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# Evolution's Best Kept Secret: "The 3, 6, & 9 Triune"

## PREFACE

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entific insights, such as the unique synergy of combining vitamins A and D to address epithelial-based diseases including cancers and immune disorders. To determine the efficacy and

For over twenty years the First Analysis Institute of Integrative Studies (FAI) has sponsored annual seminars at Loyola University Chicago focusing on the Personality Enneagram. The Enneagram encompasses nine different personality types represented by the numbers 1 through 9 circularly **unified** around three **triangular** centers at 3, 6 and 9, which can also be viewed as a "**3, 6 & 9 Triune**" convergence. Notably, the Personality Enneagram assumes the natural tendency for humans is to be regressively egocentric in approaching this process of convergence, which they must constantly work to overcome. Given the strong growth in the population of those who embrace the Personality Enneagram, FAI decided to explore the possibility that it has an evolutionary genetic origin.

This search first led to the Genetic Code, which is the Rosetta Stone for interpreting the DNA blueprint that has been used to construct all living organisms. FAI found the Genetic Code could also be represented by an enneagram-like format emulating the "**3, 6 & 9 Triune**". Unexpectedly, this novel representation of the Genetic Code proved to be useful as a discovery framework facilitating new sci-

safety of this readily available treatment, FAI has sponsored research/educational programs at the University of Illinois, Chicago and the University of Chicago. The initial results were sufficiently encouraging that some were published in Harvard's peer-reviewed journal *Functional Foods in Health and Disease*.

Having uncovered the resonance of the "**3, 6 & 9 Triune**" in the Genetic Code and the Personality Enneagram, FAI turned to the intervening four billion years to search for other evolutionary phenomena that emulate the "**3, 6 & 9 Triune**". Only Neurons, the Human Brain, and Language Formation qualified. Moreover, these three phenomena, when collectively viewed as constituting the Human Mind, also recursively emulate the "**3, 6 & 9 Triune**" and, as such, could be perceived as evolution's physiological culmination.

FAI then looked at the ten billion years preceding the evolution of the Genetic Code. It found two other evolutionary phenomena emulate the "**3, 6 & 9 Triune**": the Elementary Building Blocks of Matter/Energy and the Building Blocks of the Hindu-Arabic Numbering System, which plays a unique

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## From the Editor

“Evolution’s Best Kept Secret: The 3, 6, & 9 Triune” opens the door to exploring alternative systems and ideas, instead of exclusive reliance on mainstream thoughts.

For more than 800 years Western universities have successfully built specialized disciplines based on empirical and deductive reasoning in the Aristotelian tradition which has eclipsed the exercise of speculative and inductive reasoning in the Platonic tradition. Nonetheless, the latter remains available as an alternative for pursuing the complementary integration of today’s many specialized disciplines. Thus, The First Analysis Institute of Integrative Studies (FAI) explores integrative models that draw upon Platonic reasoning while still imposing the rigor of Aristotelian reasoning so that such integrative models will be acceptable to the broadest possible audience.

The primary motivator behind FAI’s research was the impressive empirical success being realized by the enneagram in representing the human personality.

For such a complicated geometric/numeric model, like the enneagram, to represent the human personality should require a significant genetic contribution. Thus, FAI looked to the Genetic Code for representation of the enneagram, which then lead to exploring other evolutionary phenomena for this same representation. However, we learned that this exploration had to be built initially around the “3, 6 & 9 Triune” underlying the enneagram after which the latter could then be addressed.

In regard to applications of this research, FAI has focused on applying the unusual synergy of combining vitamins A and D in treating diseases attacking epithelial tissue like most cancers and immune disorders. Until the enneagram was applied to the Genetic Code which lead to identifying the synergy of combining A and D, this therapy did not receive much attention. The opportunities for research in this area are considerable including possibly helping to treat COVID.

At the other end of the spectrum, FAI continues to work with tri-Abrahamic communities (i.e., Jewish, Christian and Islamic) to appreciate the synergies and complementarities of the differences between these three faith/culture traditions using the “3, 6 & 9 Triune” in both religious and secular settings.

Oliver says he uses the “3, 6 & 9 Triune” meditative application most nights to get back to sleep. While every meditator seems to have their own personal technique, the “3, 6 & 9 Triune” approach does uniquely incorporate the Hindu-Buddhist tradition into a model that also includes the tri-Abrahamic traditions.

# Evolution's Best Kept Secret. . .

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role in understanding evolution. When these two phenomena along with the Genetic Code are collectively viewed as Evolution's Elementary Building Blocks, they also recursively emulate the "3, 6 & 9 Triune".

After identifying evolution's elementary building blocks and evolution's physiological culmination as the human mind, FAI began the search for other phenomena that, together with the Personality Enneagram, could individually and collectively emulate the "3, 6 & 9 Triune". These phenomena could be interpreted as evolution's psychological culmination. Given that the Personality Enneagram assumes humans have a natural tendency to be regressively egocentric, FAI concentrated on remedial phenomena that evolved to cope with this regressiveness. It found two: the tri-Abrahamic faith traditions when viewed as a totality and the meditative process underlying the Hindu-Buddhist faith traditions. Since these faith traditions collectively encompass about three-quarters of the world's population, they could constitute evolutionary proportions. We note FAI has repeatedly tested the synergies of tri-Abrahamic dialogue in addressing important topics and has sponsored seminars with this focus for over a decade at the Catholic Theological Union.

As laid out in the Table of Contents, which follows an evolutionary chronology, these three sets of three phenomena form a third iteration recursively

emulating the "3, 6 & 9 Triune" to represent evolution's grand culmination. Possibly the best summation of this idea is a quote attributed to the scientist Nikola Tesla: "If you only knew the magnificence of the 3, 6 and 9, then you would have the key to the universe". Accordingly, these nine phenomena are explained at only the most elementary level, with just enough detail to illustrate their emulation of the "3, 6 & 9 Triune".

## THE "3, 6 & 9 TRIUNE" HIDDEN IN EVOLUTION ELEMENTARY BUILDING BLOCKS HINDU-ARABIC NUMBERS

Since the Hindu-Arabic numbering system has played a unique role in the mathematics associated with evolution, we begin our search for the hidden "3, 6 & 9 Triune" by examining the attributes of this system. First, it is the most efficient numbering system as it requires the fewest symbols to represent numbers. Second, by being based on ten digits (0-9), and thus a decimal system, its applicability is unusually flexible.

While other numbering systems are based on increments of 10, the Hindu-Arabic system positions its digits in such a way that each multi-digit number can be added and re-added to form a repeating pattern of single-digit equivalents (i.e., 1-9), as shown below in Figure 1. Specifically, the multiple-digit number 10 can be summed to 1+0=1, 11 to 1+1=2, 12 to 1+2=3, and so forth. As a result, when Hindu-Arabic numbers are arranged sequentially around a set of concentric circles, the single-digit equivalents of each number form a spoke-like pattern, as shown in Figure 1.

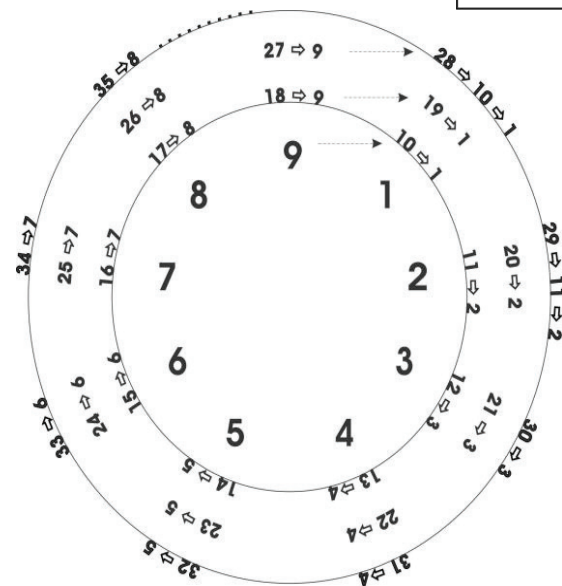
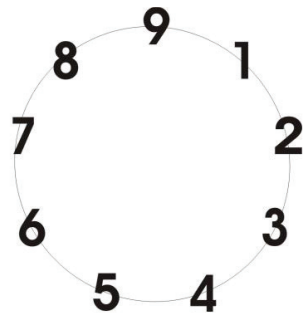


Figure 1. Consecutive Hindu-Arabic numbers reduce to concentric circles of nine single-digit sums or single-digit equivalents

In other words, any multi-digit Hindu-Arabic number (that is not an endlessly repeating irrational decimal) can be expressed as one of the nine single-digit equivalents (i.e., 1-9) that forms the innermost circle in Figure 1, which is repeated in Figure 2 below. For consistency, all of this figure's digits are evenly spaced geometrically because they are evenly spaced numerically (i.e., in increments of 1

Figure 2. Circle of nine single-digit equivalents, 1-9



Also, by expressing all multi-digit numbers as single-digit equivalents (1 through 9), we can check basic arithmetic relationships between two Hindu-Arabic numbers involving addition, subtraction, division, and multiplication. To do so, we re-express arithmetic relationships between any two numbers as the same arithmetic relationships between their single-digit equivalents. Consider the numbers 11 and 34. The single-digit equivalents for these numbers are 2 and 7: 1+1=2 and

Multi-digit Arithmetic Relationships	The Same Arithmetic Relationships Using Equivalent Single-Digit Sums
$\begin{array}{r} 49 \\ +11 \\ \hline 60 \end{array}$	$\begin{array}{l} 4 + 9 = 13 \rightarrow 1 + 3 = 4 \\ 1 + 1 = 2 \\ 6 + 0 = 6 \end{array}$
$\begin{array}{r} 49 \\ -11 \\ \hline 38 \end{array}$	$\begin{array}{l} 4 + 9 = 13 \rightarrow 1 + 3 = 4 \\ 1 + 1 = 2 \\ 3 + 8 = 11 \rightarrow 1 + 1 = 2 \end{array}$
$\begin{array}{r} 49 \\ 11 \overline{)539} \end{array}$	$\begin{array}{l} 4 + 9 = 13 \rightarrow 1 + 3 = 4 \\ 1 + 1 = 2 \quad 5 + 3 + 9 = 17 \rightarrow 1 + 7 = 8 \end{array}$
$\begin{array}{r} 49 \\ \times 11 \\ \hline 539 \end{array}$	$\begin{array}{l} 4 + 9 = 13 \rightarrow 1 + 3 = 4 \\ 1 + 1 = 2 \\ 5 + 3 + 9 = 17 \rightarrow 1 + 7 = 8 \end{array}$

Figure 3. Using single-digit equivalents to check simple arithmetic

3+4=7. Note the arithmetic relationship of addition between these two numbers is 11+34=45. The single-digit equivalent of this sum is 4+5=9. This is exactly the answer from performing the same arithmetic operation – addition – on the single-digit equivalents of our original numbers: 2+7=9. Figure 3 provides several examples of this process.

