

Quantum-Holistic Framework of Transpersonal Psychosomatics: Complete Healing and Spiritual Integration

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Abstract

The subject of this paper is *complete healing* and *spiritual integration* within our extended *quantum-holographic / quantum-gravitational* (QHQG) framework of holistic psychosomatics (*integrative medicine* and *transpersonal psychology*). Such a framework could have significant implications for understanding the mechanisms of quantum-holographic control of the *morphogenesis*, including *epigenetic* bioresonance application of the healing boundary conditions within acupuncture-based and consciousness-based psychosomatics. In the context of *transpersonal psychology*, essentially all *psychosomatic problems* could have their initial roots in the *energy-information attractor blockages at different levels of consciousness* (caused by various trans-generational-predestined stressors), and *complete healing* and *spiritual integration* would involve their *integration* with healthy core of the personality, through unconditional *spiritually-forgiving acceptance of oneself and one's environment*. All this is in line with the revived scientific interest in *consciousness studies* during past decades (anticipating the upcoming *grand synthesis* of two modes of knowledge, *rational-scientific* and *creative-religious*, in the framework of our extended QHQG paradigm) – with the *essential role of each individual* due to the influence and concern for *unloading of the collective mental environment*.

Keywords: quantum-holistic psychosomatics, acupuncture, consciousness, vital energy, integrative medicine, transpersonal psychology.

Introduction

Despite the enormous material and mental resources engaged in biomedical research and health care, human health is still highly endangered by numerous *psychosomatic diseases*, which find fertile ground in today's man exposed to everyday *stress*. Since modern partial methods have not shown the desired efficacy in the prevention / treatment of psychosomatic disorders, it is necessary to include methods of *integrative biophysics*, focused on *holistic treatment of man as a whole* and not diseases as symptoms of disordered wholeness, implying their deeper *QHQG origin*. The *focus* of these *holistic methods* is the *acupuncture system* and *consciousness*, closely related in *holistic psychosomatics* (leading to development of *integrative medicine* (<https://www.imconsortium.org>) and *transpersonal psychology* (<http://www.atpweb.org>)) – with the biomedical ideal of *holistic prevention and control / preservation of health* at all levels (*environment / organism / organ systems / organs / tissues / cells*).

The mentioned approaches are also on the line of reawakened scientific interest in fundamental research of *consciousness* during past decades [1] – with anticipated appearance of a *great synthesis*

of two modes of cognition, indirect-rational and direct-creative, within our extended QHQG paradigm [2-4] – where the role of each individual becomes irreplaceable due to influence and care for the collective mental environment. And can help understand that all our partial rationalizations are still approximations of the fundamental-holistic reality, and that all divisions which first harmlessly separate us and then spontaneously give birth to great conflicts are a tragic misunderstanding of the spiritually immature (historical) epoch of civilization.

The paper is organized as follows. Introductory section presents the motivation for establishing our *extended QHQG framework*. Second section outlines *acupuncture-based and consciousness-based extended QHQG psychosomatics*, with subsections on *transpersonal exotic aspect of vital energy* and *two cognitive modes of consciousness*. Third section *discusses* the related consequences on *transpersonal and trans-generational healing*. Concluding section *anticipates* their wider social behavioural and educational significances.

Outline of acupuncture-based and consciousness-based extended QHQG psychosomatics

Today, the prevailing scientific paradigm is that the processing of information at the level of central nervous system takes place through *hierarchically organized and connected neural networks* [5-9]. This hierarchy of biological neural networks seems to descend all the way to the subcellular *cytoskeletal* level, which some researchers believe represents the interface between the *neural* and *quantum* levels [10] – and whose Feynman's propagating version of quantum mechanics turned out to have a *mathematical formalism analogous to Hopfield-like neural network*, forming the basics of *quantum neural holography* [11].

