

A quarter of a year: debilitating, connecting

Sobbing on the floor: On days when I don't get even a half hour, 30 minutes to engage with something worthwhile, it is truly heartbreaking.

Head, heart and hara. It's an old framing yet deeply relevant to your-my-our condition. If you are like me and our modern world mindsets you'll tend to privilege head—making sense of ourselves and everything around us cognitively and logically. For us all, stepping into new ways of being, for flourishing through meta-crisis, entwining hearts and haras again in our cultures seems essential.

Head

3 months ago I literally ended up on the floor and I've been thrown thrown there pretty much every day since. I'm often significantly incapacitated during this and that leaves plenty of time reaching for logical explanations—allopathic analysis, doctors and myself, trying to disentangle what happened to me post vaccination.

In some ways the complexity of interactions and symptoms in me mirrors our world. There is no one label that fits more than about seventy percent of what I experience and feel. Similarly, to label our meta-crises as based in climate change, inequity, colonization, consumption or biodiversity overlooks the deeply entangled interactions of all of these and our own agency—as individuals we matter.

Heart

I'm feel fortunate, however, as all the doctors around me step well past dispassionate tests and machine imaging. You-our-my world comes with huge emotional pieces—our hearts are pulled and guide us in many directions. At a personal level this is very sharp for me—suddenly finding myself unable to engage with most things, regularly forced to do nothing hurts, hurts a lot.

Clearly though it is not just me. You-I-we care about all sentient species. There are existential threats to so many of these from the meta-crises around us. The pain, loss and suffering from this is real for us and surfacing that in our hearts helps.

Hara

Which is a call to power, our hara's and gut instinct. In all our analyses, certainly the western medical sort as they scan me, interpret results, draw more blood for further tests and try and fit complex symptoms to known frames and diagnostic names, we're partly leaning on our intuitive insights.

I certainly am and—as an extreme outlier, you could calculate the odds of what may have happened to me as 1 in 50 billion—perhaps it is time for more power, more hara, more intuitive exploration alongside the evidence and feelings.

There is agency here in connecting past our crises even while deeply embedded in them and disabled by them. While my experience is immediate and personal it intimately connects with our global and kosmos cares and hopes. It offers some capability and capacity to feel the pain of multi-sentient-species loss, climate emergency and extending inequity more ably, deeply and usefully.

Your-my-our hearts

Me: I usually get to do one thing a day, one piece that involves cognitive effort, reading, writing or talking to a group of people, for between 30 to 90 minutes.

On days when I don't get even that, even a half hour to engage with something worthwhile, it is truly heartbreaking.

It leaves me in tears. It has left me sobbing on the floor on more than one occasion. Even just writing this is a powerful experiences, those feelings are surfacing and yet crying is cathartic.

Quite possibly doing this with **our world** will help too. Grief coexists with beauty. For example see *Hope and disappointment: simultaneous possibilities?* [here](#)> on those pieces together in a tropical climate, on climate and coral reefs

This is not abstract. For me I'm living with searing body sensations—floating, spinning and endorphin-adrenaline like rushes. Every once in a while it gets extreme. I climb into bed and can feel like I'm literally hanging on to the bed, shooting rivulets running through me and out the walls as I merge with æther.

Your immediate may be less extreme? However, you-I-all of us have a felt sense and understanding flowing through us, as an entangled emotional experience resolving as feelings of our whole world systems, life supports and interdependent beings all around us.

Your-my-our heads

But surely there's a diagnosis for me? Well, yes and no. The story weaves and ducks, like any good story does. Our lives do too. The intricate ecosystems around us—relationships, ecologies, universes—do as well.

A short version of this story is I'm not great yet there are many silver linings and insights in this space. I'm laughing as that fits with the theme of this written story too. All is not well in Gaia and many facets of this-her-him-it including across intolerance, injustice and inequity. Yet we must be learning with this.

3 months later, after my first crash, after the vax, I can pick some patterns in what happens to me. I have some probable allopathic diagnoses, names for what's occurring and what happened, and I have a few strategies that show promise as some viable workarounds, Moreover, the crazy porous boundaries of myself, a connected felt sense of quintessence, are surely offering something. A teacher? And what are we all learning together?

A longer version of where I am at follows—concrete and kosmocontineo across head, heart and hara

Exploring western empirical medicine analysis

Feeling as if floating or spinning. Partial symptom matches and nothing to lose.

Head and heart

The 90 minutes drive (taxi, they've told me I cannot drive) from house to the main town on this island, followed by the little plane is like my body is moving behind me. I'm in a centrifugal rollercoaster, inside blood cells moving with gravity, body surging in front

feeling. Except reverse and go sideways and shake back and forwards too for what my body and cells and I feel. I never liked those rides! Backwards or forwards... Having these sensations, close to 24/7 at varying degrees, sometimes totally all I can manage, ain't much good.

