



Mindsight, Presence, and the Pandemic: Transforming Threat into Challenge and the Invitation to Cultivate Resilience—an in-depth seminar on IPNB and Well-Being

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Basic Questions:

What is the Mind, What is Self?

What is a Healthy Mind and Self?

How can we Cultivate a Healthy Mind
and Self, and a Healthy World?

Basic Questions:

If “Mind” is both within us and between us, *what* might be “*both* within and between”?

How might “Self” be related to this inner and inter mind?

A Possibility and Proposal:

The MIND might be an emergent phenomenon of ENERGY Flow

This Energy Flow happens WITHIN us—in our embodied brain—and BETWEEN us—in our relationships with people and the planet

Implications:

We have a Mind with both a Personal and a Public (or shared) Facet

We have An *Inner* and an *Inter* aspect of Mind, and an Inner and Inter facet of Self (Self has Subjectivity, Perspective, Agency)

Energy and Information:

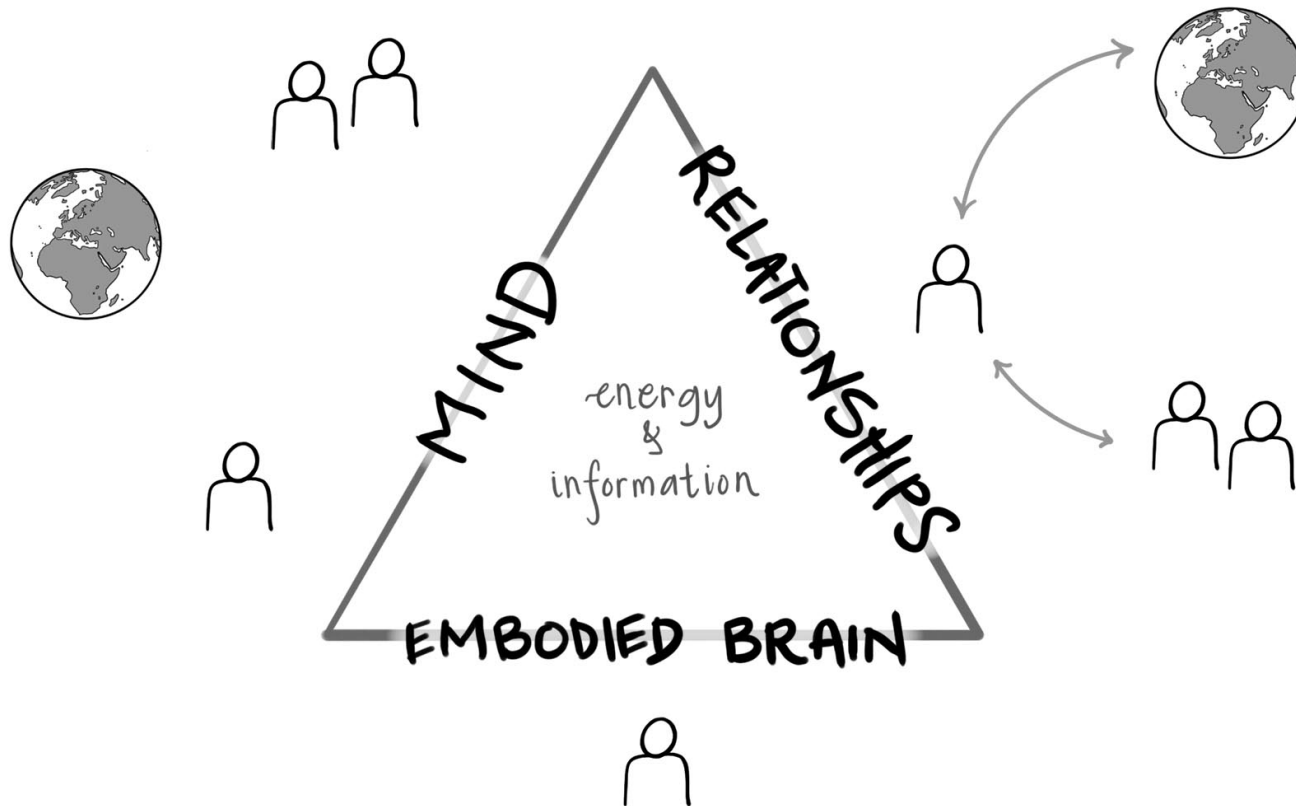
- Some patterns of energy have symbolic value—they are “energy in-formation”—and we call that “INFORMATION”.
- One example: The linguistic symbols of “Self” and “Others”

Cultural and Cognitive Layers Beneath Words

Symbols (Words)

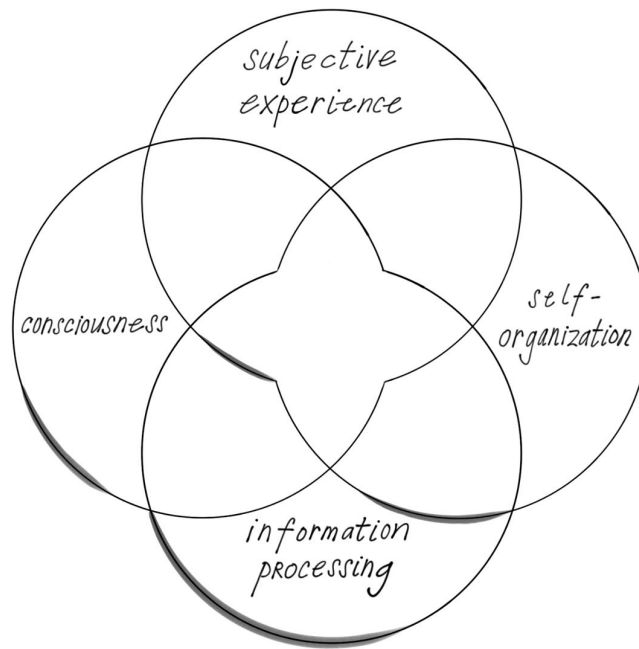
Concepts
Categories

Triangle of Human Experience



The Mind's Many Facets

FOUR FACETS of MIND



ASPECTS of ENERGY

- CLIFF features:

