

1: MO

Additional Materials, Links and References

Additional Materials

[An Introduction to M0](#) A succinct introduction to the M0 concept by Joss Earl.

[An Example](#) Of how the M0 effect sneaks up on people in the workplace.

[Consensual Boredom and Nausea](#) Some discussion of the way common situations are constructed to maximise boredom, and the physical distress that some natural immunes experience in these situations.

[The Howtos](#) Some useful techniques for people free of dopamine self-addiction.

[Is M0 A Racist Hypothesis?](#) Extracts from some correspondance which addresses this misunderstanding, which is much more common than it should be.

[Drugs](#) A discussion of medicinal and recreational psychoactive drugs informed by the M0 hypothesis. **WARNING:** This is a frank, non-sactimonious discussion.

[The Generality of M0](#) A discussion of whether the M0 hypothesis is an artifact of an atypical study group - software engineers.

[Wichita Lineman](#) Maybe it's cheesy, but this little Glen Campbell song seems to catch the state of mind of the engineer/ADHD type that thinks about everything at once, blends logic and emotion, and (for the mystically inclined) hears the signals from the Heart in the whisperings of the machines.

Links

[Attention-Deficit Hyperactivity Disorder](#) by Prof. Russell Barkley, from the September 1998 Scientific American. This seminal article documents the discovery of the polymorphic dopamine D4 receptor in the brain. It is perhaps the most important piece of hard, test-tube science of its kind ever done. Yet the article also shows the bizarre confusion surrounding the ADHD issue. It is written by a world renowned expert in the field, who must be aware of the positive aspects of the ADHD/hacker/mystic character type, documented in the case histories of famous people and all over the WWW, yet it describes ADHD as nothing more than a debilitating disease - a deficiency pure and simple.

[National Attention Deficit Disorder Association](#) Lots of information about ADHD.

[What's It Like To Have ADD!](#) Written by Edward Hallowell M.D. who doesn't seem to be too unhappy with his superior mode of cognition. The state of mind Hallowell describes here his very compatible with the MO argument, exploitation of feedback in cognition etc.

[The NIDS Board](#) A group of clinicians who have identified evidence of viral infection similarities between *quiet* ADHD children, *acquired* autism children, and people with CFIDS (ME). Their model is that a sleath virus causes the other problems. This conflicts with the model here, which says that the immune system weakness is caused by the stress of being normal in an abnormal world. But the biochemical data is magnificent, and in science, data is all - theories come and go.

[Dr. Michael Goldberg](#) The Director of the NIDS Board has his own website.

[Domamine, Cocaine, Amphetamines and Nicotine](#) Some neurochemistry.

[Looking Skills](#) The self-satisfied, fatuous attitude in this spoof piece is what one hears in many commercial IS09001 discussions, and from educational psychologists and the like discussing ADHD. It is incessant bullying, and leads to emotional problems for many so-called ADHD people, and causes stress leading to ME/CFIDS in some of the quieter ones.

[ADD From The Inside..](#) A more reasoned piece about ADHD, written by a person who's self esteem has been so damaged by dopamine self-addicts' bullying that he cannot recognise that he is describing a superior mode of consciousness all the way through.

[Pay Attention](#) An editorial from New Scientist describing how 4 *million* American children are now being drugged with Ritalin to "cure" a supposedly genetic disease that was unknown a generation ago. Of course, it's just rising ritual addiction amongst adults that makes their own children into frightening aliens that must be brutalised into ritualism or burnout.

[Too Young?](#) An article from New Scientist. Never mind the original excuses, worstening self-addicts are now so afraid of novelty that they are feeding Ritalin to two-year-olds.

[Asperger Syndrome](#) Pages by David Spicer.

[Fulcrum](#) Non-coercive education.

[Libertarianism FAQ](#) by Eric S. Raymond. There does seem to be a strong relationship between the ADHD/hacker/mystic type and libertarian views.

[Bangkok Wizard's Tags](#) Rob White's collection of email tags. Many of these aphorisms reflect a certain pattern in human stupidity.