The mentioned analogy opens an additional *fundamental question*, how the *classical* parallel processing level emerges from the *quantum* parallel processing level, which is also a general problem of the connection between the quantum and classical levels in the *quantum theory of decoherence* [12]. The same question is closely related to fundamental nature of *consciousness*, whose in-deterministic properties of *free will* [13-15], and other holistic manifestations such as the *conscious-unconscious transition and permeation of the body with consciousness* [16], *altered states of consciousness* [17,18], and *transitional states of consciousness* [19] – necessarily indicate that some manifestations of consciousness have deeper *quantum origin*.

On the other hand, as shown by the *quantum-coherent characteristics* of the Russian-Ukrainian school of *microwave resonance therapy* [20,21] (high-resonance microwave sensory response of the disordered organism, biologically efficient non-thermal microwave radiation of extremely low intensity and energy, and negligible microwave energy losses along the acupuncture meridians) – the *acupuncture system* is the *only macroscopic quantum system* in our body (while the brain does not seem to be [22]), with the significant *psychosomatic implications*.

Thus, the so-called *memory attractors of the quantum-holographic Hopfield-like neural network* could be plausibly *treated as psychosomatic states* – with healthy psychosomatic state as the simplest information state having the lowest quantum entropy (with only one memory attractor), and disordered psychosomatic states having the higher quantum entropy (with additional side memory attractors, cf. Fig. 1 [23,24]).

Then the *goal of all holistic acupuncture-based and consciousness-based psychosomatic approaches and techniques* would be *bioresonance excitations* of the targeted palpatory-painful /

psychologically-traumatic memory attractors of the open acupuncture system / consciousness – which allow initial memory attractors of psychosomatically disordered states to be resonantly excited one by one (as in artificial neural networks [25]), becoming shallower and wider (and finally removed) at the expense of deepening the (energy-dominant) memory attractor of a psychosomatic healthy state (acupuncture-palpably painless or psychologically non-traumatic).

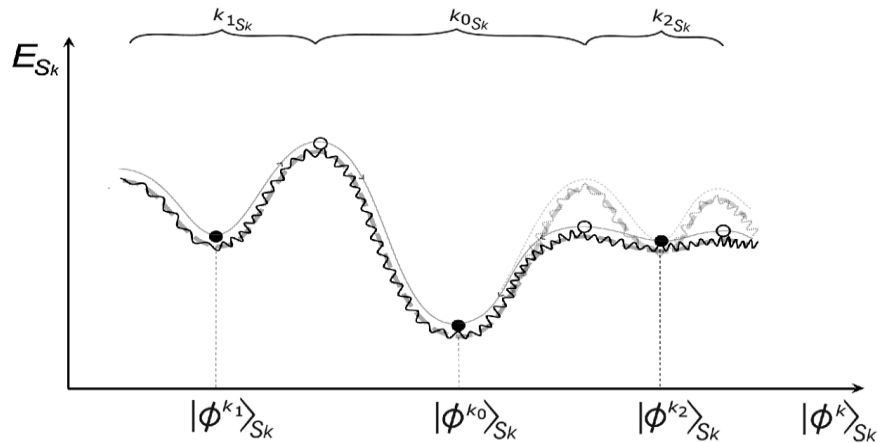


Figure 1. Schematic presentation of adaptation of memory attractors in the energy-configuration hypersurface of *quantum-holographic memory / propagator* of various hierarchical levels of biological *macroscopic open quantum system(s)* S_k (*local cell's biomolecular protein / target, local acupuncture system / consciousness, or nonlocal out-of-body consciousness / collective consciousness*). This implies *necessity* of the quantum-informational successive *bio-resonance balancing* of all unwilling side memory attractors (like ϕ^{k_2} in the figure), which would otherwise cause development of *psychosomatic diseases* on the individual level and *interpersonal fights* in this and further generations on the collective level [23,24].

