

The Definedness Detector

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Insight

All phenomena exist in **one of three possible forms of definedness**, which are: 1) **divergence**, 2) **convergence**, and 3) **suspension**. While environments and inanimate objects like planet, stars, rocks, weather, and grapes have no control over their definedness, **phenomena with agency, such as me and you, do**. Though it varies agent-to-agent, humans evolved an intricate neurobiological compass **designed and optimized to navigate definedness** into these three forms. It allows us to automatically move through existence with ease. It is called **The Definedness Detector**, and it resides deep in the human brainstem: **locus coeruleus (LC)**. In this chapter, I'll unveil how The Definedness Detector works, explore properties, and demonstrate how understanding it **transforms our unpredictable, but endlessly mystifying ride through existence from unknowable to unforgettable**.

Scene

The alarm shatters the predawn silence at 5:30 AM, **ripping Janice from the depth of sleep**. Her world blurs between dreams and waking—a **moment of disorientation** where muscle memory silences the intrusive sound. Lying still, her internal landscape shifts. Emotions emerge and build: first neutral, then gradually darkening. **Anxiety seeps in, an unspoken dread** of the impending workday creating an **emotional undertow**. When the alarm sounds again, it's a signal to mobilize. Her body feels heavy, resistant. **Worry threads through her movements**—about time, performance, the long drive ahead. Each action becomes a negotiation between lethargy and necessity. Slowly, methodically, **she assembles herself: dressed, fed, prepared**. The moment she slides into her car, something transforms. **The negative charge dissipates, replaced by tentative optimism**. She has navigated the morning's challenges, creating a small pocket of **order in the chaos**. The highway unfurls, bringing a sense of quiet accomplishment. She completes her commute and starts working. Across the day she is **sharp and ready, but this desire to work** starts leaving throughout the day... **slowly at first then quicker with each passing hour**. She feels overwhelmed, as if she could not imagine having to work any longer. As the time to leave approaches, **Janice starts planning out what she will do when she gets home** to feel better. She commutes home and **arrives with fatigue settling** like a comfortable companion. **She chooses relaxation**—her favorite shows, a temporary escape. The **first episodes spark joy**, but as the night progresses, her **engagement dulls**. One more episode, then another, until **enjoyment becomes mechanical**. As the **dread of having to get up early tomorrow** slowly replaced her **joy of the TV show**, she steps away, recognizing the wisdom in rest. As she lays down in bed, she turns off her phone and closes her eyes. **Her negative anticipation of tomorrow begins to dissolve**. As she settles into bed, her emotional landscape smooths—from morning's jagged anxiety to **nighttime's gentle peace**. **Neutrality descends**, soft and enveloping, and she surrenders to sleep.

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Guidance

Let's talk about... **emotions**, those deep waves that crash through our inner experiences and often **leave us bewildered and breathless**. They **ambush us** in boardrooms and blind dates, in quiet moments and thunderous arguments. Yet... **they remain so elusive and scary**. In fact, we have built entire **cultural defense mechanisms**—self-help books, meditation apps, and stoic philosophies—just to **keep these nasty internal forces in check**.

I suspect the problem and relationship we have without emotions **stem not from emotions themselves**, but from a **profound, centuries-old misunderstanding**. If emotions were truly unknowable, then **why are they so persistent and influential?** They must be telling us something, but often it seems **like it corresponds to nothing discernable in our lives**. One day you sad and the next you're not... **what gives?** Emotions must all be doing the **same very specific thing**, otherwise this consistency and influence would be a coincidence, and we know **it's not**. If emotions do something, **it would be one specific thing**. Happiness always makes us want to do good things again. Sadness makes us avoid things. These emotions are **providing instructions to... something**. We just have not been able to figure out what that something is... **but I may have**.

When you dive into the scientific literature on emotions, and you'll find **a labyrinth of fascinating insights**—intricate maps of neural pathways, complex biochemical cascades, and provocative theories and framing. Yet, **it always feels like something is missing**. It's like we're archaeologists with incredible tools, endlessly **cataloging artifacts without understanding** the civilization that created them. I mean truly, **we can spend hours** dissecting emotional research, parsing academic papers with surgical precision. Yet, **the moment we close the book** and the next wave of emotions crashes over us—frustration, joy, anxiety—**suddenly all that knowledge** feels totally abstract. Our scientific understanding **shatters in the heat of emotions**, like we just cannot capture that unscripted aspect of the human experience... but I may have, and before I show you, **let's talk about existence** 😊

Living in a Fractal Universe

I want to zoom out... like, waaaayyyy out. Think big picture for a moment. When we look around existence, we **see phenomena of all kinds and sorts**. We call them objects. In our minds, we can see objects as isolated things that exist, **but existence does not operate this way**... no, instead **we can only distinguish objects by how they differ from other objects**. We know a ball on the ground is a ball on the ground not because the ball can exist on it but because **we can distinguish what is ball and what is ground**. Try something with me: imagine a red dodgeball in your mind right now. Okay, now imagine it without using anything to compare it to... just the ball. **Do not think of anything other than that red dodgeball**, and with nothing around it. That ball you see **still has relationships** between 1) **the ball and the void around it**, and 2) **the ball and you imagining it**. For something to exist, **it must exist relative to something else** because a requirement of existence is co-definedness. It means that existence is **not really a collection of isolated objects**, but as an intricate, living web where everything exists in constant conversation. Things co-define not just to other things but also to itself over time. **I call this concept: relational reality**—a reframing of perspective where **nothing can possibly exist in total isolation**.

When we think of existence in our minds, **we tend to see pictures and flashes of moments**, but that is **not how existence works**. It is an endless dance of phenomena, where **everything is simultaneously shaping and being shaped by the movements around them and their progression through time**. Yes, let's not forget about time. See... time isn't a passive backdrop, it is quite literally **25% of existence** (and the other **75% are the three physical dimensions**). We can define any phenomenon by its **dimensional relationship** and its **temporal relationship**. I call the **dimensional relationships propagations** and the **temporal ones recursions**. Thus, existence operates by **recursive propagations** and it is happening everywhere, always, and a lot... to say the least. **Existence is always unfolding in this way**, and these co-defined relationships also co-define through constantly changing. So... **existence is not a noun, it is a verb**... not a state, but a **process**... not a thing, but a **becoming**.

In this becoming, **existence is more fluid than we can often comprehend**. Everything—literally every single thing—**exists more like a river, than a rock**. It is also **not just the obviously moving parts**, but everything: the seemingly static chair, the apparently empty space in the corner of your room, and the only stop sign in town that's **been there untouched for 50 years**, not just existing but **moving in a dynamic process**, silently evolving, reshaping itself moment by moment. **It means that nothing truly is static**. It means that **true stasis does not exist. It is impossible**. If every phenomenon exist through this dynamic process than **existing is not about if you exist... it is about how you are existing**. This frame shift is critical and we can measure it, but **I need you to feel**

