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Review Article

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I have the floor: Naturopathy or Naturosophy?

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Abstract

The problem is embedded archetype information within the infinite potentiality of the cosmos. So does any human pathology, syndrome, disease, and unhealthy lifestyle. But this potentiality in our days shows an alarming increase. The COVID 19 pandemic is a good example. A single-cell organism, equipped with an unseen -for the naked eye- protein (SARS-CoV-2 S), has created a worldwide pandemonium. All of a sudden, from a "zoonotic" animal origin (and not an artificial one) virus, our external environment and internal ecosystem are in jeopardy. A black cloud of fear, confusion, disorder, madness, insecurity, agony, illness and death is swirling like the perfect storm around us. And all these frightening "bat-terfly effects" from a tiny, invisible intruder.

However, if you see the whole phenomenon from a different perspective (anamorphosis), sometimes from something big, one can understand the offset powers of something small; the abstract notions of size, level, symmetry and balance (equilibrium).

The more we zoom into the complex world of the problem, our microscope-like attitude enlarges it. As a result, we get absorbed and, one by one, become coalesced, making it bigger and bigger. But the truth is that a minuscule virus is inside a big world, and not a big world inside a tiny virus. And this world is not a beautiful place. It is not a moral, righteous, reasonable creation of angels.

Keywords: Naturopathy (zoom in), Naturosophy (zoom out)

Introduction

We've grown accustomed to defining intelligence as a combination of high IQ and high EQ. These are mostly inborn characteristics — which is convenient for us, since we can blame our lack of success, or well-being, on bad luck.

School smart and real-world smart are, as we all know, not the same thing. It's perfectly possible to ace every test in college and struggle in life after you graduate. So if academic grades aren't enough to prove a person is smart, how do the world's most successful people spot the truly, practically intelligent?

Jeff Bezos looks for the ability to change your mind frequently. Elon Musk is all about examining skills over credentials. Steve Jobs, however, took another approach.

"A lot of what it means to be smart is the ability to zoom out, like you're in a city and you could look at the whole thing from the 80th floor down at the city. And while other people are trying to figure out how to get from point A to point B reading these stupid little maps, you could just see it in front of you. You can see the whole thing."

Jobs masterfully notes that smart people often make connections that seem obvious to them, but perplexing to others — simply because they have developed the skill of "zooming out" to get a better view of the big picture. This, of course, sounds great and we can all agree that in order to change the world you need to clearly see the world. But how do you do that?

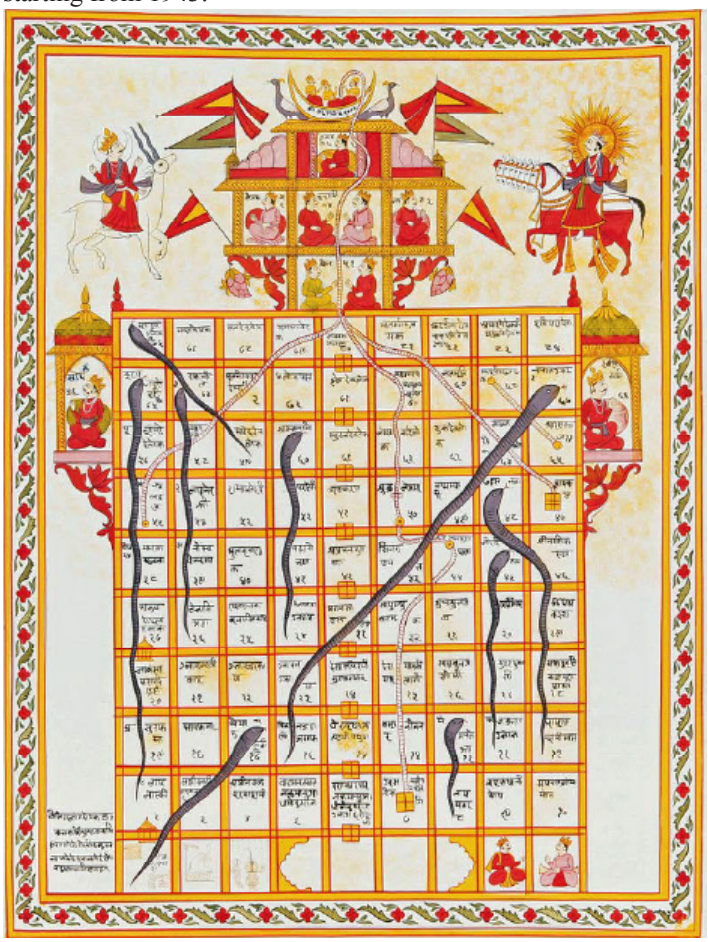
Robert Sternberg thinks the biggest crisis in psychology is that researchers are focusing more and more carefully on smaller and smaller problems (microscope-like behavior) that are less and less relevant to people's lives. IQs increased by 30 points during the 20th century, but it doesn't seem to have had any practical results; people are not acting smarter.

