

Time Polarization Theory

Research in Hebrew Metaphysics

by
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CONSCIOUSNESS
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Introduction

Dear reader,

The question of consciousness has been troubling scientists for decades. What is the mind? What creates our conscious perception? Does the mind have a structure and/or a mechanism? Who runs the factory we call brain? What creates our perception of time?

These questions are important because we can only access our own mind. The brain can be researched in a lab; the mind, however, is metaphysical and cannot be measured. It is an abstract term describing a collection of cerebral functions. How can we understand what is happening in someone else's perception? For example, do they perceive the color red the same way we do? What goes on in the mind of an autistic, dyslexic or someone suffering from schizophrenia?

Without a measuring stick that would allow us to compare one mind to another, there is no way for us to answer these questions. But how does one map the mind's structure without the ability to transcend one's own? Researching the brain to understand how the mind works is like researching the mechanism of the cheek muscles in an effort to understand humor. The brain is plastic; it constantly changes its structure to reflect our state of mind. In other words, we must understand the mind to understand who runs the brain. But how can we map the structure of the mind without knowing what it looks like? When it comes to researching consciousness, we are like a stranded person in the middle of the ocean who has no compass to guide him or oars to row with. Where do we start?

To map the mind, we need two things. Assuming that the mind does have a structure and a mechanism, and assuming that this structure is shared amongst all humans, we first need a map, a blueprint that would allow us to explore it. Second, we need a way to travel through the mind; that is, a way to shift our conscious perception temporarily and instantaneously so we can observe what has changed and match it with the blueprint – much like a skier at the top of the mountain who uses his skis to move around and his trail map to ensure he does not get lost.

The “skis” of a practical metaphysicist are many, but one stands out in particular. For the past six years, I've systematically changed my perception of reality using Marijuana, asking myself the exact same question – what changed in my perception of time and space? Marijuana, you see, changes our perception of time. And time, as it turns out, is the hidden dimension of consciousness, the axis on which the conscious planet of our existence is spinning. By temporarily changing our perception of

time – and yet still be conscious enough to ask what happen, a task that is nearly impossible under the influence of heavier psychedelics – we can document the shift in our conscious perception and start getting to know the terrain.

This was not an easy task. The mind that asks the question is the mind that was altered, and under the influence of Marijuana one experiences a short-term memory loss. It took me nearly two years to develop a system of notes that allowed me to track what was going on in my mind even when my perception of reality prevented me from writing and sometimes even speaking. Another challenge was to separate the gems from the sand of ideas, realizations and reflections one has under the influence of Marijuana. This, too, took a while, but I was eventually able to develop a strict set of meditative rules that allowed me to train my mind to focus on what was important and let go of what was wasting my time and energy.

A critical piece in the puzzle, though, was obtaining a map for the mind. Such map I found in the least likely place of all, buried deep down various Western theological doctrines (specifically, in Hebrew and Aramaic writings, passed on by the Jews). This map is known by many names, such as the “Tree of Life.” I prefer calling it the “Hebrew Language.”

The Hebrew letters are not just the building blocks of an ancient form of communication. They are structured in a way that creates a three-dimensional intellectual puzzle that, when revealed, describes no less than the mechanism of consciousness itself. The puzzle has three parts; the first part teaches us the structure and mechanism of the conscious and self-conscious mind; the second and third parts teach us the structure and mechanism by which the subconscious mind works. Hebrew Metaphysics reveals a shocking truth – there is, after all, a system of rules governing the immeasurable. There is a mechanism for the metaphysical; not only to the mind, but to human emotions and human sexuality as well.

In this paper I outline the structure of the first part of the human puzzle of existence – the mechanism of the conscious and self-conscious mind. In it, I show that the mind is polarized, and that we are dominated by one of its polarities at any given time. This creates a bell-curved spectrum of conscious perceptions, essentially dividing all humans into two high-level types of conscious perceptions. These two polarities – termed “Smarties” and “Wiseys”, differ from each other in their perception of time, and consequently, in almost every aspect of reality. In physics, time is the universal constant; in metaphysics, it is the universal variable.

The pages ahead are somewhat condensed and quite abstract in nature. If you are struggling with it, I suggest you start with *It's About Time*, in which I explain this theory in layman's terms. The book was

originally written before I put these pages together. We only learn when we attempt to teach; it was only after writing down what I knew in the form of a book that I was able to condense it to a theory as I have in the following pages.

Doing this research outside of the academic circle was not easy, but a mandatory requirement for me due to several reasons. First, because of the strict federal laws around the use of Marijuana. Since my research was self-funded, I was able to work without limitations, simply by interviewing my friends and family members who smoked marijuana, and were amused to be interviewed while being high (and, of course, by altering my own consciousness and taking notes). Second, I found that the scientific community was rarely receptive to theology being a source of serious scientific answers. The barrier between science and theology is emotionally charged for most people, and as such, prevented from many wonderful folks from taking me seriously. Another barrier was the fact I could not use the 300-year old scientific method, a fact that was a turnoff for many hardcore scientists. Some things, however, simply cannot be measured; trying to understand what Marijuana does to the mind without ingesting it is like learning how to make love using an instructional video. It is only through experiential understanding that we can study the mind. We only have access to one mind – our own. To many scientists, this is a limitation; to a practical metaphysicist, it is a blessing. A metaphysicist deduces, not induces. He or she is looking for patterns in the chaos. In the physical world we have many mechanisms to study; in the metaphysical world, we have only one, for all that is metaphysical is created in one image.

