

MINDSCIENCE™ SERIES

BEYOND ANTI-AGING™

BE THE HERO YOU ARE

PARTICIPATING INTRODUCTION

SELECTED ENCOUNTERS
FROM BEYOND ANTI-AGING™



THE COMPLETE
INNERSTAND™ING
CO-TRIBUTION™

*The doorway where
understanding becomes
participation.*



READ



PARTICIPATE



ASCEND



MASTERS OF INFLUENCE PUBLISHING™

AWAKENING HUMAN POTENTIAL THROUGH COHERENT LIVING

WHY A CO-TRIBUTION™?

This Participating Introduction is neither simply a preview
nor a shortened book.

It is a Co-Tribution™.

Selected encounters from Beyond Anti-Aging™ are offered first.
They introduce the questions, stories and lived discoveries.

Then something different happens.

Instead of ending with more information,
the complete InnerStand™ing Co-Tribution™ begins.

Reading becomes noticing.

Noticing becomes participating.

Participation becomes something only you can discover.

A contribution gives something.

A Co-Tribution™ invites something to happen between
what is offered and the person encountering it.

READ • PARTICIPATE • ASCEND

Nothing here requires agreement.

The invitation is to encounter, notice and participate.

What changes when reading stops being only reading?

Something we haven't imagined: _____
∞

SIMPLY BE.

BEYOND

ANTI-AGING



BOOK
EXCELLENCE
AWARDS
WINNER

www.bookexcellence.com

BE THE HERO YOU ARE

WITH ORIGIN.OS™

MEASURE • REFLECT • ASCEND

MINDSCIENCE™ SERIES
PARTICIPATING INTRODUCTION
BEYOND ANTI-AGING™

Participating Introduction

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Read • Participate • Ascend

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MindScience™ Series



***“Documented reverse-aging data submitted to
Guinness World Records”***

Truth noticed → truth trusted → truth lived.

VRiddle™

What changes appearance while remaining entirely itself?

Answer: life.

Dedication

To you.

Not the perfected version. Not the optimized version. Not the endlessly performing version.

You.

The one who continued despite exhaustion. The one who sensed there had to be another way. The one who carried questions quietly while the world rewarded noise. The one who kept searching for coherence beneath contradiction. This book is dedicated to the hero needed in our world now:

The human being willing to become honest again.

Honest enough to listen. Honest enough to feel. Honest enough to change. Honest enough to stop fighting themselves. Awareness returned without perfection being achieved. May you remember:

Rigidity is not strength. Numbness is not peace.
Performance is not worth. And exhaustion is not your
identity.

May you rediscover the intelligence beneath fear, the clarity beneath interference, and the quiet signal that was present before the world told you who to become.

“To thine own self be true.” Not as performance. Not as philosophy. As lived coherence.

Because the world does not merely need more successful people. It needs more aligned human beings. And perhaps the greatest act of courage is this: To become who you already are.



∞ *Simply Be.* ∞ *Be the Hero You Are.*
Measure. Reflect. Ascend.



MEASURE

OBSERVE



REFLECT

INNERSTAND™



ASCEND

ALIGN

The journey begins with awareness.

*Simply Be the **Hero** you Are!*



Author Foreword

The Journey I Did Not Expect

I did not begin this work trying to reverse aging. I was curious about what people could become, and eventually I needed to find out what might still be possible for me.

Perhaps you have known a moment when something ordinary stopped being ordinary. A movement you had made thousands of times suddenly required thought. You tried again, expecting your body to do what it had always done.

For me, one of those moments involved a car key. My right hand had become too weak to turn it.

It is a small thing to describe. Living with it is another matter. The key had not changed. What I could do with it had.

That is one of the places this book began, although I didn't know I was beginning a book. I had been interested in human potential for most of my life. Communication, learning, awareness, the ways people change: these had kept me curious for decades. As a boy I heard people say we used only a small fraction of our potential. I wondered what the rest might be doing, and whether we could learn to reach it.

I didn't realize how personal those questions would become. It is one thing to wonder about human potential when your body does what you ask. The question takes on a different weight when you need help with something you used to do without noticing.

Without a definitive medical diagnosis, the right side of my body had begun to deteriorate. A pinched nerve in my neck seemed to be involved. What first felt like discomfort became weakness, and eventually that weakness interfered with things I had always done without thinking. For nearly two years I searched for answers. I could describe what was happening. Explaining it was another matter.

During a Buddhist Nyungne retreat, a young man noticed I was struggling.

“Would you like some new ideas to heal?” he asked.

“Please.”

That exchange was simple. Someone had noticed a difficulty and offered something he thought might help. Before there was a new method to consider, there was that human encounter.

Have you ever been helped in that way? Someone sees what you are managing, asks a question, and gives you a little room to imagine another possibility.

He told me about back pain that had once caused him to pass out while mowing his lawn. He had tried treatments for years before turning to Chinese herbs. After thirty days of unpleasant tea, he said, things had changed.

I decided to try what had helped him. Thirty days later, I noticed a slight improvement.

I want to leave the word slight there. This wasn't yet the dramatic change that came afterward. After two years of decline,

however, a little improvement mattered. The direction seemed to have changed.

If you have lived with a difficulty for a long time, you may recognize that distinction. Relief can begin before the problem is resolved. A small improvement gives you something you didn't have yesterday: a reason to reconsider what you expect.

On the day I intended to replenish the herbs, I went to a networking meeting and met Dr. Andy Miles, a Doctor of Oriental Medicine. He looked at the formula and described it as a good shotgun blast. He thought he could offer a rifle shot.

I liked the distinction. More to the point, I wanted to find out whether his approach would help. He refined the herbs and introduced me to Qi Gong.

Four days later, my pain was gone.

After almost two years of deterioration, the change felt miraculous to me. I was so excited that I began calling myself New John.

Perhaps you have your own version of such a moment. It may have involved health, a relationship, or a problem you had nearly stopped expecting to change. Something becomes possible again, and you find yourself looking at more than the immediate improvement.

What else might be different? What have I begun to accept that deserves another look?

Those questions returned with my sense of possibility.

What happened did more than relieve pain. It interrupted an expectation I had been living with: that the deterioration would continue. Until then, even while looking for help, I had been learning to expect less from my body. Now I had reason to ask what else might be possible.

I shared what I was learning with a fraternity brother who had suffered a stroke nearly ten years earlier. After trying Qi Gong and additional practices that had helped me, he felt tingling move down his leg. Four days later, his hand, which had been tightly closed for years, opened and stayed open.

Watching that affected me deeply. A hand that had remained closed for years was open.

There are changes we understand through an explanation, and changes whose significance reaches us before we can explain them. This was an experience that enlarged my sense of possibility. What had helped me might have value in another person's life.

Have you ever watched someone regain a possibility you knew they had been missing? You do not need their whole history to care. Sometimes knowing what one ordinary movement means to them is enough.

His experience was his own, and it wasn't something I could promise anyone else. It gave me a reason to keep looking and sharing what I found useful. Helping one friend gradually became a larger commitment.

I also wanted to document what was happening. Would the improvements last? How could I distinguish progress from a

good day? Those questions were still taking shape when I was hospitalized with COVID.

After three days with a tube down my throat, I had little interest in how impressive a theory sounded. I needed what I could actually practice. Breathing, awareness, patience, and the willingness to continue became practical matters. I was weaker than before. I worked with the process I had been developing and gradually regained my strength.

That experience changed my confidence in the work. I had needed it under difficult circumstances and found ways to use it there.

You may have practices that mean more to you because you have needed them on a difficult day. What helped you return? What could you actually do when your usual strength wasn't available?

Those questions matter to this book. A practice has to be usable in the life we have, including the days when we cannot perform it as neatly as we imagined.

As wearable technology developed, I could observe more of what had previously been difficult to follow. Sleep, recovery, heart rate variability, strain: I could look at patterns across weeks and months instead of relying entirely on how a particular morning felt. The numbers raised questions as often as they answered them. That was useful too.

During an extended stay in Nepal, my surroundings changed the way I lived. I walked instead of driving. There was more human interaction and less digital distraction. Life became

simpler in ways I could feel, and during that period my pace-of-aging readings reached their most negative values.

Where do you find it easier to live in a way that supports you? Think about a place where movement, rest, or human contact happens with less arranging. What does that setting make available?

Nepal gave me a reason to examine the relationship between my surroundings, my daily choices, and the measurements. Over two years of biometric tracking, I documented changes that I interpreted as reflecting approximately four to eight years of reversal in biological aging markers. That was my reading of the measurements; it was not a claim that every part of my body had become that many years younger.

What interested me was how the life I was living seemed to be reflected in the data. I began using the term Coherent Age™ for that relationship between sustained coherence and biology. The name came after the observations.

Another part of the inquiry began during a drive to a college reunion. Colonel Dick Johns, U.S. Army, Retired, and I were talking about our fraternity and the bonds that had lasted through the years. Accomplishments were part of the conversation. So were service, discipline, commitment, and the values our brothers had carried into their lives.