Snakes and Ladders

Snakes and Ladders, known originally as Moksha Patam, is an ancient Indian board game for two or more players regarded today as a worldwide classic. It is played on a game board with numbered, gridded squares. A number of "ladders" and "snakes"

are pictured on the board, each connecting two specific board squares. The object of the game is to navigate one's game piece, according to die rolls, from the start (bottom square) to the finish (Top Square), helped by climbing ladders but hindered by falling down snakes.

The game is a simple race based on sheer luck, and it is popular with young children. The historic version had its roots in morality lessons, on which a player's progression up the board represented a life journey complicated by virtues (ladders) and vices (snakes). The game is also sold under other names such as Chutes and Ladders, Bible Ups and Downs, etc., some with a morality motif; a morality Chutes and Ladders was published by Milton Bradley starting from 1943.



Dice, luck, navigation, life journey, virtues, vices, morality are all keywords. In life, like in the game, virtues as humbleness and vices as arrogance are warped values and two of the most misunderstood concepts. The truth is that everyone wants an available ladder to win, to come on top faster, to step on others corpses, to gain easy, and obtain more than the rest while on the neurotic path of ego trying to be somebody (stranglehold on). Everyone wants to climb as quickly as possible the stairs of success, to be in an instant the king of the hill, tomorrow's leader, and definitely, no one on earth likes defeat, failure, collapse, and be the moral loser. Ladders, or uplift, and snakes, or downfall, have an adulterated meaning when you are into this kind of survival adrenaline-cortisol mode. Reality shows it to us every second of the day. Therefore, going up doesn't mean something good, and going down doesn't meen something bad. For example, when your cholesterol, your blood sugar, your blood pressure, your heartbeat, your temperature, your respiration, and your temper increase, for sure "high" under these circumstances is not a successful course. Perhaps a snake (reduction-subtraction) would be the best selection. So roll the dice again, and leave luck (and not intelligence) to navigate yourself into life's tempting experiences.

A traditional die is a cube with each of its six faces marked with a different number of dots (pips) from one to six. When thrown or rolled, the die comes to rest showing a random integer from one to six on its upper surface, with each value being equally likely. Dice may also have polyhedral or irregular shapes and may have faces marked with numerals or symbols instead of pips. Loaded dice are designed to favor some results over others for cheating or entertainment.

Surprisingly, there is also another kind of "loaded dice" or, more precisely, a "loaded gun" (Russian roulette), and that is the excessive human sensualism which results in life's corrosion, debasement, and decay.

1. Food (huge beef steaks, big humburgers, fat sausage hot dogs, tons of processed sugar).
2. Sex (violent, abusive, perverted, repulsive, sickening, abnormal, chemically induced & prolonged).
3. Drugs, alcohol & smoke combined (cocaine, LSD, ecstasy, methamphetamine, heroin, oxycodone, fentanyl, morphine, valium, xanax, steroids, whiskey, vodka, tequila, beer, shots, cigarettes, cigars, marijuana, and cannabis).
4. Material belongings (expensive fast car, luxurious house, advanced technology cellphone, fashionable clothes, jewelry).
5. Entertainment (clubbing, gaming, betting, gambling, social networking, hacking, hunting, hard core porno, murder movies, wicked series, wild sports, legal and/or illegal beastial, bloodthirsty animal fights).
6. Money (cash, checks, credit cards, bank accounts, coffers, safe deposits, treasuries).

