

# Metaphysics of brain-body cyclic circuit and meditation

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# Introduction

- \* **Metaphysics** (or metascience), in author's sense, is a philosophy that uses science to derive the “meta-counterpart”
- \* This presentation mostly contains unverified postulations and theories

# Human senses as cyclic symmetry: The missing 7<sup>th</sup> and 8<sup>th</sup> senses

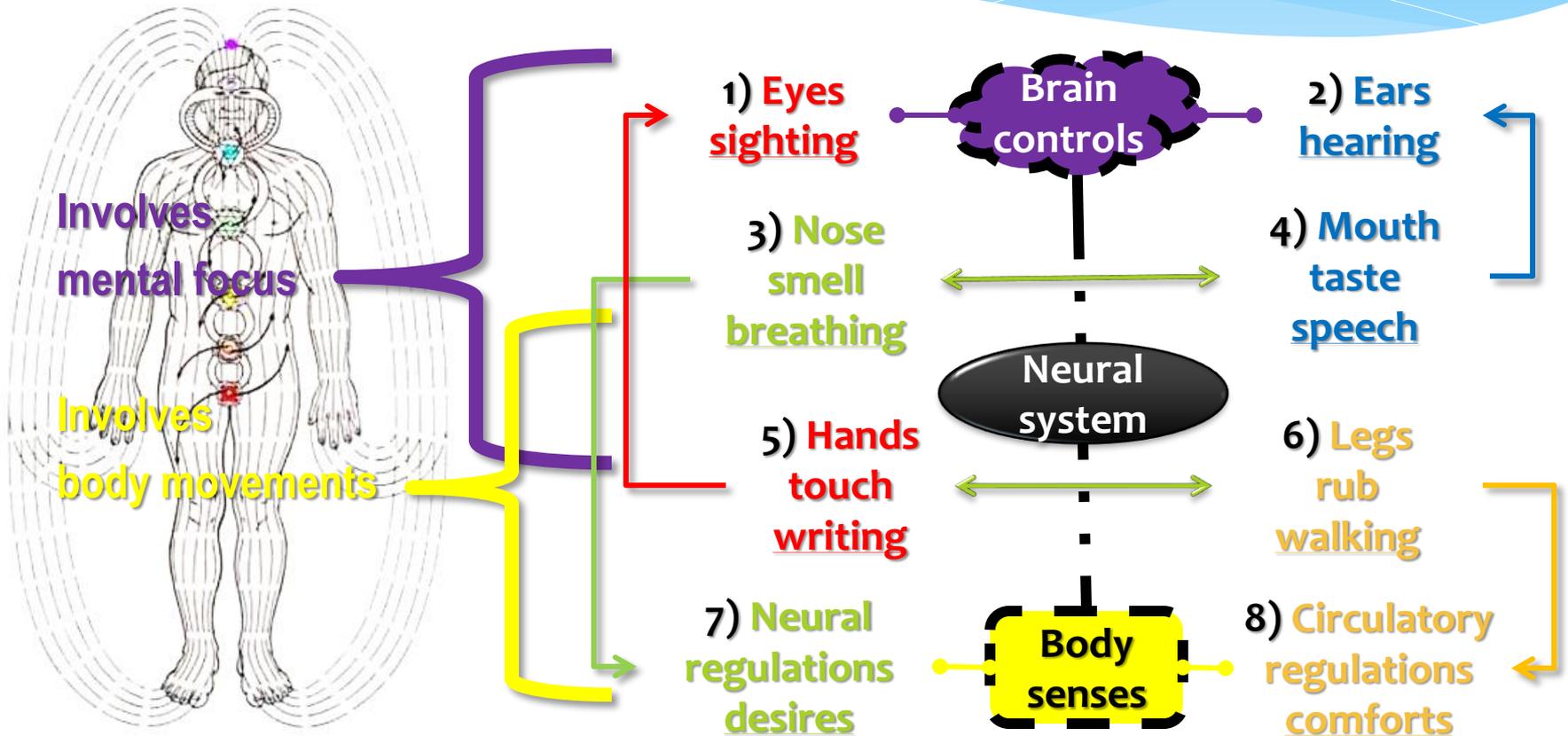
- \* Quantum physics has showed that the elementary particles is symmetrical. So how about human?
- \* We speak with mouth and listen with ears; we write with hands and read with eyes
  - \* Symmetry: Mouth-ears, **Hands-eyes**
  - \* Which are: Taste-hearing; **touch-sighting**
- \* We can breath with mouth instead of nose and walk with hands instead of legs
  - \* Symmetry: **Mouth-hands**, **nose-legs**
- \* We are unable to taste without smell and unable to feel touch without rubbing
  - \* Symmetry: **Taste-touch**; **smell-rub**