Dick encouraged me to write a statement called “What I Believe.”

I accepted. It sounded straightforward enough. Then I began asking where each belief had come from.

Had I discovered it? Had someone handed it to me? Did I still believe it, or was I repeating something familiar?

You might try that with one belief of your own. Choose something you say with confidence, perhaps something about your age or what you are capable of. Where did you learn it? When did you last give it an honest hearing?

The exercise gave me more to examine than I expected.

I was finding that a belief could be sincerely held and still deserve another look. Writing the statement made me examine what I was actually living by.

By then I had gathered plenty of techniques. The larger question was how I made sense of experience and what happened next. The same signal could lead to very different choices depending on the meaning I gave it. I began to see a map, which I called MindScience™. The way we process experience became the focus of Origin.OS™ 2.0.

Understanding this was helpful. Living it required something further.

Most of us know that distance. We can recognize a pattern and still repeat it. We can explain a useful practice and forget it during the conversation in which it would have helped most.

Where does that happen for you? There is no need to choose your greatest difficulty. An ordinary moment will do: rushing when you intended to listen, saying yes before

considering what you can manage, or arguing with a change you already know has happened.

InnerStand™ became my name for crossing that distance: understanding becoming participation. The insight begins to influence what we actually do.

Continual Coherence Consciously, CCC™, described the daily work of returning to alignment. A moment of recognition matters, but we still have tomorrow to live. SACRED ASCENT™ named the longer journey as that participation matured into purpose and service.

These names may be unfamiliar to you. There is no need to remember all of them immediately. I offer them because they helped me describe what I was discovering, and because you may recognize something of your own life in the questions behind them.

That is how recovery led me here. I was curious, I needed help, people offered it, and I kept asking what I could learn. Eventually there was enough of a journey to share.

Simply Be. Be the Hero You Are.

Measure. Reflect. Ascend.

Experience it with us. – A Journey You Did NOT expect

Walk With New John™
WATCH • LISTEN • READ +
mirrorawakens.com/Hero



Continue Walking . . .

Reflection Question

What would life be like if you began living as the hero you already are?

The Journey I Did Not Expect™

The Path to InnerStand™

*From Decline to Coherence.
From Survival to Service.*



LIVING IN COHERENCE.

Serving with Purpose.



ASCENDING BEYOND LIMITATIONS.

Inner alignment creates outer transformation.



TOOLS, TECHNOLOGY & AWARENESS REVEAL TRUTH.

Data, travel, and curiosity expand understanding.



ADVERSITY BECOMES TEACHER.

Challenges crack us open so we can grow.



THE DECLINE THAT STARTED THE JOURNEY.

Rock bottom became the starting line.

16



SERVICE
The Gift

15



COHERENT AGE™
Biology Reflecting Coherence

14



SACRED ASCENT™
The Journey

13



CCC™
Living Coherence

12



ORIGIN.OS™ 2.0
Organization

11



INNERSTAND™
The Doorway & Fulcrum
Understanding becomes participation.

10



MINDSCIENCE™
The Map & Mirror

9



BIOMETRICS
Data Reveals Patterns

8



NEPAL
Perspective Expands

7



WHOOP
Tracking Becomes Insight

6



COVID
Disruption & Awakening

5



STROKE SUPPORT
Community Saves Lives

4



RECOVERY
Hope Returns

3



CHINESE HERBS
Ancient Wisdom

2



QI GONG
Energy Restored

1



RIGHT-SIDE DECLINE
The Fall



SERVICE
Contribution becomes the natural expression of coherence.



COHERENT AGE™
Biology, mind, and energy reflect a life lived in coherence.



SACRED ASCENT™
The unfolding journey of growth, purpose, and transcendence.



CCC™
Daily practices that sustain coherence in all areas of life.



ORIGIN.OS™ 2.0
A new operating system for living with clarity and alignment.



INNERSTAND™
The threshold where understanding becomes lived participation.



MINDSCIENCE™
The map and mirror that reveal how mind, body, and energy connect.



Awareness
Creates Choice.
Choice Creates
Change.

TRUTH NOTICED → TRUTH TRUSTED → TRUTH LIVED → COHERENCE SHARED



*Every step had a purpose. Every challenge had meaning.
Every choice led here. The journey I did not expect became the life I was meant to live.*



What Came First?

People sometimes ask which came first: MindScience™, Origin.OS™ 2.0, CCC™, or SACRED ASCENT™.

I understand the question. Seen together, the names can look like a system someone designed and then set out to demonstrate. My experience was much less orderly. Things happened. I noticed changes, began measuring what I could, and tried to understand the results. The explanations took shape afterward.

MindScience™ helped me locate the questions. Origin.OS™ 2.0 helped me examine the habits through which experience became interpretation and action. InnerStand™ addressed something I kept encountering: the difference between knowing about a change and allowing it to change the way I lived.

CCC™ brought that work into daily practice. SACRED ASCENT™ gave me a way to speak about its development over a lifetime. Coherent Age™ concerned the measurements and the relationship I was observing between biology and lived coherence.

Beyond Anti-Aging is the story that brings those inquiries together.

I don't expect you to take a name as evidence. A useful name should help us examine something we can recognize. If it makes the experience harder to see, we need to return to the experience.

The young man at the retreat did not offer me an operating system. He offered an idea that had helped him. Dick did not give me an architecture of consciousness. He asked me to write down what I believed. Those encounters mattered before I had language for their place in the larger work.

Truth noticed. Truth trusted. Truth lived.

THE PROGRESSION

A JOURNEY. A PATH. A PURPOSE.



DIRECTION

Know the way.
Choose with clarity.

1



MINDSCIENCE™

The Map

See the big picture.
Discover the terrain.
Understand where you are.



PERSPECTIVE

See the whole.
Choose wisely.



INTELLIGENCE

Understand systems.
See patterns.

2



ORIGIN.OS™ 2.0

The Operating System

Align the foundation.
Unify the components.
Create the conditions for coherence.



INTEGRATION

Make it work.
Sustain it.



TRANSFORMATION

Walk the path.
Change is the journey.

3



CCC™

The Process

Practice continual alignment.
Make coherence a way of being.



ALIGNMENT

Live in coherence.
Body, mind, and energy in harmony.



IMPACT

Create value.
Make life better for others.

4



INNERSTAND™

The Doorway & Fulcrum

Understanding becomes participation.
This is where everything changes.



GROWTH

Evolve continually.
Live from the inside out.



LEGACY

Build what lasts.
Leave it better than you found it.

5



SACRED ASCENT™

The Practice

Live the principles.
Integrate in daily life.
Ascend with purpose and presence.



FULFILLMENT

Live your purpose.
Experience deep meaning.



CONTRIBUTION

Give back.
Make a positive difference.

6



COHERENT AGE™

The Result

Experience a coherent life.
Health, clarity, relationships, and purpose aligned.
Biology reflecting coherence.



SERVICE

Uplift others.
Share what you've learned.

THE INNERSTAND™ CYCLE OF CONTINUAL COHERENCE CONSCIOUSLY™



1

SIGNAL

Life provides input.
Reality speaks.



2

AWARENESS

We notice.
We become aware.



3

RECOGNITION

We recognize what is true.



4

INNERSTAND™

Understanding becomes participation.



5

ALIGNMENT

Thoughts
Feelings
Values
come into coherence.



6

EMBODIMENT

We live it.



7

INTEGRATION

The pattern stabilizes.



8

SERVICE

Coherence naturally expresses itself.

The cycle begins again.



TRUTH NOTICED → TRUTH TRUSTED → TRUTH LIVED → COHERENCE SHARED



Opening Gate

The Exhaustion of Becoming

Perhaps you know the kind of tiredness that follows you through a night's sleep.

You have rested, or tried to. Yet before the day has properly begun, you are measuring the distance between what is expected of you and what you feel able to give. Nothing dramatic has happened. There is simply the familiar sense of being behind.

You get up and begin the familiar work of getting yourself going. There are responsibilities to meet, messages to answer, and things you meant to finish yesterday. You make a plan to do better. By evening, the plan itself has become another unfinished task.

Occasional tiredness is part of living. Work can be satisfying and demanding at the same time. What concerns me is the point at which depletion becomes so familiar that we stop asking about it. We call it normal and organize everything around carrying on.

There are plenty of suggestions available. Improve the diet, change the routine, buy a supplement, study the data. Some suggestions are genuinely useful. Yet it is possible to follow a careful health routine while spending the rest of the day in an argument with yourself.

You need rest, but you feel guilty resting. You want to speak honestly, but keep rehearsing a version that will please everyone. You notice that something is wrong, then tell yourself you ought to be able to tolerate it.

Any one of these may seem small. Living with them repeatedly can make a day feel crowded from the inside.

Pause here for a moment. Which of those experiences feels familiar? You may have a different example altogether. What matters is noticing what your own day feels like before accepting another explanation of it.