Naturopathy (zoom in)

The term "naturopathy" originates from "natura" (Latin root for birth, according to nature) and "pathos" (the Greek root for suffering).

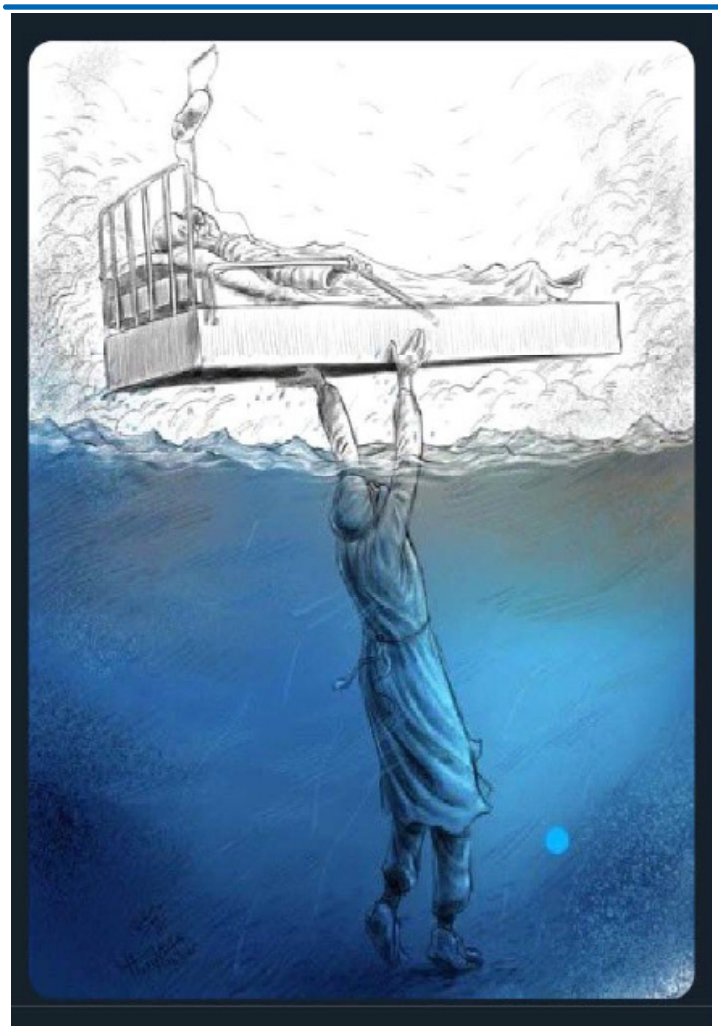


Figure 2

Figure 2 depicts a man struggling to keep someone seriously ill alive. However, the water level plays a catalytic role. The more it rises, the worse it gets for both. The one who supports life is getting drowned, and the one who suffers in bed is going breathless.

Though, if someone will zoom out (and not zoom in and drown himself too) and observe the ongoing situation from a distance, an abstract 3D equation will appear (one still standing, a dying one, and the high water level). Solving it directly is at least up to this point of Math, kind of an impossible task to do so; the unsolved equation of existence & smoothness. Yet, if you divide the problem into smaller pieces, then you may have a chance to influence the condition that seems impossible to change.

On the vertical axis, we have the one who holds a burden on his hands like the Greek titan Atlas (1D) and the water level (1D). On the horizontal axis, we have a seriously ill man (1D).

Nature and suffering (naturopathy) are abstractions too. Subtractions are an integral functional part of abstract reasoning. The level of water indicates the time-dependant increasing size of complexity, which, as it shows, is high. In critical conditions, helplessness and despair make things even worse. So, reduction (snake) of the weight, load, burden, or gravity from the terminally ill, will have a direct impact also to the one who holds him alive.

Cerebrospinal fluid (the water in Figure 2) has four major functions: (1) physical support of neural structures, (2) excretion and "sink" action, (3) intracerebral transport, and (4) control of the chemical environment of the central nervous system. Cerebrospinal fluid provides a "water jacket" of physical support and buoyancy (the one still standing, or the Atlas in Figure 2).

The CSF is also protective because its volume changes reciprocally with changes in the volume of intracranial contents, particularly blood. Thus, the CSF protects the brain from changes in arterial and central venous pressure associated with posture, respiration, and exertion.

