

Source Code Alchemy
What, Why and How?

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Abstract

This paper is offered to fulfill the Master's Thesis portion of requirements for a Master of Arts in Source Code Alchemy: Theory and Practice. In part one I will define Source Code Alchemy by breaking it down into components and then synergizing the complete meaning. In part two I will point to the reasons that Source Code Alchemy is needed today in the external world as well as in our internal world. I will detail why we are equipped to face the challenges that seem overwhelming today. And why it is the most natural thing for the human being to proceed down the road of personal alchemy with the goal of social and ecological change. In the third part I will explain how Source Code Alchemy processes and methodologies intend to succeed in transforming the world through transforming the individual.

Keywords: Source Code Alchemy, human potential, adult late-stage development, transformation, Salutogenesis, ...

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Conceptual Framework

The title Source Code Alchemy is a blend of old and new. Source Code refers to 20th century technology computer programming. Alchemy refers to the ancient practice of turning lead into gold, the precursor of the modern science of Chemistry. In the first section of this paper, I intend to offer a working definition of Source Code Alchemy.

Next I will address the question of why Source Code Alchemy is relevant and potent today. We as humanity find ourselves at what many consider to be the edge of destruction. Every day our news feeds detail a failure in the ecological, economic, political and financial systems as well as rising numbers of disease in the physical and mental health fields. The question that I will address is why Source Code Alchemy may be a process to solve these problems through creating change and transformation first in the individual and then in the collective.

The third area that this paper will address is how the process of Source Code Alchemy works. I will go through the tools of the Source Code Alchemist in a comprehensive way that will easily demonstrate a pathway to foster transformation/alchemy in the individual.

Literature Review

Terminology and Clarity to the Term Source Code Alchemy

I am not a computer programmer, so I consulted with Dan, a friend of mine whose career has spanned more than 30 years of computer science, mathematics and technology.

Intrigued by using technological terminology to relate to evolution of consciousness, he recommended a few books that combined technology with the philosophy at the intersection of man and technology. One book that was helpful in understanding life from the point of view of a programmer was *Bitwise: A Life in Code*, by D. Auerbach (2019). Also, I consulted Dr. Michael Cotton, the author of *Source Code Meditation* (Cotton, 2018) and the visionary behind the SCA program that I am studying. And I exchanged emails with the Dr. Steve Giron the Director of Education at the New Human University, through which this degree is sought to understand the science behind the term Source Code as related to Alchemy.

Regarding the practice of Alchemy, I consulted reference books on ancient alchemy *The Hermetica* and *The Emerald Tablet, Alchemy for Personal Transformation* (Freke & Gandy, 2008; Hauck, 1999). These books gave me a good history and interpretation of the ancient teachings from the perspective of modern life. I also consulted newer systems of change and transformation from modern day teachers such as Bill Plotkin (2008), John Chitty (2013), Joe Dispenza (2017) and Theresa Bullard (Theresa Bullard & Alan Whyke, 2025; Theresa Bullard, n.d.). These contemporary systems came to me in the form of classes, workshops, YouTube videos, television series and books.

Synthesizing the information in these sources with the NHU/UU academic program of Source Code Alchemy; Theory and Practice, I will suggest a working definition of Source Code Alchemy.

Relevance and Importance

Establishing relevance of Source Code Alchemy is important because it demonstrates the practical and social applicability of a modern-day alchemy practice. As a bodyworker I work with people who tell me they are just working their job, raising a family, enjoying the outdoors and trying to make sense of this technology-driven world that we find ourselves in. Some have a spiritual or religious practice and all of them bring to my table a feeling of overwhelm with the outside world at best are hoping to get a little relief from this stress. Most are involved in some way of self improvement and very few of them are actively and consciously pursuing personal evolution or transformation.

For most of my clients there is the feeling or sense that something must be done and yet the overwhelm keeps them in a place of stagnation or paralysis. All of them want to be a part of the solution and none of them really know where to start from a fresh perspective and so they do their best with the tools and community that they have.

There are many new thought leaders in the fields of philosophy, systems thinking, and developmental psychology that focus on civilization design, global risk mitigation, and improving collective sensemaking. They all seem to point to the individual transforming to create change needed in today's world, although none are promoting a plan or complete pathway to get there. I have learned much from the books, presentations, blog posts, websites and YouTube videos of some of these leaders. I draw from their works to highlight the relevance of using SCA to create new ways of thinking to facilitate the change that we are looking for. (Art Berman, 2024; Daniel Schmachtenberger, Zac Stein, n.d.; Terry Patten, 2019; Wilber, 2000a) Through the work

of John Vervaeke and his YouTube video series *Awakening to the Meaning Crisis* and book by the same title, (John Vervaeke, 2024) I have found the words to convey the relevance of embarking on a personal alchemical journey.

Through Ken Wilber's many works detailing the history of human psychological and social development I have understood the pathway through human history to our present day predicament and the importance of transcending and including the past to truly create sustainable personal and social change. (Wilber, 2024) And Wilber's Integral framework plays an important role in Source Code Alchemy.

Through the work of Andreas Wagner (Wagner, 2005; Wagner, A., 2023) I have learned how to look at human biological evolution in a refreshing way that expands on Darwin's theory. Wagner offers his theory of evolution through emergent innovation timed perfectly with environmental conditions. SCA reflects this theory through simple yet profound practices and awakenings.

As student in the one-year program of PraxisAletheia (PA 2022), and the following year serving as Mentor to students of PA, I became well versed in the process of SCA and how it can improve and drive transformation in the individual and the world in which they interact. Always a student of human nature I was particularly drawn to understand why we students embarked on such a course of learning. This was addressed in one of the teachings and named as Eros which briefly can be described as the innate urge or longing to create, improve and move into relationship with life. I explore Eros more deeply through the academic paper of Buzgata, *The Concept of Eros in Plato's Philosophy...* (Corneliu Ben Buzguța, 2024) and the recent collaboration of Marc Gafni

and Barbara Marx Hubbard in their book *The Evolution of Love, From Quarks to Culture...* (Gafni, Marc, 2025) to support the idea that alchemy and transformation are a part of being human and eros is a most human and natural drive.

Tools of a Source Code Alchemist

After defining Source Code Alchemy and its relevance to us in today's world, I will continue with an explanation of how to be a Source Code Alchemist and what tools they will use. I will rely on the curricula from PraxisAletheia (*Praxis Aletheia* 2022/23, 2022) as well as the NHU curricula for a Master's Degree in SCA: Theory and Practice (2022). Also, I will draw on the foundational book for this work, *Source Code Meditation; Hacking evolution Through Higher Brain Activation*, by Michael Cotton (2018).

Research Methodology

The research methodology for this paper is integrative in that I have researched articles, books, programs, processes and modalities already published (Snyder, 2019). From this qualitative approach to the research, I will inform the reader of the historical path of alchemy. I will introduce scientific theories and evidence to describe the evolved state of consciousness that modern human operates in. Synthesizing all this will support the development of a type of alchemy, Source Code Alchemy, that includes ancient practices, modern science/technology and the evolutionary state of consciousness that the modern human operates in.

In demonstrating mastery of the research collected and studied I will highlight gaps in the historical and SCA processes and introduce enhancements based on a relevant

and wholistic approach to the new human. The result will be a body of work to inform and assist the Source Code Alchemist to practice and guide individuals through the alchemical process.

SECTION 1

What is Source Code Alchemy?

When I inform others that I am pursuing a Master's degree in Source Code Alchemy, I am frequently met with inquiries regarding the nature of this field. The term "Source Code Alchemy" sounds strange yet evokes a sense of familiarity among my questioners. This discipline merges scientific principles with transformative practices, seeking to unlock human potential by engaging specific processes. Its objective is to facilitate deep personal evolution through methodologies grounded in evolutionary biology and integrated self-development.

Source Code

To understand Source Code, I talked to computer programmers, consulted the Internet, read books and papers. I found a concise definition on the Analyst Answers website, written by CEO Noah. (This definition is in consensus with all the others.) It is as follows:

Source code is any code, with or without comments, created by a human in a programming language typed in plain text, that has been executed and translated into binary by a computer and produced a non-error output, whether desirable or not. (Noah, n.d.)

In the following table I break this definition into segments and compare coding intended for computers and I suggest a corollary coding as present in a human being.

SOURCE CODE FOR COMPUTERS	SOURCE CODE FOR HUMANS
Any code	Any message from other humans or the environment
With or without comments	In the environment, taught, read, heard, sought after or ubiquitous, background or foreground, mandated or chosen.
Written by a human and readable by a human	Same, passed through communication from family and culture, consciously or unconsciously understood
Written in plain text	Could be preverbal, nonverbal, verbal and written; humans receive code from non text forms such as energy, sound, body language, context, energy vortexes and fields, and interaction with morphic fields
Has been executed and translated into binary (object code) by a computer	Input through multiple media and is translated within a context
Has produced a non error output	Produces a verbal or nonverbal response – action, habit, behavior, attitude, emotion, fear
Its output is either desirable or requires modification	output could be desirable or undesirable and recognized (conscious) or not recognized (unconscious, habitual)

Human versus Computer

This table correlates computer code to human code as it relates to input from the environment. We must remember that the human also has biological code in the form of DNA that determine 40% to 60% of the personality development as the child grows into adulthood. (Jang et al., 1996) As a young adult the changes made from biological sources become more stable possibly due to their link to more primitive parts of the brain. However,

in late-stage adult development the environment plays a bigger role in the changes due to the link to the forebrain. The forebrain characteristics and functions continue to be malleable in adults up until the age of 70. (Hopwood et al., 2011) Source Code Alchemy is primarily concerned with adult late-stage development and for that reason I will focus on the environment as the human's prime coder of change.

It is easy to see how the similarities between computer code and human code in late-stage adult development can be illustrated. I suggest that we hold this comparison loosely and draw the following conclusion: Humans are programmed from prebirth through adulthood to develop, learn, and survive with codes that are imprinted verbally and nonverbally by individuals and organizations operating directly and indirectly on the individual. The effect is not always desirable, and the individual is not always conscious of the code that created the outcome in their life. Individuals are influenced by these codes and make conscious or unconscious choices about how to live based on their interpretation of them.

