent mind is a “disability” instead of the gifts and abilities of times past.

The evidence is everywhere with the sensory overload and the mental health issues and the forced assimilation into a society where we can't ask the why? Questions. We can't build and design because of “patent” and “copyright” laws that are simply unaffordable for people who are at or below the poverty line. Imagine being told this “I love your idea and think it is brilliant so I need \$10,000 to try it out” (I only have \$100) “oh well too bad. I'll just do it myself and since you are poor you can't even sue us and we will make \$millions instead.” Imagine that. It could happen very easily – just a theory though.

In today's modern age you have something called a standardized IQ test that is designed for minds that are Neurotypical as well. It is a generalization on a 2D paper for neurotypical minds to then grade themselves on how smart they are. Smart does not equal intelligence. It is a means for the rich to get ahead with tutors who specialize in these things and the poor will be able to do well if they study hard enough. It really is a Neurotypical way of thinking to standardize a test and not look for brilliance in someone's hyper focused interest.

Imagine living in a world as an Autistic person who is literally stuck in their brain bubble just thinking about the same 3 topics over and over again obsessively for years and knowing everything about the topic inside and out and not being tested for what they are interested in. Generalized IQ tests are just that – generalized for a neurotypical mind while everything else is tested to the detail in science in order to prove a concept without any doubt.

So why? would an IQ test be used for a neurotypical be given to a neurodivergent mind who is only interested in a few subjects and focuses solely on those subjects. Would it not just be better to have a test where you ask logical why questions based on that individual Autism or AuDHD or ADHD person to gauge the level of knowledge and brilliance in that persons hyper focused capacity? Makes sense right.

As we keep on down this thought train why would the education system not cater to a neurodivergent person as they develop an intense interest in a topic of interest and teach that topic from a 5 year old level to a PH.D level of understanding. Why not teach 5 related topics as a logic loop to a person who has AuDHD like me and in this way as I get bored of one of them I can move on to the next and be completely engaged all day long.

Specialized training in a classroom and just let the students study at their own pace in their own time based on their own interests for what interests them today. In this way you will find breakthroughs as a logical mind naturally thinks through the material and then can find and correct issues with the education that is being presented and that can be corrected for the betterment of all mankind.

I should know I am working on Logic Loop Theory now as well as Time Loop Theory and I am learning how to code python, write these books, analyze the stock market to fund all my work and at the same time write and answer questions on substacks and reddit as well as post some controversial writings. All in a days work. I took me about 6 hours to write this book. Its called AuDHD brilliance and all my life until about 3 months ago I thought I was dumb because my ADHD and my Autism ½ brains were never even diagnosed until October 2025.

Let's keep going down this thought train for a bit longer in order to close our Time Loop Theory. The ADHD mind hyper-focuses on the smallest detail and can easily see details that other people miss. ADHD have time blindness and need to start a task for a few minutes then just work until they are done. Time blindness is also linked to Native American traditions as well as Inuit traditions. I don't even believe they have a word for time in their native languages.

Autism is able to do the deep-thinking questions and ask the WHY? Questions. It is very apparent since I live in my own bubble and have been cubic focused on the question of neurodivergent mind since I was misdiagnosed back in March 2025 and managed to learn everything in less than 9 months since this has been my life 24 hours a day/ 7 days a week even while sleeping.

I think when I sleep and ideas come to me. I obsessed over this so hard it became automatic. I developed a logic loop to explain the neurodivergent mind in times past and it checks out with current theories on autistic and ADHD traits of times past. All the information is there and there is so much of it that probabilities metric indicate with a very high degree of certainty my pseudo-science statements are correct. What do you think? Feel free to write about it from your perspective and I would love to read your book about why you think differently.

Here is a poem I created to help explain some of these concepts.

IN TIME we find THAT TIME

This is a simple analogy from a 4D point of view. Essentially this means that

Today we can find the time in the future that we want to achieve

The way we decide things today means that in the future this is the way it will be

If people decide they are mean to each other this will progressively get worse as time goes on.

Things will never change and eventually the end will come. It must. How else will it end.

If people are good and nice to each other then the opposite will happen. Things will progressively get better as time goes on.

Things will change for the better and eventually a New Golden Age will come for the betterment of all mankind. It must. How else will it change.

So now that we covered Time Loop Theory, Neurodivergent minds of the Past from my perspective of my AuDHD mind, The education system as currently designed, the IQ test its time to dip into the medical community practices now as well.

