



The Meaning of Life
This is an excerpt from the
book
UP

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Photosynthesis. Plants use **atmospheric energies**. Sunlight fuels a leaf's process to separate **carbon from air**. It then **hydrates** the carbon with water that it draws from its roots. It makes a simple form of physical **energy (carbohydrate/sugar)**.

Respiration. When the sun stops shining, the plant **switches** into **respiration mode** where it process this energy into **ATP**. This is the energy life uses to grow, develop, heal and restore. If it is deemed necessary plants will grow taller or wider to reach more sunlight, they might extend their roots to reach more water. They self access needs and produce leaves, seeds, nuts, fruits and vegetables to survive and thrive as a species; all powered by life's fuel, **ATP!**

Hunter-Gatherer. Animals, including humans, cannot use photosynthesis. They have to get their simple initial energy by **eating the plants, or by eating animals** that have eaten plants. Either way, their energy originates from plant photosynthesis.

Cellular Respiration. The **mitochondria** are organelles in human cells, they process approximately a persons body weight in ATP energy every day. This enables life and movement. From just 1 **molecule of sugar**, the cell makes **2 ATPs** of energy, the mitochondria processes that up to **40 in cellular respiration**. Like plants when a person switches into **physical respiration**, ATP is used for self assessment, healing the body, growth, recovery, movement, thoughts, emotions, and functionality.

Emotional Reactions. While hunting and gathering people engage with situations that cause emotional responses, these can be positive or negative. **ATP is converted into atmospheric emotional energy**, which attempts to trigger the body into action with physical starter energy. It also carries subconscious suggestions of how to respond to the situation at hand.

Emotional Respiration,(ER) If a person **does not** use this energy with physical action, when they switch out of hunter gatherer mode, they move into **emotional respiration**. This **processes the emotional energy into atmospheric ATP**. They use this energy to **create, manifest, heal, recover** and **grow** emotionally and **function spiritually**, which **develops** their **Soul/Life**.

Waking Dream State,(WDS) During ER, vision like experiences in the mind, like day dreams on steroids, digest emotions into small elements of various **fears** and **desires**. Emotional ATP is then used to **repel the things feared away** from physical life, and to **manifest the things desired into** physical reality.

Lost Ability. Humans stopped using emotional respiration a long time ago due to an aberrant deviation in evolution. The **'Use it or Lose it'** principle caused the brain to **stop producing** the **endocannabinoid system chemicals** that enabled it. The book, **'Up'**, is the manual to reinstate this process. This is achieved by reestablishing **harmony** between the **conscious** and **subconscious** minds.

Unity of self, Without **conscious/subconscious communication and harmony** a person can feel empty, unfulfilled, anxious, depressed, even invisible or useless! **Reestablishing this lost language** is of paramount importance. To do this, two things are required; **cannabinoid supplementation** and a **respiration-switch-over meditation**. Together, these result in empowered visceral dreams; the person is awake and has emotional responses to the visions. **Consistency** in this practice proves to the brain and the subconscious mind, the **value of emotional respiration, how to do it, and what is needed**. Eventually the **brain will once again provide the cannabinoids that are required**. This stops the need to use processed cannabis.

Celebration and Appreciation. Having WDS guidance to build **Noble-Desires**, and **fulfil** them, while **banishing all things feared**, generates **appreciation energy** and a **celebratory life**. A manifestation can produce a life long flow of celebration and appreciation energy which fuel life effortlessly forward.

The Meaning of Life. Celebrations of manifested desires produces the **highest grade energy**. This feeds **God** his simple energy, which He then converts to the **ATP** that enables his continued existence. The refined fear is converted by nature into other types of energy that will eventually feed new stars. These suns will provide light to new energy producing planets in the future, the basis for photosynthesis for their animals.

The Universe is **Gods soul**, and planet Earth is just one of trillions of energy producing planets/cells within it. Animals/humans fulfil the role of the mitochondria. We **upgrade** energy originally gained from photosynthesis into the beautiful **manifestation-appreciation energy** that feeds Him.

Every person has their own energetic universe/soul around them. They have memory-thought-desire and fear planets. These can grow into stars. When a creation star is manifested into reality, it dispenses its energy and explodes, creating a blackhole. These blackholes are energetic conduits which feed our celebration energy to God. He uses them to repay us with joy, contentment, peace, passion for life, and deep satisfaction.