I'm laughing at the ridiculousness of it all. In the hotel in the city, after an hour's ride on a little plane, it is like a post apocalypse zombie movie. Empty. Nothing. Everything shut up. As are the airports. Thank goodness I'd thought ahead, at least a little bit, and grabbed a gin and tonic can, there was no food, at the gas station on the way to the airport. The alcohol dulls the rush feeling and means I can walk out to the convenience store for lunch (pre-made sandwiches at 9 pm 😊)

Head

The raging strength of this, as the bed spins around me in the city hotel, has me searching further. It is super hard to read so I've been reluctant to do much journal research but I push myself in desperation. The closest I find, for a diagnosis that fits my symptoms—70% of them—is “*Feeling as if floating or spinning*” That's a Cedars Sinai plain English site, [here](#)>. There's another bit of that too, Olfactory Hallucinations without Clinical Motor Activity . The second one is a serious review, [here](#)>. I am not up to trying to make sense of it but this minimal research suggests I could have seizures. Could that be a reason why I'm so short of breath, even with super mild exercise, sometimes? I can't go any further with the research—reading is wildly harder than it used to be.

However, this symptom fit is only because it is where I've been looking. There could be many other equally or more credible diagnoses, both my doctors are aware of that as well.

Nevertheless, this partial symptom match does give me a 'no lose' strategy. Keto diets can manage seizures in some people. I discover this goes all the way back to the ancient Greeks and Hippocrates ([see NIH](#)>) and so I start one. On the bed! Straight away.

In the spirit of this story, I'm so curious around our collective motivation. A partial symptom match is that inequity delivers poorer economic results—for example, see these OECD reviews on inequality and poverty [here](#)> That is a root cause of biodiversity destruction—increasing pressure to exploit more land—and consequently implicated in increasing the likelihood of further unique virus pandemics.

Surely we should be wildly motivated to address it—better economic, social and health outcomes all together—as a no lose strategy.

Hara

For myself, I am super motivated. Keto means next to no carbs. Goodbye croissant—verboten. It does not matter that the research on this is encouraging but not conclusive ([NIH here](#)>) it's more than enough to act.

However, action for me means very short stints and long pauses. As my friend David says, “*When is it time to reef a sail at sea? When you first think about it!*”. As I am writing this story, and 3 months in, I've got better about noticing those first thoughts. I stop, often for the day after 30 minutes, and live with that frustration.

In reality it is not really a thought. Time to pause, time to reef a sail imperatives, comes straight from intuition. From our guts with experience and evidence informing our hara.

It is funny that. Intuitively we knew it was time to pause decades ago. It was time to reimagine how we could be in this world and be as part of it. In many creative places we did just this. We thought and created. We merged and weaved change and structures. And all the time the sticky modern-day thought patterns kept holding us back—this is how the world works and economic wealth alongside individual excellence and competition will answer everything. For example, see *Attractors: strangely, we keep getting pulled in here*>

Head

Fast forward to some results. A week after the Glasgow MRI the mercifully short report arrives. Once decoded—*ischaemic foci, infracts and gyri anyone?*—it indicates, contrary to previous tests, I may have had a thrombosis.

It's quite a thing to read something that says a small part of my brain has died. It's obviously more personal than the many injustices going on around the world leading to death—either directly or as a result of ineptitude, power abuse and/or systems degradation. We don't need to look very far to find these. From state sanctioned killing to racist policing, building collapse and fires to communities being pushed to the edge in extreme weather events related to our climate emergency.

That's to say, it's easy to make the links. It could be a mercifully short report too, just like my MRI one, on interconnected wellbeing and what we cognitively need to do to enable flourishing futures.

The thing is it's never been just about evidence and logic. Sitting with my doctor, going through my report, it lands that this is somewhat more challenging than at first sight. The chain is now, possibly two weeks or so after the vax, when things were getting very wild, I had a blood clot, a CVST. This killed, due to low blood supply, a small part of my brain. That 'stroke' triggered or caused seizures. In my case the dissociative sort not the ones classically associated with fits and epilepsy.

At the moment, I put this chain as somewhere between speculation and informed guess. Scans lie. Scan 100 healthy people and you'll find abnormalities like this in 5 to 10 of them. Regardless, there are a lot of things that correlate between this, some of my symptoms and experiences plus in the incredibly limited amount of literature I can read.

I have to do the numbers 😊

- CVST the super rare brain thrombosis following this vax. About 1 in 100,000
- Dissociative seizures. About 2 in 100,000.
- Combined odds. 1 in 50 billion!

Surely it is time to buy a gambling ticket?

Going past one in fifty billion

More research on our global crises? We already know what to do and there's power and beauty that flows from integrating this with action.