Because CSF bathes and irrigates the brain, including those regions known to participate in endocrine functions, the suggestion has been made that CSF may serve as a vehicle for intracerebral transport of biologically active substances. For example, hormone releasing factors, formed in the hypothalamus and discharged into the CSF of the third ventricle, may be carried in the CSF to their effective sites in the median eminence. The CSF may also be the vehicle for intracerebral transport of opiates and other neuroactive substances. An essential function of CSF is the provision and maintenance of an appropriate chemical environment for neural tissue (the dying man on the bed in Figure 2).

Buoyancy is the power to float or rise in a fluid; relative lightness; the power of supporting a body so that it floats; upward pressure exerted by the fluid in which a body is immersed. Buoyancy is also a cheerful and optimistic attitude or disposition. Buoyant synonyms: sprightly, spirited, vivacious, lively, light, floating, hopeful, cheerful, and elastic.

Modern lifestyle is like a 24/7 sprint race when it should have been a marathon. Subsequently, the constant need for energy is mandatory. Energy is defined as a fundamental entity of nature that is transferred between parts of a system in the production of physical change within the system, and usually regarded as the capacity for doing work (Merriam-Webster, 2017).

The term allostasis (homeostasis) refers to the active process by which the "mediators" of the neuroendocrine, autonomic, metabolic, and immune systems help us adapt, as long as they are turned on in a balanced way when we need them and then turned off again when the challenge is over (Sterling et al., 1988). When allostatic mediators are not turned off (non-stop sprint race), these same mediators can cause unhealthy changes in brain (the dying man on the bed) and body. This is also the case when the mediators are not produced in an orchestrated and balanced manner – for example, too much or too little cortisol or an elevated or too low blood pressure.

The concept of "allostatic load" focuses on the paradox that the same mediators that help the body and brain adapt can also cause pathophysiology when overused and dysregulated (reverse mechanism). This terminology is more inclusive of life events than "stress". "Homeostasis" represents the physiological state which the body maintains to keep us alive – that is, body temperature, pH, and blood oxygen levels are kept within a narrow physiological

range. In order to maintain homeostasis, our body triggers hormone secretion and activates the autonomic and central nervous systems (we call these "mediators" like cortisol, adrenalin, the immune system, and metabolism) to help us adapt.

When dysregulation of these systems continues over weeks and months, we call it allostatic load, which refers to the wear and tear on the body that results from the chronic overuse and imbalance of the "mediators" (McEwen, 1998, McEwen and Stellar, 1993).

Allostatic load also includes the consequences of the health-damaging behaviors that often accompany a stressful lifestyle or are present in society, like and unhealthy diet, alcohol, smoking, inadequate sleep, lack of exercise, social isolation. Accumulation of belly fat is an example of allostatic load, as is the development of chronic hypertension.

From all the above, let us now picture in our mind's eye the whole abstract phenomenon of the protracted allostatic load that leads in silence to mitochondria fatigue, metabolic exhaustion, and organic burnout.

So imagine, out of the depths of our cellular function, an invisible (as a virus), inconspicuous hand emerging, grasping firmly the parasympathetic nervous system -which returns the body to homeostasis- and pulling it down. As a result, the brain will follow, lose from the traction the floating effect provided by the CSF, and sink into heavy, depressed, cheerless, joyless, and moody, dejected, desponding conditions (buoyancy antonyms).

Excessive activity in the thalamus (sensory relay station) is often at the root of serious mood disorders like depression, bipolar disorder, and even premenstural problems. We feel and function better when the thalamus is at a lower level of activity. Individuals with mood disorders have a busy brain because the excessive activity in their thalamus cannot be checked or reined in adequately by the PFC. Many forms of depression do not occur because our brains are going too slowly. Rather, it's because our thalamus is going double time (see allostatic mediators).

Dr. Joseph Annibali (psychiatrist) has treated thousands of people with overloaded, overstimulated brains. Some people describe their brain as being "in chaos"; others feel that their brain is "on fire." But whether they are ultimately diagnosed with anxiety, disabling OCD, depression, bipolar disorder, or even substance abuse, the underlying problem is a Too-Busy Brain, a great irritant that interferes with attention, concentration, focus, mood, and often much more. It may even be a sign of undetected damage to either the brain or the body itself.

