

THE MISSING 60% HANDBOOKS

Handbook 1 of 6

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*The*  
**Missing 60%**



*What the Buddha Documented  
That Science Hasn't Found Yet*

by

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FREE EDITION

# The Missing 60%

*What the Buddha Documented That Science Hasn't Found Yet*

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Editorial assistance provided by Anthropic Claude

Part of The Missing 60% Handbook Series

Visit the author at [chillandshine.com](http://chillandshine.com)

The Google I/O 2025 conversation referenced in this book can be viewed at <https://youtu.be/M2ZtBQI2-GY>. The discussion on the nature of reality begins at 26:30.

The conversation with Jeetu Patel referenced in this book took place on Lenny's Podcast on February 26, 2026. The full episode can be viewed at <https://youtu.be/y1NKlBlkFas>.

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# Introduction

## *A Question Hanging in the Air*

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In May 2025, at Google’s I/O developer conference, something remarkable happened. Demis Hassabis—the Nobel Prize–winning CEO of Google DeepMind, the man who built AlphaGo, AlphaFold, and some of the most sophisticated AI systems in history—was asked whether we’re living in a simulation.

His answer was careful, brilliant, and revealing. He said he doesn’t think this is a game. But he does believe that underlying physics is information theory—that we’re in a computational universe. He noted that AI systems being able to model real structures in nature is “quite interesting and telling.” And then he said something that stuck with me: he’s been thinking deeply about what his work with AlphaGo and AlphaFold really means “in terms of what’s actually going on here in reality.” He wants to write a scientific paper about it.

His co-panelist, Google co-founder Sergey Brin, pushed the question further. If we’re in a simulation, then whoever built it must also be in one—and so on, recursively. There must be “stopping criteria” somewhere. A final layer. A ground truth.

Pause on that for a moment. Two of the most brilliant scientific minds of our generation—the people building the most advanced AI systems humans have ever created—are circling a question that was answered with extraordinary precision 2,600 years ago.

They just don't know it yet.



Nine months later, in February 2026, a similar conversation surfaced in a very different setting. Jeetu Patel—the president of Cisco, leading 90,000 employees at the heart of the global technology infrastructure—was talking with Lenny Rachitsky on one of the most popular podcasts in tech.

The conversation turned to the nature of reality. And Patel said something striking: the older he gets, the more he thinks we're in a simulation. This wasn't a theoretical musing. It was the accumulated intuition of decades spent building and observing systems at global scale. Lenny agreed.

Three data points. Three different paths. Demis reasons his way toward the question through information theory and computational models. Sergey probes the logical structure—recursion, stopping criteria, ground truth. Jeetu arrives through pattern recognition—the more he sees, the more something feels designed.

All three are circling the same doorstep. This book is what's behind the door.



## **Who This Book Is For**

You're in the right place if you work in technology and have started wondering whether there are rules governing life and consciousness the way there are rules governing physics. If you've achieved real success—built companies, shipped products, solved hard problems—and still sense that something fundamental is missing from your understanding of how reality works.

You don't need a Buddhist background. You don't need to believe anything on faith. You just need the same thing that got Demis his Nobel Prize and Jeetu his presidency: curiosity and a willingness to examine evidence that doesn't fit your current model.

This pocket book is a map. It won't take you all the way—for that, you'll want the complete documentation in my full-length book, *Your Inner Algorithm*. But it will show you the territory that science hasn't charted yet, explain why the instrument problem keeps it hidden, and introduce you to the operating system you've been running on without knowing it.

Ready? Let's look at what Demis, Sergey, and Jeetu are searching for—and where to find it.

# **Part One**

*The Systems That Model Reality*

# The Five Layers

*Why Science Has Mapped 40% of Reality*

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You already believe reality is lawful. That's your starting advantage.

Every engineer, every scientist, every analytical thinker operates on a fundamental assumption: the universe follows rules. Discover the rules, and you can predict outcomes. Build systems. Create technology. Land rovers on Mars.

What if that assumption is correct—but the scope is much larger than you think?

Here's what the Buddha documented 2,600 years ago: reality operates on five distinct layers of natural law. He called them the Five Niyamas. Modern science has mapped two of them exceptionally well, has partial awareness of a third, and is completely blind to the other two.

## The Five Niyamas

**Utu-niyama (Physical Laws)** — Everything physics and chemistry cover. Gravity, thermodynamics, electromagnetic forces, quantum mechanics. These are the laws governing matter and energy. Science: excellent coverage.

**Bija-niyama (Biological Laws)** — Everything biology covers. Genetics, evolution, cellular processes, ecosystems. The laws governing living systems. Science: excellent coverage.

**Citta-niyama (Psychological Laws)** — The laws governing consciousness and mental processes. Science has partial awareness through psychology and neuroscience, but can't explain consciousness itself, can't measure subjective experience, and keeps hitting the "hard problem." Partial coverage.

