

Viii. For all complex creatures Oxygen is the staff of life
★ Must know where oxygen and foods come from before we know what to worship

Men - have more circulating red cells - brings oxygen - Why would woman have less of blood's critical essence

Xiii looking for the bonding glue of human relationships

- Significant differences in iron in blood between sexes

Xiv - Nature AND Nurture - Humans enter the world as a work in progress

(Mate Selection) - Critical factor in Evolution of Sexual Organisms

XV So Males tended to be what females wanted them to be

Xvii - Kafka - said Writers should create books that "can be wielded like a pickaxe to shatter the frozen sea within the readers' mind"

EDITORS - Forme? - in Acknowledgements

4 - 2 Adaptation Clearly Incompatible ① Walk on two limbs

Only humans had huge numbers die in Child Birth

7 There was an African Eve - mother of All - All Human DNA "evily similar" (Less than a difference between all humans)

8 - Pregnancy should be 18 months

12 - Now we are Gods enough - and are shuffling, like sleepwalkers, toward planetary Armageddon.

Main Change from "erectus" to "sapiens" (in an evolutionary instant)

who the "balloon head" - why? $\frac{1}{3}$ difference WHY?

Answer - Sex - iron - time

14 - It was the female that "Passed thru the Bottleneck" and changed

men changed to adapt to her.

15 150,000 years our genetic make up has changed very little.

15 a clear Estrus period promotes harmony between the sexes.

Humans - No Show when ovulating.

Could have sex 365 days a year

16 Natural Selection allowed sex to be uncoupled from reproduction

Far more orgasmic than any other female creature.

17 One of the 4000 mammals has significant regular blood loss

? And propensity to co-ordinate mensur with other women.

Also earliest menopause - which may increase libido. ★

First animal to be able to control sexual desire - by far the most

18 Females gained much more control over unaged complete orgasms

23 "Original Choice" not "Original sin" begins homo sapiens

24 - No other species of male has to deal w female w

25 - Nothing vast enters the life of mortals without a curse

- Curse - loss of iron - balanced veto power some what

Ancestral women wanted iron.

31 Nearly universal practice among hunter gatherers Abortion

39 Chlorophyll - green - captures photons - infantile

mighty molecular engines. 4 yrs apart

Core of Hemoglobin almost same as core of chlorophyll // Wow
ECME

41 - Digestive Tract "rigged" to need meat.

47 - only humans have secret ovulation (throw off male dominance)

49 Sex is the glue for relationships? - Many species bond for life

Without continual receptivity.

50 Maybe it was to counter infanticide by males. - Secret ^{much in} primate

Man kills child/65 times more likely to be not his.

51 - Primary Consequence of Secret Ovulation - Need to have frequent sex

to hit ovulatory period. (dis advantages)? NO

Why so much copulating when sex conserves resources

Humans invest more thought & resources on Sex than any creature

Other sex acts

Measured in Seconds

52 Jealousy introduced - Many Adaptations

Wow - Anthropologists - we are the "playful Ape" "homo ludens"

54 Synchronized Mensur enhances female equality w men

64 - Menstruation Taboos Strip Political Power and Autonomy from women

69 Mark Twain - Women can handle far more sex than men.

74 Mensability to have sex declines as women's ability for sex and

orgasm increases? (adolescence / thirties)

77 So male & female agenda re sex are very different (orgasm?)

Romance, Lubrication, Timing) 50 Female can see before making

huge, vulnerable (4 yr.) commitment if he shows patience to

care about her feelings - (her orgasm) - man willing to keep

at it's pleasure the woman shows much about his character.

? All important character traits can be evaluated by how a man makes love.

79 Men - had to adjust short term goals radically to get sexual

satisfaction over the long term.

"as the courtship goes - so goes the marriage"

79 Clitoris - Greatest Concentration of Nerve endings in the body.

81 - Birth orgasm of using G-spot to secrete endorphins

Oxytocin - love hormone / secreted upon suckling & love hormone

And cause uterine contractions after birth.

82 Orgasm - Prize Evolution awarded to woman - after learning of danger

It is a distinguishing trait.