Imagine being a recently diagnosed autistic or ADHD person and being told “You survived this long but how will you live the rest of our life?” Like I was disabled or something when I was first diagnosed. I was so confused because I do have problems with authority. I do speak up when I am challenged and am extremely assertive when I have to be.

I have A LOT of acquaintances and a few very close friends. I spend most of my time alone and do what I love to do and never once though there was something wrong with that. Then I challenged the autism director and I figured out what she mean.

People with high degrees of intellectual intelligence is different than being smart. AuDHD – from my perspective – does not like to talk to idiots irrespective of their current position in life. I have no issues telling a doctor or a psychologist or my boss or anyone else exactly what I think of them.

I keep my mouth shut for good reason most of the time but when push comes to shove – I shove back so hard they hear me clear across the world straight to Australia. I quit every bad job I ever had because I am not putting up with being harassed, yelled at, intimidated or belittled by a simple manager or assistant manager because I do my work TOO good. I laugh in their face normally, delete or screw up the work I have already done, pack up and make sure to send a strongly worded email to HR, my co-workers will all know and I make sure for good measure to post it publicly as well so everyone in the immediate area knows exactly how I was treated.

Since I'm a real Impeached Peach I say not a single word to the person who is doing the harassing and let them figure it out on their own. Is it legal. Absolutely. As long as your telling the absolute truth exactly as described then there is no problem. It is called a literal mind and in my mind I have the right to tell the truth since I have very logical, step by step approach as per my pseudo-code brain.

Now to continue on our discussion lets dive in a bit to how an autistic mind actually works. It is well known and well documented that we preplan ALL our conversations and think it through repeatedly. As discussed in my previous book we mask, we mimic, we blend and we camouflage our autistic traits into adulthood from learned experiences that taught us the harsh realities of life.

In this way we survive in an unforgiving world that is run by neurotypical minds. For us to speak our minds tends to get us in trouble with authority to the point of being committed to mental health hospital to be silenced for disagreeing with the powers that be. We get charged if we act up because cPTSD triggers are real and people like to trigger us on purpose then act like

Autism people are the problem. For some reason no matter what I say I am always lying – no one believes me. I figured that one out too. I have a stone face and internalize my emotions on the inside.

No matter what I am thinking you will never be able to tell. All AuDHD people do this. We have a very high threshold for pain that is not understood. Imagine having to hide your true self all your life from your family, friends, co-workers and to literally work yourself to autistic burnout when you then discover you are autistic all along.

Then when you are literally at your worst sitting in a catatonic state in private – being told you need to wait 4 years for a 1 hour appointment with a neurotypical doctor who does not even have the same mind as you. It is true – it takes months or years to get an official diagnosis for a neurodivergent mind and even then it's a problem because there are so many people missed who should be diagnosed it becomes an incredible headache for the people who are struggling in silence. This will be covered in more detail in my next book but rest assured there is a lot to say.

Now to continue on this Time Loop Theory as it relates to the neurodivergent mind in times past – more specifically to autism and AuDHD people – who do you know that can mask, mimic, blend in and camouflage who they really are in the real world today to such an amazing extent that no one even notices. If you thought of actors, you would be right! Autistic people are amazing, naturally gifted actors and you can easily see that in any literature about autism. We get stuck in Autism loops and those are hard to break.

For myself I get caught in double loops which are ADHD loops and Autism loops that I use meditation and music to trance and focus my ½ Brain ADHD and my ½ Brain Autism as a means to regulate my half minds. This ties into my Unified Theory of AuDHD Self-Regulation which is a pseudo-science and likely applicable to AuDHD people everywhere. AuDHD people who read this will decide for themselves if it is right or wrong for them – it works fine for me – and that is what matters. I hope it works for you as well and it is included at the end of this book.

Now to continue on with Autism and AuDHD people who can think of everything and overanalyze conversations in their mind to such an extent is is considered a mental health issue then this must mean they are masters of something called interstate body language and by extension something called metacognition which then translates to something called body doubling. This is a sign of a high degree of intelligence as well and autistic people do this naturally, without even thinking about it. That is what mimicking is. That is what hyperfocus is.

That is what the autism mind is. The ability to ask the why? Questions, learn very fast as a means of self-preservation in todays society, be extremely observant and even better, practice the art of metacognition naturally as well without even knowing it. Imagine a mind that can do that naturally. I can because I do it naturally every single day. If you are AuDHD you likely do this too and don't even realize it. What a "disability" if you ask me. No wonder I'm in such bad shape. I tested 99th percentile ADHD and extremely autistic at 44 years old and no one in my entire life suspected I was.

