

BRIDGEFEST III

Hack Thy Self II

by @dphsphrs



Agenda

- Intro
- Createine
- The Caffeinated Mind
- Hacking Our Civilization
 - Q & A

#whoami

- GenX geek
- IT/infra vet with Unix/Linux background
- Cybersec Engineer since 2025 - specialized in SIEM & Cloud Security
 - Music lover
 - Book reader
 - Vocalist/songwriter of **DEPHOSPHORUS**
 - Field recorder/sound manipulator @ **KOMMPOUND**
 - Trail runner
 - Hubby/father/catfather

RECAP FROM HACK THYSELF I

The problem

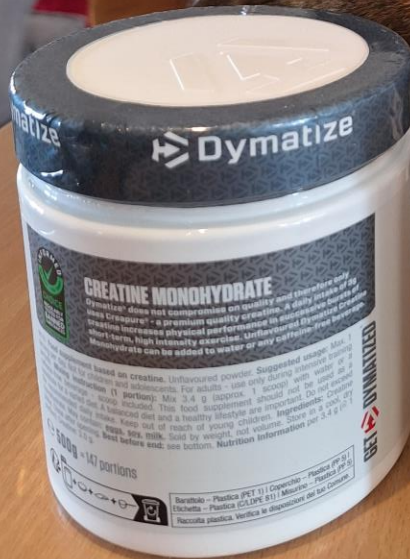
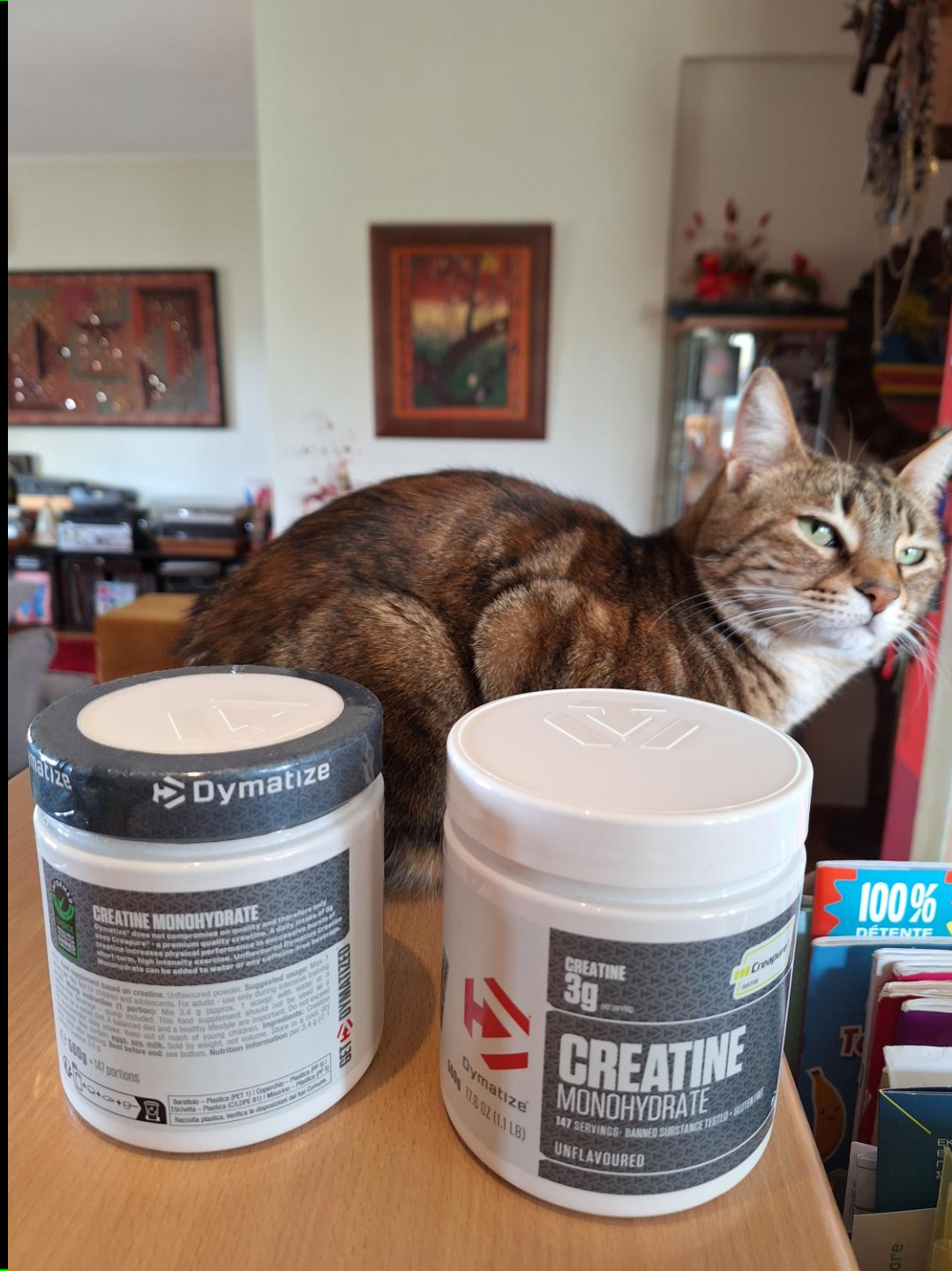
- Humanity is at a crossroads facing several crises and undergoing radical transformation.
- We are unwell, alienated in a technological society. Disconnected from nature. Lack/hunger of spirituality. Destruction of natural habitat. Virus outbreaks due to the rape of nature. Other pandemics: mental health, etc

The Playful Stack

- Heal ourselves by taking responsibility of our healing.
- Optimize ourselves to operate better.
- Build our own, diverse toolbox.
- Journey to become a better, happier, optimal version of ourselves.
- Heal humanity and our biosphere.