Childhood experiences, available opportunities, and global circumstances can all influence adult life. The physical, mental and emotional patterns that are established in childhood, positive or negative, influence adult behavior. That influence reaches into our physical and mental health, our relationships, our career and most of all to the idea of who we are. (Andrew E. Koepp1 et al., n.d.; Cher X. Huang, MD, et al., 2023)

The idea of who we are is dependent on what we have done with the original codes that we followed as children. In computer programming, if a source code is

yielding an undesirable outcome another line of code is written to direct the system to the desirable outcome. In the same way, we humans make changes to ourselves and our lives to change an undesirable outcome. The industry of personal growth and self development works by creating these changes in a fragmented way or from one point of view. Many of these techniques start with a limited knowledge of the self or the source code of the individual and utilize external methods for improvement.

For example, with weight loss, it makes sense that if a person follows the code of input/nutrition and output/movement in the amount that maintains their healthy metabolism, a person will be able to maintain and even lose or gain weight as desired. What that simple programming did not take into consideration were the psychological, social, and environmental factors. Still, some people may succeed with that diet plan. The weight loss industry has made giant strides toward success for more participants, because they have begun to use an internal approach combined with an external approach. In other words, a more comprehensive approach.

If we compare the human to the computer there are many similarities. Both are complex systems, and both respond to changes wholistically. I have experienced a software update that has completely crashed the system rendering the program inoperable or causing glitches in parts of the system that had previously flowed smoothly. I have also tried to initiate personal change only to find myself struggling and sometimes completely rejecting the change, even when on at least one level I had completely agreed with the proposed change and I desired the outcome. What I didn't realize was that on some other

levels my proposed change was seen as dangerous and/or life threatening by another part of my system.

Perhaps a source code that I wanted to change influenced more systems than I had realized. For example, once, I tried to lose 10 pounds, restricting my diet met with opposition from mental and emotional levels. I realized that eating the foods that I wanted to restrict was serving a purpose. In that particular instance it was comforting me through a stressful time of life. When this happens, the inability to easily make the change I seek, I now know that I must dig deeper to find a change that will work with the current code or completely change the code on multiple levels i.e. physical, mental and emotional.

What If You Knew Your Source Code?

The question arises, “What if you knew your Source Code?” What if you knew what your primary instruction was, how would you live your life? How could you change the outcome? In ancient Greece many thought leaders and philosophical schools advocated the principle to Know Thyself. In personal growth the benefit of knowing your source code is that you can understand why you have the behaviors and habits that you have. It also assists in making changes to that source code when a different outcome is desired. Just as important is the knowledge that we are multisystem beings in a multisystem world, and the approach to personal growth and development must address the wholes, not just the parts. Knowing the individual source code is as important as knowing the whole. But are DNA, thoughts, behaviors, habits, moods, cultural norms

your source code? Or is there something both deeper and surface, something that is the whole and is a part?

Cotton (Cotton, 2018) proposes that there are fundamental operating principles of the human mind and consciousness, which are similar to computer source code. DNA may be regarded as the biological source code of a human being, influencing numerous systems within the body. However, it is important to note that DNA does not determine all outcomes. Evolutionary biologists have discovered that the environment or context of a biological innovation is crucial to survival (Wagner, A., 2023). We also must recognize that humans are comprised of and interact with many systems, not just biological.

Cotton, the ancient Greeks, philosophers, and sages from all times seem to suggest something deeper, something more primary. If there is a more primary code, it would act on biological systems as well as all other systems in the body and interact with our external systems such as global and local communities, nature, personal relationships, and the individual's own intrapersonal relationship.

In my opinion, it is doubtful that this more primary code will ever be identified with certainty as one code for all humans, or that we will be able to modify it in the physical realm as scientists do with genetic splicing. This code is clouded in the mystery of unknowing and at the same time completely knowable to the individual. And yet even when known, it is ineffable. (Cotton, 2018) Cotton suggests that this code can be revealed to the individual and can be utilized to increase meaning, happiness, flourishing and personal growth for them and, consequently in the wider world. In Source Code Alchemy,

source code is a metaphor for the code that creates the underlying patterns and programming that govern thinking, feeling, being and behaving. This points to the same code that is revealed when one Knows Oneself.

Alchemy

Traditional Alchemy began as early as the 8th Century BC in China, which influenced the art/science of alchemy in its earliest beginnings in India as early as the 4th Century BC. In the west the earliest collection of alchemical writings were from the 8th Century BC and much more prolific in the 4th Century BC. In the East and the West, alchemists were interested in both matter and the non-material world and their work continued into the 1800's CE until their practices were replaced by modern science. ("Encyclopedia Britannica," n.d.)

All alchemists considered transforming the human condition through the use of physical elements to be what they called The Great Work (Hauck, 1999). This work was conducted through experimentation to create gold from lead and more importantly, to create elixirs to heal and cure the sick and even to achieve immortality. The tradition of alchemy contributed significantly to the development of physical experimental techniques and the scientific method, in particular the branch of science that later became known as chemistry. The other part of The Great Work included developing spiritual and mental practices to bring the human being closer or even unified with the Divine.

According to Hauck (Hauck, 1999), the high aspirations of traditional alchemy were:

- transmutation of metals.
- creation of a philosopher's stone, which would give humans immortality.
- the elixirs of life that would heal and cure the physical body.
- spiritual ascent or union with the divine. (*Hauck, 1999*)

Alchemists rigorously performed the earliest forms of laboratory experiments, documented and transmitted their results through symbolic language; and much of their inquiry, material and non-material, was based on philosophical speculation. They believed that matter is unified, asserting that human beings consist of the same fundamental substances found within the earth and the broader cosmos. And they believed in the correspondence between material transformation and spiritual transformation. Alchemists and their craft provided the foundations of modern chemistry, medicine, and esoteric traditions.

The main steps or principles of alchemy are outlined below, (*Hauck, 1999*) with internal applications noted in parentheses:

- Calcination – heating/grinding a solid substance in a controlled environment (breaking down unhealthy ego characteristics/habits with awareness)
- Dissolution – dissolve resulting substance in water (water represents emotion)
- Separation – after settling, new form will be stratified, decide what to keep (purified) and what to let go (let go that which no longer serves)
- Conjunction – rejoining of purified essences into a whole (bring purified aspects into a new way of being)
- Fermentation – deeper purification (spending time and growing with new essence)
- Distillation – purifying through a process of heating and cooling (extract essential meaning through living and interacting with the external world)
- Coagulation – crystallize or bring liquid back to solid form (Perfection of the Self)

Alchemy is regarded as an early form of chemistry and other sciences; however, in modern and post-modern societies, its significance has often been dismissed due to the perception of early alchemists as sorcerers or wizards. Examining the historical context from the 8th Century BC through the Common Era and into modern times, it is evident that individuals during these periods typically resided in close proximity to nature. Their understanding of the world was often guided by instinct and influenced by magical thinking. (Wilber, 2001) It is reasonable to recognize that a practitioner capable of influencing physical matter or curing illness would be regarded with esteem as more than a skilled healer even to the point of being a wizard.

Thousands of years later, our thinking has evolved from magical beliefs in supernatural forces—such as attributing natural events to the actions of spirits or deities—and mystical interpretations of nature, where hidden meanings and spiritual connections were seen in everyday phenomena, to the point where we now employ rational analysis and scientific investigation that rely on observation, evidence, and logical reasoning.

At the same time our values have evolved to allow an inclusion of ancient teachings with discernment of modern intellectual tools. Through the grace and time of evolution our level of consciousness does not need to dismiss all alchemy but instead can embrace its truths and further The Great Work with the goal of personal growth, transformation, and evolution. Source Code Alchemy is one such pathway that transcends the ancient practices with scientific practices and includes the wisdom gained from ancient practices.

In the area of personal development, attention is often directed towards activities such as enhancing relationships, addressing trauma, and pursuing a more satisfying life. All very excellent goals, however, alchemy endeavors to dive deeper to create change that is transformative. In true transformation the starting substance is broken down, purified and made new in a form that includes its original essence and transcends or goes beyond the original range or limits of being. Through this transformation the individual evolves into a more whole person, who will improve and grow, heal, and live more happily.

Source Code Alchemy

As we have seen, the term Source Code refers to a code written to produce an output in computer programming. Metaphorically we can say that the Source Code of a human being describes the underlying pattern that describes, determines, and defines the life of that human being. Let us consider source code to be instrumental in the way things work within the human system and that any alteration of the code will cause a change in complete system.

Alchemy refers to the art of change and transformation that has its roots in ancient times. Alchemy was practiced to create change and guide transformation on the physical as well as on the non-physical planes, in the individual as well as in matter *i.e., lead into gold, healing the sick and uniting the human with the divine.*

Putting the two terms together creates a third, Source Code Alchemy (SCA). SCA is the term that Dr. Michael Cotton coined to describe a system of personal and spiritual

development that transcends current modalities and technologies. Working with science and technology not available to the original alchemists of old, Cotton has developed advanced protocols and trainings that address the gaps from current personal growth and development models and methods and truly brings the scientific art of alchemy into the 21st century.

The main difference between his method and others, ancient and modern, is his integrated approach, use of an understanding of advanced neurophysiology and attention to context. Cotton hypothesizes that his method is a way to improve neurophysiology by tapping into an innate but dormant energy flow that he calls Inner Organic Technology® (IOT). Later in this paper, I will discuss the history, processes, and technologies of SCA in greater detail.

This IOT activates higher brain functions, which allows more ease in making change and transformation than typical coaching and psychotherapy. Coupling this activation with consistent practice of specific meditations, intellectual learning and community, Cotton has demonstrated change in the individual that can be measured as vertical and horizontal growth. Vertical growth being increasing capacity for potential intelligences, for example, cognitive, spiritual, and emotional intelligences. Horizontal growth is being measured more subjectively as happiness, fulfillment and thriving.

(Seagull, 2022)

Section 2

Why is Source Code Alchemy Relevant Today?

Now that we understand the origins of the term Source Code Alchemy and some of the implications on human life, let's explore why SCA is important now and what purpose it can serve in the world today and in the future. Let's recall a simple and brief definition in this way, SCA is a modern system for personal and spiritual transformation using brain first technology. It draws on both ancient and modern wisdom, knowledge and methodologies to place it as a viable practice for us in the 21st century.

The Meta Crisis

In the 21st century we humans find ourselves in the middle of a meta crisis.

According to the Civilization Research Institute:

“For the first time in history, the structure of our growing global civilization is undermining the integrity of the biosphere upon which it depends. We are crossing planetary boundaries of both extraction and pollution, threatening the ability of our civilizational system to continue” (Daniel Schmachtenberger, Zac Stein, n.d.)