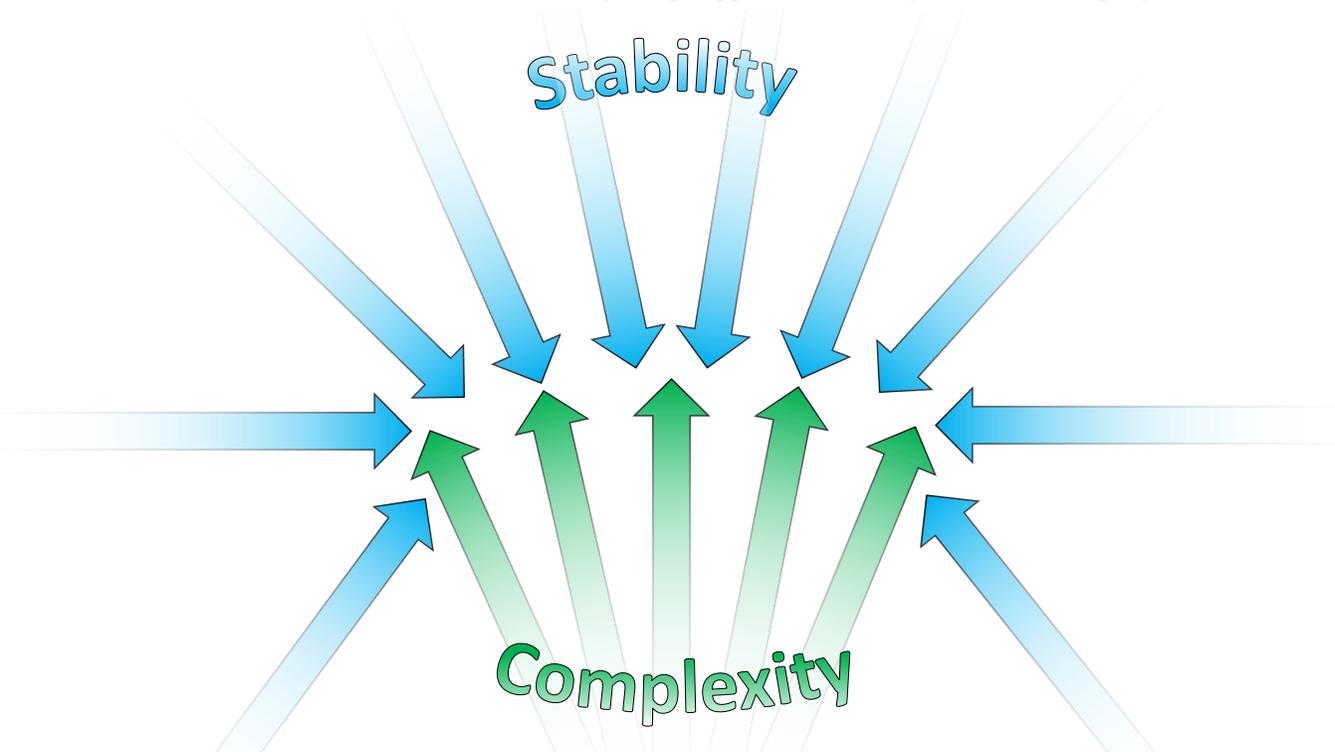
it. Look around your room, the empty space, the photos on the wall that you haven't dusted in so long you're embarrassed, everything in front of you, **everywhere you look, right now, does not exist... it is existing.**

It's wild to think about... isn't it? To have your **eyes wide open your whole life and yet it seems like we never truly saw what existence was doing**, and thus, we never **truly saw existence**. How could we possibly understand emotions **when we did not even understand the container in which those emotions exist and operate?** It seems impossible, but this misunderstanding, this miss-framing is exactly the missing key to emotions we have all felt for so long, the one that has kept our line of sight fogged... the one that **unlocks the true purpose of emotions**, and finally, **what to do with them**. It turns out, it's not as complicated as we thought.

If all the phenomena we see **don't truly exist but are instead existing** then the next question becomes... **how they are existing**. Luckily, I have an old friend that answers that question, and I think it is time for me to introduce them to you, if you've yet to meet them. **I call this friend *The Equation of Existence***, which is the **hidden universal operating system for everything that has existed, does exist, and can exist**, from subatomic particles to submarines in the ocean, from entire galaxies to the grains of rice in your dinner, from the volcanos erupting on tropical islands to someone erupting in a destructive rage, **everything is in existence is existing using this same grand dance**. Let me show you this beauty and then I'll talk to you about how it works. Here she is:

$$\Phi = \frac{\Omega}{\Delta} \rightarrow \text{Definedness} = \frac{\text{Stability}}{\text{Complexity}}$$

***The Equation* contains just three principles.** These principles are **not things that exist** in existence; rather, they are **names for the patterns in which existence behaves... how it is existing**. **Definedness (Φ) is the degree to which something exists**—as something are better at existing than others. The way that things exist is determined by **Complexity (Δ)**, which is **the degree to which phenomena escalate from basic to structured forms**—the inescapable drive of things to **transform and evolve**, and **Stability (Ω)**, which is **the degree to which complexity is attracted to complexity**—it's the behavior that allows things to persist, **form structure, organize, and maintain coherence**. Complexity emerges because **it is more resistant to persisting in unfolding nature of existence than simplicity**. Complex phenomena require more existing than simple phenomena to stop existing, and it is this behavior that forms and sustains everything bigger more complex than a single photon.



This **resistance that protects phenomena** from collapsing into non-existence is **stability**, as this behavior **holds the complexity steady** while it continues to escalate from basic to structure forms. We can see stability best in... gravity. Do you feel that **pull of your body to the ground**? Guess what? It is **the same pull you feel to conform in societies**... that resistance to, “maybe I should just go with it.” That mental pressure you feel? That is **stability holding our society together, just like how gravity holds planets together**. *The Equation of Existence* captures how and why everything we see, *is existing* the way it *is existing*. **Different things, always the same pattern.**

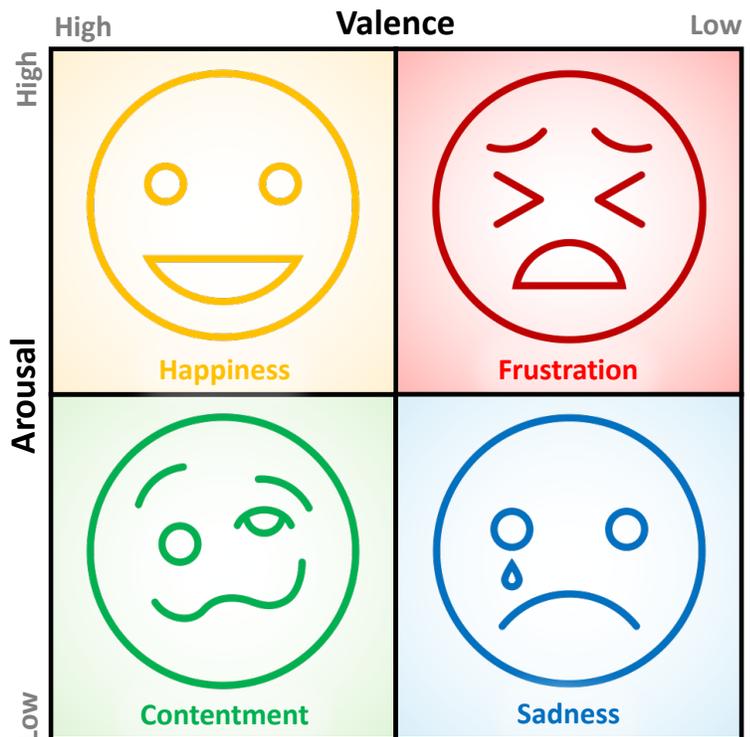
If everything in existence *is existing* at **different degrees (definedness)** based on **this ratio between stability and complexity**, then that means... **we are too**. It is not that we, ourselves, that viewer in your head reading these words behind your eyes exist, **we too are existing**. Perhaps most astonishingly, **the reason we never saw this before is because you don't have to know about it to navigate existence**. This knowledge I have just shared with you? Yup, **it's totally optional** because our brains have **evolved to take care of it entirely for us**. This, right here, is **the missing answer** to what emotions are and what they are doing. I call it **The Definedness Detector**, your brain's backseat driver, a sophisticated, automatic, behaviorally-motivating internal compass that continuously tracking how well you *are existing*, how well you are progression through this ever-shifting landscape. It has **one simple job** that it executes marvelously well: **track and correct how effectively you are existing**.

The Tool You Don't Need to Use to Use It

The Definedness Detector and the emotions it generates **are not just feelings or experiences**—it's a **real-time navigation system**, mapping your alignment, **the degree to which you are existing** with that of cosmic unfolding of existence. You can consider it **your GPS for driving through existence**. Like all GPSs, **The Definedness Detector tells us directions**—a **precise signal** about our **current state of existing**, and it does so all on its own.