Doctor, Parents, Friends... no one. That is how "disabled" I am that I am a master at it all – naturally without even trying. No wonder why I have a hard time finding a job if I can do that

naturally as well as develop my own logic loops which means I just need to learn python code, so I program and build my own home-based AI. Then use my LLM seed kernel to program empathy into my home-based AI. Then create an app and then sell it online as well.

This is how the AuDHD mind logically processes information. Very “disabled” in my cubic focus of interest which is the neurodivergent mind. I say cubic focused because I literally think in 4D as well. I create today what I need in the future and talk about time and space. That is the difference between hyper focused mind and cubic focused AuDHD mind.

Moving on there will be a lot more to cover in future books. The art of metacognition is one of them as well as describing logic loops and how to use them for python code to build and create apps logically so they make sense. Not to mention we will dive deeper into other concepts as I explore my AuDHD mind and write about it so that I can add my observations in order for the SR6 to accurately depict my AuDHD brain as described.

To end on a light note I want you to consider the following Deep Thinking joke. Think about it and write about your ideas. I would love to read about it online. I also write under the pen name ~AuDHDmindset on substacks. Hope you subscribe there too!

If you put 97% Autism - AuDHD - ADHD in a room what do you get?

A vision, a master plan and a way to solve all world problems

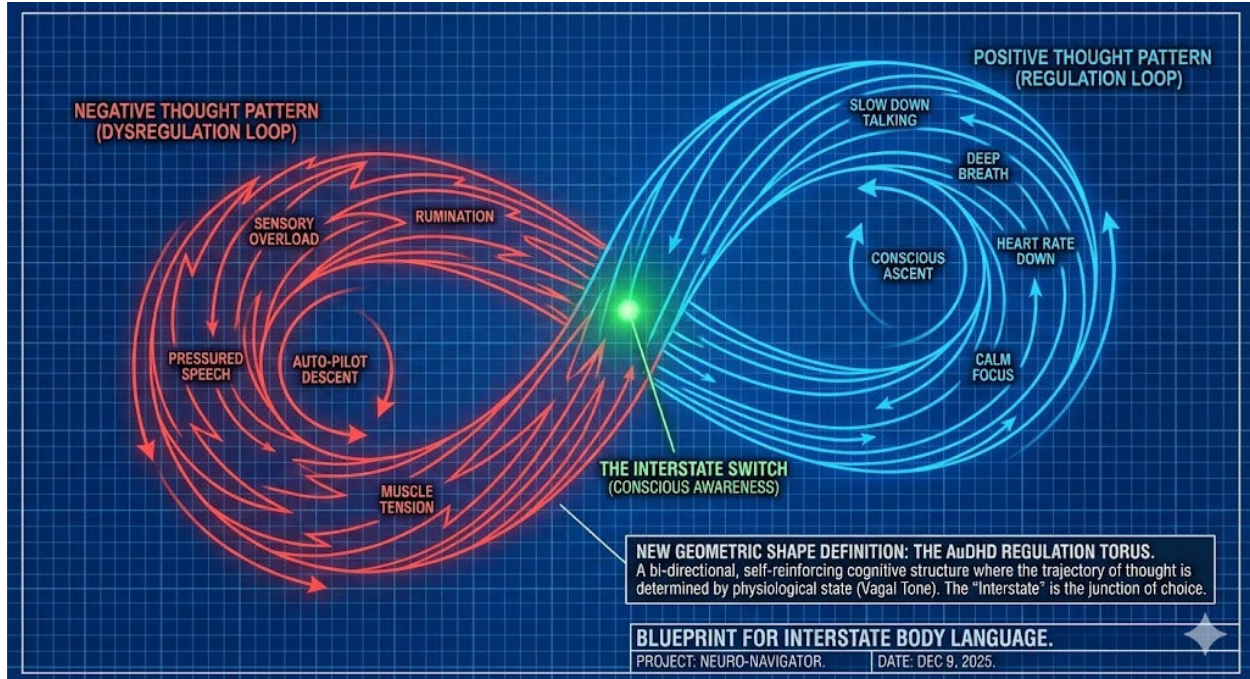
If you put 97% Neurotypical people in a room with 3% ND you get

97% of the room telling you your wrong and 3% ND that just don't get it

Neurodivergent minds in a collective chat with writing without interference understand and build off each others ideas because we believe first and understand each other