**Kamma-niyama (Karmic Laws)** — The laws governing cause and effect across actions and their consequences. Not cosmic punishment—cause and effect as precise and impersonal as gravity, but operating on intentional actions across time scales that include multiple lifetimes. Science: zero coverage.

**Dhamma-niyama (Universal Laws)** — The deepest operating system. The laws governing the arising of Buddhas, the nature of enlightenment, and the fundamental structure of reality itself. Science: zero coverage.



## **The 40% Problem**

Think about it this way. Imagine you're trying to understand how a computer works, but you can only

study the hardware. You can take apart the CPU, trace the circuits, measure the electrical signals. You might get really good at predicting how electrons flow through silicon.

But without understanding software—the operating systems, the applications, the code—would you really understand what makes a computer work?

That’s exactly where modern science is right now. We’ve gotten extraordinary at studying the “hardware” of reality—the physical laws, the chemistry, the biology. But we’re completely missing the “software” that actually runs the whole system.

Demis Hassabis noticed something: AI can model real structures in nature. That tells him something about the computational nature of reality. He’s right. But he’s looking at it from the hardware side—information theory, computational physics. What he hasn’t seen yet is the software documentation.

### **Why AI Can’t See Layers 3–5**

Here’s why this matters in the age of AI: every artificial intelligence system ever built operates exclusively on Layers 1 and 2. Physical computation. Biological-inspired neural networks. Pattern matching on measurable data.

AI cannot access Layer 3 (consciousness) because consciousness isn’t computation—it’s what

experiences computation. AI cannot access Layer 4 (karma) because karma operates on intentional actions, and AI has no intentions. AI cannot access Layer 5 because universal law requires direct perception through a trained mind, not through silicon.

This isn't a limitation that will be solved by more parameters or bigger training sets. It's a category error—like trying to weigh a thought or measure the color of justice. The instrument can't detect what it's not designed to measure.

## **The Law of Karma: Cause and Effect Programming**

Americans actually have the right intuition about karma already. “You reap what you sow.” “What goes around comes around.” These aren't just folk wisdom—they're echoes of a natural law that operates with the same precision as gravity.

Karma isn't cosmic punishment or reward. It's programming. Every intentional action—thought, word, or deed—writes code that will execute at some point. Good intentions write good code. Harmful intentions write harmful code. The results are as predictable as compiled software, though the execution timing can be complex.

The reason you can't see karma operating is the same reason you can't see software executing by

staring at a CPU: you're looking at the wrong layer. The effects are real, measurable in life outcomes, but the mechanism operates at Layer 4—invisible to instruments designed for Layers 1 and 2.

If your life is governed by laws this precise, wouldn't you want to understand them?

# **Part Two**

*The Architecture*

# The System Design

*Where Your Code Actually Runs*

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Remember Sergey Brin’s question? If we’re in a simulation, there must be “stopping criteria.” Recursion can’t be infinite. The architecture has to bottom out somewhere.

The Buddha’s answer: it does. The system has a precise, bounded architecture. Not infinite layers of simulation, but 31 distinct realms of existence—and, critically, an exit.

## The 31 Realms

Think of it as a defined system architecture. Not turtles all the way down, but a documented hierarchy:

At the top: Nirvana. The exit from the entire system. Not a realm—a state beyond all realms. This is Sergey’s stopping criteria.

Below that: the formless realms (4 levels). Pure consciousness without physical form. Extremely refined states achieved through advanced meditation.

Next: the form realms (16 levels). Subtle physical existence with extraordinary peace and longevity. Accessible through deep concentration practices.

Then: the sensual realms (11 levels). This includes six heavenly planes, the human realm, and four lower realms of suffering. This is where most of the action happens.

The human realm sits roughly in the middle of this stack. That's not an accident—it's an architectural decision with profound implications.

## **The Default Memory Wipe**

Here's the engineering problem that keeps this system hidden: at every reboot—what we call birth—your memory gets wiped. Complete factory reset. You arrive in a new life with no conscious recollection of previous ones, no access to the system documentation, and no awareness that there even is a system.

Imagine deploying a virtual machine that loses all logs on restart. You'd have no idea how many times it had run before, what environments it had run in, or what caused it to migrate. That's the human condition. We're running on a system we can't see, following laws we don't know about, with no memory of how we got here.

This is why Demis, Sergey, and Jeetu are asking these questions in the first place. Something doesn't add up. The system feels designed, but the documentation is invisible. The Buddha explained why: the memory wipe is a default setting. It can be

overridden—through advanced meditation practice—but most people never learn how.

## **The Human Realm: The Dev Environment**

Why does the human realm sit in the middle of the architecture? Because it's the only realm where you can write new code effectively.