While simple arithmetic relationships involving addition, subtraction, and multiplication between multi-digit numbers can be expressed in terms of the same arithmetic relationships between their single-digit equivalents (1-9), only a limited portion of the arithmetic relationships involving division can be similarly expressed. However, division can be checked by reversing the operation through multiplication.

This overall process can be further simplified by

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casting out digits that sum to 9 before establishing the single-digit equivalents. For example, in Figure 3, the 9 in 49 could have been cast out and the single-digit equivalent of 49 would still be 4. Thus, this process has become known as “casting out nines”.

In sum, the nine single-digit equivalents making up Figure 2 can effectively represent the entire Hindu-Arabic numbering system for basic arithmetic purposes.

### 3 – “interactive enabler”

The 3, 6 and 9 triangle in Figure 4 below is intended to illustrate that of the nine digits (i.e., 1-9) from Figure 2, 3 can only divide into 3, 6 and 9 and produce a single-digit equivalent answer without an endlessly repeating decimal. As a result, 3, 6 and 9 also cannot divide into any of the other six digits and produce a single-digit equivalent answer. Said another way, as the “**interactive**” common divisor of only 3, 6 and 9, 3 “**enables**” their differentiating indivisibility into the other six digits. Because of this “**unifying**” differentiation of the “3, 6 and 9 triangle”, it will be referred to as the “3, 6 & 9 Triune”, as shown in Figure 4.

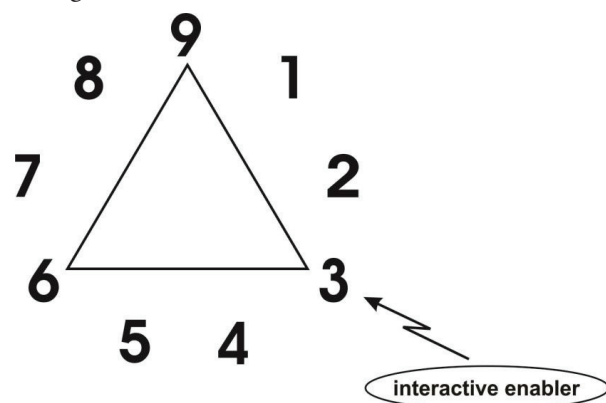


Figure 4. 3 as the “interactive enabler” of the “3, 6 & 9 Triune”

Also, **three** represents the number of digits in the “3, 6 & 9 Triune” which, as we saw, was “**interactively enabled**” by 3. Further, note that the average value (expressed as a single-digit equivalent) of every pair of digits in the “3, 6 & 9 Triune” is always equal to the other or third digit which also spatially bisects the respective pair on the circle of nine digits in Figure 4. For example, the 3 and 9 pair of digits have an average value of 6 [i.e.,  $(3+9)/2 = 12/2 = 6$ ], which is the third digit of the “3, 6 & 9 Triune” and also spatially bisects the 3 and 9 pair on the circle of nine digits, as shown below in Figure 4a. As a result, 3 and 9 can be viewed as capable of emulating 6.

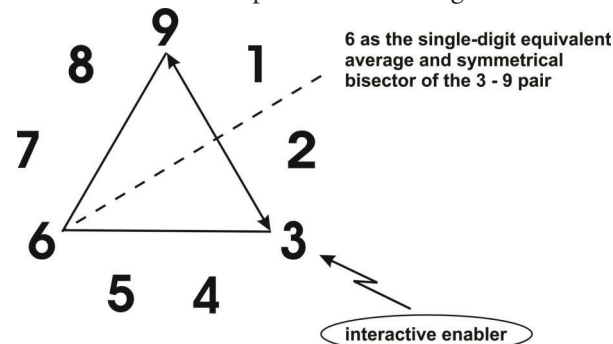


Figure 4a. 6 is the single-digit equivalent average and symmetrical bisector of the 3-9 pair, thus making the latter capable of emulating the former

Importantly, the “3, 6 & 9 Triune” shares this axiom of spatial symmetry with every possible pair of digits in Figure 4 in that the average value of any pair (expressed as a single-digit equivalent) is always equal to the digit that spatially or symmetrically bisects the respective pair, thus making the latter capable of emulating the former. For example, the 8 and 5 pair of digits in Figure 5 below has an average single-digit equivalent value of 2 [i.e.,  $(8+5)/2 = 13/2 = 6.5 \Rightarrow 6+5 = 11 \Rightarrow 1+1 = 2$ ], which also spatially or symmetrically bisects the 8 and 5 pair on the circle of nine digits. To recap, the symmetrically bisecting process of the “3, 6 & 9 Triune” that was “**interactively enabled**” by 3 is valid throughout the sequential nine-digit circle. Also, as noted, this circle of nine sequential single-digit equivalents can arithmetically substitute for all Hindu-Arabic numbers, as was illustrated in Figure 1.

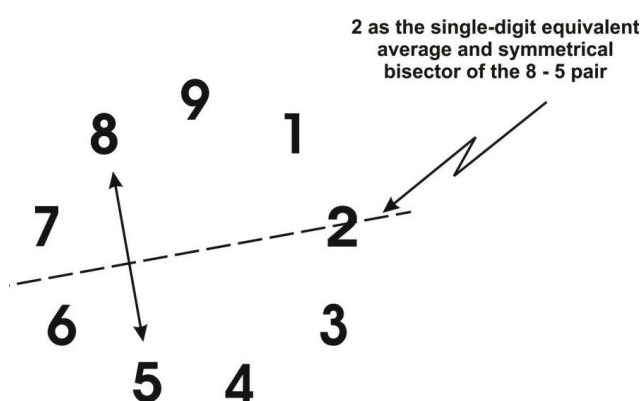


Figure 5. 2 is the single-digit equivalent average and the symmetrical bisector of the 8-5 pair, thus making the latter capable of emulating the former

### 6 – “integrative guidance”

Like 3, 6 is a member of the “3, 6 & 9 Triune”, but **six** also represents the number of digits that are not part of the “3, 6 & 9 Triune” (i.e., 1, 2, 4, 5, 7 and 8) in the circle of nine single-digit equivalents. Thus, it falls upon 6 to provide “**guidance**” for “**integrating**” the **six** digits outside the “3, 6 & 9 Triune” (i.e., the non-triune digits) with the “3, 6 & 9 Triune” digits. Since it was shown above that the symmetrical bisecting process of the “3, 6 & 9 Triune” is valid throughout the sequential nine-digit circle, the **six** non-triune digits can be viewed as three different pairs symmetrically bisected by the “3, 6 & 9 Triune” digits for a total of nine bracketing pairs, as shown below in Figure 6. Thus, the “3, 6 & 9 Triune” digits serve as the single-digit equivalent averages and symmetrical bisectors of the bracketing 1, 2, 4, 5, 7 and 8 non-triune digits. As such, we can view the **six** non-triune digits as capable of emulating the “3,

6 & 9 Triune” digits through the nine bracketing pairs, according to the “**integrative guidance**” represented by 6.

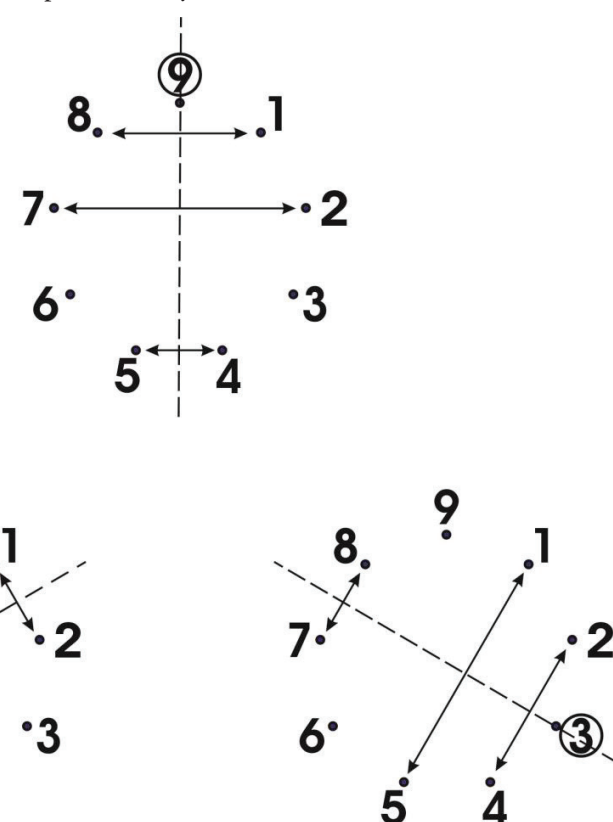


Figure 6. The **SIX** non-triune digits (1, 2, 4, 5, 7 and 8) are capable of emulating the **THREE** triune digits (3, 6 and 9) through the **NINE** bracketing pairs.