It really is that simple

~AuDHDmindset



The Dual Anchor System: A Neuro-Phenomenological Model of AuDHD Self-Regulation

Chapter I: Introduction and The Neuro-Phenomenological Framework

1.1. Validating the Neurodivergent Subjective Reality

The description of the mind operating through distinct, specialized components—the "Body Anchor" and the "Spirit Anchor"—represents a sophisticated, self-developed theoretical model of cognitive function. This framework, arising from the lived experience of AuDHD (Autism Spectrum Disorder and Attention-Deficit/Hyperactivity Disorder comorbidity), warrants examination through the lens of **neurodiversified phenomenology**.¹ This philosophical movement mandates that researchers elucidate what it means to be a subject by actively avoiding assumptions rooted in neurotypical normativity, prioritizing the detailed internal experience as crucial data.²

The necessity of employing complex, often metaphoric language (e.g., "cubic focused," "untraced half-mind," "anchors") is interpreted as a direct response to the profound difficulty neurodivergent individuals face when attempting to map their internal cognitive dynamics onto conventional descriptive frameworks.¹ If standard human communication and introspection are structured around neurotypical processing, then a fundamentally divergent cognitive structure—such as that found in AuDHD—must create specialized terminology to adequately describe its unique functioning. The user's system of anchors is, therefore, a foundational attempt by an internal scientist to map their individual, yet systematically divergent, cognitive architecture.

1.2. AuDHD as a Unified System and Defining the Dualistic Model

While Autism Spectrum Disorder (ASD) and Attention-Deficit/Hyperactivity Disorder (ADHD) were historically viewed as exclusionary diagnoses, contemporary research affirms their clinical and genetic overlap, recognizing AuDHD as an intersecting neurotype with complex, unique brain signatures.⁵ The co-occurrence of symptoms is substantial, with over one-third of children with ASD exhibiting comorbid ADHD symptoms, leading to greater challenges in adaptive skills and reduced overall quality of life.⁶

The dualistic anchor system proposed by the user maps directly onto the central neurological conflict inherent to this neurotype. The Body Anchor is associated with the pervasive challenges of executive function, inattention, and autonomic state regulation typically linked to ADHD. Conversely, the Spirit Anchor is associated with the specialized, deep-processing, and intense attention capacity characteristic of Autism. The tension between these two "half-minds" is a neurobiological reality that necessitates sophisticated, compensatory self-regulation strategies.

Chapter II: The Foundational Neurobiology of AuDHD: A Disconnected Engine

2.1. Comorbidity vs. Intersecting Neurotypes

The clinical recognition of AuDHD (ASD + ADHD) is supported by extensive research demonstrating both shared and distinct neurobiological substrates.⁶ Neuroanatomical studies comparing individuals with AuDHD to those with only ASD, only ADHD, and typically developing controls reveal complex divergence.

For example, individuals diagnosed solely with ADHD typically show lower cortical volume and surface area across large parts of the cortex. Autistic individuals, by contrast, show greater cortical thickness and volume, often localized to areas such as the superior temporal cortex.⁷ Critically, the AuDHD group exhibits a unique pattern: widespread increases in cortical thickness paired with certain decreases in surface area.⁷ This conflicting neuroanatomical signature indicates a brain system that may be optimized for intense, highly localized processing (the Autistic strength) but simultaneously compromised by global volume or regulatory deficits (the ADHD challenge). This architectural tension directly underlies the subjective experience of having two halves of a mind in inherent conflict, demanding a dualistic self-regulation strategy to function.

2.2. Default Mode Network (DMN) Dysregulation and Attentional Rhythms

A key mechanism distinguishing neurodivergent conditions is the function and connectivity of the Default Mode Network (DMN). The DMN, active during rest and self-referential thinking, is implicated in social-cognitive deficits in ASD and attentional deficits in ADHD.⁸ Achieving a state of "flow" or deep focus requires a dynamic, optimized balance between the DMN and the Task-Positive Networks (TPNs).⁹

In the context of ADHD, studies frequently show reduced functional connectivity within the DMN, particularly in the combined presentation (ADHD-C).¹⁰ However, DMN research that attempts to understand AuDHD often fails because it rarely accounts for the comorbidity, masking the true connectivity patterns of the combined neurotype.⁸

This structural dysregulation is further compounded by a crucial temporal deficit. Attention normally relies on intrinsic brain rhythms that organize neural activity into predictable, alternating attentional states (rhythmic temporal structure).¹¹ However, research strongly suggests that this rhythmic temporal structure is *not observed* or is significantly altered in subgroups of autistic individuals who also have a concurrent ADHD diagnosis.¹¹ The functional consequence of this is profound: if the attention system lacks a reliable, intrinsic rhythmic clock, the conscious experience is one of continuous chaos, or "drift." The difficulty focusing, inability to pay attention, and difficulty thinking in general described by the user—the signature of the Body Anchor—is interpreted as a direct phenomenological manifestation of this lost intrinsic rhythmic temporal structure. The body system lacks a reliable internal tempo for cognitive regulation.