CREATINE

The low-hanging fruit of nutritional supplements



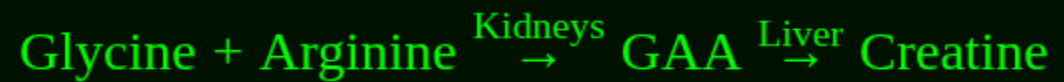
01 / BIOSYNTHESIS

Understanding the endogenous production and metabolic origins of the body's primary energy recycler.

ENDOGENOUS PRODUCTION PATHWAY

ORGANIC SYNTHESIS

Creatine is produced through a precise two-step collaboration between the kidneys and liver.



The body generates 1-2 grams daily, utilizing methionine as the final methyl donor.



DIETARY SOURCING & DISPARITY

Source Type	Dietary Contribution	Status
Omnivorous Diet	~1.0g / day (Red meat, fish, poultry)	Sub-optimal saturation
Vegetarian Diet	0.0g / day (Plant-based)	Dependency on synthesis
Internal Storage	~120g - 140g total (95% in skeletal muscle)	Peak capacity focus
Supplementation	3g - 5g (Monohydrate)	Full saturation target

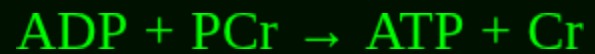
02 / PERFORMANCE

Scaling physical output through the optimization of molecular energy recycling and cellular fluid dynamics.

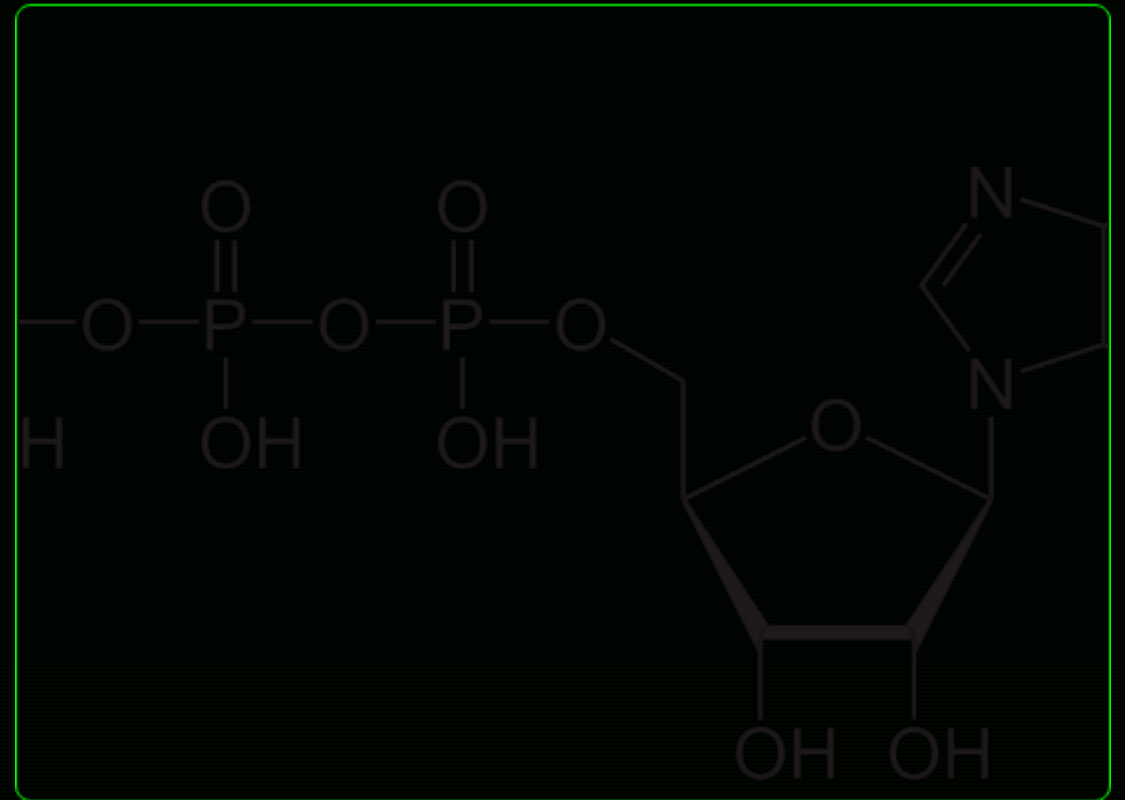
THE ATP BATTERY RECYCLING SYSTEM

ENERGY RECYCLING

Cells store only enough ATP for 3 seconds of maximum exertion. Creatine acts as the high-speed recharger.



By donating a phosphate group, Phosphocreatine (PCr) converts spent ADP back into active fuel instantly.