On the same line, the organism could be treated as a *quantum-information hierarchy* of Haken's multilevel synergistic neural network of the *layers* of quantum-holographic Hopfield-like neural networks (representing appropriately *conjugated biochemical enzymatic activities* [26]), *bioresonantly coupled* by memory attractors (in the occupational bases of quantum-conformational states of the corresponding enzymes) [27]. This could be an explanation for the sensitivity of the organism to bioresonance diagnostics and therapies [28,29], as well as for some very intriguing field-mediated self-organizing genetic experiments [30,31].

Thus, the application of *psychosomatic therapies* would reduce quantum entropy (degradation) i.e. increase the quantum information (organization) of the open macroscopic psychosomatic system, and then this state would be *quantum-holographic projected* to a lower cellular level, thus correcting *genome expression* in morphogenesis, which might represent the basics of modern *quantum-holistic local psychosomatics* [32,33]. This may be related to similar ideas of *epigenetics* applied to biological systems [34] and *emergent control* of higher hierarchical levels over lower ones in *cognitive sciences* [35] – pointing to important role of the *acupuncture system / consciousness* in these processes.

So, all local holistic acupuncture-based and consciousness-based psychosomatic approaches and techniques could be treated as *quantum-information therapies*, by imposing *new healing boundary conditions in the energy-state space of the QHOG field of the acupuncture system / consciousness*.

It should be added that our macroscopic quantum-holographic framework is in line with the *holographic principle* [36], according to which each 3D physical system is *isomorphic* to

holographic information imprinted on its 2D surface, implying that *quantum holographic information about each body* could be imprinted in its *surface energy-information layer (aura, as claimed in different traditions [37])*. That the *acupuncture system is associated with consciousness and psychosomatics* is also confirmed by *meridian (psycho / energy) therapies* (with rapid removal of *traumas, phobias, allergies, post-traumatic stress and other psychosomatic disorders [38,39]*), where the simultaneous effects of *visualization and tapping / touching acupuncture points* can be interpreted within our quantum-holographic framework as the *attenuation of memory attractors of psychosomatic disorders, through the successive setting of new boundary conditions in the energy-state hyperspace of the acupuncture system during visualizations of the psychosomatic problems*.

Notes on transpersonal exotic aspect of vital energy

Although the vital force theory was discarded in organic chemistry of 19th century, nowadays it seems to return modified into science via *integrative medicine* and *transpersonal psychology*. Within our extended QHQG framework, the *transpersonal exotic aspect of energy-information communications* is suggested by establishing and stabilizing energy-information channels of *vital energy (prana, qi, ki...)*, known in all traditions and widely used in *transpersonal energy therapies (Ayurvedic, Qigong, Reiki...)* [40]. Also, the quasi-classical ionic aspect of the acupuncture system, realized by means of non-threshold electrical synapses, was suggested for an order of magnitude of increased concentration in the acupuncture points and increased ion absorption at those points.

At the transpersonal level, within our extended QHQG framework, the already mentioned *analogy of mathematical formalisms of the quantum-holographic Hopfield-like neural network and Feynman's propagating version of quantum mechanics* points to *collective consciousness* as a possible *ontological property of the QHQG field itself*, whose *memory attractors* can be basics of *quantum-holistic global psychosomatics* [41] – with *significant religious / social implications* on the necessity of *transpersonal QHQG balancing of all undesirable collective memory attractors* (which un-reprogrammed over time will lead to the development of psychosomatic disorders or interpersonal conflicts in this and / or future generations, transpersonally and unconsciously).

Otherwise, *spontaneous transpersonal communications* with exchange of QHQG information in the transitional states of individual consciousness would have *negative psychosomatic-spiritual effects*, as they would lead to a *global trans-generational increase in psychosomatic loads* at the level of the macroscopic quantum space-time network of *collective consciousness* [42] – thus representing karmic / sinful '*engine of history*'. *The only phenomenon that would reduce these loads is all-forgiving prayer for oneself and others* (neighbours, enemies, the dead) – *probably through simultaneously spiritually-excited vacuum macro-quantum portions of vital energy in the prayer-related persons* (similar to the spiritually-excited and mentally-channeled *Ayurvedic, Qigong, Reiki and contemporary experiences* of local and transpersonal healings) – as *in-deterministic interventions in (otherwise intrinsically-deterministic / Schrödinger-unitary) QHQG evolution of collective consciousness*. This leaves the greatest room for *free will and influence on future preferences* – making the *role of each individual irreplaceable* due to the influence and concern for the *collective mental environment*.