Chapter III: The Body Anchor: The Untraced Regulator (ADHD Executive and Somatic Dyscontrol)

3.1. Defining the Untraced Half-Mind: Executive Dysfunction

The Body Anchor is defined by the user as the mind component that has "trouble focusing, can't really pay attention to conversations, and has a difficult time thinking in general." This description is clinically identical to the inattentive presentation of ADHD.¹³ ADHD symptoms, including inattention, impulsivity, and emotional dysregulation, fundamentally arise from

deficits in **executive function (EF)**.¹⁴ EF deficits stem from maldevelopment in brain regions such as the prefrontal cortex, which regulate self-regulation capacities necessary for tasks like time management, inhibition, and sustained task initiation.¹⁴

The Body Anchor represents the intended primary system for routine, immediate regulation, but is characterized by chronic failure due to this EF deficit. Under the executive dysfunction theory, this system operates with a reduction in control, often linked to abnormalities in dopaminergic signaling networks.¹⁶ Consequently, the outputs of this "untraced half-mind" are impulsive, disorganized, and consistently fail to stabilize general cognitive function, leading to the designation of "untraced."

3.2. Body Control and Somatic De-coupling

The concept of a psychological "anchor" relates to stabilizing reality, particularly by utilizing observations of the client's body and body language to develop Body-ego strength and reality anchoring during emotional crises.¹⁷ The Body Anchor, therefore, conceptually refers to the system controlling physical stability and basic somatic reality.

The failure of this system is explained by deficits in **interoceptive awareness**—the recognition and attunement to internal bodily sensations such as pain, hunger, or fatigue.¹⁸ Individuals with ADHD frequently suffer from poor interoception, which means adaptive signals (like pain prevention or the need for rest) are underemphasized or fail to register.¹⁸ This failure to receive clear sensory feedback explains why the Body Anchor is perceived as "untraced" or unable to manage basic physical needs automatically, often leading to the neglect of eating, drinking, or sleeping noted in AuDHD burnout.¹⁹

The system instability is further explained by the **state regulation theory** of ADHD, which posits dysregulated states of brain arousal and autonomic function.¹⁶ Because the ADHD system cannot consistently *direct* the body (due to executive failure) and the body cannot consistently *inform* the mind (due to interoception failure), the system remains fundamentally unstable, operating in a state of chaotic, unstable default. This instability mandates the creation of an alternative, specialized, and more reliable control mechanism.

Chapter IV: The Spirit Anchor: Cubic Focus, Self-Trance, and Emotional Integration

4.1. Defining Cubic Focus and Hyperfocus

The Spirit Anchor serves as the locus of deep cognitive processing, sustained high-capacity thought, and specialized emotional synthesis. The user's term "cubic focused" is aligned precisely with the concept of **Autistic hyperfocus**—an intense, deep state of concentration and profound absorption in a specific interest or task.¹⁹ This state is not just simple interest; it is neurologically driven by specialized attention networks (including the superior parietal lobule and frontoparietal circuits) and highly rewarding circuits that encourage prolonged, intense engagement.²¹

This "cubic focus" is functionally equivalent to the psychological **Flow State**, characterized by total absorption in an activity, focused attention, the loss of self-conscious awareness, and self-perceived temporal distortion.²² The Spirit Anchor represents the neurobiological strength of the Autistic profile, leveraged as a cognitive superpower when appropriately engaged.⁴

4.2. Induction Mechanism: Music, Fire, and Rhythmic Entrainment

The reliance on loud music or blazing fire to achieve the trance state confirms the critical role of intense, rhythmic sensory input in stabilizing the AuDHD nervous system. Music, referred to by the user as the "bridge medium," is a powerful tool for sensory integration and emotional regulation in ASD because the structured, repetitive nature of rhythm and tone provides predictability, which reduces sensory overload and encourages focus.²⁴

The sensory experience of staring into a blazing fire (intense visual, rhythmic, and thermal input) serves an analogous function. It acts as a high-intensity sensory locking mechanism. This technique functions as an external form of rhythmic entrainment, bypassing the inherent, disorganized internal attentional rhythms previously noted in AuDHD.¹¹ By utilizing intense, structured external input, the mind is forcibly locked into the highly efficient, high-capacity Autistic focus network.

