

Philosophical Advice from Dr. Ouellette
Go Slowly into the Dark, Go Fast into the Light
By Dr. Victor Jean Ouellette, DC, MS

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1. Go slowly into the dark.
2. Go fast into the light.
3. Beware of those people who tell you that the dark **'IS the light'**.
4. Use your beacon and protect yourself.
5. Find a guide and use your guide.

Master the art of using your human thinking brain to overcome your animal, stimulus-response, emotional, **reacting** brain.

- The emotional brain is an ancient brain from the mammalian line of animals. It does not think. It reacts to stimuli.
- These rules bring up the question, "What is the 'Dark' and what is the 'Light'?"

Let's explain it this way. If you are jogging in your basement in the middle of the night with no lights on, you may realize there are little tiny lights here and there, for instance, the light of a smoke detector or, the LED light on a light switch plate. These tiny lights may be a beacon for you to orientate yourself in the basement.

There may also be philosophical questions about going somewhere without thinking much about it and when you don't have very much knowledge about the place. That would be going into the dark.

- Getting knowledge helps shed more of the light. Knowledge is often going to provide evidence to build a decision around. Failing to get the knowledge will lead you into the dark.
- Believing something based on an emotional response, without any evidence, would lead you into the dark.

Why is it that sometimes you may see things, or hear things, that aren't really there?

The brain is genetically programmed to make sense of what it sees, hears, feels and senses with its other senses. This is a survival mechanism. Consequently, a scotoma visualized out of the corner of your eye may be interpreted as movement if the lighting is just right, like at dusk or dawn, and your brain interprets this shadow on the retina as though a person is there. But, when you turn your head to look there is nothing there. This is a normal functioning of the survival mechanism of the human brain.

'Scotomas' are spots inside the eye, inside the jelly of the eye, that cast a shadow on the retina.

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The shadow is interpreted as movement when the jelly in the head swishes like the water inside a cup when you rotate the cup then set the cup down. This ‘swishing’ can occur when looking sideways quickly with the eyes without moving the head. With the ‘right lighting’ that scotoma will pass a shadow over the retina that your brain will interpret as movement and then struggle to make sense of something that is not actually there outside the eye. It is a phenomena inside the eye itself. The fast movement of the eye starts the gelly (vitreous) of the eye moving. That vitreous keeps moving after the eye stops. The scotoma shadow is sensed by the rods of the eye that are very sensitive to weak white light. The brain sends the signal “Watch out, someone is there.” You turn your head to see but, nothing is there. The brain can create (manufacture something that is not there) and visualize what it might call ghosts under those types of circumstances.

(Definition: Wikipedia: A [scotoma](#) is an area of partial alteration in the field of vision consisting of a partially diminished or entirely degenerated visual acuity that is surrounded by a field of normal – or relatively well-preserved – vision. Every normal mammalian eye has a scotoma in its field of vision, usually termed its blind spot.)

[There is a really interesting test you can do with a pencil that has an eraser on the end. Get a piece of paper and learn how to find the blind spot in each eye. When you place the eraser in the blind spot of one eye then the eraser disappears. But when you pass the shaft of the pencil through the blind spot the shaft does not disappear. So, how come you can see that part of the pencil shaft when there is NO light coming from that part of the visual field? Understanding this phenomena of the brain helps a person understand the whole field of ghosts.]

‘Guides’ A guide can be something like a wall that you pass your hand along as you walk in the dark night. Or, it can be a person who can give you advice on how to think more like an advanced human rather than using your animal brain in an emotional way.

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