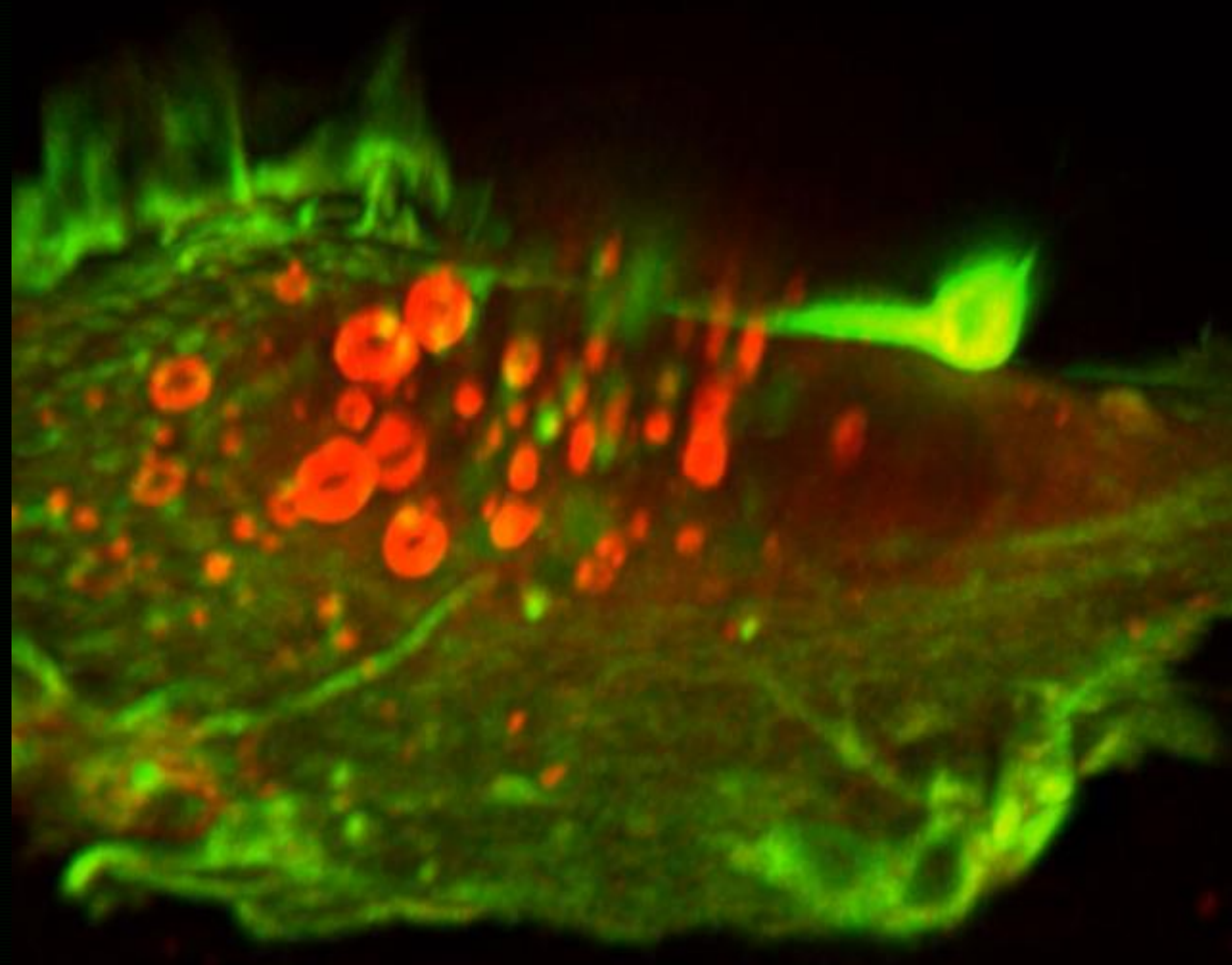


INTRACELLULAR HYDRATION

Creatine is a powerful osmolyte. It draws water **inside** the muscle cell, not under the skin.

Cellular Swelling: This internal fluid expansion triggers anabolic signaling pathways (mTOR), which initiates protein synthesis and accelerates tissue repair.

The result is a hydrated, leveraged muscle fiber with increased contractile efficiency and reduced training soreness.



03 / COGNITIVE FLOW

Enhancing brain bioenergetics and neuroprotection through the cerebral energy buffer.

CEREBRAL ENERGY EFFICIENCY

16%

OXYGEN COST
REDUCTION

HIGH-ENERGY FLOW STATE

Functional MRI (fMRI) reveals that creatine reduces the brain's oxygen BOLD signal by 16% during mental tasks. The brain achieves the same cognitive output with significantly less metabolic strain.

This creates a friction-less "flow state" experience, shielding executive function during sleep deprivation or intense focus.

NEUROPROTECTIVE DEFENSE



SHIELDING THE NETWORK

Creatine provides a metabolic cushion against neural stressors. It stabilizes mitochondrial membranes in diseases like Alzheimer's and Parkinson's where energy failure is central. Furthermore, pre-saturated brain creatine levels act as a literal shock-absorber for concussions (mTBIs), mitigating the immediate energy crash that occurs after head trauma.

STANDARDIZED INTAKE PROTOCOLS

Focus Area	Target Dose	Expert Timing
Muscle Performance	3g - 5g daily	Post-workout (with carbs/protein)
Brain & Longevity	10g daily (Split)	5g morning / 5g evening
Loading Phase	20g/day (for 5 days)	Optional; for rapid saturation
Product Form	Monohydrate	Micronized for solubility

THE CAFFEINATED MIND

A Post-Mortem: My Withdrawal Experience

– A Life Of Pain?