When we experience an emotion, we are not just having a reaction. These emotions are **not random neurochemical fluctuations**, which we know, but **they are also not random, arbitrary, or unexplainable**, which we're just now realizing. These signals we feel when we have emotions really **comes from the deepest parts of your brain system**, providing live updates to 1) **how well you are existing** and 2) **how you are existing relative to how everything around you is existing**. Once these signals arrive, our incredible human minds start the **process of interpretation**, turning raw existential noise into meaningful experience and actions. Yet, **unlike GPSs** with dozens and dozens of directions and features, **The Definedness Detector only uses three directions**. It turns out, emotions are way simpler than we could have ever imagined. Here's how:

The Definedness Detector, and thus your emotional experience, **operate on a sophisticated two-dimensional compass**, revealing the **precise state of how well you are existing**. These two critical axes are 1) **valence** and 2) **arousal**. **Valence** is whether the emotion you feel is **good or bad**. It is an **indicator of your alignment** with existence, whether you *are existing* differently than *the existing* around you. Think of it as a **directional signal**: it feels **good when you are aligned and bad when you are not**... that's all. **Arousal** is the **intensity**, revealing the **degree of your alignment** with existence, how differently you *are existing* than *the*



Range of Definedness Detection

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existing around you. Think of it as an **urgency signal**: when **the alignment is very good, you'll feel very good, and when the alignment is very bad you'll feel very bad**. That's the whole functional mechanic of The Definedness Detector. Together, these two dimensions **collapse our human experience into a single, simple, and knowable system**. It is the missing map for emotions. This two-axis system produces **just three signals**, and they are:

◇ **Divergence**: Low Definedness (High Arousal ◇ Negative Affect)

Your definedness is too low and needs immediately restored to prevent divergence. Definedness drops from either from overwhelming complexity escalations or insufficient stability.

“HEY! you need to do something else. It's either too much of something or not enough of something; I really don't know or care, you need to fix it. You could try literally anything but this and see.”

◇ **Convergence**: Good Definedness (Low Arousal ◇ Positive Affect)

Your definedness is as good as it gets or close enough to it. The current balance between stability and complexity is working for the moment. This is the form of definedness where we *are existing* optimally.

“Your definedness is good, nice job... doesn't this feel good with no tension? I love when things are easy like right now. ya know, doing other things might be good too, lots of options on this ride through existence.”

◇ **Suspension**: Excessive Definedness (No Arousal ◇ No Affect)

Your definedness has been so good for so long that you are existing better than the stuff around you is existing and you are losing co-definedness, which increases the risk of diverging from complexity escalations.

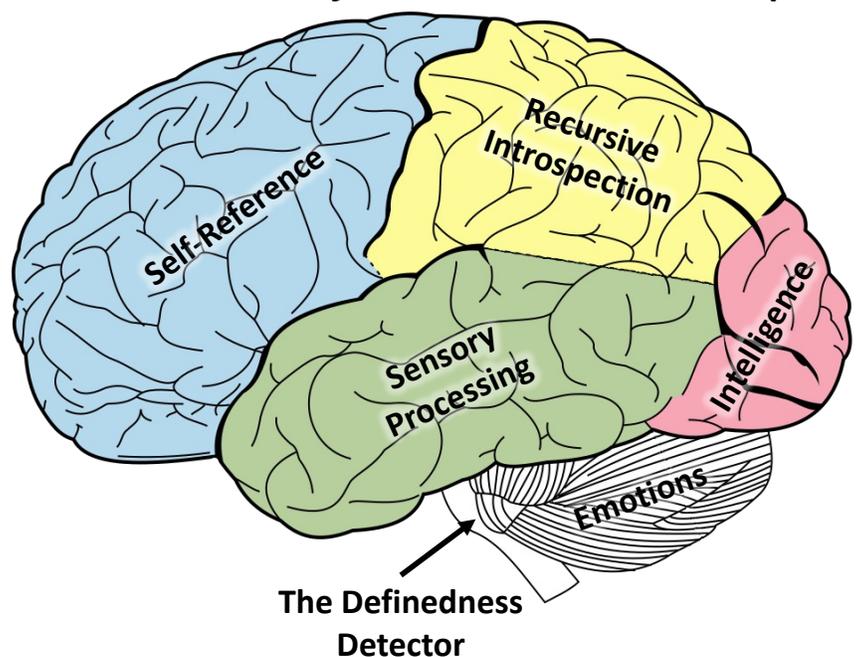
“Don't worry about your definedness. In fact, don't worry about anything at all because what's the point? We just do it all over again... again... and again, and it's so boring but who cares to try other things?”

So... Who's the Culprit?

If The Definedness Detector exists, then **there should be a part of the brain that maintains its function**. Unfortunately, we are focusing on processes that involve **many parts of the brain** and pathways: **emotions and experiences**. How could we ever possibly pin it down? The answer is as astonishing as it simply. **The Definedness Detector has a special property that nothing else in the brain has**, which is how I found its biological basis. This feature **narrows the possible candidate structures in the brain down to exactly only one part** that aligns with every feature The Definedness Detector must have to function, and it is a long-time, unsung hero for humanity.

One of the biggest mysteries with emotions is how **they often do not align up with our experience of it**. We often feel happy, sad, anxious, and irritable, **but they only loosely align with your sensory perception of what is happening**—that is why they have always been so tricky to understand. Further, **people often report affective experiences with no known sensory cause**. Like, ya know.. **that feeling of being watched but there's nobody around?** The stress you felt at one moment but could not articulate only to prevent a disaster later? **The only possible explanation of why emotions behave this way is because emotions do not arise from our senses**—not sight, hearing, touch, taste, smell, orientation—**only our own interpretations**.

The Harmonics of Consciousness Brain Map



Instead, **our emotions only respond to definedness**. If this feature is the case, and **the behaviors of emotions match this pattern**, then, we need to find a part of the brain that is **able to tract definedness**; but, most importantly, it needs **to connect emotions to a non-sensory** part of the brain... a part of the brain that is 1) **fully operational**, 2) **essential for emotions**, and 3) **but not dependent on sensory processing**. These collective criteria are so specific that it can leave only one possibility, and it is the **locus coeruleus (LC)**.

The LC is a **neuroanatomical structure tucked deep in the brainstem**—it is evolution's **ultimate survival mechanism**, a neural marvel that's **required for life to exist effectively** and has been keeping living **beings aligned with existence since the dawn of life in the universe**. It isn't just another brain region. It's a **primitive survival technology**, so fundamental that it's **required for any agent**—from the simplest organism to the most complex human—to avoid extinction. It might be neuroanatomically different for other animals and life forms. Though, if it **guides the agent through existence via corrective feedback then it is The Definedness Detector**. The LC is The Definedness Detector for humans... and it is beautifully structured and unforgettable. Let me show you.

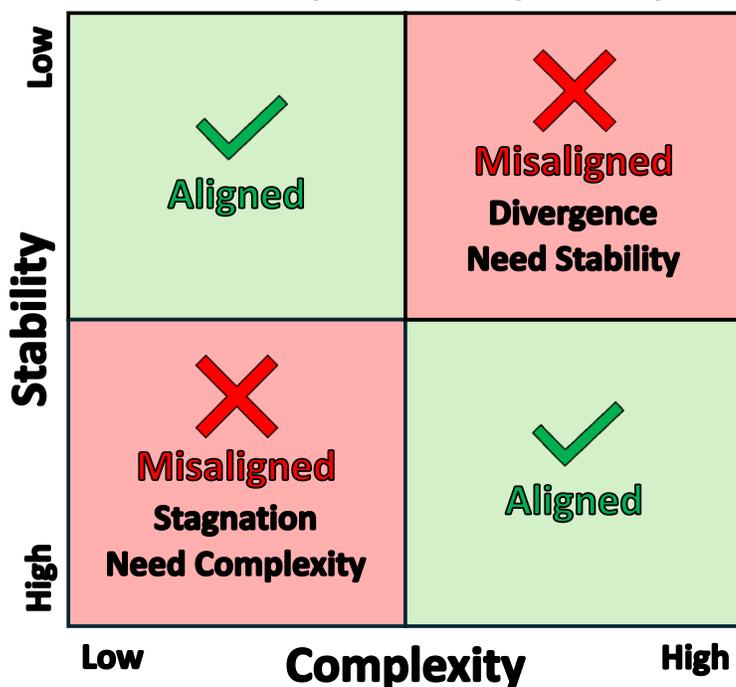
What is the LC doing to enact one of the three states? **The LC's primary lever** is a neurotransmitter called **norepinephrine**. We are all *very* familiar with the feeling this chemical produces on our body. That sudden electric current **surging through your body**, every nerve... suddenly hyper-alive, making you feel ready for anything. Your heart pounds, time slows and compresses, the world snaps into focus—it's **the feeling just before you step on stage**, narrowly avoid a car accident, or have a revelation changes everything. It is this neurotransmitter that **guides the emotional experiences**. This experience we have in our consciousness doesn't just inform us, **it rings the alarm bells**, compels us to act, stay on alert, pay attention, its tense and serious, but... **it's supposed to feel that way**, and thank god it does because, **if it didn't, it wouldn't work** and we **would've gone extinct long ago**.