# Human senses as cyclic symmetry: The missing 7<sup>th</sup> and 8<sup>th</sup> senses

## \* Deriving the seventh and eighth senses

- \* 1) **Eyes - sighting** – 2) Ears - hearing
- \* 3) **Nose - smell - breathing** – 4) Mouth - taste - speaking
- \* 5) **Hands – touch - writing** – 6) **Legs - rub - walking**
- \* 7) **??? - ???** – 8) **??? - ???**
- \* **1) Sighting – Electromagnetic **wave****
- \* **2) Hearing – Particle wave**
- \* **7) Electric current > Neural regulations – Desires > Breathing, hunger, thirst, excretory system, sex, sleep**
- \* **8) Particle current > Circulatory regulations – Comforts > Walking, flow, pressure, concentration, blood, lymph, hormone, nutrient**

# Human senses as cyclic symmetry: Circular pattern of 8 senses



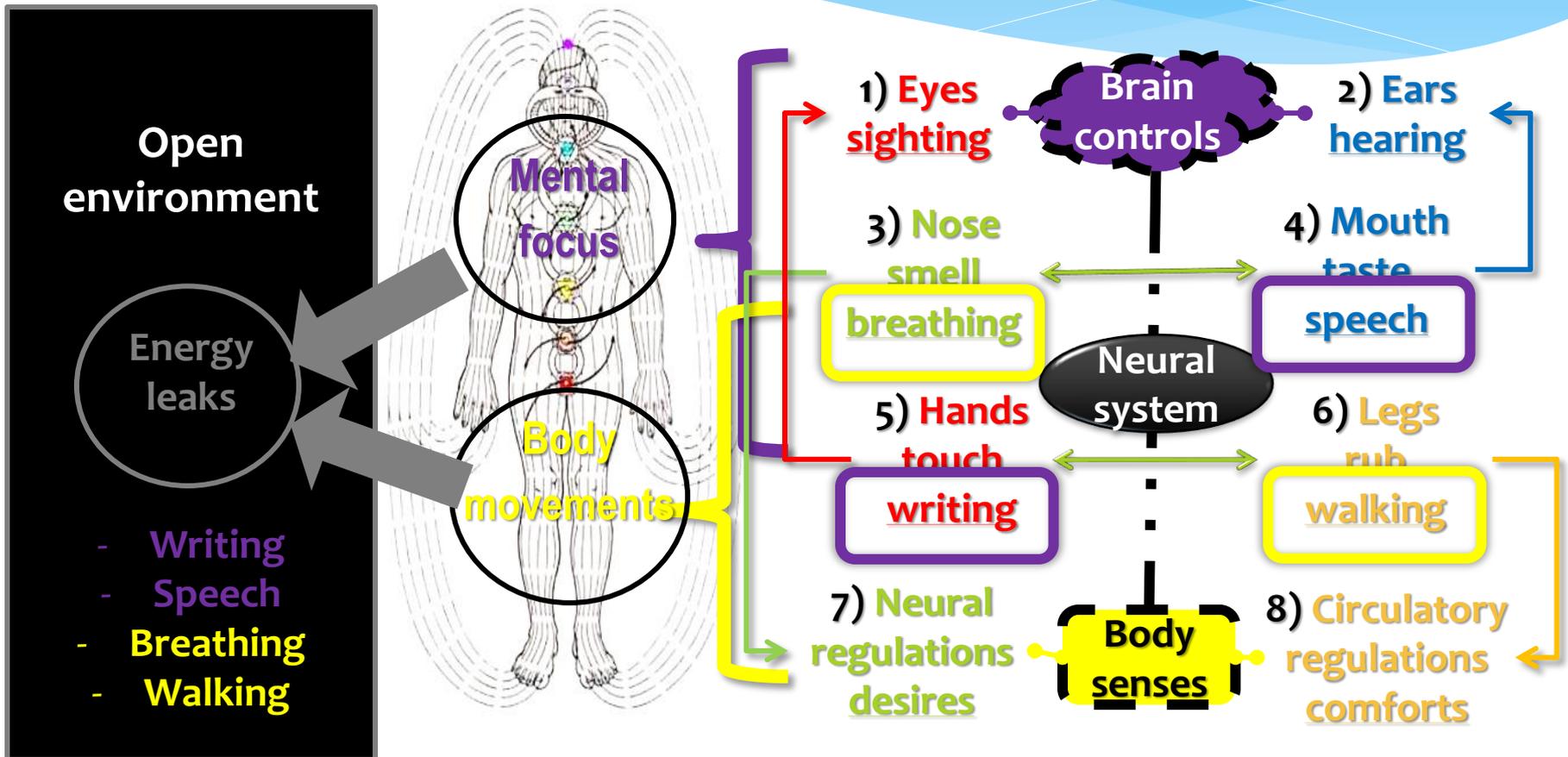
# Brain-body cyclic circuit: Energy leakage and disorder