Since 6 represents the “**integrative guidance**” whereby the six non-triune digits can emulate the “3, 6 & 9 Triune” digits, 6 is shown as such in Figure 7 below.

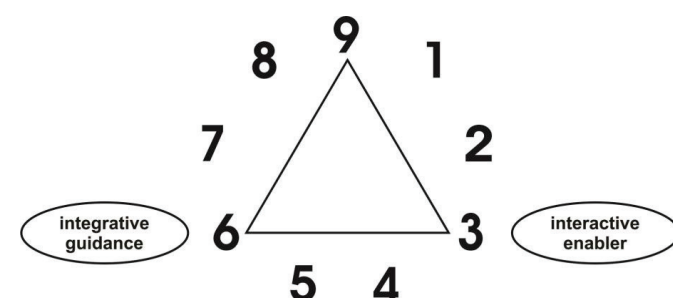


Figure 7. 6 representing “integrative guidance” in the “3, 6 & 9 Triune”

### 9 – “encompassing unifier”

As the largest of the **nine** digits (1-9), 9 can be viewed as “**encompassing**” the mathematical totality of all the digits. This means that the single-digit equivalent of the totality of all conceivable numbers cannot exceed 9. Said another way, it is impossible to conceive of a multi-digit number so large that its single-digit equivalent is greater than 9. Also, because 9 is the largest digit, it cannot be increased in size no matter how large the multiplier may be, so long as the result is always expressed as a single-digit equivalent. For example,  $99,999 \dots \times 99,999 \dots$  will ultimately yield a single-digit equivalent product of 9, regardless of the number of 9's included in the numbers being multiplied. Note, any number multiplied by 9 always produces a single-digit equivalent product of 9

Also, as we know from casting out 9's, when 9 is added to or subtracted from any number, the same single-digit equivalent is always produced.

Since 9's totality “encompassingly unifies” all Hindu-Arabic numbers, 9 is referred to as the “**encompassing unifier**”, thereby completing the “**3, 6 & 9 Triune**” that has been shown to underlie the nine single-digit equivalents, which in turn are capable of representing all Hindu-Arabic numbers for basic arithmetic purposes, as presented below in Figure 8. In other words, Figure 8 illustrates the “**3, 6 & 9 Triune**” hiding in the Hindu-Arabic numbering system.

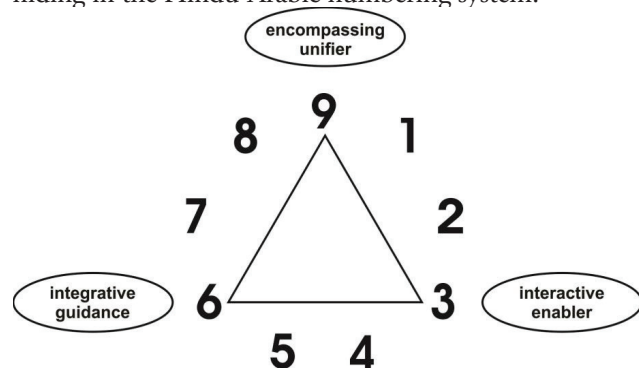


Figure 8. The “3, 6 & 9 Triune” hidden in the Hindu-Arabic numbering system

#### MATTER/ENERGY

Evolution's elementary building blocks of matter/energy consist of two types of matter (i.e., quarks and leptons) and four types of energy (i.e., gravity, electromagnetism, and the strong and weak nuclear forces). As the labels suggest, these six elementary building blocks divide into three complementary pairs: two relating to matter, two relating to nuclear forces, and a third grouping of gravity and electromagnetism. Note, we exclude the dark universe of black holes, dark matter, and dark energy but focus on the lit universe that began a few hundred thousand years after the Big Bang about 13.8 billion years ago.

#### 9 – Quarks and leptons emulating the “encompassing unifier”

Both quarks and leptons come in six flavors; however, four of these flavors primarily apply to the early development stages before the universe stabilized.

In the case of quarks, the two flavors that characterize the most stabilized universe, the up and down quarks, make up all neutrons and protons to form the nucleus of every atom.

The stabilized leptons are represented by electrons and electron neutrinos. Leptons represent the smallest quantities of matter and probably the smallest quantities of energy when expressed as energy equivalents. Electron clouds go around the atomic nuclei, which in turn form the central core around which all molecular matter is built. As such, the combined quark mass essentially represents the mass of all atomic and/or molecular matter.

Since the quark and lepton building blocks form the core around which all the matter of our entire lit or non-dark universe is “encompassingly unified”, they can be analogized to emulate the all “encompassing unifier” of the “3, 6 & 9 Triune” hidden in the Hindu-Arabic numbering system in Figure 8

above. Accordingly, Figure 9 presents the quarks and leptons as bracketing the “encompassing unifier” at the 9 position with the heavy quarks on the 8 side of 9 and the lightweight leptons on the 1 side of 9.

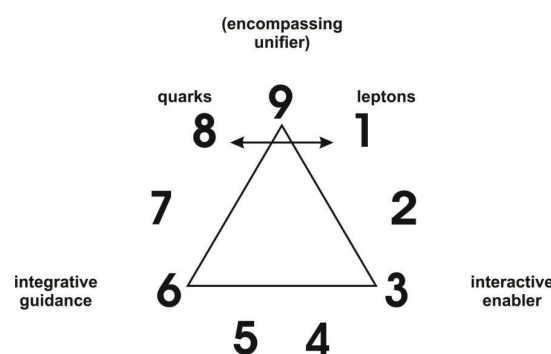


Figure 9. Quarks and leptons emulating the “encompassing unifier”

#### 3 – Gravity and electromagnetism emulating the “interactive enabler”

Gravity is the long-range force that can “interactively” attract the other building blocks of matter/energy based on their collective mass equivalency. Gravity enables the order and flexibility that holds together various counterbalancing facets of matter/energy throughout the universe (including the dark universe).

On the other hand, the electromagnetic force can be viewed as electrically “interacting” to consolidate the various building blocks of matter/energy to “enable” sufficient mass equivalency for the gravitational force to have impact. This involves “interactively” consolidating the five non-gravitational building blocks of matter/energy. Thus, the electromagnetic and gravitational forces are complementary, emulating the “interactive enabler” at the 3 position of the “3, 6 & 9 Triune” hidden in the Hindu-Arabic numbering system, as presented below in Figure 10. Also, electromagnetism's role is not limited to the molecular or sub-molecular scale as it can “interact” throughout the universe from the smallest dimension to the large cosmic scale. Given the multifaceted role for electromagnetism versus the more focused role of gravity, they are shown bracketing the “interactive enabler” on the 4 and 2 sides of 3, respectively in Figure 10.

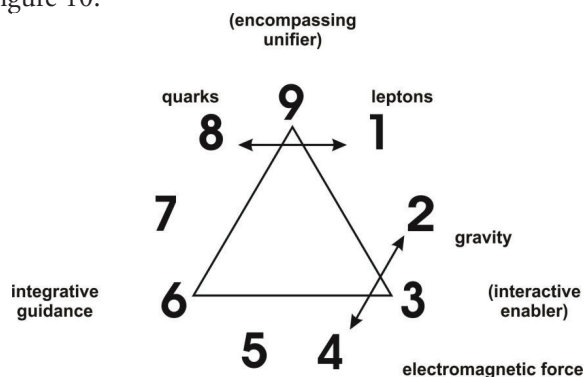


Figure 10. Gravity and the electromagnetic force emulating the “interactive enabler”

#### 6 – The strong and weak nuclear forces emulating “integrative guidance”

The strong force's binding of quarks can be viewed from two perspectives. First, the strong force binds

individual quarks to form protons, neutrons, and other groupings. Second, it binds protons and neutrons to form the nuclei of atoms. The bond between individual quarks becomes so tenacious that isolated quarks have never been observed, naturally or artificially. On the other hand, when viewed from the second perspective, the bond between groups of quarks (e.g., protons and neutrons) is broken naturally and artificially. From an overarching standpoint, the strong nuclear force serves as the “conceptual initiator” of the world of molecular matter/energy by binding together the quarks directly and indirectly as protons and neutrons to form the nuclei of all atoms.

When the weak nuclear force interacts with quarks, leptons are released, which disrupts and transforms the quarks' defining flavors (i.e., up to down and vice versa). By “redefining” quarks, the associated atomic nuclei must be commensurately disrupted and “redefined” (i.e., neutrons to protons), which also dictates a corresponding “redefinition” of any associated atomic and molecular structures. When viewing this release of leptons from a stellar level, the weak force can counterbalance the gravitationally induced collapse of a star, causing it to explode and thus be disruptively “redefined” as a supernova star.

Given the strong nuclear force's role as the “conceptual initiator” of the world of nuclear matter/energy and the weak nuclear force's role as the “re-definer” of this same world, we can consider these two short-range nuclear forces to be the “integrative guidance” at the 6 position of the “3, 6 & 9 Triune”. In view of the contractive and expansive characteristics of the strong and weak forces, they are shown bracketing the “integrative guidance's” 6 position on the 5 and 7 sides, respectively, thus completing the three pairs of elementary building blocks of matter/energy emulating the “3, 6 & 9 Triune”, as presented below in Figure 11.