I hear the term “meta crisis” used often these days sometimes casually as if it is already a condition of life that we take for granted or as a ubiquitous term that no one really understands. Let's define it right now to not lose sight of just how critical it is to understand our position, the human position in our world today. It's interesting that this word has been created so recently that it is not in Webster's Dictionary or even Wikipedia. For reference I will use a definition provided by philosopher and author Terry Patten as follows:

“(The meta-crisis is) a single phenomenon. We may be thinking of it as an **ecological crisis**. We may be thinking of it as a **psychological or spiritual crisis**. We may be thinking of it as a **cultural crisis** and a breakdown of community, family, etc. We may be thinking of it as a **crisis of government and economics and finance**. And it is all of these things. But it’s not reducible to any one of them. That’s why **it’s a meta-crisis.**” (Terry Patten, 2019)

A meta crisis is not reducible to any single one of the crises that manifest as a part of it.

According to another online source, Lexicon

“A meta crisis is a crisis at the foundations of a civilization, arising from its core views and values – its basic, dominant worldview or “cultural paradigm”. (“Metacrisis,” n.d.)

In other words, it is a foundational crisis of civilization that manifests through multiple, interconnected personal and global challenges. To solve the meta crisis, we need to shift from partial problem solving to an integral approach and look to resolve the root causes not just symptoms. We need to stop creating a short-term fix of a specific problem in our external reality with little or no consideration to the internal realities that sustain the problem. No one wants to destroy our planet AND no one wants to give up the comforts of their 21st century lifestyle. Trying to solve a piece of the meta crisis without making the appropriate changes to all related pieces (and everything is related), will exacerbate the crisis as Art Berman describes.

Climate change is just a piece of a much larger puzzle of environmental and ecological breakdown. Focusing solely on carbon emissions misses the broader context—energy, the economy, society, and human behavior.

We need a holistic approach, one that moves fluidly from the whole to the parts and back again. Otherwise, we’re simply shifting problems around, likely making everything worse in the process. (Art Berman, 2024)

The importance of resolving the meta crisis is that if we don’t, we and other life on Planet Earth will die. The meta crisis is an existential threat to the human being and is

caused by the human being. We have been driven to this brink by the way we have evolved as a species. It is a foundational crisis, not reducible to any single element. It is a reflection of deep issues within our worldview and core values. And as the only beings on this planet with the capacity to make the changes necessary to avert total annihilation, it is our responsibility to do something. This meta crisis is an existential threat and an opportunity for humanity to evolve how we think, relate and organize ourselves. Let's look at how we have evolved and why there is hope that we can resolve the meta crisis.

Evolution Of Human Culture

In 1974 psychologist Clare Graves proclaimed that “Human Nature Prepares for a Momentous Leap”(Graves, Clare, 1974). He had been noting in his research that a small percentage of people were evolving from animism to humanism, or from survival to the full experience of what it means to be human in this world. Graves' work spurred the development of a framework for understanding the way that human culture has evolved through history, most notably Spiral Dynamics and Integral Metatheory.

In developing his *Emergent Cyclical Levels Of Existence* theory, Graves sought to answer the question of which theory of psychological development was correct including the work of Piaget and Gebser. (Beck & Cowan, 2009) Jean Piaget studied human development through research on the various cognitive stages of development that the individual child travels as they mature into adulthood. Jean Gebser's theory mapped the shifts in consciousness through cultural transformations. (Wilber, 2000) Ken Wilber

noted the parallels of individual growth to cultural growth measured in consciousness, cognition and various other lines of development. (Wilber & Wilber, 2000)

Humans have evolved as a species from being an individual, or at most a small family unit, trying to survive amidst the dangers in the jungle or in the wild savannah to the human who now lives in a global community of more than 8 billion people, no longer providing for their survival needs by themselves and most often, far removed from their natural habitat. We have developed networks and communities so that we could more easily fend off the existential threats of our environment.

A part of the development of those complex communities was the ability to trust another human and later to share resources and labor with one another. Language, numerical systems and communication developed as did alternatives to the nomadic ‘follow the hunt’ way of life, giving way to agrarian and agricultural communities and later industrial and commercial societies. Less time and effort spent on survival meant that more time could be spent on the intellectual development of arts and science and social sharing of community. We grew from a very violent species who had to kill or be killed to a more civilized species who developed ways to communicate, cooperate and collaborate with one another.

It hasn’t always been smooth sailing; we have gone through centuries of humans committing atrocious deeds to other humans and to all life on this planet. As a species we have not evolved and grown uniformly, and some of those violent tendencies do still exist in the species today. All our social and technological advances and creative cooperation

between people have created a situation where humans live in conditions far removed from their original and natural habitat, in a world of increasing complexity.

And that's where we find ourselves now, with humans moving through and occupying various stages of development that can be expressed in the following way:

Power	Traditional	Modern	Post Modern
Ego Centric/me	Ethnocentric/us	World Centric/all of us	Eco Centric/all of life

The messiness and violence of going from one stage to the next occurred due to a level of thinking that prioritized survival, ego, and social conformity, with an excessive focus on competition and ethnocentric communal harmony. According to Wilber and other developmentalists, messy stage transitions were marked by a complete rejection and deconstruction of the prior stage, whereas healthy transitions were marked by the ability to transcend and include the previous stage hallmarks.

The momentous leap that Clare Graves referred to is marked by integrative awareness, multidimensional thinking, and the capacity to see the value of all previous stages while transcending their limitations. (Wilber, 2001) That will be the next step in the above progression and is called Integrative or Universalist. We are in mid leap, or at least at the middle of the first stages of this momentous leap, with some of us realizing the meta crisis for what it is, an opportunity to look for new ways to address all the issues/symptoms holistically.

At this point, the human population is 90 to 95% living at the ego, ethno, world centric or eco centric stage. (Wilber, 2024) The other 5 to 10% of the population is

considered to have made the leap or are emerging into a universal or integral level of development. We are beginning to transcend and include instead of destroy and deconstruct. This leading edge is made up of people who have the capacity to see the meta crisis as a participant who will suffer and possibly die as a consequence, as well as the one who can stand outside of the issue and provide direction for positive outcome. This person can see life as an open system that dynamically interacts with changing conditions rather than a series of fixed linear processes with separate and reducible parts. The new cultural stage is made up of individuals who think in terms of abundance, systemic interconnections, and global sustainability rather than just personal or local survival. They can hold complexity, balance multiple truths, and actively synthesize rather than polarize. (Beck & Cowan, 2009)

The New Human

Graves, Wilber and Beck use terms such as holistic, integrative and universalistic to describe the new human who has made this momentous leap. As the new human with those qualities, we no longer look at our problems as being only outside of us, it means that we take full 100% responsibility for being part and parcel with and the actual cause of the problem. And we see the reflection of problems outside of us as the same problems inside of us. As the ancient wisdom teachers would say, “as within, so without”. (Hauck, 1999) According to Graves, Beck and Wilber the new human, the second-tier human will be the one who faces challenges without the identification of problems, who accepts full responsibility to make the changes necessary internally to create change in the external world.

Developmentalists readily see, track, and document stage development up until the adult is in their mid twenties. Late adult stage development is very rare. The NHU's PraxisAletheia (PA) program has been studied and found to promote adult late-stage development. (Angerer, Roman, 2023) The difference between PA and the other compared programs, MBA and Life Coaching, is the use of 'brain-first' meditation (SCM), The 9 Summits of Transformation and the bio psychoactive context of Integral Metatheory. Every Source Code Alchemist has completed this curriculum and continues to work on their stage growth/vertical growth as well as their horizontal growth/flourishing.

Emerging into the stage that Graves, Wilber and Cotton call Integral/Universal is what is necessary to become the new human who will have the capacity to resolve the meta crisis. This new human thinks integratively and multidimensionally. The new human will solve problems from a different consciousness and physiology. And these new humans, once their numbers reach the tipping point, will help create a cultural shift. Source Code Alchemy is needed now to create the New Human as a practice the individual undertakes to transform their life and as a pathway to transform culture.

Biological Evolution, Innovation and Urgency

Can we rely on evolution to correct this situation? According to Darwin's theory and the common way of thinking of biological evolution in science for the last 150 years, evolution is the result of 5 main principles: Variation, Inheritance, Selection, Time and Adaptation. Time in evolutionary terms is always long, measured sometimes in more than

just centuries. For example, the evolution of modern anatomical human can be traced back 2.8 million years.(Smithsonian Institution, n.d.) When realizing the urgency posed by the meta crisis, it's clear that we don't have the luxury of evolutionary time to save our life and all life on this planet. The meta crisis demonstrates the complexity of the problems we face externally. To see how we can evolve internally to match this complexity, let's see how evolution works if we transcend and include Darwin's theory.

Regarding the aspects of variation, inheritance, selection and adaptation the Darwinian model is based on the work of genes and genome in a species. Darwin's theory of natural selection explains evolution primarily as the survival of organisms and species based on heritable variation and competition, focusing on gradual adaptation through beneficial mutations over many generations.

Andreas Wagner dives deeper and expands on Darwin's theory by questioning the passivity of evolution and the reliance on mutation to drive evolution. By passivity, he means the concept that a species only survives when the right conditions exist within them to allow them to adapt to the changing environment. Instead of looking at evolution as something that happens when internal conditions (genotypes) can meet and survive the external conditions, Wagner suggests that a species is always innovating and mostly before innovation is needed. These dormant innovations create a robustness in the species and can then be easily developed and put into action when the external environment requires it. In his words, "No innovation, no matter how life changing and transformative, prospers unless it finds a receptive environment" (Wagner, A., 2023)

Wagner emphasizes the importance of robustness in evolution. When an organism is robust, its traits continue to function despite genetic mutations/innovations, because many mutations have *neutral effects* without changing the phenotype, the expression of the organism. Robust systems tolerate mutations by masking their immediate effects, allowing genetic diversity to accumulate silently. As a result, these neutral mutations, while initially invisible to natural selection, create a vast "neutral network" of genotypes with the same phenotype. Populations of a species can drift through this neutral space, exploring many genetic variants without harmful consequences. And when environmental conditions or genetic backgrounds change, these neutral mutations provide raw material for adaptation and innovation. (Wagner, 2005)

We find ourselves and indeed have somewhat unwittingly created the situation where the element of evolutionary time no longer serves us. The urgency of the meta crisis insists that we evolve more quickly than the Darwinian model suggests. Fortunately, all species innovate traits and qualities that lie dormant before they find full expression. We are at a choice point, and we must summon our dormant innovations and rely on the robustness of our system to create the change necessary to resolve the meta crisis.

