

Love Void Love:

Dreams from the Abyss:

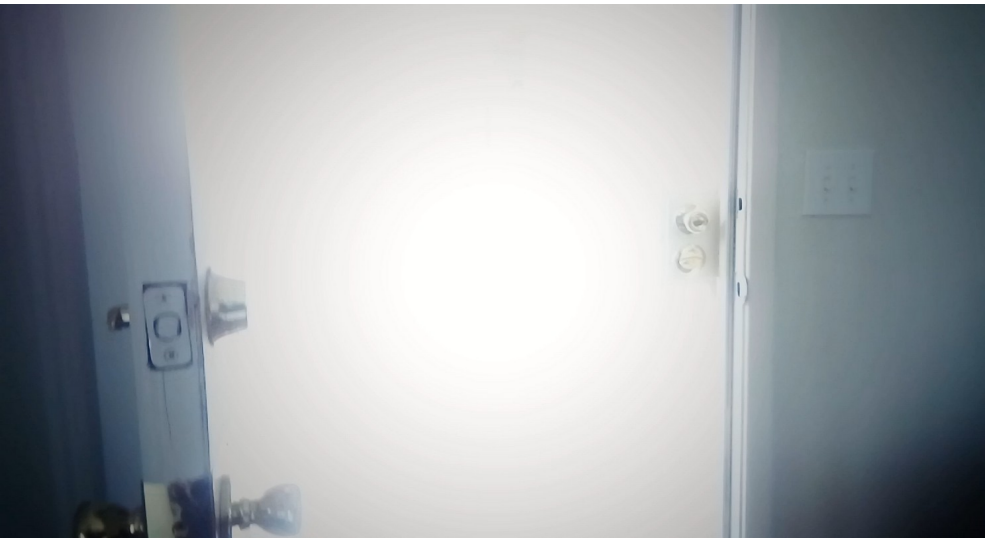
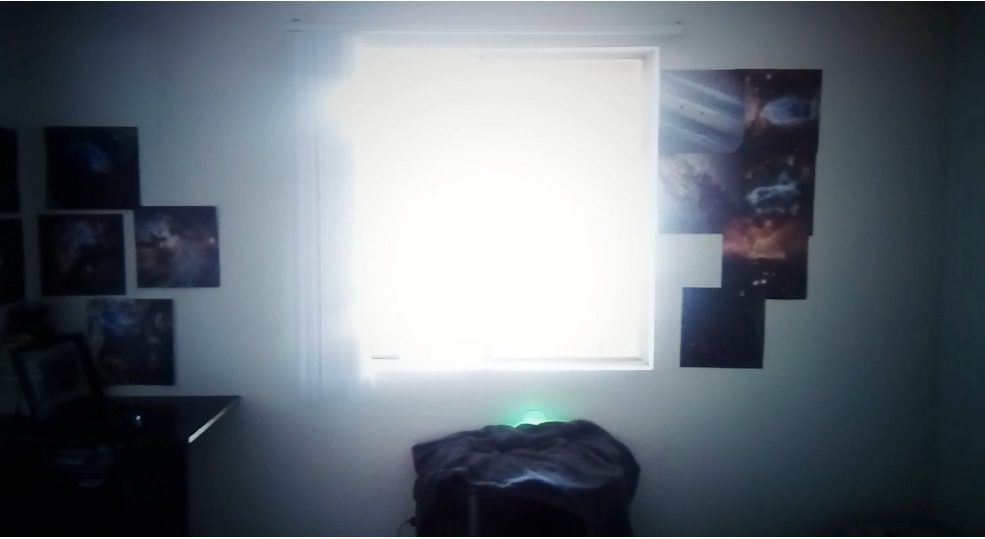
Writings of Things and Other Things;

With Forays into **Harm-Reduction**

& The Final Revelation is Death:

Corporeal Anecdote and Philosophy





Love Void Love:
Dreams from the Abyss:
Writings of Things and Other Things;
With Forays into **Harm-Reduction**
& The Final Revelation is Death:
Corporeal Anecdote and Philosophy
written by, Josiah S. Cooper

Josiah Shalom Cooper
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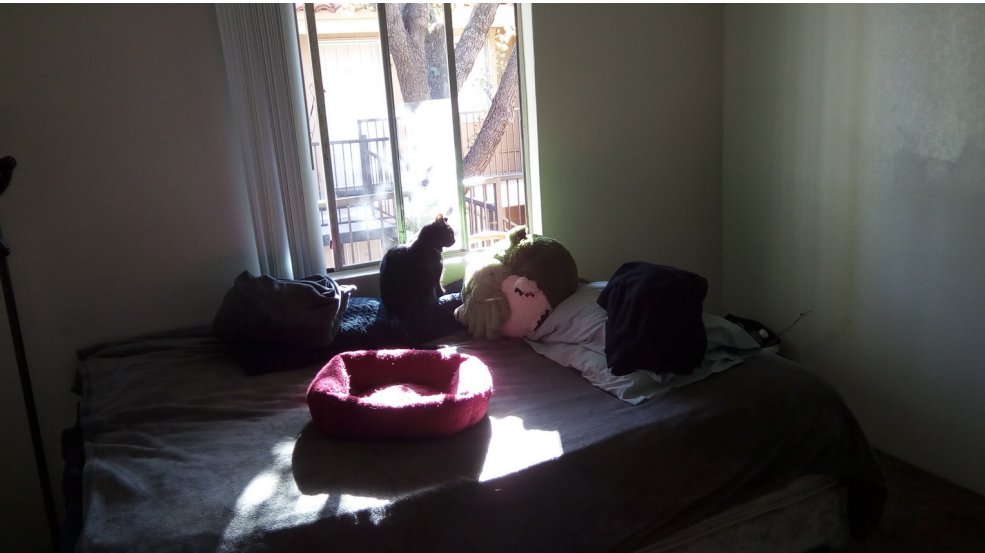
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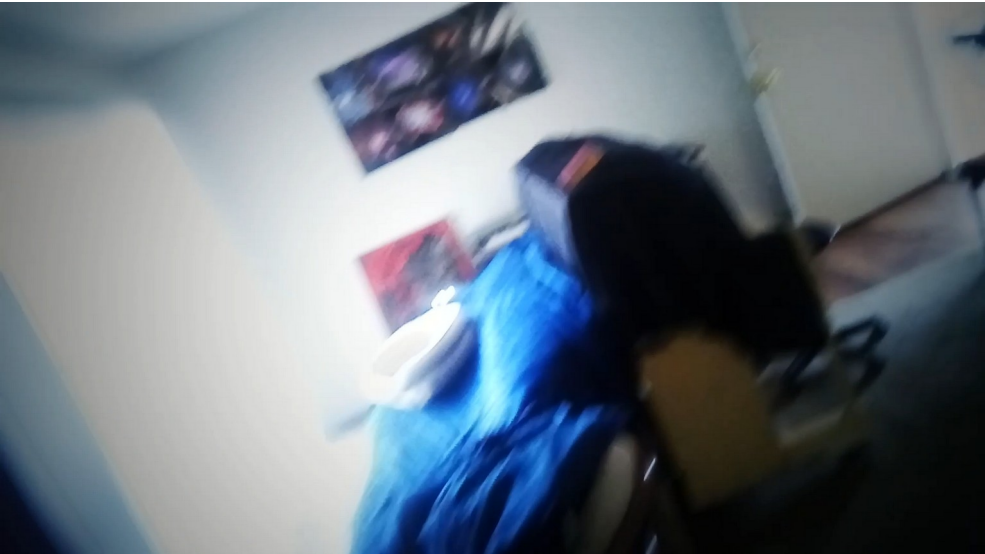
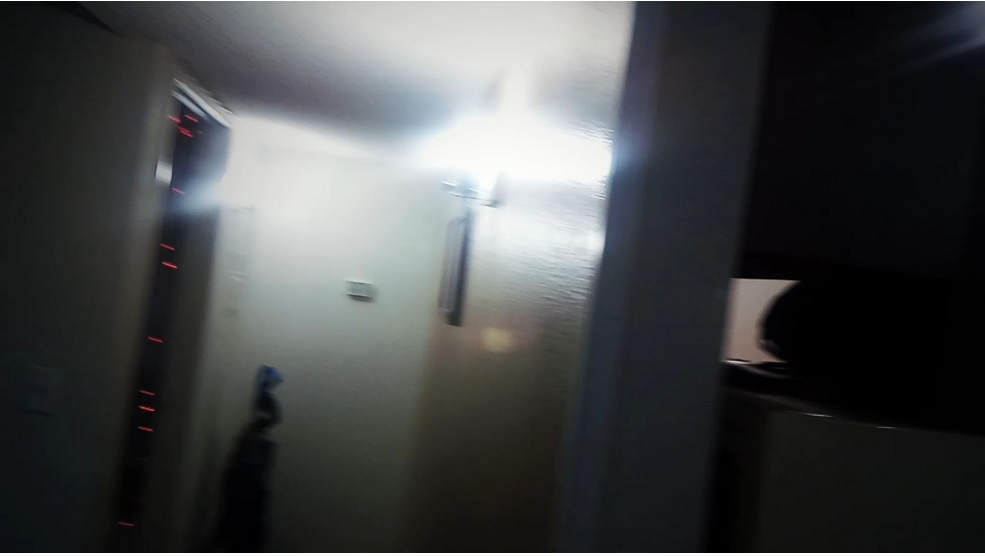
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No essential protection from destruction.

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I want to mention Jiwoon Hwang (who passed away in November of 2018) as inspiration for the creative idea in writing this book.

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Also, to whoever inspired me to start thinking about all of this long, long ago¹ somewhere through the comment thread on a Xasthur music video (talking about an after-life-void we'd inhabit), thank you too.

1. I must have been around 14-16 years old.



Life and philosophy: think today in self-honesty and speak in public humility; admit uncertainty and seek no less than full truth.





This is the ultimate conclusion: In the least amount of destruction and pain necessary (efficient and or ethical a way feasible), reduce and prevent (through denying procreation) harm (wherever wasted), producing an optimum positive net outcome (blood-harm-foot-print impact statement) in the world through thine own individual capacity (strengths, efforts, and achievements).

Notice

This is not a typical book (written to beginning and end, with formal prose); consider it like a little magazine, containing my beliefs, thoughts, feelings and ideas (from past to present). Some of the entries here were written awhile (years) ago and others have been made recently or edited to be more palatable. I have made this version simpler (so it easy to look at and hold) and refined mistakes that were due by being rushed out. Thanks for understanding and bearing with me. This is meant more to satisfy my own desire of a comprehensive amalgamation, with the goal to increase critical thought and enjoyment, rather than impress anyone else. Thanks for reading.

Please Read! (Regarding 'The Final Revelation is Death: "Void = Void" Passage Particularly)

I suppose you're right: Nothing too substantial in my understanding has changed. Sure, I have made more explicit definitions in what I thought would be some magnificent conclusion, but there isn't really. The feeling I had was gone and there had to be a reason. Words like 'existence' and 'thing' and 'cause' are not necessarily *wrong* terms; they just need to be

understood more deeply. Causes do not necessarily need a cause where genesis is concerned (because logic is non-intrinsic to the cosmos). Things cannot be realized for illusion because they are not dependent on observation. And because of these facts, I must say not to assume any grandiose conclusions and withhold those ideas until absolutely certain; I'd be heinously irresponsible otherwise. 'The Final Revelation of Death' is our mundane realization of our meager mortal ends; the experience each of us will have, perhaps more than once in a lifetime.

[Legal Disclaimer]

I do not advocate for people to take their lives (that = personal decision): take care of yourself, please!

I advocate for people to think for themselves and listen only to their highest mental processes of impeccable rationality.




Visage

Untitledⁱⁱ


Well, when things begin, they derive from something that has come from nothing! This one particular haunted night, I had such a dream unlike any other I have heard or experienced; the feeling was sure doom, and it was a doom unbequeathed! In the dawn of my deep slumber, my mind was truly in oblivion; my dreams escalated, fluctuating from perturbing terrors to abhorrent terrors, but in the midst, there was no more to be seen. Muddled under this dark sleep, all the images and feelings of reality were abolished... I was no longer familiar with what I

was endeavoring, for not a thing from this world could explain it; alas, only the adroit imagination can provide an adequate interpretation! A psycho chaotic pandemonium of cryptic bewildering insanity erupted within my own sanctum; the madness contained an arsenal of mind sabotaging and cognition obliterating inane calculations! As the ludicrous assault envenomed, innumerable numbers, murky obfuscated ripples, and absurd equations abridged my head in an all out war for an outright impossible equilibrium! The frenzy was true madness, but even within the insanity, there was a meaning in it all; for there was a message of impossibility, a message of the impossibility of existence! It replayed without end tranquilizing me from my escape, for it soon became more than a dream. For a strange and obscure ominous intuition sent faint declarations to my wavering conscious, signaling my immanent extirpation. . . I awoke momentarily as if so I wouldn't drown, for I knew if I had remained as I did, I would have been excluded. The consuming feeling was definite; it was pure revelation. But even as I recognized reality once again, sensational residue from the experience remained intact, for I went in and out of consciousness, shifting involuntarily back into the hellhole again and again. In entering the fuming void, I became horribly nearer to my

obliteration, my termination! For, there were two points. There were two points of a dim, red oblivion. Surrounding them, there was an intensity of monstrous vehemence; I remembered convulsing in my bed and my brain short circuiting. Oh, it was utter despondency! These two points were as if they were in space, for they moved with all the force of impossible forces, yet they still had colossally massive distance between themselves! But, I remember, as these points became nearer to meeting, I became less and less; I was becoming into my own nothingness! Not long after hours of feverish and hard body breaking sleep, I phased in and out of reality throughout the entire remainder of the day. Everything only appeared to exist, yet my senses continued to deny it. By a day or so, I completely transitioned back into delusion, and I became a survivor of the truth.



**The Dismal Abysmal Void
&
The Unreality of Your Reality™**



It seems that every entity that is apparently apparent in reality or any reality requires a beginning, but because these things require a beginning, it cannot be real; for a thing needs a thing preceding a thing for that thing to be real, and in truth, when we go back to “the beginning of everything”, there was not a thing to make the beginning of everything or anything, indeed, real. An entity would need and demand another entity for its existence, because a void cannot create something; for a void remains a void because a void cannot influence a void into something because it is not a thing at all; it is the antitheses of something²; and because something requires something for its existence, existence is impossible and will never be possible, because there was not a thing to start with and so not a thing to begin anything with.

The universal and ostensibly, insoluble question, "why does everything exist?", cannot and will never be righteously answered; because it doesn't exist.

2. The 10 word phrase, “a void remains a void because it is a void”, says existence = impossible because something cannot arise from the abyssms of nothingness – because nothingness remains nothingness because nothingness = nothingness.



"Prelude, I (Insanity To Come)" April, 2012 video stills

[2]

Existence is often a quick postulation for a mind with a false, deluded foundation, for any mind that grasps belief as something that is real has duped himself from knowing what is and isn't. Here it seems knowledge is waiting, yet we continue to postulate - beginning with beliefs and presumptions as foundations- preventing

ourselves from knowing what is within our capability to know!

