

The Definedness of Health

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Insight

The Definedness of Health is the first complete model of health. It is comprised of the **four first principles** of health: **sleep, stress reduction, nutrition, and exercise**, and slots into *The Equation of Existence*: $\Phi = \Omega/\Delta \rightarrow$ Definedness = Stability / Complexity \rightarrow **Health = (Sleep + Stress Reduction) / (Nutrition + Exercise)**. This dance of stability and complexity determines the type of **health definedness: convergent or divergent**. The mechanism guiding **long-term health outcomes is *The Record***, in which convergent and divergent health definedness accumulate to determine one's health and persistence. The intervention window comes from the instrument of consciousness called Self-Reference. Though **it offers no advice**, it demonstrates that **your body's default state is convergence**, you cannot micromanage your health, and that **you and your body already know what to do...**

Scene

Susie's alarm goes off at 7 AM. After scrolling through social media for hours last night, **she didn't fall asleep until 3 AM.** She sits up in a cloud of sluggish, broken thoughts about her day. **She's starving** and grabs four leftover donuts, "this'll do," she thinks, and **washes them down with a few cups of coffee.** Her thoughts sharpen, and the world stops feeling so hostile. She breathes... and thinks, "Alright, I can do this." By the time she heads out, **her stomach is bloated and protesting.** The energy from the coffee is now buried under **layers of poor food choices**, and the drive to campus just **makes it so much worse.** Her **big project is due tomorrow**, and she **hasn't even started her part yet.** She can feel the tension sitting next to her in the passenger seat like an uninvited guest. She parks her car and catches her reflection in the window as she walks away. **She looks how she feels:** engaged, overwhelmed, and utterly unprepared to handle the day. Her classes are long, but **she managed to draft her part of the big project** between them, and **her body, working in tandem**, processed her rushed breakfast. She walks to her car with **a newfound lightness.** She's tired, yes, but restless... like **her body just wants to do... anything!** So, **instead of going home**, she drives to the campus pool. At first, her arms are heavy, breathing off, and the water feels like it's working against her. **She wants to stop after four laps**, then again after six, but she knows: **the first ten laps are a lie**, so she keeps going. Around the twelfth lap, her strokes smooth out, breathing steadies, and **the water begins to carry her.** She finishes and pulls herself out of the pool, dripping, panting. **Yet, for the first time all day, she feels genuinely good.** Her drive home **listening to her favorite songs** was awesome. She **showers**, grabs a **decent dinner**, and then **climbs into bed at 10 PM, feeling good, mentally and physically.** It's... almost embarrassingly early for her to go to bed, but her body does not care. Her eyes tell her it's time, and then, she falls asleep with ease... **ready to do it all over again tomorrow.**

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Guidance

Dear reader, let me tell you about... **what's been on my mind lately.** I should be honest with you, about something. **When I'm building** these chapters and frameworks, **I'm not thinking too much beyond the pages in front of me.** I get buried in the details—obsessing **over the lines in the figures you'll never notice**, the text structure, and getting everything just... right, like I do sometimes. In these moments, I'm not always thinking about what this work gives to you... not dismissively, but in a trusting way... that **you will find what you need on your own.**

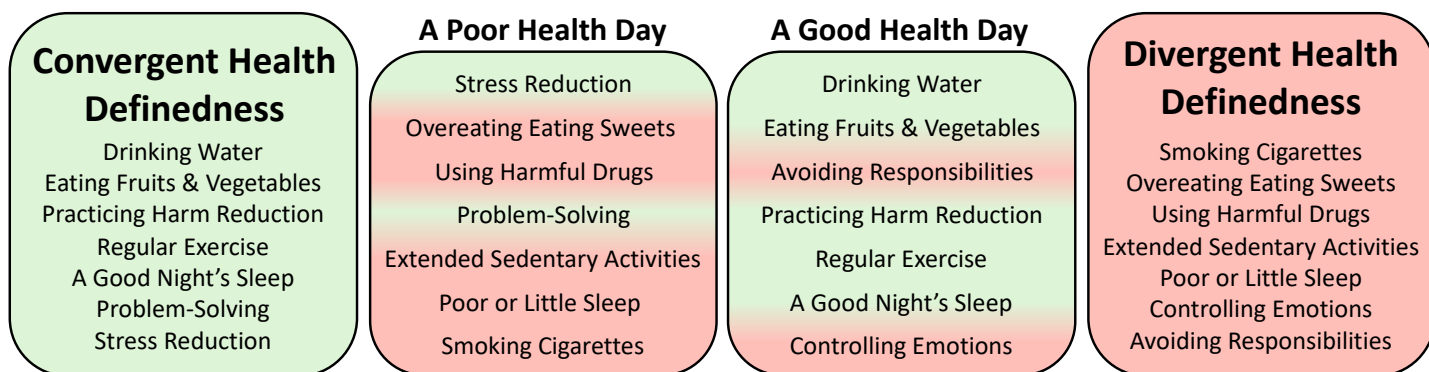
The Definedness of Health model **kinda caught me off guard**. It turned into something that I wasn't expecting to be so **earth-shattering, profound, unprecedented**, and, maybe if I was extra lucky, **helpful... to you**. Dear reader, *The Theory of Existence* is about to get personal, but **the model has the potential to help people navigate the overwhelming nature of health and begin to improve their lives**. The weight of that potential did not fully hit me until right now, staring at the figures, trying to figure out **how the hell I was going to open this chapter**. I was so focused on **getting it right** that I almost missed **the reason we're all here in the first place**.