WHY I QUIT (AGAIN)

| System Overhaul Baseline

- ✅ The Catalyst: Required to transition to a homeopathic treatment necessitating 100% caffeine elimination.
- ✅ The Starting Baseline: Already pre-optimized over several years down to just one single lungo cup of French coffee per day.
- ✅ A Tactical Defuse: Gradual reduction (titration) prevents immediate catastrophic physical shutdown.



THE WITHDRAWAL TIMELINE

| 01 // Day 1: Severe Mental Fog

The processing speed of the brain throttled dramatically.

Encountered a heavy cognitive cloud making direct, high-level analytical focus exceptionally difficult.

| 02 // Day 2+: System Recovery

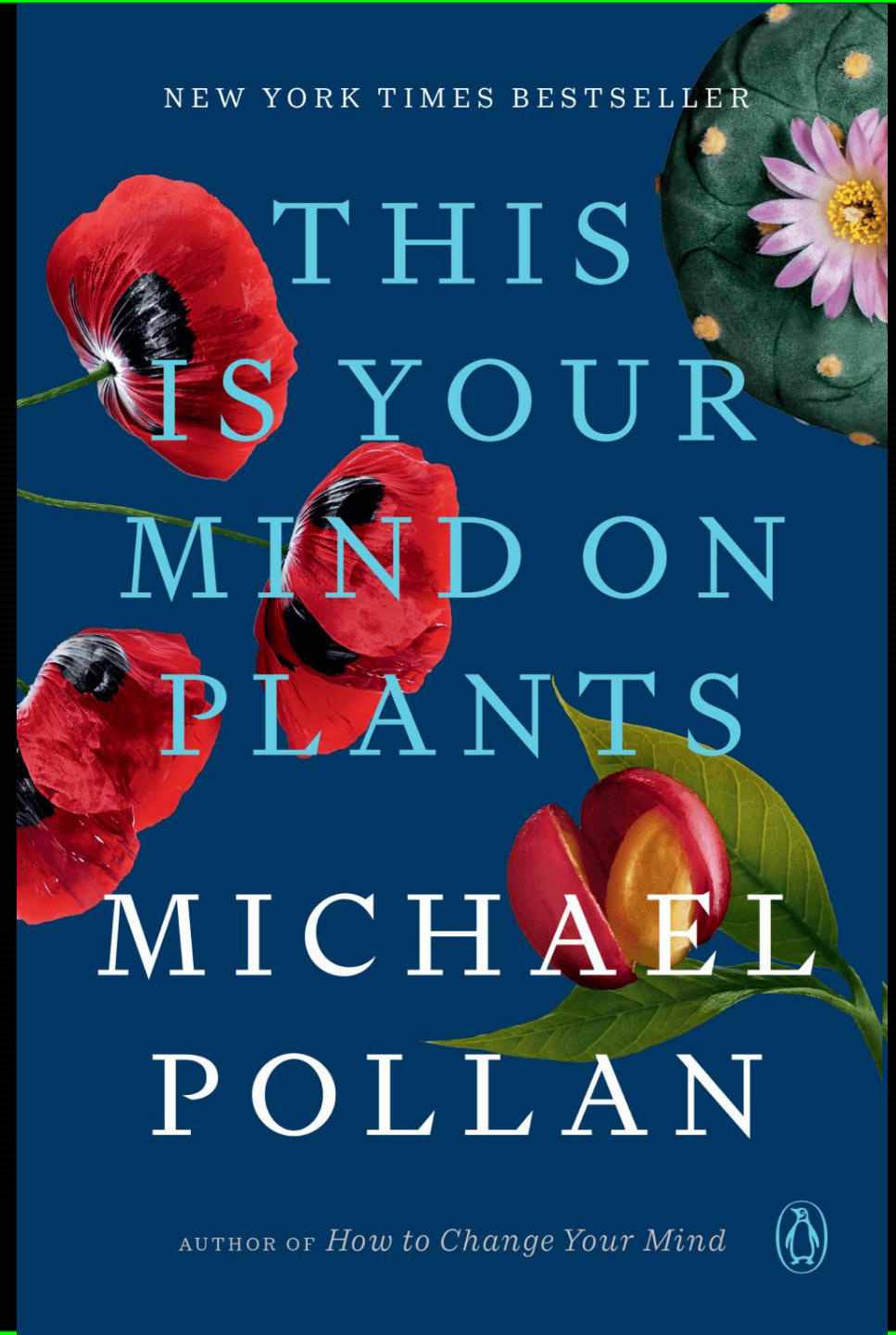
The mental fog cleared rapidly and cleanly.

Because of my previous years of titration, the system returned to optimal baseline activity without severe physical distress.

THE THREE-MONTH FAST

|Michael Pollan's Baseline

In his essay/audiobook *Caffeine: How Caffeine Created the Modern World* (and later compiled in his book *This Is Your Mind on Plants*), Pollan undertook a radical 90-day cold-turkey caffeine fast. He described a dark, persistent cognitive void. Pollan concluded his "true self" was intrinsically caffeinated, viewing sobriety as an alienated, incomplete state of mind.