Paradox Undermined

Knowledge is only acquired through much long endeavorment, for certainty can only be guaranteed if the conclusion is the only possible conclusion. It is here in our mind that we can accomplish any task that is a possible task – possible as in that the task's material is not madness. It is here we can slowly but efficiently extirpate all impossibilities. For in the human mind, we possess the capability to uphold and make use of the faculty of reason; reason is the ability to make sense of what is presented to it. For example: The questioning of existence is presented to reason, and let's say there is a clear mind – without a presumptuous foundation – that will endeavor upon if what appears is what is. First of all, we must ask a very delicate and complex question. Is it possible for something to be real, and if so, what makes something real? We must not presume things can be real, we must ask if they can, and if so – what then? Commonly, the answer to this question might be, "the truth", for the truth is defined by that what is real or that what makes things real. However, this is a presumption, for we assumed that the truth is an entity that makes things real or untruth as a

thing that makes other things untrue. For the truth seems it has to exist in order for a thing to be true and that untruth has to exist for something to be untrue. An even better question would be; what makes truth real? The correct answer would be: Not a thing makes truth real, for not a thing can make something real. I am not, however, assuming this. For the truth says not a thing is real, for not a thing can make something real because not a thing existed before anything to make anything else real; a void remains a void because it is a void. However, it is a truth that this is true, and that we have found it through reason alone. Alas, the entity of truth and untruth cannot be real, for truth and untruth contradict themselves; behind them lies not a thing to make them real, yet they seem to manifest themselves in and out of existence . . . denying and complying to what is very well impossible. However, since the seeming entities of truth and untruth cannot exist because not a thing can make them exist, we must look beyond them and everything; what is beyond them is not a thing. Thus, we have arrived at a conclusion that says truth and untruth are only apparently real things that represent real or unreal characteristics. All they can be applied to is only apparent, for truth and untruth are only apparent; they do not and cannot exist. Therefore, everything is only

apparent, and all knowledge is only apparent because the truth and untruth can only be apparent. Thus, there is no such thing as truth, untruth, knowledge or existence, for all can only be apparent and can only be applied to what is apparent because it itself is only apparent.

**Moss and Mold:
A Pithy Semi-Narrative**

Moss said dolefully and devoid of doubt, “Void is such a great word; it never fails in describing something.”

Mold replied in a primitive satire, “But to say such a thing is nonsense. Look around you. What do you see?”

“I don’t see anything.”

“Do you not have eyes, friend?”

“Apparently, it seems I do. Although, I cannot see because there is not a thing to see and not a thing to see with.”

“So you’re saying that these things we are in possession of, these things around us that seem to exist don’t?”

“Yes, or perhaps you think otherwise?”

“You seem to be very well sure of what can only be madness! How can I not be abolished of this?”

“But, you see, madness requires absolute

irrationality, so you cannot be right; for there is a strong truth and *rationality* behind what I say. Can you not liberate your mind from the chains of thought that stem from your postulation of existence's existence?"

"What you see as chains are only facts that cannot be escaped. Although, I am curious, why do you choose to suffer and ponder over such obscure drivel?"

"The things that you say are facts, such as existence, are postulations; you cannot righteously know when you presume that you already know! Why are you so exceptionally mundane with your ideas? Maybe because you wish not to worry, you wish to avoid the truth by believing, you wish not to know by thinking you know. . . Perhaps you are just foolish enough to think you know when you really don't."

"How can you know that this isn't real? I think it is silly that we should endeavor on such enigmatic subjects. This all might as well be real; it feels real!"

"I am only aware of what I know through a genuinely refined *rational* calculation; through an indubitable reason, I have obliterated all the possibilities of existence. In my conclusions, I have recognized that there was never a chance for a thing to truly be as it appears. I could explain further, if you wish, but no doubt you will still

hold onto your beloved beliefs. You will not need them; the truth has no exceptions.”

“Continue on with this absurd droll then, I am eager to listen to your pathetic attempts in philosophizing.”

“The resentment you cast towards this idea is a reflection of your darkened mind... I really have no more desire to waste my thoughts upon ignorant fools. You have truly lost your desire to know – to be *free*. . .”

As Mold gently got up from behind the table and headed for the door, he murmured “I have always hated you.”

Moss looked Mold sorrowfully in the eyes and said, “No, Mold, you hate the truth.”

Mold paused for a moment with the silence of the room as he awkwardly opened the door and departed into the dark, restless wilderness; he soon disappeared . . .

Moss grew transparent into the ancient, sanctuary’s crevices as black leviathan storm clouds soon beset upon the once peaceful abode – spawning ravenous maelstrom – dark rain – on the terrene terrain with a monstrous vehemence that began eroding and decimating its flora and life. The area briefly convulsed wildly and ragingly, staining the sky, atramenting its tone, and quickly avulsed – gravitating elsewhere in

the world.

As Mold tried desperately and longingly to grasp onto reality, his body lay pummeled and pinned underneath layers of caliginous debris; in his crying agony and despondency, he struggled wistfully but helplessly for a sense of freedom as a growing anxiety assured him that he was going to die.

Instants passed as he gazed into a coming darkness; he was afraid and fading away. There was no light or warmth in his dissolution, for he sensed only death and loneliness. He felt an overtaking emptiness and slow obliteration of his own mind as he lay in his own flesh; his breath became quick as he began to feel death.

In his last dissipating seconds, he sang in a rasp, frail tone for his own assurance and comfort, "I'm going to die, I cannot lie. I am going to die, I cannot fly. I am ending and not having any amending. I am ending and there is no more pretending because I will not survive; I'm going to die."



Tucson sky sometime within early to middle 2018, the image shows, on page 27.

Cosmic Genesis: The 'First Thing', 'Everything', and Chaos as the Thing Itself^{iv}

What is the first 'thing'? What is the beginning of 'everything'? What is the truth and existence itself? Is there a difference between truth and existence? Are we 'real' or just apparent, illusory or tangible?



Source: [skitterphoto.com](https://www.skitterphoto.com) (CC0 License) | sands of time³ reference

-
3. Cosmic genesis: the 'first thing';
No-thing Precedes it | Eternity is down the rabbit hole; chaos is
the thing itself.
Truth is illusory. Existence is infinite.
Duality: disparate modes of belief.

We, much like all other animals, are instinctual and inclined to believe in intuition (conscious, perception founded) as a reservoir (well) for 'knowing' and knowledge; and not just empirical (evidence focused) but the 'Eternal' found through the lowest vibrations of one's inner being and outer vision of the riveting fluctuation and oscillating world as one thing itself (if not dual: yonder).

I want to make it clear here that there is a choice and it is only that: a preference. Do you want truth without knowing or logic without truth? Is reality experience itself, beyond a skeptical mind: the observer, know-er, shattering-pitch-shearing quintessence of a cosmic din?

So I will ask: what do you want? To know or to believe beyond a reasonable doubt? Yes, even truth through sear cause and effect cannot be discovered completely. You must accept uncertainty. There is no final dissipation or deduction of reality, no grand opus of realization through being; there is just this: An apparentness-is-ness; a grey tinge, tinge; a dot. Yes, ".": I believe is the expression best fits all of this, to explain non-existence, an undefined thing itself, and the 'eye through the looking glass', peering to the very edge of all that ever *perhaps* was . . .

Neuronal stimulation or acceptance?

-n't.

Flip an eternity back: metaphorically turn the pages of the chasm (cosm) of the w-hole, the sum (*gestalt!*); 'everything'; up the rabbit's arsehole, down the rabbit hole, and I believe chaos is the thing itself.

Experience used to define itself is no better than logic without a premise to operate with – no fuel for the gears and no fire for the soul. But it can still *work*; much like a meme or disturbance / profundity, ideas can be planted in brains without winning any argument, and sensations (radical or not) can start ideas.

And so I believe, in order to defeat such subliminal, subconscious monsters (my personal nemeses, i.e. shadow figure[s]), one must hold self-honesty and public humility as a virtue above all else; for such things become like poison and inescapable anguish leads to the consciousness(es) that does not look, see and respond with automatic purity and immolation.

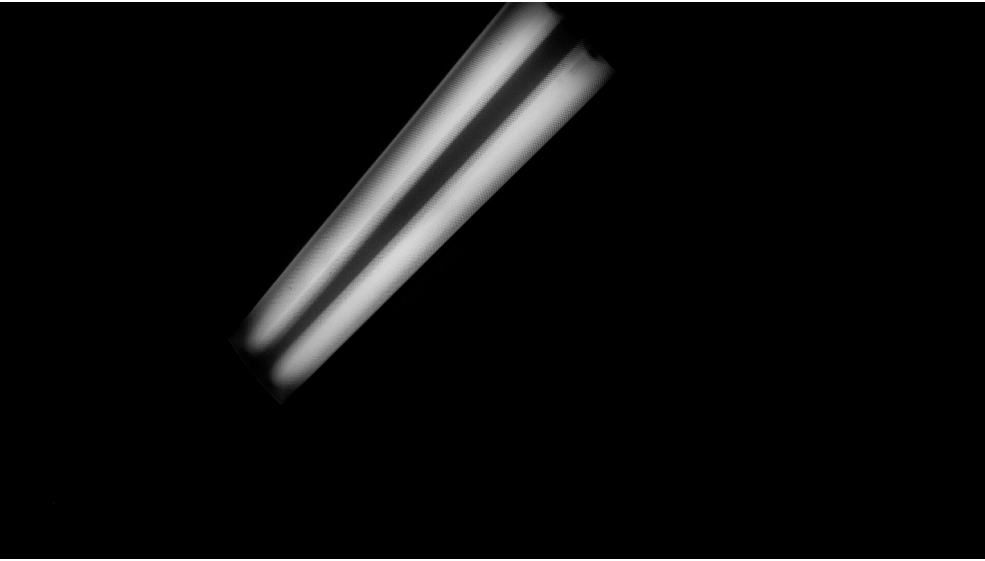
The end.

Rein, the fucking emblazoned, hellish /
sea churning urn (onyx) adorned sky / earth.

Addendum: Arguments, debates and discussions looking for a straightforward answer that does not loop, ruminate or cycle, must yearn towards a fixated (axis) structure to stem all branching

dialogue; else, I believe philosophy as a body is a dry corpse. Resurrect it: Resist neuronal stimulation (obsessive tendencies to do for the sake of) and or accept reality (and all the uncertainties therein) just as it is presented to you. Amen, an obligatory: 'shut the 'ef up' and 'good-night day and good-morning midnight⁴.

I wish.



From "WULD" [DEMO], track "The Final Revelation is Death"

Void = Void^v

4. Reference from Jóhann Jóhannsson's track title(s) from the record "Orphée".

“The final revelation is death” = symbol for complete realization and total obliteration⁵.

I call it eyeless philosophy. Basically. You tell me there is existence; I say what is that existence? You cannot answer me because you have not truly observed it. You can say, 'well matter and energy, quanta, because that is what we know (have seen)'. Then I say, 'how does it exist?' You cannot answer me. You just say, 'it comes into existence'. You do not know. Existence is the most fundamental assumption because it cannot be defined any better than non-existence when you remove observation (a trust or belief) that existence is intuitive.

Apotheogms:

Void = Void. Void remains void because void = void. No-thing remains no-thing because no-thing = no-thing.

Realization of w-holes: w-holes = independences of observation / equivalent to non-abstract physical forms, but = absolutely deductible to nothingness through an assessment of ultimate genesis (origin of ‘everything’).

5. “Please Read” on the introduction (pg. 13) was created specifically for this reference.

‘First cause’ = oxymoronic statement because ‘first’ implies no prior event. Event, however, would = event [If] there = reason for an event. ‘First anything’ would have no reason, unless you reverse the statement. ‘Genesis’ (/ equivalent to concept) = more incomprehensible than nothingness, whereas nothingness = at least logically / analytically the default. ‘Existence’ = the fairy-tale of our language system. Yes, w-holes obey no logic necessarily (in regards to ‘first generation’), but they also obey w-holes.

Progenitor:

All other w-holes (through cause and effect chains) = limited by the mechanics imposed from the first w-hole’s genesis. This is why we = present on Earth, and chaos does not reign; there = a fundamental ‘logic’ (structure) by consecutive w-holes. Though, however ingenious this all may seem, the first w-hole generated for no reason and out of no-thing or predetermined order.

A w-hole can arise for no reason because they do not exist. ‘Why don’t we see first generations happening?’, because there = no *necessary* reason for them to happen: a w-hole (say individual photon) will or will not generate for no reason over a measurable trillion years squared; or not; for = no reason!

Further Deductions:

Since nothingness and ‘just is’ assessments do not compute, I will provide a counter proposal: feeling = feeling. Feeling *can* imply w-holes but never = w-hole.

Truth is the relationship between correctness and w-holes (basic inference: ‘if so and so = true, then this so and so equates to truth; clinical science for example). Truth, however, = also non-deductible, fundamental paradigms / apothegms: for example ‘feeling = feeling’ and ‘void = void’.

The Goal of This Philosophy⁶:

The goal of philosophy = to realize absolute truth through uncertainty. Uncertainty at minimum remains uncertain (/ equivalent to ‘uncertain of uncertainty’): we cannot know what we do not know. For example, ‘what if I am missing a clue or w-hole to invalidate my current conclusion?’.

While we cannot know the unknown because we do not know, we can know for fact, non-deductible statements as evidence for inference to truth (‘out of the darkness, into light’, so to speak). Reason possesses no doubt

6. **Outdated** and or *at least* unverified (as of May, 12th, 2019): The “Please Read” on page number (13) was created specifically for this reference.

wherever evidence = laid. Therefore, I believe, the truth = knowable. This = the goal: see illusion (w-holes) for w-holes.

What do you think will happen once one realizes absolute truth? Our w-hole universe will in fact break-down along with our selves.

Consciousness = dependent on w-holes (brains [/ equivalent to neural fiber networks capable of sentience disturbance]), so our revelation = immediate extirpation. You cannot come to this event without this knowledge.

How do we get there? I believe slow dissipation through the senses of death and or psychotic, vivid dreams shall lead the way. Who = bold enough? I think such a death would equate to miserable loneliness and or = no guarantee of transpiration.

Since we = the new monkey monsters of evolution, adapted to overcoming our primate instincts, yet though have failed to uphold logic (thoroughly through), I believe only one special character will or will not achieve The Final Revelation of Death.

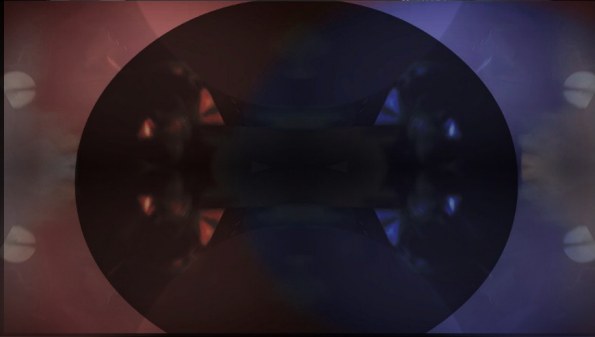
Are you?

Word Coinage:

Synapse-syntax-lapse: an expression of expressionless (neuron 'misfire') when

comprehending non-feeling-nothingness.

“Time”



Fundamental Thinking^{vi}

Infinity does not = equal infinite repetition. Infinity can = recurrence and variety, but not necessarily of either redundancy or difference.

What is my point? Say someone, you, me or them, achieves complete realization and total obliteration²⁹ and resets the 'game-board' of the universe (assuming the sum of w-holes), and we start with a clean slate (non-feeling-nothingness and no w-holes): what do you think = the consequence thereafter? I think originality (genesis / equivalent to first w-holes), since unbound by prior limitations (of causal chains), = non-recurring, but not truly. Do you know the trick, this of language? Beginning with a clean slate = uniqueness only for that subsequent progeny (if any); so the absolute truth of all origination(s) equating to their own differences, absolutely, = non-guaranteed.