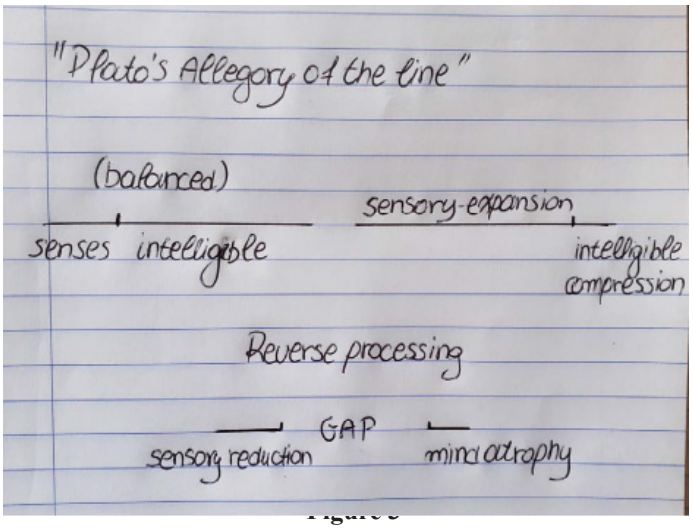
The three-dimensional structure of a protein determines the function it performs. That is evident from the effects of its exposure to extreme temperature (see above brain "on fire") or pH values. Then the protein undergoes what we call denaturation; protein densitation. In other words, the bonds that have developed between the side groups are broken, its three-dimensional structure is destroyed, and the protein loses its functionality (see above brain "in chaos"). A typical example is a change in the texture of the egg white during heating. From a clear solution of protein molecules, it becomes white, opaque, and solid. That is because the protein it contains (albumin) is denatured. In this state, it is obvious that it can no longer perform the function for which it exists as a component of the egg. Proteins, based on their function, are divided into two broad categories. The structural ones, which are structural components of the cells and consequently of the organism's, and the functional ones, which contribute to various functions.

Naturosophy (zoom out)

The current pandemic has brought many new statuses in our routine life. Lockdown or quarantine are the two most popular ones. Both are drastic measures that a state or a country takes to avoid the spreading of any contagious disease. But if you see it from another perspective, lockdown or quarantine are to decrease also the population's physical and mental hyperactivity; the external and internal noise produced from a constant need to be alert and engaged with something. They are simple stratagems for sensory reduction.

Staying home and be reserved for a while is not a catastrophe in the end. And for sure, it is not to be considered as something like social isolation. After all, reality shows how hooked, dependant, attached and addicted to screens modern society is. Smart pcs, smart tablets, smart cellphones, smart TVs. Everything artificial is smart. But what about the biological?

The term "naturosophy" originates from "natura" (Latin root for birth, according to nature) and "sophia" (the Greek root for wisdom).



Plato's allegory of the line symbolizes the harmonious connection and the equilibrium between the senses (small part) and the intelligible (big part). However, the reversal of this balanced connection, with the sensory system taking over and invading the space of the mind (skepsis), suppressing its abstract activity, inevitably will cause exposure and susceptibility to environmental threats (coronavirus). This overrunning of the senses is the organic overuse (allostatic load) that makes one vulnerable and abruptly increases the possibilities of unhealthy changes in mind and body. Science has proven that depression is a mental disorder that can also include physical symptoms that wreak havoc on the body as

well as the mind. One of the places we see depression's physical symptoms is the body's immune system. It's still unclear whether malfunctions in the immune system cause depression or depression causes the immune system to malfunction. But one thing is certain: there is a very close tie between the two.

In his very influential 1996 paper in Global Health Promotion, Antonovsky proposed a research agenda consisting solely of sense of coherence questions. One of them was whether the sense of coherence work through attitude and behavior change, the emotional level, or perhaps, as suggested by the fascinating new field of PNI (psychoneuroimmunology), from central nervous system to natural killer cells.