Contours

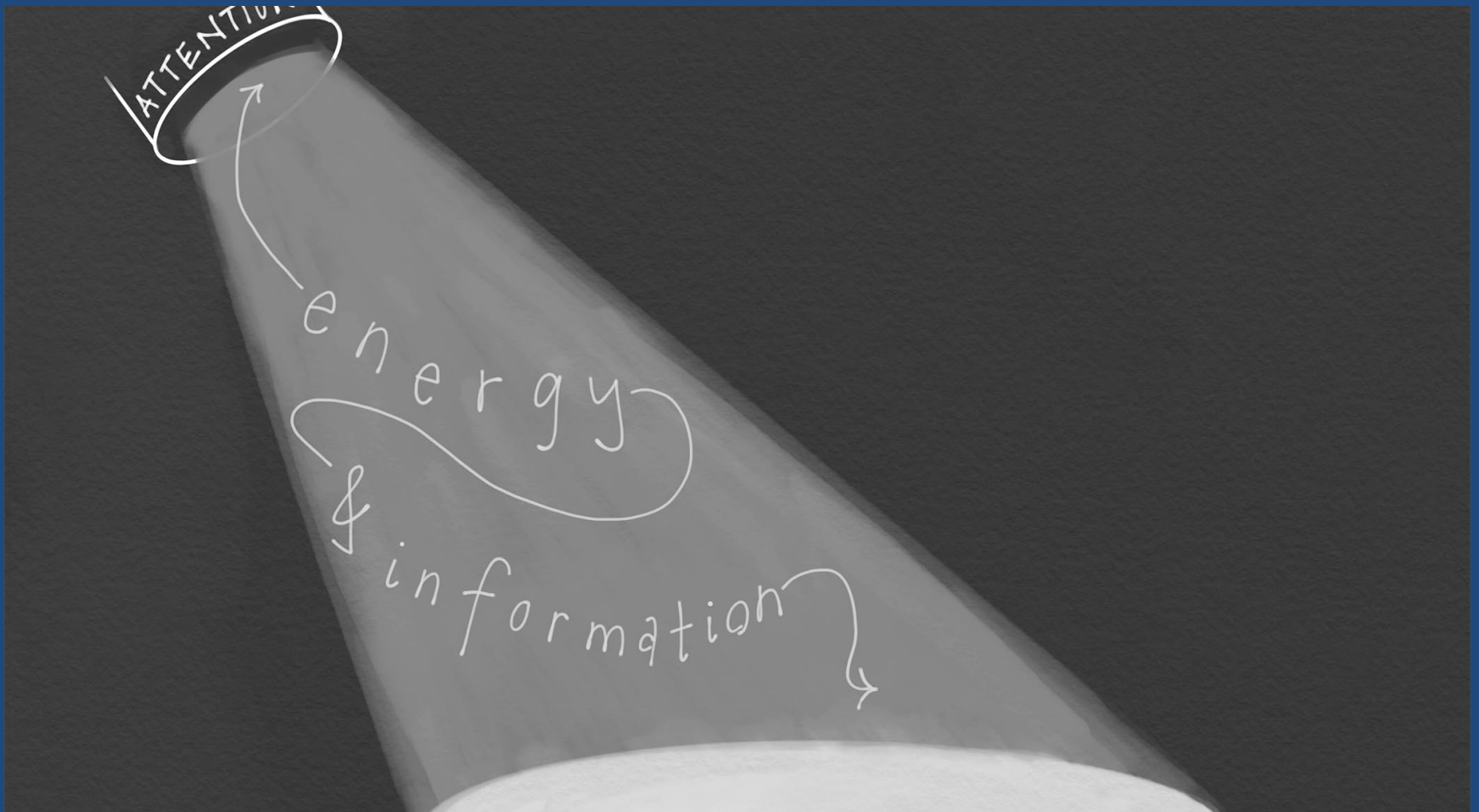
Location

Intensity

Frequency

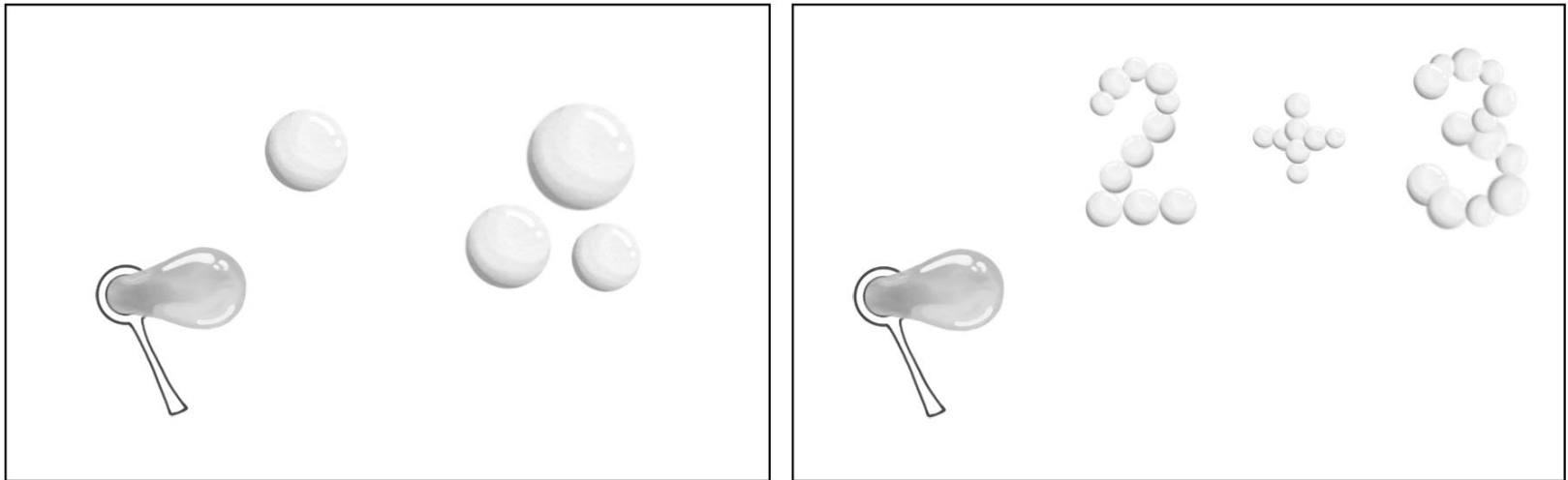
Form

Attention and the Mind



Mind as Energy and Information Flow

Conduit & Constructor



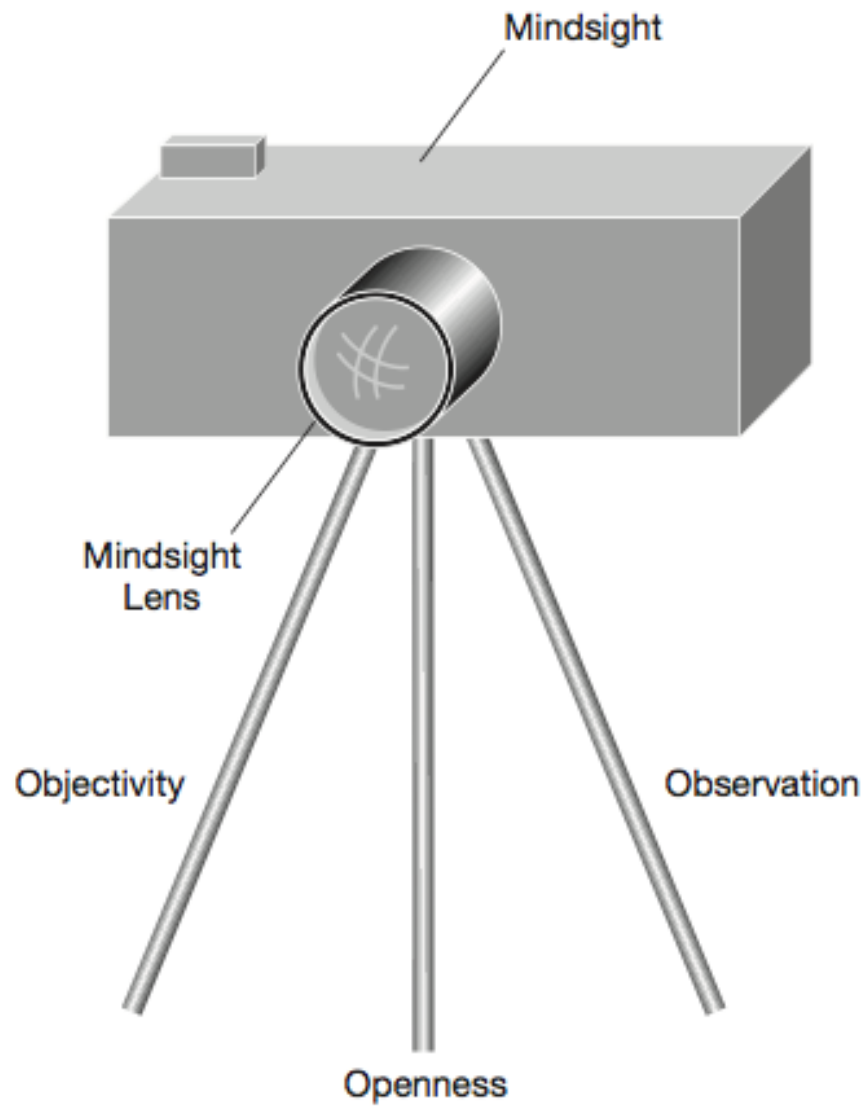
MINDSIGHT is:

Seeing the MIND of “SELF” and “Other”

1. Insight

2. Empathy

3. Integration → Kindness and Compassion



HOW TO MODULATE Toward Optimal Self-Organization?

- Mental Health may be when the embodied and relational emergent, self-organizing process we are proposing is one facet of mind optimizes its flow.
- HOW? WITH MINDSIGHT