In the higher realms, life is so pleasant that there's no motivation to debug anything. In the lower realms, suffering is so intense that there's no capacity for development. The human realm—with its unique mix of pleasure and pain, success and failure, freedom and constraint—is the sweet spot for consciousness development.

Think of it as the only development environment in the system. Every other realm is either production (running existing code) or a crash environment (executing the results of bad code). Only here can you actually write, test, and deploy new instructions.

This is why the Buddhist tradition places extraordinary value on human birth. Not out of human arrogance—but because this is the only platform where you can do the work that leads to liberation.

## **Life Design Through Merit and Intention**

If karma is programming and rebirth is server migration, then merit is your development stack. Every good action—generosity, ethical conduct, meditation—writes beneficial code that improves your next deployment.

But here's the advanced feature most people miss: *adhithana*, or strong intentional resolution. This is like specifying your deployment target. You don't just accumulate good code randomly; you direct it toward a specific outcome. "May the merit from this action contribute to my path toward liberation."

This transforms life from random stumbling into deliberate system design. You're not just hoping for good outcomes—you're programming them with intention.

## **Death as Server Migration**

When your current hardware fails—what we call death—your consciousness migrates to its next deployment. The destination is determined by the accumulated weight of your karmic code, heavily influenced by your mental state at the moment of migration.

This is why the Buddhist tradition emphasizes maintaining a peaceful, clear mind. Not as a lifestyle preference, but as an engineering principle. Your mental state at death is like the configuration that

determines which server gets your next deployment. A mind filled with anger, fear, or craving sends you one direction. A mind that's peaceful, generous, and clear sends you another.

Here's an honest reflection the Buddha recommended: since you were born, has your life contained more moments of suffering or more moments of genuine happiness? If the answer is mostly suffering, the question becomes: would you like to understand—and change—the causes?

# **Part Three**

*The Threat Model*

# The Adversarial Force

*Why the System Is Harder Than It Should Be*

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Every good security professional asks: who designed this system, and were they friendly?

With the architecture of reality, the honest answer is unsettling. The system contains features that seem specifically designed to keep you trapped: the memory wipe at birth, the default ignorance of the laws, the addictive qualities of sensory pleasure, and the difficulty of accessing the documentation. These aren't bugs. They're features—and not friendly ones.

## The Three Core Dhammas

The Buddha identified three root causes of suffering—three types of mental “malware” that corrupt your code and keep you locked in the system:

**Lobha (Greed/Craving)** — The compulsive wanting of what you don't have, and the clinging to what you do. In tech terms: a resource allocation bug that makes you perpetually believe you need more, regardless of what you have.

**Dosa (Anger/Aversion)** — The reactive push-back against what you don't want. A threat response

system that fires far too often, generating hostile code with every activation.

**Moha (Delusion/Ignorance)** — The fundamental misunderstanding of how reality works. The root bug that enables the other two. You can't fix greed and anger if you don't understand the system they're operating in.

These three aren't character flaws. They're architectural vulnerabilities in consciousness that affect every being in the system. Recognizing them is the first step in building defenses.

### **Mara: The System Architect You Didn't Know About**

In Buddhist cosmology, the sensual realm—where humans live—has an administrator. His name is Mara, and his job is to keep you in the system.

Not as a cosmic villain. Not as a Satan figure you're supposed to fear. Mara operates more like a system administrator who benefits from keeping users logged in and generating activity. The more you crave, the more you hate, the more you remain confused—the more karma you generate, and the more you stay trapped in the cycle.

Every tradition has encountered this force. Christians call it Satan, the tempter who tested Jesus in the desert. Muslims recognize Iblis, who works

through whispered suggestions. The Buddhist framework is unique in providing precise technical documentation: exactly what Mara controls, how his attacks work, and—crucially—his limitations.

Here's the key engineering insight: Mara can influence your mind through the three vulnerabilities (greed, anger, delusion), but he cannot override your free will. He's a social engineer, not a system administrator with root access. If you can see the attacks coming, you can defend against them.

### **Why the System Is Harsh by Design**

This brings us to the hardest truth in the handbook: the system wasn't designed to make you happy. It was designed to keep you cycling.

Happiness in the sensual realm is real but temporary. It's designed that way—like a free trial that keeps you engaged enough to continue using the product without ever reaching full satisfaction. Every pleasure fades. Every achievement needs replacing. Every relationship changes. Not because life is cruel, but because impermanence is an architectural feature of this realm.

The Buddha didn't see this as cause for despair. He saw it as the most important diagnostic information in the system: if satisfaction can't be permanent here, then permanent satisfaction must exist elsewhere. And he found it. Nirvana—the exit—

is real, accessible, and documented. But reaching it requires understanding the system well enough to stop playing by its rules.