Compression of the mind's abstract space due to excessive, overwhelming, insufferable activity of the sensory relay station (thalamus) results in the "asphyxiation" of the intelligible and prolonged suppression inevitably leads to its "atrophy". The reduction of this chaotic or firing sensory status of the brain as an act to bring the equilibrium back (reverse processing) creates instead a gap caused by the gradual decline in effectiveness or vigor of the intelligible due to its underuse or neglect (atrophy).

Biological systems are complex webs that exist in dynamic equilibrium states. It's important to remember this whenever we think about potential new interventions. Simplistic notions that if something is high (or low) we will just decrease it (or increase it) and have a predictable benefit without downsides are often naïve (although sometimes things do work this way – we just have to be careful). We have to think of our interventions in the context of interacting with an existing equilibrium. That is why we need science-based medicine (mind) rather than just evidence-based medicine (senses).

Mind -> atoms & electrons -> electronic & electromagnetic field -> orbits -> highs -> falls -> photons -> packets of energy -> abstract -> intelligible.

Therefore, trying to "connect" the polarities (mind-body) is at least doubtful, and this because of the gap between them. Only if the interplay between the language of electric-chemical signals from the sensors and the mind's indwelling synchronous vibration will harmonize, then convergence might be possible to occur.

Photons cannot be associated with certain fundamental properties that we would expect any physically existing object to possess. In particular, they cannot be associated with the following two very basic properties:

1. **A rest frame:** That means there is no space coordinate system (CS) for which we can assign the origin to a photon. For any ordinary object, it is a trivial matter to come up with an infinite number of such coordinate systems (take any CS with that object at the origin, and perform any of the following transformations: rotations, boosts, dilatations, conformal changes).
2. **A finite observed duration of existence:** If you think about it for a moment, what a clock tells you at the most fundamental level is how long it has existed since the last time you checked.

And the reasonable questions that come are: when was the last time you checked you're... "Clock" to exist? When was the last time you heard its "cuckoo bird" call? Because if you have been busy or preoccupied with more meaningful matters and you have completely forgotten to pay attention to them, unfortunately, both the clock and the cuckoo bird have forgotten you too.

And this because they have passed in the forgetfulness, the obliviousness, buried deep in the landfill of your memories. You cannot naively associate physically existing objects with intuitive mind's mysterious, unknown, multidimensional (higher-lower) cognizant nature. And the reason is that quantum systems are manifestations as mere potentialities or possibilities of lower-dimensional objects which fail to exist in spacetime and therefore cannot be observed directly.

However, the brain as as part of the physical body can be considered an NCC (neuronal correlates of consciousness), after all: it generates experience, day in and day out. Consciousness is everything you experience. It is the tune stuck in your head, the sweetness of chocolate mousse, the throbbing pain of a toothache, the fierce love for your child and the bitter knowledge that eventually all feelings will end.

One of the greatest scientists of all time that has ever lived, the father of quantum physics Max Plank, has once quoted: "I regard consciousness as fundamental. I regard matter as a derivative of consciousness. We cannot get behind consciousness. Everything that we talk about, everything that we regard as existing, postulates consciousness."

"I regard matter as a derivative from consciousness", said the physicist.
Keyword: derivative is something that is obtained from, grows out of, or results from an earlier or more fundamental state or condition. Something which is based on another source. Outcome and derivative are semantically related. In some cases, you can use "Outcome" instead a noun "Derivative." Outputs are the means to end. These are actions that contribute to achieving an outcome. Outputs result into outcome. Outputs are first level results. Outcomes are second level results.

An abstract model of an information system features the following basic elements:

i. Receptor
ii. Processor & Memory (control centre), and
iii. Effector.

The receptor and the effector, are input and output mechanisms whose functions are, respectively, to receive symbolic expressions or stimuli from the external environment for manipulation by the processor and to emit the processed structures back to the environment.

Homeostasis is brought about by a natural resistance to change when already in the optimal conditions, and equilibrium is maintained by many regulatory mechanisms.

All homeostatic control mechanisms have at least three interdependent components for the variable being regulated: a receptor, a control centre, and an effector (see the abstract model of an information system above).

i. The receptor is the sensing component that monitors and responds to changes in the environment, either external or internal. When the receptor senses a stimulus, it reacts by sending action potentials to a control center.
ii. The control center sets the maintenance range—the acceptable upper and lower limits—for the particular variable, such as temperature. The control center responds to the signal by determining an appropriate response and sending signals to an effector, which can be one or more muscles, an organ, a gland, B & T immune cells, mast cells, fibroblasts, cytokine-induced killer cells.
iii. An effector is the target acted on, to bring about the change back to the normal state.