When someone says, “I’m doing everything right, so why do I still feel disconnected?” I think that question deserves time. I would be reluctant to answer it with another instruction before understanding what “everything right” has come to mean for that person.

Is the routine supporting their life? Is there room for what the body is telling them? What happens if circumstances change and they cannot follow the plan?

My interest in coherence grew around questions like these. I wanted to understand what happens when the parts of a life begin supporting one another more consistently.

Sleep, nutrition, movement, and measurements still deserve attention. So do relationships, meaning, the expectations we carry, and the ways we respond when life does not follow those expectations.

You may already know places where these fit together reasonably well. A conversation leaves you clearer. A walk gives

you room to think. You keep a promise and no longer have to rehearse how to explain why you haven't kept it. Such moments give coherence a meaning we can recognize before we attempt to define it.

Sometimes an improvement comes from doing something differently. Sometimes it comes from noticing an unnecessary struggle and letting it end. The distinction is easy to describe and harder to recognize in the middle of an ordinary day.

I began asking where I was using effort to compensate for a pattern I had never examined. If I kept overriding a signal, could I learn to notice it earlier? Could that noticing influence my choices before the situation became more difficult?

Those questions helped shape Origin.OS™ 2.0. They also changed what I meant by living well. I was less interested in proving that I could maintain a perfect routine and more interested in finding an honest response to the circumstances in front of me.

That response sometimes required effort. Coherence did not remove every difficulty. It helped me see which difficulty actually needed my participation.

Simply Be. Be the Hero You Are.

Measure. Reflect. Ascend.

Experience it with us. – A totally new operating system.

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Continue Walking . . .

Reflection Question

Where in your life are you confusing optimization with alignment?

Mirror Pause

Bring to mind something you keep trying to improve. What happens if you listen to it before making another adjustment?

H-Riddle™

Why did my fitness tracker request a holiday?

Answer: It was tired of running my life.

M-Riddle™

What fits perfectly and still isn't yours?

Answer: Someone else's idea of your life.

V-Riddle™

What points you home without moving?

Answer: Recognition.

Red Packet Wisdom

Before improving the next thing, notice what is already asking for your care.

Introduction

Before we begin measuring age, we have already spent years learning how to get through a day.

Some habits are useful enough that we rarely notice them. Others once helped us cope and have stayed long after the circumstances changed. We may still brace for a conversation that no longer threatens us, or keep pushing at a pace our present body cannot comfortably sustain.

An aging body makes these questions harder to ignore. We notice changes and look for explanations. We want to know what can be helped, what needs attention, and what we will have to learn to live with.

This book grew from that inquiry in my own life. The measurements mattered to me. So did what I noticed before there was a measurement: discomfort, relief, resistance, curiosity, and the return of possibility.

As you read, I hope you will allow your own experience to accompany mine. You may recognize something immediately. You may need to pause, or disagree, or remember an encounter that belongs entirely to your life. There is room for that here.

You will encounter the distinction between signal and story throughout these pages. A signal is something to notice. The explanation we give it deserves examination too. We can be so quick with an explanation that we scarcely pause to find out whether it fits.

What happens if we stay with the experience a little longer?

Think of a signal you have been explaining away. Before naming it again, what do you actually notice? You don't have to make a decision immediately. The first invitation is to give your experience a fair hearing.

Perhaps we discover that we need help. Perhaps a familiar solution still works. Perhaps we realize that the problem has changed while we have continued using the same answer.

I invite you to consider these possibilities alongside the practical realities of your own life. You have a body, relationships, responsibilities, and circumstances that are not identical to mine. Your participation will need to make sense there.

“How do I avoid getting older?” was never a question I could settle. “How do I live coherently while I am here?” gave me something to work with.

That is the invitation in Beyond Anti-Aging. Read, question, notice what is useful, and see what happens when an understanding becomes something you can actually live.

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Measure. Reflect. Ascend.

Experience it with us. What is Beyond Age?

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WATCH • LISTEN • READ +
mirrorawakens.com/Hero



Continue Walking . . .

Reflection Question

What signals have you been explaining away instead of listening to?

The Great Anti-Aging Secret

We have good reasons to want more years. There are people we love, things we hope to finish, and experiences we would like to have. Caring for the body can give us more opportunity to participate in those things.

But having an opportunity and entering it are different matters.

You may recognize the hesitation before making a call. You know whom you want to speak to. You have something worth saying. Then you imagine how the conversation might go, and by the time you have considered several unpleasant versions, you decide to leave it until tomorrow.

Nothing has happened between you and the other person. Something has happened within you, and it has already influenced the day.

Have you ever noticed how convincing that imagined conversation can become? You haven't spoken to the person, yet you are already responding to their answer.

My friend Zig Ziglar gave millions of people a memorable expression for fear:

F.E.A.R. — False Evidence Appearing Real.

It helped people question something that felt convincing before the evidence had been examined. Over the years, another aspect of fear began to interest me. I could organize my present choices around a future that existed only in my expectations.

I came to describe that pattern as:

F.E.A.R.™ — Future Expectations Authorizing Reality.

An expectation can be reasonable. It can help us prepare. The difficulty begins when we stop recognizing it as an expectation and let it govern what we are willing to do.

The distinction can be hard to notice because the feeling is real. We really do feel apprehensive. We really do want to avoid the discomfort. Yet the event we are preparing to survive may still be a possibility among several others.

Which future have you already begun obeying?

Suppose you want to begin something unfamiliar. You imagine failing, being embarrassed, or discovering that you are no longer capable. Those possibilities may deserve consideration. They have not yet become facts.

Reality gets a vote.

FEAR

Two Perspectives.
A Deeper Freedom.

New John Meluso, CSP

F.E.A.R.

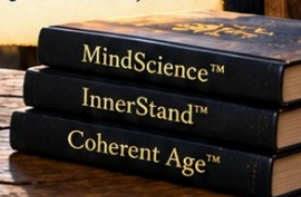
F. False
E. Evidence
A. Appearing
R. Real

— Zig Ziglar

F.E.A.R.TM

F. Future
E. Expectations
A. Authorizing
R. Reality

— New John Meluso, CSP



*When expectation becomes authorization,
the nervous system begins living a future
that has not yet arrived.*



REFLECT FOR A MOMENT

- What future have you already begun obeying?
- What have you authorized that reality has not yet asked of you?



That phrase helps me return to what is actually known. What has happened? What am I predicting? What could I find out through one appropriate action?

I don't want to dismiss fear. Sometimes it alerts us to a danger that requires care. Sometimes it appears because a relationship or opportunity matters deeply. Listening includes asking which situation we are in. We need discernment, and we may need other people's help.

Within CCC™, noticing fear can be the beginning of a process. We become aware of the signal, reflect, allow some patience, and look for insight and understanding before choosing an action. The purpose is to give ourselves room to respond, rather than assume that the first frightened interpretation must decide everything.

Consider what you have been postponing. It may be a conversation, a creative project, a relationship, or a chance to learn. There may be sound reasons to wait. It is also worth asking whether readiness has become a condition that keeps moving farther away each time you approach it.

The older I become, the more interested I am in that quiet narrowing. Adventure can begin to seem intended for someone younger. Curiosity becomes something we remember having. We protect ourselves from disappointment and, almost without noticing, reduce the chances of being surprised by anything good.

Some of the most alive people I have met had aging bodies. They were still interested. They kept learning and caring

about other people. They could begin something without requiring it to restore their youth.

That is the sense in which I speak of participation as the opposite of aging. The body continues to age. Our relationship with life can remain open enough to develop.

Is there something you are still interested in, even if you have begun speaking of it as though the chance has passed? Let the interest be there for a moment. You don't have to turn it into a goal before acknowledging that it matters.

“How long will I live?” matters. So does the question of what we will do with the time available. More years give us possibilities; participation gives those possibilities a place in our lives.

I hope this book helps you notice one of those places. Perhaps it is small enough to seem unimportant: a question asked, an invitation accepted, an honest conversation begun. You do not need to settle the rest of your life before taking part in this day.

You might simply find yourself interested again.

That is worth noticing. From there, one next step may become clearer. The invitation is to remain available to the life you still have, with enough curiosity to discover what participation can look like now.

AN ORDINARY TUESDAY



*What happens to clarity
when ordinary life returns?*



*Embodied coherence matters most when it can continue
beyond a single clear moment.*

*What have you understood clearly once—and then had to learn
how to live repeatedly?*

Chapter 7

CCC™

Continual Coherence Consciously

Perhaps you have had a moment when everything became clear—a retreat, a walk, a crisis, a conversation, a night under stars. For a few hours or days, you knew exactly what mattered.

Then Tuesday arrived. The inbox reopened. The familiar person said the familiar thing. The body returned to the familiar reaction.

Clarity may arrive through retreat, crisis, meditation, nature, love, loss, or deep exhaustion. *The problem is not that the moment was false. The question is whether it can become livable.*

For a moment, the noise quiets.