One more reason for my professional solitude, however no less important, was my autism. I did not thrive in an academic setting. By studying on my own, I was able to use my intuition and ensure I was not limited in the scope of my research. I read only what felt relevant and studied only what was needed. There are many people like me out there. Autism (a mental phenomenon that is also rooted in time perception, as I explain in my book) is a gift. It is only us autistics who can learn to use it, much like it is only the child who can learn how to walk with his own legs. Let this theory, my book, my research institute and my school be a living testimony to my autistics brothers and sisters – you are capable of more than you ever thought possible. The power to transcend your mental solitude is in your hands. Knowing how the mind works changes everything. Your mind is yours to study.

I do hope, however, that this period of intellectual isolation has come to an end. I hereby invite all researchers and scientists – as well as men and women such as myself who are eager to understand the human mind – to join me in the School of Practical Metaphysics, where we all study this intellectual treasure left to us by our ancestors – the puzzle of the human psyche. Together, we will study Hebrew Metaphysics, conduct experiments and share information with each other as a community of people

who are interested in maximizing their mental potential by learning how the mind works.

One last word to those who are interested in mapping their own mind; once the structure of the mind is understood, Marijuana is no longer required. The substance is a catalyst, an instigator, a remedy for mental anxiousness and much more; but it is not required. If you are considering using it as a tool in your mental exploration, I suggest you first learn how it changes your perception of time and space. Knowing what is happening to your perception will save you much time and effort.

Whoever you are, I hope you join me on this exciting adventure.

Yours,

A handwritten signature in black ink, appearing to read 'Aerez Batat', written in a cursive style.

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Time Polarization Theory

The infinite plethora of human mental expression is rooted in our perception of time:

Time is three dimensional. We travel in time by slowing down or speeding up our voluntary (sequential) thought, causing a slowing down or speeding up of our Time Perception, respectively.

The mind itself is electromagnetically polarized:

The electromagnetically positive side of the mind is called Adam. Adam produces voluntary thought that is sequential in time and can be slowed down or sped up. Adam is powered by free will and is oriented towards the future.

The electromagnetically negative side of the mind is called Eve. Eve produces involuntary thought that is instantaneous. Eve is powered by past desire and is oriented towards past experiences.

These micro-differences in the time-perception between humans generate a polarized spectrum of human experience, ranging between what we can call “Smarties” and “Wiseys.”

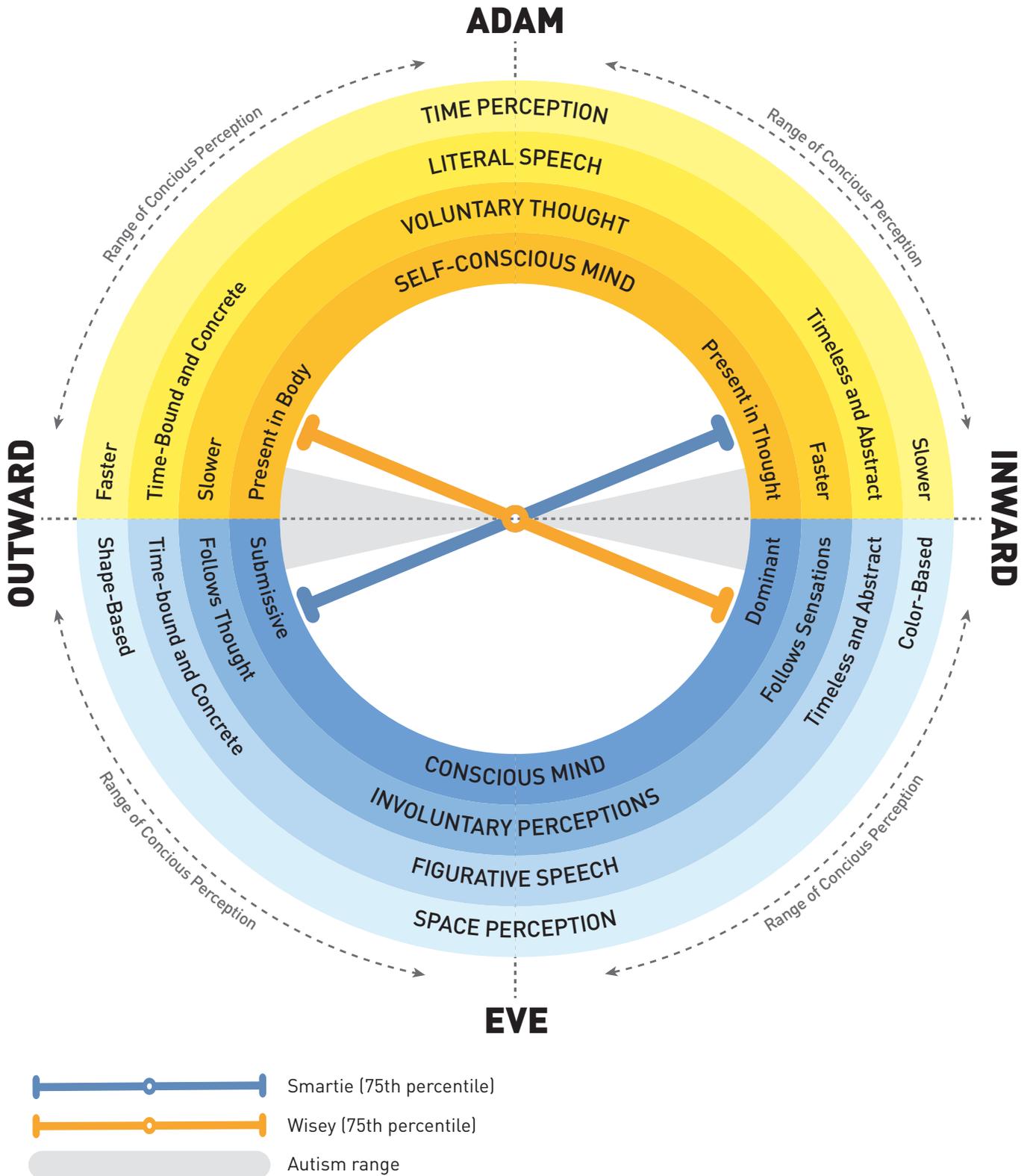
Smarties and Wiseys perceive reality in a polarized manner, like two sides of a magnet. This Conscious Polarity is determined by the dominant mind, being Adam or Eve.