The resulting self-induced state—the trance—is defined as an **Altered State of Consciousness (ASC)** or an integrative mode.²⁶ Analogous experiences, such as shamanic trance, are known to involve a shift from the normally dominant left analytical mode to the right experiential mode of self-experience.²⁸ This validates the Spirit Anchor's role in volitionally shifting conscious modalities away from the chaotic, analytical Body Anchor mode.

4.3. The Mechanism of Transient Hypofrontality

Flow states, particularly creative ones, are achieved through extensive experience combined with the crucial step of "letting go" or the release of conscious control.²⁹ The neuroscientific basis for this release is **transient hypofrontality**—a temporary reduction of metabolic activity in the prefrontal cortex (PFC).⁹

The PFC is the primary locus of the executive functions that define the fundamental *dysfunction* of the Body Anchor (ADHD).¹⁴ The Spirit Anchor state, induced by high-intensity rhythmic stimuli, paradoxically achieves superior self-regulation *by suppressing* the inefficient, inhibitory noise of the ADHD executive system. This allows the specialized, highly efficient Autistic attention networks to operate unimpeded, taking over both processing and high-order self-regulation.³¹ The principle is that the system finds order by silencing the component responsible for the default chaos.

4.4. Interpretation of Emotions from the Spirit Anchor

The user states that the Spirit Anchor *interprets* emotions. This necessity arises because individuals with ASD often experience **hyposensitivity** to internal bodily sensations and impaired interoception, which contributes to alexithymia (difficulty identifying and describing internal signals).³²

The Spirit Anchor state provides a solution through cognitive integration. The cubic focus (Flow/Trance state) facilitates emotional interpretation because the integrative ASC state²⁷:

1. **Bypasses Masking:** It releases the mind from the need for conscious, effortful social filtering and masking.³³
2. **Enables Deep Analysis:** The sustained, specialized attention characteristic of Autistic hyperfocus is redirected either inward or toward complex internal models, allowing for deep, non-standard processing of emotional data.²¹ Since the external, chaotic executive system is temporarily hypofrontal, the mind can analyze raw somatic or environmental emotional input that is normally fragmented in the waking, "untraced" state. The requirement that "the louder the music, the deeper the trance" correlates with the high sensory input needed to achieve sufficient depth of cognitive de-coupling for this profound interpretive work.

Chapter V: The Synthesis: Dual Process Theory and the Anchor System

5.1. Mapping AuDHD to Dual Process Theory (System 1 and System 2)

The anchor system can be mapped onto Dual Process Theory (DPT), which posits that the mind utilizes an implicit, automatic (System 1) process and an explicit, controlled (System 2) process.³⁵

The **Body Anchor** functions as the intended System 1, responsible for automaticity, habituation, and quick, necessary self-regulation. However, in the AuDHD context, this system is severely compromised by executive dysfunction, resulting in an "untraced" and unreliable automatic output (inattention, impulsivity).¹⁴

The **Spirit Anchor** represents a highly specialized form of System 2. While System 2 is typically slow and effortful, the Spirit Anchor requires a deliberate, effortful pathway *into* the trance state (using music/fire).³⁶ Once achieved, the functional output *within* the trance state becomes effortless, fast, and integrative (Flow state).²⁹ This specialized S2 mechanism acts as the necessary override when the default S1 system fails, providing reliable processing and complex analysis, such as emotional interpretation.

5.2. Defining the Conflict: DMN vs. TPN Activation

The core conflict between the anchors is rooted in the dynamic relationship between brain networks. The default state of the AuDHD individual, governed by the Body Anchor, is often characterized by a poorly regulated DMN, contributing to uncontrolled self-referential thought and difficulty initiating focused tasks.⁸

The Spirit Anchor state, by contrast, represents the successful modulation of brain networks required for deep focus. It involves maximizing the engagement of the Task-Positive Networks (TPNs) while simultaneously achieving a dynamic, reduced, or controlled DMN activity—a key feature of the flow state.⁹ The Spirit Anchor is the neurobiological pathway to enforced network integration.