- \* With the circular symmetry of human senses, it simplifies the brain-body relation as circular circuitry **neural network**:

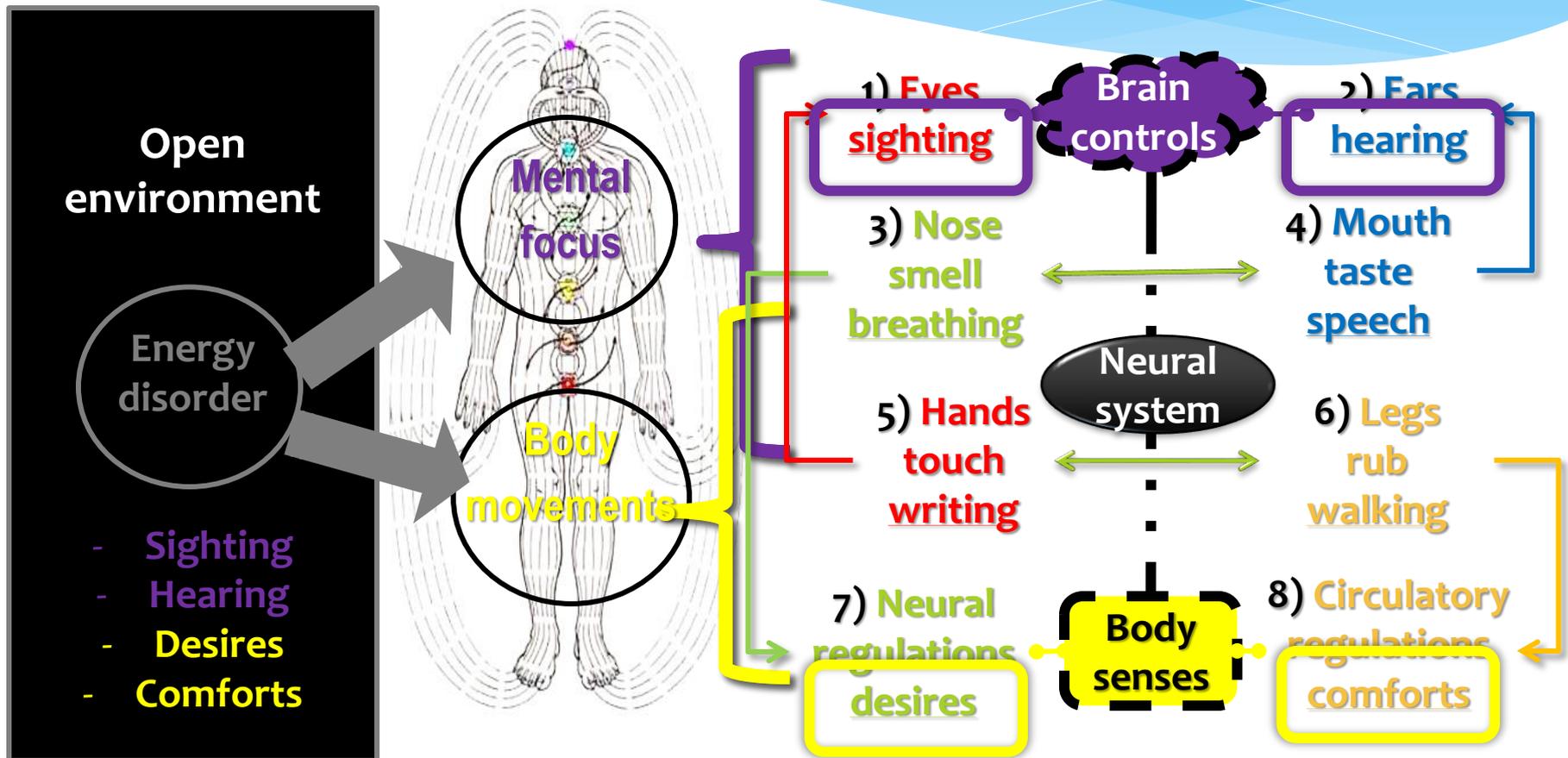


- \* The circular circuit loses its energy to the open environment when the mental focus and body movements are used outward
  - \* Leaks through 5) writings and 4) speeches and becomes disordered through 1) sightings and 2) hearings >> Mental losses
  - \* Leaks through 3) breathing and 6) walking and becomes disordered through 7) desires and 8) comforts >> body losses
    - \* Circular circuit leaks energy when it runs with an open environment and without rearranging disordered energy its **entropy** increases

# Brain-body cyclic circuit: Energy leakage and disorder



# Brain-body cyclic circuit: Energy leakage and disorder



# Brain-body cyclic circuit: Energy leakage and disorder

- \* The leakage and disorder causes the energy of the brain-body cyclic circuit depletes and gets blocked (entropy). This happens when a person works with environment and if this continues, there will be more leakages and disorders:
  - \* 1) Consuming external energy from environment to replenish the energy loss only brings more disordered energy in
  - \* 2) Disposing disordered energy into environment to eliminate the energy block only depletes more energy
    - \* Working with environment creates vicious circle and is irreversible
- \* Possible reasons of sleeping and meditation: To enclose ourselves from environment and work internally
  - \* Consume internal energy to replenish the losses
  - \* Rearrange the disordered energy internally
    - \* A reversible energy process since the entropy is not increased in the closed system

# Brain-body cyclic circuit: Energy isolation and rearrangement

- \* Entropy decreases by rearranging the disordered energy of a closed system
  - \* Will still requires consumption of external energy, just the energy has to be isolated from environment in order to arrange the disordered energy with the consumed energy
- \* Sleeping disconnects the brain and body, thus isolates from environment and processes the energy internally