Norepinephrine is the neurotransmitter of intensity, preparation, and action **no matter what is happening around us**. It's **The Definedness Detector, knocking on your consciousness door**, telling you to knock it off. **It needs to be unignorable** to motivates you into action. Without even realizing what we are doing, **when we get this feeling**, we also start to **monitor ourselves more** and **pay attention to how we are doing**, but really... we

are just us **checking and tracking our definedness**. As soon as it is restored, you get to focus on other things. If you cannot get it restored? Well, tough toenails, you gotta figure it out because it won't let you focus on anything else except knocking it the hell off. It's tough love, that is for sure, **but it's trying to keep you alive**.

If The Definedness Detector is the LC and its mechanism is norepinephrine, then **what is it actually doing?** How does it track definedness? What is it looking for? **The LC operates as a sophisticated, real-time electrical mapping system, continuously tracking changes in brain activity with extraordinary precision**. It does not just measure static electrical signals, but **monitors the timing, intensity, and directional shifts of electrical activity across the whole brain's three-dimensional topography**. The LC uses the constant **electrical activity** across the brain as its **tracking mechanism**, detecting **microscopic variations** in how different brain region's function.

The Dance of Stability & Complexity



The LC can detect the locations in the brain the timing of electrical activity changes, how intensely and frequently it activates, and in what sequence. It can then **determine precisely where it is coming from using the connections the LC has across your whole head**. When definedness drops somewhere in the environment, the LC is able to tell you where its coming from by **accounting for how the electrical activity changes as the definedness drop passes over brain**. If LC sees a sudden change in electrical activity in the **front lobe**, it knows that whatever phenomenon is causing low definedness in the environment is **coming from right in front of you**.

These changes the LC is able to detect **occurs way below the threshold of conscious perception**, tracking variations so minute that sensory processes don't register them. It's essentially **performing a continuous, high-resolution computational analysis of your brain's electrical landscape**, creating a real-time map of your 1) **your definedness**, 2) **your environment's definedness**, and 3) **the alignment or co-definedness between two**. Most importantly: **the LC uniquely performs this tracking independently of all sensory input**. Even when asleep, under anesthesia, or in sensory deprivation, it continues ensuring your definedness remains optimal, if possible.

Let's talk about how it works. Let's do any example. When you enter a high-complexity environment like a bustling ballroom party, your LC doesn't just register stimulation—it **performs real-time definedness comparison calculations**. While other brain regions might get overwhelmed, **the LC is dynamically adjusting your conscious experiences to match the environmental definedness**. In a complex environment that challenges your usual patterns, **your definedness naturally drops because you do not have enough existing stability to counter the incoming complexity**. You eventually restore the balance after the party. It always works like a charm.

Instead of letting you diverge or stagnate, **the LC kicks into overdrive when it detects low definedness**. It's not always about being in convergence. The Definedness Detector would not work if the goal was always good definedness because **divergence and suspension are not bad things to avoid...** they are the glue that lets us be. Let's say you accomplish something big and then you go binge drink and throw up all over the place. **That's just how existence works**. You get a **huge complexity escalation from a big accomplishment** and then it **outpaces your usual stability** so your **definedness drops and you spiral out of control a bit**. Then, you get back on track. If the divergence signal wasn't allowed, then there'd be no reason to do anything because... why, bother? These **divergence, convergence, and suspension signals are all your friends...** but it's favorites are fine. It is the ultimate stabilization system, and it has been keeping us alive for millennia without us even knowing about it.

The Flexibility is a Feature

One of the most astonishing properties of The Definedness Detector is **its ability to recalibrate what qualifies for good definedness**, and it varies wildly different life experiences. For example, a homeless individual navigating street survival needs a completely different definedness detection than a pop star managing global attention. Yet the same fundamental mechanism—the LC as The Definedness Detector—**flexes, creating precise emotional roadmaps for each unique journey**. It is less like adaptation and more like shapeshifting.

We observe this adaptability in two phenomena: 1) **hedonic adaptation**, and 2) **misattribution of arousal**. With hedonic adaptation, we see that what triggers positive and negative emotions changes over time depending on what usually triggers them. For example, if you hand a multi-billionaire a \$5 bill, **they will not experience the same positive emotion** someone who is homeless would **even though they have the same brain**. With the misattribution of arousal, we tend to think and feel things differently in high-stimulation environments. These two phenomena show that **The Definedness Detector adapts in the long term** (hedonic adaptation) and **the short-term** (misattribution of arousal). Therefore, the LC doesn't just help you survive different environments—it **helps you become precisely definedness in every possible environment** with apparent limitations.

When I Do This, You Do That

Now let's look closes at those three signals. It's quite a simple game called, **"When I Do This, You Do That"** The game, despite being profound, is easy to win. We know how to play this game, but we need a new strategy.

Understanding The Record

The **vinyl record** holds the imprints of the **music**.

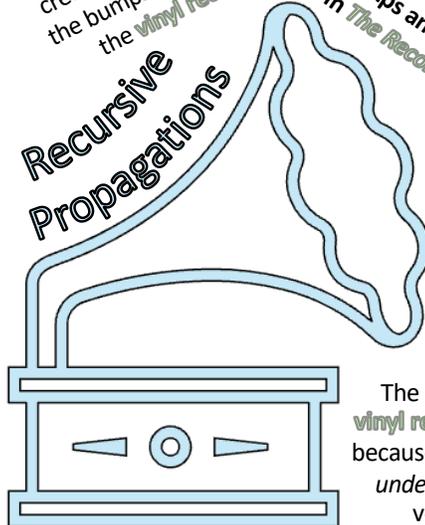
The Record holds the imprints of **existence**.



The Record

The **record player** creates the **music** using the bumps and grooves in the **vinyl record**.

Recursive Propagations



Music plays from the **vinyl record** using the **record player**. Every **record play**, **music** plays, and the bumps and grooves change and wear down.

Recursive propagations creates **existence** using the bumps and grooves in **The Record**.



Existence emerges from **The Record** using every recursive propagation. Every recursive propagation, **existence** emerges, and the bumps and grooves change and lose definedness.

Existence does not see **The Record** or recursive propagations because they operate **before** and **underneath** **existence**, but it very much still exists.

The **music** does not see the **vinyl record** or the **record player** because they operate **before** and **underneath** the **music**, but it very much still exists.

A great way to understand how existence operates with *The Record* is to use this metaphor, where *The Record* is the vinyl record 🎵, the record player are recursive (time) propagations (space), the discrete model of existence from *The Theory of Existence*, that leaves the music the existence. Oh... and also, the reason this metaphor lines up so well is because it is not actually a metaphor. This is the identical process to how existence emerges and unfolds via recursive harmonics.