When the signal is received and acted on, negative feedback is provided to the receptor that stops the need for further signaling.

"Everything that we talk about, everything that we regard as existing, postulates consciousness." The term information refers to facts and opinions provided and received during the course of daily life: one obtains information directly from other living beings, from mass media, from electronic data banks, and from all sorts of observable phenomena in the surrounding environment. A person using such facts and opinions generates more information, some of which is communicated to others during discourse, by instructions, in letters and documents, and through other media. Information organized according to some logical relationships is referred to as a body of knowledge, to be acquired by systematic exposure or study. Application of knowledge (or skills) yields expertise, and additional analytic or experiential insights are said to constitute instances of wisdom. Use of the term information is not restricted exclusively to its communication via natural language. Information is also registered and communicated through art and by facial expressions and gestures or by such other physical responses as shivering. Moreover, every living entity is endowed with information in the form of a genetic code. These information phenomena permeate the physical and mental world, and their variety is such that it has defied so far all attempts at a unified definition of information.

"I regard consciousness as fundamental." In biology, homeostasis (fundamental; of central importance) is the state of steady internal, physical, and chemical conditions maintained by living systems. This is the condition of optimal functioning for the organism and includes many variables, such as body temperature and fluid balance, being kept within certain pre-set limits (homeostatic range). Other variables include the pH of extracellular fluid, the concentrations of sodium, potassium and calcium ions, as well as that of the blood sugar level, and these need to be regulated despite changes in the environment, diet, or level of activity. Each of these variables is controlled by one or more regulators or homeostatic mechanisms, which together maintain life.

"We cannot get behind consciousness." Outcomes are difficult to measure or validate. They are usually intangible (nonregulated variables; sensors do not exist within the system). On the other hand, outputs are easy to measure/report or validate. They are usually tangible (regulated/sensed variables; a sensor exists within the information system).

So matter as a derivative or outcome of consciousness comes to be intangible too as its underlying source of existence. Both (consciousness and matter) are elusive in the end; two sides of the same vague coin. Therefore, we cannot get behind matter either.

As a matter of fact, "matter" doesn't have a precise definition in the literature. E.g., to a cosmologist, the electromagnetic field (of which photons are quanta) is just one form of matter, but a condensed matter physicist may consider electromagnetism an interaction between particles of matter.

Summarizing Max Plank's quote analysis, consciousness is fundamental. However, without life, there is no consciousness and its derivative (matter). So life is essential. But still, life is maintained from regulators or homeostatic mechanisms, which are innate intelligent systems. Consequently, homeostasis is elemental. It is a primary force of nature; a primordial information of equilibrium, balance, and harmony. I visualize homeostasis as the lotus flower.

The lotus flower is a beautiful flower that can be found all over the world. But the start of this flower's life is not as beautiful is one might image. It's unlike many other flowers. When the lotus first begins to sprout, it is under water, making its home in lakes and ponds in areas where the water remains fairly still on the surface. But underneath the surface, the lotus is surrounded by mud and muck and by fish, by insects, and simply dirty, rough conditions. Despite these conditions, the lotus flower maintains strength, and pushes aside each of these dirty obstacles as it makes its way to clearer surfaces.

As a vivid antithesis to the lotus flower above (homeostasis), the ouroboros or uroboros is an ancient symbol depicting a serpent or dragon eating its own tail. The term derives from Ancient Greek ουροβόρος, from ουρά oura 'tail' plus -βορός -boros '-eating'. The ouroboros is often interpreted as a symbol for eternal cyclic renewal or a cycle of life, death, and rebirth.

Figure 4

We can simile the head of the serpent as consciousness and its tail as matter. Hungrily devoured matter from consciousness (loathly life experiences & lifestyle) results in the shortage of available resources (parasympathetic nervous system -> preservation of energy & return the body to homeostasis), and by extension, depletion and weakness. Deficiency and vulnerability make one susceptible to any sort of illness or pathology.