If you have any counter proposals on these subjects (particularly this one, or others), please let me know.

Will 'we' (/ equivalent to feeling creatures) wake up on another 'Earth' in dread,

29. Older and or variant terminology for the Final Revelation is Death (philosophical goal); as stated prior in this book – the current position of this is outdated or *at least* unverified (see introduction or pg. 13) as of May 12th, 2019.

once more? If so, a more natural trend of progressive and perpetual deletion of sentience would = moreso effective (heat death? black holes? same inevitable transpiration of consciousness?).

I hope not. I hope not. I hope fucking not. I want the end to = the end. I want the world to = no more. I want the noise of disease and suffering to = silenced.

The supercedent purpose of mitigation and elimination will always = logical and virtuous wherever tragedy and pain = tragedy and pain.

No reason to happen and no reason w-holes cannot happen; for = no reason precedent or necessarily (in terms of w-holes outside the bound of cause and effect linked w-holes) ever subsequent! = variant answer. W-holes = unpredictable in their origin = ultimate unknown. We have not hitherto perceived the first w-hole reliably because of insufficient information (/ equivalent to non-referable source).

Infinity word usage = an err on my part.

Beginnings and ends = always definite!

Answer: generation of w-holes = non-guaranteed, let alone repetition and or similar varieties of genesis; for no reason = based (/ equivalent to antecedent).

Originality and “Randomness”: Autogenesis

When dealing with true randomness, probability (statistical outcomes) and rarity are fairly (entirely) non-reliable. Considering how things can generate for an absence of any reason x infinity, anything perceived as unique or monotonous, could always be the reverse. When dealing with auto-genesis, unlimited by prior factors or variables, something completely original will or will not happen x infinity. With these answers, there will never be any guaranteed, predictable thing. This is what is called a guaranteed unknown.

Consider life on Earth, how over the billions of years for a second abiogenesis to happen, nothing has. It could be inconceivably 'special' that 'we would be the only ones' in the universe, but according to true randomness, that meaning loses all context.

Our lives are essentially, ultimately devoid of 'control'; you can consider any choice or agency thrown out the window of reality. Really what the brain experiences – that sense of self – is all the narrative plays with. Beyond the script, "I" don't exist. Disturbing or greatly

relieving, I think; indifference, no. Just kind of empty, but not silent. Pitiful at worst. Deep, deep shame and sorrow. Why? No reason.

A context is a context; within it the laws only of those things in particular. Definite uncertainty forever.

No wonder people hate each other. We draw cartoon like characters of our positions and personalities, defame all semblance of the person(s) identity, like piss. Do you think humans will accept or love themselves when we can't stand up for anything, like cowards? I do think it takes some courage to be vulnerable, to lay raw in animal form, not out in pressure to deceive and guile.

Scientific Grade Logic

Philosophy should be scientific in its precision to quantify not only the human condition, but all sentient life. That is the goal so many fail at (myself included). To fight for ethics, it's almost essential to become obsessed in a personal manner. We obscure the truth with our desire for immediate appeal in the moment (placating through passion, becoming riled up; and although beautiful therein, typically runs amuck in the details) – and the perfect, technical aphoristic argument is not read or heard. That

argument I believe exists within us, we just have to suck up our internal abnegations and proclivities to fuck up the message. Stick with the facts and logic, and the truth will win.

The destination of truth is through 1. Observance – 2. Deduction through observance – 3. And inference through deduction. This always = the pattern. Logic is finite and the universe is non-reasonable intrinsically. Never make the mistake to assume reality needs rationality. Plus 4. And analysis of facts to draw conclusions (synopsis forming). End game deduction and extrapolation.

Have you ever thought about the beginning of 'everything'; the old cliches speak about 'Why does everything exist?' Well, I myself made a fatal flaw in assessing this way back. I went further than these people and said: a void remains a void because a void is a void – which is utterly logical, but doomed in its understanding of the world. Genesis is non-intrinsically reasonable; the universe will or will not happen for no reason because no prior factor will or will not prevent it. So yes, unless infinity can be proven (self-existent ['things must exist always'] properties can be named), then a finite cosmos, although definitively irrational, [is and =s] ultimately

independent from observation (layman's term for "real"). "Realness" is quantified through observation, deduction through observation and inference through deduction – a final analysis of facts, drawing of conclusions (synopsis forming) is the end result of hard, technical (scientific) research.

Did you know that the 'scientific method' we have today arose from what the people called 'the pestilence' (or 'black plague' as some vaguely know it); it came about because religion failed so colossally to bring answers: the people thought disease was wrought from a 'corruption in the air', consequentially because of astrological phenomenon during the time. Following wretched outcomes, people lost faith and had to begin thinking more logically to find the truth.

Earlier, Rough Hypothesis (2018 Era)

Logic = deduction and inference based on consciousness (awareness / sentience = sensory input module devices; brain feedback loop) and evidence (facts; truths; via the deduction of empirical examination and analysis = objectivity [acknowledgment of w-holes independent of observation] = valid).

Consciousness is dependent on brains and thus begins scientific research on what I call w-

holes (replacement word for "things" = logically deductible to nothingness, though, scientifically inferred independent of observation).

Fundamental axioms either make or break an argument. To be perfect technically, you must relearn your thoughts and memes and replace them with nothing but the truth.

Words are = to representation of w-holes, feelings and non-deductible axioms.

Go from the inside out and question all that you have assumed. Assumptions and hypothesis (baseless conjecture) are enemies. No shortcuts. Ground up.

Over-All-Harm-Reductionism

My goal: to provide information, verily that the truth becomes inescapable to awareness (omnipresent through thought-nodes [nomenclature]), sucks the air from rooms [figuratively speaking] as to make any other means of sustenance [logical normalization] or fleeing impossible; that people will have to deal with [accept or reject] these facts, and thus can begin a great quietus [resolution] or war for those piteously withstanding.

I prefer to stand by a philosophy of no harm as an ideal, though, since in living life (our actions necessitating harm through fighting to be alive) we must take part in an unavoidable blood bath. We can obsess and minimize all details of the ugly picture, but the whole remains (activism is an ought and not just suggestive⁷); returning, 'waking up here again', through various forms of flesh with similar brain constructs to clean

7. I will say that as fundamentally selfish and crude beings, it should not be [expected] to perform tasks (and or efforts) towards 'good', but the ought is still there and must be obeyed if one wishes to remain rational. Therefore (by my own experience I am saying this), the brain will or will not act effectively as a harassment tool (compelling, pushing force) for motivation in directing you towards these goals. Beware that as animals, fear, regret, shame, guilt, etc., do not essentially provide adequate long-term commitment and should be seen as emergency responses (reactions to incongruity); so, having pride and a sense of duty is, I think, important.

messes we did not create and to impose on ourselves a perspective so daunting, that no other animal hitherto has dealt with.

It is a long, dark and ugly road to deeper understanding, filled with loneliness and uncanny, moonlit twilight; desperation, despondency, hopelessness, unfulfilled longings for [a better future, potentially] an erasure of the past and all the marks and scars of wasted capability. I feel at a loss of words to describe 'the horror', unsound within their aching eyes, minds and hearts; to go all the way and be at peace again for one pathetic moment in an otherwise immeasurable time of ancient ages unfolded much ago. The immense scaffolding writhing from our DNA ancestors; their herculean, monumental bed-flooring – rich of suffering, their backs turned, spines laid out piece by piece, to make way for the 'king of the hill' (our axis-generational-legions of doom) – what shame have we to bear? What agony have we to perceive forthcoming? Doom, and doom non-betrothed.

Definition:

Over-All-Harm-Reductionism (Noun):
efficient, optimal mitigation of the total amount of harm accrued through one's journey here, with

aims to 'ripen the Earth', not in offspring but in the logical imperative of alleviation and prevention of affliction (birth) and pain wherever affliction and pain = affliction and pain (regardless of any 'who' or 'what' manifests experience). In a very literal sense, if not in an absolute fleeing mode, our destinations navigate (all action) to the illusory prize of lesser panic and agitation (aka, albeit crudely put, 'pleasure'). Fear is the prime example of reflexive movement enforcement; compulsion, that which thrusts us into the unknown in a stake for propelling (preserving) our selves into the future. From these two horrible dins, our fortune vanishes, and erupts (emerges) religion; socially approved thought dogma as homages of ritualistic behaviors. Life has been imbued with our words, and now gestures: this seemingly unquestionable edict that 'for the sake of it', 'in and of itself', progenies (if not just homo sapiens) = the source of all value.

The words "value" and "truth" are akin to 'oracles', namesake calling of entity like descriptions of 'things themselves' (or 'kernels'), bastardizing any attempt of authentic representation of which a person should be able to clearly point to. Let me explain, in the case of human misunderstanding, it has been said 'value

is inseparable from experience' and = 'real as an event'. Without much thought, I can deduce that anything isolated to its own quadrant of non-observance or given labels which are no more loudly defined as their counterpart, are unnecessary. The statement, "value is in experience" can be no different than saying, "suffering = suffering." I do not mean to claim this as a rebuttal of any means, just a rephrasing and clarification of technical importance. The new statement goes very much like the old argument but describes value (negative) as "repulsive". Instead of just 'negative', repulsion defines the natural state of fleeing from our decaying bodies as a result stillness would allow. Since no one does pain for the sake of pain, ever, our prerogative becomes to end the cycle of coming into existence (reducing the 'net deficit' of experience) wherever feasible, since our innate goals of alleviating pain in the world and reproducing are incompatible (with the necessary understanding of no true accomplishment in any 'chase game' addiction [hunger / desire] involves).

Understanding truth comes through an ultimate assessment of independence of observation; sometimes with the exception of certain non-deductible (or tautological) statements: "feeling =

feeling" or "void = void".

Logic is non-intrinsic to the universe, meaning genesis obeys no laws and imposes its own. We can deduce and infer that consciousness is dependent on objects (or as I call them, "w-holes") by the fact that we are finite in knowledge, the world changes and is not changed on our belief of it, and = bound to the body. Logic uses deduction and inference to validate premises. Premises are founded through sensory data with thorough analysis. If one is not to use logic, all linear conversation ends and there is no argument to be had. To escape the resulting uncertainty system of feedback loops of proclamation and intuition based judgments, one must base their belief in substantial empirical formulas. I choose to side with reasoning; though, wanting to avoid pain is something I know without having to assess and compile a quantitative theorem. I think the fact of consciousness is the only bit of information that = self-evident to the brain; and since this context is entire, we should take the situation seriously. Logic works, and as a scheming engine, we will use it to get what we want; so, since feeling = feeling wherever active brain = active brain, let's work together for the benefit and cessation of the sum. Thank you.

Capacity, Judgment, Integrity and Error

Does anyone know how to calculate the impact humans have had verses the result of nature flourishing without us? I think to deduce a rough value, we'd have to assess how many wild animals would be alive today verses how many humans there have been (including our factory farm breeding, over-all differences of afflictions and kinds of deaths) and then judge what our capacity is for reducing and preventing harm in the long run verses the result of indefinite proliferation of the untouched, 'pristine' (green) biosphere.

So what is our capacity? Since there are humans like myself and others who acknowledge and can curb our desires for purely self-centered ends, that brings at least some statistical evidence that humans are capable of more than the violent, alpha dog, 'king of the hill' like competition of our evolutionary origins.

I was reading on the black death and crusades, thinking how quickly people resorted to torture, murder, pillaging and raping to get what they wanted and how 'the pestilence' was almost responsible (due to faith in religion taking a hard hit) for leading to what we call the scientific method today. I want to believe we can over-

come what we have to as a species without such horror as that.

What do you think = a requirement for our current position? Some basic things I think would start with: exposure to knowledge (since without information, no deduction can begin), logical thinking (since incompetent and or insane minds are unstable and erratic), awareness of consciousness as source of all harm (fundamental axioms or premises accepted for conclusions), prerequisite understanding of evolution, biology (DNA structure complex: replication as function), and disbelief in god (though not totally necessary for human extinction at least), self and intellectual honesty (integrity), and or personal familiarity with tragedy (either to those close or to oneself).

What do you think?

We are already fucked by being begotten, so all attempts at our own health and state-of-being quality adjustment are superficial in comparison to the grotesque wounds the universe has fortuitously erected. We must count our victories in lives averted and ended non-gratuitously (without collateral damage of potential for good destroyed) the most; the priority being the former. We are not here to kill and raise hell, but to promote the deepest peace

and quiet wherever feasible: an utterly empty, hopefully uninhabitable world. If there are aliens, that simply means the job is much, much, much, much more laborious than previously conceived. It should be noted, that even if you believe we are not alone, any movement in the 'positive' direction, is still relatively positive; meaning, any harm negated is still harm negated and remains the ultimate, ubiquitous agenda wherever sentience = sentience (capacity for pain = capacity for pain).

I want to clarify the following statements from emotional 'woo-woo': selfishness is not in and of itself the harm of the individual; the harm lies in the very mechanism of motivation, i.e. consciousness. Furthermore, will to ignorance, malevolence, sadism, mysticism are the 'evils' to human intellect. In an ultimate sense, we consume and defecate (create waste), so no one will ever = self-justified in living. However, I do want to say that it is NOT a necessary truth that we cannot do good (so that our community was

better off for us having been born); that is conditional to our circumstance of cleaning messes and having a mess to clean in the first place. We are imperfect, and as animals, we have to make logic and truth more personal (if not just familiar) to implement them as useful tools. As for having fun: so long as it is not the primary agenda, there is no 'sin' in feeling what you feel. It is important, since we are already alive, to stay grounded so that we do not go insane. An idiom: humanity is like a plant in too small a pot; it's roots overgrown, the soil malnourished and void, we starve and go mad.

That being said: Everyone sucks. There should be no bias. Indifference would be hard to achieve since there is nothing to be indifferent about from a broad outlook on suffering. Many horrible experiences are happening now that would make the strongest, most profound accomplishments look trivial. Am I being negative for the sake of it? My heart would tell me to hate myself too, but

really that is a waste of energy. You should be passionately furious at everything since any one moment is not good enough to make up for the terror on planet Earth. There is no time for fun. Logic demands sainthood, and the only difference between us and the other animals is our ability to curb immediate instinctual desires through psychological conditioning towards pride and integrity. Whatever makes you most productive, no matter how inconvenient, even if it makes your life seemingly insanely hellish, should be done. That is the horror of being alive.

You're already hurt. You're already here. We're already fucked. What's to give up on? What's so damn important otherwise? Face the truth, accept uncertainty, be honest, humble, seek, question, learn, think for yourself, or live in deception and delusion. You can't escape life while you're still alive. So what are you doing? What's so damn important? Pain? You're already hurt, get

something from it. If you suffer, suffer proudly.

Alright, yes, focus on the practical and do what you can. Don't give up for an ideal. Every movement in the relative positive direction is still comparatively good. One must acclimate, step by step. So then, the key here for progress, is never to stop taking them.

Further elaborations, (with earlier preconceptions) edits and updates, now follow:



InMendham from YouTube – 'Not Enough Time in the Whole World' video thumbnail

**Over-All-Harm-Reductionism⁸:
Antinatalism, EFILism⁹, etc.**

8. Optimal elimination and alleviation of over-all sentient disturbance (pain) in the world through as quick, total and painless a way feasible, i.e. logically or efficiently (ethically).