Main differences between Smarties and Wiseys include:

- Differences in thought functioning
- Differences in Time Perception
- Differences in Space Perception
- Differences in memory functioning
- Differences in physical expression
- Differences in emotional behavior

Perhaps most importantly, the different Conscious Polarities cause a difference in the *use of language*.

Time Polarization Theory



Consciousness Polarization Theory

Our Conscious Perception is a union between two distinct mental phenomena, Adam and Eve:

Adam and Eve communicate directly only via spoken language.
Only one mind dominates our conscious perception at any given moment.
The dominant mind determines our Conscious Polarity (see page 8).

Adam is self-conscious, but only of himself;
Eve is conscious of all but herself.

Adam is always literal. He is analytical, linear, algorithmic, rational, logical and autistic;
Eve is always figurative. She is intuitive, cyclical, indirect, irrational, emotional and artistic.

The difference between Adam and Eve is rooted in their relationship to Time and Space:

Adam creates our perception of Time as a function of the speed of our voluntary thought;
Eve creates our perception of Space as a function of the acuteness of our involuntary senses.

Adam travels in time via thought, and is stationary in Space;
Eve travels in space via the senses, and is stationary in Time.

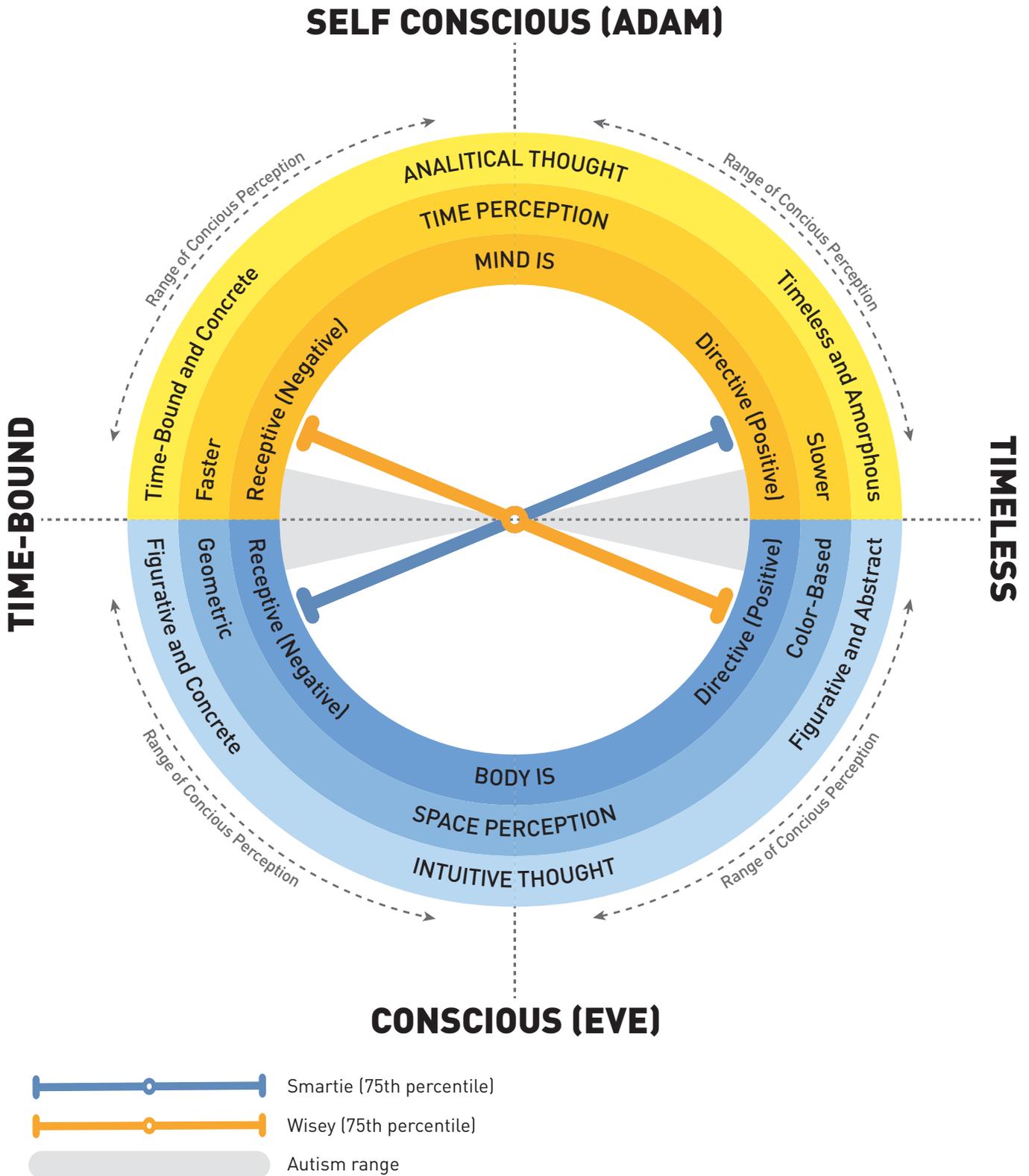
Adam produces our voluntary thoughts, which are sequential in Time;
Eve produces our involuntary mental perceptions, which are instantaneous.

Language creates the only metaphysical connection between the two minds:

When a linguistic bridge is created between Adam (literal, intellectual understanding) and Eve (figurative, experiential understanding), a conscious perception called “Knowing” takes place, which signifies an Expansion of Consciousness.

Our speech is a reflection of our inner Knowing.

Consciousness Polarization Theory



Mental Polarization Theory

Our perception of Time is a function of our Mental Polarization:

The more negatively charged the mind is, the less dominant the voluntary thought created by Adam, the more dominant the involuntary perceptions created by Eve, and the faster time seems to pass.

Our Mental Polarization at the time of birth creates a spectrum between two Conscious Polarities, Smarties and Wiseys:

Smarties, whose Adam is electromagnetically positive and whose Eve is electromagnetically negative; Wiseys, whose Adam is electromagnetically negative and whose Eve is electromagnetically positive.

Smarties are mentally directive (dominant) and physically receptive (submissive); Wiseys are mentally receptive (submissive) and physically directive (dominant);

Wiseys and Smarties differ in their perception of reality, mental abilities, and perception of time:

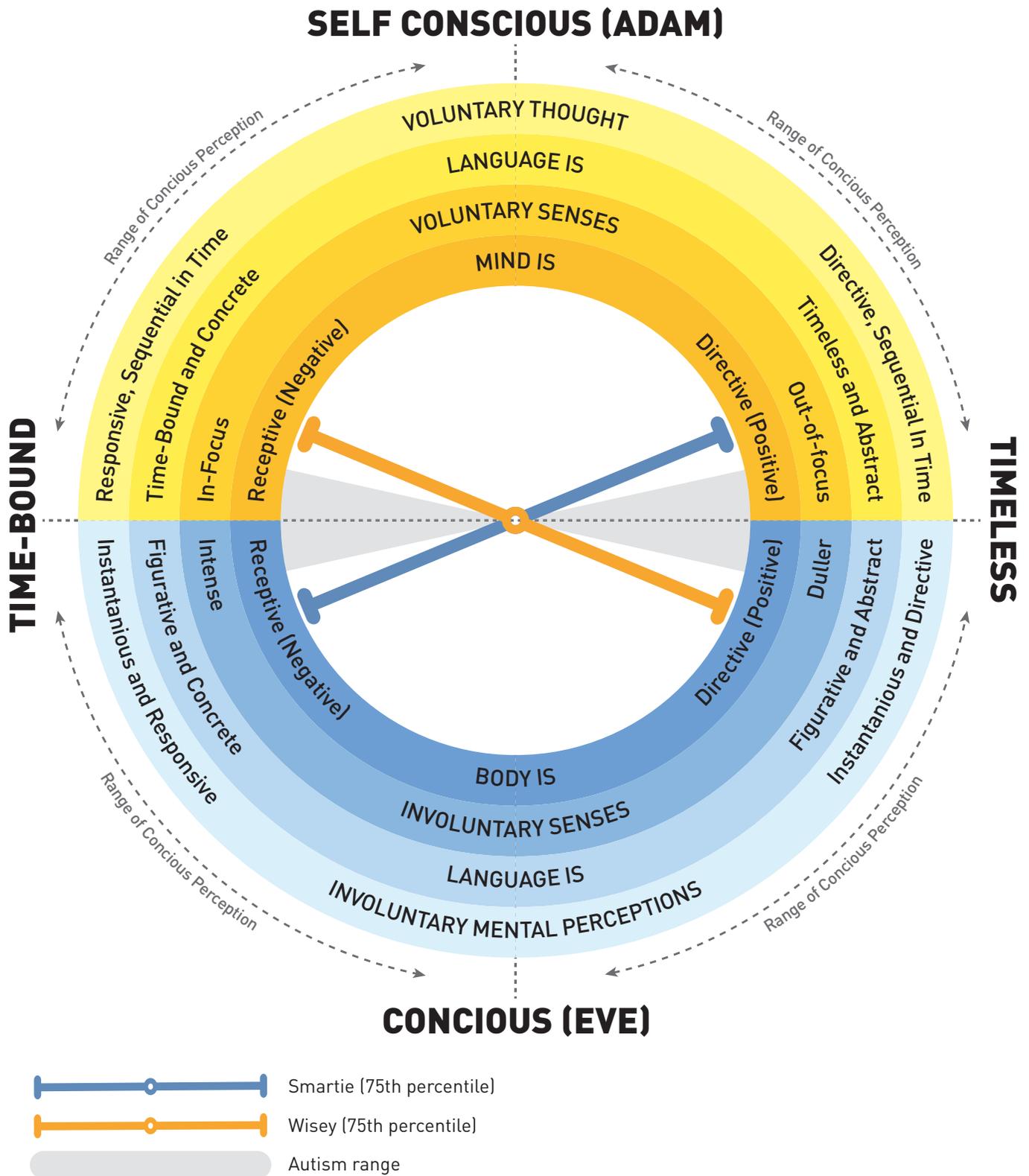
Smarties are dominated by Adam;
Wiseys are dominated by Eve.

The more of a Smartie a person is: the faster the voluntary thought, the fewer involuntary mental perceptions are experienced, the duller the voluntary senses, the more acute the involuntary senses, and the slower time seems to pass.

The more of a Wisey a person is: the slower the voluntary thought, the more involuntary mental perceptions are experienced, the more focused the voluntary senses, the duller the involuntary senses, and the faster time seems to pass.

Our Conscious Polarity impacts the way we think, speak, act, and emote.

Mental Polarization Theory



Language Polarization Theory

Every word we utter can be qualitatively measured by its relationship to time:

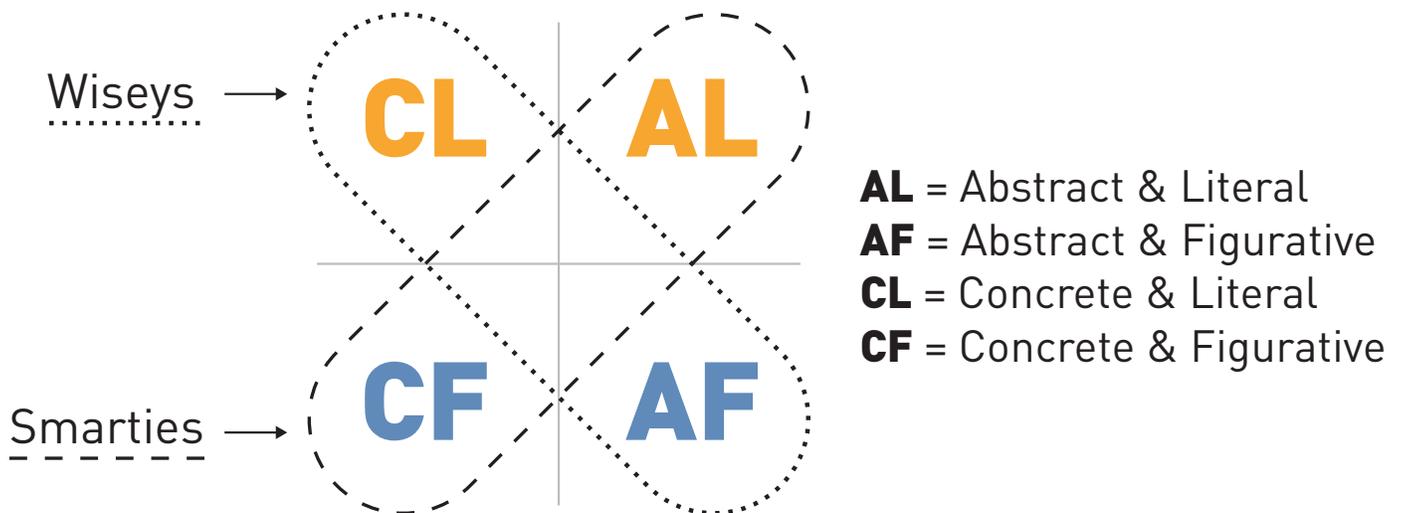
The more abstract (amorphous) a word is, the more timeless it is;
 The more concrete (measurable) a word is, the more anchored in time it is.



