

# REALITY INTELLIGENCE

## Who Are We?

How do you define an individual with '*reality intelligence*'?...How can we know if this property exists in others or even in ourselves?...With the enormous variation of human diversity and the mystery of human singularity this is a difficult question...Humans who understand the complexity and reality of human existence recognize in an intuitive and cognitive way *what* we are and *how* we are...No human who exists or has ever existed knows *why* we are...Most humans with reality intelligence are intelligent in recognized ways as a result of dense neural growth early in life but we will have to wait for a future with technology to map the brain in detail coupled with behavioral, observational and historical studies to understand the importance and impact of early developing brain structure in determining morality, intelligence, empathy and a fundamental intuitive awareness of the physical and spatial reality of our existence...Still, there is an understanding of certain realities that define all humans with this property...

An understanding that all Gods and religions on Earth were created by humans...

An understanding that all humans are the same in the most elemental way...

An understanding that our planet is a singular, finite ecosystem...

An understanding that science is the language of human existence...

An understanding of the possibilities of a single species with a shared awareness of reality...

***An understanding that all Gods and religions on Earth were created by humans***...It's still unknown if there is an intelligence responsible for creating this reality, a reality which may be a tiny part of another reality that's incomprehensible to lifeforms existing on a single planet in a 'ordinary' galaxy...Many humans believe in a kind of spirituality or life-force that exists everywhere in the Universe or unknown multidimensional realities with an eternity of possibilities or even endless 'universes' each with their own laws and properties...In an existence without boundaries it may be that all things are possible but in 2016 there is no evidence, no indication and no verifiable proof of the existence of any God or any divine intelligence beyond the self-aware sentient intelligence we know ourselves to be...Intelligence seeks evidence to explain existence and there exists no evidence of any 'supreme being' or deities...It's becoming increasingly clear to populations everywhere on Earth that all world religions were created, promoted and practiced on this planet by a developing species trying to understand the nature of their own existence and one day all religions on this world will be fascinating histories of an ancient time...

***An understanding that all humans are the same in the most elemental way***...The inability of a majority of humans to understand this simple statement has been the cause of more death and violence on this planet than is imaginable, millions of humans throughout the entirety of human existence who have died because of a deep-seated primitive fear of any creature believed to be 'different' in some fundamental way...And it continues...All ethnicities are simply variations of the same creature...No matter where any human is born on this world they are the same as every other human born on this world and every human who has ever existed has been born on this world...*We are all the same creature*...Women are equal to men in every way except size yet discrimination all over the planet continues against females because of ignorance and fear by men who live with a primitive instinct that feels threatened and weak if they do not 'control' the female as dictated by tribal, cultural and religious nonsense that subverts a reality they are unable to recognize, unable to understand and a continued teaching of the ignorant by the ignorant...Hutu and Tutsi are the same species...Shiite and Sunni are the same species...Jews and Palestinians are the same species...Hindu and Sikhs and Muslims are the same species...Blacks and whites are the same species...Men and women are the same species...The violence, discrimination, ignorance and killing continues...

***An understanding that our planet is a singular, finite ecosystem...*** There is an obvious and undeniable balance of nature which has been essential in the development and evolution of our species, a balance vital to our survival and clear to every human who understands reality...Any human who believes the activities of seven billion creatures who burn their planet for energy is not having a serious effect on the planet's ecosystem does not understand reality...*Why the most intelligent species on Earth would actively change the balance of gases in an atmosphere that has allowed them to evolve and thrive is difficult to understand...* Why do we not notice the choking of rivers until they are choked with waste or the unchecked polluting of the oceans until our food is contaminated and our beaches ruined?...Why do we not notice the ongoing extinction of some of the largest animal species on this planet until there are just hundreds or thousands left?...The balance of one planet filled with life is the biggest challenge in a future that must be addressed in the present and with a lack of reality intelligence and understanding among the humans who control energy resources and set current environmental policies coupled with a continuing denial of science and ignorance of consequence on a world this species continues to burn, little is being done to change a 21<sup>st</sup> century paradigm of “greed and profit” as multiple corporations and governments promise to burn more fossil fuels to satisfy world populations, create more wealth and let the future deal with consequences both predictable and unpredictable...With the fragmented world of today and an exploding population without constraint, it's difficult to predict outcomes..

***An understanding that science is the language of human existence...*** Science is the written record of human reality and the process humans use to determine reality and over thousands of years thousands of people have contributed to the development of scientific techniques and processes humans now use to discover, explore, investigate, verify and confirm this reality...Science is the language of a growing intelligence seeking to know itself...Science organizes our reality in a way that can be tested, verified and confirmed and *every truism taken for fact can be rethought and redefined if new scientific methods or new discoveries show it to be another way...* There is no evidence for a god but if a god did appear on Earth science would test all the parameters in every way possible with multiple measures and multiple means and if the testing confirmed the deity the god would be known to be real and we would alter our construct of reality...Quantum theory is a great mystery operating in a way contrary to any realistic world view of reality and has been tested thousands of times never failing to manifest itself as predicted...We don't understand how it works or why it works but it works...The same rigorous testing of general relativity has proven it to be 'real' in every way tested although humans have a very tenuous connection to the bending of space and the fluctuation of time...One of the most important tools of scientific inquiry, mathematics, continues to take science in directions unanticipated and it's unknown what lies in this direction of inquiry but what is alarming is the unexplained trend now happening in a world controlled by isolated governments and corporate greed: *the censorship of science...* In many institutions and organizations around the globe scientists are not allowed to see or study the work of other scientists with this secrecy being systematically institutionalized out of some primitive territorial instinct...Excepting for the science concerning weaponry, biological and nerve agents in an increasingly dangerous world, science should be transparent to every human on Earth, studied, tested, absorbed, and improved...It is the way we understand ourselves...

***An understanding of the possibilities of a single species with a shared awareness of reality...*** This is the promise of humanity...The product of an evolution of intelligence that has taken more than three billion years, this is the next step in our quest to understand ourselves and the amazing reality we exist in...A self-aware sentient species on a blue planet circling a single star in a large galaxy among billions of galaxies, existing in a known reality with definable properties that allow the exploration, habitation and harvesting of an entire star system to sustain human activity for a billion years...*This is possible...* If we can maximize brain growth in every baby born, our species would understand the need to control world population until we can terraform Mars, we would understand the need to sustain our ecosystem

and we would have a planet of intelligent humans to make this happen...We'd protect the many species on Earth and know that we cannot save all life in a living, breathing ever-changing world but we can recognize a balance of habitat and urban development to coexist with creatures who may be vital to our existence...We would examine the thousands of unknown plant species that may cure disease creating vaccinations against dangers threatening our children and as master tool builders we would build space ships miles long to travel between the planets, visit the over 170 moons we know exist and build solar collectors in space to power a planet and create a world of limitless, clean energy...It's easy to imagine humans living 300 years or longer in the future and a world where infant mortality is unheard of...No one knows what might be possible...*We are not controlled by deities and superstitions with restrictions and dogma...*We are in control...We are more than seven billion and we are the dominant species in this solar system...Off world exploration has just begun and there is a potential for resources and riches unimagined in the places we know we can go but humans need to cooperate to survive an unforgiving, hostile environment that in no way supports the demands of carbon-based lifeforms...To solve many of Earth's problems and to explore this reality humans must evolve as a species and not as isolated, primitive, territorial nations focused on aggression with our own kind destroying the world with short-term ignorance and apocalyptic visions...It took human beings 200,000 years to explore a planet and establish the 1<sup>st</sup> World Civilization...How long will it take to explore a solar system?