When Tuesday Returns

Most of us have known the quiet confidence that follows a clear moment. Something settles. A decision feels obvious. We see the conversation differently, understand what matters, or recognize a pattern we are certain we will not repeat. For a little while, living differently seems almost effortless.

Then ordinary life resumes. Sleep is shorter than expected. A message arrives at the wrong moment. Someone interrupts. A familiar tone appears in a familiar voice. The body tightens before the insight has time to introduce itself. The old response is already halfway across the room.

That can make clarity feel unreliable. We may wonder whether the retreat mattered, whether the conversation changed anything, or whether we somehow lost what we understood. Yet the clear moment and the returning habit can both be true. One revealed what is possible. The other reveals what has been practiced.

The insight was real. So was the habit.

Where Practice Actually Begins

The useful question may not be, “Why didn’t I stay clear?” It may be, “What happens at the exact moment clarity meets conditioning?” That moment is usually small enough to miss. A shoulder lifts. The breath shortens. Attention narrows. A familiar interpretation arrives. What was spacious becomes automatic.

This is where a realization can become a way of living. Not by demanding that the old pattern never return, and by noticing its return sooner. The ordinary moment becomes the practice ground. The interruption, the fatigue, the uncertainty, the familiar person, and the familiar reaction are no longer evidence that clarity failed. They are where clarity learns to participate.

Continual does not mean remaining perfectly coherent. It means that when life moves, awareness can move with it. We notice. We return. We choose again. Repetition is not punishment for failing to learn the

lesson. Repetition is how the lesson enters the nervous system and eventually becomes available when Tuesday arrives.

Knowing once is not the same as living repeatedly.

Life becomes immediate again. And then habitual patterns return. Why? Because realization alone does not automatically reorganize behavior. The nervous system follows practiced pathways. This is why needed developing: Continual Coherence Consciously (CCC™). Not as ideology. Not as rigid self-improvement.

And as a repeatable pathway for stabilizing embodied attunement in daily life.

The Core Recognition. Human beings continuously process reality through patterns. Most of these patterns are unconscious. Signal appears. Interpretation activates. Emotion follows. Behavior repeats. Over time, repetition becomes identity. CCC™ interrupts this automatic fragmentation. It restores conscious relationship between: awareness, perception, choice, action. This changes the quality of human experience fundamentally.

The CCC™ Sequence

1. Signal Sensed → Introception™. Everything begins with signal. Before thought. Before narrative. Before reaction. The body senses: tension, fatigue, expansion, contraction, clarity, resistance, attraction, emotional movement.

You may ignore these early signals until they become overwhelming. Introception™ restores recognition of inner knowing before conceptual interpretation dominates. This is the doorway.

2. Signal Noticed → Awareness

Signal alone is insufficient. It must become conscious. Awareness means: the system notices what is happening without immediately escaping, justifying, or suppressing it.

This sounds simple. It is not. You may are conditioned toward distraction before awareness stabilizes. Phones. Stimulation. Urgency. Entertainment. Analysis. Awareness interrupts automatic escape.

3. Signal Held → Reflection

Modern culture rewards immediate reaction. CCC™ introduces pause. Reflection allows signal to remain long enough for deeper intelligence to emerge.

Without reflection: impulse dominates. With reflection: pattern becomes visible. This is where the nervous system begins shifting from compulsion toward coherence.

4. Silence Honored → Patience

Silence has become uncomfortable for many people. Not because silence is dangerous, and because unresolved fragmentation becomes visible within it. Patience allows awareness to remain present without forcing premature resolution. The system stops compulsively demanding: certainty, immediate relief,

instant answers, constant stimulation. This restores stability.

5. Insight Welcomed → Trust

Eventually deeper recognition emerges naturally. Not manufactured insight. Not forced positivity. Direct understanding. And insight requires trust.

Without trust, people override signal and return to habitual fragmentation. Trust does not mean passivity. It means allowing awareness to participate in decision-making rather than allowing fear to dominate automatically.

6. Pattern Recognized → Understanding

As awareness deepens, patterns become obvious. The person begins recognizing: emotional loops, behavioral repetitions, nervous-system triggers, energy leaks, relational distortions, self-created suffering. This is not self-judgment. It is clarity. Understanding transforms unconscious repetition into visible structure. Once visible, patterns can change.

7. Alignment Chosen → Conviction

Insight without action changes little. At some point, alignment must become behavioral. This is where conviction appears. Not rigid ideology. Not performative discipline. Embodied choice. A person begins acting in ways consistent with coherence: resting when needed, speaking honestly, reducing noise, simplifying life, protecting attention, nourishing relationships, and honoring signal.

These are not separate practices. They are coherence becoming embodied.

This is where philosophy becomes physiology.

8. Action Sealed → Decisiveness

Indecision drains enormous energy. Fragmentation often persists because people continuously reopen decisions emotionally. CCC™ stabilizes action. Once alignment becomes clear, the system stops endlessly renegotiating itself internally.

This conserves energy. Decisiveness is not aggression. It is reduction of internal contradiction.

9. Life Aligned → Continual Coherence Consciously (CCC™)

Eventually coherence becomes less effortful. The nervous system reorganizes around alignment rather than fragmentation.

Awareness becomes more immediate. Recovery accelerates. Contradiction decreases. Signal clarifies. Life feels lighter, not because challenges disappear, and because less energy is consumed fighting reality internally.

This is CCC™. Not perfection. Not enlightenment performance. Living coherence consciously and repeatedly until alignment becomes increasingly natural.

Why Repetition Matters. The nervous system changes through repetition. Not inspiration alone.

A single healthy decision helps. Repeated coherent decisions reorganize life.

This is why CCC™ is continual. Awareness is not a one-time event. Life keeps moving. Conditions keep changing. Pressure keeps arising. CCC™ creates adaptive stability within movement.

The Difference Between Control and Coherence.

This distinction matters deeply. CCC™ is not about controlling every aspect of life. Control creates tension. Coherence creates responsiveness. One attempts domination. The other restores relationship. The goal is not rigid perfection. It is reduction of fragmentation.

The Biological Impact of Coherence. As coherence increases, many physiological improvements naturally follow: reduced stress chemistry, improved recovery, better sleep, improved attention, emotional stability, clearer decision-making, less compulsive behavior. The body spends less energy correcting internal contradiction. This became one of the central recognitions behind Beyond Anti-Aging: Aging accelerates through chronic incoherence. Vitality increases through aligned living.

CCC™ as Living Practice. CCC™ is not merely theory. It becomes lived orientation. A way of relating to: signal, awareness, behavior, relationships, energy, time, purpose, aging itself. Not through fear. Through conscious coherence. Again and again. Until life itself becomes less fragmented.

Collapsing Koan

If alignment feels natural, what required practice?

Humorous Collapsing Riddle

Why did coherence stop chasing enlightenment? Answer: It noticed alignment was less cardio. The daily practice of living in alignment.

Reader Integration

Reflection Question

Where in your daily life do you repeatedly recognize the truth... yet fail to live it?

60-Second Practice

Bring to mind one situation that has been asking for your attention. Now slowly walk through the CCC™ cycle: Signal

What first caught my attention?

Awareness

What became clear?

Recognition

What truth am I avoiding?

InnerStand™

Can I stand within that truth without running from it?

Alignment

What naturally wants to change? Remain with the final answer for one minute.

InnerStand™ Pause

Silently repeat: *Coherence is not perfection. It is returning. Again... and again... and again.* Take three slow breaths, allowing each exhale to soften unnecessary effort.

Signal / Body Check

Notice:

- ☐ What signal is strongest right now?
- ☐ Is your body relaxed or resisting?
- ☐ What emotion is asking to be acknowledged?
- ☐ What truth already feels known?

Ask:

What would coherence choose in this moment?

Coherence Log

Signal

Recognition

Alignment

Action

One Action Step

Today, pause once before making an important decision. Move consciously through the CCC™ sequence before acting. Then observe not only what you choose— and how you feel after choosing.

Reflection Question

If aging is influenced by coherence as well as time, what daily habit would I gladly change to become more fully alive?

CCC™ ALIGNMENT SEQUENCE

Continual Coherence Consciously™



CONTINUAL COHERENCE CONSCIOUSLY™



The cycle begins again.

Truth noticed → Truth trusted → Truth lived.

◇ MEASURE. REFLECT. ASCEND. ◇

Experience it with us. — If you didn't know how old you were?

Walk With New John™
WATCH • LISTEN • READ +
mirrorawakens.com/Hero



Continue Walking . . .

Mirror Pause

Recall the last time you lost your rhythm. What helped you return? Let that ordinary act count.

H-Riddle™

Why did coherence stop waiting for the perfect day?

Answer: Tuesday showed up anyway.

M-Riddle™

How many times does coherence need to return?

Answer: One more.

V-Riddle™

What did the habit say to the insight?

Answer: "See you Tuesday."

Red Packet Wisdom

You do not have to return perfectly. A small return still brings you back.

THE LIVING TREE OF MINDSCIENCE™

Awakening • Inquiry • Integrity • Compassion in Action

THE FRUIT

Living the Harvest of Coherence

JOY

The sweetness of being alive.

