

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, **The Evolution Solution—Critical Mass**, 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.

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