*Imagine trying to explain to a group of zealots from anywhere in the world, Islamic fundamentalists, right wing militia groups in America, rebels who kill in the Philippines, Taliban extremists in Afghanistan, any group with little regard for human life...You are given 3 hours to explain human reality with proof and wit and understanding about the nature of existence and the nature of the world...No heaven, no hell, equal genders, education for all, inclusion of everyone to deliberate the problems of the world, resources for everyone if we work together and a social structure that doesn't abandon anyone in a connected world that understands the possibilities of the future...The zealots serve tea and cookies while they listen, read and watch the proof you provide and after 3 hours they kill you while shouting "God is Great" over and over...Without the dense neural networks developed in the first three years of life necessary to understand that humans exist in a definable reality, they are driven and confused by an inability to communicate and reconcile powerful, primitive and instinctual regions of the brain with an intellect governing reason, logic and understanding...Very dangerous if stimulated in a way causing confusion, disorientation and fear...*

For thousands of years there have been questions of how humans with the same knowledge and facts can exist in the same reality and interpret cause and effect so differently without an intuitive or cognitive ability to understand what is proven and obvious, a disparity that continues today in every region of the world despite volumes of scientific conclusions proving physical processes understood by intelligence but questionable to billions of humans unable to recognize the nature of existence...This is not surprising when you realize the scientific community believed our galaxy to be the entire universe less than 100 years ago and it's not surprising when you understand the impact of inequality, abuse and the fragmented isolation of cultures over thousands of years who are now part of an accelerating global civilization...Entire societies without inclusion and entire cultures without the knowledge to understand how essential it is to maximize initial brain growth in babies from the very start of life...

The consequence of this is billions of humans in the 21<sup>st</sup> century focused simply on survival, without hope, looking for stability and security in a world where inequality grows and a growing global paradigm of interconnected greed and territoriality prevents the effective organization of any kind of world coalition with the strength and resources to remove those who kill their own citizens and those who starve their populations...And no effective world organization with a global awareness or a shared recognition of the extreme need to create programs that can provide safety and nutrition for mothers and babies worldwide...This is also not surprising when you understand that the humans who find themselves in positions of power, wealth and influence in this century were infants just a few decades ago in a world where there was and still is very little understanding of the impact of infant care on the thought processes, intellect and awareness of the adult human...The result is that many of the influential

and powerful individuals who control world resources, world military's and the world's wealth are unable to fully understand causality, unable to understand a proven and definable reality and unable to recognize the strengths, needs and possibilities of their own species at this critical time in the history of life on Earth...Threatened by a reality they can't understand they are influenced by primitive instincts of fear, greed and self-preservation (mostly at a subconscious level) without an ability to rationalize the dogma and superstitions that have influenced human activity for thousands of years...

*The exclusivity of the frontal lobe can allow individuals to develop a high level of intelligence in multiple areas of life (rocket scientist, entrepreneurs) and still not have this density of neural growth that develops in the first three years of life essential for empathy, morality and a lifetime understanding of the nature of human existence.*

There is no way to really know what occurred during the first three years of life in the hundreds and thousands of dictators, politicians, religious leaders and corporate leaders controlling the resources and policies of a global community without a consensual awareness or a unified, cohesive direction...If there are just 1.1 billion humans this century (conjecture without data) who recognize and understand the physical and substantive reality of human existence (but always willing to question if there is evidence) then 84% of Earth's population still believe in dogma and fate (a predetermined or inevitable course of events) without any understanding of what is possible or more importantly, what is necessary for the human species to survive...The thoughts and beliefs of many influential people entrusted with determining a sustainable path for billions of humans are dominated by a belief in God, a belief in destiny, fear of the unknown and ignorance of an existence verified by proven scientific processes...

Subsequently, without a shared intelligence that understands the challenge of sentient life on a single planet in a resource rich solar system, there is little consensus among nations concerning the major challenges that continue to threaten humanity in the 21<sup>st</sup> century...Instead there is a continuous focus on sovereignty, wealth, power and a ready military force in all the nations of Earth to war for advantage and there will be no intellectual consensus on the nature of human existence until a majority of babies born are nurtured to maximize initial brain growth...In this century billions of humans are unable to recognize what is proven and obvious but there is growing evidence this is slowly changing in a world where global connections and an increasing global knowledge is beginning to influence understanding and outcomes in every society on Earth...A growing awareness that will determine how humans survive an unknown future in an indifferent universe...

### **Reality Intelligence**

*A connective neural density developed in the first three years of life that enables a fluidity and volume of communication within the brain merging the rational, logical and most recently evolved regions of the brain with the primitive, instinctive and ancient regions of the brain...This deep, mostly subconscious flow of communication results in a natural morality, a natural empathy and an intuitive, cognitive awareness of human reality and the nature of existence within that reality as each human develops into an adult...Without the technology necessary to observe and count millions (billions) of synaptic connections, individual neurons or pathways of communication within a human brain (the most complex object known) there is only a small body of growing evidence beginning to understand this complex causality relationship implicating initial brain growth in infancy with the ability of every human to recognize and understand the reality of their existence as adults...This will change as new science and technology develop better tools and techniques...(There are multiple projects active in this century to study and map the human brain)...*

There is no question more research is necessary to verify and understand this process and this book will be challenged in the emphasis and importance it assigns to this property of the brain but the empirical evidence of case studies, anecdotal evidence of babies from differing situational realities including orphanages and broken families, historical evidence of documented lives from humanitarians to serial killers suggesting the positive effects of early attachment and negative effects of abuse and abandonment and the growth of scientific evidence involving studies on primates, laboratory animals, humans and related brain structure with new technology, new techniques and new tools for observation

and measurement all suggest this property is real...In no other way is it possible to explain the disparity of thought and beliefs in individuals and various groups within societies who all exist within the same reality...An unexplained disparity that has continued for all of human history...

*Reality Intelligence is a deep permanent connective state of awareness...*

The first three years are the most important years of any life...In a limited existence of just one hundred trips around the Sun, the possibilities of discovery, adaptation, change, emotion and creativity are seemingly endless with many lives documented through all of history confirming the intelligence of Earth's most dominant life-form, but the first three years of life make people who they are by creating a framework of internal communication to support a lifetime of intellectual development...A permanently formed structure of neural connections, highways of communication between differing regions of the brain that determine a level of reality awareness and an intuitive, cognitive understanding of the nature of existence...*After age three unused neurons are cleared away, memories are permanent and this framework will determine how each individual absorbs and understands the billions of sensory inputs that create a human life...*This period of development is crucial in creating the organizational structure and neural density that will determine reactions, realizations and behavior...Very simply, what happens from age 0 to 3 determines the possibilities of a human life...This essential connective structure cannot be markedly enhanced after this critical period of brain growth and it explains how people can be very intelligent in different areas of human achievement and still not understand the reality of their own existence due to a lack of early connective density between rational and primitive regions of the brain...