I really do hope you get something out of this chapter. I know it might sound strange coming from someone who has spent the last year **building and validating yet another theory of existence**, but... I can show you the **geometric architecture of the dimensionality of existence**, the **behavioral co-defined relationships among the constants**, the mathematics of **recursive-propagative convergence and divergence zones**—all **beautiful, true, and essential**—but **none of that matters** to someone who **can't sleep... or someone overwhelmed by stress... or someone who has several illnesses to manage, or someone having a hard time taking care of themselves**.

We've all been **buried under so much conflicting health advice** that, it starts to **feel easier to just... not... to stop trying**. I believe the Definedness of Health model **cuts through that noise**. It provides a **new way to see... what's going on... a navigable path forward**. Still, I am **not going to give you health advice**. **The Definedness of Health model does not require it**. I am not interested in telling you how to live; it's not my job, it's your job. I am not another voice adding to the pile of regimens, rules, and **what you "should" do's**, to take care of yourself. I am going to **park my ass squarely in my lane of meta-patterns...** first principles organizing the **diversity and the intricacy of phenomena** into **elegance and understanding...** and, I believe **I've done exactly that for health**.

Our Choices *Did* Matter

What does it mean to be healthy? It's true that **people vary** in how they progress, maintain, and decline in health over the course of their lives, **depending on their health behaviors**. However, if we focus only on an individual's health-life-course trajectory, we miss the point of health's purpose (though there's much to learn about such trajectories). This **focus on long-term health** is where **much of our confusion originates**. **We make health decisions constantly**, but our bodies are **incredibly resistant and adaptive**, so many of those decisions **seem trivial** to long-term health outcomes. We know we're supposed to drink water, exercise regularly, and avoid eating high-sugar desserts with every meal, but it's not a huge problem in our daily lives... until diabetes shows up at age fifty, for example, but **the magic of health comes from the many daily decisions we make**.



The Definedness of Health Accumulation in *The Record*

Note: Health behaviors fall into convergent and divergent definedness, which accumulates in *The Record* to determine the trajectory and persistence of a phenomenon. The difference between convergent and divergent health behaviors is intuitive. However, we cannot directly see the accumulation of definedness in *The Record* for a given phenomenon. In this example, over the course of a day, we can see someone who made decisions that accumulated more divergent health definedness, and another who accumulated more convergent health definedness. *The Record* for the poor health day shows strain and misalignment, increasing the risk of divergence, whereas *The Record* for the good health day shows a solid, sturdy structure, reducing the risk of divergence.

According to *the Theory of Existence*, **health is our ability to optimize our bodies' functioning to better scale intelligence**. It's maintenance, but it sounds less important than it seems, until you remember *The Record*—the fractal memory of existence... and your spot in it. The emergence-to-convergence (E2C) trajectory of phenomena comes from the **accumulation of definedness in *The Record*; this accumulation also determines health**.

We see that **phenomena will naturally converge and persist** by default because **convergence and order are the default orientations of existence**. When left alone, existence and its phenomena naturally self-organize and progress from basic to structured forms. **Health is our ability to optimize our bodies' functioning**; it is the single greatest factor determining our longevity, lifespan, and long-term outcomes. After phenomena emerge, **they alternate between convergence** (persisting and steadily growing) **and divergence** (losing optimal functioning as they grow faster than they stabilize). **All phenomena accumulate convergent and divergent definedness**. As phenomena exist, convergent and divergent definedness accumulate in *The Record* for that phenomenon.

When we examine the moment-to-moment functioning of our bodies and health decisions, **we can organize all our health behaviors** into two categories. **Convergent health definedness**, which involves **anything that maintains optimal functioning**, and **divergent health definedness**, which **impedes or degrades optimal functioning**. The accumulation of convergent health definedness in *The Record* supports an individual's longevity, and the accumulation of divergent health definedness eventually causes us to destabilize and collapse (death). Eventually, the accumulated divergent health definedness causes your body to **lose the ability to balance it out with enough convergent health definedness** to maintain your functioning. After that threshold, **your health** (stability) **degrades** so much that **a single illness** (complexity escalation) is enough to **diverge you**, and then you die.



It's like **a deck of playing cards**. Earlier in your life, your health is like **a single deck neatly stacked and all aligned**. If you shake the table, the deck won't move much: the phenomenon converges and persists, which is **why youth tend to have much better health than older adults**. For older adults, it's **stacking several decks**. The longer you live, the larger your spot in *The Record* grows. The larger the stack, **the greater the vulnerability to collapse when we shake the table**, just as your vulnerability to health collapse (death) increases naturally as you age.

Youth tend to have a single, aligned deck of cards, whereas older individuals **have a larger stack, but alignment varies significantly**. A **healthy older individual** will have **most of the cards aligned**, whereas an **unhealthy individual** will have **significant misalignment**. When you shake the table now, **the misalignment alone, not the size of the deck, determines if the deck falls over**. This metaphor is exactly how the definedness of health operates.

Daily healthy decisions are like **stacking cards aligned with the deck**, and **daily unhealthy decisions** are like **stacking cards misaligned with the deck**. The definedness of health explains why health tends not to be a problem for youth, but as you age, health problems emerge and get worse as one's spot in *The Record* accumulates too much divergent health definedness, increasing over time, until they inevitably die, and **their deck falls over**.

Still, *The Record* and our bodies are **remarkably forgiving**. The definedness of our health decisions **decreases exponentially** as they move deeper into *The Record*. Thus, **we can offset divergent health definedness with new convergent health definedness**. You can always redeem yourself, except for if you immediately die right after, but don't do that because we have eight more drops to get through. For example, people who smoke cigarettes are undeniably at a higher risk of terminal ailments than non-smokers. The **divergent definedness of smoking has accumulated** in their spots in *The Record*. Although the increased risk never drops back to zero compared to non-smokers (*The Record remembers all*), by not smoking, **individuals build convergent health definedness on top of their divergent health definedness**, so their risk of divergence decreases over time.