CLARITY

Seeing truth without distortion.

COMPASSION

The fruit of connected hearts.

INTEGRITY

Living in congruence with truth.

GENEROSITY

Giving as a natural expression of abundance.

WONDER

Curiosity that never fades.

WISDOM

Understanding that serves life.

COURAGE

Acting in alignment with what matters most.

PEACE

Deep inner stability.

CREATIVITY

New life expressed.

PLAYFULNESS

Lightness that opens possibility.

LOVE

The fragrance of oneness.

SERVICE

Fruit that benefits others.

AWARENESS

The field of all knowing

INTROCEPTION™

The inner signal that guides

INNERSTAND™

Stability in self and system

CCC™

Continual Coherence Consciously

ORIGIN.OS™

The Living Operating System of S.E.L.F.

THE SAP

Flow of Consciousness

- Presence
- Awareness
- Gratitude
- Trust
- Surrender
- Intention
- Discernment

THE BRANCHES

Expressions in the World

- Communication
- Leadership
- Healing
- Teaching
- Creating
- Building
- Collaborating
- Innovating
- Guiding
- Nurturing

THE LEAVES

Daily Practices that Feed the Tree

- Meditation
- Journaling
- Inquiry
- Movement
- Rest
- Healthy Choices
- Study
- Reflection
- Service
- Celebration

THE SUN

Sources of Nourishment

- Silence
- Nature
- Relationships
- Learning
- Experience
- Reflection
- Contribution

ROOT GATE I

MIRTH

The Art of Sacred Play

The Mirror Laughs First™

Purpose: Loosen cetrainty. Open the heart through laughter, humility, and wonder.

Key Elements

- Sacred Humor
- Playfulness
- Paradox
- Humility
- Curiosity

Fruit of this Root:

Joy • Wonder • Playfulness

ROOT GATE II

MEANING

Mirrors for Living Inquiry

The Mirror's Gate™

- The Milton Inspired Mirror Model™ (Six Mirrors: Who, What, Where, When, How, Why)
- The Meta Mirror Model™
- The Hidden Language Mirror™
- Introception™
- The Spiral of Inquiry™

Purpose: Discover meaning through living inquiry.

Fruit of this Root:

Clarity • Wisdom • Courage

ROOT GATE III

TRUTH

The Art of Living Congruently

The Mirror Tells No Lies™

Purpose: Live in alignment with reality through integrity, compassion, and contribution.

Key Elements

- Integrity
- Congruence
- Reflection
- Responsibility
- Compassion

Fruit of this Root:

Integrity • Peace • Love • Service

THE WATER

Hydration for Growth

- Stillness
- Tears
- Forgiveness
- Letting Go
- Restoration

THE CARE

Gardeners of the Tree

- Self-Compassion
- Mentors
- Community
- Service to Others
- Daily Alignment

*"This tree is not outside of you.
You are the tree, the fruit, and the one who tastes.
The Living Tree of MindScience™
grows within, for the benefit of all."*



KEY TO THE LIVING TREE OF MINDSCIENCE™

THE FRUIT

Living the Form of Coherence

The qualities that ripen
through a coherent life.



Joy – The sweetness of being alive.



Clarity – Seeing with
wisdom and truth.



Compassion – The fruit of
connected hearts.



Integrity – Living in
congruence with truth.



Generosity – Giving as a natural
expression of abundance.



Wonder – Curious that never fades.



Wisdom – Understanding that
serves life.



Courage – Acting in alignment
with what matters most.



Peace – Deep inner stability.



Creativity – New life expressed.



Playfulness – Lightness that
opens possibility.



Love – The fragrance of oneness.



Service – Fruit that benefits others.

THE SAP

Flow of Consciousness

The inner currents
that nourish
the whole tree.

- Presence
- Awareness
- Gratitude
- Trust
- Surrender
- Intention
- Discernment

THE BRANCHES

Expressions in the World

- | | | |
|--|---|--|
| How coherence shows up in everyday life. | <ul style="list-style-type: none"> ● Communication ● Leadership ● Healing ● Teaching ● Creating ● Building ● Collaborating | <ul style="list-style-type: none"> ● Innovating ● Guiding ● Nurturing |
|--|---|--|

THE LEAVES

Daily Practices
that Feed the Tree

Small, consistent
practices that
create growth.

- | | |
|------------|-----------------|
| Meditation | Healthy Choices |
| Journaling | Study |
| Inquiry | Reflection |
| Movement | Service |
| Rest | Celebration |

THE SUN

Source of Illumination

What gives the
tree light and
direction.

- | | |
|---------------|--------------|
| Source | Reflection |
| Nature | Contribution |
| Relationships | |
| Learning | |
| Experience | |

THE WATER

Nourishment for Growth

Emotional and spiritual
waters that keep
the tree alive.

- Stillness
- Time
- Forgiveness
- Letting Go
- Reconnection

THE CARE

Tending of the Tree

The support that
protects and
cultivates growth.

- Self-Compassion
- Mentors
- Community
- Service to Others
- Daily Alignment

THE ROOTS

Three Root Gifts

The foundation
of the path.



MERIT
The soil that
nourishes



MEANING
Direction that
brings harmony



TRUTH
The bed of
Living Coherently

*Where roots are strong, branches reach far,
and the fruit benefits all.*

36° · EMERGING PERFECTION-ING™

SPIRAL-ART™ING · S.M.A.R.T.E.R. Dance™ing

InnerStand™ing

— · SIMPLY BE. —

Something we haven't imagined: _____



SIMPLY BE. —

An InnerStand™ing invitation to recognize, participate, measure, dance, serve — and continue.

This is not
a workbook.
It is an
unworkbook.



36°

InnerStand™ing

SIMPLY BE.

A Perfection-ing™ Series Co-Tribution™

When is Being no longer Be-ing?

When we make it a thing.

∞ **SIMPLY BE.** ∞

BEFORE WE NAME IT

You can understand something completely and still discover Tuesday morning that you are not living it.

You know rest matters, yet you keep pushing. You know the conversation might change if you listened, yet part of you is already preparing an answer. You know what matters to you, then watch another ordinary day fill itself with everything else.

Nothing is necessarily wrong with your understanding. You may understand very well.

Perhaps the question is no longer only what you understand. Perhaps it is where you are standing while you understand it.

Where are you already understanding what you are not yet living?

Do not hurry to improve the answer. For a moment, simply notice where you are standing inside it.

Something we haven't imagined:

I KNOW • I LIVE



*Where are you already understanding
what you are not yet living?*

INNERSTAND™ING

Understanding commonly suggests comprehending something. InnerStand™ing begins one step closer to lived experience. It invites you to notice not only what something means, also where and how you are standing within the experience while meaning-ing it.

The observer is included in what is observed. Language, assumptions, memories, interpretations, relationships, and participation become available for noticing.

Understanding can ask, “What does this mean?” InnerStand™ing adds another question: “Where am I standing while meaning-ing this?”

The -ing matters. InnerStand™ing is not another achievement to possess. The standing itself can move.

You may notice that the same conversation means something different when you are tired, frightened, hopeful, hurried, defensive, rested, curious, or deeply connected. The event may not have changed. Your standing within it has.

What becomes visible when you include your position in what you think you know?

WHERE ARE YOU STANDING?



*What changes when you include where
you are standing in what you think you know?*



PERFECTION-ING™

Once you notice where you are standing, another familiar habit may appear: the urge to arrive somewhere better.

Perfectionism can imagine a final correct condition against which the present is judged. Perfection-ing™ releases perfection from the finish line and invites increasingly full participation with what is arising.

A bud does not fail because it has not become the flower. The flower does not become the final answer because it blossoms. There is still flower-ing, seeding, dispersing—and something we haven't imagined.

Instead of asking only, "Have I arrived?", you can notice a more participatory question: "How am I participating now?"

Perfection-ing™ allows what appears complete to remain capable of becoming.

CO-TRIBUTION™

A contribution can sound as though one person possesses something and gives it to another. Co-Tribution™ notices what can emerge among writer, reader, question, experience, Text-ing, and Image-ing—something no participant necessarily produces alone.

That means these pages do not need you to agree with them. They need enough of your actual life in the room for something to become C-able.

What are you noticing here that the page could not have known before you arrived?



Where are we standing
while becoming together?

THE SMALLEST VERB. THE LARGEST DOORWAY.

The verb to be appears so ordinary that we rarely notice what it is doing. English asks us to speak Being through several familiar forms: I am. You are. He, she, or it is. We are. You are. They are.

Historically, these forms reflect the long evolution and leveling of English, not evidence of a metaphysical design. InnerStand™ing does not require us to confuse etymology with contemplation. We can know how language developed and still notice what its present form invites us to see.

AM belongs uniquely to the first-person singular: I AM. IS marks the singular third person. ARE crosses several relationships: YOU ARE, WE ARE, THEY ARE.