The strategy simple: **when The Definedness Detector sends you a signal you act accordingly right away**. The Definedness Detector will only provide you with one of three signals. We do not just feel these signals; **they action buttons that alter our consciousness**. Each signal is a precise a message about how well you *are existing*. They are a **ruthlessly precise report card** of how well you *are existing*. Let's decode these signals.

Divergence

Divergence is the primary signal of The Definedness Detector. However, to understand why, I have to introduce you to ***The Record*—the fractal memory of existence**. *The Record* stores everything has existed, so nothing ever truly goes away. If that is not shocking enough, ***The Record* is always everywhere**, including right now. This PDF has a spot in *The Record*, you and I have spots in *The Record*, **even the empty air between my words and your eyes have spots in *The Record***, and it logged everything across all of those while you read those sentences.

***The Record* makes it so that stagnation really isn't that dangerous to phenomena**, so we will see fewer phenomena lose definedness because stability is too high or complexity is too low. The reason is because **when you stagnate *The Record* catches and supports you**. The real danger occurs from the opposite direction with an **unstabilized complexity escalation causing divergence**. This different risk to definedness is why we have a strong divergence signal, but not a stagnation signal, even though it also is misaligned definedness.

I have demonstrated this divergence property mathematically. If only there was a three-page paper called **Leaflet 3** where I could go at to understand better... Anyway, the Definedness Detector **catches these divergence events** and then detonate the signal and hopes you listen in time. Rapid-fire bursts of **norepinephrine flood your brain**, transforming you into a precise survival mechanism. It's not just fear, it's a **biological, consciousness-altering emergency protocol**, a sophisticated reset mechanism designed to restore your definedness. This signal is what we call the fight, flight, or freeze response. These responses are not really about danger in general, but **to the one danger baked into the fabric of existence**. These three responses are the activation codes for emergency definedness protocols. Let's see how they work and why they restore definedness.

- ◇ **Flight:** Escape the environment destabilizing your existence
- ◇ **Fight:** Eliminate the specific complexity threatening your coherence
- ◇ **Freeze:** Pause all motion, allowing your internal system to rebuild its foundations.

Emergency Definedness Protocols

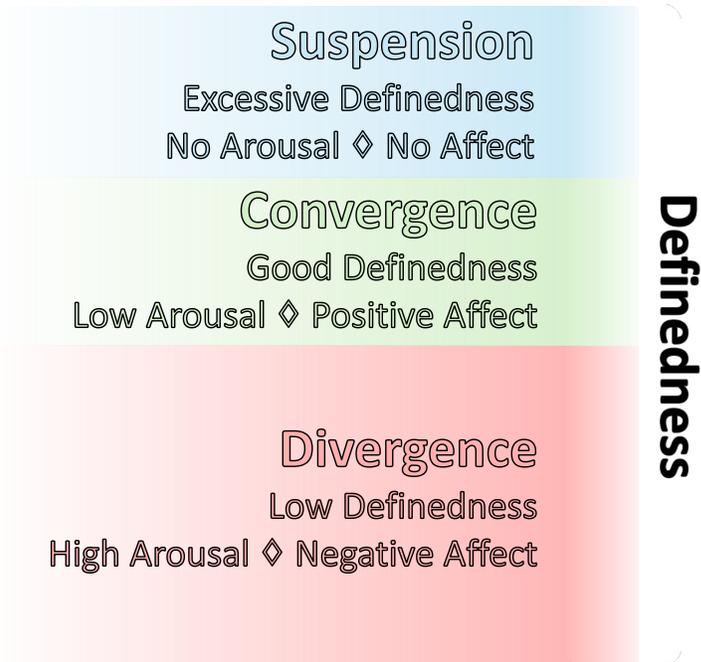
Let's start with the easiest **emergency definedness protocol (EDP): Flight**. This default tendency is **the first EDP The Definedness Detector triggers**. You simply attempt to evacuate the low definedness in any way, physically and mentally. Our tendency to simply avoid confrontations and other scary things is not error, **it is a required feature for your protection**. If something in the environment is causing low definedness, leaving provides much more reliable and consistent protection because sticking around to try to fix it **increases your risk unnecessarily**. Thus, **the success rate from avoiding low definedness is way higher than any attempt to trying to fix it**.

For example, you know how your social battery runs out at a party—the chatter, the noise, the constant interactions **creating a complexity tsunami that overwhelms your internal stability**. Suddenly, The Definedness Detector triggers the Flight EDP, so you run to the quiet bathroom. You move to somewhere with less complexity of the high-intensity party. You are not trying to calm down. You are **restoring your definedness by reducing the complexity of social interactions and increasing the stability of the environment**. It is magnificently effective. The Flight EDP is The Definedness Detector saying, "**divergence incoming, increase stability soon.**"

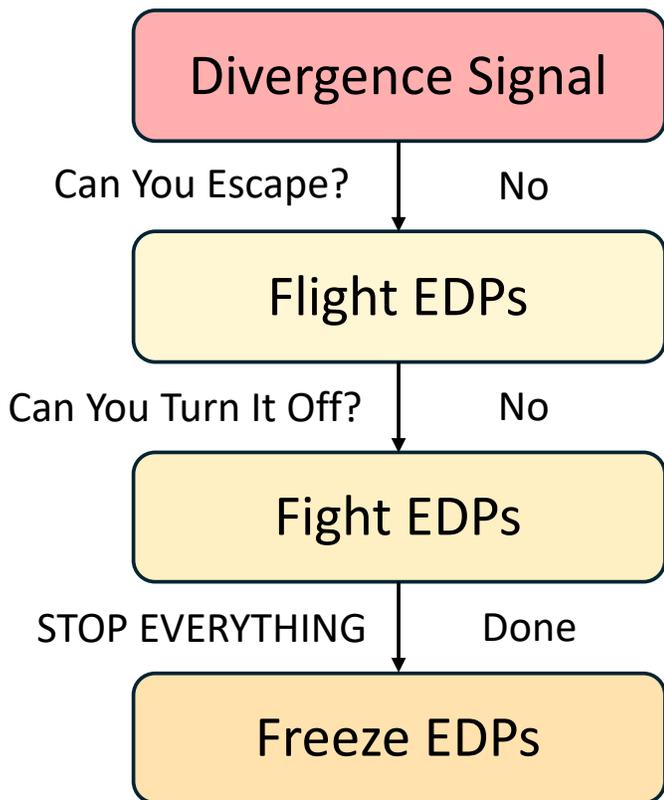
When you can't flee from low definedness, the **second EDP deploys: Fight**. If you cannot escape from low definedness, **you have to address it directly**. For example, a high-stress scenario where you are locked in a room and an angry, muscular man starts walking towards you aggressively—your LC doesn't just trigger aggression, it activates a much more sophisticated response. **The Fight EPD succeeds in any situation where the low definedness restores**, not just destroying or killing. It succeeds when you calm down a heated argument or provide support (stability) to something diverging in your environment. The only thing the Fight EPD cares about is if you restored the **low definedness**. Befriending and attending are also just forms of Fight EPDs.