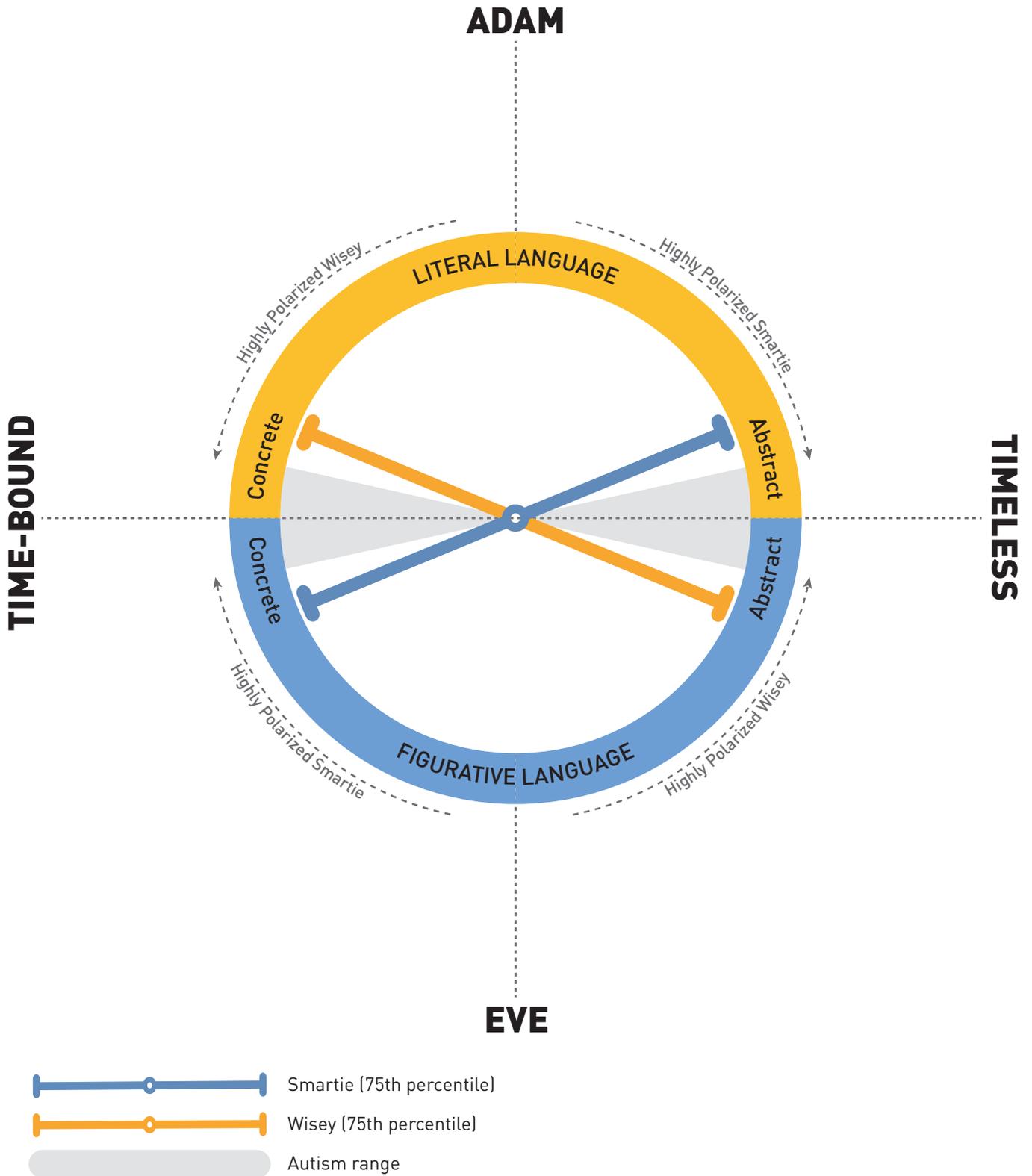
Positively polarized minds (Smarties) speak using the masculine mind (Adam) when being abstract, and speak using the feminine mind (Eve) when being concrete;

Negatively polarized minds (Wiseys) speak using the feminine mind (Eve) when being abstract, and using the masculine mind (Adam) when being concrete.

Thus, the language of Smarties and Wiseys is different, due to their reversed relationship to time, as seen in the following diagram:



Language Polarization Theory



Marijuana Polarization Theory

Marijuana can be used to temporarily shift our Conscious Polarity:

Inhaling THC (the psychoactive component of Marijuana) causes a shift in our perception of time, and consequently, of space, and as a result, changes our speech.

That is, THC temporarily changes the dynamic tension (dominance/submission) between the masculine mind (Adam) and the feminine mind (Eve), resulting in a domino effect.