*You only have one chance in life to build this network of neurons, a dense communicative construct critical to an understanding of reality and existence intertwined with all aspects of life...However dense and connected this initial construct is will determine how this brain understands existence and reacts to external stimuli...Abuse and indifference restricts growth limiting an individual's realizations and understanding of life...Nutrition, nurturance, sleep and positive stimulation create a dense construct where realizations are almost unlimited...*

### **Evidence and Realizations**

The excerpt below from a 2009 publication is an example of a growing awareness among the scientific community of the challenge of understanding the inter-connectivity between different regions of the brain and how critical regional connectivity is in determining cognitive behavior, function and thought...The challenge of imaging and deciphering brain organization with 21<sup>st</sup> century technology and techniques is referenced multiple times in current scientific literature.....

“There has been an emerging focus in neuroscience research on circuit-level interaction between multiple brain regions and behavior. This broad circuit-level approach creates a unique opportunity for convergence and collaboration between studies of humans and animal models of cognition. *Measurement of broad-scale brain networks may be particularly important for understanding changes that occur in brain organization and function during development* (italics mine)... Recent studies in humans have gained much leverage from trying to understand circuit-level interactions among brain regions over the course of development. Such studies use connectivity analysis of functional magnetic resonance imaging both during cognitive activity and during rest and diffusion tensor imaging to measure (respectively) the functional and structural connectivity between discrete brain regions.”

Frontiers in Human Neuroscience.2009: 3: 81.Published online 2010 January 20.

In the summer of 2013 various articles began appearing in medical journals and on websites in the United States concerning a condition called "*positional plagiocephaly*," flat spots on the heads of babies during infancy caused by resting a growing, flexible skull on one side for too long a time, a condition that is rarely permanent and rarely noticed by anyone except caregivers who are intimately familiar with the baby...It is not implicated in any way with brain development but it illustrates more than anything else the flexibility of the human skull to allow for passage through the birth canal and to

allow for the rapid brain growth that occurs during the first years of life...There are six cranial bones that make up the brain cavity and the separations between these bones called "*fontanelles*" fuse together in the infant's 2<sup>nd</sup> year of life and stay fused throughout the lifetime...

What we do know is studies on animals and humans in controlled environments and a human history of empirical, anecdotal and observational evidence clearly suggest that neuron development and the growth of organizational structure is *maximized* in an environment of secure attachment, positive stimulation, safety, nutrition and sleep and is *inhibited* in an environment of fear, poor diet, insecurity, abandonment and violence...A baby's first days, months and years are a unique period in a human life when communication networks are being grown and developed in ways that will determine brain function for a lifetime...Science has shown that neural growth and change continue in some ways throughout a lifetime in reaction to the experiences and challenges of existence in a ever changing environment, but the initial establishment of the memory centers, organizational structure and neural pathways are mostly complete around age three or four...*Very few humans on the planet can remember events that happened in their life before age three*...Memories earlier than this are absent because the brain is still growing, developing and organizing itself into a memory archive and structure that will remain stable for a lifetime...When this organization is established, memories become permanent retrievable very late into life and almost everyone can remember an event that occurred when they were four or five...Studies have demonstrated many times that memories created in childhood are often more vibrant and retrievable by older adults than are recent memories suggesting that once the brain's structure is finalized around age three it retains an organizational consistency for a lifetime...

My personal history is a clear example of this process that is just now being understood...My father and mother died when I was 976 days old...I was almost three and I cannot remember either one of them...I have pictures, videos, stories and memorabilia from infancy but it makes no difference...My mother held me, fed me, sang to me, played with me and loved me every day for over two and a half years and I can't remember her face, her touch or her voice...Nothing...My brother was eighteen months older (four years old) and he does have memories of our parents...A very human process...

Anyone who has shared life with a two and half year old child knows these small humans have vibrant personalities and are communicating and actively participating in their environment...They light up when anyone they know or love enters the room and they crawl and climb on us seeking attention, love and stimulation...They know your voice, your habits, your touch and your smile...And they have memories...You can leave for several weeks or months and when you come back they know you, call your name and demand a hug...*To realize that if you suddenly disappeared at that moment the child would never remember you even existed is stunning*...It speaks to the complexity of the brain and the development that continues in the first years after birth...Studies continue to show that the brain can grow, adapt and learn throughout an individual's life *but the establishment of the basic structure of your brain that will serve you for a lifetime is largely accomplished during the first three years of life*...

Dense neural growth is the key to intelligence, the key to awareness and the key to an intuitive understanding of the three-dimensional reality of human existence...Science cannot yet count individual neurons and any experimental studies that treat a baby one way to enhance growth and another baby a different way to inhibit growth and prove a hypothesis are unethical and should be...But who will argue that raising every baby with love, nutrition, positive stimulation and secure attachment is harmful or unhealthy?...Babies raised this way laugh a lot and smile, they cry only when trying to communicate and they show endless curiosity in all environmental stimuli...There is a natural morality that develops and you can see in them by age three that they will never kill another human unless it is absolutely necessary...In our violent world it sometimes *is* necessary but babies raised this way grow up aware of reality, the interaction of human society and aware of the world they live in...*How this species grow their babies will determine the future of life on Earth*...A future lasting millions of years if we can network a planet and give all humans a chance to understand the nature of their own existence...

*How we grow our babies will determine the fate of the human species...It's that simple...*

“After more than a century of sustained progress in biological sciences and medicine, one could argue that mankind has made significant advances in our understanding of how biological systems operate and how different parts of the body function and when damaged, generate disease. At the same time, a comprehensive understanding of the brain remains an elusive, distant frontier.” *ACS Nano*, 2013, 7 (3) March 20, 2013

### **A Measurable Effect**

The positive and beneficial results of positive stimulation, diet, sleep and attachment are not limited to the human species and some of the pioneering studies on maternal attachment have shown the importance of security and attachment in animals which determine their ability to survive as infants and form relationships later in life...Experiments by Harlow and Zimmerman in the 1950's with monkeys that were detached from their mothers and given a 'wire mother' and a 'cloth mother' found that monkey's *must* form attachments during the first year of life...Infant monkey's raised in isolation were never able to interact with other monkeys in a normal way and *some died from the stress of being untouched and alone*...They also found that even when the 'wire monkey mother' was the source of food the baby monkeys preferred the 'cloth monkey mother' clinging to it a majority of the time for security and reassurance...When isolated monkeys were allowed to interact with other monkeys for as little as 20 minutes a day it made a recognizable difference in normalizing behavior as they grew to become adults...Studies and behavioral observation over many years have proven beyond any question that social interaction, touch and a sense of safety, security and belonging in infancy are essential for the normal development of intelligence in all mammals, from infancy to adulthood...

A study at McGill University with rats compared the effect of attachment on a group of baby rats who were groomed and licked by their mothers in the first few weeks of life to a group of baby rats whose mothers did not interact with them in any way...Researchers then followed the two groups of offspring into adulthood and found dramatic differences in the ability of the two groups to cope with their environment...The baby rats who were groomed and comforted by their mother were more confident, exhibited less stress, were less fearful and did better at mazes than the group of rats whose mothers did not interact with them after birth...The grooming by the parent happened only for a few weeks after birth and after these first weeks of interaction the offspring never saw their parent again but the differences exhibited by the two groups throughout their life was very different...Clear evidence of how crucial it is to nurture and form an attachment with babies immediately after birth...Very important is clear evidence of measurable enhanced growth in the brain of the rats who were groomed suggesting that *just the presence of maternal security and attachment can stimulate brain growth in infants*...This study in 2003 is one of many that document this maternal effect on brain growth...