Cotton proposes that one such dormant innovation is Inner Organic Technology®. He has designed his protocols and teachings to activate and direct this IOT for the maximum benefit of the human being and everyone and everything with whom that human being is in relation. In Source Code Alchemy the client is

- Building awareness of IOT through recognizing the flow of Salutogenic energy in the body.
- Enhancing physiology by directing the flow toward the Prefrontal Cortex, the part of the brain responsible for executive functions.
- Practicing daily so that the individual is keenly aware of the changes in state, physiology, relationships and the world around them. (New Human University, 2023)

Human beings must take responsibility for resolving the meta crisis. Einstein is often quoted, “No problem can be solved from the same level of consciousness that created it.” Could a neutral mutation in the form of a dormant capability be ready to manifest an optimal state of mind? Is it possible that within each one of us lies the technology necessary to make the changes in the correct manner to resolve the meta crisis and further evolution of all life on planet earth? Could we make changes in our physiology that would correlate to changes in our consciousness so that we can, as Einstein suggests, solve the meta crisis from a higher level of consciousness? One possible answer to all these questions lies within the technology and processes of SCA.

Evolution of Science and Inquiry

First, let’s look at how we know what we know. We understand life, our life and the life around us, through various methods of inquiry. The scientific method, rationality, logic, contemplation and meditation are all different ways that we know what we know. The terms consciousness, mind, psychology, neuroscience and philosophy play in these discussions and are often misunderstood. Let’s define them now for the sake of clarity in our discussion:(Webster, n.d.)

Consciousness: the quality or state of being aware especially of something within oneself, the state of being characterized by sensation, emotion, volition

and thought

Mind: the element or complex of elements in an individual that feels, perceives, thinks, wills and especially reasons

Psychology: the science of mind and behavior; the mental or behavioral characteristics of an individual or group

Neuroscience: a branch of the life sciences that deals with the anatomy, physiology, biochemistry, or molecular biology of nerves and nervous tissue and especially with their relation to behavior and learning

Philosophy: the most basic beliefs, concepts, and attitudes of an individual or group; an analysis of the grounds of and concepts expressing fundamental beliefs

Each human being has a mind that thinks, perceives and feels, and we use this mind to choose. It is also a demonstration of will as in the statement, “I made up my mind.” This mind uses the brain, the five physical senses and our nervous system to function. We use this mind to become conscious of ourselves, others and our environment to the point that our consciousness allows us to be aware and to know from the first-person subjective point of view – this is what it feels like to be me, to think, feel, and experience things in the moment. Psychology is the study of this mind and the behaviors that result from the mind acting in certain circumstances. Neuroscience is the study of the physical brain and correlates with the study of psychology. The raw data that allows us to be and do as a consciousness or a mind comes from various inputs all filtered through our neurophysiology, which includes the brain, the senses and the peripheral nervous system.

Hard and Soft Science

Neuroscientists have only recently, since the late 1970s and early 1980s, been able to obtain images of the brain while functioning in waking conditions. Before that time, most of the data on brain neurophysiology were obtained during surgical procedures,

while the patient was anesthetized. In the late 20th and 21st century neuroscientists have been able to image the brain using fMRI and PET scans to discover movement of neurons during certain activities like meditation, solving math problems or writing a letter.

We are living at a time when so-called hard science and soft science fields are communicating much better than in the past. Today it is not uncommon for neuroscientists to work with psychologists in projects such as the Google Connectomics Project and the Human Connectome Project. In both projects state-of-the-art software is being developed to assist neuroscientists and psychologists in mapping the connections that neurons make in specific parts of the brain to understand brain function in various activities, behaviors and states of mind. (Geddes, 2016; Shapson-Coe et al., 2024)

I am using the terms hard and soft sciences with full knowledge that these are outdated within most of the scientific communities. I use them solely to differentiate one from the other, with hard science being identified with a strong reliance on mathematics, controlled experiments and predictable outcomes as in physics and chemistry. Soft sciences such as sociology and psychology deal with more complex systems, rely more on observation, and less precise predictability.

Along with interdisciplinary cooperation some scientists have recognized that life cannot always be reduced to or studied as things. Those things exist as systems, develop and interact with other systems. And systems have components that interact together to serve a common function or goal. From this recognition separate sciences have combined

to form a way to study a thing more comprehensively. Neurobiology, Psychoneuroimmunology and Biosociology are examples of such disciplines.

Scientists from different disciplines working together as teams as well as emerging disciplines that cross the boundaries of individual sciences are bringing a wholeness to our scientific inquiry that used to reduce and separate in order to discover objective truths. Unlike the Alchemists of old, the Source Code Alchemist benefits from the rich body of knowledge that modern science has produced. Like the first Alchemists, the Source Code Alchemist continues the methodical process of creating transformation.

Meaning Making

Science helps us understand life from the point of view of observable, measurable, repeatable and predictable. Psychology and Sociology follow the scientific method; however, often must rely on qualitative data, interviews and case studies. The line of inquiry in psychology and sociology follows similar logical steps as scientific inquiry, however, the context, focus, and methods often differ from those typical in the natural sciences.

The mind is key to making meaning in your life. Consciousness provides subjective awareness that allows you to interpret and assign meaning to your experience and to your life. To create meaning we use a lot of brain chemistry and neurology. Neuroscience explains that there are certain areas of the brain that are used for certain tasks.

As I understand it, there are centers of the brain that are more active when interpreting language or symbols, at the same time another part of the brain is identifying context of place and body position, another part is remembering a similar situation or registering a new and novel situation, and another is interpreting sensory input. The mind assembles all these inputs to bring meaning to every event in our life whether we are walking alone down the street or engaged with a group of people in a room.

The brain is not making the choice or judgement. The brain feeds us the objective information from the body and the environment. Our consciousness brings subjective information about our memories, emotions and thoughts. It is the mind that integrates subjective and objective information to make a choice and determines our experience and will us to take an action as necessary.

The narrative from the sciences of brain and physiology is a limited story in that so much of this human vessel that we know intimately and take for granted cannot be explained scientifically. The mechanisms and systems of the body and brain that have been mapped have helped us to innovate and create therapies and technologies to improve our life and make sense of our world. However, the scientific story has kept us separate from our environment. This feeling of separation is so pervasive that it seems natural to us. Human development has progressed from a state of unity with nature to an objective perspective in which individuals perceive themselves as distinct from both other people and the natural environment. The scientific story that once emphasized the subject/object separate reality seems to be evolving to an interdependence of subject and object or toward a whole system reality.

Philosophy, Spirituality and Religion

Philosophy, spirituality and religion play the role of bringing meaning to the lives of the individual beyond understanding the scientific view of what life is by answering the question of how to live life with meaning and purpose. Science has told us that everything is matter; the chair, the table, the room and even the humans inhabiting and interacting with the chair and the table in the room. Knowing that all is matter doesn't help the individual bring meaning to their life outside of being just inert matter like a chair or a table. The change from a materialistic science to a systems-based science will facilitate using science as a sense making mechanism.

In the meantime, philosophy, mythology, religion and spirituality provide human beings with a normative and narrative order to life and a way to see that there is a purpose to human life. The human may be made of matter; however, there is also a non-material aspect to the human being. There is an inherent and essential human drive - a quest for meaning that gives life purpose. (Frankl, 2006)

Since the Enlightenment, the Industrial and the Commercial Revolutions this narrative in the form of religion has been slipping away. In 2023 according to Gallup 47% of Americans identified as religious, 33% spiritual and 18% neither religious nor spiritual. The decline in people identifying as religious has declined 90% since 1999.(Gallup, n.d.) Since 1999 children have grown up and are beginning to raise their own children without the meaning-making map that religion provides.

Many people who claim no belief in a god or gods do so by relying upon the field of science to provide them with the foundation of their belief system. So, science becomes for them a belief system, sometimes called Scientism. Since science measures all things objectively, the individual is left without a connection to the world around them. Everything is separate from them. This objectivity of science divorces the individual from finding their place, their connection to this so-called real world. Science relies on measurement, and since the interior world of the human cannot be measured, no experience of God or unity with something higher can be validated. Human beings find themselves in the position of being alone and disconnected from the life around them and the planet that sustains them as well as any higher being or purpose.

Religion is one way to feel this connection, this unity. With the decline of religion, we are not finding ourselves with a pathway of transcendence or in other words, being human and being more than human. Transcending the physical self is to know oneself as a physical self in the three-dimensional world and as a spiritual being connected/unified with the divine. With the decrease in participation of religion there is a lot less narrative that we can identify with to make meaning. The narrative/story that religion and mythology brought to us as well as the rituals that prepared us for being a part of something bigger than ourselves, supported the idea or the feeling that our life has meaning and purpose.

Without the influence of religion, mythology and histories people are not pointed to the hierarchies of value/normative or the stories/narrative that weave meaning through culture, time and experience. We are left with an explanation of our structural reality that

science and rationality provide. In his book *Soul Story*, philosopher Tim Freke proposes an alternative to religion with what he calls a rational spirituality based on the belief that the universe is coming to know itself through each one of us. (Freke, 2017)

This inherent quest for meaning that Frankl speaks of persists, and the technologies of myth and story provide a framework for understanding ourselves, the world and making meaning of the complex interplay of all these factors in our lives. Mythology, religion, philosophy and spirituality make use of this technology. The fact that we have become less religious in this new Millennium coupled with increased rates of suicide, depression, hopelessness and loneliness demonstrates the need to look for an answer to what many are calling the meaning crisis.

The more people feel that their life is meaningful the more they experience overall positive psychological wellbeing and reduce their risk for depression, suicide and addiction. “Meaning is also positively associated with physical health and longevity.”(Routledge & FioRito, 2020) Making meaning is critical for a healthy individual and by extension healthy groups of individuals or cultures.

The process of Source Code Alchemy provides a framework to connect with something larger than the individual life. The experience is different for everyone, but the process is the same. The 9 Summits of Transformation present a pathway to know the self completely within the context of modern life, within the individual and connect to purpose in this world unified with a bigger life purpose. SCA can provide process and pathway to make meaning.

Eros

From the perspective of the evolutionary biologist, eros is nothing more than the urge to reproduce, whether it is the cell's movement toward division and reproduction or the mammalian sexual urge to procreate. However, as a living breathing human being I am not willing to dismiss or discount the importance of eros in human life. Remember the inherent and essential human drive that Frankl spoke of? It is the quest for meaning that gives life purpose. Wagner, the evolutionary biologists noted that life is constantly innovating. Is the quest for meaning the eros that drives a biological system to reproduce and to innovate?

