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ON QUANTUM-HOLOGRAPHIC FOUNDATIONS OF PSYCHOSOMATICS AND SPIRITUALITY

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Summary. The subject of this paper is the quantum-holographic foundations of psychosomatics and spirituality. This is of special importance due to the increasingly widespread application of integrative medicine in developed countries – since contemporary research into psychosomatic diseases indicates the necessity of applying holistic methods (with a focus on the body's acupuncture system and consciousness), oriented towards treating man as a whole and not diseases as symptoms of disorders of that whole, implying their macroscopic quantum origin – with significant global psychosomatic implications about the necessity of including the three front lines of integrative psychosomatic medicine. The aforementioned research is also in line with the reawakened scientific interest in researching the phenomenon of consciousness in recent decades (with hints of the emergence of a great synthesis of two modes of cognition, rational-scientific and creative-religious, within the framework of the quantum-holographic paradigm) – where the role of the individual becomes irreplaceable due to the influence and concern for the collective mental environment, which is certainly a fundamental issue of mental hygiene and civil decency, i.e. spiritual and civil morality.

Keywords: Acupuncture System; Consciousness; Integrative Medicine; Psychosomatics; Quantum-Holographic Informatics; Spirituality

1. Introduction

Despite the enormous material and mental resources engaged in biomedical research and health care, people's health is still very much threatened by numerous psychosomatic diseases, which find fertile ground in today's man exposed to daily stress. Since modern partial methods have not shown the desired effectiveness in the prevention / treatment of psychosomatic disorders, new approaches are necessary, which will include the methods of integrative medicine, oriented to the holistic treatment of the human being as a whole and not diseases as symptoms of disorders of the whole, implying their deeper quantum-holographic origin. The focus of these holistic methods is the acupuncture system and consciousness, closely related to each other in integrative medicine, with the biomedical ideal of holistic prevention and control / preservation of health at all levels (environment / organism / organ systems / organs / tissues / cells) [1-11].

The aforementioned research is also in line with the reawakened scientific interest in the fundamental research of the phenomenon of consciousness in recent decades [4-55], with hints of the emergence of a great synthesis of two modes of cognition, rational-scientific and creative-religious, within the framework of an expanded holistic quantum-holographic paradigm – where the role of the individual becomes irreplaceable due to the influence and concern for the collective mental environment [4-11].

The paper is organized as follows. Introductory section presents motivation for establishing our quantum-holographic framework. Second section provides quantum-holographic foundations of psychosomatics. Third section provides quantum-holographic foundations of spirituality. Fourth section discusses syncretic reflections on spiritual meaning of human life. Fifth section gives conclusions.

2. Quantum-Holographic Foundations of Psychosomatics

Today, the prevailing scientific paradigm is that information processing at the level of the central nervous system takes place through hierarchically organized and connected neural networks [7,8,56-59]; this hierarchy of biological neural networks appears to descend all the way down to the subcellular cytoskeletal level, which some researchers believe represents the interface between the neural and quantum levels [60] – which has recently been shown to have a mathematical formalism analogous to the Hopfield neural network in Feynman's propagating version of quantum mechanics, which is the basis of quantum neural holography [7,8,56] [that allows at the output of the Hopfield-like quantum-holographic neural network successive reconstruction of the wave functions of the memory states (complete, both amplitude and phase!) when recognizing the wave functions of the states shown at its input (which is the basis of every holography, but here it is all the more simplified compared to standard laser holography, which requires so-called coherent reference and object laser beams)].

The mentioned analogy also opens an additional fundamental question, how a classical parallel processing level emerges from a quantum parallel processing level, which is also a general problem of the connection between quantum and classical levels in the quantum theory of decoherence [7,8,61,62].

The same question is closely related to the fundamental nature of consciousness, whose indeterministic properties of free will [5-10,17,18] and other holistic manifestations such as the conscious / unconscious transition and the permeation of the body by consciousness [19,20], transitional states of consciousness [5-10] and altered states of consciousness [5-10,21] – necessarily indicate that some manifestations of consciousness must have a deeper quantum origin, with significant psychosomatic implications.