Heart and Hara

A causal chain is somewhat encouraging and this too is not a cause. There are only theories so far as to why vax causes such clots. Or why we seize. Or if these are

connected to our other neuro concentrated centres—heart and gut (head, heart, hara). Analysis suggests our thinking centres (cortex) start miscommunicating with control centres (hippocampus).

Suggests might be underplaying it a little. I'm not sure, it is so super hard to read most things as a result of these symptoms that I am living with. Regardless, it does not really matter.

That's kind of the point. Just as with inequality is not good for our wellbeing or even just measures like GDP acting as if I do have the impact from a thrombosis and consequential seizures is powerful. This does not need total clarity or cast iron double blinded evidence (is there even such a thing for complex nuanced conditions?) in order to take positive recovery steps.

The parallels with our environment are massive. We know, for example, that reversing global warming will deliver vast species and human benefits, as well as warming our hearts. Regenerative agriculture, silvopasture, multiple education opportunities for global women? All of this works for nurturing beauty, drawing carbon—directly and indirectly—out of our world and encouraging economic equity. For example see Project Drawdown [here](#)>

For myself there's at least some indication that a Keto diet may support our hippocampus' activity. There is really nothing to lose by pursuing this diet for me and the fact I've not even craved a croissant in 30 days (I'm off to the gorgeous artisanal bakery by the sea this morning and won't even want one) demonstrates net benefit easily overrides cravings.

That feels powerful. And I did not come to this place from an extensive research based analysis. I would have done far more but alongside diet I'm partly learning how to read again (that seems to be associated with the possible thrombosis). I could not do deep research. The small amount I covered resonated. We don't need deep research on our global crises, I've nothing to lose from action.

To push that analogy a little further—the connection between my health conditions and our global ones—we have researched and can demonstrate the multiple beneficial outcomes that will flow from addressing global crises. The inequality example above is one of many. Yet, that research is failing to catalyse shifts at anything like the desirable rate.

Consequently this is a call to integrate our hearts and haras, individually and collectively, into that action mix.

But...

Heart

I so want to do the reading and exploring to reach into current analysis.

But I can't do the research and what's in a condition name? Does it help? It does a little to be able to take action on the assumption I was hit with a CVST, lost a bit of brain function related to language-reading and body balance and I am concurrently dealing with seizures. The uncertainty and my inadequate research does not prevent taking action—diet, trying to build things back up gradually, being as aware as I can of impending crashes (a messy and uncertain endeavour full of difficult surprises), practicing by reading

out loud (hard but bizarrely easier than simply reading) and slow (half speed or less for me) forays into the back-country.

Similarly, do our global labels and the copious research that sits alongside these—climate change, racism, colonization, neoliberal economics, primacy of profit—assist us with recovery? That modern day sticky ideal, surely there's a neat explanation for all of this, plays in me despite knowing it is inadequate. It does so even as raging rivulet torrents of endorphin-adrenaline type rushes radiate from my stomach, taking me swooping and spinning like I am on-around-above-outside the bed, room and world, and leave me awake most of the night.

Awake at 2 am or pretty incapacitated on the floor at noon there is, fortunately perhaps, plenty of space for connecting further. That's one of the bizarre silver linings of this. My self boundaries are porous. Sensations extend far beyond my skin and the geographies around me. Am I, are you-I-we and our world-universe, learning something here? Co-teaching each other? I am a little afraid to write it but yes, I really am suggesting that wildly spinning, CVST and seizures, if those are appropriate labels, have upsides. Extend that to the collective on a global scale. Alongside all the pain and suffering connected with our pandemic, climate change and inequity what happens when we ask what is this doing for us?

What is this doing for us?

Our interconnected selves and universe

We need to reveal the creative psychological, ethical and spiritual work that climate change is doing for us—Mike Hulme

Heart

I've been startled so often through life. Startled that we justify dangerous, entirely human created, persistent, toxic and bio accumulative chemicals being produced and polluting all life. Startled our modern day world story—profit and competition will solve our crises—is so sticky with me despite the fact that I reject it as inadequate. Startled we continue to create opportunities for flourishing and restoration. In doing so we are drawing from and creating positive pathways laid decades in the past.

You-I-we don't have to go so big to be startled.

I'm startled I don't crave croissant. Less flippantly that I cry so much and so little for our global condition and mine, especially on those days I'm unable to do anything. We're creating and growing from this. And I realize this is super paradoxical. How can there be silver linings in such things?

Head

Diving into my and our global conditions is compelling for me. I'm so far an outlier on my reaction to the vax the out-there stuff becomes more important. And, I am not alone. Others experience and struggle with multiple strange health and other experiences. One of the silver linings I can see in this is that lying on the floor leaves me with time to meander on logic paths. Put that together with some very incredible theories around vaccination and you—we can go a few more layers below the allopathic analysis above.

