


# The Science of “You”

The many ways “You”  
appear across science

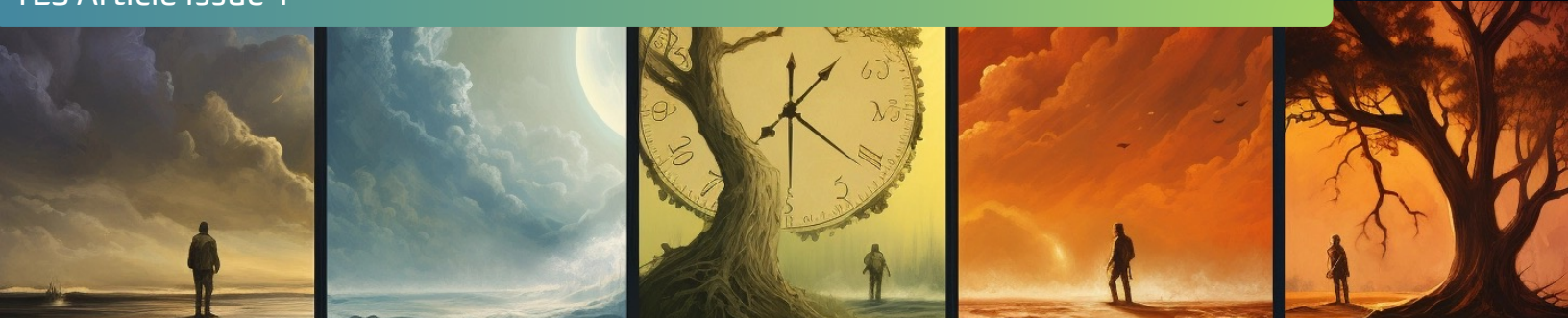
 **TIMELINE  
SCIENCES**

Issue 1



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TLS Article Issue 1



## Note from Author

To more effectively dive into your specific goals with Timeline Sciences (whether your interest is a health consult or the *Immortal Timeline*), it is important to establish what "you" are so we can address its aspects accordingly. The fundamental understanding of what "you" are entails determines the depth of knowledge that can be transferred.

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## Upcoming Articles

TLS Article #2: What's in your DNA?

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## Upcoming Segments

Doctors corner:  
Extending the topic for the curious doctors

## You as Biotechnology

Let us consider that the most complicated piece of technology on this planet is "you" the human being. The "you" is not a simple concept. With mental abilities that distinguish our successes from the remainder of our animal kingdom, whom which we share the bulk of our chemical makeup, the human being stands as the apex of consciousness on this planet. No other animal exhibits such potential to deviate from its intended biology, nor difficulty in reaching the heights of its potential.

Our ability to understand our world and to learn the fundamentals at work which uphold life allows us to work harmoniously within life, respectfully explore life, and ultimately create the circumstances to have life cater to us through our insatiable curiosity. Free diving to unfathomable depths of 122 meters, punishingly deadlifting 501kgs, calmly barefoot on searing coals, excruciatingly swimming in arctic waters, floating around in space rapidly losing bone mass, and courageously free-climbing mountains – the human being constantly deviates outside its comfortable states and habitats. These feats are only limited by the mind's creativity in the face of challenge and desire. When temporarily we reach the limits of physiological feats, we turn to engineering to continue pushing the boundaries. To have us fly in the sky, glide the water's surface, cruise submerged in its depths, or gorge at bountiful markets. The mastery of the body and mastery of the

mind leads to the balance of the body-mind connection, and the fundamental understanding of what "you" are determines a life of meaning from a life of ruin.

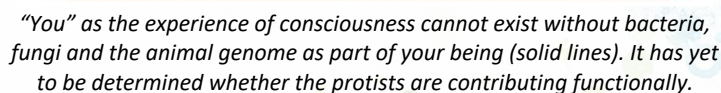
## Differentiating "You"

What is particularly interesting today is the confusing paradigm that circulates in our institutes when aspects of human biology are taught regarding what "you" really entails. In the realm of science and biology, the understanding of what you are changes within each specialty.

Best to begin in the anatomy labs where "you" is well defined with no confusion. All body features present and accounted for are labelled and understood as an object possessed by the individual "you". Every organ, every tissue, every cell, and every physiological process is meticulously characterized as a feature of the human being. This includes all the mental processes the "you" is capable of and is methodically linked to the respective neuroanatomical brain structure. For example, attention is linked to part of the parietal lobe and emotion to the limbic lobe. All subconscious and conscious processes are considered a feature of the human being. All biochemical processes that interact and exchange with the environment are recognized as part of your metabolism. All the microorganisms that inhabit the colon, skin, and nasal passageways are considered "your" microbes in the same manner as "your" arm and "your" leg. Even the movements



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entire ecosystem of bacteria, fungi, and viruses in the healthy human being and they are necessary for the being to produce vital nutrients (immune regulators like butyrate and many molecules awaiting discovery). The microbes necessary for human existence may be more aptly considered another organ or tissue type of the human being rather than something other than you. The separation of the microbes seems like a harmless idea. Still, it may lead to quite a distorted understanding of oneself and cascade into concepts that separate us, furthering living in a world of symbols from the world as it is.