Eros, in both biological and philosophical terms, is the impulse toward creativity, connection, and greater complexity. In Greek mythology, Eros is a primordial force driving creation and union. Philosophically, Eros represents the longing for wholeness and fulfillment, giving direction to evolutionary processes.(Gafni, Marc, 2025)

Marc Gafni expands on this, describing reality as Eros, ever-evolving relationships and intimacy. This principle fuels both biological evolution and the human quest for meaning. According to Gafni, reality is desiring ever-more intimacy, ever-deeper and wider shared identities in the context of otherness. (Gafni, Marc, 2025)

Remembering the importance of context in evolution and in meaning making I suggest that both the biologist and the philosopher are right. Without anthropomorphizing a cell, it is somehow driven to divide and reproduce and in the process creates a more complex version of itself as a multi-cellular entity. Engaging in our ability of abstraction,

we can think of a cell driven by eros toward relationship of something greater, just as the human has been driven to evolve through relationship to other and relationship to something greater. Eros in the human being is most often reported to feel like a longing for greater connection to the self, to the world and to something greater than all of that.

Eros drives us to evolve through relationships; relationship with self, relationship with other people, animals and the natural world, and relationship with a higher or divine source being. Source Code Alchemy uses this innate drive, this eros, to transform the individual within community and within a multidimensional framework.

Alchemy for the 21st Century

We cannot create meaning through relationship as inert matter, as a chair, for example. We create meaning as fully functioning and live systems knowing the structural reality, striving through a hierarchy of values toward goodness guided by our stories, myths and histories. Perhaps in our evolution of consciousness we have reached the context or life altitude where we can synergize what science and other ways of knowing have to offer. Perhaps the second tier of human consciousness that Graves, Wilber and Cotton speak of will exist because of the integration of eros toward relationship and innovation that emerges in the right context. The meta crisis needs to be resolved by a different consciousness, one that is universal and integral. Now is the time for a dormant inner technology, a sleeping beauty, to awaken to create the response to the meta crisis.

While ancient alchemy focused on the process of transformation, Source Code Alchemy encompasses both transformation and a broader objective of achieving

wholeness. The meta crisis is the evolutionary pathway to the new human. As we reach the next life altitude/stage we will evolve in our humanness and our divinity and create the tools necessary not only to survive but to thrive in a new world. My optimism is based on the goodness that I see daily in my fellow human beings and millennia of evolutionary history that demonstrates right action at just the right time. Source Code Alchemy is a technology that could enhance that pathway to meaning making and enhance the pathway to the evolution of consciousness and psychological development in the individual. Now is the right time for SCA. In the next section we will discuss exactly how SCA proposes to do that.

SECTION 3

How Does Source Code Alchemy Work?

It is clear that an innovative approach is necessary to solve the crisis humanity finds itself in. The old ways have served to create a patchwork of fixes that too often have exacerbated and created new problems. It is also clear that humankind is at a point in its development that teeters on self/planet destruction or sovereignty. We are driven to evolve at a biological level through innovation and at the human level through an eros toward relationship and wholeness. Synergizing the best of our efforts, knowledge and technology can save us from self destruction. The solution begins with individuals who know themselves. By sharing their strengths and leading in their own ways, they help create a community that embodies a higher consciousness. Source Code Alchemy offers the tools and the firsthand experience required for an individual to truly evolve into the New Human by transforming and calling up dormant innovations to not only resolve the meta crisis but also liberate the potential of the human and humanity.

The Source Code Alchemist (the SCA) having gone through the one-year PraxisAletheia program, Master's level curriculum and Practitioner training has gained experiential and intellectual wisdom and is poised to facilitate this growth and development in others. Their tools are Inner Organic Technology Activation (IOTA), the 9 Summits of Transformation(9SoT), Salutogenic Semantic Iterative Communication (SSIC) and the ability to empower others to push forward on the path of personal evolution. They lead by example, continuing their own path of self development as well

as creating the context for others and creating a community of empowered, caring individuals. In this section we dive deeper into the tools of the SCA and how they are used.

Inner Organic Technology Activation (IOTA)

The primary tool the Source Code Alchemist utilizes is the in-person IOTA workshop, where the participant will be introduced to and experience Source Code Meditation and be taught how to perform the Source Code Meditation Base (SCMB) in their own home after the workshop is completed. I will more fully define SCM terms and related technologies in later sections. In this workshop the participant will experience the activation of IOT (Inner Organic Technology®) facilitated by the Source Code Alchemist. Once sensed, the participant is then instructed how to activate the flow of IOT through intentional touch at the Subtle Energy Vortexes (SEVs) of their own body, and with practice this workshop will set them on their way to discovering true power within. Let me explain the workshop in further detail.

Setting Context and The IOTA Workshop

For any endeavor to be successful it must be presented in the right context. As we saw in the evolution of every species, success is only guaranteed when the environment is supportive and conducive to it. Context must be set from the first encounter the potential participant has with the SCA. This may be in the form of an ad, an Internet search that lands them on a webpage, or a testimony from a friend. In every instant the participant must be prepared for the experience.

Prior to the day of the workshop the SCA will have prepared the participant through clear information on the process as well as the workshop. This is easily accessible to anyone who peruses the website. Additionally, all questions they might have will be answered prior to the workshop through email. Upon arrival at the workshop the participant will be welcomed by an atmosphere of peace and a bit of excitement for the revolutionary possibilities of the day. The workshop is small enough, with about six people, so that the powerful experiences that the participant may go through are taken in as fully as possible with the greatest amount of support and large enough to have a community of peers to share the experience with. The context of being guided by an experienced Alchemist, going through a profound experience reassured that they are not alone, and are deeply supported is a powerful setting for the potential of each participant to gently blossom or burst forth.

Part of setting the context will venture into managing expectations. Every individual attending the workshop will have a different reason and motivation for attending, different life circumstances, various levels of experience, and different personalities. Participants' expectations for the workshop may align closely in certain respects, while in other areas they may differ significantly. Articulating what SCM entails and does not entail, focusing on their own personal experience and process rather than comparing them to others, and encouraging ongoing practice are all critical factors contributing to participants' success.

The students are introduced to the important terminology of SCM including Salutogenesis, Subtle Energy Vortexes (SEVs) and Inner Organic Technology® (IOT).

They will experience the first meditation with the activation of the SEVs through direct facilitation by the SCA. Their attention will be focused on the experience in their body, primarily felt as the expansion of breath or change in the rhythm of their breath, all signs of IOT in the form of Salutogenic energy awakening and moving through their body.

Later in the day they will learn to activate the SEVs on their own body to experience the same or more flow of Salutogenic energy daily. They will be introduced to a specific meditation that is aimed at expanding their ability to use this flowing energy to activate the higher brain, increase awareness all with the promise of awakening and liberation.

Throughout the workshop questions will be answered and experiences will be shared. The day will culminate with an informal gathering of ‘sips and snacks’ to allow more sharing and questions in an informal way. At that time, the student is assured that they are not alone, and they learn of pathways for them to follow if they desire to continue learning with the New Human University. Many will be content with today’s experience, and all are encouraged to continue SCMB and SCM to gain the most from IOT Activation. Overall, when the context is set from the beginning, expectations are managed and the SCA guides the students with enthusiasm and professionalism the workshop is a powerful moment in time for everyone.

SCM, SCMB, Salutogenesis, and IOTA

Source Code Meditation (SCM) is the cornerstone of all work done through the New Human University. Dr. Michael Cotton developed the current refinement of SCM through decades of working with people one on one and performing demonstrations for

large groups. It is derived from a modality that he developed called Higher Brain Living (HBL) which is practiced by a practitioner. With a desire to bring everyone the fundamental technology of this type of meditation, Dr. Cotton developed SCM, which empowered the individual to reap the benefits of this type of meditation and potentially greater benefits with consistent daily practice.

Dr. Cotton calls Source Code Meditation a ‘brain first’ meditation. (Cotton, 2018). As he explains, the human body is flowing with subtle energy that every culture has recognized. It has been called Chi and Prana in Eastern traditions and the systems that this energy flows through are called Meridians, Nadis and Chakras. In 1979 Anton Antonovsky coined the term Salutogenesis in his model of health. Salutogenesis is derived from two root words “Salut” meaning health and “genesis” meaning origins. (Vinje et al., 2017) Cotton uses the term Salutogenesis to describe the sudden and visible increase in subtle energy that he experienced in himself and noted in his clients while facilitating HBL sessions. This Salutogenic energy was activated through similar portals that Eastern traditions acknowledged. He noted that the Salutogenic energy was easily and safely used and assimilated by even the most beginner clients, clients with no previous experience in meditation or subtle energy movement. Through SCM the individual is instructed to awaken/activate this subtle energy and then direct the flow of energy to the prefrontal cortex to enhance activity in the higher brain. Once Inner Organic Technology is flowing your entire system is primed for meditation.

Cotton calls this flow of Salutogenesis as used in SCM, Inner Organic Technology®. Quite simply IOT is the flow of Salutogenic energy used as a technology

for enhancing the life of the individual. (New Human University, 2023) As first studied in HBL clients, this IOT when used consistently and according to the SCM protocol affects more than just the brain. Clients reported increased physical and mental well-being and a sense of flourishing or thriving.

The flow of energy is activated by strategic placement and execution at two points on the spine that have been long noted for their potency both in ancient mystical traditions, Traditional Asian Medical systems as well as Western Medical Science. Cotton calls these points Subtle Energy Vortexes abbreviated as SEVs. During the IOTA workshop the student is first acquainted with these points intellectually, then they experience the activation on their own body through facilitation by the Source Code Alchemist and then later they are taught to activate these points on their own body. Once activated the potential of these points is released in the form of Salutogenic energy flowing from one point to the other, in a circular movement that forms a positive feedback loop. The student may feel this flow as very subtle, or strong and disruptive at first, which usually settles into a distinctive flow that they can easily track in their body. The practitioner will notice an expansion of the breath and/or changes in the rhythm of the breath. (New Human University, 2023)

This part of the process is called setting the base or performing the base, noted often as the SCMB. This formal performing the base is always done with intention, the right touch and breath. After consistent practice, the student will find the ability to ‘set the base’ with just intention and breath, which is beneficial for times when a formal practice setting is not available. I have found time sitting at red lights, standing in line

and even while walking in nature all fortuitous times to reset my base. The result is a heightened feeling of aliveness and connectedness that I was not previously experiencing.