References

Adams, Scott

The Dilbert Future

Boxtree
ISBN 0-7522-1118-8

Very funny and perceptive. A lot of nonsense is talked about Adams. Some say that he has failed to champion the cause of cubicle dwellers. As far as I know, he has never claimed to be the cubicle dwellers' champion - just a very funny cartoonist. Others say that he is a terrible, cynical person. This is because he documents workplace stupidity with staggering accuracy. All of the pomposity, dishonesty, bullying and ritualism is there. The end section of this book, about affirmations etc. should make your hair stand on end.

Bailey, Alice A.

Telepathy

Lucis Publishing Co.
ISBN 0-85330-116-6

As far as I can see, this is where the mystical types start to get worth reading. Blavatsky (and the loathesome Crowley) are below this line, Steiner and Gurdjieff are above it. She describes a telepathy that works by convergence to objective reality, and deep structure perception.

Feynman, Richard P.

What Do You Care What Other People Think?

Unwin
ISBN 0-04-440341-0

The simple country boy exposes M0 in NASA.

Friedenberg, Edgar Z.

Laing

Fontana

Laing started as a psychiatrist, and became a philosopher when he attempted to understand why his patients had been surrounded by the webs of mystification and coercion their relatives had created. M0 provides a reason, and Friedenberg's critique of Laing remorselessly describes the damage M0 has done.

Goldratt, Eliyahu M & Cox, Jeff

The Goal

Gow
ISBN 0-566-07418-4

Fairy stories about how our heroes manage to think around M0 and solve problems, instead of being driven off site with their stuff in binliners, which is what would really happen.

Goldratt, Eliyahu M.

It's Not Luck

Gower
ISBN 0-566-07637-3

More fairy stories.

Gribben, John & Gribben, Mary

Richard Feynman: A Life in Science

Viking
ISBN 0-670-87245-8

Insightful biography of an M0 free person, and what he achieved.

Gurdjieff, G.

All and Everything or Beelzebub's Tales to his Grandson

Routledge & Kegan Paul
ISBN 0-7100-1479-1

Very hard to read due to a construction that forces the reader to stay awake. Once you have them in mind, clearly contains the ideas contained in Reciprocality.

Laing, R. D.

The Politics of Experience and the Bird of Paradise

Penguin

Laing's description of humanity in the grip of M0.

Levy, Steven

Hackers

Penguin
ISBN 0-14-023269-9

How the "clearly very stupid" people changed the world. Starring Anukin Gates as the young Darth Vader. (Fact: In 1978 I bought a Microsoft product called EDAS for TRS-80 Model I. It was such rubbish I used it to write it's replacement and threw it away. The musicassette tape it came on was too small to hold anything useful. It's lineal descendent is called MASM.)

Ouspensky, P. D.

In Search of the Miraculous

Routledge & Kegan Paul
ISBN 0-7100-4635-X

Lots of description of M0, how to break dopamine self-addiction, states of consciousness etc. I *think* the system of hydrogens is about multi-fractals. If anyone cracks the mystery, do let me know!

Rowling, J. K.

Harry Potter and the Sorcerer's Stone

Scholastic
ISBN 0-590-35342-X

The Proper Mothers of America have banned Harry Potter on the grounds that he is clearly a tool of the devil. They're right - from their point of view. Natural immunes == magical people. Dopamine self-addicts == the Muggles. And they've all agreed that we don't talk about that sort of thing. The communication barrier is described in exquisitely awful detail.

Schwartz, Howard S.

Narcissistic Process and Corporate Decay

New York University Press
ISBN 0-8147-7938-7

Describes M0 in commercial settings in a Freudian model. The model is largely correct of course - M0 rather than infantile memories is where the motivational and delusional structure comes from.

Senge, Peter M.

The Fifth Discipline

Random House
ISBN 0-7126-5687-1

M0 free business thinking. Introduces "Sengian Patterns", which I reckon M0 victims will not be able to spot in real world situations.

Shah, Idries

The Sufis

W. H. Allen

Reciprocity as ancient teaching. There's little doubt these people all *thought* Reciprocity describes the universe, the place of consciousness, and the current state of humanity.

White, Michael

Isaac Newton - The Last Sorcerer

Fourth Estate
ISBN 1-85702-416-8

White doesn't seem to understand that alchemy is a transformation of the operator - mapping - but his journalism is excellent so you can draw your own conclusions from his data.