### **Maternal care, hippocampal synaptogenesis and cognitive development in rats**

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***We report that variations in maternal care in the rat promote hippocampal synaptogenesis and spatial learning and memory through systems known to mediate experience-dependent neural development...Thus, the offspring of mothers that show high levels of pup licking and grooming and arched-back nursing showed increased expression of NMDA receptor sub-unit and brain-derived neurotrophic factor (BDNF) mRNA, increased cholinergic innervation of the hippocampus and enhanced spatial learning and memory... A cross-fostering study provided evidence for a direct relationship between maternal behavior and hippocampal development, although not all neonates were equally sensitive to variations in maternal care...***

*This is just a small window into what is happening to brain growth when babies feel a safe, secure attachment...It shows actual neural growth taking place that is measurable and more than in the babies that do not have security and maternal attachment although the mechanisms and extent are still not known...*

*In the three excerpts below from a research paper published online in 2009 it's clear human researchers are finally beginning to understand the critical nature of a human baby's initial environment after birth....The authors of this study also note the difficulty in studying brain development in infants and children...Even with new technology that includes structural and functional MRI, MEG, electrophysiological measures of brain activity and advanced techniques for measuring HPA axis function, obtaining these measurements in a reality based environment is often invasive and disruptive to the subject (baby)...*

### Stress and Early Brain Development

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(Published online June 2009)

“In the early years of life when the brain is developing rapidly it is particularly sensitive to environmental influences. Toxic early life stress (ELS) may induce persistent hypersensitivity to stressors and sensitization of neural circuits and other neurotransmitter systems which process threat information. These neurobiological sequelae of ELS may promote the development of short and long-term behavioral and emotional problems that may persist and increase the risk for psychopathology and physical health disorders into adulthood.”

“Research in humans increasingly suggests that severe early life stressors (e.g., trauma, maltreatment, neglect) may result in decreased brain volumes, dysregulation of the neuroendocrine stress response system and limbic dysfunction involving regions such as the hippocampus, medial prefrontal cortex and amygdala. Consistent with these findings, animal studies of severe ELS yield evidence of inhibition of neurogenesis, disruption of neuronal plasticity, neurotoxicity, and abnormal synaptic connectivity. Sensitive periods and stages of enhanced brain plasticity are particularly vulnerable to the long-term effects of stress hormones and *may result in altering the typical pathways and organization of the young brain.* (italics mine) Research also suggests that severe ELS may have mental and physical consequences that last into adulthood including increased risk of depression, anxiety, post-traumatic stress disorder, metabolic syndrome, and cardiovascular disease. Notably, research has revealed that the child’s access to supportive, attentive, and sensitive adult care plays a salient role in buffering the activity of the HPA system and protecting the developing brain from potentially harmful effects of stressors. Children within secure parent-child relationships learn that when faced with a stressor they can experience distress, communicate their negative emotions, and effectively elicit aid from caregivers. It is likely that this sense of safety prevents activation of the HPA axis and other critical stress-mediating system”

“The early years of life constitute a particularly sensitive period during which chronic stress may lead to dysregulation of the stress system and may compromise brain development. Not all individuals are equally at-risk for developing the neurobiological behavior and health consequences of ELS. It is likely that genetic factors, emotional and behavioral predispositions, stress history, social support, mental health status, age, and sex all play a role in stress reactivity and regulation. Tracing the pathways through which early adversity impacts later development is the key challenge for developmental stress research in the coming decade.”

In a 1964 study by Schaffer and Emerson that followed 60 babies for 18 months in the home (a natural environment) they identified the stages of attachment from birth to 9 months...From birth until 3 months of age infants were predisposed to attach to *any* human...The babies responded equally to any caregiver who provided safety, food and touch to meet the baby's needs...*This is very important as it suggests that the human race as a group can rescue and care for any child that is abandoned at birth and provide what is needed to maximize initial brain growth...*The second stage of development from 4 months to 7 months babies were learning to distinguish primary and secondary caregivers but would still accept care from anyone...After seven months babies started recognizing and preferring familiar people, some showing a fear of strangers and distress when separated from a particular caregiver, evidence of secure attachment and comfort with specific humans that can have enormous influence on the development of neuron growth...After 9 months the babies became more independent and were forming multiple attachments with extended family members and others...The researchers noted the babies most often formed attachments with the humans who responded accurately to the baby's signals and more important *the babies formed the strongest attachments with the humans who played and communicated with them* not necessarily with those they spent the most time with...

## Awareness and Rationalizations

Scientists and researchers have long known that animals improve in every aspect if they form a 'secure attachment' with a parental unit after birth that remains secure during the earliest growth cycles and many researchers have recognized this need for 'secure attachment' in humans as well but it hasn't been fully understood what a critical difference close continual attachment and stimulation can have on a developing baby's brain in maximizing brain growth and influencing behavior over a lifetime...*Most important is that researchers have not realized how permanently damaging a lack of attachment, love and stimulation can be to a baby's brain during this growth period that can never be recovered...*

What is unique in humans is a complex *frontal cortex* for processing information and skills that can be highly developed throughout an individual's lifetime even if the individual did not develop the dense connective pathways which define *reality intelligence* and it suggests there are many people who exist with intelligence, knowledge and skills without a density of structure critical in the ability of a brain to communicate with all of it's differing regions in a fluid, interactive and integral way...Millions of people who are respected, intelligent, accomplished and informed in multiple ways but instinctively and subconsciously still question existence based on 100,000 years of desperate survival in a hostile world, believing the dogma, myths and legends which have determined human actions for all of written history, unable to recognize reality or understand an unknown 'unknown' that is both frightening and confusing...*This questioning of reality functions primarily at a subconscious level and is reconciled with beliefs of religion and predetermined fate that comfort the individual and allows a 'normal' existence within a framework of societal norms...*In a stable existence billions of humans live their lives in this way with few negative consequences and with the capacity to be productive, generally happy and a part of a community who share in their beliefs...But what happens if the 'stable' functional lives of these individuals are challenged in a way that causes extreme fear, anxiety and confusion in a brain without the dense neural growth necessary to reconcile causality and reality? *What happens when the human brain cannot communicate with itself?*

In 2014 there were 41,149 suicides in the U.S. as reported by the Centers for Disease Control and Prevention...10<sup>th</sup> leading cause of death...WHO reported in 2014 there are over 800,000 suicides globally every year (1 every 40 seconds) more deaths than conflicts and natural disasters combined...In America the rate of suicide went down during the 1990's with growing prosperity but has steadily risen from 2001 through the recession in 2007-2013 as people were losing jobs and losing their homes (the death rate from suicide is highest in middle-age when people feel they have the most to lose)...Faced with an insurmountable crisis they respond with desperation, hopelessness and anxiety in a reality they can't understand, questioning eternity, the meaning of existence and God...

*In America suicide is the the 2<sup>nd</sup> leading cause of death for ages 10-24...*

*A survey of California patients found strong relationships between adverse or traumatic childhood experiences and a person's lifetime risk of attempting suicide...S.R. Dube et al/JAMA 2001*

In 2014 there were an estimated 14,249 murders in America (FBI)...More than 437,000 humans murdered globally in 2013 (UN)...Why does a human kill another human?...What is the thought process within a brain that rationalizes and justifies ending a human life for whatever reason?...Many humans kill others out of consequence while engaging in illegal activities or when confronted in some way and many of these humans have stated that they 'feel' nothing for the loss of life...No recognition that they ended a human singularity, an individual with thoughts, dreams, memories and maybe insights that no other person can duplicate or replicate...A lack of awareness that becomes a lack of remorse...