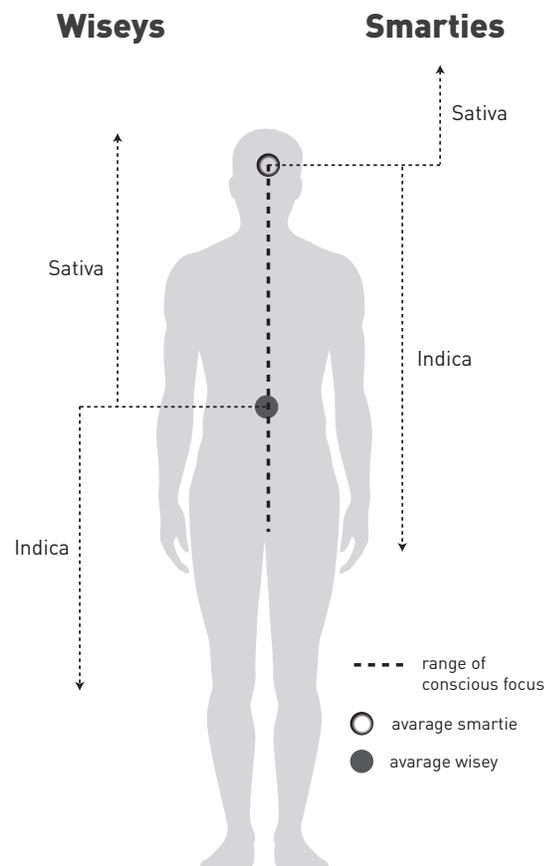
The plant itself is polarized. Sativa and Indica strain types impact the mind differently:

Sativa-dominant Strains (shift of consciousness is clockwise):

- Speed up the voluntary thought
- Slow down time perception
- Thought and speech becomes timeless (abstract, amorphous)
- Involuntary thought becomes receptive
- Voluntary senses become less focused
- Involuntary senses become heightened
- Body language becomes receptive (feminine)
- Short-term and concrete memory loss is experienced

Sativa-dominant Strains (shift is counterclockwise):

- Speed up the voluntary thought
- Slow down time perception
- Thought and speech becomes timeless (abstract, amorphous)
- Involuntary thought becomes receptive
- Voluntary senses become less focused
- Involuntary senses become heightened
- Body language becomes receptive (feminine)
- Short-term and concrete memory loss in experienced