While in a formal setting, on a mat or massage table, the student is directed to set their base and follow with a meditation, during which the student directs this Salutogenic flow of energy toward the Prefrontal Cortex (PFC) or the third eye as described in eastern traditions, thereby affecting the brain physiology. Cotton postulates that directing the flow of Salutogenic energy toward the PFC increases the health and capacity of the PFC. The PFC is critical for the higher functions of attention, decision making, long range and strategic planning, as well as playing a role in social behavior and emotional regulation. It acts as a higher order association center integrating information from other brain centers.(Cotton, 2018)

Cotton's hypothesis has been evaluated using EEG scans as well as subjective assessments taken by the participants of his one-year PraxisAletheia program, and in an independent study of Higher Brain Living clients. (Angerer, Roman, 2023; Seagull, 2022) Throughout the year the PA students/clients were assessed with the Subjective Happiness Scale, the Anxiety Index, the Depression Index and the Pearlin Mastery Index all generally accepted assessments in the field of Psychology. The findings conclusively demonstrated "statistically significant, greater improvement occurred for the intervention group (the group practicing SCM) in the measures for flourishing, mastery, and happiness compared to the control group." (Angerer, Roman, 2023; Seagull, 2022) In my own experience, after one year of consistently performing the base and following with meditation at least once a day, I noticed more self confidence, a greater capacity to see

and think broadly and a general boost of happiness overall, which I felt as ‘being happy for no particular reason’ for days and weeks on end.

The first step to this improvement is activating and directing this IOT in such a way that every day the student/client is aware of this flow of energy as a Salutogenic force that can be used by their physiology and biology. The improvements in the body have correlated improvements in the mental realm and their external world. Flourishing, Mastery and Happiness are found in all these realms - the physical and non-physical as well as the individual and the collective world that the individual interacts with. Initiating IOT and maintaining the flow of Salutogenesis within the bio psychoactive context of life brings the student/client these benefits and sets them up to be the New Human who is prepared to address the meta crisis. This is the way that the improvement of the individual will create change for the collective.

Zenith Mode Network

As amazing as it feels to activate your Inner Organic Technology® that may not be the end of it. Cotton is hypothesizing that continued direction of IOT to the Prefrontal Cortex is metabolizing a change in the physiology of the long-time practitioner of SCM. He is suggesting that with consistent and prolonged engagement of salutogenesis in a manner that is directed toward vertical and horizontal growth, a new network in the brain is emerging. He bases his hypothesis on changes documented in PA students through EEG. He is calling this new network, the Zenith Mode Network and the state that is evoked, the Z-state. He compares it to being in a perpetual state of flow, a state of feeling

hyper resourced. This ZMN could become known as a physiological hallmark of the New Human of the next stage of consciousness. (Cotton, Michael, personal communication, 2025)

The Pathway After IOTA

As stated before this energy can be compared to what ancient Mystics, Yogis and Buddhists have reported feeling during their meditations. Back in those days and even in current day iterations of those paths, the meditation and the spillover benefits have not been optimized, because there was no pathway to use this ‘enlightened’ state in the everyday world. In both eastern and western spiritual traditions, these select individuals lived in monasteries, apart from society, interacting with others mainly through offering services and spiritual guidance.

The level of cognitive, emotional, and moral intelligences was often not mature enough to use this flow of energy for more than individual enlightenment. In recent years, individuals have used both meditation and psychedelics in pursuit of altered or heightened states of consciousness. Very often the same mistake is made as in the past in that the awakened individual does not have a pathway or system to follow to use that awakening to further their growth. The 9 Summits of Transformation is one pathway that can guide the awakening experience toward vertical growth in the individual.

Integral Metatheory (IM)

Ken Wilber has examined and analyzed the research and ideas of various developmental psychologists, philosophers, and wisdom traditions. He developed a

framework for understanding the evolution of consciousness across various levels and lines, such as cognitive, emotional, and moral development. He has taken a pulse of where humanity is now and provides a framework, and others have developed systems and modalities to help us make the leap that Clare Graves foretold.

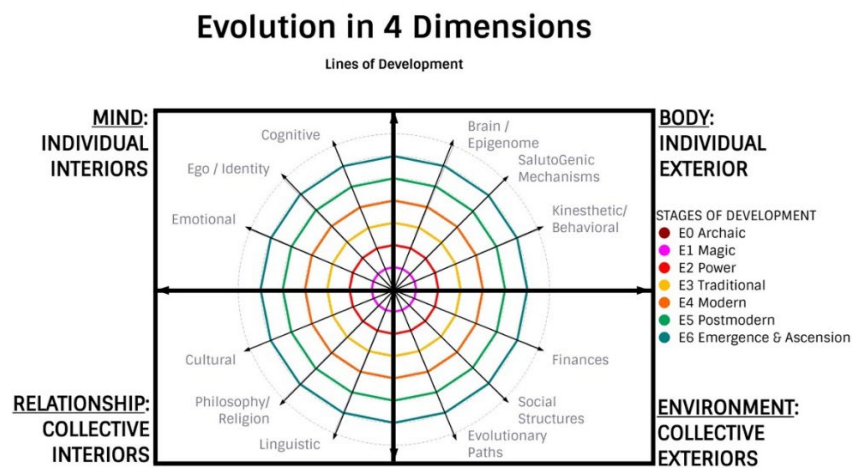
Dr. Michael Cotton uses this framework, Integral Metatheory, to develop a way that the individual could continue their own growth as well as assist others to grow as well. The Source Code Alchemist has gone through and fully participated in the one-year program called PraxisAletheia which uses IM as the framework and context to understand everyday life. As a student or practitioner, the SCA uses Integral Metatheory and the 9 Summits of Transformation as the bio psychoactive context and pathway to ground mystical experiences, to relate to self and others and to create meaning in every dimension in their life. In this section I will highlight the ways the student of the SCA can use the innovative technologies within the IM framework to produce the results of flourishing, mastery, and happiness and to thrive in life instead of merely surviving in life.

The main components from Integral Metatheory that frame the 9 Summits of Transformation are.

- Stages of Development,
- The 4-quadrant system Wilber calls All Quadrants All Lines (AQAL)
- The flow of Waking Up > Growing Up > Cleaning Up > Showing Up.

Developmental Psychologists have mapped the evolution of individuals and cultures through Stages. In Cotton's model he relates to these Stages of Development as Life

Altitudes or Epochs, and titles them with numbers Epoch 0 to Epoch 6. In the following image taken from the curricula of PraxisAletheia it is easy to see how the numbered Epochs relate to the Stages of Development with descriptive terms used by Developmental Psychologists. The four dimensions are the same as in Wilber's model, and the Lines of Development are the arrows shooting out from the center.



The colored circles represent stages/epochs of development and would be represented as a spiral if this image was 3-dimensional. Notice that each line of development is present in each Epoch or Stage of Development, signifying that at every stage, cognition, for example, can be developed. In the 9 Summits of Transformation the Waking Up Summits (this will be explained in more detail shortly) take place in the Upper Left/Mind quadrant, and a Waking Up experience is possible at every stage of development. The Growing Up-Cleaning Up-Showing Up Summits will take place in all four quadrants at every stage. This image depicts a map that a student can use to locate where they are and where they want to go in the journey to becoming more whole. This

map can be used for both vertical growth, from epoch to epoch, as well as horizontal growth, more fullness/expansion of skills in a healthy way in all four quadrants.

The 9 Summits Of Transformation (9SoT)

The 9 Summits of Transformation (9SoT) defines a movement and the pathway for both vertical growth and horizontal growth. Remember in the second section we highlighted how individuals grow vertically from being a newborn completely dependent on others to an autonomous responsible adult able to coexist with and contribute to the wellbeing of others. This vertical growth is not something that we are aware of doing as children and adolescents or even as young adults. However, as adults, our capacity for hindsight gives us the ability to recognize the various steppingstones and learning plateaus that life and those around us put us through. In the same way, cultures followed a similar pattern of vertical growth, although it took hundreds of thousands of years for the first group or culture of humans to grow into the modern human.

For the last 150 years, modern psychologists noted that vertical growth in humans stops at about the age of 26 (Wilber, 2000a). After that age humans are more concerned with horizontal growth such as expanding skills, health, happiness, raising a family and nourishing relationships. The 9SoT is a technology that will assist the student to continue growing both horizontally and vertically. The 9SoT is one of the technologies that the Source Code Alchemist can use to guide the client in this endeavor.

The flow of the 9 Summits follows the flow elucidated in Integral Metatheory, namely Wake Up, Grow Up, Clean Up and Show Up. The following chart demonstrates the correlation between 9SoT and IM flow.

Wake Up	Summits 1,2 &3
Grow Up	Summits 4 & 5
Clean Up	Summits 6 & 7

As the table describes the movement through the Summits, it is important to keep in mind that the 9 Summits do not have to be sequential and are not a once in a lifetime occurrence. However, it is best to go through the Summits sequentially the first time to understand the process and flow. Each time you go through this flow after that, new potential and capacities arrive, and consequently vertical and horizontal movement/growth can be experienced. For example, each time you Wake Up to a greater fullness of you, you have another opportunity to see life and your life in a new way. This new way may allow you to create solutions to problems of the past or to reinvigorate or repair a relationship or situation that has gone awry.

Very often with self-expansion the problems of the past lose importance or simply disappear. The horizontal growth of Waking Up affords you the opportunity to vertical growth, because you are more expansive in who you are at your current level of life altitude, and the curiosity to innovate arises in a healthy manner, a way that promotes transcendence. The 9SoT provides a pathway for this innovation into vertical growth. The

SCA can provide guidance and context so that the individual better understands the process and the experiences each Summit brings up.

The critical first step in this alchemical process is SCMB and SCM. Summits 1,2 & 3 are the critical second step. After the client has learned how to perform their base, has identified and tracked the salutogenesis flowing through their body, have directed this IOT toward the PFC and have made regular consistent practice of this, then they are ready to Wake Up to the fullness of themselves.

During the PA program the students are taught how to recognize ego personality types through the Enneagram. There are other instruments and processes, such as Myers-Briggs, life coaching and psychotherapy to help the individual know themselves as their personality. Personality is often understood as the outward persona with which we are most familiar; however, it is beneficial to approach its assessment from a more objective and less personal perspective. For that reason, Enneagram is an effective way to begin self discovery. The SCA will be able to guide the inquiry to knowing the self at this level. Knowing our persona, the one who thinks, does, and interacts with the world is key to the waking up process because your Soul Self and your Transcendent Self relate to this world quite differently.

Awareness of who you are in this moment, who is the one reading these words, who is aware of that one yet is not bound to that one, who is the one who observes and who is the one who sees yet cannot be seen. That is who you are. All those ones. Summits

1,2, and 3 help you to wake up to that fullness of who you are. Your response to this awakening will depend on your current Life Altitude.