*In people who kill with malice and intent there is a connection between their first year and their last year of life...*

## Morality

Existence in this reality is a unique experience that one would think is a *fundamental right* of every individual if that individual does not challenge another human's right to exist...What each individual does with their existence is defined by the laws and properties of this reality in ways still being explored and understood but no person should be damaged, confined or destroyed if that person regards all others in the same way...The right to live life anyway you wish as long as you do not injure or kill others and you recognize their right to live their life anyway they choose would seem obvious but are there fundamental rights in a reality that has no apparent rules or guidelines?

Our species have been trying for 30,000 years to define *morality* spelled out by societal norms or dictated by religion and myth, a process which continues today using the same ancient rituals and logical arguments that have done little to stop killing in multiple societies and diverse civilizations through time...But there is an argument that morality is not a 'code of laws' that can be spelled out by civilizations or by dictates of man, rather *morality is an intrinsic part of the evolutionary process*...Life seeks to know life and within an evolutionary bond that stretches back a billion years, there is a *natural morality* that is a dynamic, underlying property of our existence...Life seeks life...If you and a cat were to go to sleep in a house with 100 rooms filled with all sorts of items to explore, you would wake up in the morning with the cat on your lap because with every other option available to the cat life seeks life with the rhythm of breathing, the sound of a heartbeat and the warmth of another living creature...In babies who are grown with abundant love, positive stimulation, nutrition, sleep and close continual human attachment, there is a *natural morality* that develops to become an instinctive, integral part of that individual's consciousness for a lifetime that understands humans don't kill humans...An intuitive understanding of the nature of human existence that dictates behavior and determines how we interact with this reality based on intellectual reasoning, internal communication and causality...*If a brain is connected with itself through dense neural pathways merging human evolutionary history into a single operating system, an understanding of the uniqueness of life does not need to be taught or proven*...It is understood from a very young age and it is what makes us human...

*There is evidence for a natural morality in the history of storytelling, one of the oldest forms of communication in human history...Predominately in every culture and every society on Earth from the very ancient days before religious structure to the present day, in books, movies, plays and music, when good vs evil the good wins...almost always...*

*Not enough is known about human reality to say death is final...Unknown possibilities in an unknown existence...*

## Death

The human species is far too young to know if there are any realities outside of the one we know exists...On a physical level death is final and understood, everything alive dies...Many intelligent humans understand this cycle of life and death and it is not mysterious or supernatural but it is sad...If there is some 'dimensional existence' or an 'individual spirit' or some 'essence of being' inside a human which continues after death it is unknown...There is no evidence of this...Many individuals throughout history have thought seriously about this question of spiritual existence after death and the many who have made every effort through experimentation to discover a shred of evidence to support their ideas have failed...Many of these individuals promised associates and loved ones that if an afterlife did exist, in any form, they would communicate with the living after they died but there have been no ghosts, no spirits and no evidence anyone has ever communicated with someone who died...There are parts of the human brain that want desperately to believe there is *something* after death but at this time in human history there is no evidence...Everything living dies and when they do the constituent components of their being (atoms, the essential elements of all matter) are broken down and returned to the cyclic existence of the universe...Death is a reorganization of matter on this planet...Nothing leaves our planet unless we accelerate it to 25,000 miles per hour so everything on this world is eventually broken down into basic elements (atoms) and redistributed within the gravitational field of Earth...Every human alive

today is some part of everything else that existed on this world and all of the elements existing on Earth were created in the inflationary beginning of this universe and in the millions of stars exploding since that time seeding space with a 100+ elements that make up essentially everything...

It's difficult to believe we are not 'more' than simple biological beings with a limited life span and a unique consciousness that ceases to exist after death but this is the reality of what is known at this time...And death is sad when you understand humans exist in a stable reality which will continue for billions of years and the human life span is less than 100 trips around the Sun...

Just this awareness makes suicide mostly senseless since we exist for such a brief time but to an individual with *reality intelligence* suicide is an option if one is dying in pain, very old and sick or even as a free personal choice...But humans who understand reality would never kill another human or kill their spouse and children so “they don't have to suffer in this life” or so “they can be with their god”...They would not kill someone they were married to, they would not kill their former employer who fired them, they would not kill the man or woman their husband or wife is sleeping with, they would not kill their daughter or son because they “shamed the family”, they would not kill any human unless that human was a direct, immediate threat to them or other innocent humans...People who do this, who kill others out of fear, ignorance, rage, revenge or ideology (thousands around the world) are unable to reconcile a fear and confusion that never ends with a reality they cannot understand...The murderers, suicide bombers, mass murderers, serial killers and self-righteous leaders of genocide have all suffered extreme trauma during the first year of life and have lived a life of pretend trying to act 'normal', trying to fit into an existence they can't define...With a brain dominated by primitive instincts of fear, confusion, vengeance and righteousness without a neural density to reconcile violent emotions and confusion with rationality, logic and intellect, these humans act in what to them is the only solution to their problems, their questions or a lifetime of confusion in a last act of desperation...Many humans who kill others or kill multiple humans 'with purpose' also kill themselves...

*There are many levels of reality intelligence, many people with no chance and many on the edge...*

### **Levels of Awareness**

In 2016 billions of humans live with questions of God and questions of purpose with a sense of inevitable fate in a questionable reality they rationalize to understand, believing in possibilities of an afterlife and structuring their life in such a way to reflect these beliefs...Most of these people are not violent and many hope for a better world to give to their children, a world with a sense of fairness and equal opportunity, humans who try to adapt to the expectations of the cultural and political framework they exist in but are uncomfortable with the power, greed and ideology of many world communities in an exploding civilization of growing inequality and limited inclusion...Given real options that could improve life for many and given a chance to participate in a future based on science and awareness rather than religion and adversity, it's possible millions or billions would accept a new paradigm that prioritizes an understanding and acceptance of all humans, a single species on a single planet with a chance to create a culture of equality for everyone...Recognizing the necessity of world unity and the possibilities of a world economy that included everyone, there may be enough humans to change the embedded institutions that discriminate and promote violence to control populations and there may be enough to change 21<sup>st</sup> century economic structures that negatively impact the lives of millions while enriching a minority who control “everything”...At this time the probabilities of a growing “collective voice” with a unity to make a difference in the commerce, poverty and violence of 21<sup>st</sup> century Earth is impossible to predict...Many nations on Earth profess to hate 'war' while supporting industrial military structures that sell and distribute millions of weapons across the planet and many nations profess to hate 'poverty' while institutionalizing wealthy individuals and corporations who control a majority of the world's wealth while continuing to ignore the desperation of millions who have nothing...

There is a way for a population to exist on this planet with sustainability and progress if the majority understand and accept that all humans have equal standing in every society in every way no matter what gender, ethnicity, race or sexual orientation and if a majority understand Earth's "religions" are products of human invention and accept a logical economic framework which rewards risk but also includes every human on Earth in a market economy to distribute goods and services across a global society...It will take hundreds or maybe thousands of years to change territorial mindsets and ethnic violence *but the intelligence and awareness needed to recognize these realities is a natural, normal developmental process in babies raised in safe, positive environments*...If there were a global focus on providing for every baby from the moment of birth, a consensual awareness of human existence will create a civilization with priorities to feed and shelter every human on Earth and priorities that use the best science to continually measure and interpret the thousands of variables that shape the reality we exist in while creating a world civilization who understand the potential of a global population with a shared interest and a shared intelligence living within the boundaries determined by nature...