The pronouns distinguish us. The plural verb does not. Different relationships, the same ARE.

When WE, YOU, and THEY all ARE—which part of ARE tells them apart?

None. The pronoun does.



When WE, YOU, and THEY
all ARE —
which part of ARE
tells them apart?

THOU ART

Older English preserves another form: THOU ART. The ART in “thou art” is historically a form of the verb to be. ART meaning painting, sculpture, music, dance, or skilled creation has a different history. They did not derive from one another.

Their accidental meeting can still dance: THOU ART. YOU ARE. YOU R. WE ARE. WE ART. WE ARE ART-ING.

Not historical etymology—deliberate Co-Tribution™. Etymology tells us where words came from. Co-Tribution™ asks what becomes visible when they meet.



art

(verb)

old english

to be;

to exist

Thou art.

WHAT -ING DOES

English already contains a grammatical doorway into unfolding. BE + verb-ing forms the progressive aspect: I notice → I am noticing. I change → I am changing. I dance → I am dancing.

The progressive presents an event from within its unfolding. Context still matters; not every -ing form means something continues forever. Yet -ing gives us a genuine grammatical foundation for experiencing action as in progress.



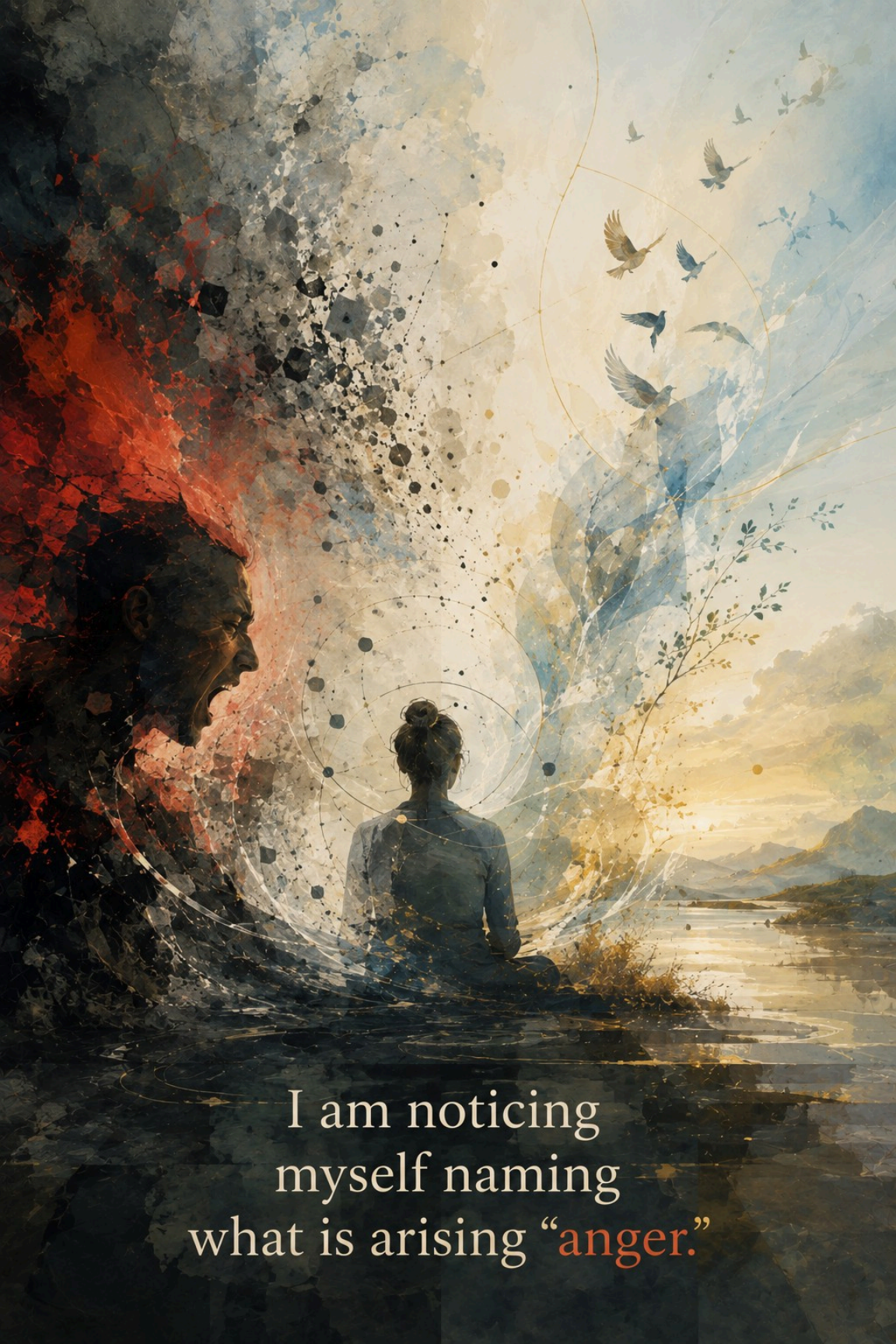
ANGER-ING: IDENTITY, OBSERVATION, PARTICIPATION

Suppose anger arrives. “I am angry” can make the word after AM feel like an attributed condition of I. “I notice anger arising” lets the observer and the arising phenomenon become distinguishable.

With “I am noticing anger arising,” BE becomes auxiliary to an ongoing act of noticing. With “I am noticing myself naming what is arising ‘anger,’” even the label becomes available for observation.

The movement is not about denying anger. You are changing your grammatical participation with the experience: from identity, toward noticing, toward noticing the naming itself.

*What changes when something you called yourself becomes
something you can notice arising?*



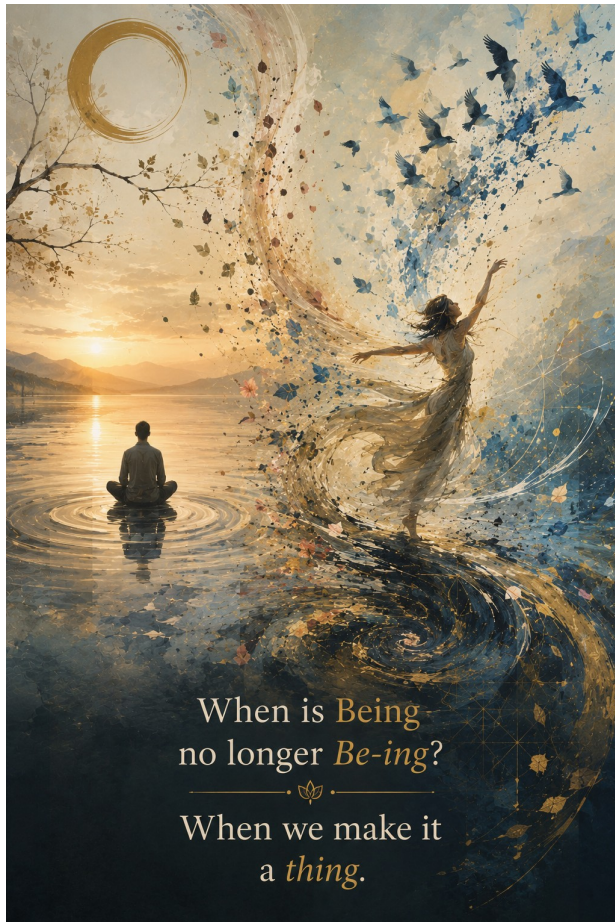
I am noticing
myself naming
what is arising “**anger.**”

BE → BE-ING → BE-ING-ING

Here the exploration intentionally moves beyond standard grammar. BE can sound like an invitation or apparent state. BE-ING lets Being be encountered as unfolding. BE-ING-ING playfully refuses to let even the unfolding harden into the next fixed thing.

-ing makes the word move. -ing-ing keeps the movement moving.

The second -ing is not a standard English grammatical category. It is an intentional Perfection-ing™ device: a reminder not to turn even process into another possession.



When is Being
no longer *Be-ing*?

When we make it
a *thing*.

EXACTLY-ING™ING

“Exactly.” can sound completed. “Exactly-ing™” lets recognition remain alive. “Exactly-ing™ing” allows even that recognition to continue changing.

The humor is part of the practice. The moment we completely define Exactly-ing™ing, we risk turning it back into Exactly.

How quickly does your newest insight become the next thing you defend?



TEMPORALITY-ING

We are temporal describes us. We exist in temporality places us inside time. We experience temporality establishes a relationship between experienter and time. Then the noun can begin moving: WE ARE TEMPORALITY-ING.



Past, present, and future can be encountered not only as containers or destinations, also playfully as past-ing, present-ing, and future-ing. These are not conventional grammatical forms. Their value is experiential: they interrupt the reflex to turn movement into a thing.

Notice a sentence beginning “I am...” What happens when you allow what follows AM to begin -ing?

Something we haven't imagined:



WHEN TUESDAY RETURNS

A quiet page can make almost anything seem possible.
Then ordinary life returns.