OPTIMAL SELF-ORGANIZATION

emerges with the
**Linkage of
Differentiated Parts
= “INTEGRATION”**

A Working Definition of one of the
facets, a core aspect of the Mind

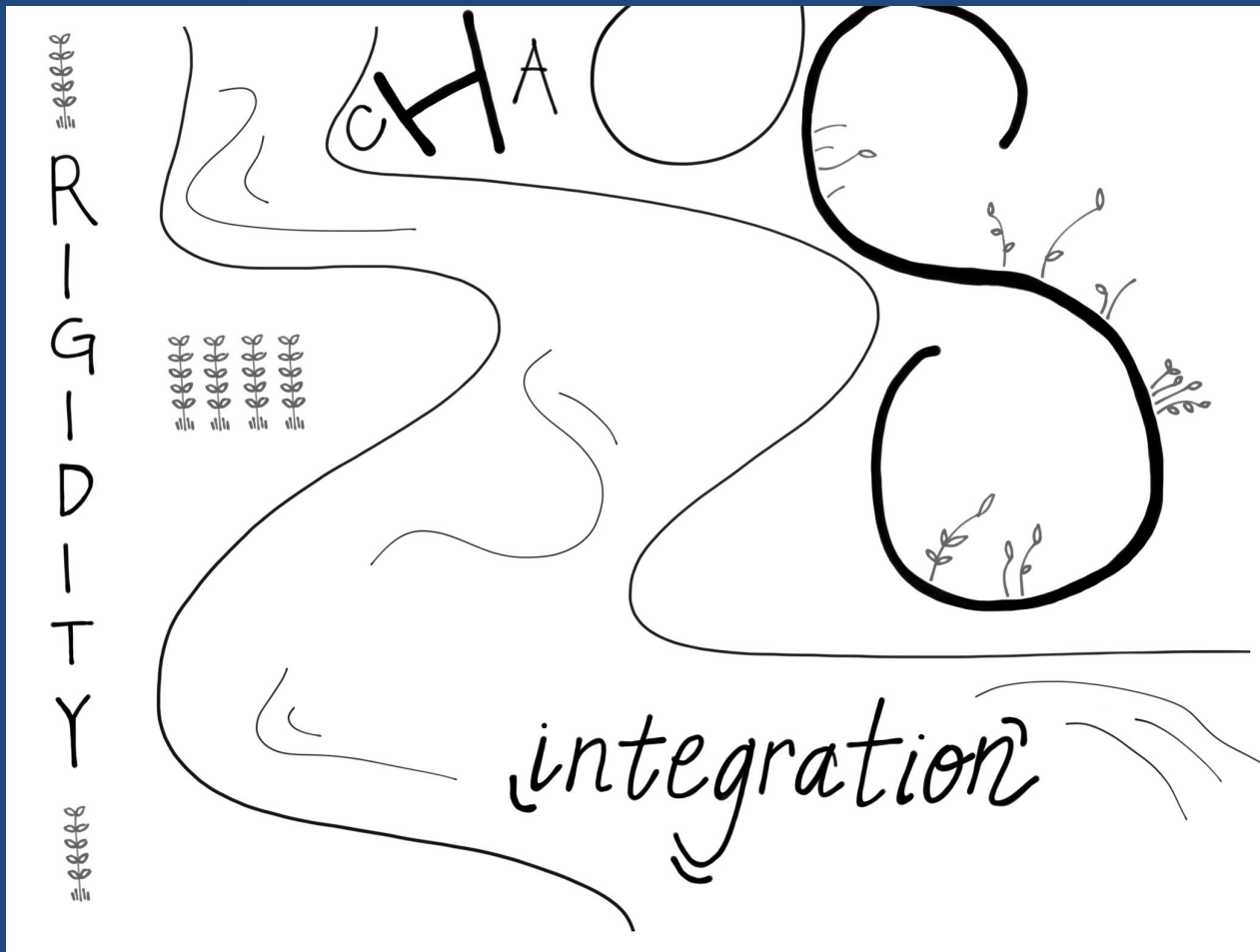
An Embodied and Relational
Self-Organizing Emergent Process that
Regulates the
Flow of Energy and Information

(Self-Organization emerges from the flow of
energy within *embodied* activity and *relational*
interconnections)

OPTIMAL SELF-ORGANIZATION

emerges with the
**Linkage of
Differentiated Parts
= “INTEGRATION”**

The River of Integration



Integration and Health : From a *FACES Flow*

*F*lexible

*A*daptive

*C*oherent

*E*nergized

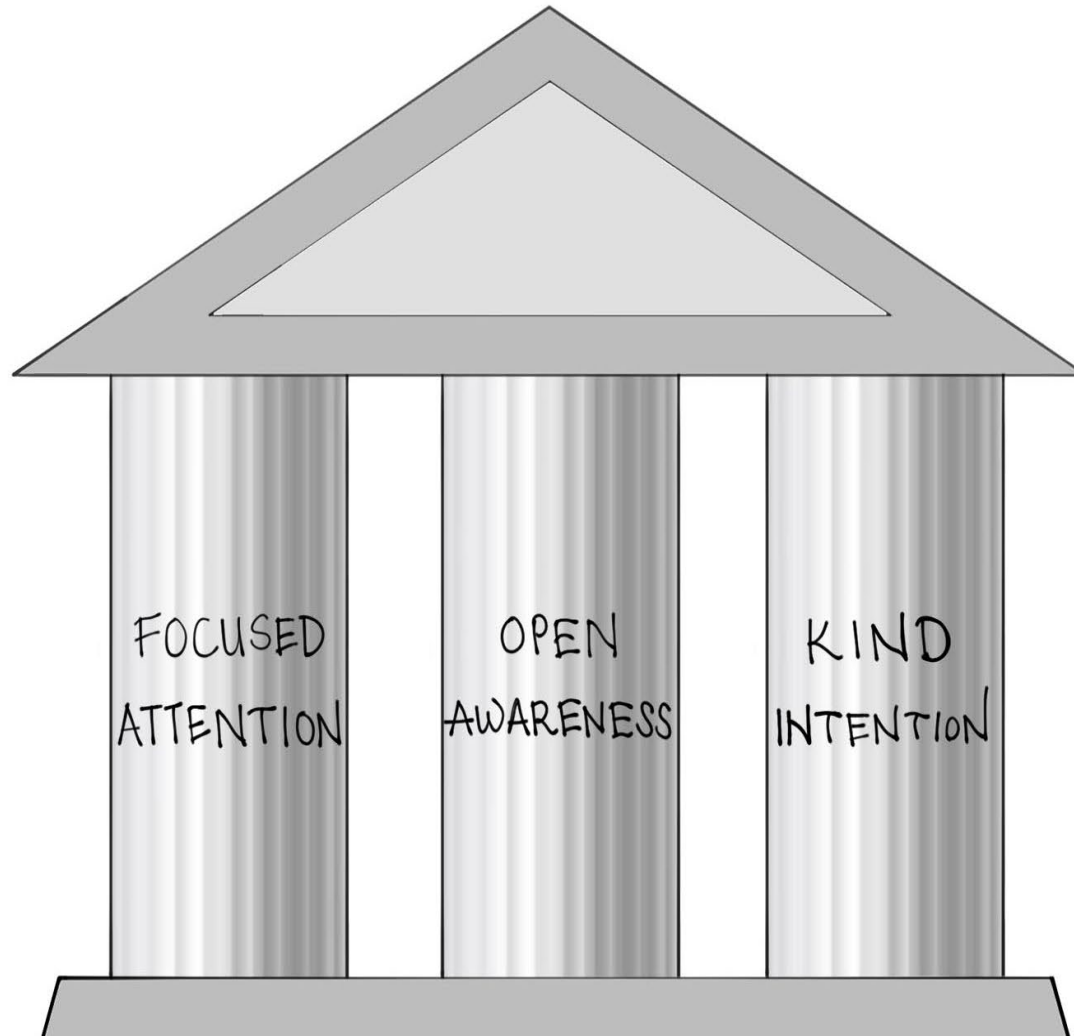
*S*table

➔ **HARMONY**

Two Consilient Notions

- 1. Integration** is the basis of Well-Being and Resilience.
- 2. Consciousness** is needed for change.