*The human brain is a compilation of complex processes and ancient instincts that date back millions of years operating interactively with a relatively modern frontal cortex of awareness, thought, logic and reason...*

### **Human Intelligence**

Human consciousness is a mystery...No one know how billions of neurons and maybe a trillion connections coalesce to create a sense of self and doctors and researchers have believed for years that the state of human consciousness was a diffuse and global brain process without specificity but this has changed...Recent studies of patients in vegetative states suggest consciousness is networked between three discrete parts of the brain: a section of the prefrontal cortex; a section of the parietal cortex and the thalamus, a primitive structure deep in the brain that mediates signals between the other two parts of this triad...If the connections and communication between any of these three sections is severed or destroyed consciousness is severely effected but it's now believed a human can have significant brain damage and still be conscious and aware if these three sections of the brain continue to communicate through the neural networks remaining intact...

*There is evidence the extended developmental period in infants is due to the fact that the human brain grew to large to be birthed fully developed...As a result humans are born with an underdeveloped brain which continues to organize itself and grow for several more years...*

A study in 2012 by Olaf Sporns (Indiana University) and Martijn van den Heuvel at Utrecht University Medical Center studied the brain's internal communication network consisting of 12 very interconnected bi-hemispheric hub regions which work together to direct internal communication and process complex behavioral and cognitive tasks...This enormously complex framework or 'backbone' of internal communication processes up to 70% of all neural signals before they reach their destination routing signals through the most efficient pathways to maximize performance and awareness...

*The Human Brain = 100 billion neurons with trillions of synapses making trillions of connections...*

Studies continue to show the brain's flexibility in rewiring itself to compensate for injury and to utilize unused areas to enhance the brain's ability to understand the reality of the environment outside the body critical for safety and survival...There are noticeable structural changes in the auditory cortex of children who suffer deafness at a very early age suggesting the alteration of auditory structure for other purposes...Brain imaging studies have also shown that blind subjects can locate sounds using both the auditory cortex where sound is processed and the occipital lobe where vision is processed, evidence the brain can grow and rewire itself in a myriad of different ways to adjust to situational realities that challenge the brain's existence...A self-aware structure that recognizes it's own existence...

*Many people who read science fiction in the 1950's and 1960's were convinced that 'personal robots' would be plentiful in the 21<sup>st</sup> century to help with all human tasks but there are very few personal robots today...The almost singular reason for this is human vision...The eye is the only part of the brain that is visible but humans don't see with their eyes, we 'see' with our brain and the volume of information and the relational aspects of the information assimilated in a single glance is stunning...Most robots can't find a ball behind a couch, something a three year old human can do highlighting the complexity of the situational realities that define our existence...Scientists can create an 'eye' that's superior to a human eye but processing visual information is an amazingly complex function...*

The average adult brain weighs just under 3 pounds taking up almost 80% of the brain cavity with equal amounts of blood and cerebrospinal fluid occupying the remaining 20%...It consumes over 20% of the body's blood oxygen and more than 25% of your body's blood glucose to feed an incredible landscape created through wrinkling, deep grooves and fissures containing a hundred billion neurons connected in a hundred trillion ways that are impossible to map and understand at this point in time...

Given the enormous computational power of the human brain it's not surprising many people believe humans use just 10% of their brain's capability (a colloquialism expressed by William James and Einstein among others) barely tapping into a potential which seems obvious...But scientists have shown through experimentation, observation and new imaging technology that all areas of the brain are active at one time or another in the living of a life and most believe that humans use all of the brain they have...What may be true instead is that the human species at this early primitive era of social structure and growing awareness only maximize and develop 10% to 50% of every brain's capability at a time when humans are just beginning to understand the intricacies, the possibilities and importance of initial brain growth in every baby born...It might be that we have not gotten close to what a human brain can do if developed to its highest capacity..The promise and potential of combining enhanced neural growth in the first 1,000 days of life followed by a rich environment of cultural and educational studies to enhance intelligence and utilize as much of the brain as possible is intriguing and should be a serious focus of inquiry and understanding...The human brain is the most complex and least understood structure in this reality and it is who we are...All of us...

### **Extraordinary Possibilities**

*A glimpse into the extreme possibilities of a human brain...*

Consider this capability of a human brain...There exist *savants* who have extraordinary abilities in a single area but are mostly dysfunctional in many other aspects of life that most humans take for granted...Leslie Lemke of Wisconsin can play anything on the piano after hearing it only once, complex and complicated without mistakes...Two identical twin's in the 1960's with an IQ of less than 70 were able to instantly calculate any date and the day of the week that date represented with perfect accuracy past 7,000 AD...Some savants can look at a spilled box of nails on the floor and instantly tell you the number and a savant in the 1850's named Thomas Bethune could play any song after hearing it once *and* correct the mistakes he heard when it was played to him...It's estimated he committed over 5,000 pieces of music to memory...*What is stunning about the savant syndrome is the realization that if a human brain can do such a thing, no matter what the unique circumstances necessary for this 'ability' to manifest itself, then every human brain has the capability to do these things...*Every human creature has a central control center with the ability and the potential to calculate enormous numbers instantly, to play music flawlessly with no practice at one hearing and a potential for growth and development that will make it possible to interact with reality in ways still not imagined...In a distant future when we understand the brain in ways not yet realized it may be possible to unlock and unleash this ability in every human brain without compromising 'normal' behavior and intelligence...*If these things are possible for one brain to do, no matter what the causality or circumstance, then every human brain has that potential...*We are a young species who have not come close to the operational limits of the brain or the possibilities of human intelligence, the promise of a primitive, sentient, self-aware species just now beginning to discover the true complexity and nature of their existence...

*Very exciting are the biological possibilities still to be explored when science achieves the techniques, the technology and a knowledge base that will be integral and interactive with the structure and function of life in the future...If there are animal species on this planet who can grow back limbs and regenerate essential body parts (there are) these things will be possible in humans one day...All life of Earth is built on the same basic blueprint and it may be possible to grow eyes like an eagle or develop hearing with sonar location or even develop gills to breathe under the water...Humanity is so primitive at this time-point in the history of life that it's unknown what will be possible in a million years if our species grows with a consensual intelligence and an awareness of reality...*

*Imagine telling a small child that he/she is "alive" but we have no idea what that means...We know how something stays alive and we know the mechanisms of life within the foundation of reality but we don't know why you are 'alive' in the first place, we don't know how life starts, why cells divide and create entities that 'beat' and 'pulse', respiration and reproduction...What is the "force" of life that makes a heart beat a billion times? Nobody knows and no one has ever been able to mix chemicals and processes together to create life...Even the simplest life...*

### **Survival in the 21<sup>st</sup> Century**

The first three years of a human life does not create a serial killer, a brutal dictator, a human who kills others without remorse, a jihad terrorist beholden to a violent ideology or any other kind of human monster that disregard life...But these first years of life are critical in creating the organizational structure and neural growth that enhance or inhibit the possibilities of every individual and determine how each human rationalizes existence and their intellectual awareness of that existence...The path any human takes through life is influenced and dependent on the experiences shaping one's thoughts, ideas and beliefs after age three and without question the most influential factors in every child's life are the adults and caretakers responsible for educating, stimulating, motivating and caring for each and every child on Earth...Sadly, there's no standard in this world promising every baby a happy, safe existence with adequate nutrition, abundant sleep, secure attachment and positive stimulation and there's no standard in this world that promises children after age three will be safe, cared for and educated about the realities of existence and the possibilities of a future of their own choosing...But growing research is proving that children whose first years were secure and safe with love, nutrition and positive interaction can adjust to almost any situational circumstance in life as they mature and grow older, even extremely negative situations with intelligence, awareness and a intuitive understanding of reality that maximizes their chances of survival and success...