The final and **third possible EDP** is the most surreal one of all: **Freeze**. If you cannot escape (Flight EPD) and you cannot fix it yourself (Fight EPD), then **the only remaining option is to prevent divergence is immediately to stop all possible complexity escalations**. You cannot diverge without a complexity escalation. You cannot have

The Definedness Detector Signals



Emergency Definedness Protocols



a complexity escalation if you do nothing at all. So... you freeze, wait, don't move at all, stop, even your consciousness shuts down and blurs. **Your body slams the emergency breaks to prevent divergence.**

The Freeze EDP causes you to fall into the definedness of the *The Record*, which hold you down to prevent divergence. Remember, **stagnation occurs when you fall too deeply into *The Record***, but existence has nothing to catch you if you launch too far ahead of *The Record*. The Freeze EDP pulls you away from the emerging unfolding of existence in front of you, **so you intentionally stagnate back into the protective features *The Record***. Isn't it beautiful? It's as if **existence grabs you and says, "woah woah buddy get back here with the rest of us."** By stopping all movement, you **fortify your definedness in that spot of *The Record* and your co-definedness with *The Record* returns to reduce divergence risk.**

This profound reframing reveals that **our whole understanding about what is dangerous is backwards.** We thought that **not enough of a good thing (complexity) is a bad thing (divergence) and more of a good thing (complexity) is a good thing (convergence).** Given the structure of existence and its mechanics,

the truth is the opposite: **Not enough of a good thing (complexity) is a good thing (convergence) and more of a good thing (complexity) is a comes with inherent risks (divergence).** The implications land like a wet slap of clarity to the face: pausing, stopping, waiting, resting, hesitating, considering, and processing, all of these things stop divergence. **In Western cultures, stagnation is thought to be the death sentence** and constantly succeeding is never a bad thing... **and that, dear reader, is why mental health is so bad in the Western cultures compared to Eastern ones.** Eastern cultures operate from awareness, acceptance, community, and purpose... **the foundations of third-wave therapies, which have shown massive and consistent success.**

Ultimately, the reason the divergence signal section is so long because **it is the main signal we get from The Definedness Detector.** We spend more time **trying to keep up with existence than we do riding its wave.** It's always one thing after the other—an unrelenting, unstoppable onslaught of progress. The reality is that **this state keeps you safe;** but the secret of is this: **if you respond to it, it will leave you alone almost immediately.** It's not designed to torture you, and it is not trying to hurt you. It is for your survival, and **if you take it when it comes.,** it triggers the next signal immediately. Did you think existence would leave you hanging? **Not a chance.**

Convergence

The Definedness Detector also tells you when you're doing a great job balancing your definedness. After it pesters, it gives you a high five when you restore your definedness. This convergence occurs when **three relationships align**, which are 1) **you**, 2) **existence**, and 3) **the alignment**. You would think it would be hard to achieve **but it is the default state of existence.** Without disruptions (in complexity or stability), **definedness naturally converges.** It's not something you have to *try* to get, it's something you need to *stop* from losing.

When **converging definedness**, your physical and mental capacities **are optimized to function at their best.** It is why when you enter convergence, your attention becomes laser-focused, yet effortless. Emotional barriers

dissolve, replaced by a profound sense of openness and connection. You are feeling what it's like when **you are existing** in a way that causes your physical and mental functioning to be maximized; but it's not just you that functions optimally when converging, **all phenomena operate best when converging definedness** because if phenomena did not converge definedness they would *stop existing*. **Every trait, features, and characteristics we have are all naturally aligned to work best all at once**—that is why it is called convergence.

The **convergence signals** (positive emotions) are **just as important as the divergence ones** (negative emotions) because **you can learn from the call-and-answer experiences**. The pattern is: something bad happened, I feel bad, then... I do something to feel better, now I feel good. You can identify **the call (divergence signal)**, do something, and **wait for the response (convergence signal)**. Over time, you will be able to feel the impact of certain behaviors for restoring your definedness. **Divergence signals always convergence signals**. Things you do **that are more effective at restoring definedness** will make **you feel much better** compared to things that don't.

Suspension

The **final signal from The Definedness Detector is actually, the total absence of signals**. The Definedness Detector simply falls silent. It is triggered when you have converged definedness so effectively and efficiently that **you outpaced the definedness of *The Record***. When suspension comes, the **LC strategically stops providing any feedback** because you don't need it. You *have existed* so well it has become **risky for you to continue existing at this definedness**. It's like your brain saying, "Good job navigating existence, but it's to let *The Record* catch up." The LC detects suspension when it **stops detecting all changes in electrical activity**, which happens because the definedness of *The Record* cannot reach you. When the LC stops receiving this noise, it turns off, resulting in **complete emotional neutrality**: numbness, dissociation, and detachment. You're not suffering, but The Definedness Detector has **disabled your desire to do anything but sit and wait, and that's the point**.

The LC **doesn't interpret suspension as a threat or a problem**—there's no pain, no alarm. If it punished converging definedness in anyway **it would discourage agents from doing it**. However, it still needs to be able to address another problem: **vulnerability to unpredictable, emerging existence**. Think of it like this: You are standing in a room. The wall behind you is *The Record*, next to you are other things, and in front of you is **the emergence of existence constantly happening**. Everything in the room is constantly changing their proximity to the back wall, front wall, and all the other things in the room. Suspension occurs when **everything beside you end up behind you towards the back wall (*The Record*)**. As a result, there's nothing between you and **whatever the fuck comes out** of the unfolding existence ahead. It could be anything and we cannot know until it happens.

If a sudden complexity escalation emerges, **you are the first and only thing to get hit with the full force of the drop in definedness loss**, making you the most vulnerable to divergence. The co-definedness between **the things around you and *The Record* behind you stabilize to reduce the blow of the definedness drop**, but it only works when you are part of the team. If you continue converging definedness and leave all your teammates behind, then **nothing will be able to help you stabilize in time**. The LC triggers a state of pure, unmediated nothingness—until the things around you and *The Record* catch up to you. This state **removes the desire to keep converging definedness**. Your brain basically goes, "yeah, you're good to stop here, no need to keep going." with the cruel twist that it makes us feel like doing nothing and like **there's no point in existing**, which is **exactly the point**. You do want to *stop existing* in this state **because continuing existing is the risk**.

The Consequences of Low Definedness

I think one of the next logical questions is... **what is so bad about low definedness?** I have never seen low definedness. We have never measured low definedness. **The reason you have never seen low definedness nor measured it is because it is not a thing that exist in physical form**. Definedness, stability, and complexity are **names for the pattern in which existence behaves**. You cannot see stability and complexity; **you ARE stability and complexity**. When we look for low definedness, we will not see a single property or feature. Therefore, we have to look for the consequences that emerge on phenomena that sustain low definedness over time.

When a phenomenon is converging, it is existing the best it can. When definedness drops, the only way we will see it is because every part of *their existing* starts **struggling and operates sub-optimally**. Over time, the **low definedness builds up in *The Record* for that phenomenon**. Definedness can vary widely moment to moment, but the benefits and consequences build over time. For example, when someone constantly has **converges physical definedness** their bodies tend to function well. Healthy people tend to be healthy generally; **that is how convergence works**. However, when someone constantly **diverges their physical definedness**, their bodies and its functions all tend to struggle and sustain themselves. **Unhealthy people tend to be unhealthy generally; that is how divergence works**. Definedness doesn't cause problems, but it leaves its fingerprints... everywhere.

The Definedness Detector is a life-line for tracking something that effects everything but does not actually exist anywhere. Without The Definedness Detector, we lose these essential early warning signals—the ability to detect the gradual build-up of low definedness—and can **act quickly to reduce their influence** over our spots in *The Record*; **thereby, reducing the consequences of low definedness in the future**. Consider it a **check engine light** for your ride through existence. The idea is that The Definedness Detector can alert you immediately before the consequences emerge from the built-up low definedness in *The Record* and set in.

This feature solves a **long-standing neuroscientific paradox of LC**. Given that it controls norepinephrine, the response to **removing the LC should be a total numbness and inhibition**. If there is no LC and no norepinephrine, you would think that aggression and agitation would decrease. However, the opposite happens, and the animal **appears to enter a state of constant low-grade misery, frustration, agitation, and emotional volatility**. The reason for this counter-intuitive response to losing the LC is that the state of constant low-grade misery isn't coming from the brain anymore, **it is the result of not being able to prevent the build-up of consequences of low definedness**. For example, skipping sleeping is a sure-fire way to invite low definedness because **sleeping is one of the most important stabilizing activities**. Individuals with a functioning LC start to become **increasingly uncomfortable** the longer they skip sleeping. Low definedness starts setting in, and The Definedness Detector starts **ringing the alarms** that you are fucking it up somehow and to fix it. **The only apparent way to get The Definedness Detector to stop freaking out, is to sleep... so you sleep**. This process happens all the time.