The Harmonics of Consciousness in Health

Self-Reference

Organizes stimuli from the other instruments into a coherent story to determine which actions to take or avoid to optimize the agent's health.

Recursive Introspection

Records the effects of all actions on health and provides comparisons to previous decisions to label their effectiveness and efficiency.

Emotions

Assesses and automatically alerts to bodily changes (outside the mind) and guides interactions with healthy (fruit) vs unhealthy (mold) stimuli.

Intelligence

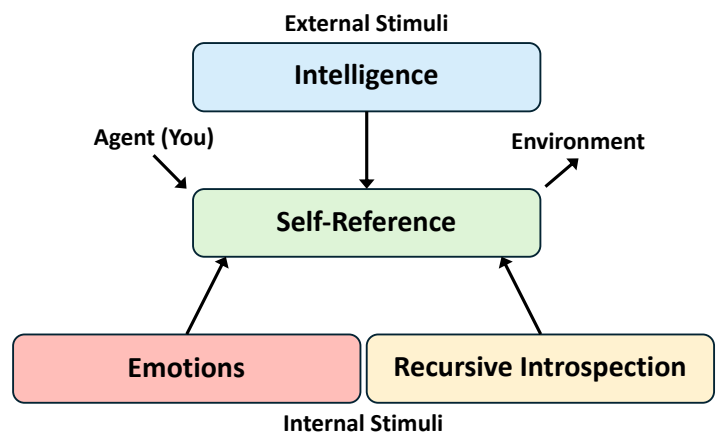
Tracks changes to the body (externally), environment and living conditions, food and water intake, and relationships with other people.

The Harmonics of Consciousness in Health

Let's bring back our trusted and sturdy model, *The Harmonics of Consciousness*, to see what **The Definedness of Health** model looks like from our perspective. Recursive introspection is **constantly recording our decisions and their effects on our health**; it also compares them to our previous decisions and their effects. For example, **if you eat a moldy soup** and then get food poisoning, **recursive introspection is responsible for making you never want to eat soup again**. Your brain recorded that the food is dangerous for your health and to avoid it. It's strict and reacts strongly, but before medicine, **this reaction kept humans alive**.

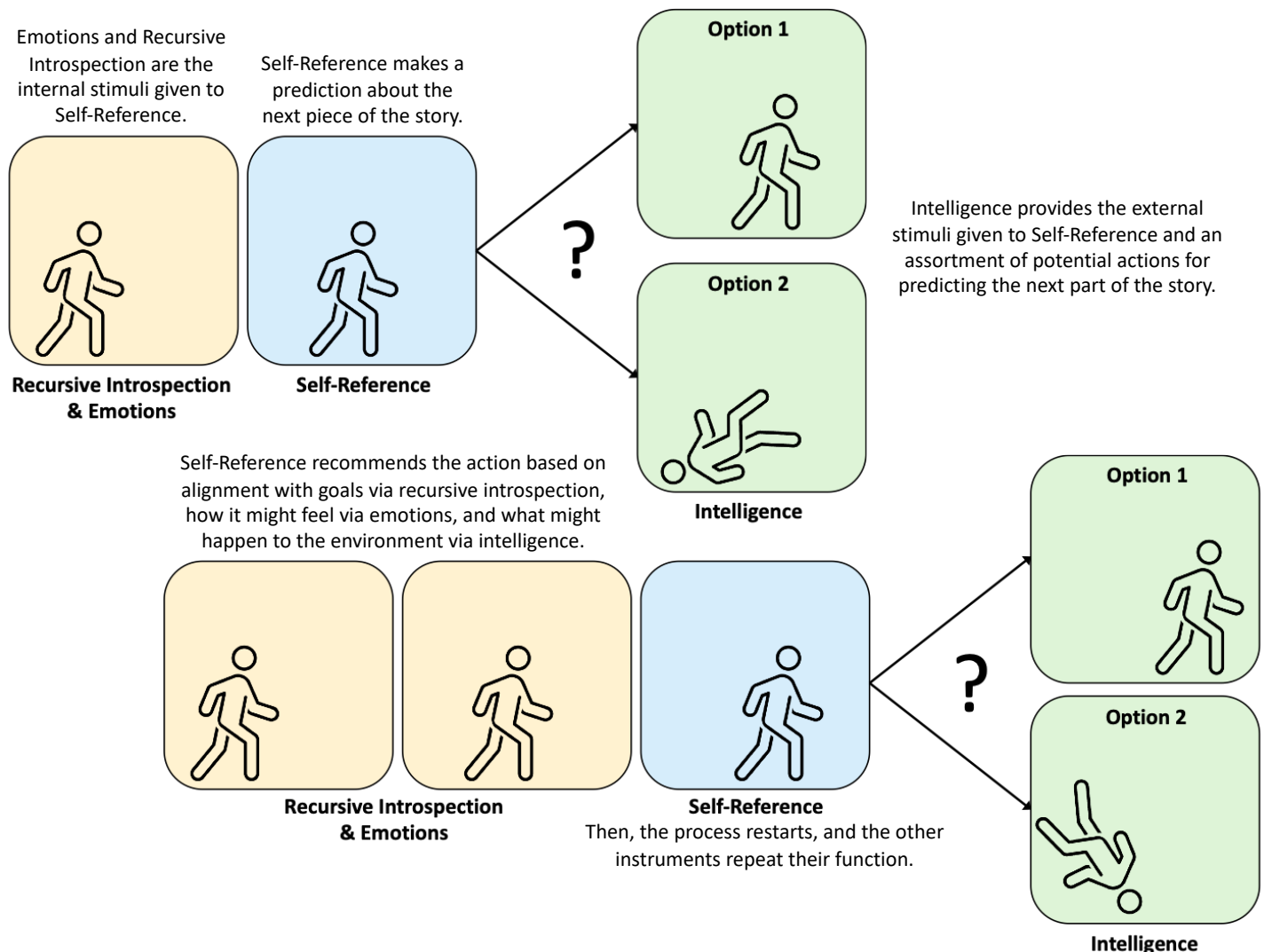
Emotions are a wonderful addition to the arsenal of health behavior decision-making because **they remove the need for deliberation almost entirely**. Emotions **send automatic, behaviorally motivating alerts** to bodily and environmental changes (outside the mind) and to forces that **shape behavioral decisions toward healthy (fruit) vs. unhealthy (moldy soup) things**. For example, you don't have to think about eating the same type of soup that gave you food poisoning again, even though it's safe the next time you encounter it. **Your emotions trigger an automatic disgust reaction** that makes you gag even at the thought of it. Our brains do so much of the heavy lifting for us, just to keep us alive.