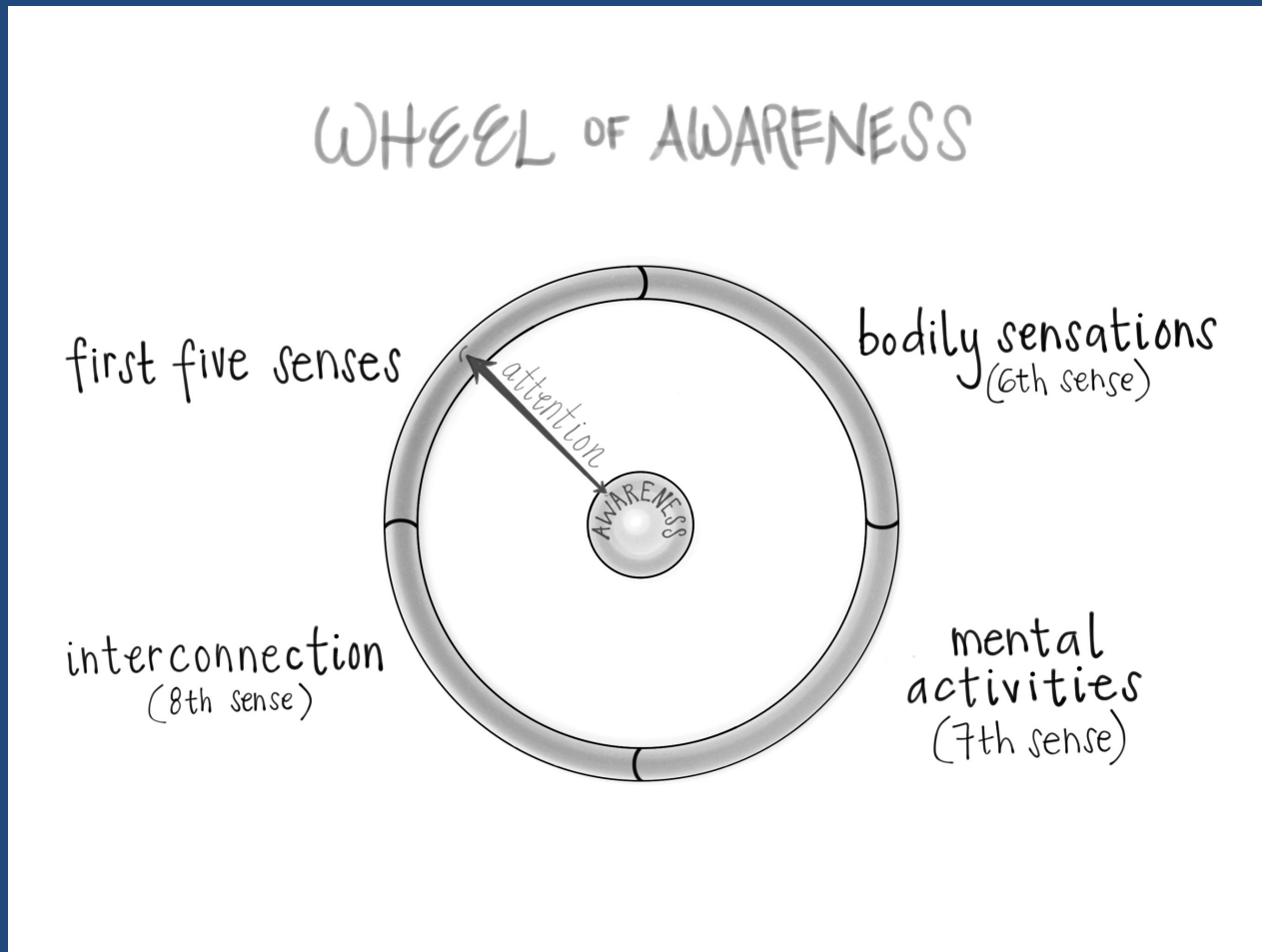
Three Pillars of Mind Training



Three Pillar Mind Training Findings:

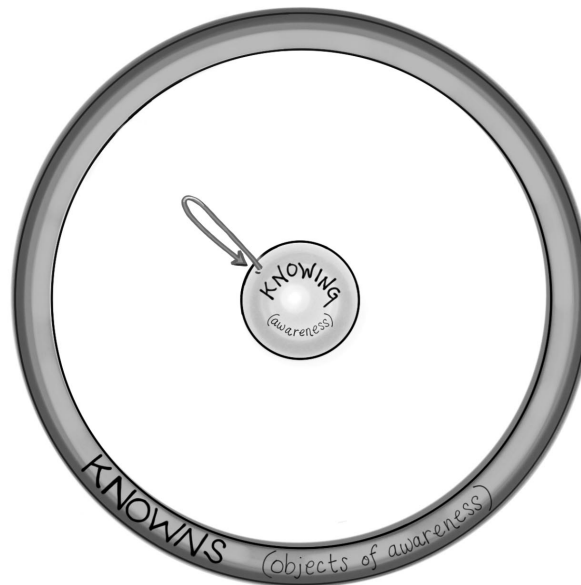
- 1. **Integration** of structure and function of Brain
- 2. **Reduction in stress** hormone, cortisol
- 3. Enhancement of **immune** function
- 4. Improvement in **cardiovascular** risk factors
- 5. **Reduction in inflammation** via epigenetic changes
- 6. Optimization of telomerase—Repairs and maintains ends of **chromosomes**—**Slows Aging**

Integrating Consciousness



Hub-in-Hub

WHEEL OF AWARENESS



Exploring the Wheel of Awareness: A 10,000 person survey

Universal findings across wide range of backgrounds;

Shift in relationships with others and self;

Reduction in Chaos and Rigidity;

Illumination of Nature of Awareness itself—The Hub:

Quotes: “Clarity, Joy, Empty-Yet-Full, Expansive,
Infinite, Eternity, God, Love, Peace, Sense of
belonging, Fundamental part of the whole,
Connected to others, the world, the universe”

The Hub

Parliamentarian: “Never felt so much love, so interconnected with everyone and everything.”

“When we got to the part when we turned the spoke all around...Everything went quiet...it was just calm and quiet and peaceful and wonderful...I didn't feel like I was here sitting on the chair, felt a lightness, a sort of like a light on the wall...a sense of fullness right out here (away from body), really no story, no need to be anywhere, no time, a calm, how often do we get that? Just there, in the moment, it was wonderful.”

What does Inner Reflection tell us about “self”?

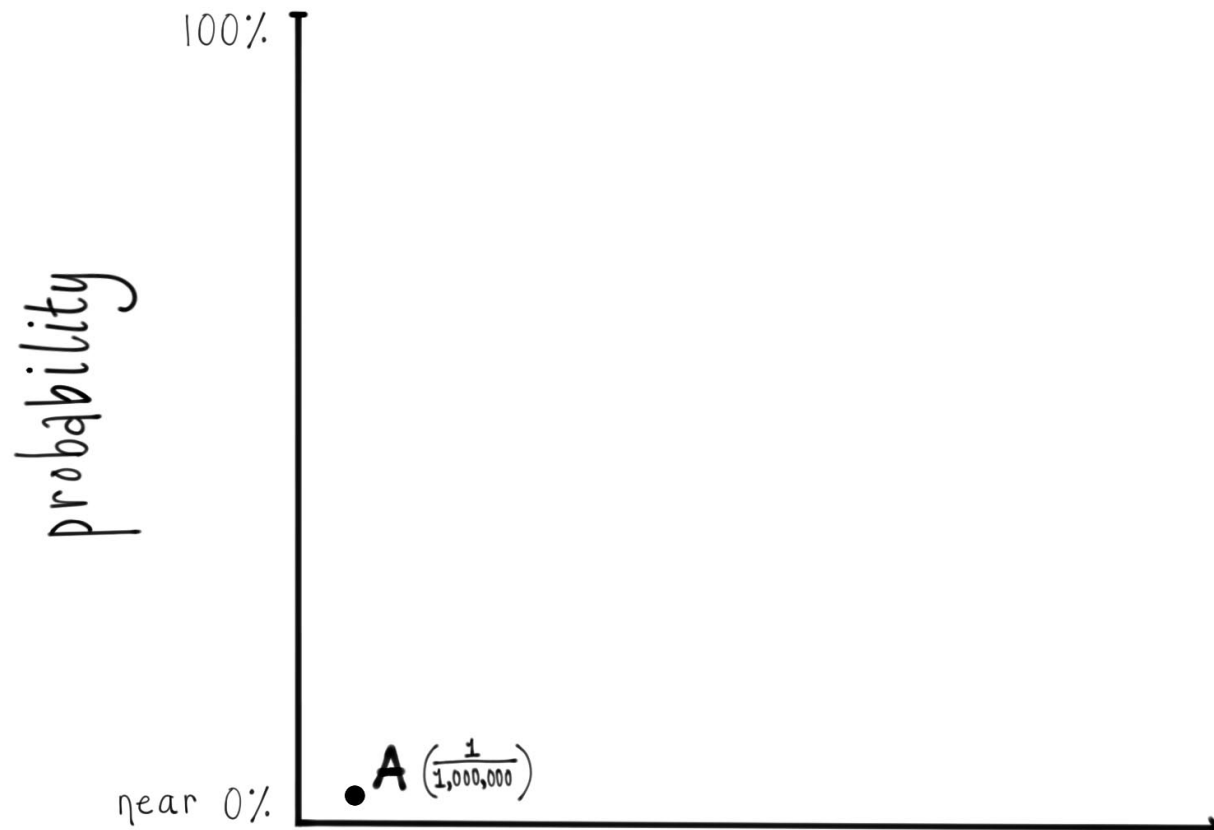
- Why do so many individuals experience these three elements within the “hub”?
 - **Presence** (open awareness)
 - **Interconnection** (self as broader than the body, timeless, spatially deeply distributed)
 - **Love** (belonging, care, kindness)

If mind is indeed an emergent phenomenon of energy flow, *perhaps* it might be useful to examine a fundamental yet often unaddressed question:

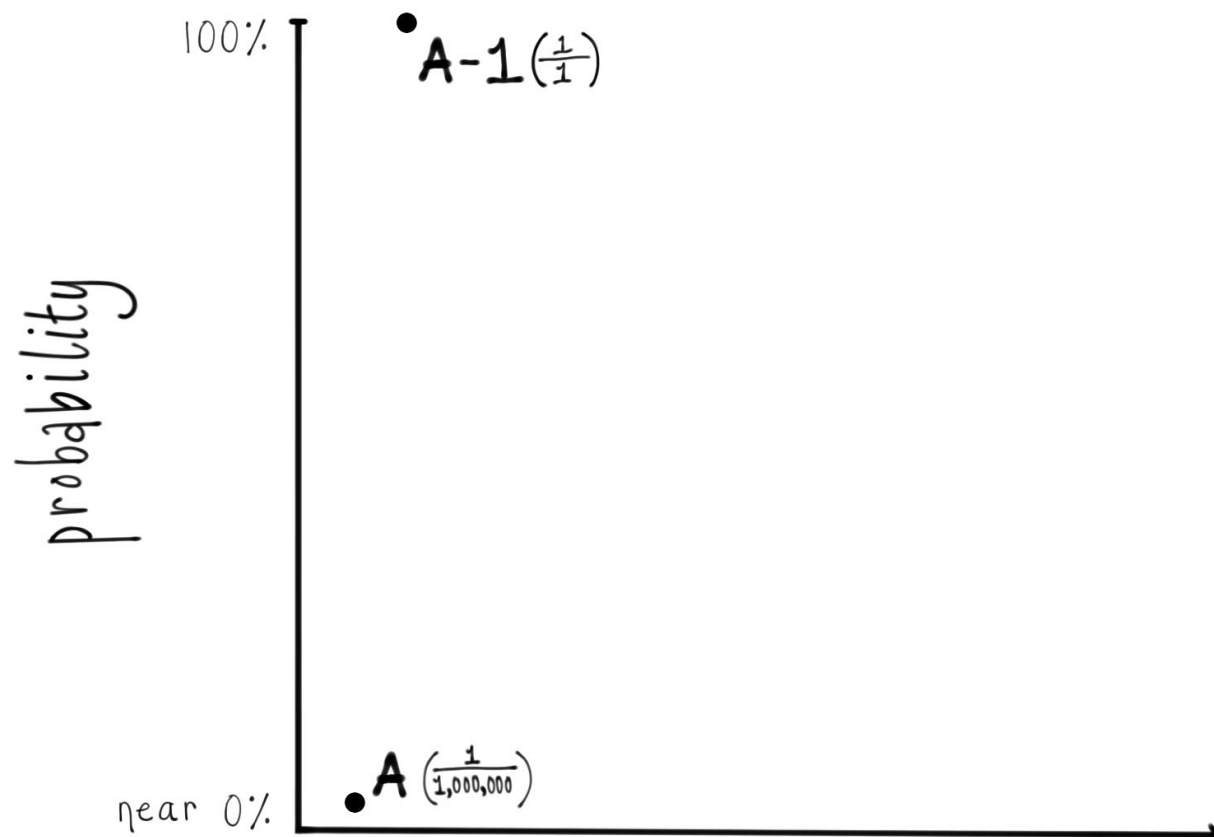
What is ENERGY?

“Energy is the movement
from
Possibility to Actuality”