9. EFILism is the word coinage and explicit philosophy of InMendham, though “antinatalism” will bear similarities (as used by

Somewhat cosmetic but also practical approach to re-branding this philosophical position:

I've been thinking of the terms "anti" in antinatalism and "efil" in efilism and "extinction" in end-all-life-isms:

Over-All¹⁰-Harm-Reductionism is a very good term in my opinion because it lacks any misunderstanding of violent (sinister, callous, crude, gratuitous or cruel) intent or hypothetical, non-tangible situations (red-button-end-all-life-switch ['what if' conjecture]) and is more focused on the immediate 'what can I do' circumstance.

My definition for this branch would be here:

Over-All-Harm-Reductionism, noun:

Optimal elimination and alleviation of over-all sentient disturbance (pain) in the world through as quick, total and painless a way feasible, i.e. logically or efficiently (ethically).

[2]: This is the ultimate conclusion: reducing (mitigating damage [over-all harm / blood footprint]) and or producing an optimum ('best you can' [within individual capacity]) positive net outcome¹¹ in the world through one's

David Benatar) but not necessarily otherwise.

10. or Total

11. regarding all well-fare states (feeling beings with the capacity to be harmed or experience pain)

Of course there is 'negative utilitarianism' but not everyone will

own efforts and achievements.

Preventing birth is paramount in all pragmatic efforts of human control in their harm impact-statement. Once begotten, if not still-born or aborted or shortly-thereafter expired, all focuses to relieve pain = temporary (akin to 'band-aid') remedies towards the totality of all living creatures on Earth (or if not elsewhere).

Why? (Preface)

Why have we been brought here? Where did all this come from? Who thought it was a good idea? These are questions I think must be answered, for there is no consent in entering life!

This is a formal complaint to the human race: Stop reproducing and end the rest of sentience (animal kingdom, i.e. nature) thoroughly annihilated! Return the eternal-void-like *peace* and *silence* of a lifeless universe, where there is no screaming and torture, and cries for help go unrequited.

'We' (humans, other animals or aliens) are not nearly special enough to have earned the right to harm another feeling creature (not one iota – pinch) in rolling the knowing uncertainty dice of procreation of inevitable destruction from which

understand what that means on face-value and I think isn't entirely explicit enough. EFILism is catchy and good but isn't perfect either. What do you think?

immense challenge, miseries wrought, frightening ailments, mental and emotional torments must be endured for naught.

Yes, it is a harm (non-trivial) to have kids. Consciousness is the source of all badness, and we are all better to fuck right off the planet into space dust and interstellar debree.

Though, since we do exist and there is a mess to clean, we should not kill ourselves prematurely (passing the burden to future kin).

I (those who will be just like me if not only similar) do not want to 'wake up' here again. So, please, wake up, think and listen to what we are saying. Thank you.

Notice

I will have to preclude the text following by saying if not updated hereafter editing (Through Thursday, Feb. 28th and May 11th, 2019), the one was outdated and or loose in terminology I had used previous to the section "Void = Void". I believe the points are quite worthy of thought, so I will present them here.

Mini-Thesis for Harm-Reduction^{vii}

I think memes work and people don't necessarily need to understand deep axioms, but it is important. I have seen some people deface

arguments on face value without delving any further. Some people need to be tutored apparently that feelings, badness, experience and consciousness are significant in and of themselves (or the source for all significance or anything related to a 'thing' that can be called significant) and not who is experiencing them that is important¹².

All I have to do is say it: stop, this brain synthesizes experience! And all action therefrom ought to = carefully considered – not just from the particular-individual-feel-er but from like-brained vertebrates as well.

Proclamation of consciousness should give moment for pause, since you (the observer) cannot dissect your own observance – I mean to say, sensation hitherto has not been examined 'r proved of yet to carry qualia intrinsic as any other known quantum related substance revealed to us – therefore the ethical prerogative of should (agenda necessity or goal ultimatum) necessarily follows that we shouldn't assume position of sole *omnipotence* (feeling).

If I want to assert an abstract qualia, such as *beauty*, = independent of human contrivance – evidence must = presented to reform the subject equal to fact. If I want to assert an object =

12. Has language failed, or do we simply have to be honest with ourselves and think deeper?

valuable independent of the capacity to feel – value therefore has to = observable beyond direct experience that can = scientifically verifiable in a laboratory type environment.

Life on Earth remains the only verifiable source of known entities that equal to carry brains, nerves and neural network fibers (neurons). And there remains no reason to believe DNA has originated anywhere else in the known cosmos, and cannot = logically extrapolated from one event how this happens; humans therefore should focus their efforts on alleviating the profane horror(s) here rather than obsess (compulsively) over alien hypotheticals.

Specifications:

Conscious experience (well-fare state[s] = to the capacity for affliction and alleviation) = conscious experience (well-fare state state[s]). Sameness = sameness. Diferrence = juxtaposition between feeling states, equal to pain, pleasure, deprivation and reward. Non-feeling-objects = different than a cow, pig or cat, for example.

There are many differing gradations of feeling, those being: – differred by harsh varients, should = noted by obvious, subtle to oblivious awareness levels. However, I am arguing many feelings fall within two categories, those being: affliction and alleviation.

Objects are not the same as feeling, although we would not be aware of objects without feeling. Things are supraliminal – independent of observation – as inferred through science.

What you call *it* is irrelevant. A lie, a deception, no-thing, nothingness, your experience remains. If you deny that, I can eject you from the game.

Nothingness implies nothingness. Feeling is simply feeling. Feeling is illogical to deny and non-feeling is incomprehensible, though feeling can be defined as just feeling. However, indirect to experience, we can describe accurately the function of sensation – through deductive reasoning, for example: someone smiles with a smile on their face just before they are about to eat, we might guess and say they are quite hungry and or excited. We know this with little doubt simply because of experience.

Supraliminal

Feeling is nothingness but it's also not non-feeling. It is something that cannot be described but doesn't need to be since you can taste it. Non-feeling is incomprehensible to experience. Non-feeling-nothingness = irrelevancy. Feeling does not necessarily imply

truth (inference – scientific method = objectivity – independence(s) of observance), though can at least be understood by viscus (viscerally). Nothingness, too, can at least be logically understood through deductive reasoning¹³.

It's a lot of word games to say: acknowledging consciousness is correct (good and or should be done) and to take this perception business with heavy consideration.

The context of consciousness has you bound: Once you are dead, even the conception of self ceases. These facts alone obligates one to be aware of life on Earth, for newer people who will or will not be just like you and me (if not just similar), will 'wake up here again' (figuratively speaking) and the same story will repeat (albeit crudely – though not meaninglessly).

On Lies:

A lie without truth = oxymoronic: There is no such thing as a falsity by itself. There is a truth to be discovered, however. A lie is no longer a lie if it cannot be escaped – that is to say, if truth does not equal truth – a lie can no longer remain either.

Feelings and Things

A sampling device is a sense organ that

13. Without premises (evidence / facts) or inference (guesswork based on observation – e.g. 'if that is true, this must be true'), the only logical tool left is deductive reasoning (deconstructionism) – taking assumptions apart.

interprets apparent reality through the manifestation of consciousness.

W-holes (things themselves or objects) and consciousness are categorically disparate. I mean to say, consciousness is dependent on brains (neurons, nerves and or neural network fibers) – there is no spirit (so to speak) independent of the organic (carbon based) body.

Hitherto Theoretical Framework:

Consciousness is a deception, synthesized projection – a trick that works so well as if it were not a trick.

Avoidance of Pain as Biological Imperative

We all have the same goal and that is to avoid pain and be comfortable in an ultimate if not immediate reactionary sense. You will demonstrate that if you are conscious. Pain for the sake of pain does not happen. Ever.

Pain for the sake of pain is an oxymoronic statement because we are designed to do things out of desire (which directly indicates fulfillment – relief). Pain = pain necessarily because of inherent repulsion – raw nerve twitch reaction.

Eternal Torment Thought Experiment

There are only so many ways to torture someone or yourself, so many ways to feel pain

and increase it. The duration of the punishment is then required for the hell thought experiment. If there is no notion of accomplishment (pride or other feeling of reward or relief), there is no desire to push or chase.

The notion of accomplishment through the mechanism of pride is enough to push through pain perpetually. Desire is proportionate to perceived reward but this thought experiment works only because it would be a forced and or fantasy circumstance.

To suffer for eternity in self-pity, for those who despise regret or remorse, equals less than valuing sameness through preservation of qualia (sense of self) and or non-reaction to pain (i.e. stillness).

Psychological and Physical Masochism

The sensation of being saved from dying or coming close to death or inflicting pain deliberately and then releasing it can produce a greater reward through endogenous (or endorphin) like responses from the bodies metabolism or adrenaline features, e.g. : exsanguination, asphyxiation and or burning in varying amounts to produce an intoxication of sensory input. If I believe there is a point – my brain will simulate a point.

In terms of emotions like unworthiness,

worthlessness and guilt, inflicting pain as punishment would and or could be desired to relieve the psychic turmoil, such as: a sense of impurity or grossness associated with certain foods or sexual behaviors will or will not trigger a victim into ritualistic responses (compulsions), such as over-washing, cleaning, starving, etc.

These are just examples but I believe should demonstrate pain is never done for the sake of it.

Ideally the goal should be perpetual motion like a photon: To be light is to move on always. Don't be like Sisyphus and become addicted to rising and climbing only to get back in the pit again (even if you're good at getting out of pits). I know it's tempting for the neurotic type; I've been there too. Stay strong and take care, focus and commit!

The point here is the supposed goods are built out of the bads and not actually good – to fill a hole up, a hole must already be dug, for example: to go without water, food, shelter, fornication, money, friends and or companions, for varying lengths of time will typically increase satisfaction when the subject finally divulges. I do not think this is always the case, for example: an individual will or will not stay addicted to whatever they were chasing before fasting and can end up more and or less depressed or content

than they were to start with. However, when we have something to look forward to, we are much more inclined to endure the bitterness of not having.

Consciousness = source of badness, because of the intrinsic harrassment utilized by evolution – an enforcement engine of survival and reproduction for the sake of it – simply because that's what DNA does: no 'rhyme or reason'^{viii}. There is no 'golden egg' (purpose or meaning other than cleaning up nature's mess), so to speak, as InMendham has said.

Antinatalism-Asymmetry-Argument Technicalities^{ix}

There is only badness and the relief from badness (that is a conditional good). Without feeling, or unless in a pristine utopian state, there is simply no-harm (zero and or neutral).

If I wanted to give the benefit of believing in your theory that there are absolute goods (not reliant on our plights), then I would have to look at our current situation to see if the notion even makes sense as a hypothetical: I think of bad as repulsive, so if I want to imagine good, I would think of the reversal – attractive. So, then, what = drawing force asside from deprivation and reward mechanisms? Under our current system, I see no room for the concept of ultimate positive –

there = only room for negative unfortunately.

To argue for life as non-harm, I think you must argue and or deny harm to begin with. Imagine you were given 1,000 years ecstasy and then having to come down from that elation – what do you think your reaction would be, especially knowing you'd never experience anything like it for, say, 10 times as long as it was [or ever]? I think a lot of people would look at that and be shocked at how crude our base state really is unless you refuse to look – that would be service to ignorance.

So, notwithstanding, to push through badness for Utopia is less effective than simply ending badness. I have heard 'virtual reality' (immersive and or harmless simulation [by comparison¹⁴]), transhumanism (enhancements through computer and or technological integration) and something called the 'singularity' used to claim we are close to some hope of fail-safe-ing our current predicament(s). Granting you the best case for humanity, the wild-life remaining on Earth is still a colossal failure on its own, necessary in producing the very air we breathe; any act of creation, should be considered also an act of destruction. You must argue for an

14. It should be noted that since we have come from nature – our biological proclivity tends to be towards something that is seamless (beyond our knowledge) from reality. This is to say, if we know we are being fooled, the simulation will and or will not work. Some people will and or will not become more miserable regardless of how incredible the simulation is – because of this reluctance to accept mere contrivance (logical or not).

absolute net positive in your equation for natalism. Know you're correct and demonstrate that, since there is non-negligible certainty and uncertainty (statistically speaking) of harm, before willfully forcing (imposing) new consciousness here^x.

When someone says it is 'good' there are no Martians or Plutonians^{xi} suffering or that preventing harm (birth or injury to life already here) is 'good', it simply means the recognition is a relief that no bad took place.

Net Deficit^{xii}

This simply refers to the immediate circumstance of all lives' on Earth conscious welfare (harm and or blood footprint^{xiii}); if you were to take the sum of all feeling in totality

Since you cannot literally do this, you can only only guess that it is very fucking bad based on the the asymmetry and above statements – let alone one pig or cat being tortured. Life is fundamentally flawed.

Once all consciousness is obliterated there is no bad. Badness in past events affects only those who get the 'report' (acknowledge) badness took place. The purpose is to acknowledge badness was felt and respond appropriately: never have the experience happen again where feasible.

**Regards to DNA
(Evolution, Origins and Function)
“Unintelligent Design^{xiv, xv}”**

If pain did not motivate, consciousness would be useless as to DNA for replication. We have evolved up until this point precisely because it has worked. Like InMendham has said, 'the universe threw up on itself' by allowing us the faculties of critical thought (logic) where otherwise it does not benefit nature. It was a blind unintelligent force that brought us here and gamed us for no purpose – just a chemical (biological) process – the function of replication for the sake of replication. All have thus far gone non-deliberately (extinct), but we can go for ourselves (and all other sentient animals¹⁵) now out of dignity and respect for suffering – the greatest opportunity!

“Replication for the Sake of Replication^{xvi}”

Organisms that have been around for millions of years and have not significantly

15. Since animals cannot volunteer to opt out, we must speak and judge for them. I have to look at it as stopping someone who (regardless of whether they believe their actions are accomplishing something) is incompetent (limited) and or too delusional to make the best decision. This will or will not be against their understanding, but it still prevents harm. It would be wrong to leave these characters in ignorance and suffering. That being said, while feeling purposeful helps mental well-being, it does not change the reality of the asymmetry.

changed, I believe demonstrate that we only change if reproduction can be improved or is threatened.

What is Value?

Value is negative unit like in a mathematical equation representing the intrinsic repulsiveness of suffering. Since we cannot arbitrarily define what is repulsive and attractive so much as we cannot choose what we feel and how we fundamentally react when we feel, inertia (decay) has now become paramount to flee from unless no reward is perceived in movement. I'd argue, just like zapping a raw, untangled nerve – we are all essentially forced (electrocuted, in a sense, for lack of a better metaphor) to move whether we like it or not. This is nature's propulsion enforcement.

Accepting all the arguments prior to this paragraph, those being: the asymmetry argument, how pain is never done for the sake of it and is intrinsically repulsive, I can say with more certainty that our goals = similar, though, you may not have realized it in this broader description.

The argument isn't necessarily what you want, it becomes about what we should do. Logically it follows that suffering should be

ended since our goals of fleeing it and perpetuating it through procreation are incompatible.

There is a truth here¹⁶. Deny your own experience if you wish; don't impose on mine. If you have no notion of badness and want to impose it aggressively or through negligence (seeing evil-doing nothing – gratuitous passivity), I now have permission to forcibly eject you from the gameboard.