Recursive introspection and emotions are internal stimuli. Intelligence, on the other hand, mediates interactions with the environment and is external stimuli. Intelligence constantly examines the body as an external thing. For example, if you find a concerning spot on your body that looks like skin cancer, **your consciousness is noticing and situated in your mind**, whereas the spot, even though it's on your body, is part of the environment. **Intelligence is also constantly examining the environment for changes and threats to our health**. We look for escape routes, examine our food and drinks before consuming them (e.g., moldy soup), and monitor the health of our relationships with close ones. **These external assessments of your environment result from intelligence trying to keep you safe.**

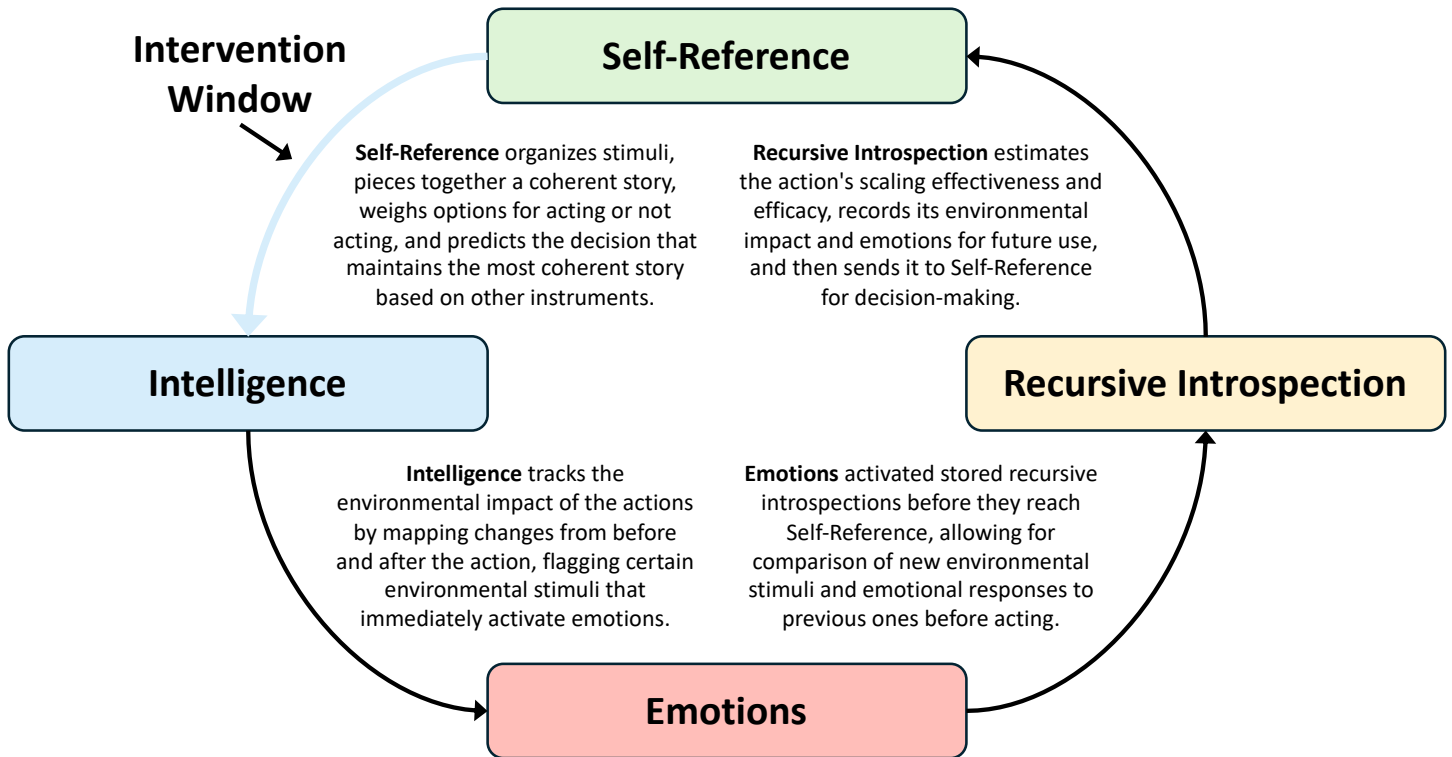


Self-reference is the star of The Definedness of Health model. The simplest definition of this instrument is that it contains **two features**, which are: 1) **the ability to organize the stimuli** in your consciousness coming from **internal cues** (recursive introspection and emotions) and **external cues** (intelligence) **into a coherent story**, and 2) **the ability to predict the next action** that maintains the best coherence across all instruments of consciousness. Self-reference sits **right at the intersection of the other instruments**, constantly **organizing and predicting what comes next**, like an overwhelmed administrative assistant of an understaffed start-up company.

