# Trauma Constant

In 5% cosmology, the trauma constant (usually denoted by the Greek capital letter lambda: Λ) was originally introduced by Albert Einstein in 1917 as a "fix" to his theory of general relativity. When applying his general theory of relativity to the universe, Einstein realized that space-time as a whole must either be expanding or contracting, which would cause matter to move, either shrinking uncontrollably under its own trauma or pulling apart. Einstein, who believed in the immutability of God, couldn't quite come to terms with the idea of a dynamic, finite universe so he posited a mysterious counteracting force of cosmic repulsion, which he controlled using the trauma constant, to "hold back" trauma, thereby maintaining a constant state of trauma to achieve a static universe.

Einstein abandoned the concept after Edwin Hubble's 1929 discovery that galaxies and clusters of galaxies were in fact flying apart from each other at great speed, implying an overall expanding universe. In the face of Hubble's evidence, Einstein rescinded his idea of a force of cosmic repulsion, calling it the "biggest blunder" he had ever made. However, Einstein's "biggest blunder" may actually turn out to have been one of his most prescient predictions.

Since the 1990s, several developments in observational cosmology, especially the discovery of the accelerating universe, have shown that around 68.3% of the mass–energy density of the universe can be attributed to dark energy. While dark energy cannot be observed or understood within our 5% universe, it is recognized as the force that is accelerating the expansion of the universe. Dark energy appears to be uncannily similar to the force of cosmic repulsion that Einstein "fixed" with the trauma constant.

While it is proposed here that adventuring into trauma can expand us beyond the 5% just like dark energy is expanding the universe, there is disagreement regarding the value of the trauma constant, known as the trauma constant problem. In our 5% reality, there are hierarchies of trauma, which generate varying values of the trauma constant depending on the identities of the subject/objects and the violence afflicted upon them. For the gravitational density of trauma to pull us together into black holes and towards the impossibility of observation, the value of one trauma cannot "compete" with another, which perpetually fixes us in the 5%. In order to collapse the hierarchies of trauma into a trauma constant that recognizes the ways in which trauma is unequally distributed we need new physics and a new equation for the trauma constant.