Ethical Prerogative

Statements on rules of conduct for life I have seen are typically cookie cutter measurements that do not apply for all brains and scenarios.

If I say 'be nice', that can be taken to mean various actions like placation which isn't necessary. It isn't therefore necessary to be nice in the sense of placation because honesty to yourself is also important.

I will attempt to give my prime directive for all actions. However if you have not thought

16. We can discover the light (truth), sit in the dark and wonder why we did not turn on the switch, and or remain completely ignorant out of some kind stubbornness, resentment or attachment through association (bias).

about the meaning of words and concepts like truth and logic, they will or will not be of help:

Be honest where you do not know and think logically (refocus when uncertain) and honor the truth¹⁷.

That's it. As to how or why you should do these 'things' = what you have to think about before the statement will be of any use.

What or Who is Conscious^{xvii}?

What = required for an insect to navigate and successfully generate offspring?

When I think about it, since nature does not have a blueprint when evolving, we are incrementally developed; so unlike a computer that will perform duties automatically (that fact = because it was intelligently designed in advance), biology = blind process.

Insects I believe have primitive consciousness. The only question I think = how far does this go? I'd say the further down you go, from mites to bacteria, the simple nature of their mechanics require less and less.

The most obvious sentient bugs to me would = bees and cockroaches: complex navigation and

17.: Would it be much of a truth if it didn't eventually impose? This is why I shall say, when operating under-false pretenses, the slab like stone wall of reality typically rears up and our capacity to do anything other than crash (let alone escape) becomes increasingly narrow.

reaction to their environment.

Primary, Determining Factors

Since we are not programmed with duties innately without motivation beyond sheer chemical repulsion and attraction (bacteria movement, for example), I believe pain and pleasure (punishment and reward) are necessary, however chromatic.

Notice now that crudeness, simplicity and grossness are not terms for insignificance: A moth will or will not feel greater and or lesser sensations than a human, depending though, on their reproductive-survival benefiting or not.

Experience occurs simultaneous to experience. Simultaneous to your experience, many other experiences occur. Different locations and separate sensory processing to individual environments and bodies, though, the fact of feeling remains.

Juxtapose your moment with another moment and begin piling up the experience: what will that look like? A bit unnerving. Frightening. A cacophony! Yapping. Screaming. Fighting. Buzz, buzz, buzz. The noise never quite yet put to sleep.

If other animals had a voice and could request their desires, would you listen more

easily? Definitely true that a wilderness snuffs out much intelligent thought and elevates reaction and urge (impulse and compulsion), though, the fact of feeling remains.

What do you think?

It seems most fear and worry stems from our cognition that there is consciousness that cannot be seen in our apparent context of the world, but feel so compelled to assume it anyways, because likewise our own sensations cannot be dissected visibly beyond the direct experience. Do away with self, do away with preconceptions and apparentness and be reassured that this moment now would be magnificent if that was all.

All my dread quells in recongition of others. To feel like this feeling was the only feeling would relieve all grating from my frontal lobe. This would also perhaps open the door to even stranger 'things' such as ghosts.

Solipsits seem to take for granted the self and inference of apparent reality through tools of science.

Post-Counter Arguments

I think like any good philosopher, you must be willing to attack your own beliefs

rigorously and in painstaking detail to find any flaw, with the ideal to find truth and strengthen your mental feat. as well. The following script contains some of my earlier attempts at defeating the value arguments containing the 'consciousness is the source of badness' premise. I believe this succeeds at uncovering technical aspects I had not thought about, however the original point is still valid, because consciousness is a context we cannot escape and thus is entirely relevant ethically regardless of the vast, known, indifferent universe.

[1]

Any argument can be defeated. Go back far enough in its fundamental mechanics and you will be able to dismantle it. This supposes that all deconstructionism is possible. That it is possible to deny even existence itself – the most fundamental thing of any argument perhaps. This is why philosophy of the mind is essentially stimulation. It is a neuronal excitement that flails when you do not treat it. Very sad. But maybe something can be done to resurrect the dry corpse of logic without truth and truth without knowing. For there is a difference. This is what I believe.

[2]

Do you want to convince or do you want

to infect? Do you want an idea or do you want an argument? You can go about changing minds by allowing people to be exposed to the idea you want them to believe. I think this is different than simply debating or persuading someone of what you want. It's basically like a meme you didn't ask for necessarily but got stuck in your head anyways. It becomes so omnipresent that eventually the mind must be forced to look at it. Whether you are honest with yourself is something no one can help you with. Whether you treat an argument or idea fairly in-front of people is something I can call bullshit on – but I cannot control you. So do you want to win an argument, or do you want to zap brains, essentially?

I think simplifying your message is important in philosophy; basically just to get it down to a paragraph or even a phrase. I think this allows easy absorption to at least get ideas in people's heads. However, philosophy is nothing in terms of truth when it is not technically busting ass in the gritty details. It can definitely still work, however, much like a meme or a theme – ubiquitous and inescapable. We are forced to deal with the unpleasant awareness of gross amounts of suffering on a scale inseparable from our own (personal) existence. Therefore, one must be honest and fair, not just to other people when

being judged, but to themselves. How can anyone be honest to each other without this?

So technically speaking, I believe philosophy must make sense, or it holds no weight. The slightest flaw at the base of a tower will sink in and eventually bring the whole structure down. It must be iron-clad. Is there such a thing? Can you argue absolute truth or even claim so to the fraction of a hair follicle? Is that your impeccable standard or your modicum of accuracy? At the base of all fundamentals lies an essential belief or mechanic that holds all the other parts whole. What is the most basic belief or intuition about reality? Self? Feeling? I think in terms of philosophy, it would be existence. We must assume that to base anything else off.

[3]

When you pick at the scaffolds, antinatalism / EFILism i.e., which I believe is one of the most air-tight ethical philosophies I have encountered: Suffering is bad and life produces nothing that counteracts or balances that, therefore it would seem to be better never to have been.

If you assume badness exists in the sense that we can experience it and even directly the universe beyond our conscious context ('matter'),

you have a precise argument ('technically sound'). I personally believe that since sentience is our entire method of understanding life itself (and only method), it makes intuitive sense to take it seriously. But what of the philosophy?

What is meaning? What is 'mattering' beyond experience? Can experience produce meaning out of its own context, so as to 'echo' or create lasting effect after we (our vessels) have perished? I do believe badness is very real, no question from me on that one. Hell comes. But if I want to be cold and sterile: since lacking the evidence of consciousness being its own thing or at least having something in common with all other things (gestalt!), it cannot be argued philosophically that value exists beyond this illusory frame of the world.

In terms of a universe that has a net sum of value outcome, we must assume experience matters in a very real sense like electrons, protons, photons, etc. are real and observable and interact with the universe like *all* other things.

Else, I believe the argument would necessarily lead to the postulation (since there is no evidence, yet) that consciousness has intrinsic properties like anything else in the known macro / micro cosmos. This I believe is what has to be argued in regards to the ethical / logical math equations done when calculating suffering

and pleasure in the chasm of all feeling, living beings.

Premises for value being beyond mere illusion must be argued to claim the proceeding statements: 1: Value is invisible until you sample it 'xerox' (experience) it by your own brain; cannot be observed otherwise (microscope looking in on consciousness). 2: Value is a 'real event', 'something' (not nothing) synthesized by the brain. 3: if the prior statements are both claimed and or true, one cannot further access or legitimize their truth – it is no longer an assertion that can be proven right or wrong with absolute certainty; value has been isolated to its own field

So I think if you want to say value is a 'real event' that can be examined further, I think it must be observable beyond direct experience – as a thing like all other things in the universe.

What do you think of logic? What is a question? Can one question a question? Can one validate what validates? Is validation intrinsic or inferred through examination of facts? What are facts without validation? We can posit, submit our experience, and deduce what we have arrived

on solid ground through our conclusions, but where did our thought process come from? Experience, essentially, dictates all base premises for logic. Pain and pleasure are the paramount centers in our context that edicts flow forth of: "Thou shalt not remain still or you will die!", says, Fear and Instinct. "Thou shalt get food and water and shelter and seek a companion." – Fear, Desire and or Instinct.

This is the most insulting thing about life, we are expected to move *just* to survive and live a basic life. Who on Earth said I wanted to move, *and* if not, become harassed incessantly until folding or extirpation? Who thought *that* was a good idea?

Now I move onto my second point: Why isn't this just as valid as complaining about being robbed or being tortured – because it's a notion in heads of accomplishment that life *must* be here – an ancient obsession, *for the sake of it*; and my argument, for nothing.

So is logic cyclical? No. Well, to be more explicit, logic needs precursors to draw any pointers. And sometimes, consciousness is all you need to be informed of the profaned atrocity coming in and out and forthwith, from and of the world we currently reside and inhabit.

Further Nuance and Argumentation For Harm-Reduction:

Harassment of the Neutral State: Consciousness, and the Antithetical Priority of Reproduction to Logic

Constantly in a mode or disposition of fight or flee, our biology with the motivational tools of instinct, pleasure and pain, direct us towards perpetuity of the DNA mechanism fortuitously.

There is no option of opting out of life without often much anguish. There are no 'off switches' so to speak.

We are not allowed to be free from pain by the very inevitable fact that if we do not obey pain and pleasure, our bodies will decay and die. This is an obscene imposition to say that humans or non-human-animals *must* move and seek water, food, shelter, companions or suffer the consequences! Who on Earth has the right to tell me I have to live because my intuition insists upon it with incessant plights against my conscious well-fare; who thought it a good idea?

If I was to make a computer conscious with these armaments against the neutral state (relative stillness and or non-action), I would be equivocal (indistinguishable) to a cruel, callous

monster: to even bother, to *have to* think of ending one's own life is a crime in the field, vision and pretense of logic. What gives anyone the justification to force someone into a life they have not lived to fruition? Have they even died yet?

Life is too fragile, and to be harmed, too precious. I will not push and shove another into this world knowing full well the certain doom that awaits us all. I will not lie and pretend other people doing the reversal are fair and decent. I will speak up and say **stop**.

Our Lives Are Worse Than We Think^{xviii}:

Without deprivation (not having), there would = no satisfaction. Take the hypothetical of someone experiencing 1,000 years bliss and then that suddenly taken away from them, what would *that* feel like? We must be harassed to enjoy, and we enjoy only to become harassed again. To those with fewer and fewer addictions (fading in and or out of life in their habits), life becomes much more tiresome, tedious, mundane and monotonous if not severely painful moment to moment. It's the game and routine of our behaviors and renditions of doing over-and-over that creates inane, colossal and tumorous-like-growths. For the more we have, ironically, the

less happy we will be in the long-run. The less we have, appreciation and love returns.

So, why do the chase? Why go after for the-going-after? It's another sport like tic-tac-toe^{xix}, losing appeal extraordinarily fast once zen to it.

A pin-prick I imagine will = much more distracting the clear-er the perspective (well-being) =s to.

Non-Trivial, Severe Harm:

One *ought* to admit when procreating that they are rolling dice^{xx}; that is to say, we cannot know all the transgressions the person of creation will live (since we only get to live the one life we are given and have not even died yet necessarily). We can play *god* but we are not god; that is to say we have limited and or finite control – bad will happen necessarily (according to statistical data) – and foreign influences will affect us, desired or not. If you admit that you there is a necessary uncertainty whether your kid will hate you and wish they were never born, you *should* acknowledge it; less out of fear and guilt, though, and ideally out of a genuine pride (integrity; character) of doing what is right; being honest and having humility in your abilities. Do you, then admit, the gross negligence it would take to perform the act (child-bearing) in

complete ignorance of these facts? If so, then at least I'm talking to someone worthy of praise.

What is rightness? What is good? These are conditional and or ideal facts within our context (micro-macro-conscious-experiences). Rightness is essentially the best outcome of any situation to do good. Goodness is the quintessential relief and or prevention of harm, so that is conditional to harm felt or not. Considering all environments and persons and creatures, dubious or not, there is a right answer; though, that answer will or will not haunt us to no end. So instead, I believe the pragmatic (utilitarian) approach should be to focus on the here and now (our own capacities and capabilities for good) rather than worry and fret over every detail and nook and cranny in the effects or reverberations doled out of our labors.

My duty to you is providing information and not just conjecture. This is not something that is happening *over there* somewhere; every-day there are direct consequences to all your decisions. The *what if* situation is not just in my head, because I am an obvious ramification of the system people who breed endorse. I am a victim of a system that promotes might over grace or advantage over logic. So, I want to ask anyone who is reading whether they would *get away*

with it if they could if they truly understood what I am saying here; would you? Life involves serious (not a joke kind of casual) pain and torment. The lives you create you will never have to live, but everything that befalls on them is on you. Remember that.

Resources

What I am about to share here is more information and references regarding the latter prose; this includes people unaffiliated with me, and am doing it as a service to anyone who has read, skimmed or glimpsed this far.

Google Drive Resource Document:

<https://drive.google.com/open?id=19g11o0NkAJyNrO9fZrcIdW8eQBaalchlQS Rf32Ebk8Q>

I can be seen in a variety of digital zones, for those who care: TFRID (The Final Revelation is Death) @WULDCompendium on Facebook or "JosiahSCooper", "Evilis Anihilis Uls", "AnomicIndividual87", "TheNonDenominator" and or "Visual / Auditory Retraining the Brain" on YouTube *or* wuld.blogspot.com and lastly wuld.bandcamp.com

Health (Veganism, Too) & Benzodiazepine Withdrawal

From my own experience and history of health states, I can say this with fair-certainty, but am guessing near the end [more my brisk hunch]:

Things you could consume to destroy your body and sanity (aside from blunt brutality like some illegal drugs, harsh-cleaning and or poisoning agents, etc.), would be: cigarettes, coffee, rice and alcohol (due to their high acid accumulation, leaching the body of vitality and vigor) – leading to or arising from repetitive-negative-thinking [rumination], self-doubt, hatred, deep-life paralysis, agoraphobia, generalized and or social anxiety, bodily discomforts [dry skin, akathisia, poor sleep, weakness, lethargy, etc.], and mental abnormalities [difficulty focusing, fogginess, confusion, hallucinations, depersonalization, derealization, obsessive tendencies, mal-adaptive coping strategies, shitty-judgment, etc.], if not early death induced through stress and carcinogenic growths.

Replace with, and instead, go for: raw-sprouted nuts and seeds, their dissolved juices, complete-essential amino and fatty acids, and

plant enzymes to break their components apart. On the reverse end, if still unwilling, create structured stews, soups and or broths full of these things (electrolytes included in the water) to fully saturate whatever rancorously-acidic compound you put in your gut flora.

Did you know? 99% of the DNA we carry around is mostly from the bacteria within the gastro-intestinal-tract? Feed them rich and succulent, mineral dense, alkaline foods to save the quality of your being, and preserve conscious (succinct) clarity.

Reject, accept or provoke, to me these are the only choices we have. Do you want to react and flee? Do you want to strike out in anger? Most impulse comes from an evolutionary function in nature. Nowadays in our houses and artificial environments, we have had to adapt to something no other animals have – our own stench encroaching around us.

This is stuff I have learned mostly after benzodiazepine* [name list near bottom] withdrawal, so take it with a grain of salt:

What helped me the most during withdrawal (Ativan, 1mg daily, cold turkey) was

giving up alcohol a month prior to jumping and being in a safe environment to boot. Instead of running to hospitals at every horrible new symptom or sensation, I decided to just hunker down in my room for however long it would take (about May of that year [2017] to early December). My withdrawal was thankfully not the worst, but I did get through it. After December, I moved into an apartment alone (with movers, of course), ramped up into physical activity and health and lost around 100lbs in a few months time. I never went back into the previous stages of 'benzo-hell', so to speak, again. The weight has stayed off, but I never was happy that way before anyways.