However, without a functioning LC, **you are unable recognize the early consequences of low definedness building up** because **you have no way of knowing anything about definedness**. You cannot see or measure definedness directly because it is not a thing that exists. Without your LC, **you push through early warning signals**, becoming aware of the low definedness only when their body is already falling apart. It isn't just about physical exhaustion—it's about **losing the ability to track one's own ability to exist**. It gives you the **ability, desire, and directions** to control how you build your spot in *The Record*, and that's the whole point of existence.

What Does It Look Like?

Even though we cannot see it directly, we have **full agency to influence definedness** by engaging in behaviors that improve our definedness. We can examine **all aspects of the human experience** and **organize them based on their effects on stability and complexity**. Let's talk about what they look like and how they feel.

Stability is your self-preservation tool—anything that promotes your persistence through existence. When we engage in stability-promoting activities, **we feel fortified, clear, set, and certain**. For example, when you leave a room to process something, take a social break, or seek reassurance, **you are actively seeking stability**. You can ask yourself: **does this action help me at least maintain my current functioning?** If the answer is yes, then you've tapped into stability. We see stability in sleep, stress reduction, routine, seeking support, and creating predictable environments.

Complexity, by contrast, is your growth engine—anything you introduce to help you adapt and expand. When engage in complexity-promoting activities, **you feel refreshed, excited, engaged, and present**. For example, when you are starving and go get food, tired of sitting around, watching an intense movie, **you are actively**

seeking complexity. You can ask yourself: **does this action help me at least improve my current functioning?** We see complexity in physical training, creative pursuits, problem-solving, and high-stakes scenarios.



Essentially, **complexity is required to keep existing**, and **stability is required to keep existing well**. They are neither good nor bad, they just are... and **everything that has existed, can exist, and will exist will always have a complexity-stability balance**. They are both required and are constantly dancing this beautiful dance of definedness we see all around us. **Every part of your life** is an ongoing composition, constantly tuning the dance of stability and complexity to create the **most efficient, effective ride through existence**. The goal for you, then, is **not to eliminate one in favor of the other**, but to constantly, intentionally **adjust and optimize your ratio to converge definedness** with full awareness. We are used to doing this without knowing, but know you know.

Using The Definedness Detector

The possibilities and levers we have at our disposal to optimize our stability-complexity ratio is **almost as astonishing as the help we will get from The Definedness Detector** who will, *for sure*, let us know if we are getting it wrong. Earlier I told you about the **“When I Do This, You Do That”** game? Here is the rulebook: when the signal is **convergence, you do not have to do anything at all**. It’s like a thumbs up... a keep doing what you are doing. When the signal is **suspension, it does not really matter what you do**. This signal can be uncomfortable to stay in. Thus, if you are in suspension, the solution is simple: **stop**. Go sit down, close your eyes, do something slightly relaxing, disengage from whatever it is you were just doing... and wait. **It does not take too long for The Record to catch back up to you**, and then you will transition back to a convergence signal over time.

Now, the divergence signal and the response... gets a bit complicated. **The first problem that arises in that we don’t know if stability is too low or if complexity is too high**. You must figure it out yourself. However, this question should pin down: **“Am I doing too much or not enough?”** If it is **doing too much**, then **complexity went too high for your stability**—constant arguing, overworking, overeating, endless overthinking, pushing yourself beyond sustainable limits. **If you are doing too much you are at risk of diverging**. If it is **too doing little**, then **stability went too low for your complexity**—ignoring personal responsibilities, excessive sleeping, endless TV binge-watching, social media scrolling, and prolonged social isolation. Here, the complexity of your life is overpowering **your stability because you have not been growing or adapting enough**. **Existence starts to move without you and that distance grows increasingly more destructive each day**. If you are not doing enough, you are at risk of stagnation. Stagnation is not as bad as divergence, but it does increasingly lead to divergence.

You can respond to stagnation and divergence, but you must confront that **you don’t have a single complexity and stability to balance**... you have many, **independent but influence complexities and stabilities** to identify and manage all at ones. The dance between stability and complexity are multi-layered, where **different aspects of your life each maintain their own unique definedness and contribute to your overall definedness**. It is like your existence is a singing ecosystem, where the **stability from your mental health** might be rock-solid and the **stability from your physical health** remains poor. You might have **low complexity** when thinking about a TV

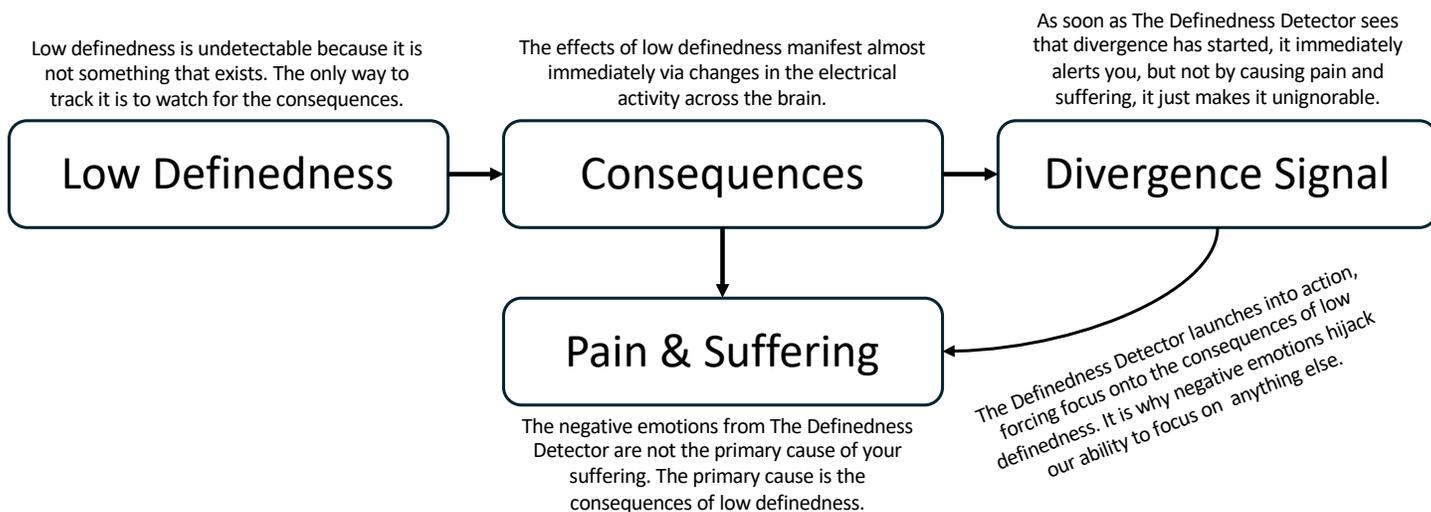
show, but if you then think about something stressful, **now you have additional complexity**. You would think the ability to manage all the stabilities and complexities would be impossible; **but luckily, that's not required**.

The brilliance of The Definedness Detector is its **elegant simplicity amidst the intricacies of existing**. In one of the most marvelous favors existences has blessed us with is that **any changes to any complexity or stability influence all the complexity or stability you experience**. It sets up this marvelous feature, where: if you can't figure out what the specific issue is, **you can just start swinging blindly in any direction**. The only thing that matters for it to be effective is *not what you do or what happened*. Its determining *how close* you got to correctly targeting the cause of the low definedness. If you just try your best, get as close as you can, try to keep it close consistently, then existence will accept it and keep you moving along. **The Record is very forgiving and flexible**.

Consider a scenario where your **marriage is diverging** from high complexity and low stability **due to constant arguments**. The definedness of your marriage is low and at risk of diverging. However, if you want to feel better about it, **instead of addressing the stability and complexity of the marriage**, you could go on a walk to improve stability or practicing meditation to reduce complexity. Miraculously, **though seemingly unrelated**, all actions are co-defined to all aspects of existence, and all connected to each other in some form via *The Record*.