  - \* Sleepiness is the sign of entropy increases in our energy
- \* Meditation isolates from environment but keeps brain and body connected while processes the energy internally
  - \* By putting the eight senses into a cyclic process
    - \* Read our own writings, listen to our own speeches (mental focus)
    - \* Regulate our own breath and steps (body movements)

# Brain-body cyclic circuit: Mental and physical cycles

- \* **There are two different cycles of sighting and hearing:**
  - \* **Mental cycle:** Brain can imagine and create imagery images and sounds
  - \* **Physical cycle:** Body can make different postures and noises which the brain recognizes as image and sound too
    - \* which then circulate back to sighting and hearing senses
- \* **However, it is impossible to focus on both at a same time**
  - \* Either you are trying to read your mental images or your body postures; and, either your are trying to listen to your mental sounds or your body noises
- \* **This derives two types of meditation:**
  - \* **Mental meditation:** To read and listen to mental images and sounds
  - \* **Physical meditation:** To read and listen to body postures and noises

# Physical meditation (Kriya yoga / Spontaneous qigong)

- \* Body movements are regulated by neural signals and there are two types
  - \* Central nervous system (CNS): Regulated by neural signal from brain
    - \* Brain>Neural signal>muscle>body movements
  - \* Peripheral nervous system (PNS): Regulated by neural signal of body
    - \* Body>neural signal>muscle>body movements
- \* In general, we are used to on how to control our body movements by our thoughts (brain) and unaware of that we can actually lets the body moves by itself
  - \* To set aside of CNS and let PNS to take change of our body
    - \* To set our thoughts on focusing on observing our body movements (to circulate the brain-body cyclic circuit)
  - \* There is theory suggests that it happens due to subconscious or unconscious of brain, which is still a CNS regulated body movements