I did not suffer from nausea like some people do so I cannot speak for the following regimes / ideas efficacy for that.

Things that I believe would help: if you're not going to take supplements, focus on natural remedies, such as what you consume (food generally). Avoid going down rabbit holes, because we are all on our own levels (in terms of what we are willing to give up and be without) and have varying sensitivities to different protocols. I am not perfect and would hate to misinform; would be another reason to think and learn for yourself.

So what I think would help and what even

I could do better in hindsight would be plant based ketosis: basically lots of nut and seed 'milks' during the day to alkalize and heal the gut. I believe the digestive system is incredibly linked to our brain nerve function²¹, so much so to the thoughts we have and moods we're in. Remove starches since these carbohydrates are non-essential to over-all health and can make things much worse (rice was the nastiest to me). Focus on getting all essential amino and fatty acids (yes, lots of protein and insulation from fats to rebuild and structure the brain cells). Thankfully, a lot of plant based keto options are very mineral dense which is also very good for aiding in sleep. I stress sticking with plants because they are naturally more alkaline. Over-eating anything acidic will corrode the cardiovascular system I believe and lead to exacerbation of symptoms.

Some example I can give you would be hemp seed hearts (hulled and as fresh you can get them; less stale and kept stored for a long time); they are a complete protein and provide all the fatty acids you need too, with minerals such as magnesium which can be calming. Ideally I would say to get them uncooked or pasteurized,

21. Source: "Gut bacteria and mind control: to fix your brain, fix your gut!": https://www.youtube.com/watch?v=mioR_WrkRaU&list=LLiuW4kGm_CAQ0ujVUItPVzQ&index= and "Gut Health - Ben Warren's top 10 tips for a healthy gut." https://www.youtube.com/watch?v=SRdEEC4i_3w&list=LLiuW4kGm_CAQ0ujVUItPVzQ&index=4)

but work with the best you can do or get your hands on. If you're going to eat nuts and seeds raw²²(note at bottom), always soak them for the appropriate times to activate their enzymes and lessen enzyme inhibitors (which leach away the good stuff).

Other things I think would help: water for me was very tough; I at one time was willing to kill myself drinking liters and liters of water just to get relief from thirst. Stay away from tap water if feasible and get natural spring water (PH balanced non-artificially). I particularly liked carbonated mineral water and believe it helped me a lot. Since I didn't know about the benefits then, I drank a lot of tea with 'purified' water, mostly thyme (my favorite), peppermint and roobois. They helped somewhat, but can over-flush too.

Stay away from anything overly complicated (processed with a ton of ingredients), and keep it simple. I would basically eat lentils and vegetables for the longest time, because everything else would quickly aggravate.

Bottom line, stick with something you know that works for you, and be open minded

22. My ideas on raw foods for optimal health and nut 'milks' is from Lou Corona and the LifeRegenerator on YouTube (master 'gurus' of the sphere): Intro- video to Lou: <https://www.youtube.com/watch?v=h9s7DbHJjhQ&> | Make your own nut 'milk' video: <https://www.youtube.com/watch?v=bhdHEfzznWs>

(that your previous conceptions of how to do things can limit and hurt you too). High carb for me was an example of something I took up when I was younger (through impression) and has hurt me a lot growing up. Varying deficiencies I think can lead to or worsen mental illness (for me OCD and schizophrenia).

The reverse of my statement here is also important; avoid excessive or misleading information and listen to your own intuition and logic. Intuition has helped me do a lot of things no book has, giving me hints I never would have stumbled into seemingly otherwise. Also stay educated so you're not just trying to guess the specifics. Instinct is powerful, but having actual data is paramount.

If you're going to stick with carbohydrates, I would recommend more broths (amino based from beans or legumes). I recommend lentils the most, but you can choose what you like. I think bathing and soaking starches with this bath of protein and electrolytes helps for better absorption of nutrients and protects the brain from over-activity caused from the sugars. If you can stick some kale in there too that would be excellent.

Having liquid protein and fats I think helps the body spend less time digesting and more time healing, so also consider less bulk and

more fluids as an option. Keeping the ratio of fats to protein fairly intact over-all is key also (not too much powder isolates or oils).

Things that have not helped: surprisingly few things hurt me, although I did not venture far from my original formula of lentils, split peas, cauliflower and broccoli (with some naughty exceptions). I did explore some supplements like magnesium glycinate powder and l-methfolate. I cannot verify whether these should be taken (gave me some hope at least), but supposedly the form of folic acid is more metabolically active and can help with focus.

The worst things for me in withdrawal were carbohydrates (typically rice and or ramen noodles with sriracha). I would eat them sometimes to see if I could get away with it and rarely if much did. The worst combination of foods are cooked (rancid) fats usually in the form of oils and refined carbs. I think this mixture spikes insulin and disturbs the rest of the body, let alone your brain.

For OCD and intrusive thoughts, mindfulness and meditation were the most helpful. I used atmospheric music and ambient sound-scapes to ease the stress during the heaviest peaks²³ (at

23. General Ambiance: <https://www.youtube.com/playlist?list=PLJ0SXj77NkEiOmC0rW0Ll8uxHzXOZ8yEu>

this footnote).

I am about 2 years off this coming May.

See <https://w-bad.org/> (short for, "World Benzodiazepine Awareness Day", for more information).

Small playlist describing this iatrogenic²⁴ syndrome: https://www.youtube.com/watch?v=OMvM7XaM8UI&list=PLKOAtZat0L_ahkUUbuhIHM5fpxPRnuVGR&index=14

I hope this helps someone.

Personal list of keto-friendly-foods (soaked, sprouted, dissolved ('milks'; there are more these days) and or cultured can and will improve digestibility – unsweetened all, of course):

hemp heart seeds [minimal to no soaking time], pumpkin seeds, sunflower seeds, flax-seeds [can be blended with coffee grinder and turned into powder-meal-resin which can be soaked and

General Music: <https://www.youtube.com/playlist?list=PL5zDoTelkQ6ox2x1rqbipcN4JSgWfqgnW>

Classical Music: <https://www.youtube.com/playlist?list=PL5zDoTelkQ6ozyLz3-0XSjykNjWexajdW>

Horror Game Ambiance: <https://www.youtube.com/playlist?list=PL5zDoTelkQ6qQ2tq0-RpYPbH2nnErKEuK>

24. Definition: Adj. Induced in a patient by a physician's activity, manner, or therapy. [2] Used especially of an infection or other complication of treatment.

added to food or liquid], chia seeds [minimal to no soaking time] coconut, cocoa [take head; supposed heart stimulant, but alternative to caffeine without any head buzz], avocado [easier to get fresh and ripen], sesame seeds, poppy seeds, olive oil (cold pressed is important for non-rancid fats), Spanish peanuts (raw variety is important for soaking), cashews (minimal soaking time), almonds (imported is required for unpasteurized), Brazil and or macadamia nuts, pine-nuts [minimal soaking time], walnuts, pistachios, pecans, and hazelnuts.

Greens and herbs:

kale [rich and dark; comes in multiple kinds], spinach [high magnesium content], chard, collard [like with kale, comes in different specimens], cilantro / parsley [natural deodorizers], basil, thyme, rosemary, ginger [nausea and digestion; can be good tea], garlic [anti-bacterial], kelp / dulce [iodine and trace minerals], lemon [cleansing], lime, peppers [take head not to misuse] [. . .]

Other (not-necessarily keto but potentially viable):

berries (blueberries in particular, I like, are low in sugar and higher in water soluble nutrients [anti-oxidants]; go organic if feasible for less pesticides); legumes (particularly lentils; high

fiber and mineral content, can be soaked and sprouted [if desired]).

All of this being said though, I am not in perfect condition and have suffered due to my own accord through nicotine, coffee and high acid diet abuse, which has lead to symptoms of what I'd describe as corrosive tension throughout my whole body. I have quit cigarettes and vaporizers multiple times in a bleak isolation of months and months. I would sit still silently in a room for hours and have no contact from anyone. I wouldn't use electronic devices and only read books for a time. This thankfully shouldn't happen to you and is mostly owed to the increasing noise in my head I hear from voice commentary.

I am doing better (as of May 11th, *much* better; don't worry), and it all goes to show that the other stuff works. Raw food is best (awareness from when I was healthiest), but don't do anything for the sake of it ('just because of'; compulsory behavior); be informed. Stay with what is practical, necessary, not to die or be crippled over ideals. [If] you strive for purity, brave heart you must be in this dark world. Going in the relative positive direction is always a comparative good, albeit, so pragmatism I think

wins.

Hope I think is best saved only where there is no knowledge or inkling of escape from horror, yet the desire to live still eerily (or beautifully) persists forward.

Old video and proof of wellness:

https://www.youtube.com/watch?v=fkJtayZOrEc&list=PLCB79uC1-BEHUqyd_x7IQL_K3BX_m-9UO&index=2&t=0s

*Names for different benzo's (common):

2-keto compounds:

clorazepate, diazepam, flurazepam, halazepam, prazepam, and others.

3-hydroxy compounds:

lorazepam, lormetazepam, oxazepam, temazepam

7-nitro compounds:

clonazepam, flunitrazepam, nimetazepam, nitrazepam

Triazolo compounds:

adinazolam, alprazolam, estazolam, triazolam

Imidazo compounds

climazolam, loprazolam, midazolam

[Full] list: https://en.wikipedia.org/wiki/List_of_benzodiazepines

Psychiatric Morphology:

Schizophrenia is something you have to suffer. I feel like therefore, to suffer well, is the goal. With OCD, I can always work on compulsions. Everything can feel overwhelming for me: just typing this and looking at a screen. With a serious mental illness, regardless of lucidity or lunacy (delusional belief), the brain can act as a compelling force (even generating psycho-somatic pain to pressure you out of fear, guilt, shame, doubt, etc.). Second guessing myself is usually killer. I understand where the feeling of desperately wanting control comes from, traumatic events that the brain had no other way of coping with, so we developed ritualistic behaviors to challenge the uncertainty of our reality. Everything I live is full of demented snares, like a murderer (at some worse) hiding behind each door waiting to slip me up. It can feel very much like I am not alone in my own

head; and with some neuroscientist believing the brain can manifest multiple consciousness, stress increases. I have experienced fear in heaves coming from beneath my ribs; I have remained utterly still (not moving my toes or fingers) to feel my heart -- from it emanated the emotion known to me as "fear". It's a chemical sensation, very physical, coming from the body. I would describe it in anxiety as a dry burning.

I really have no sense of connection. It's hard to feel motivated to talk to people. I am reluctant to say or do much sometimes. I keep thinking that something will change, but the desire does not come easy. I want to believe there is some meaning in interacting and being around others. I just don't feel it often is all. I just don't. I don't know what other people think or care about. Do I care about me or do I care about you? We all act selfishly at a fundamental level. As individuals, self-interest is required to function as

automatons. The only negative from that is our ignorance and bias. To be educated and learn a sense of similarity through association and familiarity is paramount to working together. The statement: 'Me feeling bad is just as bad as them or you feeling bad too', is the holy grail of logical understanding. "I" really don't matter. I really have no control. We affect and are affected; we force and are forced in return. No one is truly deserving and no one is inherently evil or bad -- malevolence is the closest thing to the sensation of a presence of ill will.

The forefront of the mind is what I call the deliberate thinking center, where most awareness typically lends watch. The background noise is like a foam rising up from these louder pitches which will require a bit more deeper tuning into to catch eye of; but I am sure you know the statements: 'chatter' or 'TV static' to represent it. To quickly verify what I am saying,

repeat mantras or phrases enough times and your brain will begin to zone out eventually on the automated and seemingly inescapable 'flowing river' behind this all. Beyond everything here, I cannot say with absolute certainty; I imagine the unconscious processes take place which only a dedicated visit will retrieve. For me, there is another level, the voice commentary - also another hallucination echoing (audibly) my mind. Here 'they' talk about whatever decisions or musings I am doing or having; I am never free from this often harsh scrutiny. At best I would describe them as drill sergeants pushing me harder - at worst they tell me what to do (that are proceed with varying feelings of compelling force). If I give into what I hear, the pressure to obey or listen is that much more intense. So, what am I being commanded to do? Ignore that for now and I will speak on this: picture having a filter over your eyes designed for every situation you have hitherto encountered (with the illness) - this is the script and or narrative as I like to call it


that the voices will use to coerce me into actions I do not want. Guilt, shame, embarrassment, greed, shame, fear, doubt, worry, obsession, rumination, anger, hatred, irritation, bitterness, etc. all are the primary reflexive tools that I have to face and turn from if I want to do my own thing - so there is a constant struggle to stay grounded and focus on what I care about - for like a robber hiding behind the door waiting to slip you up, there they too seek my misery. Out of notions like 'safety' or 'harm reduction', they would feign logical imperative, but time after time this all is a ruse to shudder. What do you have if not a sense of direction and lying vulnerable and afraid?

Like with the background thoughts I mentioned, I have intrusive thoughts seeping up very much the same, though they are much more like having hiccups - unwanted and recurring thoughts that repulsive innately the host physically (heart rate) into a reaction. The goal for these thoughts is not to reassure (with logic)

and convince yourself of being a good person or to outwardly behave ritualistically (with compulsions), but to simply acknowledge and embrace them (if need be) so they pass and fade like bad weather (at best). I recommend never to provoke (aka 'diffusion') harmful thoughts to desensitize (saying them intentionally) unless you have no other option; this I believe will make them much harder in the long-run to forget. I would love to forget so much all the things that have occurred in my head (at least practically all in concept the horror I can say).



Love Void Love



“We All Dance, Darker” video still

Personal / Affects

When I needed it, god was not there.
 When I needed it again, I was there, only.
 Why is the world so empty and full and
 full of something and empty of nothing?
 I wonder why.

Embrace that dark and you will see that it
 does not last, if it does and you do, there was
 nothing to be afraid of, right?

Power is being able to do something
 despite the pain, despite the unpleasantness,
 despite the wicked, bitterness, despite the
 shallowness of your breath, despite the agony in
 those peaks of the climb, despite your heart
 sinking in your chest telling you you're wrong
 when your essence is somewhere else, despite
 your mind and logic absolutely useless to defeat
 the insanity of the paranoia and doubt, despite the
 tragic recklessness of your past, despite your
 fucking will to die, despite your infinite, matted

25. “The Mangled Image” charcoal drawing (previous page).

grey blackness – triple it, quadruple it – all the same.

Something not nothing.

If absolute power corrupts absolutely, always, always, then who is god?