DIVERGING FROM POLLAN

| Pollan's Assertion

"My caffeinated self is my true self."

Pollan concluded that without caffeine, the mind functions in an unnatural, permanently sluggish state of alienation.

| My Reality Check

Removing my single morning cup did not warp or dilute my core identity or sense of self.

PS: I had some flashbacks of a younger non-caffeinated self though.

THE CUP OF OPTIMISM

| Altering Emotional Baseline

- ☢ Beyond Fatigue Block: Caffeine runs a comprehensive background script on dopamine and adrenaline.
- ⚙ A Synthetic Horizon: Pollan accurately highlights the "cup of optimism" that tints our projects in a highly actionable, positive light.
- ⚖ The True Audit: Are we acting out of authentic intrinsic motivation, or merely operating under liquid optimization?



BREAKING THE ABSTINENCE

| "It was one of the most powerful drug experiences I've ever had in my life... It was psychedelic... It was like cocaine."

– Michael Pollan, breaking his 3-month abstinence

With a completely reset baseline, a single cup of brewed coffee produced an overwhelming rush of dopamine and hyper-focus, reminding him of how deeply psychoactive the substance truly is when tolerance is zero.



DEBUGGING YOUR BASELINE



| Identify Baseline

Determine if your momentum is true optimism or a chemically manufactured state.



| Titrate Wisely

Always engineer a slow off-ramp.
Gradual step-downs preserve cognitive continuity.



| Own Your Uptime

Who truly controls your cognitive baseline—you or your morning cup?

THE HUBERMAN PROTOCOL

Adenosine Receptor Clearance

- > **The 90-120 Min Rule:** Delay caffeine after waking to let natural cortisol clear adenosine.
- > **Benefit:** Mitigates the afternoon crash by ensuring receptors are naturally cleared before being blocked.
- > **Scientific Basis:** Adenosine buildup creates sleep pressure; blocking it too early prevents the morning "cleanup."



HACKING OUR CIVILIZATION

Deconstructing Myths of Human Nature

DECONSTRUCTING THE CORE MYTHS

The Ecological Doom

The false assumption that humans are biologically hardwired to devastate their environment and deplete natural resources until total collapse.

The Perpetual Warrior

The false assumption that patriarchy and institutional warfare are the default evolutionary states of human civilization.

THE ECOLOGICAL FALLACY

A Convenient Alibi

If environmental destruction is "human nature," no specific choice or system is responsible. This myth acts as a shield for systems currently depleting our world.

Hardware vs Software

We are told destruction is in our hardware (DNA). In reality, it is a script running in our current cultural software (Dominator culture).

PROOF: THE AMAZONIAN SYNERGY

Jeremy Narby's Insights

Indigenous tribes of the Amazon provide physical proof that humans can live in advanced ecological synergy for millennia.

- </> Sophisticated botanical and molecular knowledge.
- </> Achieved through a communicative partnership with the living network.
- </> Humans as custodians, not extractors.



THE WARMONGER PROTOCOL

The False Baseline

We are taught that history is an unbroken chain of violence. This assumes that the last 5,000 years of Dominator culture represent the entirety of human nature.

System Overwrite

Patriarchy and institutional warfare are recent "cultural protocols" introduced by external force, systematically erasing a peaceful past.

THE PARTNERSHIP BASELINE

Riane Eisler's Legacy

In 'The Chalice and the Blade' (1987), Eisler documents Neolithic 'Old Europe' as a long period of peace and egalitarian cooperation.

- ✓ Absence of defensive fortifications and weapons stockpiles.
- ✓ Focused on the 'Chalice' (the power to nurture life).
- ✓ Peaceful, matrilinear, and communal social structures.



OLD EUROPE

Neolithic Old Europe

Archaeological evidence from Marija Gimbutas documents a stable, peaceful, agricultural civilization (7000–3500 B.C.E.). Findings show matrifocal social configurations and an absence of weapon stockpiles or defensive fortifications, confirming a partnership-oriented social matrix prior to the Kurgan invasions.