Indeed, when there are *transpersonally-entangled blockages* in the energy-state space of the QHQG field of the acupuncture system / consciousness (and already laboratory tests indicate the

entanglement of consciousnesses, i.e. *extrasensory experiences in quantum reality* [43-46]) – then memory attractors of the QHQG *collective consciousness* should be removed (by *prayer or circular (psycho / energy) therapies*, from all relevant meta-positions to *remove all mental addresses involved in the problem*), with the *ultimate goal of complete healing and spiritual integration of personality*.

Our extended QHQG framework also implies that hierarchical parts carry information about the whole, similar to the Hindu relationship *Brahman / Atman*, as a whole and part that contains information about the whole, allowing subtle *quantum-information coupling of different hierarchical levels* in Nature [47-51]. This is also supported by the *acupuncture system and its projection zones* (ECIWO holographic concept [52]), and by the discovery of the *quantum-holographic influence of language communication on the cell genome expression* (by speech-modulation of the illuminating-laser-signal [53]); and suggests the *origin of miraculous creativity* (Tesla and Mozart as a case study [54,55]) and the predestination of life paths and temptations (as indicated by experiences of hypnotic regressions [56] and different traditions [57], emphasizing they can be *optimized by spiritual purification*).

It is hereby also instructive to mention *Buddhist* interpretation of *karma*, which occurs not as a *result of our spontaneous reaction* to the current situation in life, but as a result of the *latter justification of our conscious reactions against the others* in this situation [58]! In the context of the above mentioned *QHQG predestined life programs*, this is fully justified because we all (*non-consciously*) *react to current conflicting-encoded life-situations* (several hundred milliseconds before we become aware [59]!), but immediately afterwards we have a chance to (*consciously*) *permanently untangle the existing trans-generational conflict by penitent-all-forgiving prayer*. This might be possibly the reason for *Christianity* to insist on *repenting and forgiving*, as anything else would enhance the existing mental / emotional personal loads and enlarge evil in the world, dismissing an individual and humankind from the final spiritual ideal of sinless state of individual and collective consciousness!

Notes on two cognitive modes of consciousness

Our extended QHQG framework also indicates *two cognitive modes of consciousness*, according to strength of the consciousness-body-environment coupling: *weakly-coupled direct one* (in the *out-of-body* spiritual-creative *quantum-entangled non-stationary transitional states of consciousness / quantum-coherent stationary altered states of consciousness*, like prayer, meditation, daydreaming, lucid dreams, creative insights ...), and *strongly-coupled indirect one* (in the *bodily* perceptually-rationally mediated *classically-reduced stationary normal states of consciousness*, like sensory perception, logical and scientific reasoning ...) – with *the conditions of mutual transformation*. This explains the *fundamentally inadequate information rationalization* of any direct QHQG spiritual / religious *mystical experience* (as a problem of quantum measurement theory, on the reduction of the implicate order of the QHQG superpositions into an explicate order of the classical-reduced states (cf. Fig. 2(a,b), inspired essentially by Tesla as a case study [60-64]).

This is *close to the experiences of many shamanistic tribal traditions*, which believe that the *true* (quantum-holographic) reality is represented by the so-called *lucid dreams*, and that the (classically-reduced) *waking state* is a lie / illusion (*maya*, as it is pointed out in the traditions of the East). In this context, it would be understandable that all the *latter partial rationalizations* (classical-reduced

mappings!) of *mystical experiences* are still only *approximations of the fundamental-holistic reality* (quantum-holographic territory!), which differ from tradition to tradition. On the other hand, the *consensus of the mystics of the same tradition on a similar partial rationalization of mystical experiences* could be understood as *part of the same dominant-channeling trans-generational contextual heritage of members of the same tradition* (as we are not born as *tabula rasa*).