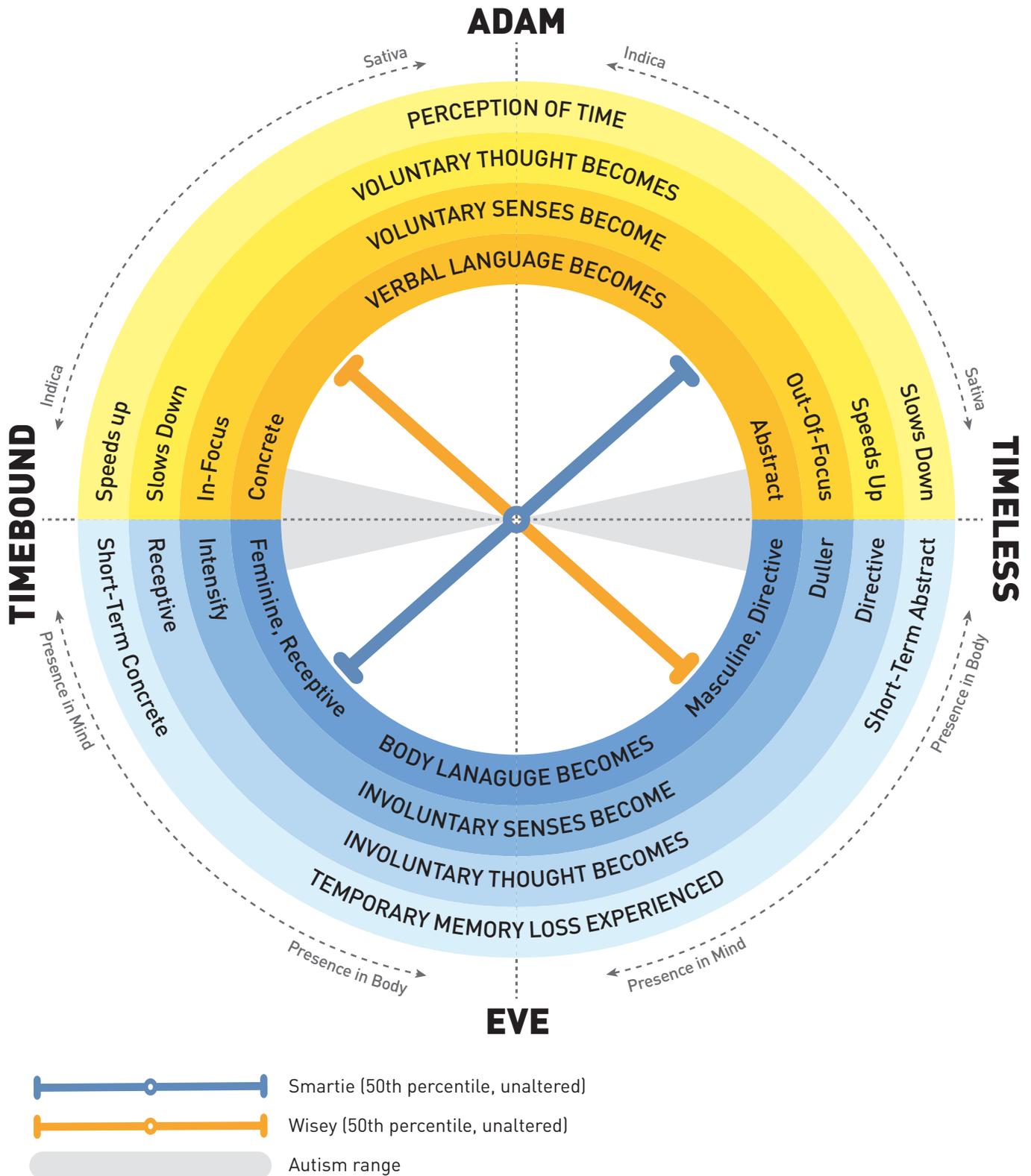


Actual impact to user is dependent on Birth Polarity* as well as current Conscious Polarity:

For example, Wiseys who are highly visual but mentally deaf will experience less visual imagination under the influence of Sativa, however will be able to hear their inner dialogue.

* For information about birth polarity, see chapter seven in *It's About Time*

Marijuana Polarization Theory



Conclusions and Practical Uses

The realization that the mind has both a structure and a mechanism is far reaching. Time Polarization Theory is to the mind what the Fibonacci Sequence is to flower petals – where there was once chaos there is now a pattern. It is hard to think of any field of research that is not directly – or at least indirectly – impacted by it.

First and most importantly, we have language. In this age of rising tensions between – well, everyone – we suddenly realize that behind many conflicts lies an innocent misunderstanding that is rooted in Language. Here's an example. Sarah Sanders, the Whitehouse Press Secretary, has tweeted on MLK day: "Today we honor a great American who gave his life to right the wrong of racial inequality." Her choice of words caused a barrage of scolding responses. "Gave up his life?" asked one Twitter user. "More like MURDERED." However, when we look closely at Mrs. Sanders' choice of words and take a moment to detect her mental polarization, we realized that she is a Wisey through and through. Wiseys use abstract language figuratively (see page 14). Smarties, however, interpret abstract language literally, and thus many were insulted by her choice of words. To her, however, it might seem like unnecessary attacks; the term "gave his life" is commonly used to describe those who died for a cause.

This example is but the tip of a colossal iceberg. Imagine, if you will, the trillions of linguistic misunderstandings that are taking place daily simply because of the difference in our perception of time. Easterners and Westerners, liberals and conservatives, men and women, Arabs and Jews – show me a heated conflict and in most cases, I will show you a Smartie side and a Wisey side.

This knowledge can help us nowhere better than at home. We all experienced the frustration of not being understood by our partner. There's a reason – Smarties and Wiseys tend to fall in love with one another. When a Wisey wife asks "how do I look?" she means it figuratively (since it is an abstract question), meaning to say "I want a compliment." Her Smartie husband understands the question literally, and often will point out the imperfection he sees, purely to support her in getting the information she asked for. I have included many other marital examples in *It's About Time*, but the idea is clear – the understanding that our relationship to time changes our speech can transform a relationship. It sure has transformed mine.