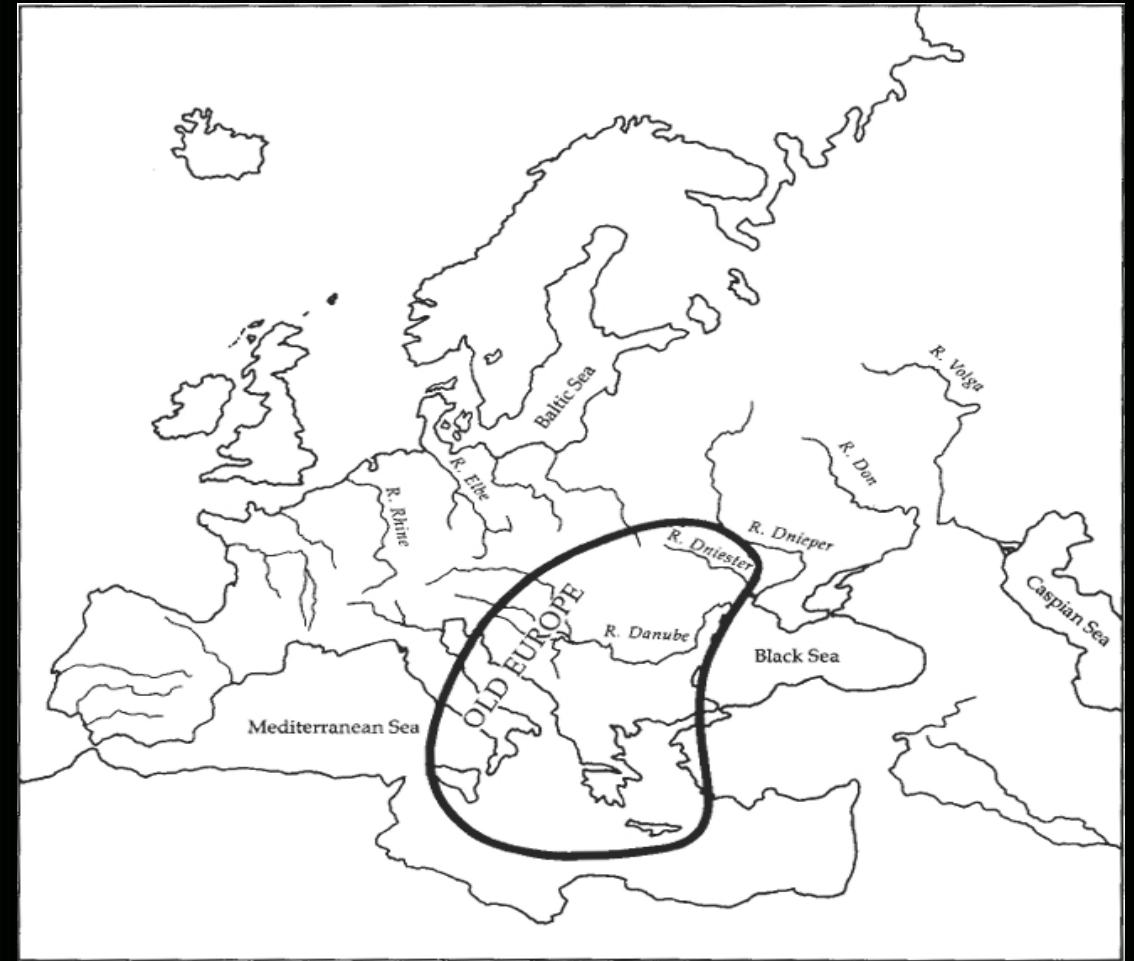


Figure 5: Early Civilization of Old Europe (ca. 7000 to 3500 B.C.E.)

THE VECTORS OF DOMINATION (4000 – 1000 BCE)

Kurgan Wave One

The historical shift toward the dominator configuration began with nomadic pastoralist incursions from the Pontic-Caspian steppe (ca. 4300-4200 B.C.E.). Figure 6 tracks the initial infiltration path, introducing horse-based mobility, patriarchal ranking, and institutionalized violence into the agricultural regions of Old Europe.

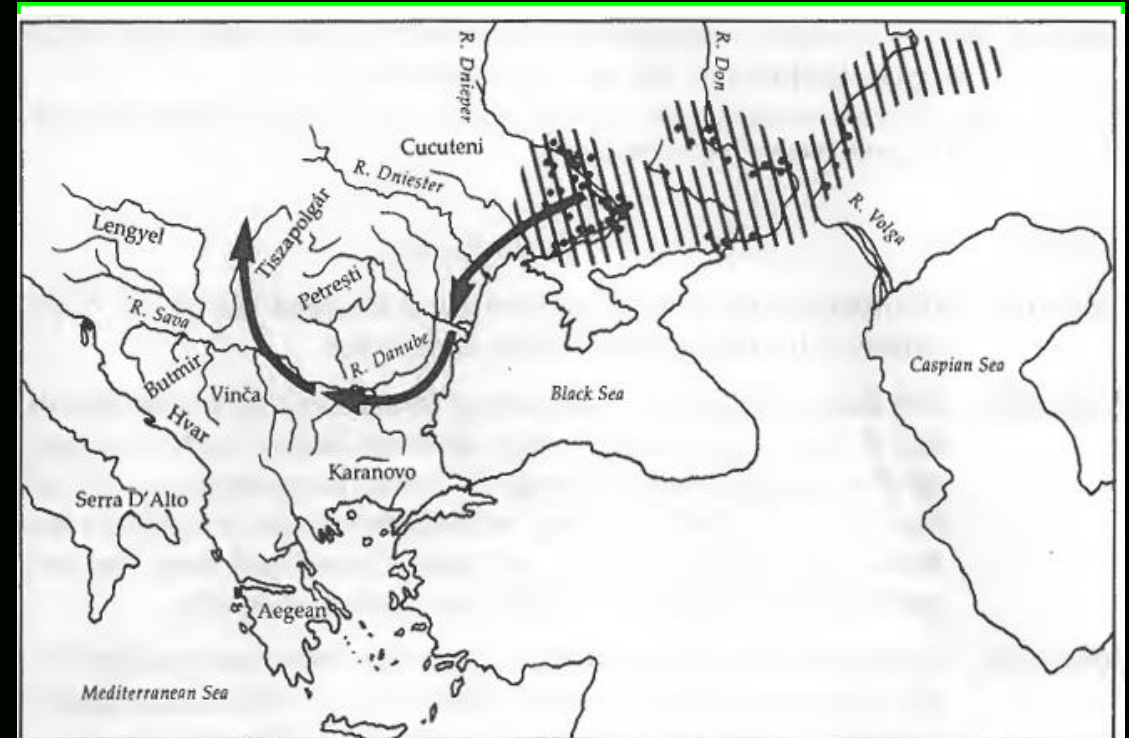


Figure 6. Kurgan Wave One (ca. 4300 B.C.E. to 4200 B.C.E.)