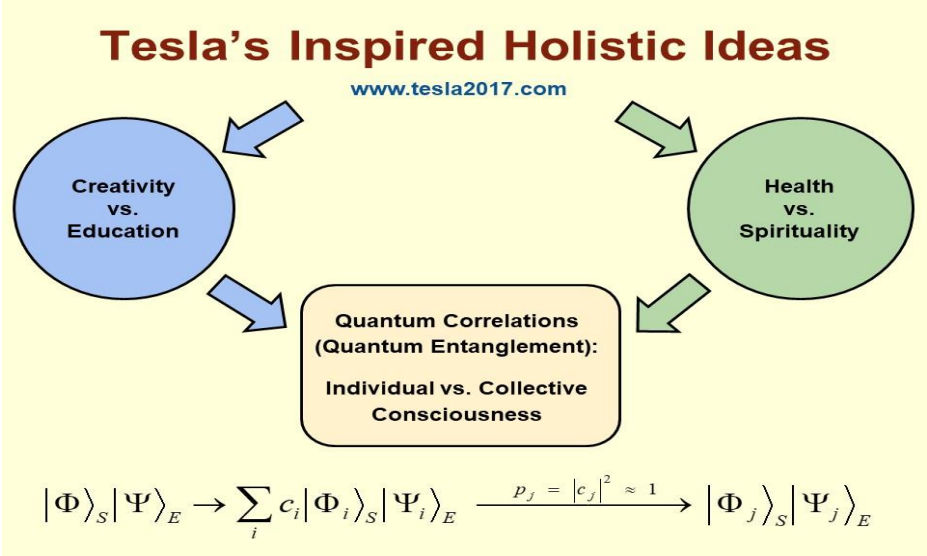


Figure 2. (a) Symbolic representation of *mentally controlled-directed increasing* of macro-quantum correlations of interacting individual consciousness (*S*) and collective consciousness / environment (*E*) in *transpersonally-entangling creative phases* (left-hand side of the image and formula above, with previous mental increase of the focused weight contribution c_j and subsequent (practically non-stochastic) classically-reduced selection of this dominant weight contribution c_j); and (b) Symbolic representation of *mentally controlled-systemic decreasing* of macro-quantum correlations of interacting individual consciousness (*S*) and collective consciousness / environment (*E*) in *transpersonally-disentangling spiritual phases* (right-hand side of the image and formula above), with previously systemic mental decreasing of almost all weight contributions c_i and subsequent (practically non-stochastic) classically-reduced selection of the remaining dominant weight contribution c_j (related to mentally-embedded address on the founder of the corresponding mystical tradition) [61,62].

Thus *science closes the circle, re-discovering two modes of cognition* and at the same time setting its *own epistemological limitations* – as preserved for millennia in *shamanistic tribal traditions* [65], or as *Patanjali described in Yoga Sutras* more than two millennia ago, emphasizing that mystical experience (*samadi*) is 'filled with truth' and 'above conclusions and scriptures' [66], while at the beginning of the last century *Berdyayev in the Philosophy of Freedom* formulated the difference between faith and knowledge as the difference between two ways of knowing, prayer-mediated 'manifested things invisible' and rational-mediated 'manifested things visible' [67].

In addition, the necessity of direct QHQQ entanglement of individual and cosmic collective consciousness in the observation of implicate order would require a weak out-of-body consciousness-environment quantum-communication coupling, i.e. prior *reprogramming of all psychosomatic loads* (i.e. cleansing from all possessive or hedonic emotional-mental connections with environment). Otherwise, as mental addresses, they would lead to the quantum projection of the mentally-channeled transpersonally-tunneled consciousness onto the appropriate out-of-body environment, and thus to the classically-reduced *out-of-body extrasensory observation* of the mentally-addressed environment. In this context, the mystic efforts of all traditions to purify the

consciousness / soul through *spiritual practices* (prayer, meditation...) and thus reach their *final eschatological goal* (Kingdom of God, nirvana...), i.e. *post-mortem salvation* of the (sinless, unbound) soul, by *re-union* (re-ligare, yoga...) with *spiritual primordial source* – appears reasonable.