85 - Sally Quote

88 - Grand mothers - Efficient - Bring in more calories than mate

90 Circumcision - Cuts off very sensitive area filled with nerve endings

Then Unprotected "glans" is bounced around & becomes less

sensitive.

92 Circumcision - not monoilust (to make them wait longer to ejaculate) Old Quotes - Controls Masturbation
 Women may like this delay in orgasm
 93 Circumcision - Serves same functions as novicaine
 Did it begin in godless times - when Grandmother realized it made men better lovers
 94 The Trinity Original holy ghost female / against Trinity was Father Mother Son / Original was Maiden / Mother / Crone.
 95 In the Crone - Relative rise in Testosterone - Clear headed & Also by Leonard Shlain
 96 Circumcision - Female initiated practice. purposeful filled w/ resolve by jolt of testosterone
 102 Men Kill Art & Physics: Parallel Visions in Space, Time, and Light
 Women Nurture / Only Humans eat so much meat / primates
 Inequality The Alphabet Versus the Goddess: The Conflict Between Word and Image
 Only humans love to kill, wipe out many species.
 Only we endanger all others - Yaweh said subdue - that fear and dread of us would be on every beast. - Also
 Also - intraspecies Killing & torture has no parallel among animals.
 Why develop such a blood thirsty human male?
 105 Hunger - requires killing disposition that revels in danger. MALE
 In other predator animals females do the killing. Human females too indisposed by mensur's responsibilities.
 99 Homo Sapiens male became most sex crazed of any living species (as female gained control of sexuality)
 Only human males endowed with carrying out of control sex drive
 Examples - Beasts don't commit bestiality.
 Men - go to great risks for meat, and then give it away, gain status
 112 Women like meat gain sex
 113 Male Competition is the great sieve/weeds out poor genes / Fighting
 114 - Men Changed with women's change, sex mad, blood thirsty but will postpone eating, first predator to kill for sex rather than hunger
 117 Humans have the most finicky digestive tract
 Fire could have been added to meat as much as 1 million yrs ago / long before sapiens.
 Fire gave hominids evolutionary edge
 Fire - Changed diet habits - easier digestion - Allowed gut to shorten and energy go to brain.
 122 Hot Tub - Why it relaxes muscles
 123 Humans can't create building blocks 8 (plus 2) essential amino acids can't be made by the body. must be ingested
 And these 10 rarely found in a plant food Always found in every meat, fish & fowl.
 Soybean Most complex plant Nutritionally - equals beef.
 Vegan Kids are stunted, anemic, & dull willed

125 - Fatty Acids imp! Especially for Brain. Humans can make all fatty acids but one linoleic acid
 Omega 3 and Omega 6
 127 Cholesterol critical for mood, hormones - There is no Cholesterol in 99.9% of plant foods
 130 Humans are a parasite, Not living symbiotically within ecological niche.
 A parasite is stupid when it makes demands that destroy its host. - Organism that kills host is reclassified as a pathogen.
 131 "Frenzied degradation of our host, for our material comfort. Shows that we could be too stupid a parasite."
 133 Vitamin C - Also Needed
 Visions less these days? - plenty of cholesterol, Vitamin C, linoleic acid deprived??? essential amino acid deprived
 - trying to cope with infection
 - Then fast in Spring for Lent / By Easter - Marshall hallucinations
 Self flagellation - Church taught got infections
 How Women's Sexuality ENCOURAGED Shaped Human Evolution
 - Dictatorily - we had to increase our ruthless ways or die.
 141 Sex among young people - Many societies had very liberal attitudes. Previous ages young girls often did not become pregnant
 141 Puberty Initiation Rites - females had to bleed. males had to prove themselves.
 141 Wild Adolescent males & testosterone - But it takes 20 years for full myelinization (sheath) of nerves
 LEONARD SHLAIN
 144 - Why "The Word" obsession of R-handed, hetero, men
 Hetero, R-handed males have most specialized ^{prepared} Brain
 97% of language centers are in left hemisphere.
 145 - So Brains Executor area not completely sheathed (myelin)
 Post Pubescent boys take risk for thrills
 So - This boy takes risks for sex - Female Needs Iron
 269 - 150,000 years. Homo Sapiens the same
 42,000 yrs ago - art, burials, grave goods, shrooms?
 Some event caused Creative Explosion 40,000 yrs ago