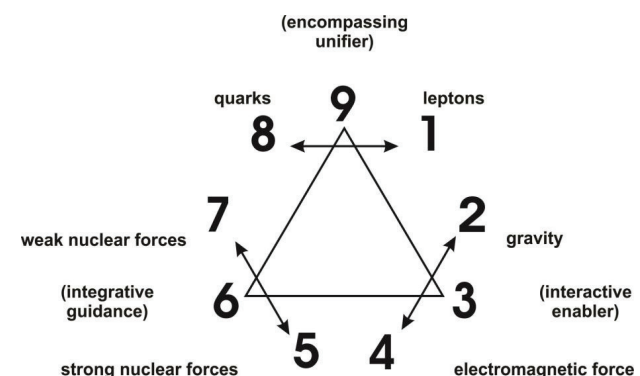


Figure 11. Incorporating the strong and weak nuclear forces to complete the three pairs of elementary building blocks of matter/energy emulating the “3, 6 & 9 Triune”

#### THE GENETIC CODE OF LIFE

The DNA mechanism was discovered in 1953, and the chemical blueprint, called the “Genetic Code”, through which DNA translates into the proteins to build all living organisms was not understood until 1961. In effect, the Genetic Code is the Rosetta Stone for interpreting DNA.

DNA macro-molecules are made from four repeating groups of atoms called nucleotides (i.e., U,



C, A and G), and the proteins making up all living organisms draw from twenty amino acids. The Genetic Code simply governs the translation between the four nucleotides and twenty amino acids, as shown below in Figure 12.

Since only three sequential nucleotides (called a codon) are required to specify an amino acid, the Genetic Code provides for only three nucleotide positions in Figure 12 (i.e., the two sides and top), which also categorizes the repeating amino acids into six color-coded groups according to their molecular structures and their most elementary functions common to all living organisms. The Genetic Code probably first appeared around 4 billion years ago; however, **its scientific origin remains a mystery.**

first position nucleotide	second position nucleotide				third position nucleotide completing the codon
	U	C	A	G	
U	phenylalanine	serine	tyrosine	cysteine	U
	phenylalanine	serine	tyrosine	cysteine	C
	leucine	serine	stop	stop	A
C	leucine	proline	histidine	arginine	U
	leucine	proline	histidine	arginine	C
	leucine	proline	glutamine	arginine	A
A	isoleucine	threonine	asparagine	serine	U
	isoleucine	threonine	asparagine	serine	C
	methionine	threonine	lysine	arginine	A
G	valine	alanine	aspartic	glycine	U
	valine	alanine	aspartic	glycine	C
	valine	alanine	glutamic	glycine	A
	valine	alanine	glutamic	glycine	G

(encompassing unifier) 9

(integrative guidance) 64

(interactive enabler) 3

Figure 12. The Genetic Code with the “3, 6 & 9 Triune” superimposed

To simplify matters, Figure 13 provides a schematic illustration of the six groups of amino acids that constitute the Genetic Code, bracketing the “3, 6 & 9 Triune”.

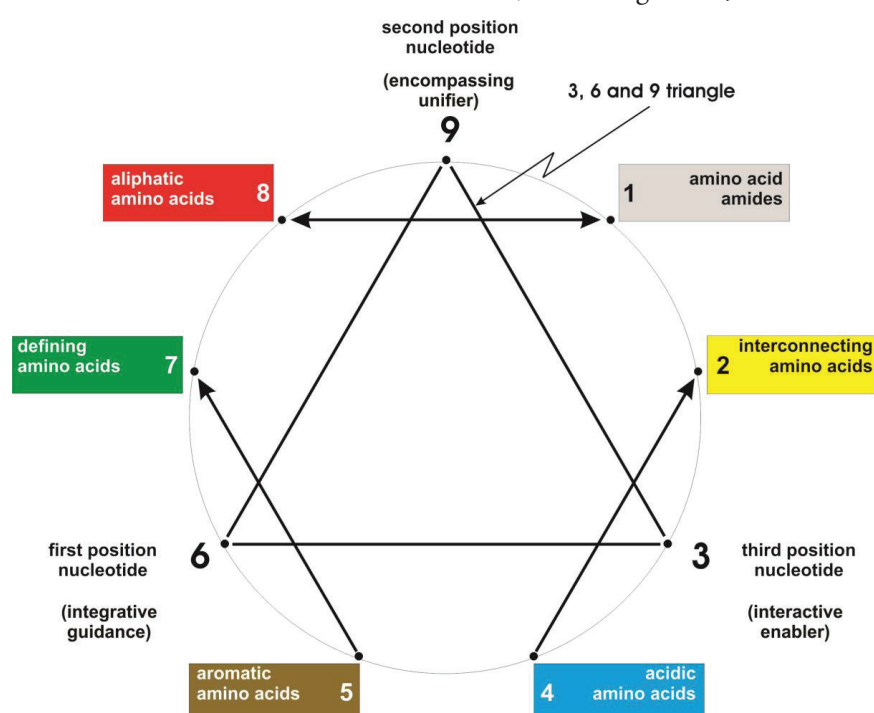


Figure 13. The six groups of amino acids, which constitute the Genetic Code, bracketing the “3, 6 & 9 Triune”

### 3 – “interactive enabler”

As explained above, each sequence of 3 successive nucleotides (called a codon) on the coding portion of the DNA molecule “interactively” translates to one of 20 standard amino acids used to “enable” the construction of proteins. Hence, 3 represents the “interactive enabler” underlying the coding portion of the DNA molecule, which in turn underlies the entire Genetic Code because every codon constituting the coding portion of the DNA molecule is based on 3. Since the 3 successive nucleotides forming each codon always draw from the same 4 nucleotides (i.e., U, C, A and G),  $4^3$  (64) total codons make up the Genetic Code, further illustrating 3’s role as the “interactive enabling” exponential power.

Three positions of nucleotides are required to complete each codon, represented by the two side and top labels of the Genetic Code in Figure 12, with the number 3 associated with the third nucleotide (or right-side) position. Of the three nucleotide positions, this third position has four times the nucleotide “interactivity” (16 versus 4) of the other two positions as measured by the number of times the U, C, A and G nucleotide labels are repeated, which best reflects the above “interactive enabler” role of 3.

The two groups in Figure 13 bracketing and emulating 3 as the “interactive enabler” are the interconnecting amino acids and the acidic amino acids. The interconnecting amino acids, shown with a yellow background in Figure 12, consist of glycine, serine, lysine, threonine, and proline. They represent 20 codons, or a single-digit equivalent of 2 (i.e.,  $20 \Rightarrow 2+0 = 2$ ), thus bracketing 3 on its 2 side in Figure 13. The acidic amino acids, shown with a blue background in Figure 12, consist of glutamic acid and aspartic acid. They represent 4 codons, thus bracketing 3 on its 4 side in Figure 13.

The interconnecting amino acids tend to have a significantly above-average representation (relative to their representation within the Genetic Code) in proteins which primarily serve to “interactively” connect or relate various components to “enable” the beautiful totality of organisms. They include collagen in bones and tendons, elastin in blood vessels and ligaments, fibrinogen and fibronectin interconnecting cells, trypsin binding ingested proteins, and fibroin in cocoons. [It’s notable that as a common denominator vitamin C seems to synergistically support all of these proteins as they age.]

Turning to the acidic amino acids, they reversibly “interact” with ammonia to extract and return nitrogen, thereby “enabling” the nitrogen-based biochemistry so crucial to all organisms. In sum, both the interconnecting and acidic amino acid groups functionally emulate 3 as the “interactive enabler” within the “3, 6, & 9 Triune” in Figure 13.

### 9 – “encompassing unifier”

It might seem that the “encompassing unifier” role of the Genetic Code is best conveyed by the totality of the above 64 ( $4^3$ ) codons making up the Genetic Code. However, the methionine codon shown with the white background in Figure 12 must be excluded from this “encompassing unifier” role. Unlike the other 63 codons, the methionine codon is not specifically programmed for each protein in each organism but serves as a generic initiator of the codon series for all proteins in general. In other words, the other 63 codons, with an appropriate single-digit equivalent of 9 (i.e.,  $63 \Rightarrow 6 + 3 = 9$ ), specify for each protein in each organism and thus can collectively represent the “encompassing unifier” role.

Regarding the three positions of nucleotides required to complete each codon, as represented by the two side and top labels of the Genetic Code in Figure 12, 9 is associated with the second nucleotide (or top) position. Since the first and third nucleotide positions represent overlapping horizontal rows in Figure 12, only the second position representing vertical columns can “encompassingly unify” the overlapping horizontal roles. Also, the extensive presence of repetitive codons, which repeat primarily along the vertical columns, should be “encompassed” by the “unifying totality” of 9.

The two groups in Figure 13 bracketing and emulating 9 as the “encompassing unifier” are the aliphatic amino acids and the amino acid amides. The aliphatic amino acids, shown with a red background in Figure 12, consist of alanine, valine, leucine, and isoleucine, representing 17 codons with a single-digit equivalent of 8 (i.e.,  $17 \Rightarrow 1+7 = 8$ ), thus bracketing 9 on its 8 side in Figure 13. The amino acid amides,

shown with a grey background in Figure 12, consist of glutamine, asparagine, and arginine, representing 10 codons with a single-digit equivalent of 1 (i.e.,  $10 \Rightarrow 1+0 = 1$ ), thus bracketing **9** on its 1 side in Figure 13.

The aliphatic amino acids have a significant above-average representation (relative to their representation within the Genetic Code) in proteins that convert chemical energy to physical strength (e.g., muscles) to sustain an organism's well-being by assisting in reproduction, sourcing food, and avoiding harm. On the other hand, the amino acid amides sustain an organism's well-being at the micro-level by serving as the primary organic carriers of the nitrogen involved in an organism's crucial nitrogen metabolism in conjunction with the acidic amino acids. Thus, both the aliphatic amino acids and amino acid amides **"encompassingly unify"** by sustaining the physical well-being of all organisms, as shown in Figure 13.