Within the discipline of psychology, the explanation for “you” rarely stays within the same confines. The “you” is something locked up in the brain, somewhere abstract that keeps evading rollcall like volition, memory, experience, intellect, or whatever mental process is being emphasized at the moment (while the remainder of the body is just biology – there only to facilitate the mental forthcoming). There is a recurring theme that “you” are the voluntary account of everything that is happening and the remaining autonomic portions are that of evolution and nature not within your control. The behaviours of a being can be judged as sane or insane, in which the “you” of reason, judgement, will, and intellect are separated from the rest of your actions and being. And there is something vital in that notion of the judgement of “you” as it pertains to one’s mental fortitude. For example, if a blind stranger were to comment negatively on the appearance of an individual, one is likely to not take offence. A healthy mind would be able to separate the “you” the blind man claims versus what you know “you” to be. However, when a strong sense of identity is lacking in the individual, one can carry on defending the identity of what “you” are from external judgment (a judgment that had no founding) regardless of the rationality in the situation. This individual would be defending an image of “you” or “I” that they’ve created in their mind. The mind consumes the world much like the digestive tract, feeding into the “you” that wakes the next day. From here exists quite a danger, where the mind is stuck within its psyche, living in a mental and figurative world without the consideration of the physical world and body in its reality (in today’s language, this can lead to evidence precipitated as mental health). Strange that no creature has been witness to succumb to such vicious circles other than the human being. So, what exactly are “you”, this human being?





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## You as Point of Awareness

Are "you" solely material? Are "you" separate from what you're composed of? Are "you" what you think and believe? How do you define yourself? Evidently it is not your name. Your name does not describe anything useful about "you": your physical appearance, hair colour or heart rate, your motivations or desires or your thoughts and aspirations. Maybe the more important question might be to ask whether "you" is being utilized correctly in society now, or, is "you" being used in a way to limit the way the human being is viewed? A self-placed restriction to the confines of assumed control. A dangerous proposition that belittles the magnitude of the human being limiting the capacity for growth by locking oneself into a presumed physical state of living.

*"Whatever you do in life, if you want to be creative and intelligent, and develop your brain, you must do everything with the awareness that everything, in some way, connects to everything else."*

*- Leonardo da Vinci*



The physical world is under constant pressure to change. No child resists the onset of adulthood, regardless of the responsibilities they shun, and no adult evades the final challenge of aging regardless of how many stem cell injections they may receive. Life processes are a demonstration of how physical states undergo energetic processes. In a mechanistic sense, what the human being is can be considered an energy transformer. Energy in the form of nutrition: sense impressions such as the ears, nose, tongue, eyes, body, and mind capture and consume sounds, smells, tastes, light, touch, radiation, and thought forms. Energy in the form of our own volition: intention, will, and overarching consciousness (that is a result of all our past actions and the actions of our family and society).

There is no better example of the energy transformer, the principles of bioenergetic processes, than respiration (breathing). The human being can go without food for months when adequately prepared with white adipose tissue, but only a few minutes without oxygen. The oxygen that our lungs breathe in ultimately transforms into water in our cells, and the carbon dioxide we exhale transforms from the food that our cells "burn" to generate the hydrogen ions necessary to power life. The magic that exists behind living creatures takes two different gases, air, and transforms them into a new substance of water. Respiration from the Latin word 'spirare' (close to spirit) means to breathe, a description of a physiological process that exemplifies changes in physical states.



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The spiritual plane of existence describes the change of physical states by which life is connected to itself, however temporary it may be to uphold life.

What quantum physicists call the quantum field, invisible moving forces that influence the physical world, is not far off from the description of spirituality of ages past. No creature or being can exist isolated from the remainder of the universe. When human beings wish to explore the cosmos, they'll need to lug around a lot of plants, fungi, animals, and bacteria that carry the secrets of life to transform the elements to survive somewhere new.

Though there is an overwhelming feeling in a sense of self separate from everything else, we've collected the knowledge that life is an interdependent process occurring both outside and within the individual "you". Your perception is neurological; everything that is happening outside of "you" is rather a representation of what is being detected from

sense impressions inside of "you". The human being can be quite surprising and unpredictable, you never know what you're going to get. When it comes time to meet "you", what language has been concocted, what extraordinary dreams have been experienced, what secrets of life have been unearthed, all told in a varying presence of mind and awareness. This point of awareness exists simultaneously on the three plains of understanding. The physical, the transient, temporary state of affairs of the body and the material mechanistic world; the spiritual, soaking up the outpouring of energy from one state to one of its interacting partners; and the mental, where language describes it, but silence lets "you" explore it. When the body's physical needs are met, and the connection to the external world is set, the mind surfs through infinite potentiality. Where no one else will ever see the pains, tribulations, and bliss of everyday existence other than "you". You as the co-creator of the universe.