Wake Up

Summit 1 asks the client to awaken to their soul self. This soul self is released from “exclusive identification with the gross realm. The soul self feels in relationship to the body but is not bound to the body...feels still part of time but without beginning or end in time”. (Cotton, 2018) Along with the subjective experience of being more than the physical body, the client also experiences increased metabolism of the higher spiritual centers of the brain.

In Summit 2 the client goes deeper into the self to the one who transcends this life and is “known as the eternal, immortal witness to all that arises”. In this experiential the client accesses a state of pure peace – free of time, space and conditioned reality. (Cotton, 2018)

In Summit 3 the client experiences the Unitary Awakening, in which they feel the transcendent self uniting with the soul self and the personality self to become one with itself and all objects of manifestation. In this meditation, Cotton proposes that not only is the physiology of the higher brain activated, but so is the physiology of the higher heart. And more than that, the Higher Brain and Higher Heart “integrate as a new physiology”. (Cotton, 2018)

In these first 3 Summits, the client awakens to experience their true self in meditation, and they are encouraged to carry this awareness of who they really are; the

one who thinks and does, the one who observes this action, thoughts, attitudes and emotions in time and the one who transcends time and space and sees and experiences it all, all rolled into one experience. It takes practice, and that is where the consistent SCMB and SCM really pays off.

I awakened to my ego/personality self, my soul self and my transcendent self years before encountering the 9 Summits of Transformation. I made a practice of wondering in each life encounter about the perspective of each. The maddening question that was left unanswered for years was: Who's driving the bus? When do I listen to my soul self, when my ego self and when the transcendent self? Very often it seemed like all my selves were screaming for control at once. Until I encountered and practiced Summit 3, I was in a perpetual ping pong match within. Then I understood. I am all those selves. No one is driving the bus. Everyone is driving the bus. All facets of me are dynamically interweaving to create my experience.

It is important to note that the waking up portion of life can happen at any vertical stage/life altitude. It is a horizontal development and can be responsible for increase in happiness and flourishing in life. Your current stage enhances your experience, and any awakening is perceived from that level. Like all lessons learned in life, it is not just that you learned the lesson, it is what you do with that learning. You could use it to simply feel more happiness or more health, and that is a good thing. And you could enjoy that horizontal growth and use that learning as fuel for vertical growth toward the next stage of development.

A hypothetical example of an awakening happening at the state of ego centric stage of development with the experience used purely for self aggrandizement. This individual, no doubt, had an extraordinary experience that made them feel completely different than who they were before the experience. If this experience is not used as fuel to learn more completely who they are, the ego self/soul self/transcendent self, they may think that they are special, and that no one else could possibly have awakened like them. They may feel that they are somehow the 'Chosen One.' The awakening state without the purpose of vertical growth has simply magnified whatever their personality was before the awakening. In this example, the person was at the ego centric stage before the awakening experience and without a growing up path, simply expanded their ego-centric self.

In 9 SoT it is critical that the client newly awakened to their true Unitary Self fully realize not only the clarity and meaning they have received from this experience, but also to see this awakening as fuel for vertical growth. This is where the SCA can guide the client to realization of the fuller human they are becoming. The experience has created change in the client's being, and the 9SoT helps them in the process of becoming.

If they take their time to fully understand, grok, embrace and embody the All of the Unitary Self then they approach all of life, problems/solutions, pain/joy, and growth/stagnation from the whole perspective. They are the one in the muck and mire, and the one who can put space around the pain or unpleasantness and the one who sees and creates the solution to whatever challenge they face. This new human is never the victim of circumstance. This new human always has the resource of IOT and perspective

of the whole human – thinker/doer, observer, and seer. This new human consciously living as the unitary self is now ready to grow up, clean up and show up as a complete being.

Grow Up

Moving on to Summit 4, the client is introduced to the concept of the Authentic Self and their Soul's Purpose. As Cotton explains it, the authentic self is the soul's vehicle in space and time. (Praxis Aletheia 2022/23, 2022) And the practice and meditation for this Summit results in what is called the Authentic Self Soul Purpose Mantra. Once again and if the SCM practice continues, the physiology for this Authentic Self/Soul state of being integrates the physiology of the activated higher brain and higher heart. This Summit includes the meditation, a discovery exercise and then choice and verification of the correct answers with the use of Salutogenesis flowing through the body. Statements are then created and once again verified with Salutogenesis and finally a mantra statement is developed. This process occurs within a few hours or over a period of multiple days with several short sessions.

The result will be a song of sorts that weaves your soul's purpose into the everyday actions of the authentic self. With this intent and practice the client brings their awareness to bear witness and to act guided by their Authentic Self Soul Purpose mantra. In this way the Growing Up process or the development of one's psychological and moral capacities through distinct and sequential stages is facilitated.

Summit 5 continues this Growing Up Process by asking the client to look up the Spiral of Development to promote the vertical trajectory of the Authentic Self to the next Epoch. The Authentic Self, the vehicle for the soul in this lifetime is guided by the map of sequential epochs. This is done once again with Higher Brain and Higher Heart flowing with Salutogenic energy and meditating on the history lived thus far in this lifetime, from the time of being an infant to current day with honor and appreciation. Then they look toward the goal of ascending to Epoch 6 by looking at the qualities and features of the individual in Epoch 6. Still with Salutogenesis flowing through their body and to the higher brain, the client meditates on the next vertical stage of development and puts themselves in that framework as that Epoch 6 human.

This may seem a bit like dangling a carrot to get the stubborn donkey to move or the practice of visualization and it is similar. The difference is the power of IOT and the bio psychoactive context of stages of development. Without at least a glimpse of the map we humans will stay in the territory that is safe and comfortable. However, with a glimpse of what might be possible and the map to guide us, we can consciously initiate the movement toward the next rung on the vertical ladder of improvement. Then we can live from learned experience with intention toward vertical growth.

Clean Up

In the Clean Up phase of individual development the client looks at their path of development in hindsight and knowledge of what each stage or life altitude has included. This is done while Salutogenic energy is flowing in their body. Anyone involved in this

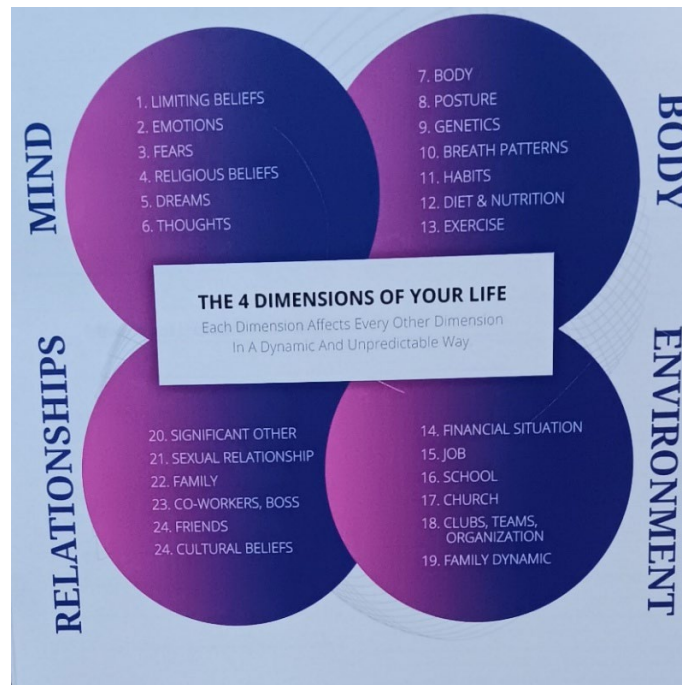
transformative work likely exhibits many characteristics of Epoch 5, though they may not embody all traits from the current or earlier Epochs. Knowing this and by now having energized the higher brain and higher heart, it is time to take a critical look at where the gaps lie. In other words, what parts of previous epochs may have unhealthy expressions that can be cleaned up and reframed into healthy expressions? Or where have they failed to fully develop and integrate a hallmark of a specific epoch? (Praxis Aletheia 2022/23, 2022)

For instance, reflecting on their growth, individuals may observe that their self-confidence differs across various aspects of life. Self-confidence begins to develop in Epoch 2 as a young child and as our world expands into youth, adolescence, and adulthood in general we develop ‘comfort zones’ or areas where we have a healthy sense of self-confidence. The work of Summit 6 is to recognize the need for stronger self confidence in self talk, how we feel physically, and how we feel in relationship with others. The practice is to fully embody self-confidence in each of these quadrants at every stage of growing from childhood to adulthood. The client is instructed to fully embody these in a heightened Salutogenic state and then write a healthy expression of complete self-confidence in every way and situation. Knowing that, even in situations that are new or seem to be overwhelming, if the client begins with self-confidence they will be able to walk through any challenge.

In recognizing the unhealthy expressions and consciously writing and then acting with a new healthy expression the client begins the Cleaning Up process. In Summit 6 this is done from the perspective of what it would look like to go through the spiral of

development in a healthy manner. Only when we fully embody and express the hallmarks of each life altitude, can we move completely into the next. Summit 6 provides the mechanism to enjoy life more fully, or expressed another way, to develop horizontally to flourish and thrive at each altitude. That is the key to progressing to the next epoch. (Cotton, 2018)

The next summit, Summit 7 continues the Clean Up process by transmuting shadow elements into higher brain fuel. By now you should be understanding that the IOT that we activate with SCMB and feel as the flow of Salutogenic energy in our body and brain moves in a never-ending feedback loop and yet it helps to bring awareness to this flow. Going through the summits we consciously engage and use this energy to fuel our growth both horizontally into more happiness and fulfillment and vertically into greater participation and thriving. While Summit 6 directs our attention to epochal growth, Summit 7 looks at individual events in one's life that "have caused a maladaptive behavior that causes pain and calls for growth and evolution" from the perspective of the 4 dimensions of life. (Praxis Aletheia 2022/23, 2022) These are often called shadow elements and are illustrated in the following graph.



The five shadow parameters and the corresponding methodologies for their application, as outlined in Summit 7, are as follows:

1. Challenges /Stuck Areas – write down any challenges you currently experience.
2. Origin/History –ask yourself, did this challenge/stuck area begin at a certain point in time?
3. Avoidance/Attraction – does the challenge have a hyper-avoidance or hyper-attraction associated with it?
4. Disowned/Denied/Projected – Regarding this challenge, what have you disowned or denied about yourself? What have you projected upon other people?
5. Competing Narrative – What conflicting story do you tell yourself that keeps you in sameness and safety rather than resolving the challenge or getting unstuck? (Praxis Aletheia 2022/23, 2022)

Once again using SCM and IOT, the client examines the shadow from the Unitary state with salutogenesis flowing to their higher brain and higher heart. They identify the shadow and how it has been operating in their life and the consequences of that action and perspective. During SCM the shadows are illuminated, liberated and trans-mutated

into the Salutogenic energy feeding their higher consciousness. The shadow energy then becomes fuel for further awakening and freedom.