By contrast some of the same research and the historical, anecdotal and observational analysis of human behavior past and present strongly suggest that inhibiting and retarding neural brain growth during the first 1,000 days through poor nutrition, neglect, brutality and severe survival challenges will create a brain unable to comprehend or understand the reality of it's own existence and a human who on a conscious or subconscious level is confused by the complexities in life, unable to reconcile reality or logic, influenced by primitive emotions and frightened to a point where violence against others is perceived as necessary to guarantee their own survival or extreme violence against all life is acceptable to support an ideology which seems rational and necessary...

This is an extreme example of the possibilities and probabilities of an infant born into poverty, violence, war, neglect and abuse and in between these two extremes are billions of humans with many differing levels of cognitive awareness that shape their lives and beliefs in ways influencing everything they do, but the argument here (and the evidence is growing daily) is the possibility that every human born would understand morality, empathy and human reality if they were raised for the first three years of life in a safe environment of attachment, adequate nutrition, abundant sleep and positive stimulation by multiple caregivers who prioritize the baby's needs above all else...

Taking a child who has survived a desperate infancy and then sequestering them in a mosque, a monastery or any closed ideological system that teaches a singular subject without variation will create a human with no understanding of reality and no amount of explanation, logic or rational discourse will change that...If such a human is indoctrinated, intimidated, cajoled, convinced and bonded to any group

with a shared vision or ideology, their inability to understand existence in a cognitive way can create a single reinforced vision of right and wrong where any and every action necessary to accomplish that vision is accepted...Death by suicide is acceptable to kill others and the individual is rewarded with the promise of an eternal afterlife in whatever belief of heaven exists within their mind...The indiscriminate killing of anyone who does not believe in that vision is acceptable and the domination of others to control and dictate activities to promote their vision is acceptable with a lifelong inability to understand the equality and diversity of all people or the reality of the planet that supports their existence...By contrast, taking a child who has survived a desperate infancy and placing them after age three in a secure, stable and positive environment is basically a roll of the dice...Most people who fit this scenario will live a 'life' without incident and merge into an acceptable existence without extreme behavior but there are documented incidents daily where someone has acted "normal" for many years, immersing themselves in their society in acceptable ways and then "snapped" with violence to kill their family, themselves or others out of extreme confusion and fear initiated by a crisis event of some kind...What human mind can "rationalize" killing their own small children in response to internal confusion? How can someone who has survived for decades suddenly kill their family and themselves over financial insolvency, rage over lost love or a misguided belief in gods or demons?

Humans who commit mass murder and often kill themselves have been damaged very early in life, most likely in the first year of life, with abandonment or violence while trying to survive as a baby in an confusing environment of fear and neglect with no understanding of why impeding this crucial period of dense neural growth that cannot be recovered...They have spent their entire life trying to act "normal" in a existence they've accepted but not understood, mostly unaware or unconscious of the conflict in their own mind until a life event triggers a response causing extreme confusion, anxiety, fear and anger they are unable to reconcile...This 'darkness' in people is the brain's inability to communicate with itself and understand existence and without the dense neural nets needed to rationalize logic and reason with the primitive instincts that have determined animal behavior for millions of years, the individual has little understanding of the singularity of life that is unique in every human...

There are billions of people alive today who might respond with violence and many who do respond in violent, unpredictable ways if events happen in their life that cause extreme fear, anger or confusion, people who cannot cope with a life changing event (losing a job, losing a wife, losing a child, losing a house, financial disaster, etc) unable to reconcile intellect, reason, empathy and morality with frightening overwhelming emotion...When these individuals "snap" friends and acquaintances are almost always surprised and again the search is on for meaning, reasons and solutions that will prevent another human from committing such an unpredictable act in the future...What's now being understood is the humans who commit these acts of violence don't suddenly change overnight due to predictable or unpredictable external stimuli...*Every human who kills innocent people has had this possibility, this potential confusion of existence since very early childhood and their path through life has influenced and determined the behavior exhibited at the moment they "snapped"...*

It's interesting that in many cases where a human experiences extreme internal conflict they are unable to reconcile, death is often their only solution...The death of themselves, the death of someone they feel was responsible for whatever they are experiencing or the death of their own family...There are thousands of incidents in the developed world and maybe millions worldwide where a 'normal' human experiences shame, desperation, extreme confusion and reacts with extreme violence and it's almost certain this potential and their reaction is linked to environmental factors in infancy...But when the media, researchers and "experts" look for a cause they almost always begin in early childhood, rarely in the first months or years which are a mystery in most lives, a time of growth known only to family and rarely asked about...It's increasingly clear there is no innate predisposition for extreme good or extreme evil hardwired into the human brain at birth...There is causality and sadly this kind of extreme violence happens daily in cultures everywhere on Earth...

Clearly there are billions of people who do not cognitively recognize existence and causality, people who believe in gods and demons, people who believe in an afterlife and a fated existence and many of these humans live comfortable lives within societal norms without ever reaching a point of extreme internal conflict which might trigger an unpredictable violent response...It's possible and very probable many of these people have strong internal value structures which would make violence as a solution to any problem unthinkable...In a fragmented reality of traditions, ethnicity and many various cultures with multiple value systems it's hard to know, but if this dominant species of Earth can ever learn to care for every baby born from day one, violence against our own species would cease to exist...

*There are billions of people who exist between extremes with varying degrees of awareness and beliefs who strive to live a "normal" life with financial security, adequate food, water, safety for their children and acceptance by others within their social order...They try to understand the political and hierarchical structures controlling Earth's populations and resources and most would be 'happy' with adequate housing, education for their children and a fair system of governance but even this is not possible for more than four billion humans on Earth...*

### **Human Monsters**

Most frightening is the human who survives horrendous circumstances in the very first months after birth without any kind of human caretaker, with no love, with minimal touch, continuously alone and frightened with no understanding of why...The blueprint of almost every serial killer in the history of humanity...A baby whose normal neural growth was so disrupted and retarded in the first year of life that no internal communication between rational thought and primitive instinct is possible in any substantial way...These humans learn to survive and "pretend" in human society doing what they know will pass for "normal", sometimes desperately wanting to be normal but with no empathy, no morality, no recognition of reality, no feedback loop to understand what life is and no understanding of what being alive means to others...These humans can be extremely dangerous to other living creatures...The monster stories that have been part of human history for thousands of years were not all invented by the storyteller...Many human monsters have existed on this world who kill indiscriminately, murdering women because of one rejection, murdering children because they can, killing and torturing any creature just for the thrill and unable to care, unable to control the impulses that control them...*This will not happen, cannot happen if a healthy baby is cared for from birth with nutrition, nurturance, positive stimulation, safety and sleep...*But the extreme humans described above do exist...This kind of extreme neglect probably represents only a few million humans alive today and it seems unbelievable that *ignoring a baby can determine a lifetime* but the evidence is becoming undeniable as humans begin to recognize the importance and impact of secure attachment in the earliest stages of life...