But it doesn't stop there. Understanding how the mind works allows us to better educate our children. Millions of them are being given drugs due to A.D.D. related symptoms, and many others grow up

thinking they are slow minded just because they can't do math, for example. Time Polarization Theory suggests that in most cases, their behavior or limitation is due to their mental polarity. In *It's About Time* I describe the progressive evolution of the human mind and show that we are experiencing a crescendo when it comes to our mental evolution as a species. The gap in mental potentiation between each generation is increasingly large, and for a good reason. As a collective, we are becoming mentally androgynous. Understanding that can allow us to better match children with subjects that would appeal to their mental polarization, and that would utilize their mental superpowers instead of telling them that there is something wrong with their minds.

When it comes to mental unease (dis-ease), Time Polarization Theory proves to be the three-dimensional object that suddenly emerges from a seemingly chaotic picture. We immediately see, for example, that there are two types of autistics – positively polarized and negatively polarized. The symptoms vary due to their difference in time perception. We can then better understand them and form creative channels of communications that were unavailable before. Many other mental states are better understood when linked to time. Examples include dyslexia, dementia (and Alzheimer's), schizophrenia, Parkinson's, bi-polar tendencies, and many others.

I have no doubt that the abstract thinker will be able to draw other hypotheses from this knowledge. Time Polarization Theory is Morpheus's red pill – once digested, there is no way back. I am confident that many researchers will find the immediate relevance of this theory in their fields. If you are one of these people, I invite you – again – to join the School of Practical Metaphysics, where we can all understand this theory better, share our research and conclusions, and iron out any inaccuracies or mistakes that I was unable to detect on my own.

— Aerez Batat

Time Polarization Worksheet