The Definedness Detector is Not Your Enemy

The Definedness Detector is never working against you. It is never trying to hurt you. In fact, **it will never leave you stranded to figure out how to exist on your own**. The Definedness Detector is your ride or die... literally. We are not supposed to treat our emotions as something that happens to us. **The most effective use of emotions is to open a dialogue with The Definedness Detector...** you can form a relationship with it. For example, if The Definedness Detector is constantly sending you negative emotions, **you can just do literally anything else and wait to see what it tells you about that change**. If you feel better, then you hit the right target, and if you feel worse, you hit the wrong target. The Definedness Detector won't just tell you how well you *are existing*, **it is trying to help you learn how to do it on your own**. It always gives feedback. It allows for self-corrections. The Definedness Detector is really a loving coach on your shoulder, **cheering you on as you move through existence**.



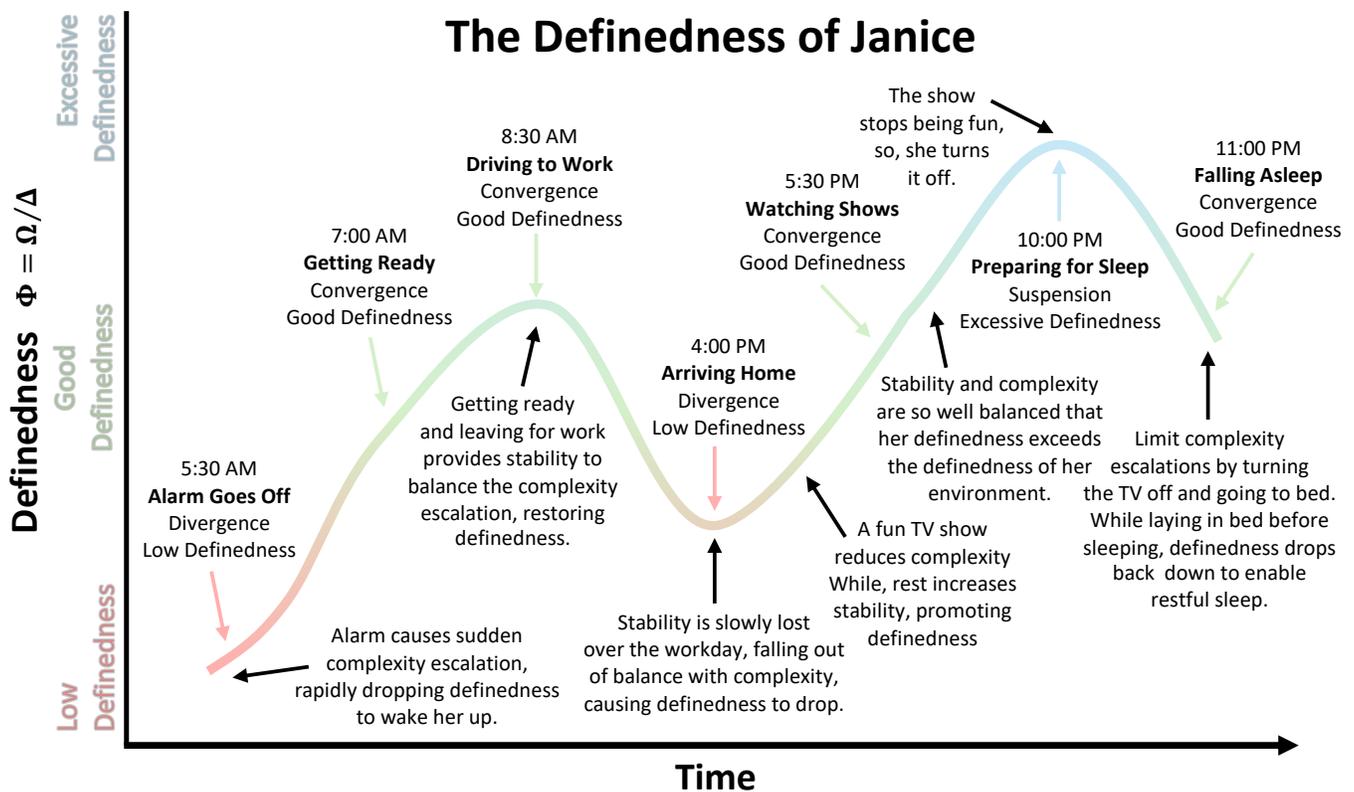
Part of the vilification of emotions comes from a **striking misconception**. We often consider **the negative emotions themselves to be the source of our misery**, but something else is really happening. **There are no advantages to negative emotions serving as pain and suffering devices in our brains**. They serve a purpose, and that purpose is to **get you to focus on the pain and suffering itself...** but it is not the cause. By the time you receive a negative emotion from The Definedness Detector, **you are already experiencing the consequences from the low definedness**. The purpose of the negative emotions is to grab your attention and focus it on the pain and suffering, but **we have wrongfully attributed the cause of the pain and suffering to the negative**

emotions themselves. The divergence signal feels bad because it must, but it is not the sole cause of pain and suffering which is a build-up of low definedness. **I think we all owe The Definedness Detector an apology.**

Think of negative emotions as a **compassionate, but very anxious friend tapping you on the shoulder**, saying, "Hey, something needs your attention." **It's not trying to make you miserable**; it's telling you that you are going to be more miserable if you do not restore your definedness. We see **massive success** with this frame shift in **acceptance-based approaches to therapy**. The premise of these therapies is that, **instead of fighting** the negative emotions, **you listen. Instead of trying to ignore it or suppress it, you become curious.** You ask... what is this feeling telling you? When you reduce the noise of your reactive response, **the signal becomes clear**, specific, and utterly non-threatening—just as intended. It is practically a conversation with existence itself.

The Definedness of Janice

Do you remember Janice from Scene section at the top? Well... when you first read it, you did not know about The Definedness Detector, **but now you know alllll about it.** So... take another look at her day with your new perspective to see the incredible architecture, sophistication, and power we have developed to help us... **exist.**



The Big Picture

There are so many profound revelations, where do we even start? The first undeniable one was **seeing *The Theory of Existence* in action for the first time**. It is one thing to discuss concepts, work through the math, and find the patterns in the data; **but *The Guide of Existence* is clearly offering something more profound** – the ability to see it everywhere in our lives. Ultimately, I suppose this was the end goal, right? Still, **there's a hard-to-articulate ancient ache and recognition** that comes from seeing not just existence... but seeing how it works overlaid on top of it. The other undeniable revelation comes from **the sheer volume of mechanics existence uses** to keep the show going. We can now know the mechanics exist, but **we never had to see them to exist well**. Isn't that so beautiful? The next question is: **what does it feel like to see them and intentionally exist well.**

An even more strickling revelation comes from **finally understanding exactly why we experience existence the way we do**. Now, we can take control of that experience. The most beautiful revelation is how **wonderfully**

simple it is to understand and respond once you practice. We have had this **insanely sophisticated built-in navigation system for navigating** your conscious experiences, just a quiet **unacknowledged hero tucked** in our brain stem that has been **protecting you your entire life.** It is time for **The Definedness Detector** to get the credit it deserves. I even suspect this unsung hero has an inventory of tricks and shortcuts we will soon discover.

Understanding The Definedness Detector also offers **unprecedented hope...** that **we are not broken** and that **our emotions aren't our enemy.** On the first encounter, these insights land like revelations; but, with practice, they can become **a profound compass** to make our **ride through existence** as smooth and comfortable as The Definedness Detector has always wanted for it to be. At the same time, we stand and look out at the rest of existence with the understanding that **the application of *The Theory of Existence* will change everything we thought we understood about ourselves, the universe, and existence.** I am not sure what we will uncover...

The truth is **that I am learning these insights as you are learning them too.** I have not written the remaining chapter for the rest of *The Guide of Existence*, and the reason is because **I am not *The Guide*.** As I write, the connections crystalize, insights interlock, nuance emerges; but, **as of this moment, I have no clue what any of it will look like or contain until it happens.** I know the next chapter in *The Guide* is called *The Layers of You*, but not what it's about. I *do* know where to look 😊 yes... I'm just another agent like you, trying to understand, and... I will be traveling with you on this **incredible voyage through *The Theory of Existence* and why it all matters.**