One in fifty billion—red pill

To explain further:

- The first two paras below touches on earthly connected power conspiracies. They are out there and pretty ludicrous. Nevertheless, they are useful for the element of truth that will be at the roots of these.
- The next paras move to the mystical. That is easier for me to write with other-worldly focus but substitute spiritual in for potentially similar logic.

Hara—earthly connected power

You'll know there are all sorts of conspiracy theories around this vax. For me they are a problem as they are obscuring some of the huge, actual and important 'conspiracies'. For example, Edward Snowden calls out mass surveillance as a deliberately pursued strategy. Put together the pieces of that from private cell companies to government citizen data storage, all largely legal and legislated for, and you have a collusion of interests that means there is a record of everyone's location, updated as we move, for at least the last decade, That's a granular location for each of us, across time, if we have a cell phone.

Bizarrely, things like Bill Gates wanting to control individuals, through implants in the vax, get more prominence than Snowden's grounded example.

Hara-mystical

Consequently, most vax conspiracies seem unbelievable to me. However, I do feel my body and emotional reactions are like I am trying to rid myself of a poison—this started with the shot. I also know there are some wild ideas/conspiracies around postulating off planet intervention.

As a result, let's allow that the vax could be adulterated from non-human being sources and in a paradigmatically different manner to slipping someone a Micky Finn.

For the purposes of this bit I'm holding that other worldly stuff exists—be that goddesses, Gaia, galactic interconnected kosmos beings, entangled universal intelligences with agency etc. This is not necessarily in the corporal or more organised religious ways we comprehend such things.

The issue I have with other worldly or mystical agent(s) is why?

Why on earth would some sort of spiritual or mystical existences care to 'poison' humans? There's an easy way to do this mental ethics experiment with extra-terrestrials. Do it and poison is just not credible. Any existences that wanted to bring evil intent on other species would have self-annihilated. The level of physical power that must exist for such things to intervene on Earth means existences' ethics must be constructed for expansive wellbeing. Such things could not live if they were not interested in overarching wellbeing, a pinnacle guiding principle—by definition they're/it's incredibly powerful. If such things haven't worked out wellbeing is primary above all else they could not exist anymore thanks to that power (self destruct).

At least that's a line of logic from my ethical-power paradigms. Obviously, there are transcending cross-paradigmatical ways of looking at this.

But, I've a reason why whatever mystical/spiritual/not-of-this-world entities would be interested or motivated for 'adulterating' a shot. In saying that I'd like to acknowledge that

motivation is a hard notion. This has to be in whatever sense such mystical things could construct it. Said thing is not an old white man, with a long beard, sitting on a cloud.

So I'm wondering about what could drive our the action and the root of a motivation could be that said things are trying to get us to bridge our divides: divide between man and nature, between humans and gaia, between ourselves and coherent inclusive entangled felt valuing (i.e. prioritising and integrating a lot more than objective logic). Said things see that shift as our essential step. If we can't do it we extinguish our race (and many more sentient life form extinctions with it). I.e. Bad. Consequently, said things are trying to help us change that.

Just to close that loop with what I am experiencing: One of the strongest pieces of my symptoms, e.g. especially during the momentary blackouts, is vividly being in other places-worlds, stepping out of this one. Then returning but never again to the same person, existence I was, and carrying the vibrations, and more, of those interconnected entanglements.

So there you-I-we go. Motive!

I'm smiling and laughing. It should be ridiculous but mystical-Gaia-extraterrestrial-otherworldy-universalkosmo-spiritual intervention is now, at least, wildly improbably plausible.

Ouch!

Thoughts, from you're crazy delusional Simon to all potentially connected healing pieces, more than welcome.

Head, heart and hara takeouts

While one in fifty billion is a little tougue in cheek, with our meta-crises were at the extremes. Wild interventions from deities or otherworldly agents may just be conceivable at those odds. Regardless, collective memory, intuition and power, a felt sense of how our minds, hearts and guts integrate for flourishing action is called for.

I've been living in experiences of crazy connection, it feels like being closely linked with multiple living collectives and often not 'in my body'. We all get that we are not separate from nature, not just individuals without community cares and influenced by our peers and global values. Feeling that too, and acting from the power derived is part of our next meta, our thriving worlds meta.

with love, Simon. 27 June 2021

Postscript: my quarter of a year—felt sense experiences

My gift, if you-I want to look at it like this, is on a daily basis I experience:

- Time bending
- Floating, spinning
- I crash
- I get the chills
- I sit and strip all my cloths off getting too hot
- Porous boundaries: my sense of self goes well beyond the limits of my skin.

- Talking, reading and writing (to a laser extent) I hit limits. I can't extract from the conversation gracefully, I push towards a possible crash boundary and I can feel it.
- To manage while typing and thinking, I've written this set of four posts in little 30 minutes stints over the last 2 months.