

## V is for Virus - The process behind our investigation

V 1.3

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We have come to suppose that the human mind or psyche, in individuals and collectively, is operating in a state of continual negotiation with parasitic and viral agents similar to those which operate on the biological level and in information systems. We are speculating that human destructiveness is exacerbated by “malicious script” which runs throughout human culture. We also find a correlation between our own perception of this dynamic and ancient mythological motifs and spiritual understandings of prior ages. We have set out to form a modern understanding of the phenomenon, and to clear or manage these destructive “operators” which we have found evidence of in our own consciousness. Below are some statements that detail how we were led to our current understanding and the investigation which is the subject of the film “V is for Virus” that is currently in early pre-production.

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We noticed that we were personally limited by destructive thoughts, feelings and beliefs all of our lives. We found ourselves in destructive cycles in life, some more so than others. We found these same traits to be common in everyone we spoke with, to varying degrees. We decided *not* to chalk it up to human nature and move on.

Over the years, we had both studied different methods of healing, from traditional psychotherapy and related practices, to eastern practices like meditation, yoga, and the like. They were either not very helpful or we intuited that they was not hitting the mark. We continued to study our internal states over the years and later tried modern methods like NLP and other novel approaches.

When we met, we began to assist each other in our self-consciousness studies and found this to accelerate our progress. We were directed to specific information through intuition and what seemed to be chance but always contained a necessary thread. We were both experienced in research of different kinds, and for myself I have worked as a legal researcher, but this new research was less methodical and more intuitive. It led us to information from many sources that began to form a body of work.

At different times, as we pursued this work and consciousness related subjects, we had spontaneous peak experiences, without the use of drugs, that helped to confirm our direction.

We found that our limiting beliefs and patterns carried traits that looked similar to destructive operations seen in many other domains of thought including systems theory, evolution theories, entropy in physics, biological viruses and parasitism, as well as eastern philosophy, esoteric concepts of creation and destruction, and the like. We began to tie concepts together holistically to help us understand our predicament.

We studied a concept called holarchy that explains the same-similar and fractal-like nature of organization that appears to be at work in our universe. We recognized this concept to be the same as the hermetic maxim, “as above so below”. We found that the universe, which is comprised of energy formed in open systems, can also be interpreted as information, and that our reality can be understood in terms of code, programming, scripts and other metaphors such as our own metaphor of “Living in the Movie”.

We saw that in the realm of biology, viruses and malicious organisms that attack living cells are on one hand destructive agents, but are also the impetus for the evolution of the species’ immune system and the biosphere as a whole. We saw how viruses evolved at the same time as the first microbes and that they seemed to be co-dependant. We realized that the forces of destruction were intertwined with the force of creation. We saw how destruction manifests through “agency”.

Because of the seemingly holarchic organization of systems in the universe, we supposed that viruses and other malicious “entities” might be present in other domains, and because of the evolutionary role viruses and parasites play in biology, this could be a required activity in other systems. We found destructive agents to exist in information systems like computer networks and that they carried many similar traits to biological agents of destruction.

We found that most life on this planet is parasitic. We studied parasitic behavior and noticed that many parasites alter a host’s physiology to cause the host to

behave in a way that favors the parasite's life cycle. We saw how computer viruses operate in a similar manner.

We suspected that viruses and parasites may exist in the human psyche and that they may be passed along between humans like "memes" as described by Richard Dawkins in "The Selfish Gene".

We looked in our own mind/body's and found that the destructive thoughts, feelings and behavior that we had begun to notice in ourselves years ago, could be explained through these understandings. We began to test theories and to apply a rough scientific method to our investigations.

We suspected that if our mind/body parasites were in fact real, they would be passed on through parents and culture. We noticed that our own particular types of unwanted thoughts and feelings were mirrored in our families and culture.

As we studied our own past and emotional trauma of childhood, we recognized a pattern of victimization and victim related thoughts and behavior. We also noticed a corresponding set of thoughts and behavior which were aggressive and punitive. We noticed how these patterns of thoughts and behavior contributed to destructive occurrences in our own relationship, where we would find ourselves playing a role in which one or the other person would embody the victim or the victor. We later saw this dynamic all throughout our culture and eventually realized that this victim-victor dynamic was especially linked to patriarchal culture.