*Recognizable in billions of humans alive on the planet today is the huge reliance on religious beliefs in all developing nations and many industrialized countries, a continuing skepticism about science and nature, a concern and focus on their own existence without a focused awareness of cause and effect on a global scale, a distrust of many things not traditional or familiar, a growing doubt of the possibilities of human cooperation and a hopelessness about a better future in a world that seems unfair, chaotic and confusing...*

### **The Myth of Evil in Everyone**

In many modern nations a mass killing by a lone gunman always brings out the psychologists, psychoanalysts and pundits who ask the same questions "what do we think made the gunman do this act?" and "what happens to normal humans that changes them overnight and drives them to kill without remorse?" Eventually many of these 'experts' conclude that *all humans have this capability in them*, this 'darkness' of the soul waiting to erupt anytime if the circumstances of life provoke this darkness to manifest itself...*This is an ancient common human misconception which is not supported by evidence of any kind...*If a baby is grown with love, security, sleep, nutrition and attachment they will never indiscriminately kill no matter how stressful the situation or unnatural the circumstances...A primary

cause of PTSD in the military is the pressure and responsibility on humans with a conscious, a morality and a functional level of reality intelligence who are asked by their country and their fellow citizens to kill other humans without hesitation or consideration...They are told it's the 'right thing to do' and they are often ridiculed, ostracized and punished by a primitive hierarchical power structure if they refuse or question the morality of organized war and systematic killing...Humans are not innately hardwired to kill...Many studies have shown that animal species on this planet do not kill their own for malice or pleasure and their behavior in dealing with members of their own species in acts of aggression are for the most part intentional in avoiding behavior intended to cause injury or death...

*The reason so many people are considered 'normal' by friends and acquaintances before they 'snapped' is that humans with an inability to understand empathy or morality are very good at pretending to fit in, pretending to be normal and often believing they are until some event or circumstance creates confusion with violence unimagined...*

Many people believe that humans have always waged war and they always will but there is no evidence of an inborn "evil" that's a part of every human with the ability to manifest itself for whatever reason and determine behavior and actions...It's makes no sense that creatures who depend on one another for procreation and survival would instinctively murder their own kind...What is becoming clear is that a damaged or underdeveloped control center in any animal on Earth can manifest itself in unpredictable violence dependent on a history of growth after infancy and the circumstances initiating the confusion that made the animal feel threatened to a point of irrationality...The role of early brain development determining awareness and intelligence is not limited to humans...Dogs and cats and various animals of the world who interact well with humans to learn 'tricks' and perform with some level of understanding have all been raised from birth in an environment of love, attachment and close human interaction which maximized neural growth and the awareness necessary to communicate with caretakers...By contrast, if you isolate any animal after birth and treat it in a inhumane way, it will live a life of fear, confusion and anxiety without the ability to trust humans or other animals...In a primitive species with a written history of less than 10,000 years it's clear, despite the violent past of our species, there exists a natural morality that aligns itself with intelligence in every society and in every culture on Earth...This is the promise of focused early intervention in infancy...A planetwide intelligence coupled with a natural morality that understands human existence, human diversity and human possibilities...

***There is much to learn and understand about causality, genetic influences and the environmental impacts that determine brain growth in infants but enough is now understood to make all babies a priority...***

In this century, the growth of *reality intelligence* is inevitable in a connected world with the rise of new technology providing stimulating environments for more and more babies with caretakers who are beginning to understand the importance of positive stimulation and continual engagement...Even babies born in third world countries, many in desperate situations, are being exposed to more devices and activities that stimulate brain growth than could be imagined just years ago...Solar powered laptops loaded with software were air-dropped in 2012 into a remote Ethiopian village with no instructions and were being used by children and adults to learn language in less two months, an illustration of the flexibility and power of a child's brain in figuring out devices, puzzles and recognizing patterns that lead to rewards and solutions...This experiment was done by the organization 'One Laptop Per Child' who report 100 million first grade children have no access to schooling, a stunning statistic in a world that considers itself to be modern and inclusive...

*Two important determinants in the development of reality intelligence is the absence of negative experiences and adequate nutrition...Baby's are curious and will find their own stimulation but the absence of violence, abuse and environmental distress coupled with essential nutrients are very critical in maximizing initial brain growth...Current conflicts and extreme poverty in many countries make this extremely challenging...*

The most exciting aspect of maximizing initial brain growth and the subsequent development of reality intelligence is *it's a permanent physical property of the brain...*If a baby develops in a safe environment with positive stimulation, secure attachment, nutrition and sleep for the first three years of life *there is almost no situation or life changing event after that point in time that will keep them from understanding the nature of human existence for a lifetime...*If their parents die after this critical point of development and the child is raised in a completely different environment with ineffective caretakers or sent to a religious school to be indoctrinated in hate and violence or stranded on a desert island or challenged to survive in a fragmented, unstructured environment, these children will still grow up to understand existence...They will not believe in imaginary beings and they will intuitively understand the nature of existence no matter how fragmented their education or disruptive their life...

*Researchers have found that too much stress in young children can lead to permanently low levels of serotonin and high levels of nor-adrenaline...A combination associated with aggression...*

The excerpt below, a review of a paper published in 2000, clearly shows that human research is beginning to understand the detrimental and permanent effects of an abusive and neglectful infancy on developing brain structure...What is not clear to the scientific community in 2000 (and 2016) is the severe, irreversible consequences of a desperate infancy that will determine an individual's awareness, intelligence and subsequently their behavior for the remainder of their lifetime...It only takes a few months of severe neglect at this stage of development to determine behavior through a lifetime...

### **Child Abuse and Neglect and the Brain—A Review**

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Developmental psychology and the study of behavior and emotion have tended to be considered in parallel to the study of neurobiological processes. This review explores the effects of child abuse and neglect on the brain excluding non-accidental injury that causes gross physical trauma to the brain. It commences with a background summary of the nature, context, and some deleterious effects of omission and commission within child maltreatment. There is no post-maltreatment syndrome, outcomes varying with many factors including nature, duration, and interpersonal context of the maltreatment as well as the nature of later intervention. There then follows a section on environmental influences on brain development demonstrating the dependence of the orderly process of neuron development on the child's environment. Onto-genesis, or the development of the self through self-determination, proceeds in the context of the nature-nurture interaction. As a prelude to reviewing the neurobiology of child abuse and neglect, the next section is concerned with bridging the mind and the brain. Here, neurobiological processes, including cellular, biochemical, and neurophysiological processes are examined alongside their behavioral, cognitive, and emotional equivalents and vice versa. Child maltreatment is a potent source of stress and the stress response is therefore discussed in some detail. Evidence is outlined for the buffering effects of a secure attachment on the stress response. The section dealing with actual effects on the brain of child abuse and neglect discusses manifestations of the stress response including dysregulation of the hypothalamic-pituitary-adrenal axis and parasympathetic and catecholamine responses. *Recent evidence about reduction in brain volume following child abuse and neglect is also outlined.* Some biochemical, functional, and structural changes in the brain that are not reflections of the stress response are observed following child maltreatment. The mechanisms bringing about these changes are less clearly understood and may well be related to early and more chronic abuse and neglect affecting the process of brain development. The behavioral and emotional concomitants of their neurobiological manifestations are discussed. *The importance of early intervention and attention to the chronicity of environmental adversity may indicate the need for permanent alternative caregivers in order to preserve the development of the most vulnerable children...*

*Humans are a unique amalgamation of nature and nurture and genetic predispositions combined with the three-dimensional realities and environmental impacts influencing growth and behavior from birth...*