Arrows show main invasion routes for earliest Kurgan incursion primarily into Old European cultures of Karanovo, Vinča, Lengyel, and Tiszapolgar.

Source: 1986 revision for this book by Marija Gimbutas of map originally appearing in *The Journal of Indo-European Studies* 5, no. 4 (Winter 1977): 283.

Kurgan Wave One Migration Routes

THE VECTORS OF DOMINATION (4000 – 1000 BCE)

Kurgan Wave Three

The final large-scale displacement (ca. 3000-2800 B.C.E.) established the institutional "Blade" paradigm across the continent. During this period, incursions into the Levant systematically replaced matrifocal icons with exclusively male, warrior divinity archetypes, overwriting the earlier partnership configuration.

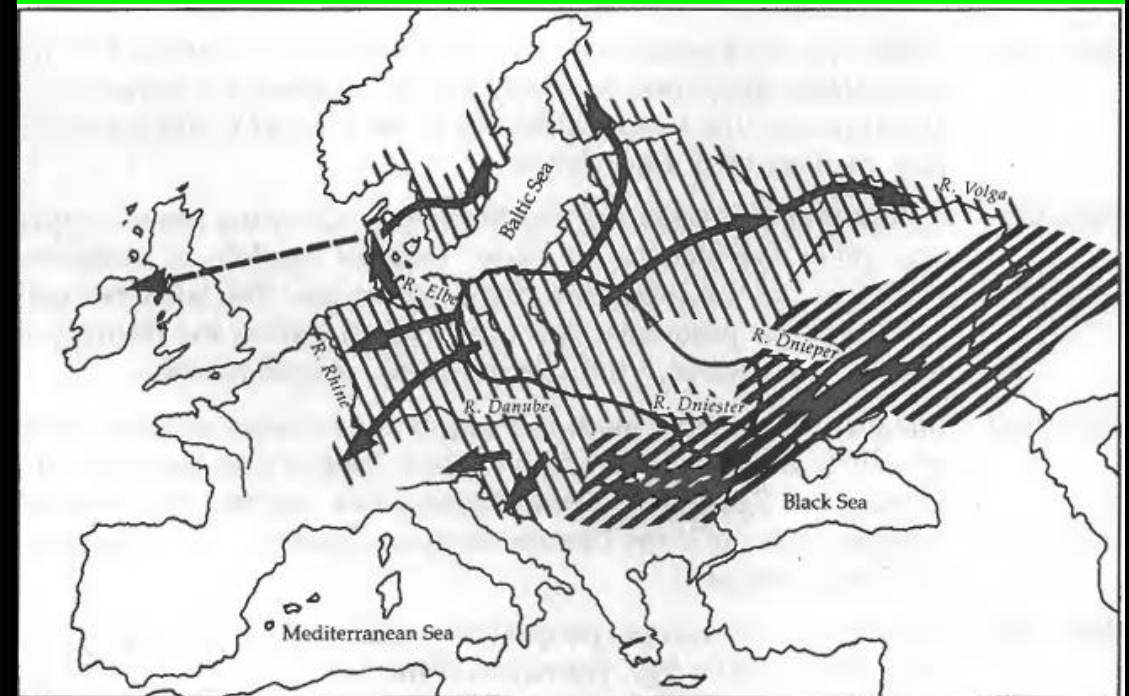


Figure 7. Kurgan Wave Three (ca. 3000 B.C.E. to 2800 B.C.E.)

Arrows and shaded areas show later incursions by Kurgans from steppes (eastern area of dark bars) and from hybridized cultures (e.g., oblong area in center of map). Dotted line shows possible route to Ireland.

Source: 1986 revision for this book by Marija Gimbutas of map originally appearing in *The Indo-Europeans in the Fourth and Third Millennia* (Karoma Publishers, 1982).

Kurgan Wave Three Migration Routes

THE LAST SANCTUARY

Minoan Crete: Old World's last partnership society

Protected by its maritime geography, Minoan Crete sustained a vibrant partnership configuration long after the mainland fell to warrior-dominated structures.