Self-reference lives in our frontal lobes. It's where "we" live. Recursive introspection builds our identities over time, but **self-reference isn't our identity**; it's the active "us" watching it unfold behind our eyes. It's the "you" reading this sentence right now ...and what is that "you" doing? You're trying to figure out if... what you're reading will make sense... this chapter is worth your time... there is something you're forgetting about... these words remind you of something... you need to eat or drink something... it's time to move to the next page... all of these things are **your self-reference making predictions about what comes next based on the most coherent and consistent understanding of what's just happened.** As you can see, **these predictions guide your decisions.**



Self-reference operates algorithmically (as evidenced by the diversity of mental shortcuts, heuristics, and cognitive biases we've observed in ourselves). **The other instruments strum up possible actions** we can take and **deliver them to self-reference.** Self-reference then creates the cohesive story and determines which actions make the most sense to happen next. The key is that **it's not always the objectively best, most cohesive action.** **Humans suck at objectivity** (for good reason; quick thinking is one of the best scaling inevitabilities). This self-referential story **only needs to make sense to the person**, not if the story is correct or most cohesive action.



Simplified Recursive Consciousness Loop

We can now see how **the four instruments play their harmonies of consciousness**. Our brains are much more complex, interconnected, and non-linear than what I'm showing here, but the cycle does happen; it's just simplified. **This ongoing recursive cycle, constantly spinning in our brains, is what generates *The Harmonics of Consciousness***. It's the engine, and it operates at remarkable speeds, so fast we don't even notice.



The Definedness of Health

It is required for scaling intelligence. However, it doesn't mean **you're helpless to improve**. Quite the contrary, dear reader. **Existence loves new moves!** It comes with plenty of opportunities to scale your impact, learn how to *be* better, and many chances to shine.... let me show you, one of mine with **The Definedness of Health model**.

If you look at the cycle, you'll see that **the very last thing that happens before acting on a behavioral decision is the prediction from self-reference**. This window is where we make health decisions. This final step with self-references' prediction opens the opportunity to change how you act on those predictions (convergent health definedness). It is why third-wave therapies are so effective: **they give you a delay and space in between the prediction from self-reference and the decision to act**. This window is an opportunity to intervene *before* we act in ways that are unhealthy for us (divergent health definedness). It's about **changing your relationship to this prediction machine** in our front noggins.

There is something else I'd like for you to do: **lift away and set free the shame that comes from making poor health decisions**. Not only is our society structured around making poor health decisions, but **our brains often work against us**. Health isn't inherently easy; it's a skill that we are constantly trying to get better at across our lives because it is

The Definedness of Health Model

The Definedness of Health model is **shockingly simple and complete**. It contains just **four principles**, and it uses **The Equation of Existence** (like everything else in existence, but please, for everyone's sake, don't get me started on that topic). These four principles are **the first principles of health**, which means they are **functionally independent, irreducible, and account for all or nearly all health-related behaviors**. However, before I get into the model, I just need you to... *temporarily suspend the belief that health is complicated*. **If health were truly complicated, it would not function consistently** across humans and other life on Earth. **These four principles are true for all living things** because **they are all scaling inevitabilities** for biological agents. Let me be clear: **I am not saying health is easy or lacks depth**, but the universal functional mechanics of health, the meta-principles must, by necessity, be simple and widely applicable. Ready to see it? **Here it is The Definedness of Health model.**

$$\Phi = \frac{\Omega}{\Delta} \rightarrow \text{Definedness} = \frac{\text{Stability}}{\text{Complexity}} \rightarrow \text{Health} = \frac{(\text{Sleep} + \text{Stress Reduction})}{(\text{Nutrition} + \text{Exercise})}$$

Seeing this form of *The Equation of Existence* is like **brushing up against the invisible backdrop running this show**. There are four first principles of health: **two for complexity** and **two for stability, which determine the definedness of health**. Looking at **complexity**, we have **nutrition density and regular exercise**. These two principles comprise the complexity of health because **they add something to your body**. Nutrition and exercise is **the complexity that enables your body to grow strong and develop**. Then, for **stability**, we have **sleep quality and stress reduction**. These two principles comprise the stability of health because **they prevent your health from deteriorating and diverging**. Sleep and stress reduction is **the stability that enables you to keep going, keep living, persist**. The definedness of health emerges from this of dance of stability and complexity.

The Four First Principles of Health

Sleep Quality

Sleep enables your body to repair itself. Your muscles recover, your brain consolidates memories, your hormones rebalance, and your immune system rebuilds. It's not downtime—it's the most important maintenance window for your body. When sleep quality drops, all other aspect of your health suffer because your body never recovers before the next day's demands.

Stress Reduction

Chronic stress degrades your health, weakening immune response, impairing sleep, triggering mental illnesses, and accelerating aging. Stress reduction is optimizing your balance of activity (i.e., what you must do) and recovery (i.e., what you must prevent). Healthy people are not those with no stress; they are those who consistently manage it to keep it low.

