

Q. what is Achene?

The Fierce Energy - Axi into Abel - it emerges not meekly

8 - Hunter - Do 31 toothpick, and a glass of Water  
Avacado

9 - A seed is a baby plant, in a box, with its lunch.

26 - We are dependent on fire - we are the cooking  
Ape - gut + Brain have evolved with cooking.

Cooking was the critical innovation - to allow  
the energy to go to the brain - increase digestibility

137 - Plants usually have to protect themselves  
against animals - so their defenses work on  
people too.

139 - if you are stationary - you might make chemical defenses  
Plant - can't run

149 - Caffeine. Insecticide And addict  
the pollinators - they remember better

150 - Coffee paved way for Enlightenment  
and Industrial Revolution

⊗ Wow Drug Does determine culture  
So - New Change -

Cannabis can lead to a more caring culture -  
more sensitive to Nature, feelings, feminine

160 - Plants don't put alkaloids - like  
caffeine, in to plants for our pleasure - they  
are supposed to be toxic.

214 - Evolution saves only the most successful  
experiments.

- Check them for value true

Ocean Repetitive Stress Energy  
Plankton - operative ones 70% the  
same as in the human gut.