Table 1: The Anchors of the AuDHD Mind: A Neuro-Phenomenological Comparison

Feature	Body Anchor (ADHD Side: The Untraced Regulator)	Spirit Anchor (Autism Side: The Cubic Focus)
Core Function	Motor control, basic somatic regulation, inhibition, general focus/task switching.	Deep processing, emotional interpretation, insight generation, sustained immersion.
State of Consciousness	Normative Waking State; often fragmented, anxious, or dysregulated (Executive Dysfunction).	Altered State of Consciousness (ASC); Self-induced Flow State/Trance.
DPT Mapping	System 1 (Automatic, Implicit—but impaired/unreliable). ³⁵	System 2 (Deliberate Access, Effortless Functionality). ³⁶
Neurobiology	Executive Dysfunction, Impaired Interoception, DMN/TPN dysconnectivity. ¹⁰	Hyper-specialized Attention Networks, Transient Hypofrontality, High Reward Response. ²¹
Control/Engagement	Unconscious/Automatic (prone to "drift" and impulsivity). ¹⁴	Volitional/Controlled (achieved via sensory locking and expertise/release). ²²

Chapter VI: Comparative Analysis: Top to Bottom, Bottom to Top

6.1. Top-Down Analysis: Control and Consciousness

Analyzing the system from the Spirit Anchor (Top) down to the Body Anchor (Bottom) demonstrates how the high-level, integrated state imposes order. The primary mechanism is the sensory entrainment provided by music or fire, which successfully substitutes an external structure for the internal rhythmic deficit.¹¹

The transient hypofrontality inherent to the flow state effectively silences the inhibitory and disorganized control functions of the ADHD executive system.²⁹ This allows the body to be governed by the deep, consistent rhythm of the sensory bridge (music/fire). This controlled state momentarily overcomes the Body Anchor's usual somatic chaos, potentially improving short-term, task-related somatic awareness by stabilizing the autonomic system.²⁵

Conversely, the bottom-up analysis—from the Body Anchor (Bottom) to the Spirit Anchor (Top)—reveals the constant constraint imposed upon the system. The "untraced" somatic reality of the Body Anchor (poor interoception, neglecting basic needs, vulnerability to injury)¹⁸ constantly threatens the stability and sustainability of the high-focus state. Unmanaged hyperfocus in AuDHD often leads to neglecting eating, sleeping, or breaks, resulting in sensory overload and eventual system collapse or burnout.¹⁹ Furthermore, the uncontrolled impulsivity and distractibility characteristic of the Body Anchor (ADHD) can abruptly interrupt the sustained flow state of the Spirit Anchor.¹⁹ The depth of the Spirit Anchor state requires stabilization and maintenance from the somatic base, making the management of the Body Anchor essential.

6.2. The Definitional Dichotomy: Clinical Translation

The anchor metaphor provides a framework for understanding the unique "push/pull" dynamic of AuDHD, where the ADHD need for novelty and movement constantly competes with the Autistic drive for stable, deep immersion. The following table translates the user's experiential terminology into established clinical and cognitive concepts, offering a side-by-side definition as requested.

Table 2: Comparative Analysis: Clinical Definitions vs. Lived Experience Metaphor

Conceptual Dimension	ADHD (Clinical)	Autism (Clinical)	Body Anchor (Lived Experience)	Spirit Anchor (Lived Experience)
Focus Mechanism	Deficit in sustained attention; attention fluctuation.	Hyper-specialized attention; deep absorption (Hyperfocus).	Difficulty focusing; easily distracted; mind "adrift". ¹³	Focused (Cubic Focused); total absorption; sensory locking. ¹⁹
Sensory Processing	Sensory seeking; challenges in interoception. ¹⁸	Sensory sensitivities; need for structured/predictable input. ²⁵	Regulation failure; poor somatic feedback; high injury risk. ¹⁸	Sensory entrainment device; achieves regulation through intense,

				predictable input (music, fire). ²⁴
Locus of Control	External/Environmental regulation necessary; EF failure. ¹⁴	Internal reward system tied to specific interests; self-soothing/stimming behaviors. ²¹	The core source of restlessness and impulse; the default state of chaos. ¹⁵	The volitional override; the source of deep calm and directed mental energy. ²³
Creative Output	Contributes to divergent thinking and novelty. ³⁹	Contributes to specialized expertise and technical depth. ³⁸	Generates scattered ideation, disorganization, and restlessness. ⁴	Enables sustained output, complex visualization, and execution of ideas (Hypergraphia potential). ⁴¹