Show Up

Now that our Authentic Self, the Vehicle of the Soul moving through this world has awakened, grown up and cleaned up it is time to show up as this Unitary Self in all four dimensions of your life. As mentioned before any action or improvement that takes place in one dimension will affect each other individual dimension and produce a collective change in the person as well as their environment and relationships.

In Summit 8 the client answers the question, what action will you take now in each dimension to evolve in all four dimensions? Cotton calls these actions, your Life Codes. It bears repeating to emphasize just how important IOT is to becoming the New Human. Awareness of the flow of salutogenesis and activation/direction of IOT must become not only a daily thing, but a moment-to-moment occurrence.

Like all the other summits, the client performs the SCMB and directs the flow of Salutogenic energy to the PFC or higher brain. This summit is a critical step in the vertical evolution of the individual. Some methodologies, approaches and therapeutic treatments conclude their focus on shadow aspects and seek to resume normal life, with progress assessed through factors such as happiness, health improvements, or attainment of other immediate objectives. These are all important improvements and must be celebrated, however it is not the end of the road. If the client does not continue, does not

bring their awakened, grown and cleaned self to an action plan that pushes them toward more growth and fulfillment in all four dimensions of their life, they will stagnate.

The purpose of Source Code Alchemy is transformation into a new human barely recognizable to the one who began this journey of 9 Summits just as the form of the caterpillar is barely recognizable as the new form of the butterfly. With this process the new human has transcended and included all the healthy aspects of the original, still feels their original essence and simultaneously feels brand new. They have transformed into a new human who no longer falls prey to the lower brain with sameness equaling safety, transformed into the new human who can take the perspective of the Soul and Transcendent Self while still being completely involved in life on earth in all four dimensions.

Summit 8 provides the pathway for the client to take such action. With IOT activating the higher brain and higher heart, the client starts with one dimension, for example the Mind dimension, states the outcome they desire and creates a list of action steps necessary to attain the desired outcome. They repeat this process with all four dimensions. All desires and action steps will be considered during meditation, resulting in what Cotton refers to as a Life Code. Then the Life Codes will be fed into the stream of Salutogenesis bathing the higher brain and heart. In Summit 7 Salutogenic energy helped to transmute the lower energy of the shadow. In Summit 8, Salutogenic energy helps to empower the individual to take the action required to create their desired outcome. In this way the individual Shows Up for themselves and for the world in every dimension of their life.

In Summit 9 the client expands this experience of the empowered new human being grounded in the world to the experience of being the Kosmic Process who is thriving and has become the Architect of Epoch 6, the next stage of human evolution. (Praxis Aletheia 2022/23, 2022) Cotton calls this Summit Unitary Evolutionary Enlightenment. The process involves using Salutogenic energy to deepen the experience of the Unitary Self being one with the Kosmos, a deepening of the commitment to evolution of life in the Kosmos and the felt experience of thriving in this life. To thrive, the New Human is always engaging in energy that creates, nurtures, and enhances life with other beings and processes from the highest state of mind possible.

Having completed the first round of the 9 Summits of Transformation the client will truly have cause to celebrate and at the same time is filled with the wisdom that this is a never-ending process. The joy, fulfillment and horizontal growth experienced by the client acts as an attractor to further evolution/vertical growth, and full participation in life. Because this is a perpetual process, there is no end to the depth and breadth of awakening experiences. The shadows encountered in the future will be a further unveiling of potential and the process will become tolerable and eventually enjoyable. The client who continues will marvel at the sustained vertical growth that these automatic feedback processes reveal. Life will reveal the mysteries that they could never have recognized in their original state of being. And they will thrive in new ways every day.

Salutogenic Semantic Iterative Communication

SSIC is not necessarily a part of the 9 Summits of Transformation; however, it is a huge part of PraxisAletheia. I feel that this tool, if done well, is the single most powerful tool in relating to others as well as to oneself. We are social beings, and how we relate to one another is crucial to how we resolve the meta crisis. In the simplest explanation SSIC requires that an individual feels salutogenesis flowing through them and they speak from this state of health creation. In this way every utterance is intended to come from the place to enhance the wellbeing of all involved in the communication. Additionally, the hope is that the communication will stir a Salutogenic response in other individuals and that this communication will iterate multiple times encouraging increasing salutogenesis.

In PA, we were tasked to create two different SSIC's per week and to respond salutogenically to others' SSIC. This was done in two different Facebook pages with two different audiences. The SSIC is supposed to be brief, engaging and additive to the conversation. For example, one of the pages was to the student body of PA and the mandatory post was regarding that week's teaching (BioPsychoActive Teaching or BPAT). If the student simply repeated or summarized the teaching there was no adding to the conversation/teaching. If the student made a brief statement liking or disliking the topic or teacher, nothing was added, and one could argue that their statement was not salutogenically informed.

Here is a fitting example from a fellow mentor to her mentees in 2023. Far removed from the typical BPAT topic, the mundane subject of cake baking, it still demonstrates how we can engage one another with our words.

Let's pretend we are all asked to watch this video. It is a 2 minute, 39 second video showing an easy step-by-step method for making a chocolate cake from scratch. Which of the following examples would be the best Salutogenic Semantic Iterative Communication statement for this video?

1. Thank you to the makers of this video for posting it on YouTube. Last year, I made a chocolate cake, but it fell in the middle when I took it out of the oven. Oh well, it still tasted good. This video makes the process look easy. I actually think I am going to make a chocolate cake again after watching this video. I can't wait to make this dessert with my granddaughter.
2. To make this cake, put 2 cups of flour in a bowl. Add 2 cups of sugar, 1/4 cups cocoa powder, 1 tsp. salt, 1 tsp. baking powder, 2 tsp. baking soda. Stir the dry ingredients together. Then, add 1 cup buttermilk, 1 cup hot water. Stir and add 1/4 cup melted butter, 1 T vanilla, and 3 eggs. Stir completely and put the batter in a greased mold. Then, bake for 45 minutes at 200 degrees F. Enjoy!
3. One of the things I noticed was how to sift the cocoa powder. Sifting cocoa powder breaks up the lumps and adds air to the batter. It also ensures the most accurate measurement.

In this example, SSIC #1 recounts a personal experience but does not engage or add to anyone else's experience. #2 simply restates what we already know. #3 however, notices an important thing to the individual and shares the improvement to their cake baking skills, why it is important or relevant more broadly, so the explanation may be helpful to others. In other words, it is adding value to the conversation.

Using SSIC as a guideline for everyday conversations with friends, family, colleagues, and clients has helped me to communicate more often from my Authentic

Self, to be more thoughtful in responses, and I have sometimes been pleasantly surprised at the depth of conversation that followed.

I look forward to the day when everyone in a town hall or national political meeting is communicating from a Salutogenic state of being. To raise the bar in communication via social media with SSIC is a welcome change and preferable to canceling all participation on social media. SSIC is a valuable tool for the Source Code Alchemist to assist the client to embody their Authentic Self and to transcend the tendencies to align in polarized silos of community, that we see so often in our culture today. The Alchemist will use SSIC from setting context before and during the IOTA Workshop and all subsequent work with the client.

Comprehensive Path to Transformation and Wholeness

The tools and the pathway the Source Code Alchemist uses to assist their client are all aimed at bringing wholeness, health and growth to the individual. In the process we increase happiness, flourishing and the ability to thrive. As Clare Graves suggested, we are moving from animism/survival to humanism/thrival. Through Source Code Alchemy the goal is to become a fully awakened human being thriving in the world of our individual selves, our relationships with others and our environment.

We are social beings living in a world full of other humans, animals and plants as a part of our natural world. And we have created civilizations whose context is both concrete and abstract in a non-natural world. We have developed physically, mentally,

emotionally and spiritually and still have much more potential within us. We have created a world of beauty that mirrors our aspirations of all that is good, true and beautiful. At the same time, we have acted too often through our aspiration to survive at any cost. We see the cost of that self deception in the meta crisis, in our relations to others and in our relation to self.

Source Code Alchemy reminds us that we are more than animals that survive in a complex world. SCA reacquaints, strengthens and empowers the potentials within us that may be lying dormant and underused. SCA helps us to build the capacity and robustness to become the fullest expression of human being that we can be. SCA provides context and practices to be and become that human and encourages us to show up and bring our gifts the world and to others.

Conclusion

Source Code Alchemy is a process and pathway to transform the base ego surviving in a world without meaning, into spiritual gold - a state of a liberated awakened unitary being, who thrives. It uses innovative technologies fused with ancient wisdom, scientific method, and most of all self knowledge. Its very name alludes to the old and new, pointing to the ever-evolving way that we understand ourselves and our world.

We stand at a crossroads once again, this time knowingly. We are ready to influence and be influenced by evolution. A species doesn't evolve without a context to evolve into. Our current world context is in a meta crisis, and the predominant internal context is disempowerment due to forces outside of us. Since the axial age we have separated ourselves from our environment, no longer seeing the divine in everything or seeing as the divine. Instead, we were taught to see the divine in a deity outside ourselves. We soon became enamored with the fruits of science, which once again put everything that was true outside of us in the objective realm. We have lost the enchantment of life and have lost meaning and purpose.

Source Code Alchemy offers the promise and pathway to find meaning, restore awe and develop the higher consciousness needed to solve the meta crisis. It is based on modern science and technology and ancient wisdom traditions within a container of deep personal and intrapersonal connection. SCA develops a new kind of being through enhancing our current capacities and awakening dormant possibilities. We transcend and include so that we may escape the duality trap that we have lived in thus far. We develop

a more complex interior to thrive in a complex exterior. This new way of being, this New Human will use every avenue of knowing; subjective, objective and transjective. Our new operating system will have physiology that engages both the brain and the heart.

We have learned that it's not enough to just wake up or have an enlightenment experience. We know that this state of illumination must be used to fuel vertical movement so that the person you are today expands into a person with new cognitive and emotional capacities, deeper self-awareness, and more ways of understanding and engaging with reality. We walk through this phase of our evolution with our eyes and heart wide open in a way that does not bring death to any part of our environment or any being. Eros urges us toward more wholeness and relationship, and Source Code Alchemy is one way that we can facilitate this transformation.

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