However, this also *leaves room for personal love*, the highest manifestation of which is the ability and readiness for *constant and unconditional forgiveness* (to a loved one, and because of him / her to everyone else, including enemies) in prayer and (QHQG entangled) life practice; the same applies to love for relatives and friends.

Discussion on transpersonal and trans-generational healing

It should be noted that the *healing effects* on patient's acupuncture system / consciousness are *often blocked* by QHQG encoded *spiritual personal consent* to the disease as a form of (self) punishment (as evidenced by subjects' experiences in *post-hypnotic regressions*), when *prayers and self-love* for oneself and others are necessary to end (self) punishment – thus performing *spiritual integration of the personality*, i.e. *dis-entanglement of transpersonal energy blockages*, which *triggers the process of permanent healing* [68].

Such *spiritual in-deterministic interventions* by introducing new vacuum excitations of vital energy in the otherwise deterministic QHQG evolution of collective consciousness (similar to the spiritually-excited and mentally-channeled Ayurvedic, Qigong, Reiki and modern experiences of local and transpersonal healings, thus non-Schrodinger imposing necessary essentially new boundary conditions!) – can permanently remove as a net effect *the whole mutual conflict* between the two people, which is also *the greatest source of freedom* in optimizing life programs through spiritual cleansing [69].

In particular, we mention Hawaiian *ho'oponopono* tradition with *remarkable reprogramming of the life situations by contextual repenting and forgiving ourselves* [70]; or South American *ayahuaska* [71] and Nigerian *Abiku* [72] traditions with *fascinating spiritual diagnoses and extensions of the predestined-short-life programs*; or *fascinating world bestseller of Anita Moorjani on spiritual changing her life program* with return from clinical death and after a few weeks with *spontaneous healing of terminal phase of cancer* [73]; or contemporary spiritual teaching of *Bruno Groening* with *incredible healing channel* remained open after his death, in *optimizing individual and collective life programs* [74]; or traditional *Christian (hesychastic) Mysticism* with *miraculous healing and optimizing life programs* [75].

This significantly contributes to our understanding that *even the most severe psychosomatic disorders have their roots in the energy-informational blockages*, and that *healing begins by removing them* – first by loving oneself, accepting oneself and forgiving oneself, which is then manifested by loving others and accepting others (e.g. by spiritually dis-entangling repentant-forgiving prayer)!

In the context of transpersonal psychology, all *psychosomatic problems* could have their initial roots in the *energy-information attractor blockages at different levels of consciousness* (caused by trans-generational-predestined stressors, such as fear, frustration, anger, hatred...), and *healing* would involve their *integration* with healthy core of the personality, through unconditional *spiritually-forgiving acceptance of oneself and one's environment*. Or in deep psychotherapeutic terminology, *healing* would begin with integration of the detached aspects of the Shadow (subconscious) with the

Person (ego), and terminates by integration with the higher Self at the end of the process of individuation (psychosynthesis) [76], i.e. by removing all layers of individual's *mask* created from transpersonal and trans-generational QHQG energy-information blockages (attachments) at different levels of consciousness.

Conclusions

Our QHQG theoretical framework of consciousness and psychosomatics, in line with the increased scientific interest for consciousness studies in the past decades, *anticipates great synthesis of two modes of knowledge*, rational-scientific (classically-reduced, in normal states of consciousness) and creative-religious (quantum-entangled, in transitional and altered states of consciousness).

Thus role of every individual might become irreplaceable due to influence and care for the collective mental environment, *leaving most room for free will*. This would point to full significance of holistic education and behaviour – *anticipating necessity for redefining global educational / informational / political goals, with reorientation towards holistic gentle actions for solutions of global risk society*.

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