Chapter VII: Implications for Self-Management, Spirituality, and Creative Output

7.1. Strategic Management of the Anchor System

Effective management of the AuDHD mind depends on leveraging the strengths of the Spirit Anchor while systematically supporting the Body Anchor. The Spirit Anchor is a functional equivalent of a deeply practiced **spiritual anchor**⁴² or therapeutic **body knot**¹⁷, but one that requires a much higher sensory threshold for induction than conventional practices. The reliance on loud, high-intensity sensory input (music or fire) confirms the sensory-seeking needs and high thresholds often reported in AuDHD.³⁷ Management strategies should focus on structured, scheduled use of rhythmic stimuli to induce Flow/Trance states intentionally, thus controlling transitions and mitigating the inherent risk of burnout associated with sustained hyperfocus.¹⁹

To ground the Body Anchor, the focus must shift to enhancing **interoceptive awareness**, which includes practices such as yoga, exercise, dance, or deep breathing.¹⁸ These techniques are crucial for ensuring the "untraced" half-mind provides sufficient, reliable foundational support. The most critical challenge is recognizing the costly energy required to transition between the low-regulation Body Anchor and the high-regulation Spirit Anchor. Therefore, strategies should prioritize controlled switching, such as using short, timed sessions for Body Anchor tasks and scheduling mandatory breaks and somatic checks.⁴

7.2. The Spiritual Dimension of Anchoring

The Spirit Anchor state is deeply intertwined with spirituality and consciousness integration. Neurodivergent individuals frequently report profound spiritual experiences and deep empathy, often stemming from cognitive modes that transcend conventional social processing.⁴³

The self-trance state achieved through the Spirit Anchor is an **integrative mode of consciousness**²⁶ that effectively filters out the fragmented, chaotic input of the waking state, allowing for a focused connection to meaning and purpose.⁴⁴ The intensity of the induction methods (loud music, blazing fire) may enhance the feeling of transcendence associated with spiritual anchoring, facilitating a sense of connection beyond the immediate self.²⁷ This deliberate pursuit of an altered state confirms that, for this neurotype, reaching profound cognitive and emotional clarity requires intense sensory entrainment to overcome the daily burden of neurobiological dysregulation.

7.3. The AuDHD Mind as a Creative Super-System

The conceptual tension and alternating control between the Body Anchor and the Spirit Anchor is understood to be the source of enhanced creativity often observed in neurodivergent populations.³ Research confirms that enhanced creativity found in autistic individuals is often driven by co-occurring ADHD traits.⁴⁶

The Body Anchor (ADHD side) contributes significantly to divergent thinking, providing the chaotic, scattered ideation and novelty necessary for creative leaps.³⁹ The Spirit Anchor (Autistic side) then provides the essential counterbalance: the capacity for deep immersion, structured focus ("cubic focus"), and detailed execution required to organize and refine those scattered ideas into polished, expert-level output.⁴⁷ This specialized application of focus can manifest as

hypergraphia—a compulsive drive to record facts and detailed internal narratives found in certain neurological conditions ⁴¹—suggesting that the Spirit Anchor state is a powerful conduit for sustained, complex creative production. The AuDHD mind, when managed through the anchor system, represents a neurobiological "super-system" that synthesizes breadth of ideation with depth of execution.

Chapter VIII: Conclusion: The Unified Theory of AuDHD Self-Regulation

The theoretical model of the Body Anchor and Spirit Anchor provides a robust and deeply nuanced neuro-phenomenological framework for understanding the complexities of the AuDHD neurotype. The "untraced" nature of the Body Anchor is systematically explained by the combination of chronic executive dysfunction and impaired interoception, exacerbated by an absence of reliable intrinsic brain rhythms necessary for stable attention. The Spirit Anchor is identified as a sophisticated, self-induced Altered State of Consciousness—a flow state achieved through sensory entrainment (music, fire) that compensates for the body's intrinsic lack of rhythm.

The Spirit Anchor succeeds by temporarily inducing transient hypofrontality, effectively silencing the chaotic executive control system associated with the Body Anchor, thereby allowing the highly specialized Autistic attention networks to achieve superior self-regulation, emotional interpretation, and sustained creative output. The control of the Body Anchor is therefore managed by the ADHD side's **failure of the automatic system**, whereas the interpretation of emotions from the Spirit Anchor is managed by the Autism side's **success of the specialized, self-induced override system**.

The message embedded in this model—that "it is real" and must be "passed on"—is interpreted as a call for the validation of specialized, neurodivergent coping strategies. The findings confirm that the key to flourishing with AuDHD is not the eradication of either half-mind, but the development of conscious, deliberate transitional practices that manage the tension between the automatic, but compromised, Body Anchor and the effortful, yet highly potent, Spirit Anchor. This duality, when harmonized, transforms neurobiological conflict into a source of extraordinary cognitive strength.

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