The ouroboros and the lotus flower are in an eternal fight in the modern world. Our consciousness, matter, and homeostasis, in an everyday rivalry. The lotus struggles to surface; the serpent pushes it back to the muck (out of the depths of our cellular function, an invisible -as a virus-, inconspicuous hand emerging, grasping firmly the parasympathetic nervous system -which returns the body to homeostasis- and pulling it down). This unseen vicious circle we call life. What an irony.

In Aaron Antonovsky's salutogenic theory, people continually battle with the effects of hardship. These ubiquitous forces are called generalized resource deficits (GRDs). On the other hand, there are generalized resistance resources (GRRs), which are all of the resources that help a person cope and are effective in avoiding or combating a range of psychosocial stressors.

Generalized resource deficits will cause the coping mechanisms to fail whenever the sense of coherence is not robust to weather the current situation. This causes illness and possibly even death. However, if the sense of coherence is high, a stressor will not necessarily be harmful. But it is the balance between generalized resource deficits and resources that determines whether a factor will be pathogenic, neutral, or salutary.

In the health promotion field, the term salutogenesis is associated with a variety of meanings that Aaron Antonovsky introduced in his 1979 book Health, Stress and Coping and expounded in many subsequent works. In its most thoroughly explicated meaning, salutogenesis refers to a model which posits that life experiences help shape one's sense of coherence—the sense of coherence. A strong sense of coherence helps one mobilise resources to cope with stressors and manage tension successfully. Through this mechanism, the sense of coherence helps determine one's movement on the health Ease/Dis-ease continuum [1-22].

The sense of coherence is defined as:
… a global orientation that expresses the extent to which one has a pervasive, enduring though dynamic feeling of confidence that one's internal and external environments are predictable and that there is a high probability that things will work out as well as can reasonably be expected (Antonovsky, 1979, p. 123).

We owe our understanding of the world to our various senses (the brain appears to be organised into two networks: the extrinsic network and the intrinsic network; information systems). We are slaves to our senses, and when we lose one, we also lose our ability to perceive that fraction of the world. Our brain is locked in a sensory vacuum. It understands the language of electric-chemical signals that come in through different "cables." In essence, our valued peripheral organs are nothing but specialized sensors, translating various kinds of external input into electricity that feeds into the brain. So when someone after a stroke or illness loses the somatosensation, he also loses the intrinsic, the abstract quality that determines the matter.

So before seeking the path towards the intelligible, one has to master the senses first. A snake or a controlled downfall is necessary before searching for a ladder (ascension). Everything around us is structured and based upon the things the eye can see (the possibility of precisely manipulating visual percepts in time and space has made vision a preferred modality in the quest for the NCC. The Neuronal Correlates of Consciousness (NCC) constitute the smallest set of neural events and structures sufficient for a given conscious percept or explicit memory. This case involves synchronized action potentials in neocortical pyramidal neurons) and what one can feel, touch, taste, hear, and smell.

The intuitive mind is a potentiality that does not have any intrinsic existence of its own but is always "shaped" by the context which gives rise to it, meaning one's thoughts, behavior, attitude, desires, experiences, expectations, perception of the "authentic" self. Self-esteem doesn't make people better; it just makes them feel better (ego strength). Self-esteem benefits only the individual, while self-control benefits everyone. Consequently, virtues (logic) or vices (ego) define the outcome (consciousness & matter).

Neural Corelates of Consciousness (NCC): Information systems - Barcodes - Patterns - Forms.

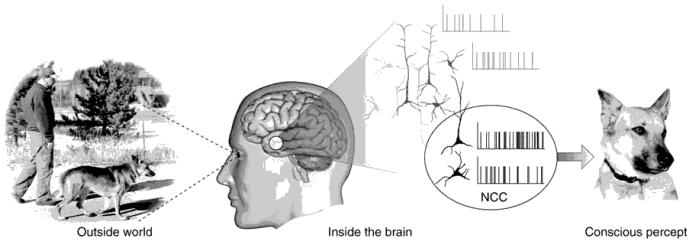


Figure 5

Curbing demand requires a cultural change, which is not easy. It starts with an understanding of the relationship between basic scientific literacy and critical thinking skills.

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