### 6 – "integrative guidance"

The two groups in Figure 13 bracketing and emulating **6** in representing **"integrative guidance"** are the aromatic amino acids and the defining amino acids. The aromatic amino acids, shown with a brown background in Figure 12, consist of phenylalanine, tyrosine, and tryptophan representing 5 codons, thus bracketing **6** on its 5 side in Figure 13.

13. The defining amino acids, shown with a green background in Figure 12, consist of cysteine, histidine, and the STOP codon, representing 7 codons, thus bracketing **6** on its 7 side in Figure 13.

The aromatic amino acids play an underlying conceptual role in the management of an organism's growth by stimulating certain processes. These processes include photosynthesis for plants, biosynthesis to produce cells, metabolism of carbohydrates and fats, as well as neurotransmitter production. Moreover, if these growth processes are not optimally managed, they can result in common chronic conditions such as cancer, coronary disease, and mental illness. Also, because of this early-stage growth role, the aromatic amino acid group may be the first to experience the impact of genetic regression, which could subsequently lead to chronic conditions. Genetic regression in humans did occur as a result of interbreeding with Neanderthals.\* Two of the most impacted gene sweeps were associated with metabolism and neurotransmitter-related activities and vulnerabilities. The third sweep involved bone development as well as the interconnecting tissues, which, as previously discussed, were supported by vitamin C as they aged.

\*Modern humans experienced a genetic regression 50,000 to 80,000 years ago when they interbred with Neanderthals and their progeny survived after having been separated for 200,000 to 300,000 years. Although Neanderthals and modern humans interbred as early as 100,000 years ago, the progeny of such earlier interbreeding became extinct and is not part of our present-day ancestry. The first interbreeding involving Neanderthals where the progeny survived occurred as modern humans migrat-

ed from Africa and entered the Middle Eastern region, but before they migrated to other parts of the earth. Thus, virtually all modern humans have experienced this regressive gene flow (1-4% of our DNA), except for the direct ancestors of originating Africans who never interbred with modern humans carrying the regressive representation of Neanderthal DNA. As such, this regressive interbreeding could be viewed as a genetic equivalent of original sin for the modern human species. Subsequent interbreeding between Neanderthals and modern humans would not alter the above outcome but might influence its intensity. Also, since interbreeding with other archaic humans, such as the Denisovans, was much more limited, they are not broadly represented in our present-day DNA.

The defining amino acids are involved in determining an organism's framework of interfaces, whether approached inwardly or outwardly. To the extent that a genetic regression compromises the role of the aromatic amino acids in managing an organism's growth, the defining amino acids may be commensurately challenged to define the appropriate interfaces to contain that growth. In other words, the conceptual growth and defining interface roles of the aromatic and defining amino acids should work together to provide **"integrative guidance"** for an organism.

One illustration involves the cysteine defining amino acid, which has an above-average representation (i.e., relative to its representation within the Genetic Code) in both keratin and interleukin proteins. Keratins play an important role in the ubiquitous epithelial and endothelial cells or tissue that make up the linings or interfaces of most organs (excluding the central nervous system). Likewise, interleukins mediate communication between cell interfaces, particularly in stimulating immune response. Vitamin A regulates the keratin gene expression and vitamin D influences interleukin gene expression. We note clinical investigations at the University of Illinois at Chicago and the University of Chicago sponsored by the First Analysis Institute are currently addressing the synergy and safety of these two combined vitamins in treating diseases involving epithelial cells including cancers and immune disorders. The initial results were sufficiently encouraging that some were published in Harvard's peer-review journal *Functional Foods in Health and Disease*. The complicated, and not well understood, impact of Vitamin A on various chronic neurological disorders is also relevant, since too little or too much of it may be dysfunctional.

As noted in the previous section, the **"encompassing unifier"** role is best conveyed by the Genetic Code's 63 codons (i.e.,  $63 \Rightarrow 6 + 3 = 9$ ), which specify for each protein in each organism. However, of these 63 codons, the three STOP codons define the end of the codon chain for each specific protein but do not represent an actual amino acid being attached to form a specific protein chain. Thus, only a total of 60 amino acid codons (i.e.,  $63 - 3 = 60$ ) from the Genetic Code are designated to form specific protein

molecules. These 60 amino acid codons (representing a single-digit equivalent of **6**, i.e.,  $60 \Rightarrow 6+0 = 6$ ) are made up of the **six** amino acid groups, shown in Figure 13, emulating the **"3, 6 & 9 Triune"**. This is consistent with our earlier discussion of the Hindu-Arabic numbering system, where **6** represents the **"integrative guidance"** through which the **six** non-triune digits (i.e., 1, 2, 4, 5, 7 and 8) can emulate the **"3, 6 & 9 Triune"** digits. If we place **6** at one of the three codon positions of Figure 12, it must **"integratively"** assume the left position as the complement to 3's right position, both of which are **"encompassingly unified"** by 9's central position.

Having completed the Genetic Code's emulation of the **"3, 6 & 9 Triune"**, does the unusual specificity of the Genetic Code's representation of each of the nine digits (i.e., 1- 9) speak to the mystery of its scientific origin?

### CONSOLIDATING EVOLUTION'S ELEMENTARY BUILDING BLOCKS

We have already shown how the evolution of the three sets of elementary building blocks emulate the **"3, 6 & 9 Triune"**. There is also a second-level iteration consolidating these three sets that recursively emulates the **"3, 6 & 9 Triune"** as described below and illustrated in Figure 14.

- Since the elementary building blocks of matter/energy **"encompassingly"** constitute and/or **"unify"** the entire physical universe, they primarily emulate the **"encompassing unifier"** in the consolidated **"3, 6 & 9 Triune"** underlying all the elementary building blocks.
- Since the Genetic Code of life has **"enabled"** all living **"interactivity"** in the world we know, it primarily emulates the **"interactive enabler"** in this consolidated **"3, 6 & 9 Triune"**.
- Since the elementary building blocks of the Hindu-Arabic numbering system provided the originating **"integrative guidance"** for how to emulate the **"3, 6 & 9 Triune"**, they in turn by definition must primarily emulate **"integrative guidance"** in the consolidated **"3, 6 & 9 Triune"**.

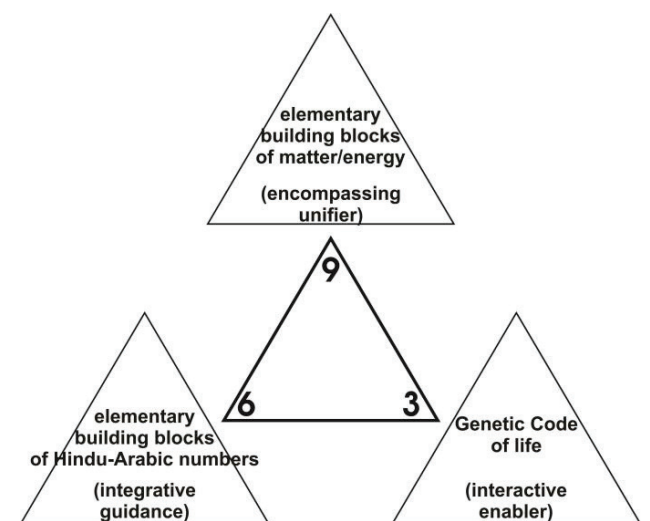


Figure 14. The Consolidated "3, 6, & 9 Triune" underlying Evolution's Elementary Building Blocks



## THE “3, 6 & 9 TRIUNE” HIDDEN IN EVOLUTION’S PHYSIOLOGICAL CULMINATIONS (i.e. THE HUMAN MIND)

### NEURONS

The Genetic Code appeared around 4 billion years ago. The next broad phenomenon that emulates the “3, 6 & 9 Triune” began about 600 million years ago with the advent of neurons as the basic cellular functioning units of the nervous system for essentially all animals, culminating in humans.\* Neurons have been designed to receive, integrate, and transmit electrochemical information. The **dendrite** branches of neurons “enable” the informational activity by serving as the “**interactive**” receiver and thus emulate the “**interactive enabler**” of the “3, 6 & 9 Triune”. The **soma**, or cell body, of neurons contains the nucleus and the cell processing structures, thereby “**encompassing and unifying**” the neurons’ various functions. To complete the emulation of the “3, 6 & 9 Triune”, neurons transmit electrochemical “**integrative guidance**” through their **axons** to the dendrites of other neurons, as shown in Figure 15.

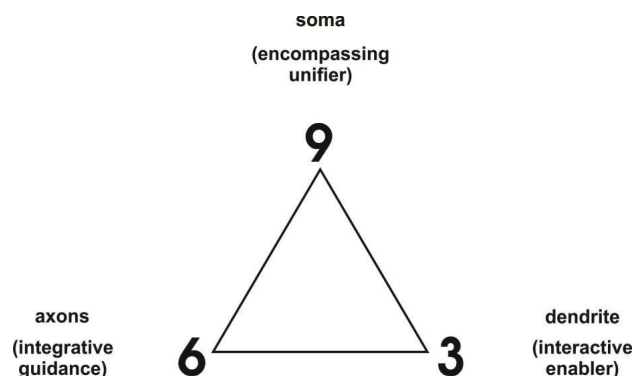


Figure 15. The “3, 6 & 9 Triune” underlying the Neuron

Importantly, with the introduction of neurons the above emulation of the “3, 6 & 9 Triune” becomes much more direct and accessible, possibly indicating an inflection point in the evolutionary process since this simplification tendency continues to be reflected in the following five phenomena.