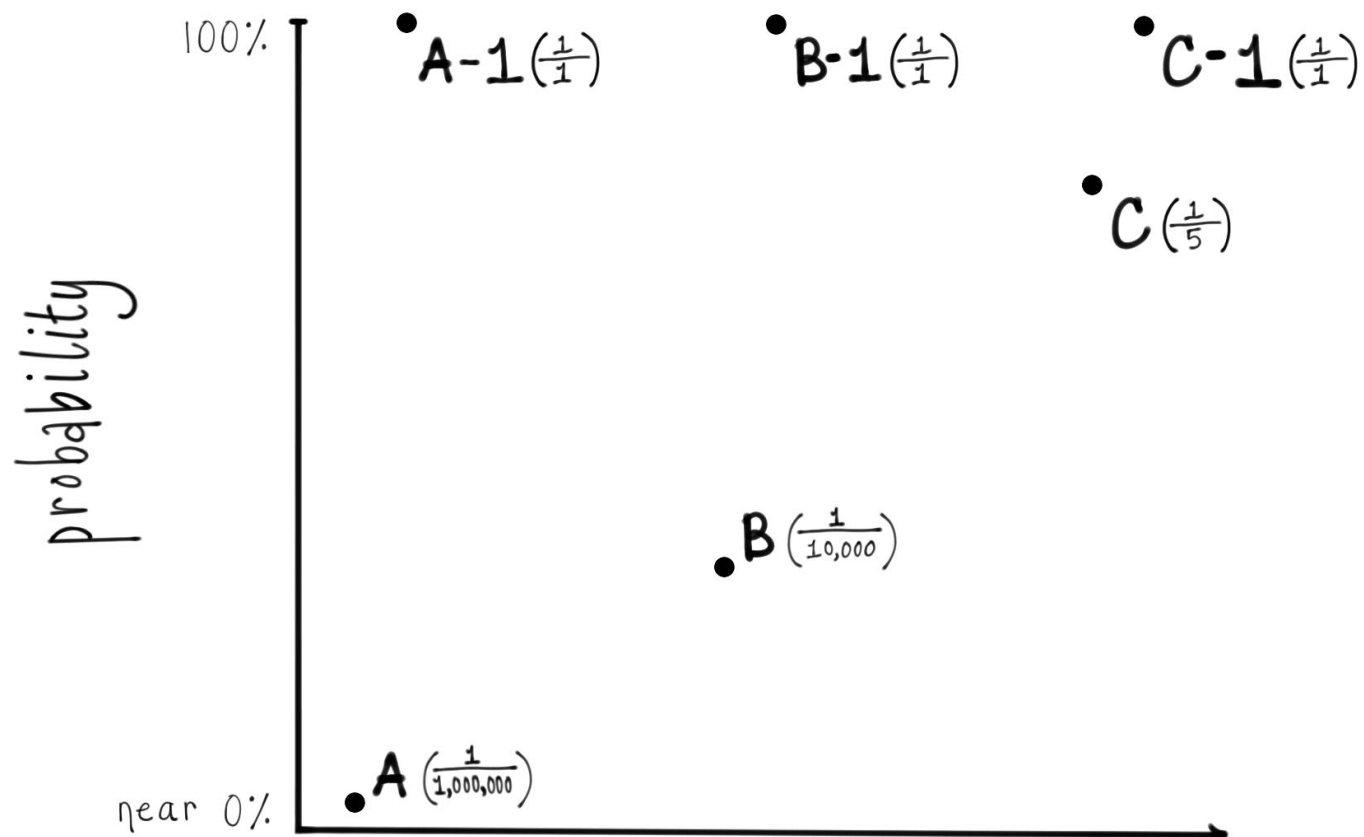
Energy and Probability



Mapping Probability

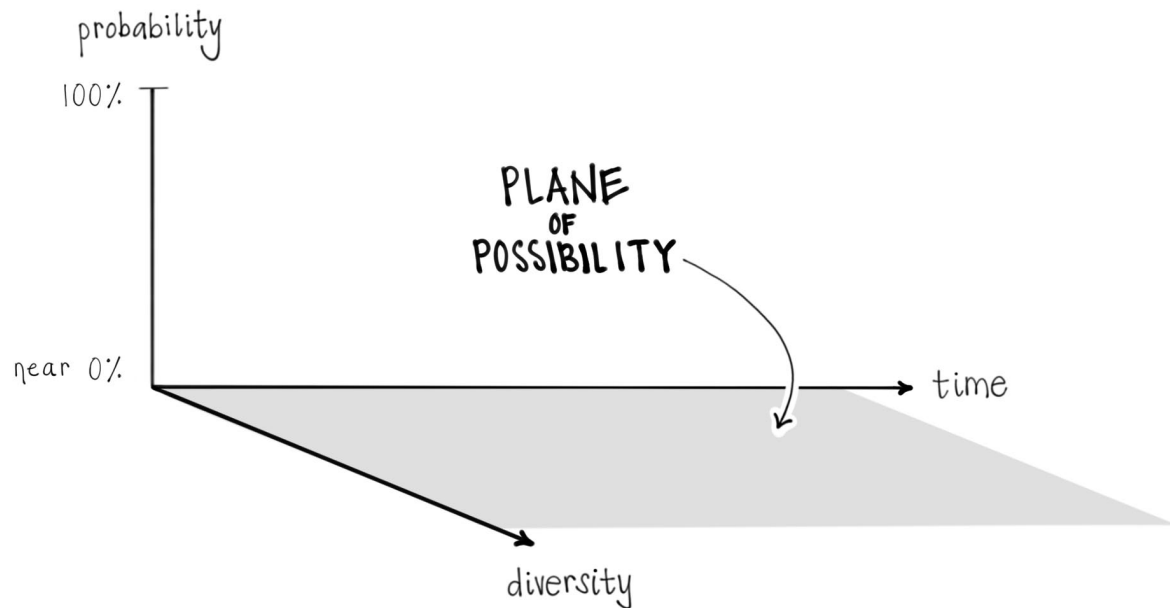


From Possibility to Actuality

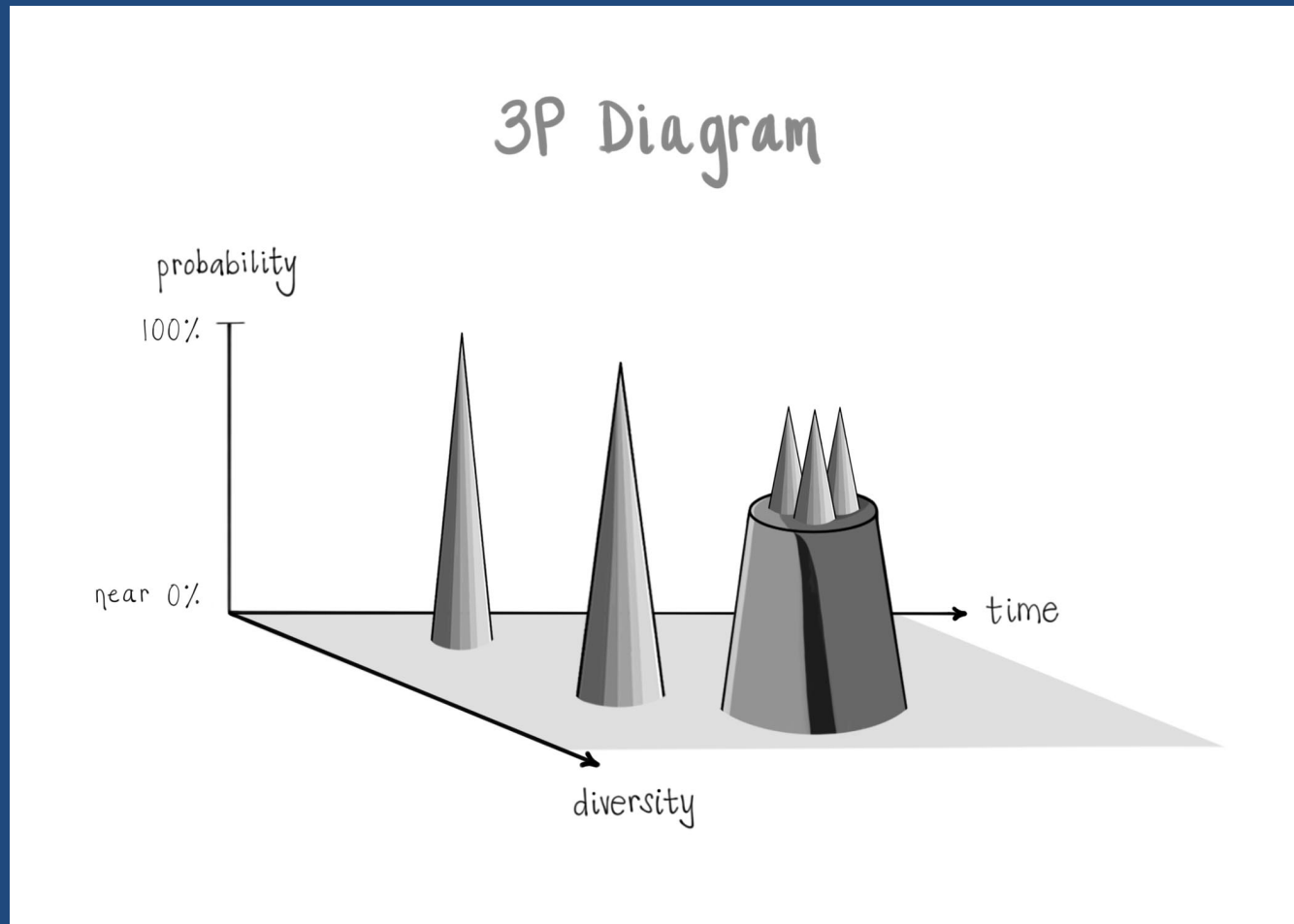


A Plane of Possibility

3P Diagram

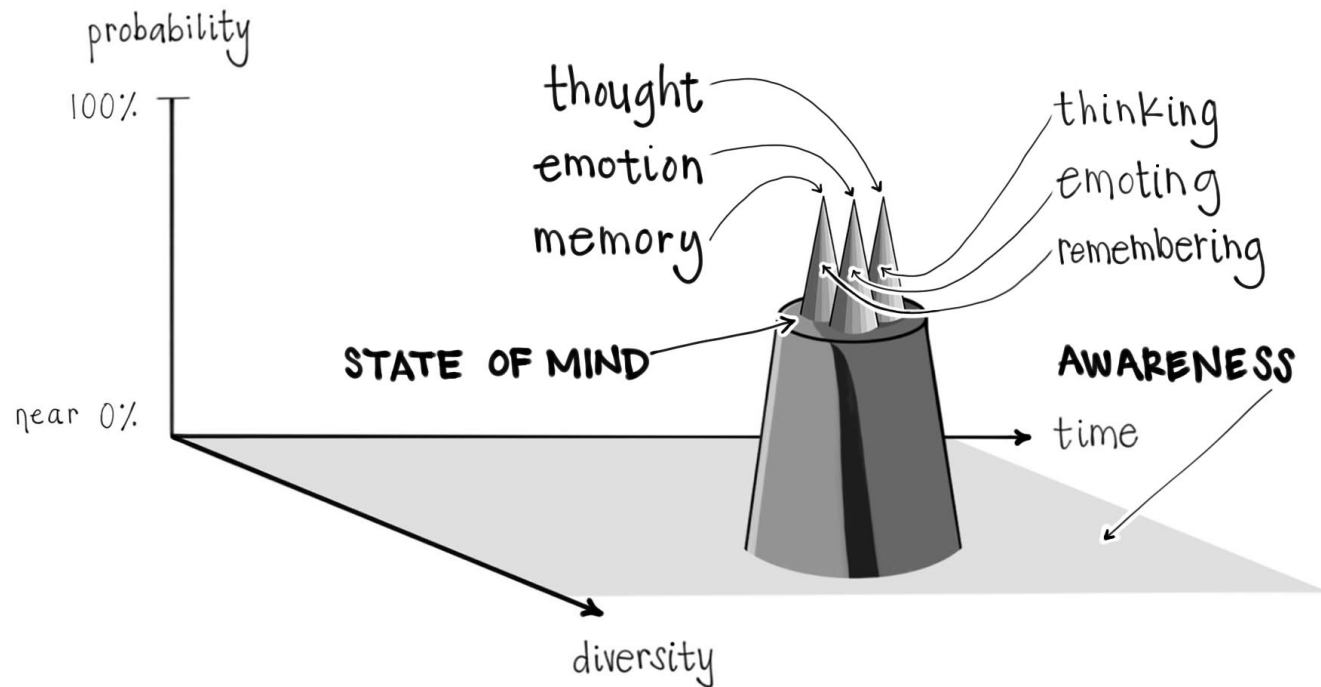


A 3P Perspective of the Mind



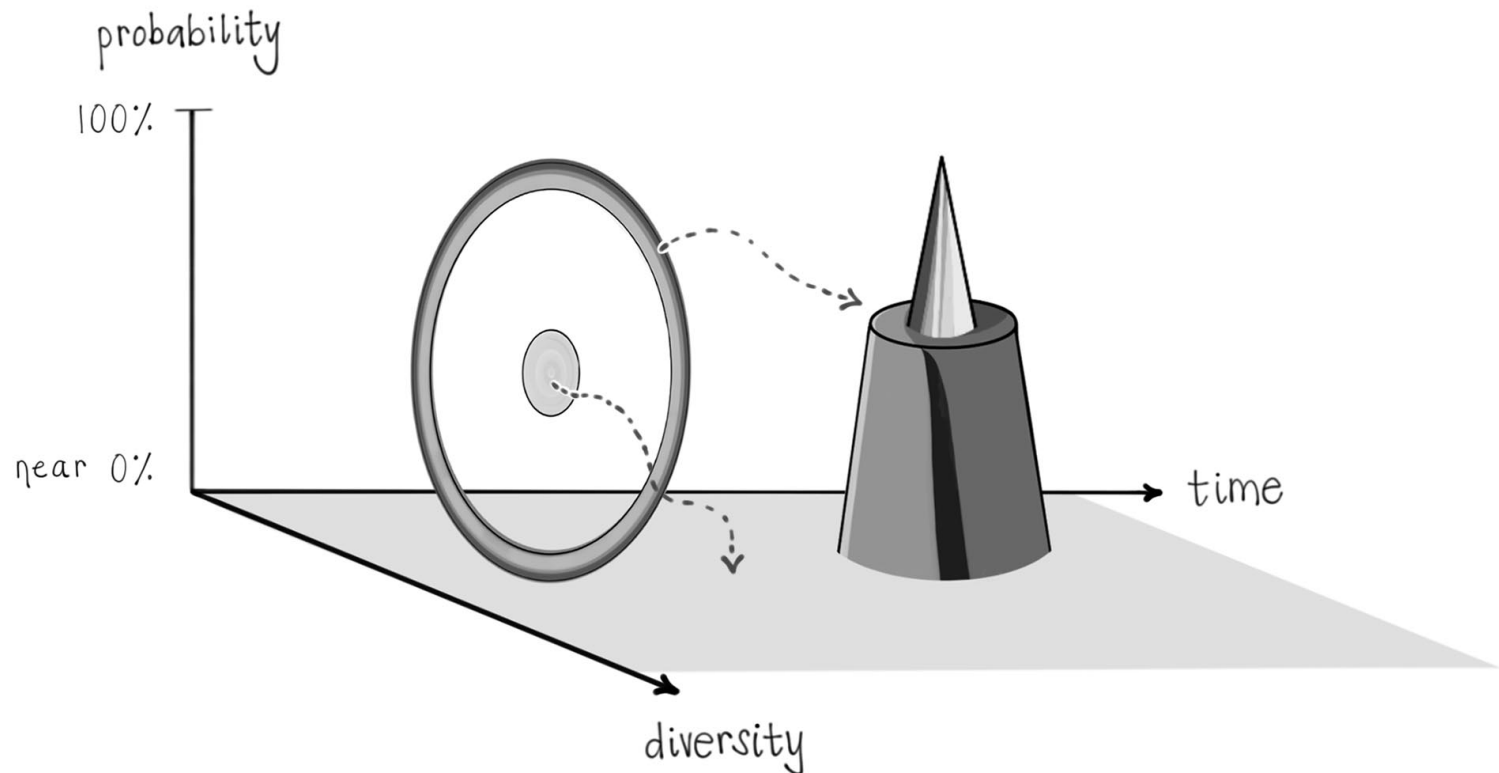
Mental Processes from a 3P Perspective

3P Diagram with State of Mind



Integrating Plane, Plateaus and Peaks

3P Diagram Meets the Wheel of Awareness

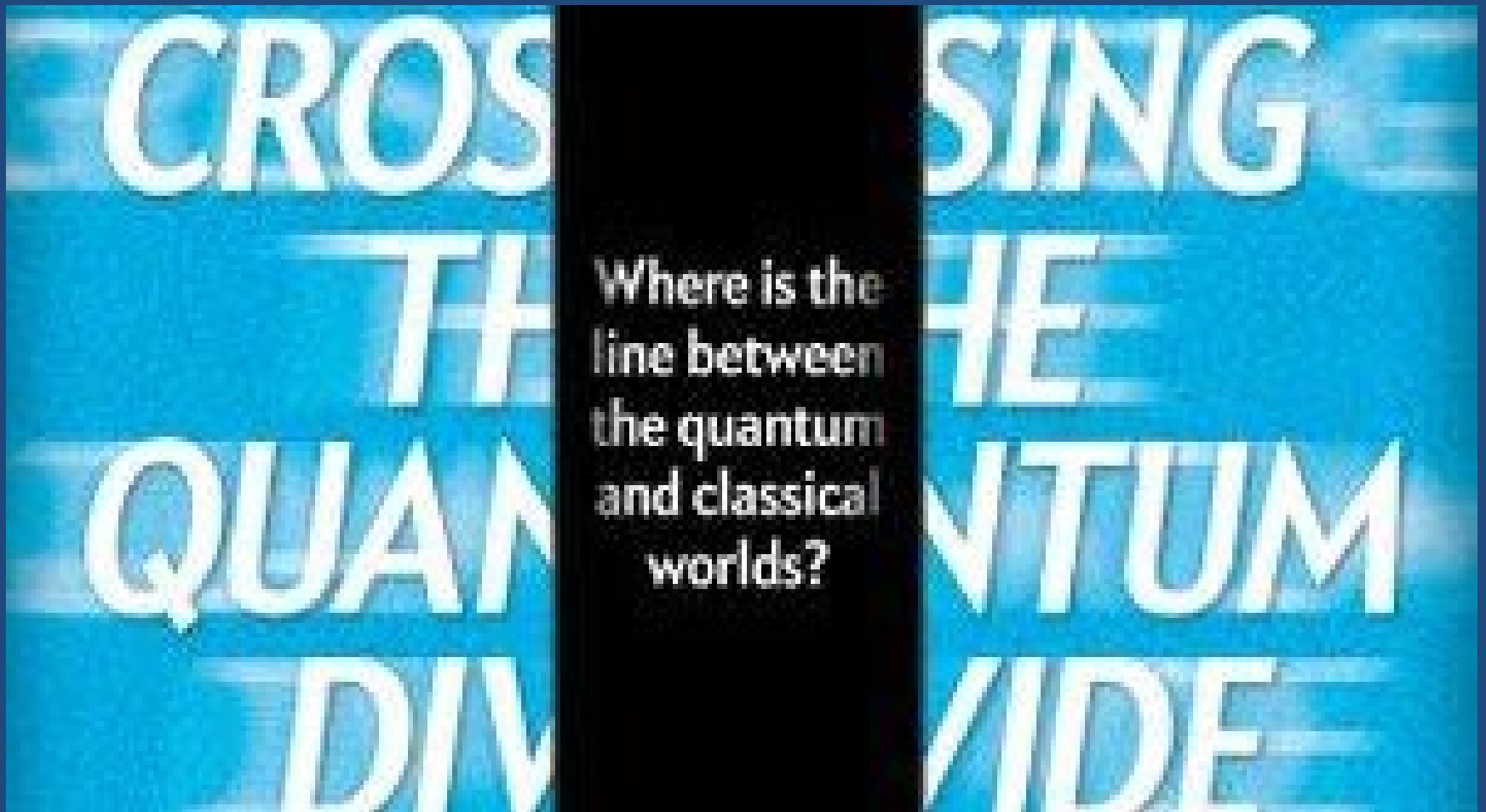


How is Plane (Hub) Distinct?

- Empirical Survey Findings:
 - Hub (PLANE) experienced directly as timeless, extended in space, deeply interconnected, empty-yet-full, complete, whole
 - WHY might this be?
 - Why would Hub (Plane) have such distinct first-person felt experience from Rim (Plateaus and Peaks)?

Two Realms of One Reality

(Scientific American, July 2018)



Two Established Realms of Reality:

1. “Macrostates” of Classical Realm
(Newtonian)
2. “Microstates” of Quantum Realm

One Reality, Two Realms

- **Classical/Newtonian Macrostate Realm:**
 - *Noun*-like Entities
 - Arrow-Bound Unfolding of Change (Chronological Time)
 - Appearance of Temporo-Spatial *Separation*
- **Quantum Microstate Realm:**
 - *Verb*-like Events
 - Arrow-Free Unfolding of Change (“Timeless”)
 - *Interconnected* Nature of Reality