We studied this "code:" more carefully and were able to become semi-objective watchers as conflicts occurred and we were able to watch our own internal states of consciousness in relation to these conflicts. We noticed how our internal energetic states built up to these conflicts and that both of us were contributing energetically to the creation and resolution of a destructive cycle. We coined the term "the victim-victor cycle".

We continued to search our consciousness including regressing back to repressed memories and to find emotional wounds and then found how these wounds were linked to the triggers of conflict.

We eventually found great relief from our own destructive thoughts by being objective watchers, illuminating the action, but also by allowing repressed energy to integrate into our mind/bodies with certain integration practices including those described by John Ruskan and Lama Tsultrim Alione. We saw how our repressed fear, anger and grief were "power sources" for the viral cycles. This was key and we tested it thoroughly.

We discovered that a viral cycle could be stopped or its energy reduced when one or both parties in a conflict became aware of a running “script”, and then more so when we were able to bring compassion to the conflict. We used visualization techniques such as seeing the other as a wounded child to activate our compassion, embrace the other and end a viral cycle. The more we did this, the smaller and less frequent the conflicts became in our lives. We also became aware that a destructive cycle where the other was seen as the wrong-doer was in fact always a projection based on a repressed trauma. We found that if we went into our own emotional states and allowed the emotional energy to come up and integrate within our bodies, rather than blaming the other, the cycle cleared – and the perception of the other changed.

We began to see similar cycles unfolding in other people in our lives and began to notice that we all seemed to be “infected” by the victim-victor “virus”. We saw political conflicts, for example the Israel-Palestine conflict, as archetypal, large-scale versions of this cycle in operation across a culture.

We began to see how the victim-victor cycle was kept alive by emotional trauma and that this cycle was a “virally” precipitated reaction to that wounding, and that it may be linked to patriarchal culture. We began to theorize that patriarchal civilization may be a medium friendly to this particular cultural virus. We started looking at western culture for signatures of this type of code or script and for other ‘malicious scripts’.

At this point, we also began to look more seriously at ancient understandings of demons, possession, evil spirits, etc and we saw a correlation with our own findings. Since we understood that the universe can be seen as information or code, and because we had become comfortable with thinking in terms of viruses and malicious script, it became easier to conceive of the actual reality of “other dimensional entities”, although we do not conceive of them in the same way that they were originally described in older cultures.

So called conspiracy theories and science fiction dealing with other dimensional or off-world interference with human kind started to contain more meaning for us. We tend to see motifs such as this in a flexible manner, and we do not require truth or fact to be materially tangible to be meaningful. We recognize cultural patterns as coding and can derive meaning in this way. At the same time we do not believe that these myths are completely imaginary so we are open to various meanings and understandings. We are always open minded but skeptical about everything in this domain.

We have also spent a great deal of time studying the darker elements of politics, culture and institutional crime – the shadow side of human culture. We find a

correlation between our current work and this phenomena. We do not reactively disregard conspiracy theories, as we have found many truths contained in these theories, but we are always skeptical while looking for many layers of meaning in them.

Our investigation is not only to develop a map for understanding the destructive side of the universe and how it manifests in the human mind/body, but to locate or develop management practices. We are open to many types of ritual, eastern practices, novel western approaches, or any mixture of methods that effectively manage destructive agents or coding in the mind/body. The emotional integration processes mentioned above are examples that have already yielded excellent results.

We intuit that the 'mainstream' western paradigm of thought cannot offer methods for healing and transformation of the human mind/body but that only a quantum shift in awareness will reveal such methods. We have ourselves evolved our internal processes over time and are benefiting from the results, while the general public is currently not aware of the types of concepts we deal with or the types of practices we use in daily life. For example, we suppose that our complete outer realities are in every way directly tied to our personal consciousness and so we change our outer world by internal awareness and manipulation more than external manipulation. This technique is an ancient spiritual method, but not generally accepted or used by the public. This is one example of a quantum shift in perception.

We are looking more closely at the concepts discussed above as well as expanding our viewpoint to allow for a broader picture. Our own perception is changing rapidly. Our film "V is for Virus" is about all of these elements and is also a vehicle for a holistic investigation into the destructive side of the universe and the human mind, which we believe is a severely neglected aspect of science and consensus thought.

We welcome your comments and contributions toward this discovery.