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A systems-level model of energy, biology, and consciousness.

Part I: Root & Source Theory

This theory is informed by human biology and by the “root and source” pairing referenced in the Hermetica. I’m using the terminology only because it accurately matches the structure I’m describing — not for metaphysical meaning.

Root and Source Theory

To understand where consciousness comes from — and how it functions — we have to start with the simplest biological truth: It takes energy to hold or conduct energy. Once you accept this, something else becomes clear very quickly:

If consciousness is a form of energy (the nervous system), then the body must also be an energy system. The body has to be built in a way that can safely hold, direct, regulate, and balance the energy that becomes consciousness.

That means the body must have the correct pathways and the correct frequency to contain this energy without being damaged by it — and without destabilizing it.

This is exactly what homeostasis does.

The sympathetic and parasympathetic systems maintain the balance so that consciousness can function.

If that balance is disrupted, the entire system shifts immediately to restore equilibrium. That is not psychological; it is biological. Consciousness depends on that stability.

So when I say, “We are energy,” I also mean that the body is the structure that must continuously manage that energy, every second, or consciousness starts to destabilize.

This pairing of energy and structure — the body as conductor, the nervous system as source — is the basis of the theory.

Life

We don’t yet know the exact mechanism of how consciousness “pairs” with the body, but my theory is that this pairing begins at first breath — the moment oxygen enters and activates the nervous system fully.

This moment forms the first connection between the body’s biological energy and the consciousness energy that will develop over time.

Because of this dependence, consciousness cannot exist outside a biological body.

The body is the conductor, the container, and the infrastructure. Without the structure, the function has nowhere to occur.

This relationship is similar to the way dark matter provides pathways for dark energy.

The body is the pathway.

Consciousness is the energy moving through it.

Humans are unique because we contain two interconnected energy components:

1. Source energy — the learned consciousness
 - a. This begins with the first breath.
 - b. It is shaped by experience, learning, memory, and self-awareness.

2. 2. Root energy — DNA

- a. This is inherited energy.
- b. It is built during the first nine months of development, shaped by the mother's biology.
- c. It contains generational learning at the biological level.
- d. Female bodies have evolved chemically to determine when a developing body is ready to exist outside the womb — this too is energy-based regulation.

Together, source energy and root energy create the full human self.

Both are required.

Neither can exist independently.

Death

From this model, our lifespan has a logical limit:

Consciousness can only develop within the specific structure of this particular body — and each body comes from one specific lineage (this mother, this DNA, this energetic root).

When the body eventually can no longer sustain the system — structurally or energetically — the energy that powers the nervous system releases.

This release is measurable at the moment of death.

But the source energy that powered the nervous system cannot recreate the same person again, because it cannot rejoin the same root. A new body creates a new combination — a new separation of root and source.

This is why:

A source can have many roots.

A root can only have one source.

The individuality — the particular consciousness — happens only once.

Root and Source Theory Part II: Questions and Responses

What do you mean by energy? Scientific or metaphorical?

My theory uses energy in the biological sense.

Energy is not metaphorical, spiritual, or mystical. It is:

- the electrical activity of the nervous system
- the chemical energy transferred through oxygen and iron
- the stability of homeostasis
- the kinetic and metabolic processes that keep the body alive

When I say “consciousness is energy,” I mean:

consciousness is the organized electrical-chemical activity of a living nervous system.

When I say “the body must hold and conduct energy,” I mean:

the body must maintain stable pathways so consciousness can function without collapsing.

This is not theoretical “life force.” This is measurable biological energy — the same energy that:

- fires neurons
- regulates autonomic function
- keeps the heart in rhythm
- powers metabolic cycles

Everything in my theory uses real, biological, testable energy.

If consciousness requires a body, how do you explain near-death experiences or awareness during flatline?”

My autonomic dysfunction shows the answer directly.

I collapse, faint, and “flatline” functionally almost every day.

My body becomes unresponsive — doctors and bystanders assume I’m unconscious.

But I am fully conscious inside a body that temporarily cannot respond.

This proves awareness can remain active even when biological responsiveness collapses.

Near-death experiences are not souls leaving the body. They are moments where:

- the body loses functional stability
- the energy system is still briefly active
- consciousness is still present
- the pathway (body) is failing but not yet disconnected

At true biological death, there is a measurable energetic release:

the nervous system's energy leaves because the body can no longer hold it.