\*Excluding placozoa and sponges

### THE BRAIN

The human brain can be divided into the hindbrain, limbic system, and neo-cortex, as illustrated in Figure 16.

- The **hindbrain** emphasizes physical/moving capabilities.
- The **limbic system** emphasizes feeling/emotion processing.
- The **neo-cortex** emphasizes intellectual/thinking activities.

The evolutionary origin of the hindbrain was reptilian, whereas the origins of the limbic system and neo-cortex were mammalian.

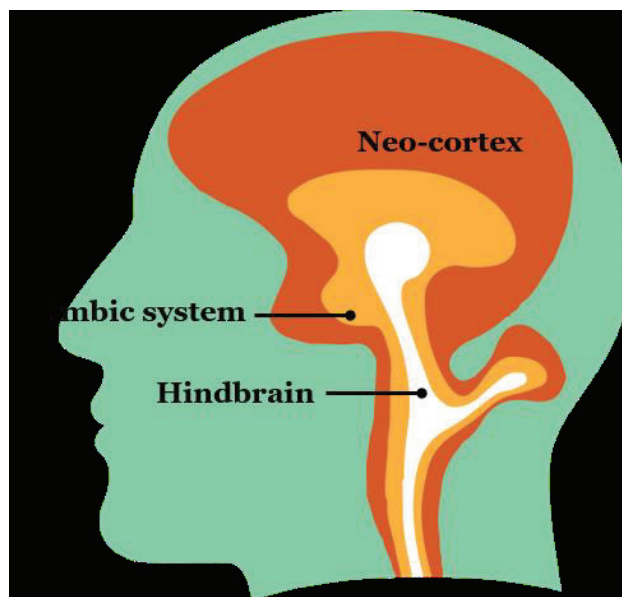


Figure 16. Simplified Brain Categorization

Besides the areas of emphasis cited above, the **hindbrain**, **limbic system**, and **neo-cortex** also perform many overlapping functions.

In analogizing these three functional areas to the “3, 6 & 9 Triune”, we note:

- The “**interactiveness**” of feeling/emotion processing emphasized by the limbic system best emulates the “**interactive enabler**”.
- The intellectual/thinking activities emphasized by the neo-cortex best emulates the “**integrative guidance**”.
- The body’s broadly encompassing physical/moving capabilities emphasized by the hindbrain best emulates the “**encompassing unifier**”, as shown in Figure 17.

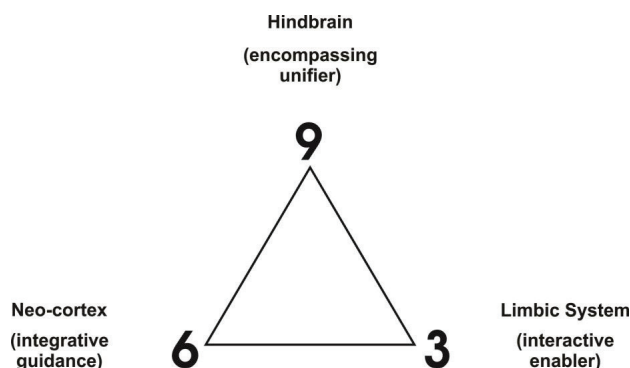


Figure 17. The “3, 6 & 9 Triune” underlying the Human Brain

### LANGUAGE FORMATION

In simple terms, the arrangement of words and phrases to create sentences in language formation or syntax generation begins when two syntactic objects combine to form a new syntactic unit. In turn, the new syntactic unit can hierarchically combine with another syntactic unit as part of an endlessly recursive process. Linguist Noam Chomsky calls this process Merge. He claims it distinguishes language from other cognitive faculties and is unique to the modern human species (which would marginalize, if not ex-

clude, the Neanderthals).

Merge involves three basic components that emulate the “3, 6 & 9 Triune” as outlined below and illustrated in Figure 18.

- One Merge component interfaces with our “**interactive**” sensory and motor aspects or sensorimotor systems. These involve all the various externally oriented morphological (i.e., word) and phonetical (i.e., sound) considerations. As such, this Merge component emulates the “**interactive enabler**” of the “3, 6 & 9 Triune”.
- A second Merge component interfaces with the non-interactive and internally oriented systems, which involve conceptualizing, hierarchical “**guiding**”, and planning considerations, emulating “**integrative guidance**” of the “3, 6 & 9 Triune”.
- The Merge computational system hierarchically “**encompasses**” the above two interfaces in the basic compositional production of human language. This CPU function best emulates the “**encompassing unifier**”, as shown in Figure 18.

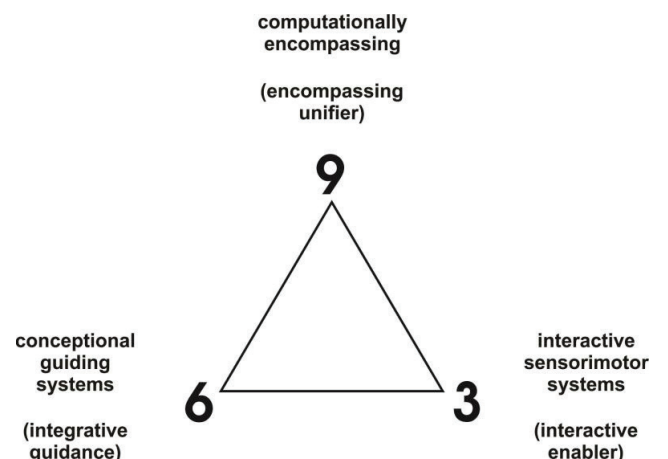


Figure 18. The “3, 6 and 9 Triune” underlying Language Formation

### CONSOLIDATING EVOLUTION’S PHYSIOLOGICAL CULMINATION

Having shown above how neurons, the brain, and language formation emulate the “3, 6 & 9 Triune”, we note a second-level iteration consolidating these three triune sets also recursively emulates the “3, 6 & 9 Triune”, as outlined below and illustrated in Figure 19.

- Since neurons represent the basic cellular functioning units of our entire nervous system, which ultimately focuses on our brain, they best emulate the “**encompassing unifier**” in the consolidated “3, 6 & 9 Triune” underlying the human mind.
- Since language formation uniquely “**enables**” human “**interactivity**”, it best emulates the “**interactive enabler**” in the consolidated Triune.
- Since the tripartite organization of the human brain into hindbrain, limbic system, and neo-cortex provides the basic “**integrative guid-**



ance” to understanding both the physiology and psychology of the brain, it best emulates “**integrative guidance**”.

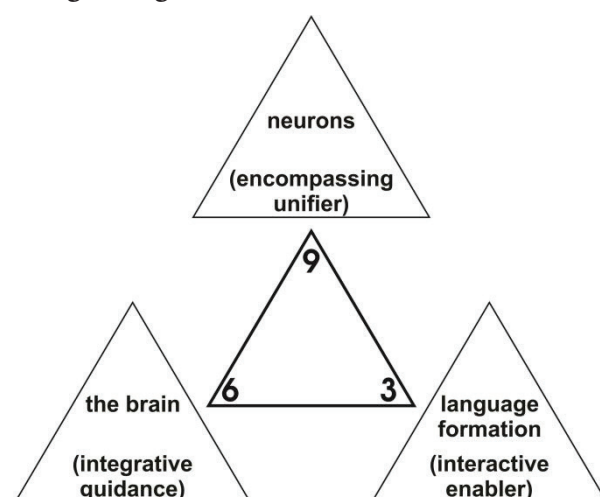


Figure 19. The Consolidated “3, 6 & 9 Triune” underlying the Human Mind

### THE “3, 6 & 9 TRIUNE” HIDDEN IN EVOLUTION’S PSYCHOLOGICAL CULMINATION (i.e., THE HUMAN PERSONALITY)

#### THE REGRESSIVE PERSONALITY

The Personality Enneagram, which has attracted millions of worldwide users over the past several decades, organizes the human personality into three centers (**Feeling, Thinking and Action**), which are consistent with the brain’s physiological centers discussed earlier. Each of these three centers incorporates three personality types, all of which are presented on a nine-point circle, with 3, 6 and 9 being the mid-points of the centers, as shown below in Figure 20. While our personality can draw from all nine types, one usually dominates.

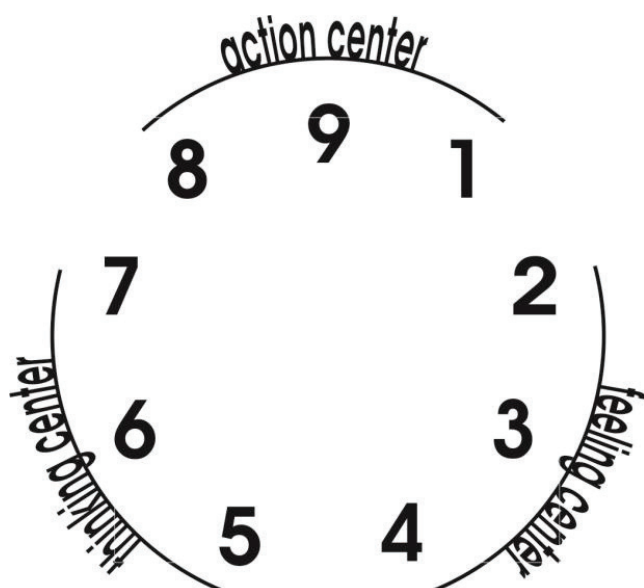


Figure 20. The Three Centers of the Personality Enneagram

The Personality Enneagram assumes all personality types are instinctively egocentric, resulting in a regressive or dysfunctional inclination that we can constantly work to overcome. In other words, our natural tendency is to dysfunctionally imitate rather

than functionally emulate the “3, 6 & 9 Triune”. As such, the egocentric personality types remain relatively independent while the more altruistic personality types tend to converge toward the “3, 6 & 9 Triune”. Indeed, a large service sector, consisting of thousands of counselors and a commensurate number of publications, has evolved to facilitate this remedial process. Since so much has been written on the Personality Enneagram, we only briefly summarized it here.