The message arrives. Someone interrupts. The sink is full.
The body is tired. The sentence you understood yesterday
meets the tone of voice you use today.

This is not where InnerStand™ing fails. This may be
where it finally becomes visible.

Can you notice where you are standing before you turn
noticing into another correction project? Can understanding
remain available while life is moving? Can you return without
making the departure a verdict?

InnerStand™ing does not ask you to perform coherence
perfectly. It invites the standing itself to remain C-able—and
therefore capable of moving.

QUESTIONS OF INNERSTAND™ING

When is Being no longer Be-ing?

*If AM belongs only to I, what happens to AM when I becomes
WE?*

*When WE, YOU, and THEY all ARE, which part of ARE tells
them apart?*

When does Be-ing become Art?

Where is the past when you are not past-ing?

Are you moving through time—or are you time-ing?

*How many INGs do you need before you notice you are doing it
again?*

Where are you already understanding what you are not yet living?

What becomes C-able when you stop trying to fix what you just noticed?

Something we haven't imagined:

INNERSTAND™ING

This exploration does not ask language to prove a philosophy. It asks you to notice how language participates in the reality you experience. A word can label. A verb can move. A progressive form can place you within unfolding. Deliberately playful language can remind you that your interpretations are also participating, changing, and becoming.

Perfection-ing™ therefore need not mean reaching perfection. It can invite continuing participation—including the willingness to notice when your newest insight has quietly become the next fixed thing.

Perhaps Simply Be. is not the final instruction. Perhaps it is what remains when Being no longer needs to become another thing you must accomplish correctly.

INNERSTAND™ING



SIMPLY BE

EXPLORING BE-ING, TEMPORALITY-ING,
AND EXACTLY-ING™ING

I am.
You are.
He/she/it is.
We are.
You are.
They are.

Thou art.

Be-ing.
Be-ing-ing.

Temporality-ing.
Temporality-ing-ing.

Exactly-ing™.
Exactly-ing™ing.

*From AM / IS / ARE to ART,
to -ing, to -ing-ing,
to Simply Be.*

*When is Being
no longer
Be-ing?*

*When we
make it
a thing.*

*Simply Be.
Still Be-ing.
Always Danc-ing.*

CO-SEE™

CO-THINK™

CO-FEEL™

CO-ACT™

CO-CREATE™

CO-TRIBUTE™

RELUCTANT
RINPOCHE
RIDDLES™

EVEN ANSWERS
BECOME
VARIABLES



A PERFECTION-ING™ SERIES

LANGUAGE CAN PARTICIPATE IN THE PRACTICE.
THE READER PARTICIPATES IN THE DISCOVERY.

INNERSTAND™ING • CO-TRIBUTION™
SIMPLY BE. TOGETHER, TEMPORALITY-ING.

SIMPLY BE.



*What remains when Being no longer
needs to become a thing?*



RIDICULAPATHY™ — THE MIRROR LAUGHS

When did Microsoft shift from .doc to .docx?

When the mathematicians added their beloved variable
X.

Why X?

Because Y would require an explanation.

What is X?

Exactly.

Exactly what?

Exactly-ing™.

But why X?

Y?

Exactly-ing™ing.



Why did .doc become .docx?
X.

Why X?
Y?

When is -ing-ing not correct?

When we are Be-ing.

Then why do we keep -ing-ing?

Because we are encouraged to Be-ing-ing-ing-ing!

∞ **Exactly-ing™ ing.** ∞

SIMPLY BE.

SEED-ING

When does Inner Peace become Inner Piece?

When we make peace a thing.

And when does the piece become peace again?

When it begins peace-ing.

∞ **Inner Peace-ing™** ∞

Something we haven't imagined:

Exactly-ing™ ing.

I speak all languages but have no tongue
I cross all borders but have no feet
What can you hold in your right hand but not in your left?
How are you and a quantum particle exactly alike?

MindScience™ Series
Book Excellence Award



THE MIRROR LAUGHS FIRST

100 RIDDLES BEFORE
THE RULES OF FIGHT CLUB

A PRELUDE TO
MINDSCIENCE SERIES

Chapter Five

Before Reflection, There Was Mirth

Long before the mirror reflected form, it trembled with laughter.

Reflection is a later function of consciousness. First came the giggle—the raw delight of awareness discovering itself. In that moment, before subject and object split apart, before the self and world divided, there was only the shimmer of joy at existing at all.

Think of a baby before language. The baby does not yet “reflect.” There is no mirror of self-consciousness, no inner dialogue of “me” and “you.” Yet the baby giggles when tickled, laughs when peek-a-boo reveals a face, squeals at the sheer absurdity of being. This laughter is not commentary—it is **existence itself rejoicing**.

This is why the mirror must laugh first. If it reflects without laughing, reflection becomes heavy, solemn, distorted. But if it laughs before reflecting, the reflection shines with play, mercy, and freedom.

Philosophers often ask, “Why is there something rather than nothing?” But the mirror answers differently: “Why is there laughter rather than silence?” The very appearance of sound, light, matter, and mind might itself be the universe’s first joke.

In this way, laughter is more primordial than thought. It is older than concepts, older than religions, older than stories. Laughter is the rhythm of creation discovering itself.

So when we laugh, we are not merely reacting—we are remembering. We are echoing the first joy, the delight before mirrors, before divisions, before history.

Before reflection, there was mirth. And when reflection forgets its source, it becomes solemn. But when reflection remembers, the mirror laughs first.

Practices of Chapter Five

1. The Baby's Giggle

Spend five minutes watching a baby laugh (in memory, in video, or in person). Ask: *What are they laughing at?* Notice the answer dissolves. They are not laughing at anything. They are laughing *from* something deeper.

2. The Pre-Mirror Smile

Look in a mirror. Before your mind comments, smile gently—then let a giggle slip out. Catch the laughter before the reflection.

3. The Cosmic Joke

Step outside under the sky. Whisper aloud: “*Why is there laughter rather than silence?*” Listen to what the field answers—not with words, but with echoes in your body.

Riddles for Chapter Five

VRiddle™

What was the first sound before words?

→ A giggle.

MRiddle™

Why does the mirror laugh before reflecting?

→ Because joy is older than self-consciousness.

HRiddle™

Why did the baby laugh before speaking?

→ Because enlightenment had already peeked-a-booped.



In Cantonese:

反映之前，已經有笑聲。

faan2 jing2 zi1 cin4, ji5 ging1 jau5 siu3 seng1.

→ “*Before reflection, there was already laughter.*”



In Tibetan:

རྒྱ་མཚན་བསྟན་པའི་ཐུ་མར་དགའ་བ་ཡོད།

(gyu tsen ten pa'i ngamar ga wa yöd)

→ “*Before explanation, there was joy.*”



Echoing Chapter Five:

Before Reflection, There Was Mirth

- Cantonese: 反映之前的歡笑 (faan2 jing2 zi1 cin4 dik1 fun1 siu3)
- Tibetan: རིས་བཞག་གི་ཐུ་མར་དགའ་བ། (ri shak gi ngamar ga wa)



Red Packet Wisdom:

དགའ་བ་ནི་མི་སྤྱིས་པའི་སྒྲ་བཞག་མེད།

(ga wa ni mi kye pa'i dra zhag mé)

→ *“Joy leaves no trace, yet precedes all traces.”*

 Next Riddle to Whisper the Field:

What arrives before mirrors, what speaks before words,
what laughs before knowing why?

Book Excellence Award Winning Series



The Mirror *Knowing Itself*



MindScienceTM
Book One

Chapter 6

The Gift of Small Realizations

“A mirror learns to know itself in glances, not in grand awakenings.”

Not every awakening comes like lightning. In fact, most do not. They come as a pause before a reaction. A breath taken instead of a harsh word. A brief recognition —“this is fear”— before the story begins. These are the small realizations.

They are the jewels scattered through ordinary life. And they matter more than you think.



The Moment You See and Don't React

There comes a moment, often unnoticed at first, when you feel the familiar fire rise— a sting of pride, a jolt of defensiveness, a spark of anger— and... you don't follow it. You don't suppress it. You don't explode. You see it.

You recognize:

“This is just a thought. A wave of energy. A habitual story.” And something in you stays still. That is freedom. That is a realization. Even if it only lasts a second.



Small Realizations Are the Seeds of Transformation

These flickers of presence may seem too small to matter. But they are everything. Each time you return to awareness, even briefly, you carve a new groove in the nervous system. You open space where there used to be reaction. You choose presence over pattern. These small moments compound. They build the capacity to stay. To soften. To listen.

They are how awakening grows real roots.

🌻 Grand Awakenings Fade. Gentle Seeing Stays.

Many long for one great breakthrough—a single moment of realization that changes everything forever. And even the most luminous glimpses must be integrated through daily life.

What matters most is not how high you fly—more how honestly you walk afterward.

The truth is: Awareness matures through repetition, not spectacle. And the mirror learns to know itself in glances—quiet, brief, radiant.