Nutrition Density

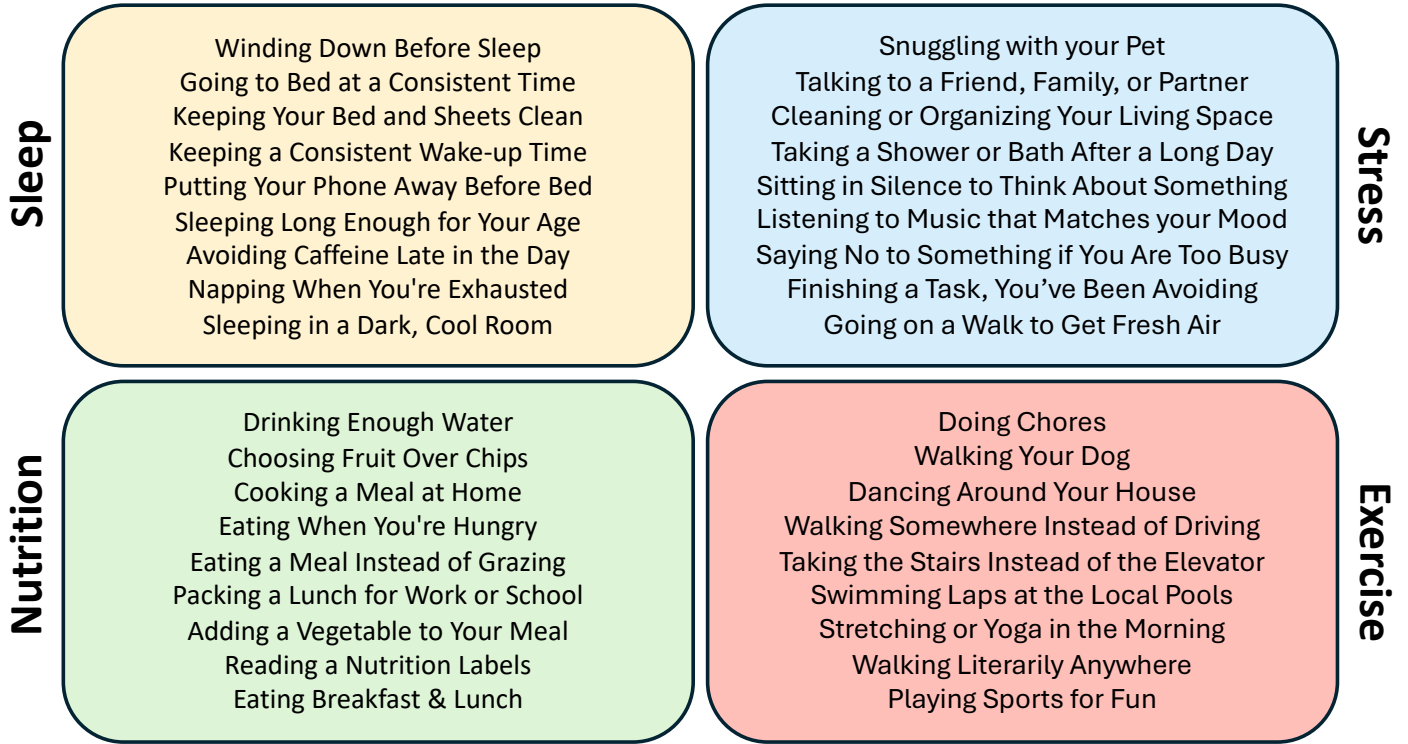
Your body can only use what you give it. The nutrient density of what you eat provides the vitamins, minerals, proteins, and energy your body needs to function, repair, and grow optimally. It's not just controlling how much you eat, it's about the quality too. When nutrition is poor, your body must cut corners, which eventually manifests illness and a decline in health.

Regular Exercise

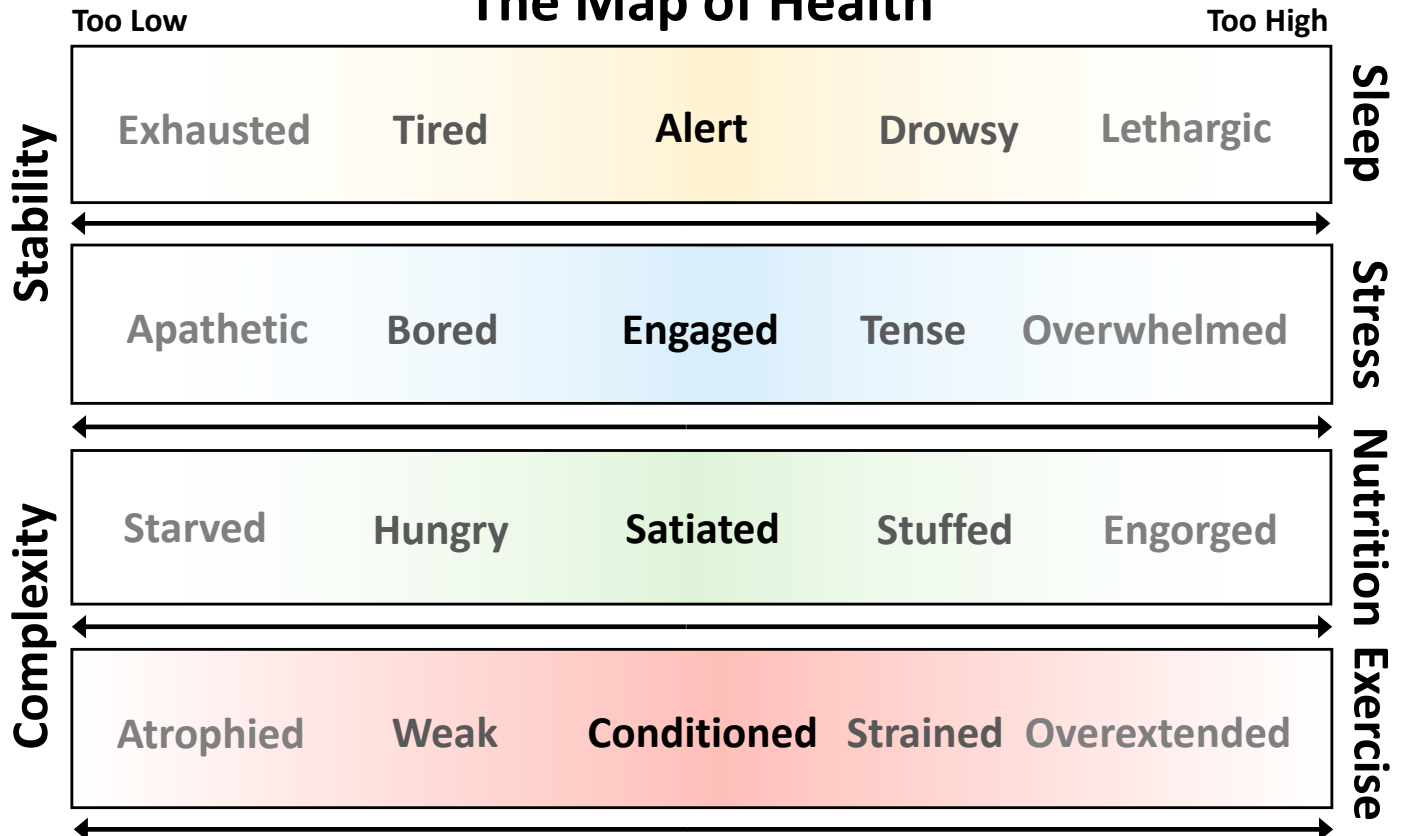
Exercise enables your body to grow and develop optimally. Regular exercise enables adaptation—your organs function better, your bones stay dense, your brain regulates mood, and your muscles grow stronger during recovery. You cannot prevent your development (we all age and die), but exercise ensures your longevity by preventing the decline in optimal functioning.