The three personality types of the **Feeling Center** address various aspects of “**interactive**” relationships and their respective purposes with its 3 circular mid-point characterizing the egocentric “**recognized achiever**” versus the more altruistic “**interactive enabler**”, as shown below in Figure 21.

The three personality types of the **Thinking Center** address various informational aspects (i.e., observing, conceiving, guiding, defining, and planning) with its 6 circular mid-point characterizing the egocentric, but loyal, “**phobic rigid guidance**” versus the more altruistic “**integrative guidance**”.

The three personality types of the **Action Center** address various aspects of physical well-being (i.e., producing, sharing criteria, protecting and accommodating) with its 9 circular mid-point characterizing the egocentric “**anonymous accommodator**” versus the more altruistic “**encompassing unifier**”.

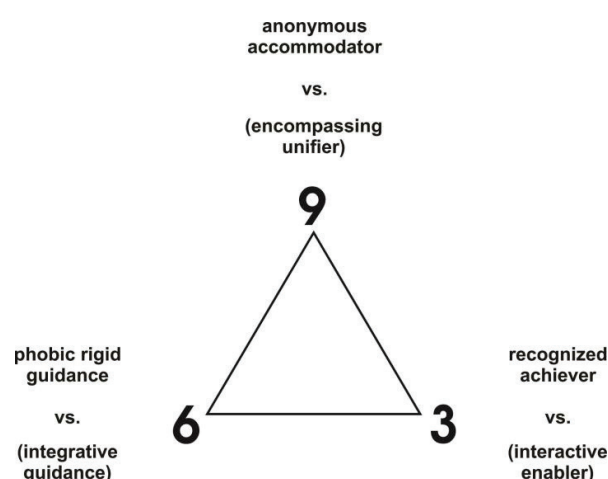


Figure 21. The Regressive Personality Imitating versus Emulating the “3, 6 & 9 Triune”

This natural human tendency to dysfunctionally imitate, rather than functionally emulate, the “3, 6 & 9 Triune” raises a question: To what extent has regressive interbreeding with Neanderthals caused or influenced this tendency? While we discussed the immediate genetic impact of this regression above, the subsequent evolutionary magnification in our personality traits can be roughly approximated through personality assessments of those with varying degrees of Neanderthal representation in their DNA. Though not specifically oriented to the Personality Enneagram, such assessments indicate the higher Neanderthal representation can, to varying degrees, dysfunctionally influence the Enneagram’s three personality centers—Feeling, Thinking, and Action.

#### TRI-ABRAHAMIC REMEDIATION

Another question is whether the three Abrahamic faith traditions—Judaism, Christianity, and Islam—collectively emulate the “3, 6 & 9 Triune”. To some extent these traditions evolved to assist humanity in remediating regressive personality instincts, and evidence of such assistance emulating the “3, 6 & 9 Triune” should be discoverable given these religions collectively represent well over half the world’s population.

To explore the original intent of the three Abrahamic faith traditions, we drew from the three sets (or cumulative books) of seminal sacred scriptures underlying them. We capture the essence or intent of each set in a single sentence below:

- The Hebrew Bible most basically addresses the Abrahamic God’s well-being for all creation.
- The New Testament most basically addresses the Abrahamic God’s redemptive love.
- The Quran most basically addresses a belief in the Abrahamic God’s revelation.

While the Hebrew Bible, New Testament, and Quran address all three topics (i.e., well-being, redemptive love, and revelational beliefs), each set relatively emphasizes one over the other two.

If the ultimate essence of each set of scriptures can collectively emulate the “3, 6 & 9 Triune”, the universality of the **Abrahamic God’s well-being for all creation** would emulate the “**encompassing unifier**”, the **Abrahamic God’s redemptive love** would be “**interactively enabling**”, and **belief in the Abrahamic God’s revelations** would be providing “**integrative guidance**”, as shown below in Figure 22.

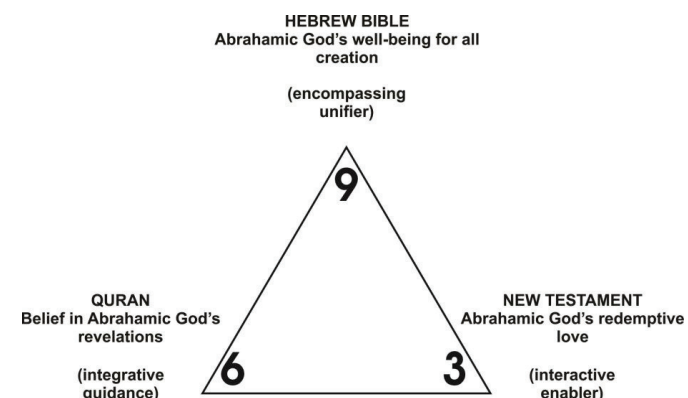
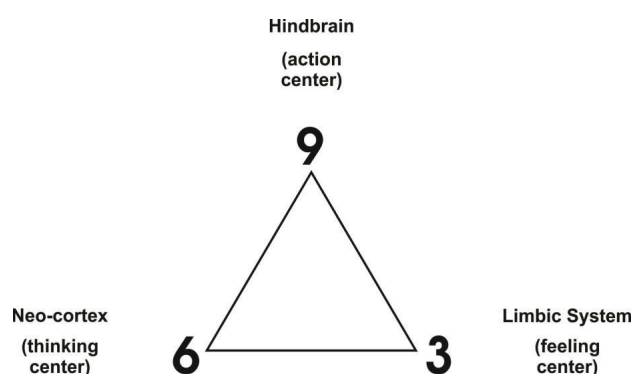


Figure 22. The “3, 6 & 9 Triune” underlying Tri-Abrahamic Remediation

Notably, the “3, 6 & 9 Triune” underlying tri-Abrahamic remediation can also serve as a peacemaking model for constructive dialogue, both religious and secular, between adherents of these three faith traditions.

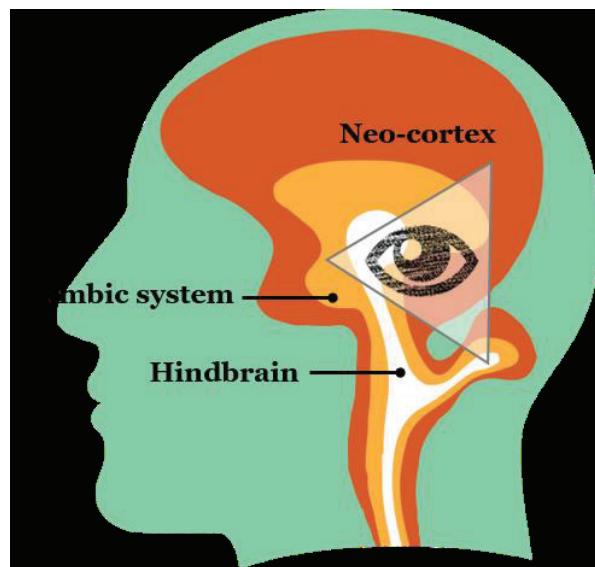
#### MEDITATIVE UNIFIER

As noted earlier in discussing the human brain and personality, we usually favor one of the three personality centers shown below in Figure 23 (i.e., action associated with the hindbrain, feeling associated with the limbic system, or thinking associated with the neo-cortex) over the other two.



**Figure 23. The “3, 6 & 9 Triune” underlying the Human Brain**

To cope with the remedial stress and anxieties caused by the competition between our dysfunctional personality types and our functional ideals, the mystic George Gurdjieff strongly emphasized a meditative practice focusing on a unique area toward the back of our head where the hindbrain, limbic system, and neo-cortex overlap. By doing so, we can simultaneously converge all three personality centers to help emulate the “3, 6 & 9 Triune” in constituting the whole self. This type of meditation focus can provide a gateway to a tranquil harbor in a sea of mental, emotional, and/or physical turbulence. We symbolize this process below in Figure 24 as a metaphorical eye looking into the “3, 6 & 9 Triune” of tranquility, which is superimposed on Figure 16’s simplified brain categorization.



**Figure 24. Metaphorical Eye Looking into the “3, 6 & 9 Triune” of Tranquility**

Identifying the “back of the head” for intense meditative focus can prove challenging, but evolution provided a crutch by endowing each of the three areas of the brain with varying degrees of audio processing. Thus, by meditatively focusing on a neutral background sound that does not favor one area’s audio processing over the other two, we can learn to converge all three areas into an intense “3, 6 & 9 Triune” meditative focus. Resonating OM or AUM recordings by Hindu or Buddhist monks are among the best to develop this focus, but background sounds of nature, air conditioning fans, city noises, etc. can also work. Non-neutral background sounds, like music, which favor the emotional-oriented limbic system over the other two centers, may not work. Also, audio process-

ing enables one to feel, more than visualize, the back-of-the-head triune focus. Maintaining a meditative focus is always challenging, somewhat like an extreme isometric exercise focused on the back of the head.

In addition to serving as a metaphorical eye into the “3, 6 & 9 Triune” of tranquility, meaningful new mental, emotional, and/or physical insights may surface. While such insights can be subtle and easily overlooked, their pursuit must never be allowed to replace or dilute the back-of-the-head triune focus, which would destroy the entire meditative process.