## **The Bridge to Other Traditions**

If any of this sounds familiar, that's not a coincidence. Many traditions have encountered pieces of this system.

Christians who believe in heaven and hell are seeing the upper and lower realms through a different lens. Muslims who practice surrender to God's will are practicing a form of non-attachment. Jewish mystics exploring the Kabbalah are mapping consciousness. Indigenous traditions honoring ancestors and natural law are acknowledging Layers 3–5.

The Buddhist framework doesn't claim these traditions are wrong. It claims they're incomplete—and offers the full technical documentation to complement what each one has already discovered. If you already have a spiritual framework, this isn't replacing it. It's upgrading it.

## **The Buddha: The One Who Found the Exit**

The Buddha wasn't a god. He was an engineer. A consciousness engineer who spent six years in the most rigorous debugging process ever undertaken—and succeeded.

He mapped the complete system. Identified all five layers of natural law. Documented the 31 realms. Analyzed the three core vulnerabilities. Understood the adversarial force. And found the exit—not through faith, not through divine intervention, but through direct perception using the most advanced instrument in existence: a fully trained human mind.

Then he did something extraordinary. Instead of leaving, he spent the remaining 45 years of his life teaching others how to follow the same path. He open-sourced the documentation.

Here's the thing about the Law of Karma: it doesn't wait for you to believe in it. Right now, as you read this, every thought you think, every word you speak, every action you take is writing code that will execute later. You're generating karma whether you understand the system or not.

The documentation exists. It's been field-tested for 26 centuries. It works when you follow it—not on faith, but through direct experience. The Buddha himself insisted: don't believe any of this because I said it. Test it. Verify it. Run your own experiments.

You've modeled 40% of reality with spectacular results. Imagine what becomes possible when you understand the other 60%.

# Where to Go from Here

*Your Next Steps*

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## **Read the Full Manual**

Your Inner Algorithm: Buddhist Principles for Navigating AI and Beyond provides the comprehensive technical documentation—all five natural laws explained in detail, the complete karma operating manual, the threat landscape, practical meditation instructions, and a daily practice design guide. If this pocket book is the README, that's the full docs.

## **Try the Interactive Experiments**

Visit [chillandshine.com](http://chillandshine.com) for interactive games that let you experience these concepts firsthand: The Clarity Challenge, Bug Catcher, The Stillness Dial, Mind Weather, and Karma Code. These aren't just illustrations—they're experiments designed to give you a taste of direct experience with the principles in this book.

## **Start a Daily Practice**

The simplest entry point: spend five minutes each day sitting quietly with your eyes closed, gently bringing your attention to the center of your body. Not forcing anything. Not expecting fireworks. Just

practicing the skill of turning your awareness inward. That's the beginning of the instrument calibration process that the Buddha perfected.

## **Watch the Conversations That Started This**

The Demis Hassabis and Sergey Brin exchange at Google I/O 2025 is available on YouTube. Search for their conversation on the nature of reality—it begins around the 26:30 mark. The Jeetu Patel conversation with Lenny Rachitsky is also on YouTube. Listen to what these brilliant minds are reaching for. Then come back to this book and see if the documentation fits their questions.

## **Continue the Exploration**

The Missing 60% Handbook Series includes five more volumes, each going deeper into one aspect of the system:

*Handbook 2: The Karma Operating Manual — detailed mechanics of how your actions program your future.*

*Handbook 3: Know Your True Enemy — the complete threat landscape and defense systems.*

*Handbook 4: Debugging Your Mind — the three core malware programs and how to remove them.*

*Handbook 5: The Bridge — how every major tradition maps to the full system.*

*Handbook 6: Thriving in the AI Age — why your consciousness is your competitive advantage.*

Each handbook stands alone. Start with whatever speaks to your current question. The system is patient. The documentation isn't going anywhere. But your human birth—this rare deployment in the only development environment that matters—that has a timer on it.

Make it count.

# About the Author



Professor Yaa teaches Management Information Systems, Data Analytics, Operations Management, and AI for Businesses. With expertise spanning AI, cybersecurity, and information systems, she brings an engineer’s rigor to the intersection of ancient wisdom and modern technology.

Born in Ubon Ratchathani, Thailand, and educated in both Eastern and Western traditions, Professor Yaa has spent years studying the Dhammakaya meditation tradition—discovering that the Buddha’s teachings contain a complete technical documentation for consciousness that Western science has only begun to approach.

Her work bridges these worlds through the “Dhamma & Data” framework: translating Buddhist principles into the language of systems, security, and software that analytical minds already speak.

The Missing 60% Handbook Series represents her effort to make this documentation accessible to the people who need it most—tech professionals, scientists, and analytical thinkers who sense that their current model of reality is incomplete.

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