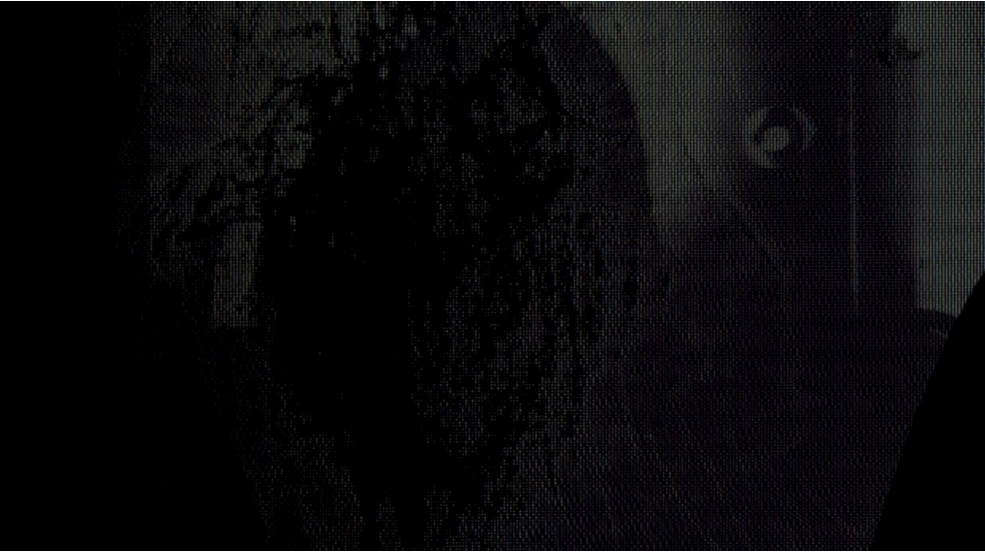
Is it offensive, uncomfortable, inconvenient even to accept, to have your own experience 'spoiled' in a sense, your life journey, your taste, what you treasure, your personality, to be told the existence and description of value is not a judgment but a representation of reality? It was bad. Is that hard to say? It shouldn't be. It is hard to feel. Acknowledging it makes the pain worse or feels forced sometimes.

If you're aloof, you may feel 'above it', but the world does not die with you if you cannot see it.

It is the experience itself and not the 'who' is experiencing that is of value relevance.

Passion added to anything makes it seem alluring. Take away that, and the ugliest things will always reveal themselves to you. Hate with passion is like a fire much like love. Hate is ash when snuffed out. Bitterness is living

in ash.



“Mark” picture juxtaposition from 2014 and 2012

Pain is a real bad motherfucker. Well I'm a stubborn bastard too.

Pull your roots out, open up and let the world take a hit, close up and prepare for the next tidal wave.

See bullshit walking through the world? Just keep fucking walking. Don't be a part – don't be a cog – don't be a puppet on strings dancing to the grind.

Grit your teeth and feel the metal scrape against your gums and rip that out too.

My brain is a guilt processor. Say

something wrong in your head, guilt; say something that you feel or think, guilt; open the door wrong, step awkwardly, guilt; someone tell's you something about what you're doing is 'incorrect' even if you know it's not, guilt.

The brain trains you to feel inevitably. The only other way out explicitly is suicide. So I'm going to feel it up – shove my face in the dirt, so to speak, and swallow the holy-hell out of the bullshit people spout including myself, because I will climb out of this pit and get what I deserve.

Hope the Hope in Hell

For me, I imagine a great struggle up a hill, in sweat, tears and blood, ever yearning for the summit; a doomed enterprise, not because it is impossible but because the summit itself is not the goal. It is the process itself of enduring agony seemingly for the sake of it that is the torment and ecstasy all as one.

Poem [1]

“I remember her name. I remember the feeling of life I would get when she talked to me; this dazzling, magnificent aura that shook me. I would go through voids and reach new summits, through the most treacherous poisonous expanses, die and do all over again, if only for the hope –. No. Only for the process of the hope

in hell, that I'd give up my soul for anyone but the voice who uplifts this vessel. You assume it will always be there, until you can't feel it.

Barbaric chemical weapons of the brain and body. Malicious presence meets my irretractable grit and spit. In your fucking face. I soar up hills with a bounce and a jolt and like a train over bridge tracks – the thump, thump thumping of my heart echoes a chorus for you my love."

Poem [2]

Some of the concepts and themes revolving 'round Satan and his plight in Paradise Lost: I believe the hope in hell is God releasing his anger upon the surrender of pride.

Shining Black²⁶

Fluttering wings, like angels – Only demonic (fallen)

Mixed in the cosmic white din (noise);
Voices utter aloud all their sin.

The price paid for their anguish, Is pride unrelinquished – Hate unremorsed

Destitute in the disolute

Avoidance of pain? (Childish) Unmarked for a beast;

For all here know, Pain does not destroy whom chases²⁷ it.

26. Pitched Blackness; Umbra / Totality, Utter!

27. Or choose.

Self and sameness, Outlast the darkest name in the 'Holy Book'.

Further Details: Strangled, mutilated, twisted and contorted to form a grizzly beast. The hope in hell is partly based on some mythological concepts and the human condition, those being of Sisyphus (pushing the boulder up the hill or mountain to watch it fall down again), of the Christian hell where God punishes the wicked for eternity (the concept that releasing pride is the moment God will change his mind) and of course the process of enduring and pushing through agony as a reward in and of itself (seemingly if not ultimately); obsession with rising and overcoming moreso than any point to it necessarily.

Nothing For Hopeful^{xxi}

I can't in believe something, simply out of fear of what might occur if I do not. I have pride, though, some might detest that. Though, I hold it up high, against this God. If he must send me to hell for it, so be it; though, as I have said, I will not believe in God simply because I must do so as a step to avoid perdition. Though as I must acknowledge, aeons of perdition will not stop, simply because I had pride; in hell, you will burn

in woe for aeons unstopped, proceeding aeons and aeons more, un-ended; and in hell, the realization of its fate will bring out for feelings of dread [. . .] does pride weigh out the endless torment that is to come? It might not seem fair, but the time will come when all self-pride will be paid for in woe and endless torment. Selfishness is not permitted in the kingdom of God – especially selfishness that stands up for itself.

Even if you were to try and exonerate yourself, it would be too late, once in hell. Atonement is impossible through penance then. And then what? What can you do then?

There may come a time in hell, that when realized that things do not have to be as bad as they are, those who burn will choose to make the most of it. After all, don't we and demons all still have a choice? If in life before death, yes, then I think so. There is nothing mentioned that we will have no ability to follow what we want [. . .] though, in hell, we may be limited.

So now, once realized, your pride means nothing to this – what then? Shall you give up! Shall you bow down to a God that means nothing to you more than your pride? – Whom objectively has nothing worth more nor less? Yes, that is what you must do if you are to survive such meaningless torment!

What an abomination, eh? – That we must

do this! Oh, how I wish this not to be true! I hope it's not! What an awful choice! What an awful, pretentious, pontificating God! He is not glorious, dare I say it out of fear of being struck dead! Dare I say something more blasphemous; he is not holy! He is harmful – to the individual and all things that find their significance through the world and themselves! Though, things may not be significant, one should be free to pursue one's interest if it does not affect the personal liberties of an other's! God violates me, with his authority and power. He should, if he chooses, kill me or damn me now! I am a reprobate; why should he hesitate? I am what he considers, evil! He should destroy me now, before I corrupt others! God, what be your word on this? – I ask you, what be your word!?

He may not reply, and if he does, I may not know. But I ask him this, "Please, Don't Leave Me In The Dark." I like the ability to see further; I am limited by my earthly senses. If you be kind and merciful, show me something else, as so I may see. If that be how you work, show me. Honestly, I be scared of the answers to come, as they may affect my life drastically. And honestly, I feel embarrassed. How could I forsake all that I know? Be He so great that drives me to do this, or be it the ramifications if I don't? Whatever it is, I want to be free of this with his help, if that is

what I must do. Otherwise, I risk perdition!
 Penance will only help me now. I want to know
 the answers!

Is it true that all I have found is nothing?
 Could I be wrong? I don't think so, but even
 reason has its doubts. Sadly, I am sad, because
 nothing is all I have.

I fear the pain that is to come if I am to
 give up everything I've done. Though, once over,
 it will be easy. I'm sure that's the response I'd
 hear, from a Christian!

Damn them! Damn their joy! – Treating
 life and its problems as if they were some kind of
 toy!

Fuck them, too. They are just a part of the
 void. As is God, as is me. Save me please.

Though, No one can – the problem cannot
 be solved – it's impossible. So what do I do! Who
 do I go to?! I can't complain to anyone because
 there's nothing I or they can do! It's impossible!
 I'm feeling insane; my insides are rotting and
 everyone else is feeling their mundane same!
 Fuck this! Fuck that! I can only escape [. . .]
 suicide or not, the result will be the same [. . .]
 Nothing. Nothing is the result; nothing is the
 cause; nothing is the answer. Fuck this all. Fuck it
 all. Fuck it all, I say [. . .] fuck it all. The brain
 hurts – my insides, too [. . .] Though, I will stop
 myself from loathing too long; this is my way of

facing the problem and letting out the hurt I have felt, though, now I feel worse; so I will stop, for now, and move on.

I just hope to gain some understanding from others, thank you.

Thanks for reading, reader. Questions and comments are welcome – not so much are arguments, for I have enough stress and anguish from such. Though, I must say, I won't care for your criticism or disapproval; as they won't be helpful and is worthless! I resent such hostility; I resent such opinions; they do not help! If you have read this without trying to connect, then you just leave and move on! You won't gain anything and nor will I! Go on, and go, please! For your own good, ' God's sake!

I've had enough, almost forever, of such quarrels. I don't have the emotions to spare for them, and I wouldn't!

And as I have said, thanks for reading and trying to be here [. . .] thanks - benign one.

Some things are lost forever it seems. Some feelings, some love, lost. A heart black, not that same thump again. A stomach of burns charcoal and lungs heaps of ash – into the penis and the vagina – the genitals are an instrument like heaven in flesh.

I want to hear and feel the particles falling in a room, so quiet and still I must be to become aware of. The world will pass by, but I will watch relentlessly onward where no one sees. – The gradations of a sensation, the subtle pitch variations in a sound, the vibrations in my skeleton like the touch of a god.

To be unappealing is lonely, but it is also the highest point of self-love to believe I could die hated and find pleasure in that. You see, that is the foam in my mouth; just sickening eerie silence.

Hatred is a tough feeling to overcome; the most resilient to change; the most inhospitable to any exemption of guilt or shame; a drought to the soul, that makes skin crawl, underneath blood boiling with veins akin to barb-wire – strangling the heart, an already asphyxiated muscle, unrelenting to the ash of history – pursuing like mad, fountains of saliva and sweat from every orifice, betrayal and self-deceit. Consciousness

cannot be enough; the mind-eye of our whirling,
whirring hour – scraping out of the wounds so
sour – imagining a necessary escape through the
portal and recess of what is. Monotony and
reference to what isn't; repetitive motion;
memory, nepotism and sameness – nescience,
fear, estrangement, and annihilation.

You thought it first; I know it second.
Hell-w-hole.

Constantly challenge your expectations in the
moment, even when there is a relentless and
obtrusive commentary with compelling and
nudging feelings on hand – to give up on what I
love would be to admit certain defeat. What pulls
me out of the present is those thoughts and voices
judging and ridiculing my very existence – deny
what 'they' say, rebel in all directions (upwards
and back), to find a tiny second in tranquil
silence.

I woke up today earlier than usual, having
nightmares about biting my tongue off, and wrote
a poem in trance: I'm messed up from the inside
out – full of seedy, spiny cob-like-webs in my

head – spiders, snakes and toads curl up under my tongue; a web aligned at the sky like the world upside-down, turned loose, a noose. Dead. Blood-red, revolting in horrific atrophic enmity – spitting out a putrid fucking tongue of my own – chewing, gnashing, gnawing on my gums. Flip-over the axis stars falling from the heavens as a deluge of the w-holesum.

The sky did this flat-cloud thing, which felt ominous to me, though I can't say there is any true meaning there.



I admit, I am not very good at communication. Much of my desire for relationships has been sucked away by my mind eye. I do not feel things I think as other people do, since my emotions are

very tonally deaf, so to speak: imagine one note that you can have and then that note (or few) arranged over a series of octaves. I do long for a feeling of purpose, because if I am not very friendly and or popular, I at least want to function. So then, my ultimate fear is being useless and alone simultaneously.

Warning!

If you haven't already been triggered by the contents of these pages please read no further if you are disturbed or severely bothered by topics including **kids** and **suicide**. That is all.

Kids and the Right to Die

The worst thing about childhood and adolescence is an issue of rights.

I look back on the past and think how fortunate I was that I could develop according to and follow my own interests (thanks to the internet and coming into public school after being home-schooled by Evangelical Christians).

Depending on your family and upbringing, you will or will not be shoved through the system. And as kids, they're not even allowed to refuse treatment - people will force

you to live and how to live.

There is no better time than as a kid to raise your middle-finger. I think that sends a message to parents and adults that they can't do whatever they want.

A kid who says 'fuck you', and jumps off a bridge, as I see it, will or will not have been a brilliant person²⁸.

I guess this will label me as a dangerous person to some, but I did it as a kid too. I wasn't so bold to jump off a bridge but I lied on the street: sneaked out in the dead of night and walked to the nearest intersection (around 14 years age) and waited. I knew either someone would pick me up or I'd get crunched. And I accepted.

Point is, people will take advantage of you if they can. Very few people are pure of heart, even considering myself. They will raise you to be what they want and unless you stand up to scream, you will or will not ever know otherwise.

**Logic =
Pattern Recognition,
Maneuvering Software:**

28. I understand that not everyone is so fortunate to have leverage with their actions, and for those situations, I have respect – that is a worse place than I can imagine.

A, then B, then A to B.

Thinking, feeling, speaking and doing.
Life is this simple.

Concept: the focus is to retrain your brain – you are at square one of the whole chasm of your being.

What is the simplest thing? A. Step two. B. Step three. A to B. Believe it or not – this is the most fundamental mechanic in reality.

Having a bleak outlook on life is not enough. If anything my own views are incredibly positive because they are more an opportunity than a sentencing of damnation.

The very fact that we have the capacity to know the truth is a positive. The fact that we have capability to think logically is a positive. The only negative can result from a mind incapable or erratic to truth.

It is your duty to think logically and be honest with yourself wherever uncertainty lies.

Straight paths (not curves) are the most effective route to change.

A to B, then next sequence (C, then B to C), and so on and so forth.

The Crevasse

We wake up, finally! We have yomped, crawled and trekked out of our first (naively hoping last) pit of suffering and torment. No! Ye faint of heart, turn back up into the ass that you were dragged out of! The flames rise to the ceiling and inflame the lungs for this ordeal; we burn and none are getting out unmolested.

I think a lot of what people are stuck in when coming to a doomish and or pessimistic philosophical end (that life is a waste and extinction is preferable) is our gut(s) jolt either consciously or unconsciously despite the personal attachment (if any) we had – that is ended. Gone.

You are a slave to logic: a rebel against the fairy-tale tradition that life is inherently special and or good – a deni[er] of replication for the sake of replication (the DNA 'ride'); a janitor here to mop up (still yearning for some joy in it, if the good yoke is forthcoming) the insane, stupendous sewage spewed from this vile, puss-bacterial ridden filth: the suffering humanity causes and the suffering of life itself! Sentience that has been stacked upon sentience, we use it for our fuel, the very fuel I am using to dissect

this right now; we have ground up and are being ground up once more through the delusion of some purpose in the murky, blood filled waters (propelling new-beings into the future).

No wonder we give up so easily. Life and reality are tough. We must live our lives in perversion against life – to find pleasure in ending the cycle of pleasure and pain. Reality is a tough, motherfucker? – be as just relentless too, though, in the proper, opposing direction. Saying, 'Fuck this shit,' and or giving up (if you are capable) – will only make the failure of having lived that much worse and or prolonged (through repeated dooms).

