

From: [REDACTED] <[REDACTED]>

To: Jeffrey Epstein <[REDACTED]>

Subject: Links, etc.

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Attachments: Nearness.pdf; c&e.1-2.anderson.pdf; c&e2_2_schmahmann.pdf; Balaban_Yates_2004.pdf; introception_CONB_Craig_2003.pdf; Balaban_Yates_2004(1).pdf; introception_CONB_Craig_2003(1).pdf

F!

Glad we got to talk! Bummer that Jamie didn't give you the Aobiome business story. The folks at the company DO want to make money. Bummer. The product is awesome. I've been using it. Dr. Bronner is talking to them about creating soaps and lotions.

I love this town of intellectual extra-terrestrials!! And I seem to easily find them -- or they find me. They line up to talk with me. In the zone here.

For me....

I really want to dive into writing a book (or books). I've found an amazing person to help me get this on track. We're getting together in September and going through the piles and piles of work I've done to date on this. The first one is on what I'm calling Essential Self Technologies. Most of the tech world is crazy about Quantified Self technologies; technologies that count and pummel the user with data. Technology gives the brain the numbers. The brain dictates to the body how to behave based on the numbers. I find these technologies disembodying. The healthy twenty something guys creating these technologies love them.

Essential Self Technologies enable and support autonomic resilience and embodiment. These technologies interface with the body and the sensing/feeling self. Essential Self Technologies use light, sound, music, vibration, pulse, temperature, and weight, and are often passive, ambient, and non-invasive. Data is there, but in the background.

Essential Self Technologies support our essence, the best of who we are. More:

Here is an interview (15 min) I did on Essential Self (a password is required and you need to type the whole thing, including the word password:

[REDACTED]
[REDACTED]

And a talk (45 min) I gave at MIT (there are some errors in the beginning. Horrified, but it is what it is... you might miss them):

[REDACTED]

a post (this is the oldest and my thinking keeps evolving):

[REDACTED]

And, of course, my blog is at [REDACTED]

Now on to the references!!!

First and last are the best (with the majority of references).

One of the most brilliant people I've met is **Kelly Dobson**. She is super odd and eccentric, and super brilliant. She understands the rhythms of the body and how these translate into powerful (and also therapeutic) technologies. She currently teaches at RISD. I'd love working with her at the Media Lab -- it would be super amazing. She got her Ph.D. there and would love to go back to teach. She doesn't have a great website, and not all her recent stuff is there. She was pre-med, is a hardware and software hacker, and she's an artist. Here are a couple of things:

<http://dm.risd.edu/blog/people/kelly-dobson/>

https://poptech.org/people/kelly_dobson

<http://web.media.mit.edu/~monster/>

<http://vimeo.com/64577576>

Will introduce you to her when we're both in Boston.

Bessel Van Der Kolk

Using rhythm and dance for PTSD, trauma issues. High opinion of himself, but interesting.

http://www.traumacenter.org/research/Neurofeedback_Study.php (older - 2009-10)

For over twenty years it has been known that one can change perception and attention by altering the electrical rhythms inside the brain. This can be done by providing it with feedback to increase certain frequencies and decrease others. In neurofeedback (NFB), electrical brain activity is recorded by placing a sensor on different locations on the head and then transmitting the brain's signals via electrodes to a computer screen. One then can provide direct feedback about brain activity with auditory and visual cues. Which brainwaves are desirable varies from person to person and has both objective (e.g., EEG) and subjective elements (e.g., reporting what makes you feel more alert, focused, relaxed, secure, etc.). As the brain is rewarded for making specific brainwaves, it can gradually learn to re-regulate its own functioning. The mechanism of action is similar to other forms of learning: the more the brain is rewarded while being trained in a desirable frequency, the more it will function in that frequency after training.

Charles Krebs

<http://www.amazon.com/Revolutionary-Way-Thinking-Charles-Krebs/dp/0855722827> (1998 book)

http://www.amazon.com/Energetic-Kinesiology-Charles-Ph-D-Krebs/dp/1909141038/ref=pd_sim_sbs_b_1/186-8980381-0184441?ie=UTF8&refRID=0JA61W32XJZF987EYRX4 (2013 book)

Chemist, biologist, martial arts master, who got the bends after diving, and got the use of his legs back by running Chi down nerves and muscles. Now has created therapies and works with autistic, learning disabled kids, people with illness, etc. Fascinating guy.

Carl Anderson

Way out there.... He's the 1/f guy. Mathematics, rhythm, the brain. I'm happy to introduce you to him. Carl works with someone (Martin Teicher) who, when I look at him, I see a superimposed image of Jaba the Hut.

These links are from Carl.

<http://www.darkstarorchestra.net/music> (1/f music)

<http://www.brainpaint.com/>

<http://www.brainpaintuniversity.com/>

usr: [REDACTED]

password: [REDACTED]

----- some more 1/f stuff-----

links on vitamins and micronutrients

<http://www.hardynutritionals.com/>

<http://www.truehope.com/>

Interoception

Attached is an article (Balaban & Yates) that talks about gravito-inertial acceleration (graviceptive blood flow in the veins, stretch in the mesenteries, etc.) and the vestibular (cerebellar system).

So sitting at a desk all day might not be giving on proper stimulation of interoceptive systems, thus walking is likely the best type of activity we can engage in on a daily basis to drive this form of stimulation.

Also a nice article on brain and interoceptive awareness.