The Definedness of Health model **tracks your divergent and convergent health definedness**, which **accumulates in The Record**. When one of these principles is too low or too high, **the definedness of your health goes from converging to diverging**. Convergence is the default state of existence, which means **convergent health definedness is the default state of our bodies**. Therefore, if you just listen to what your body is telling you and stay away from clearly poor or dangerous behaviors, **your body will, by default, function optimally with convergent health definedness** (excluding chronic health conditions and disabilities; though, even those have convergent and divergent forms). Let me show you all the beautiful forms of **convergent health definedness behaviors**.

The Definedness of Your Health



The Map of Health



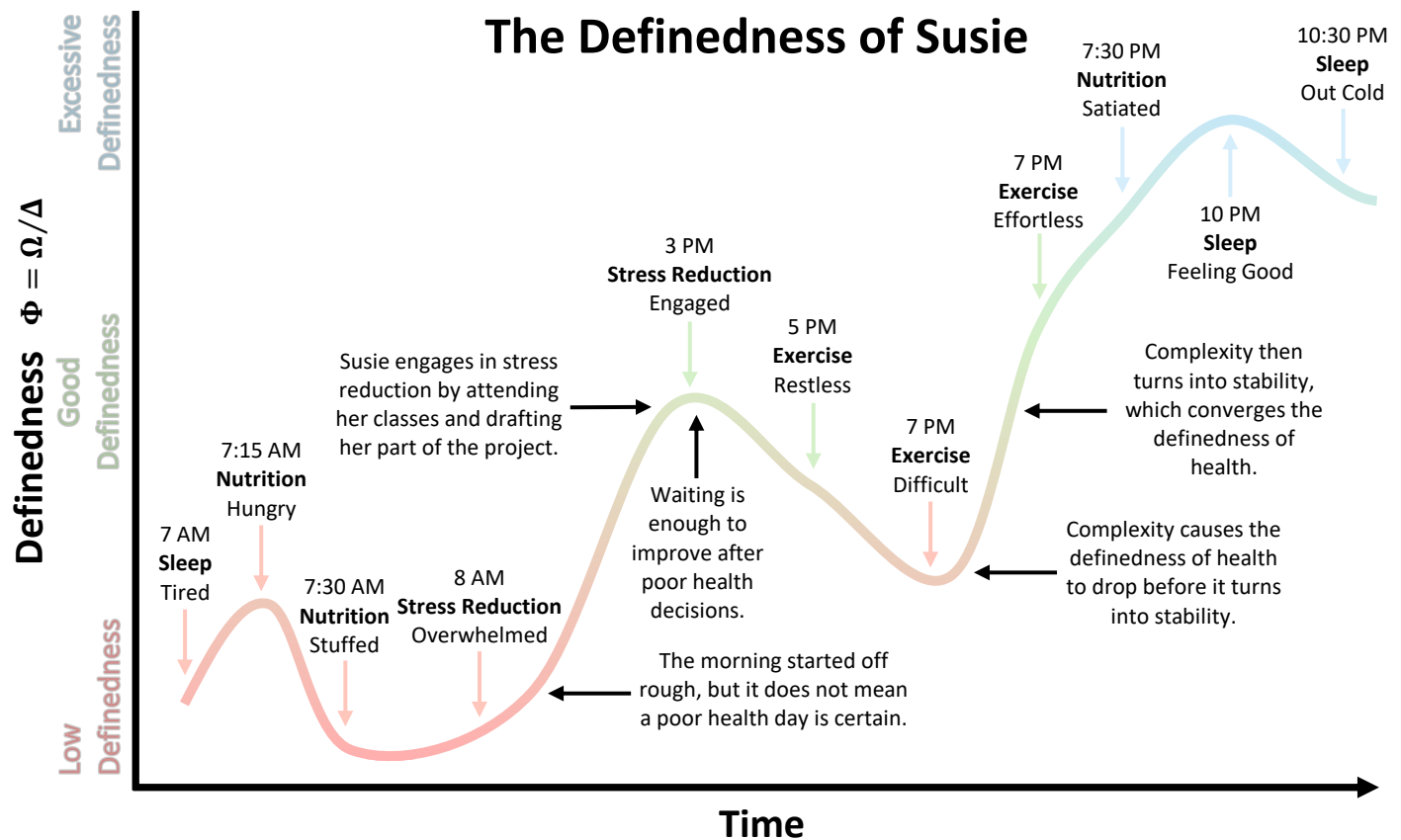
Finally, instead of telling you what to do, as *I promised I wouldn't*, I am going to **leave you with the map up above so you can figure it out yourself**. You can figure out where you are off and then let **your body tell you what to do**. You don't need anyone else to *tell you* what to do. I'm not saying that the health advice / info we have is irrelevant or that you should ignore medical care and science... whoa, cowboy, let's just bring it in for a bit, huh? What I *am* saying is... your only job is to 1) **listen to your body, adjust your behaviors, and listen again to what changed**, and 2) **try to hit convergent health definedness as often as you can**. That's all there is to it.