181 Many Cultures - Gods get Powers from Manual Blood
 God Attis - Died & Resurrected after 3 days. Tied to a tree
 182 Women's menstruation was the key to men learning how to tell time - & then became masters of the universe

183 So many things unique in nature about the human females
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92 Language puts minds on Public Display - where people could see them for the first time

Lang. in humans - Developed as "Runaway sexual selection" (like Peacock feathers) But Males not Better at Language

194 Companion - derived from Latin Term - to share bread

198 Risk - Speech evolved - Humans no longer had sex w/out considerable fore thought.

Human male first to want sex all the time with nearly all women - 365 days a year.
 To my wife Ina, my daughter Kimberly, my son Jordan, and my daughter Tiffany - four very inspiring people who have inspired me.

He needed co-operation of a woman
 So Made Women lose/need Iron and a man who was "pliant if his member was stiff."

201 Men speak 2000 Words in day - Women average 7000 (in courtship - ratio reverses)

Language - evolved primarily because men & women had to negotiate sex.
 So - "smooth talking" DNA made it to the next generation

- UNLESS Dominator Society had removed original choice

203 - Single Mothers - and Children Fare less well than those w/ mates.

209 Wow Lao Tzu Know what's male yet cleave to what is female - receives all things under heaven.

212 Testosterone produces aggression - See Hyenas - Born w/ if twins - immediate mortal combat till one kills the other

214 For most mammals (Nuclear family) is mother and young. Fatherhood a weak and "wobbly" invention.

215 Male Mammals Fight - Kill babies of the defeated
 Very little Charity, Mercy, Tenderness in males of mammals

No Male can be as Sadistic OR as tender and nurturant as the human male. - WHY such developed female side - SEX - Required BOTH a gift (hunt) and smooth talking

- Rough Psyche - First Kill - then court.

219 SO - Result - Natural selection (female) favored man who has developed his female side.
 221 - Other mammal Penis have stiff bone inside it.
 Foreplay - changes Ph of Vagina - More foreplay, more live sperm
 Sexes Need each other to de-compress - discharge capacitors
 Sexual Action is major but small talk is also. Chitchat indispensable in sustaining relationship.

227 - Humans Only species where small foetus consistently & exclusively incline to the same sex - A puzzle

228 - Female is default mode for mammal fetuses

All would be $\rightarrow$ w/out testosterone

228 WOMEN in mammals the male is derived from the female

NOT the other way around. Human Homosexuality

Different from 200 other species. A supreme evolutionary

230 Gay is partly genetic - How do these genes stay in the pool?

231 Erasmus - Blasphemy to say god created things
BORN to sin against him.

232 Till 1973 Gayness was considered Mental Disease

256 The Sex of God - No Sex? No (in his image)
god/hermaphrodite?

The man is become as one of us - knowing Good/Evil

Q who makes up us.

257 Wrenching Change when goddess was dropped

Produces god with way too much animus } Lopsided

With O.T. New T & Koran / War declared on the feminine

Wow Shakinah - introduced by rabbis in first century.
Embodied the female anima divine spirit.

Gnostic Christians created divine Sophia

Female urges Defeated by patriarchy, Never became central.

258 Reach Potential only after discovering psychic
hermaphrodis (as w. Rel, Govt. Educ.)

Life Comes from the intertwining double strand
of male & female DNA. - Ancients knew it.

262 Entreo (Anything won't be

264 - we've turned doubly wise man (Sapient sapiens)

into Weapon Maker man

- We are harvesting - Killing - The Entire outpouring
of 3.8 Billion years of Evolution.

270 Evolution (ontology recapitulates phylogeny). Human Embryo

starts as amoeba, then multicell/fi ko sponge or mold. Then

~~gills~~ appearance of worm, then gills (before lungs), then

reptilian (complete with tail), then mammal, then primate

then shed fur to move from primate to human.

271 Great Detonator of culture creativity 40,000 yrs ago

Not mushroom? but mass recognition, understanding,

fear of death.