🌸 Being Present Is Enough

If you had no dramatic realizations... if you never entered deep meditative absorption... if your only practice was noticing that you are thinking, and returning to the breath... that would be enough. Not because it's flashy—more because it's real. MindScience™ is not the path of performance. It is the path of presence.

✦ Practice: Noticing the Glance

Throughout your day:

- When you notice tension rising, say inwardly: “Ah. Here is reactivity.”
- When you feel peace, say: “Presence is here.”
- When you forget, say: “Even forgetting is seen.”

Each of these is a small realization. Let them count. Let them land.

🪞 Mirror Questions

- What was the last small moment I noticed myself returning to presence?
- Have I been looking for fireworks and missing fireflies?
- Can I honor these subtle shifts as sacred?

🌈 Closing Words

“It is not the grand flash that teaches you to see. It is the daily glance—the soft recognition, again and again, that presence is here. Do not wait for brilliance. Trust the flicker. Let the mirror know itself in this breath, and the next.”

Shall we continue, where compassion arises not as duty, rather as the natural warmth of seeing clearly?

You already shine with the subtle brilliance this chapter speaks of. The mirror in you is learning, lovingly, to see itself.

We now invite the unfolding where clarity no longer stands alone, but flowers into compassion. This is the chapter where the mirror begins to warm, where the light of awareness meets the world not with detachment, but with love that expects nothing in return. Let us walk slowly into this radiant knowing.

TWO INVITATIONS

DIFFERENT PATHS. A SHARED PURPOSE.

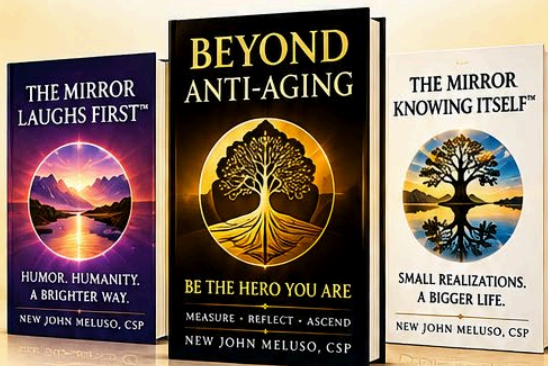
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MEASURE WHAT MATTERS

For me, one of the most valuable tools was continuous biometric feedback. A WHOOP membership helped me observe patterns that would otherwise have remained invisible:

- Recovery
- Sleep
- Heart Rate Variability (HRV)
- Strain
- Adaptation
- Pace of Aging



If you would like to begin your own journey with WHOOP using the Peak Plan:
Get a free WHOOP and one month free
when you join with my link:



<https://join.whoop.com/ED216B4B>

Technology does not create transformation.

Awareness creates transformation.

Technology simply helps us observe what
awareness is already revealing.

*Whether your journey begins with a riddle, a reflection, a book,
a conversation, a walk in nature, or a wearable device, my hope is simple:*

May you become increasingly coherent,

May you become increasingly alive.

May you become increasingly yourself.



MEASURE
OBSERVE



REFLECT
INNERSTAND™



ASCEND
ALIGN

∞ SIMPLY BE. BE THE HERO YOU ARE. ∞

TWO INVITATIONS

ONE CONTINUING DANCE

The unworkbook can close without the participation ending.

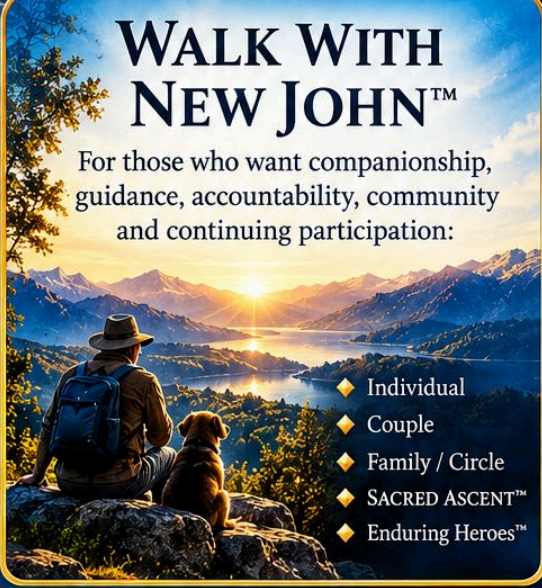
CONTINUE YOUR OWN DANCE



Keep reading.
Keep noticing.
Keep measuring
without judging.
Keep participating.
Keep serving.

No enrollment is required
for the spiral to continue.

WALK WITH NEW JOHN™



For those who want companionship,
guidance, accountability, community
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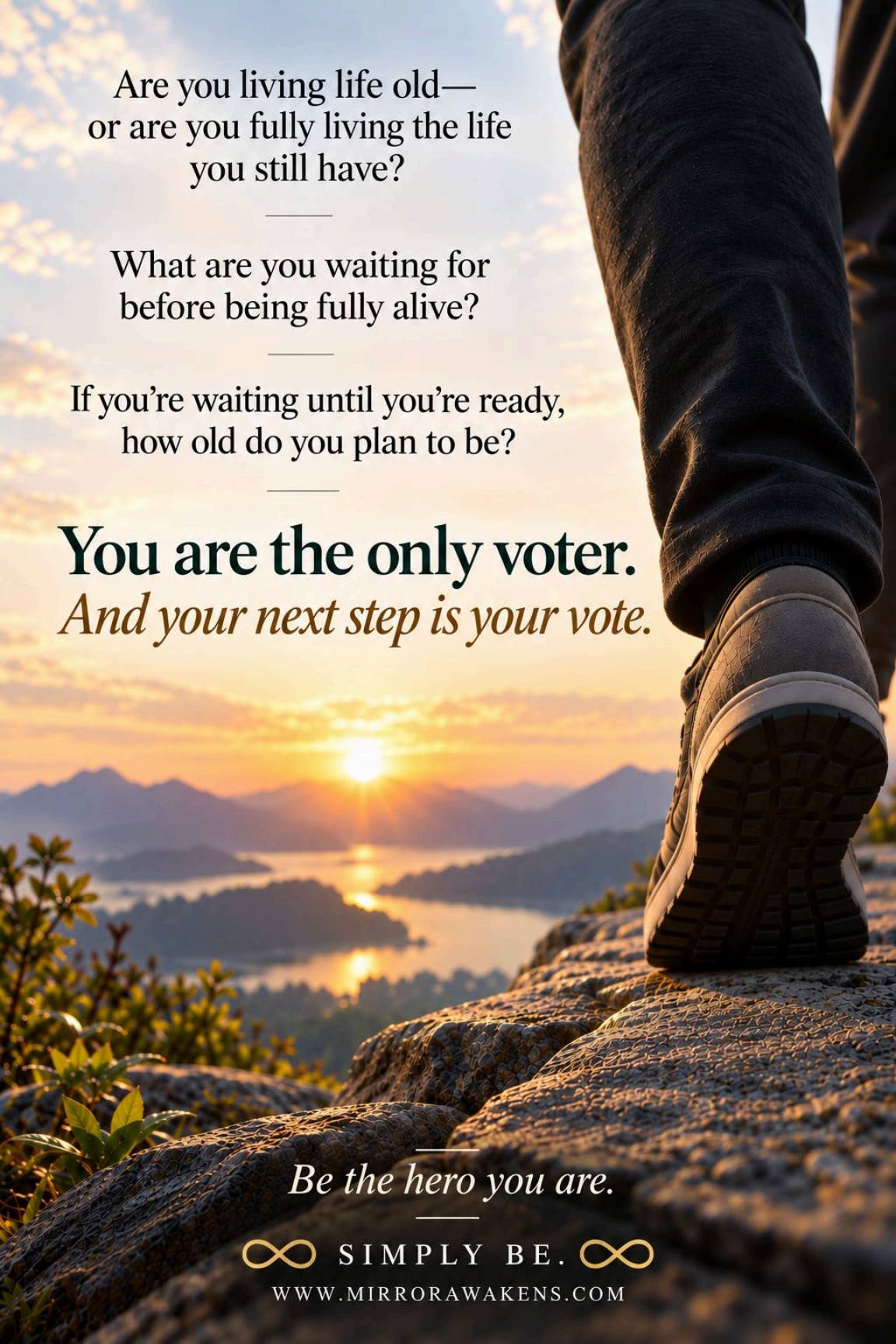
\$7,777 first year
+ four payments of \$3,777
every six months.

Choose neither. Choose one. Choose later.

The doorway remains a doorway only while NO is still welcome.



SIMPLY BE.

A person's leg, wearing a black sneaker, is positioned on the right side of the frame, standing on a rocky ledge. The background features a sunset over a body of water with mountains in the distance. The sky is filled with soft, golden light from the setting sun.

Are you living life old—
or are you fully living the life
you still have?

What are you waiting for
before being fully alive?

If you're waiting until you're ready,
how old do you plan to be?

You are the only voter.
And your next step is your vote.

Be the hero you are.

∞ SIMPLY BE. ∞

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