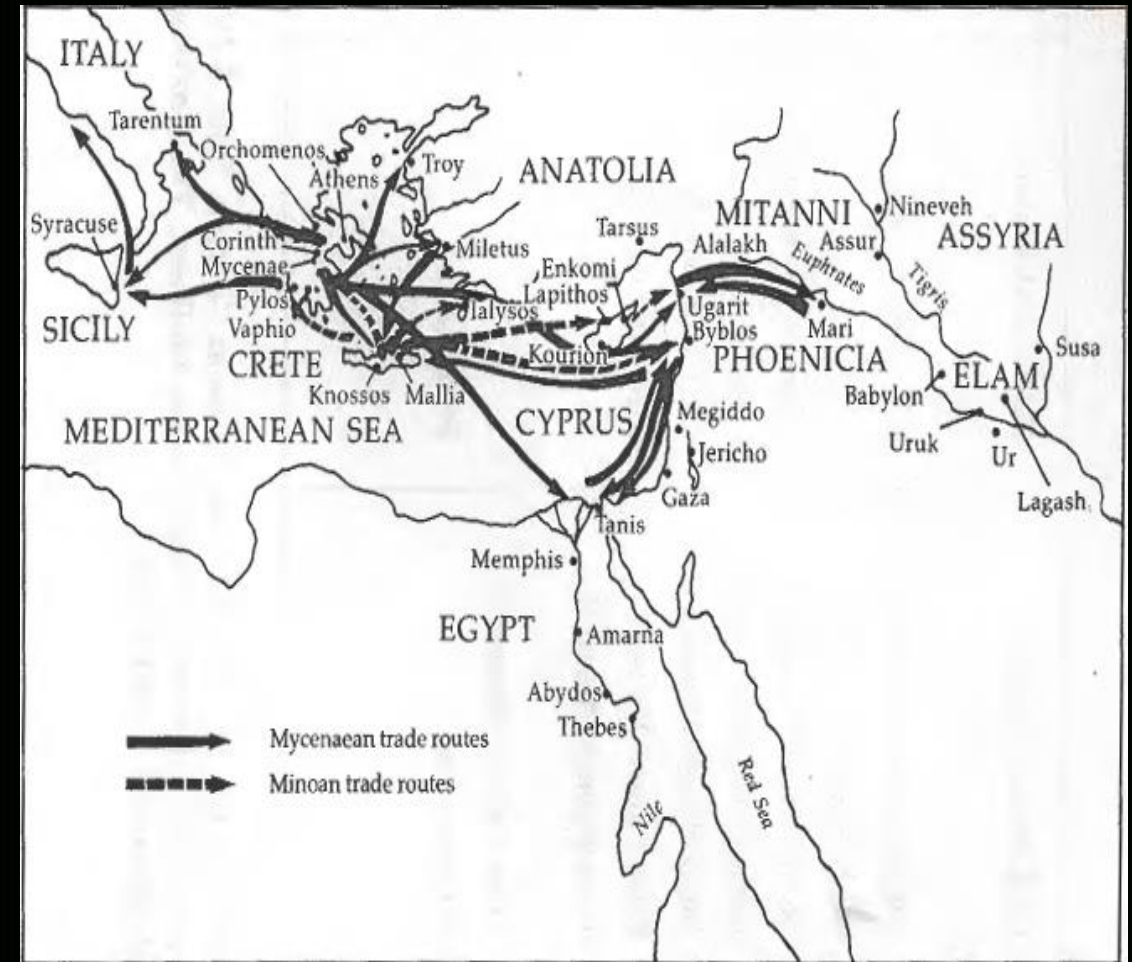


Bull-Leaping Fresco, Late Minoan painting from Knossos, Crete, depicting young people vaulting over a bull, c. 1450–1400 bce; in the Heraklion Archaeological Museum, Crete

THE LAST SANCTUARY

Minoan Crete: Trade and Persistence

This figure tracks the Mediterranean trade routes that circulated the products of this gender-equitable, goddess-respecting civilization prior to the final Bronze Age collapse.



Minoan and Mycenaean Trade Networks (ca. 1600-1200 B.C.E.)

COMPARING SOCIAL SYSTEMS

Parameter	Partnership System	Dominator System
Core Symbol	The Chalice (Nurturing Life)	The Blade (Dominating Life)
Social Structure	Egalitarian / Matrilinear	Hierarchical / Patriarchal
Nature Protocol	Symbiotic Custodian	Exploitative Extractor
Sacrament Use	Healing & Community	Control & Conquest

THE FOUR CORNERSTONES OF TRANSFORMATION

Cornerstone	Dominator Context	Partnership Alternative
Gender Roles	Ranking of male over female; devaluing of feminine traits.	Equal valuing of both halves of humanity; mutual respect.
Childhood	Socialization based on fear, obedience, and force.	Nurturing models focused on empathy and self-actualization.
Economics	Valuation of exploitation, extraction, and armaments.	The "Caring Economy" valuing life-sustenance and welfare.
Narratives	Glorification of conquest and inevitable warfare.	Emphasis on human capacity for creation and cooperation.

THE SOLUTION: STRUCTURAL REVALUATION

The Caring Economy

Riane Eisler argues that repairing social degradation requires the economic measurement and rewarding of care work. This shift reorients the social model from destruction toward regeneration.

Policy Implementation

Transitioning GDP metrics to prioritize systemic welfare over material production. Subsidizing childhood infrastructure and environmental stewardship to restore the partnership center.

THE GODDESS AND THE HERB

Chris Bennett's Thread

The suppression of the ancient Mother Goddess directly mirrors the prohibition of her sacred sacraments, specifically cannabis.

Sacred Weaving

Hemp provided textiles, medicine, and spiritual connection. It was a binding agent for Partnership societies before its co-option by Dominators.

THE CANNABIS PARADOX

Context	Partnership Model (Chalice)	Dominator Model (Blade)
Purpose	Communal healing, textile foundation.	Warrior ecstasy, military invocations.
Access	Mass communal connection.	Restricted priestly / warrior elite.
Culture	Matrilinear, peaceful agriculturalists.	Patriarchal, nomadic conquerors.
Primary Source	Old Europe / Fertile Crescent.	Indo-European / Hebrew invasions.

Rewrite the Code

Human nature is not hardcoded. We can choose to reboot.

[Questions? Discussion?]