# Physical meditation

## (Kriya yoga / Spontaneous qigong)

- \* In physical meditation, since the body is able to move by itself, this raises the question about what the body movement means
  - \* which has been reported in [kriya yoga](#) and [spontaneous qigong](#), such as [mantra](#) and [mudra](#)
    - \* The [kundalini](#) and [microcosmic orbit](#) as described in yoga/Hinduism and qigong/Taoism, have been mentioned about spine which are possibly related to the PNS
  - \* The body or body movements are showing intelligent
    - \* Or to say that the brain-body circuit itself has intelligent
- \* In fact, once it gets mastered, it can be controlled by thoughts, such as in [applied-kinesiology](#) and [channeling](#). Theoretically, this depletes the circuit as it is intended to interact with environment thus are not encouraged to do
  - \* Unless it is intended to involve only with self

# Mental meditation

## (Lucid dream / astral projection)

- \* **Mental focus is regulated by thoughts or, is influenced by body senses**
  - \* **Thoughts>brain>mental focus**
  - \* **Body senses>neural signal>brain>mental focus**
- \* **We are used to the thought process (imagination) on the things that we have learn of (from environment) and not realize that our brain can be receptive**
  - \* **By discarding the body senses and to just focus to see and listen to our mental images and sounds, which are generated spontaneously by our own brain**

# Mental meditation

## (Lucid dream / astral projection)

- \* Since mental meditation discards body senses and involves only mental activities, it is likely to induce [lucid dream](#)
  - \* Or known as [astral projection](#) (note that the term is generally regarded as astral “projection”, which differs with what has suggested here as receptive mental practice which is not about “to control dream” but to be observer in dream)
- \* This may also relate to [telepathy](#) due to its receptive mental practice but telepathy that involves interaction with environment is not encouraged
  - \* Unless it is intended to involve only with self
    - \* Such as [self-talk](#)

# Intelligent of brain-body cyclic circuit: Uncertainty and iteration

- \* Both physical and mental meditation are showing the intelligent that differ from ourselves although the body and thoughts are owned and controlled by ourselves
  - \* Body movements (applied kinesiology and channeling) or mental images/sounds (telepathy and astral travel) that behave intellectually
- \* This can be explained by the nature of electricity (neural signals) of the brain-body cyclic circuit, where when we circulate the circuit, it becomes “conscious”
  - \* Due to the function of uncertainty principle
    - \* That the intelligent is a probabilistic function
  - \* Analogous to artificial intelligent as in computing
    - \* Computes better result with higher iterations

# Intelligent of brain-body cyclic circuit: Self-talk with brain and body

- \* In summary, there are two types of the intelligent
  - \* Body movements (postures and noises)
  - \* Mental images and sounds
    - \* However, the movements, images and sounds here are foreign to human language, which are not usable (the only known fact is that these always happen in meditation)
- \* Thus to utilize the intelligent, human language is required (and this actually means a guided meditation here)
  - \* Similar to computer language, in this case, it is to input human language for the body or brain to respond, in a form of question-and-answer self talk

# Intelligent of brain-body cyclic circuit: Self-talk with brain and body

- \* **Example: Imagine a question with an answer in mind, and then focus on the body or brain to feel if they have responded, if not, imagine different question or answer**
  - \* The body will respond to what it chooses, such as, by moving your finger or nodding your head
  - \* The brain will respond as a sense of “instinctual resonant” to you
- \* **For the case of the intelligent of body, the movements may serve as actual action**
  - \* Such as (how to / autonomous) massage
- \* **The responses are instantaneous and always been passively existed**
  - \* Unless the person chooses to “turn off” the intelligent and wishes not to be “interrupted”
  - \* Does not seems to disappear since by the time we use it, our brain-body cyclic circuit has been active
    - \* which is considered as a meditation



**~The end~  
and thanks for reading**