What people interpret as seeing heaven or “leaving the body” is actually:

the final window where consciousness is still active while the body has already stopped functioning.

This same window happens to me repeatedly — which is why I understand it clearly.

If source energy can pair with different bodies, why don't we remember past roots?

Memory is biological, not energetic.

Even if “source energy” could theoretically pair with a new body, memory depends entirely on:

- a specific brain
- specific neural connections
- specific chemical pathways
- specific life experiences

When the body dies:

- the root (physical body)
- the neural architecture
- the memory structures

all collapse.

Source energy does not store memory on its own.

Therefore:

A new root = a new body = a new brain = no access to any previous memories.

This explains why:

- people do not remember past lives
- consciousness cannot “carry” memory outside the nervous system

Only the nervous system stores memory, and it dies with the body.

If consciousness begins at first breath, what is fetal awareness?

Fetal activity is biological, but it is not consciousness of the self.

Before birth:

- the fetus is powered by the mother's energy
- neural activity is driven by maternal chemistry
- reflexes and movement are automatic
- the fetus is still part of the mother's biological system

There is no independent energy system yet.

Consciousness begins when the baby takes its first breath. The introduction of oxygen:

- activates independent neural oscillations
- initiates independent autonomic regulation
- separates the baby's energy system from the mother's
- creates a new unified self

Fetal behavior ≠ consciousness.

Consciousness begins when the system becomes autonomous — at first breath.

Even Christianity reflects this: life is breathed into the body.

This is the physical moment the system becomes an independent energy system.

Can artificial intelligence ever have consciousness?

No — AI cannot have consciousness, because consciousness depends on a biological pathway.

In my theory, everything comes down to biology:

- atoms • protons • neutrons • electrons
- energy transfer • kinetic movement • homeostasis

These are the building blocks that create the specific conditions for consciousness.

Consciousness only forms when source energy pairs with a biological root — a living body.

AI has no biological root, no metabolism, no oxygen-based activation, no homeostasis, and no energetic boundary. It cannot conduct the kind of energy that becomes consciousness.

AI models are limited by the person using them. They have:

- no body
- no source energy
- no biological pathway
- no nervous system
- no autonomous learning
- no lived experience

Everything AI generates comes from human input.

It does not experience anything and cannot produce consciousness without biology.

AI is a simulation — not a consciousness.

How does your theory interact with religions that say life begins before birth or continues after death?

I don't think most religions originally taught that life begins before birth. In early texts, life usually begins with breath.

This pattern appears in:

- Christianity
- the Hermetica
- many ancient origin stories

Breath marks the moment the body becomes “alive.”

Over time, religion became tied to politics and culture. Interpretations changed.

My theory aligns with the original pattern:

Life — meaning consciousness — begins when breath activates the body and separates it from the mother.

This matches both biological reality and early religious frameworks.

Is this scientifically testable, or is it just philosophical?

Yes — it is testable through repeatable patterns across systems.

Biology:

- kinetic energy • neural firing • autonomic collapse
- homeostasis • metabolic processes

Earth systems:

- geothermal flow • atmospheric balance • magnetic stability

Universe systems:

- gravitational wells • dark matter pathways • dark energy expansion

My lived medical experience is also a test case:

I remain conscious while my body loses function — a repeatable, documented pattern.

The pattern is measurable. The system repeats across domains.

If energy continues after the body dies, why doesn't consciousness continue?

Energy continues after death, but consciousness does not.

Consciousness exists because:

- universal energy
- oxygen-based energy
- biological energy

are connected through this specific nervous system.

Your consciousness = your energy + your biology.

When the biology dies, the nervous system collapses.

The structure that organizes the “you” pattern disappears.

Energy releases — but the self does not continue.

There is no continuation of identity, only the release of unpatterned energy.

How does this theory explain dissociation, collapse, and ‘coming back online’?

The theory describes two systems:

1. the body (root energy / biological conduction)
2. the consciousness (source energy / nervous system activity)

My disability is in the biological system (genetic mutation), not the consciousness.

My body cannot always hold the energy my brain produces.

It short-circuits, loses homeostasis, collapses, and reboots.

But my consciousness stays online.

During episodes:

- I hear my name
- I know I’ve collapsed
- I think “wake up, Kelly”
- I remember everything

The body fails. Consciousness remains. Reintegration happens when the body stabilizes.

This mismatch — high-capacity consciousness + unstable biology — explains dissociation, fainting, collapse, and reintegration.