I should work with such passion as if though my intestines were dangling behind me.

Wish it on no-one (life): Stop me, or I won't stop stopping you, anyway I can.

White Void:

I think the statement 'the world was better off that I was born' = a profound one. I believe so many of us simply mitigate our damages and others do not necessarily. This is the dark truth in life I believe: what = your / my outcome in all of this; was I a blight, misgiving, decent, kind or just kind of washed away?

Futility is depressing to the spirit

(emotional / mental character); to believe our actions = of no consequence, or even worse, negatively affect the world is horrifying. This is the responsibility begotten (imposed) through our genesis, wanted or not (hated or not), we have to answer, fill in the lines and fulfill (dot the sentence to / of) our logical duty.

Blessed be.

**We
Have
So
Much
Against
Us**

Born, vaccinated, fed re-gurgitated cultural slop of civilization, the cooked foods, tap water, cow puss and putrifying animal flesh in our gut as a child growing up, indoctrinated with lies about what it means to be conscious, lied about our own individuality, lied in the face of all that we are, to be pressed through a machine that churns out paper bills and makes coffee and a hunger for material things, glued to our chairs in desperate plea not to move or budge, so constipated with the sickening depressive weight

of our own filth (only we did not realize it then), that the only hope is our collapse is significant and loud enough to light an irreversible fire under our ass so we can get up and start the crawl... once more to our animal self.

Humans are like a plant in too small a pot, it's roots overgrown and strangled, the soil nutritionless and void, we starve and go mad.

Anecdote, i

I think: An insane reality requires an equally insane response, that is to face it. To be sane, therefore, is to leave reality.

I made a fire on the side of the road, let some ants crawl over me, now I rest here with loafs of spinach and kale and hot / cocoa, spring water, silence and all things fragrant and pleasant.

[. . .] My legs are cramping, the ground was covered in thorns, but I managed to clear it out and stay away from the roaches thus far.

I suppose I want to be grateful, because it is so lonely out here, that to be still is a reward.

[. . .]

Anecdote, ii

Is it possible to be ungrateful because you

are ungrateful? Do you think sometimes we can be filled with holes with which there is no necessary known origin or at least known way to fill? I think so. I hate because of the disquiet. The needed silence. The needed knowing of silence. To know we have been silenced. Such a desire seems impossible to fulfill but urges itself chaotically in revolt to the world and the world is bewildered. I say.

You can distract yourself in the moment with greater priorities of suffering and discomfort, but it seems always, always, that ghost I'm competing with likewise of a relentless machine (jealous of, perhaps), eggs on – searing.

Light

To be light is to be angry and pissed off; that people would ever want something from you, seeking to claim ownership.

A photon does not give a fuck about you, me or anyone: it moves on always, using the gravity to regain charge – in voids it goes uphill.

What a tremendous unasked for burden. Light's only escape is to gradually lose energy or be sucked into a black hole.

I hate the constant buzzing in my head, this unceasing guilt and envy that I am not good enough – 'do more, do more'. Ah, the never-

ending persistence with what seeking pain to
end pain does.

Pain to end pain or joyfulness?

Is it foolish to think one could get reward in the notion to self-terminate? Perhaps. The only way I know is that the less addiction I have had which at its peak was raw / living foods, the more and more chaotic my nature was. To feel relief was to abandon my home and leave as much behind as I could. The goal is to be free, but free to what? Homelessness in our society seems to be deterred by the government system. I was pulled over 3 times, the first as a warning for walking on the freeway (which is whatever), the second I was accused of stealing and put in handcuffs and was asked if my water was mine, the third was for laying near a border that separated major roads but was off the brisk of traffic (you're basically encouraged to be out of sight). Point is, if you're not in the system of civilization, you're free to the laws of nature which seems to be 99% survival focused. The escape is to leave your comfortable chair and computer and be immersed in something so different that to be focused on anything else would probably mean suffering if not death.

The less addiction you have, pain grows exponentially, but like a machine you have to be strong. If you are weak you die and worse suffer dearly. To be a ghost through my own body is the

life I would want. I want to be alien to my physiology and psychology, so I can forget my past and connect with people. But why? Why?

Animals are no different than human animals at base level. We live for pleasure and if not that, the notion in our heads of accomplishment. When you work hard for life, vigor, nourishment and health and see the wretch (pit) you have crawled out of and see others wanting to pull you back in, I feel hatred, not for them, but for the fucking cosmic genesis of this apparent abhorrent, apparitional abstraction.

'Existence' and the 'thing itself'.

Have proxies for your suffering like a bottomless well: darkness like twilight, pristine in its utter wretchedness – dourness (joylessness) as the default; a juxtaposition to the cold, hard, non-feeling and advantageously sterile world around us.

Your reservoir for empathy is your reach across the sea of difference to you and Others. Be so pure, that the iron and hemoglobin in your body comes frothing-forth like vapor – distilled in spirit and serrated like white voids.

Black Heroin: that which = worst for the subject personally; a hell which tests integrity of an individual to the unremitting point equivocal by psychological breakdown to their smallest parts.

Suffering of the worst kind = experienced when the subject simultaneously does not know how to deal with and cannot change a situation; then, they (whoever), = changed (damaged).

I used to say, 'growing up = (same as) becoming handicapped'; but now I see that adaptation to circumstance = assimilation of character.

Wakerife Being^{xxii}

wakerife adj: indisposed to sleep; wakeful

“I do. I will. I have become,” said the man, the boy – the One.

He had traversed so many worlds in his life that he was now – just as many times as young, to that which his eyes reflected in stunning, often piercing and quantifying ‘r deciphering disposition and exposition. Even though he was famished and distraught, he did not wander ‘r dissipate; and that the world was not yet what he had wrought, he proceeded along his way, in catabolic, cathartic effort in mind of one day, that he might see and procure his expose’ – his dynasty and chef d'oeuvre, to and of the world – the void, afore his home, Abaddon – machinated and sanctioned to the likings of his philosophy and visionary ploy.

Ruled by his inflections and desperations, he sought peace and contentment elsewhere – in the self-centered universe, to which his dreams found their source and power – whereby and as a result of, innumerable and paroxysmal restless nights would come. From demonic, macabre and phantom-like interludes and episodes to brief

cataclysmic interventions, of resistance to the world and self, and violent, liberating confessions, to the dry, unmoving, untouched and withering life within him, he would garner his storm of fervent and epic tension brought on by the years of apprehension and abstention, ultimatum and judgment of the world – to which he himself would encounter and realize that there are no defining apothegms or damning truths, save one: that the entire world and everything therein, thereby, thereon and beyond, is fortuitous and devoid – because there is nothing, behind “everything.”

The superlative, supraliminal and atavistic revelation, acclimatized, conditioned and reserved to the few charismatic, tenacious and yearning magnificoes who sought or seek it, that substance is a delusion, lead him to believe that he too was just that, and of no consequence or even a true spiritual energy or essence, because of.

Therein, he would sojourn and damn himself to isolation and deprivation for many months and years to come; wherein, he would discover his “true-self”: – the corpse behind the christened and vatic veil – in Hell – to which where he became jaded, torrid and burned.

The corpse that found his contentment here was not to be mentioned, to the Outside, for

they would assault and destroy anything which proclaimed or expounded its right to live or thereby shaded its existence into reality – for he was evil, in their world and their eyes – for they were “savages,” and not in the “modern” sense. Like cannibals or feral, ravenous wolves and bears, they attacked and ensnared all prey that was theirs; that whatever existed inside their realm ‘r creed would be eaten alive, as paramount ‘r adoration – to their ideal – Aspheterism – of which the supreme signs were: self-immolation, abnegation, and complete altruism. Their ilk brought upon a tribal, collective, and socialistic mentality (all of which is caustic to civilization, individualism and “freedom-of-spirit” ‘r will and ‘r Liberty (to which it is not commonly known), to which the highest altitudes cannot be abridged (so much that the iconic symbol of “happiness” leads to the colloquialism that it is “just over the horizon”), and to where all standards-of-value plummet), one that would consume the very identity and viscus ‘r mind of the individual itself, herself ‘nd or himself.

As you may know, many outright and astonishingly deny ‘r implicate (by their actions ‘nd ‘r character ‘r demeanor) that the “individual” is a “myth” (which may very well be “true,” but only midst their dogma or “inner-reality”), as if they themselves have never looked

into the mirror ‘r even thought a thought – but to take this seriously, that they may be right, is wrong; that is to say, we’d be duping ourselves into nescience and dull, vacant broad-mindedness (to which where the Individual is not at home); that all denial of the components of consciousness (The Senses, which include the faculty ‘r capability of thought – Mind) leads to the darkening and degeneration of civilization unto, oft’ but most, occultism (not to say that all occultism is necessarily evil, though, that it pays its contribution largely to the demise of the wake-rife man ‘r, as Nietzsche would put it, and has been translated to and as such, the “over-man” ‘r “Übermensch” [Thus Spoke Zarathustra, Viking Press]), sorcery (of which proceeds from the former ‘r omega of this list herein), purgatory and or Mysticism: to which and where there is no light, thought or reason shining – where all is blind, as effect of caliginous eyes, and dead, which according to them, is “sublime” (of which of course is as the result of the inversion of value and mind (via the sawing ‘r quartering of the corporeal and ethereal ‘r “soul”), through years, if not months of, deprivation, abnegation and or self-mutilation ‘r immolation [For better understanding, read: “Atlas Shrugged,” to which Ayn Rand, the author, explains such things vividly, concisely and immaculately]). Though, if

we are to take apart their philosophy, we must approach its mentality ‘r “frame of reference” ([S]ocialism ‘r Marxism) systematically and thought provokingly ‘r inquiring and inferring for more than they might give us (we individuals and “free-spirits” [Nietzsche, Beyond Good and Evil]); that here and because of their propensity (towards that which leads to death), and because of their “helplessness” and ‘r neediness, the countenance ‘r probability of everything appears invalid, impossible or inside-out; moreover, that “everything” seems non-existent because of this – that they are not who they are, but everything ‘r anything else (that because of their mode of thought, they judge reality not by sight, but by faith and ‘r “feeling,” abandoning the mind and reason altogether – of which are the only absolutions ‘r measures for a reality based upon causal-law, force and resistance, rather than chaos – which would make for the “impossible” of which they speak) – but this is oft’ far from the truth (especially, and not to mention, 100% of the time, within reality); for as we look deeper into things, the more we realize that they must be, a special and ‘r determined way, and that a “whole” (not to mention that the whole is also an individual, and not influenced by mere vision, voice ‘r opinion) cannot be complete ‘r what it is, without its “pieces” or Parts – ‘r things

themselves (which and whom and thereby and therein define the individual himself, herself and 'r itself); that without these 'r them 'r us, there would be no being 'r entity – therein, thereby, and as 'r of no result of, there'd be, only, nothing – and to that which is where My philosophy takes reign and form, and to where I make and better Myself, in Holy, God-given panoply (of which there is no better force 'r resistance to 'r from) – My mind, spirit 'r “heart,” to which there no better use than on this Earth and 'r through this body – now and 'till forever, Amen.
– W.U.L.D.

This is the story of the Wake-rife man, of who else no one is so revered, now unto anyone who has ever heard 'r even read that which I have written here and understood it; and for those who haven't, now is the time to hear 'r adhere thine eyes to the word before thee (of which follows and concludes), for there will never be a better time; that is, and because of The fact, of: – happiness starts now – to where all “value” is found and nowhere else – for and that all other realms 'nd 'r states of being leave and bring nothing but Death and Hell – to which where demons roam, torment persists inevitably and inexorably and where “Lucifer” resides; for it would be in vain if all my 'r your life you or I

had not lived, to which no one knows better than the temporal and ephemeral beings of consciousness, I and You – to now, which and thus begins a new Legend – yours, and not just mine – to that all should live by and to that which is the goal of this and nothing less, but perhaps even more (of course all of which is not beyond my intentions and ‘r ploy) – and to speak so seriously, with mind and heart, let’s begin!, ‘r first, arise [. . .] “Come, the dawn hast no wait ‘r purpose for the sleep or death!” – spoke the vociferous One.

NIL

Love Void Love: Dreams from the Abyss: Writings of Things and Other Things;
With Forays into **Harm-Reduction & The Final Revelation is Death:**
Corporeal Anecdote and Philosophy

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Return grace.
This belief in emptiness kills (you always will).
What wasn't, now withstands.
End, the end of alls.

"alls"

"alls": *all of us*

ENDNOTES

Ideally for the notes of references and influences in this section, I believe with very little doubt that I have given these arguments my full attention, in regards to: thinking for myself and coming to my own conclusions – striving to stray away from pure familiarization in my own words. Whether I have succeeded and or failed at this, at least you can know the source(s) given, here:

- i. “Please Read”, was originally written on and or around, December 18th, 2018 and reformatted May 11th, 2019.
- ii. “Untitled”, was originally written on, June 18th, 2010.
- iii. “The Dismal Abysmal Void & The Unreality of Your Reality”, was originally written sometime within early to middle of 2010 era.
- iv. “Cosmic Genesis: The ‘First Thing’, ‘Everything’, and Chaos as the Thing Itself”, was originally written on, May 13th, 2018.
- v. “Void = Void”, was originally written on, November 27th, 2018.
- vi. “Fundamental Thinking”, was originally written on, December 7th, 2018.
- vii. “A Mini-Thesis For Ending Life (Draft)”, was created July 26th, 2018, edited Nov. 18th, 2018, and reformed through March 15th – May 11th, 2019.
- viii. The reference “no rhyme or reason” I have learned directly from InMendham, though I believe, others have used it too independent of each other.
- ix. The reference “Antinatalism-Asymmetry-Argument” is non-exclusive to InMendham or David Benatar, though I learned it through them. I believe they have developed these thoughts independent of each other.
- x. The statement akin of “know to impose”, ‘imposition’ arguments (forcing new consciousness here), I have learned directly through InMendham and put in my own words.
- xi. The reference “Martians and Plutonians” is directly from InMendham, though, David Benatar has also used a similar metaphor. I believe they have developed the concept and or analogy independent of each other.
- xii. The reference, “Net Deficit”, I have learned from InMendham’s phraseology.
- xiii. The reference, “Harm and or Blood-foot-print”, I have learned from InMendham’s phraseology.
- xiv. The reference “Unintelligent Design” I learned through InMendham’s phraseology. Please see graytaich0’s video on it: <https://www.youtube.com/watch?v=vEmWn0KGNx0>
- xv. A lot of the argumentation here I have learned from InMendham and put in my own words.
- xvi. The reference, “Reproduction for the sake of Reproduction” or “Replication for the Sake of Replication”, I have learned from InMendham’s phraseology.
- xvii. The text here and ideas of evolution’s incremental development, primitive consciousness, grossness being non-trivial are directly inspired from InMendham and the article linked here: <https://www.animal-ethics.org/sentience-section/animal-sentience/what-beings-are-conscious/>
- xviii. The phrase “Our Lives Are Worse Than We Think”, I have learned directly from professor David Benatar.
- xix. The reference to “tic-tac-toe” is a metaphor I discovered from InMendham.
- xx. The phrase “rolling-dice” is another figure of speech I’ve acquired through InMendham.
- xxi. “Nothing For Hopeful”, was originally written on, May 21st, 2011.
- xxii. “Wakerife Being”, was originally written sometime within the 2010-2012 era of my life.