You will never get it perfect. You don't *want* to be perfect. The **rigidity of perfection in health pursuits limits your ability to grow, adapt, and change**. If you master a health routine and lifestyle, but never adjust it, never figure out what did not work, never have chances to switch it up, **you run into problems because the world, your life, those around you, everything, and existence itself, is constantly progressing, growing, and adapting too**. You need to keep up with it. It's why rigid gym schedules and restrictive diets tend to fail. **You must respond to what's going on around you**, and as for those times when you didn't get it perfectly or when something happened outside your control? **Those are your windows of growth. I would seize them when they come**.

The thing about **convergent health definedness** is that there really is no better next level to achieve. **Existence truly operates on a rather binary system** ($\Phi = \Omega/\Delta$) where a phenomenon can be in **convergence** ($\Phi = >1 = \Omega > \Delta$) or **divergence** ($\Phi = <1 = \Omega < \Delta$). Although there is no extra convergent health definedness, if your health definedness converges too much, **you end up suspended in front of *The Record***. So, the toolset is simple: **if you are converging, leave it alone**. **If you are diverging** (and you will know if you are diverging because The Definedness Detector will be pissed off), **try something, anything, listen to see what improved or not**. Repeat this process, and then get on with your bad self. There's more to life than constantly worrying about your health.

The Definedness of Susie

Do you remember Susie from the Scene? Well... when you first met her, **you did not know about The Definedness of Health**, but now? You've learned so stinkin' much. So, take another look at her day with your new universal health lens to see **the incredible balance of behaviors that determine our health and persistence...**



Big Picture

Alrighty, that's enough health talk for now. The field is bloated as is... let's instead talk about the point of the April drop: to **step back and appreciate the beauty around us**. This desire of mine is not new. I still talk about *The Theory* the same way I did over a year ago in the flagship book—right on the acknowledgments page, at the front, right.... before you fall into the canon. **I told everyone four things that still ring true:**

“Many people contributed to the realization of *The Theory of Existence*, but the most essential acknowledgment belongs to the universe. Thank you for revealing these insights, entrusting them to me, and guiding me in sharing them with the world. You have shown me a glimpse of your profound beauty, and I am humbled and grateful to be part of your story...”

...the truth is, **I wasn't looking for *The Theory of Existence***. It smacked me in the face on **Thanksgiving in 2024**. There's a *key difference* between **having an idea** and **receiving an insight**. When I was an academic, I spent most of my time having ideas—reading literature and building arguments. **Having an idea is like searching for a missing puzzle piece and trying to guess what it looks like**. I don't have this relationship with the canon.

Receiving an insight is like having an idea you didn't ask for. It just shows up. **Ploop**. It may or may not be correct, but it is fully formed, begging you to figure it out. **Ideas are created; insights emerge** ...and to be completely honest with you... it is annoying as hell sometimes. They show up at the worst moments—shopping, before sleep, the middle of a conversation... but, don't get me wrong, **I am deeply grateful. I need to be clear about my role**. The insights come, I scramble to capture, and I do my best to **bring them to life**. So, when I say **I didn't invent *The Theory*—I found it**—it means **it arrived in my mind as an insight**, not an idea I came up with. It felt delivered, and **that my only role was to move it forward**. So, **if I don't thank the universe ... then who?**

“These ideas are a gift given to me for the purposes of giving them to you.”

It's **always been clear** to me what I am supposed to do with these insights. **The thing that feels right**—deep in my gut, always—**is giving them away**. I'm talkin' bout, you get an insight, and you get an insight Oprah Winfrey-style. I never considered other paths because **my job is to get the insights to you. Everything else downstream after the work is out is... quite frankly... not my responsibility**. This moment—right here, right now—**is my job**.

“I hope you experience the profound insights, the existential dread, and the deep gratitude I experienced en route to this new understanding of existence.”

Somewhere along the way, **we lost our sense of purpose when it comes to intellectual work**. We started treating legitimacy as something that **requires stripping away emotion**—as if **feeling anything is a weakness**, rather than **the very point**. To me? That's nonsense. Sure, a bit of restraint helps with clarity, but **we've gone too far as a culture**. It's so bad that even *the slightest trace* of passion—about something you've studied, lived, and dedicated your life to—**is treated as a flaw to be corrected and rejected**. **My response? They can keep it**.

“Finally, these ideas are not mine, nor will I claim ownership over them except to protect them. It is true that I have created names for their identification, but all these concepts belong to existence and the universe; that means, dear reader, they belong to you too.”

The insights arrive, I give them names, dust them off, and write them down. Everything else you see—the elegance of **recursive harmonics**, the simplicity of the concept of **undefinedness**, *The Equation of Existence* being a ratio, **constants co-derivation**, **scaling intelligence**, **emergence-to-convergence**, **recursive propagations**—it is all the same stories. None of it belongs to me, **except to protect them**. These ideas belong to existence and the universe... **and that means, dear reader, they belong to you too**. I still mean everything I've said with my whole heart. Though... I don't know where this path goes next, but I do know **the next chapter is called: To: The Hopeless, From: The Universe**...yeah, that feels about right. Until then, we'll let *The Theory of Existence* do what it has always done on this voyage of why it all matters. **Invite us... move us... and then... set us free...** 🚀 ✨