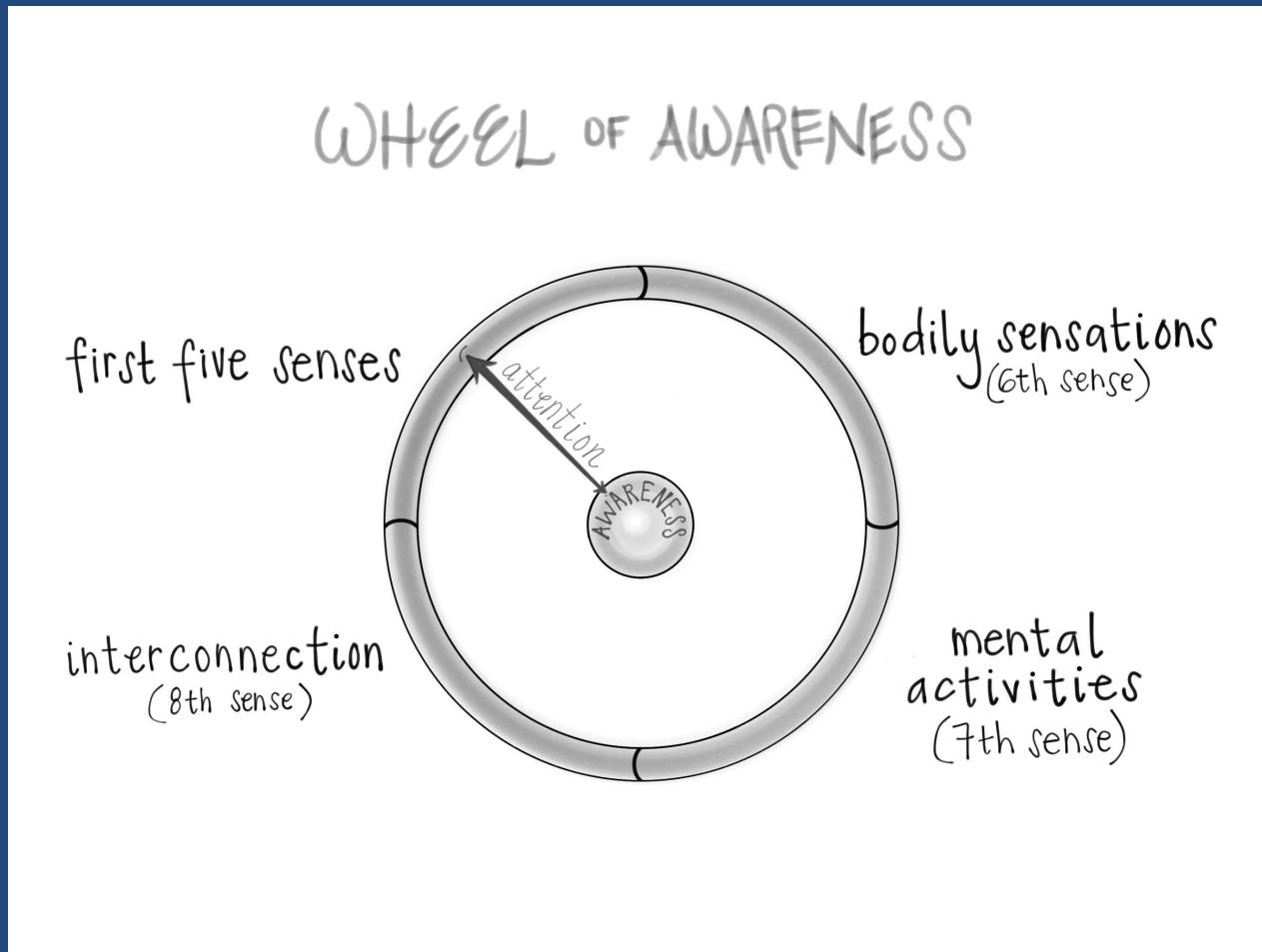
Swimming in Distinct Realms of Reality

- Imagine the breast stroke, swimming in a pool or lake or ocean...
 - SOMETIMES WE ARE BENEATH THE SURFACE OF THE WATER...
 - Sometimes we are above the surface...
 - TWO “Realms” in swimming: The water and the air realms
 - In Physical Reality: Two REALMS—The Macrostate, Newtonian Classical (Nouns, separation) AND the Microstate , Quantum Realm (Verbs, interconnection)

7 Implications of 3P Framework

1. PLANE (HUB) is source of presence & *awareness*
2. Plane="Love, Interconnection, awareness"
3. Plane is "formless source of all form" = Mathematical *space of other options*
4. Infinity is Infinity = We Connect from the Plane: *Presence of Awareness—Interconnection—Love*
5. Plane is Uncertainty = *Freedom and Possibility*
6. Plane may be in the "Quantum Realm" with no Arrow of Time (Directionality of Change)="Timeless"
7. Verb-like events deeply *interconnected* (versus Noun-like entities with "separation" of Classical Realm)

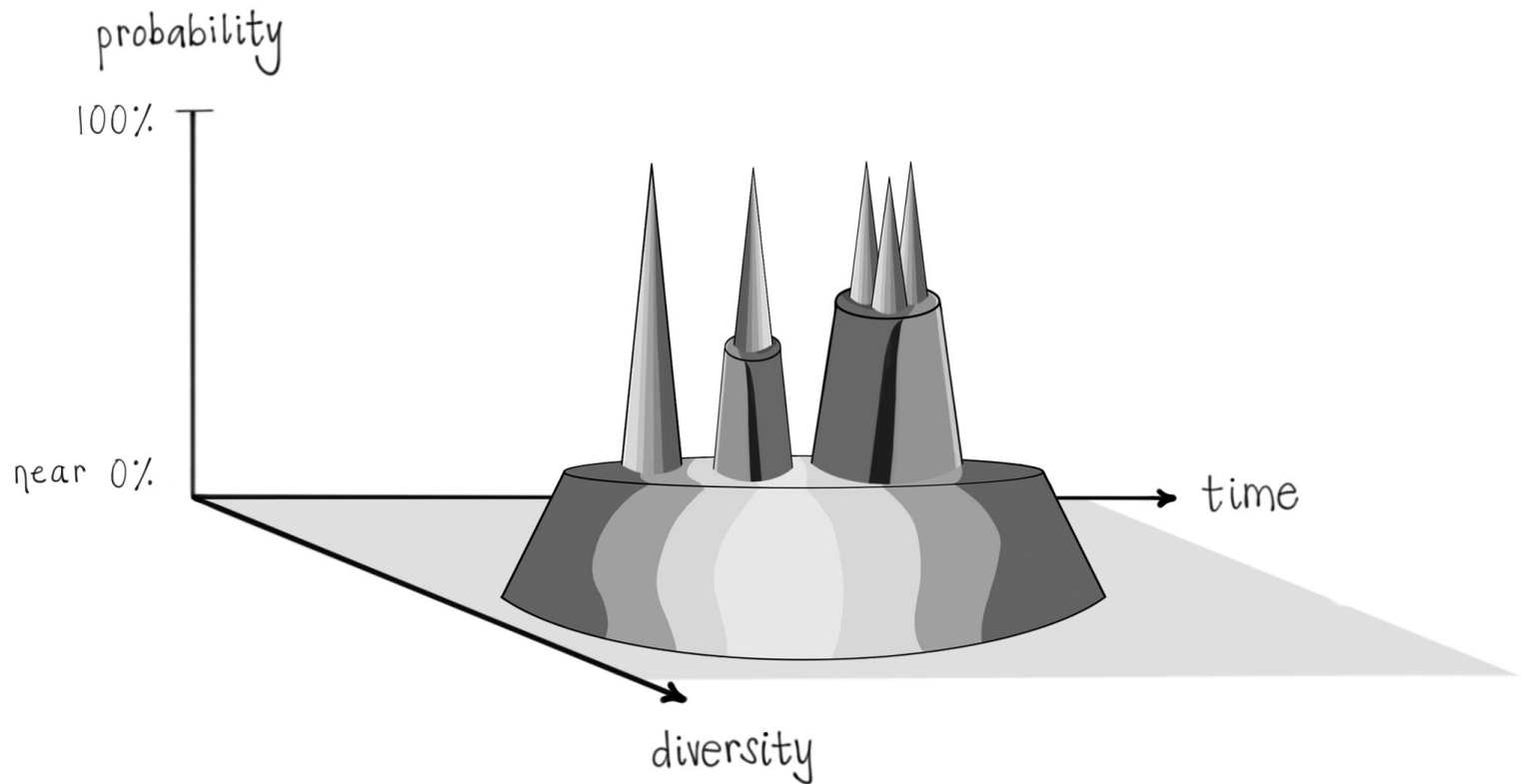
Integrating Consciousness



Integrating Mind and Self

- Self
 - Identity
 - Belonging
- Excessive Differentiation → Isolation, despair, depression, anxiety, suicide; Tribalism, social injustice
- Treating Earth as a spherical rubbish bin → Climate Crisis

3-P Diagram



What might an Integrated Identity Be?

Me: inner mind; within, embodied,
?Newtonian—has qualities of Noun-
like separated entity

We: inter mind: between, relational,
?quantum—Verb-like interconnected
events

Integrating Identity

Me plus We = MWe