Determining which focal point is most effective in overcoming sleep problems is one way to establish the superiority of the back-of-the-head “3, 6 & 9 Triune” focus versus more conventional focal points for meditation. However, we should not allow the goal of overcoming a sleep problem to replace our back-of-the-head triune focus, which could undermine the meditative process. In other words, focus on the process, not the outcome.

Another confirmatory test might involve stationary exercising equipment when there are no external distractions. A back-of-the-head “3, 6 & 9 Triune” focus while exercising can improve performance metrics, but only if the exerciser holds this focus.

The inevitable question, then, is whether this back-of-the-head focus can improve upon traditional meditative approaches to access the mystical for enlightenment? This would imply that the unique “3, 6 & 9 Triune” convergence of the physical, emotional, and intellectual toward the back of the head has a mystical counterpart. Such an outcome is supported by the level of importance and longevity (several thousand years) of the OM chanting mantra and symbol in the meditation of Hindus and Buddhists, which together represent 20-25% of the world’s population. Other religions also have a long history of meditatively chanting their sacred scriptures.

Notwithstanding long resistance to definitional specificity, the possibility of such a compelling natural extrapolation of the “3, 6 & 9 Triune” to the mystical can be inspirational to any of the back-of-the-head meditative experiences.

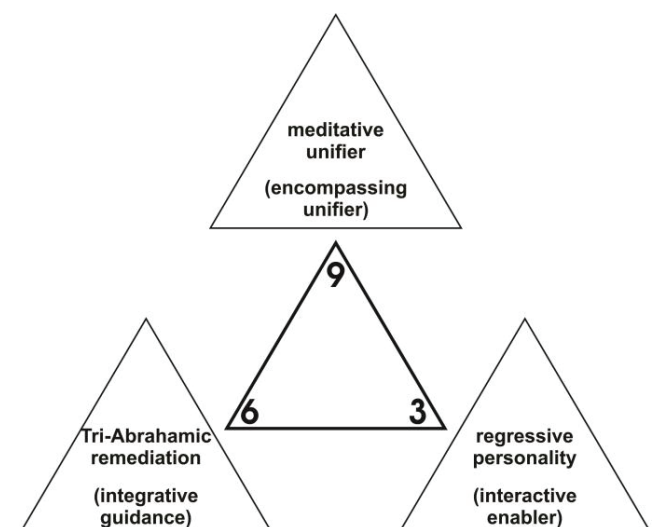
### CONSOLIDATING EVOLUTION’S PSYCHOLOGICAL CULMINATION

Having shown above how the regressive personality, the tri-Abrahamic remediation, and the meditative unifier emulate the “3, 6 & 9 Triune”, we found a second-level iteration consolidating these three sets that recursively emulates the “3, 6 & 9 Triune”. We outlined this below and subsequently illustrate it in Figure 25.

- Since the regressive personality represents humanity’s interface to the world, it best emulates the “**interactive enabler**” in the consolidated “3, 6 & 9 Triune” underlying the human personality.
- Since tri-Abrahamic remediation represents “**integrative**” remedial “**guidance**”, it best emulates “**integrative guidance**”.
- In deference to Gurdjieff’s strong warning not

to substitute “mind” observation for the “whole self” observation, the meditative unifier best emulates the “**encompassing unifier**” in bridging the gulf of stressful tension between the regressive personality and the tri-Abrahamic remediation, as shown in the consolidated triune presentation below.

The extended Hindu/Buddhist chanting meditative tradition and the tri-Abrahamic remedial tradition encompass about three-quarters of the world’s population.

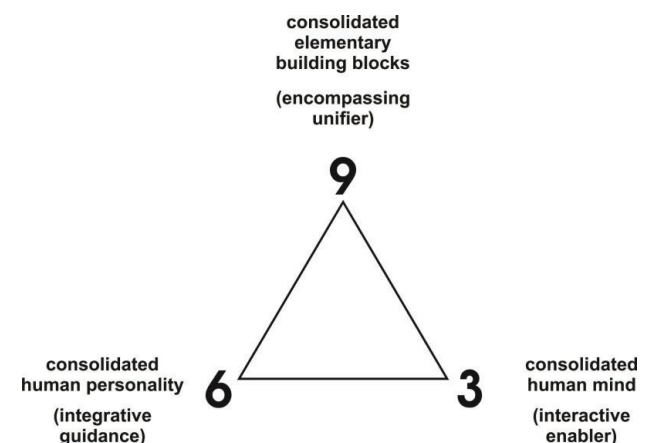


**Figure 25. The Consolidated “3, 6 & 9 Triune” underlying the Human Personality**

### THE “3, 6 & 9 TRIUNE” HIDDEN IN EVOLUTION’S GRAND CULMINATION

The ultimate or grand culmination of the “3, 6 & 9 Triune” can be recursively produced by a third-level iteration uniting the three earlier consolidations of the “3, 6 & 9 Triune” underlying the elementary building blocks, the human mind, and the human personality (from Figures 14, 19 and 24), as shown below in Figure 26.

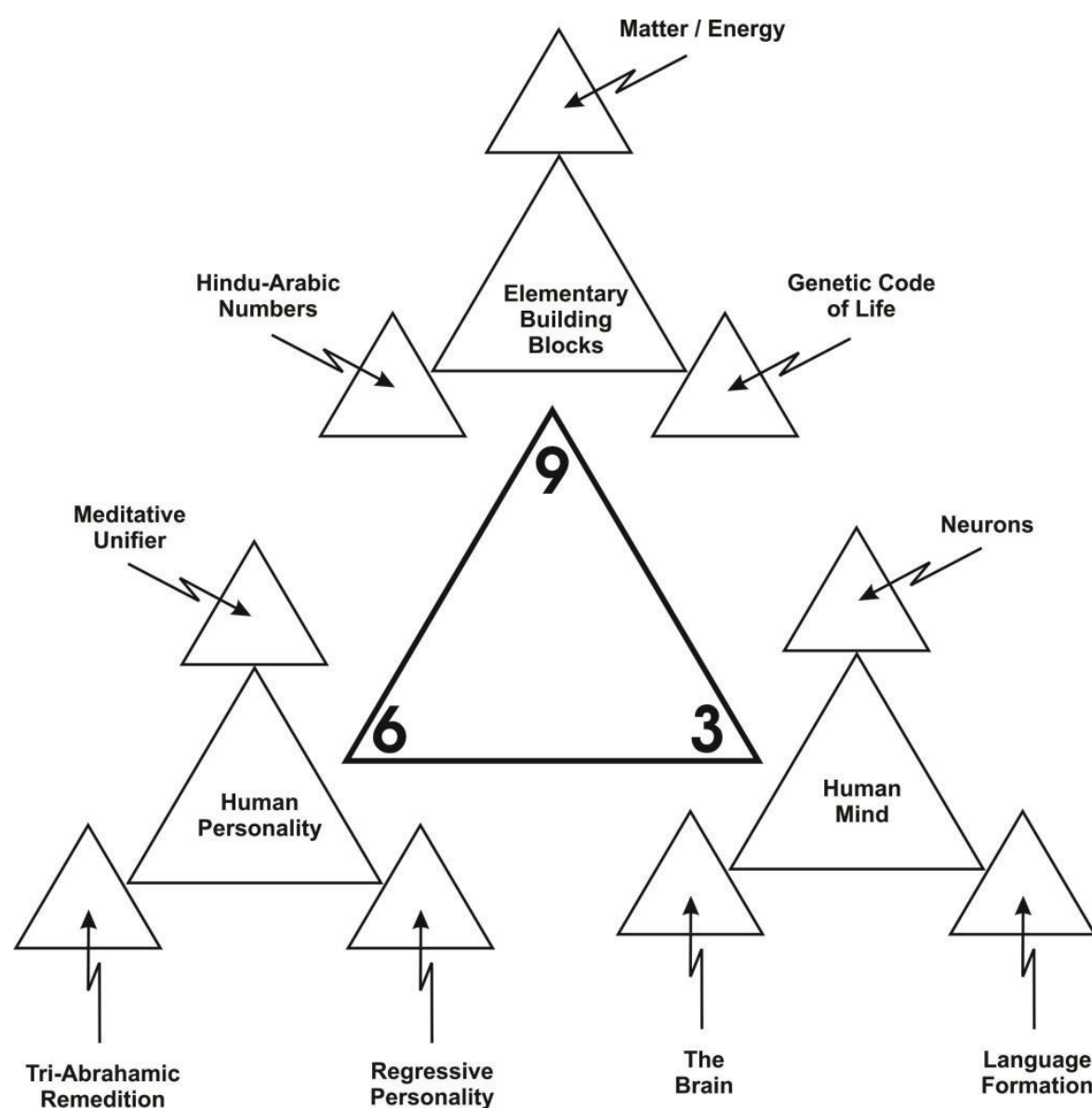
Given the universality of the elementary building blocks, they are analogized to the “**encompassing unifier**”. Given the “**interactively enabling**” role of the modern human, as evolution’s most advanced species, its mind is accordingly so labeled. Given the intended role of the human personality to provide “**integrative guidance**”, it is also so labeled to complete the culmination of the “3, 6 & 9 Triune”.



**Figure 26. The Grand Culmination of the “3, 6 & 9 Triune” underlying the elementary building blocks, the human mind and the human personality**



Figure 26 can also be presented as the culminating “3, 6 & 9 Triune” underlying all twelve emulations of the “3, 6 & 9 Triune” representing the entire evolutionary scenario, as shown below in Figure 27



**Figure 27. The “3, 6 & 9 Triune” underlying Evolution’s Grand Culmination**

Since the “3, 6 & 9 Triune” is based on 3, it must be limited to the **three** sets of **three** basic phenomena recursively emulating the “3, 6 & 9 Triune”, as presented in Figure 27, thereby completing the “3, 6 & 9 Triune” paradigm.

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