Namely, as shown by the quantum-coherent characteristics of the Russian-Ukrainian school of microwave resonance therapy (MRT) [63-65] (highly resonant microwave sensory response of the diseased organism, biologically effective 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 seems not to be [66]) – which today represents the basis of integrative medicine [4-10,63-65].

And since recent theoretical research shows that every quantum system has a formal mathematical structure of an associative quantum-holographic Hopfield-like neural network [54] (cf. Figure 1) – the memory attractors of the acupuncture network can be treated as psychosomatic disorders that represent an electromagnetic microwave (EM MW) quantum-holistic record (which can only be erased holistically, as indicated by the extremely high efficiency of MRT-therapy [4-7,63-65], which removes even the local information about psychosomatic disorders) – which can represent the basis of (acupuncture temporarily reprogrammable!) quantum-holistic local psychosomatics [4-10]. Namely, according to Tibetan traditional medicine [67], the acupuncture procedure must be repeated every few months – probably as a consequence of the patient's renewed mental burdens from his mental transpersonal environment, which remained un-reprogrammed at the level of quantum-holographic collective consciousness, which is also supported by Tibetan pulse diagnostics based on 20 pulses, which enables precise diagnosis of psychosomatic disorders not only of patients but also of their family members and enemies).

The same could apply to the lower hierarchical quantum-holographic macroscopic open quantum cellular enzyme-genomic level, which could function at the level of continuous quantum-conformational quantum-holographic-like molecular recognition [62]. As a consequence, due to the quantum-holographic feedback effect of the EM field of the acupuncture system on the cellular enzyme-genomic level (so-called macroscopic "downward causation", not only microscopic "upward causation"), quantum neural holography combined with quantum decoherence could be a very significant element of feedback-coupled bioinformatics, from the level

of the cell to the level of the organism and further to the level of collective consciousness [5-10] (cf. Figure 2) – which may be related to similar ideas of general systems theory applied to biological systems, with the well-known open problem of "emergent control" of higher hierarchical levels over lower ones in the cognitive sciences [68,69].

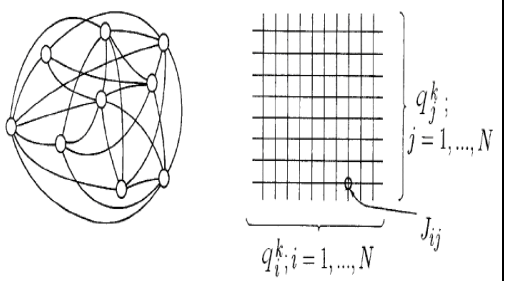

Figure 1a Diagram of Hopfield's NN (left) and its memory matrix **J** (right), where:

$$J_{ij} = \sum_{l=1}^{P} q_i^{k_l} q_j^{k_l}$$

$$q_i = \sum_{j=1}^{N} J_{ij} q_j$$

$$E_K = -\frac{1}{2} \sum_{i=1}^{N} \sum_{j=1}^{N} J_{ij} q_i q_j$$

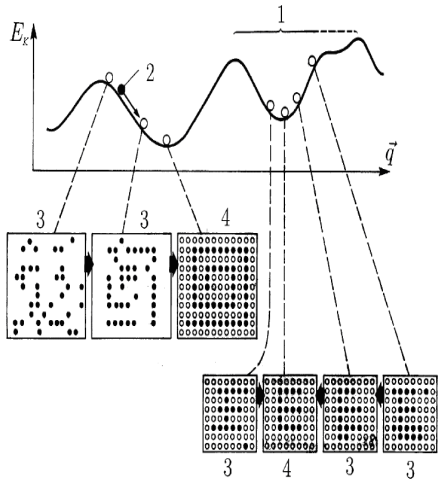

Figure 1b Configuration-energy hypersurface of Hopfield's NN: 1 – basin of attraction; 2 – momentary state of NN; 3 – nonstable configuration; 4 – attractor pattern, i.e. stable configuration (left).

Hopfield-like Classical & Quantum holographic Peruš's analogies (bellow):

$$q \Leftrightarrow \phi, \quad q^{k_l} \Leftrightarrow \phi^{k_l}, \quad J \Leftrightarrow G$$

(cf. Figure 2 and [56]), where

$$G(r_2,t_2;r_1,t_1) = \sum_{i=1}^{P} \phi^{k_i}(r_2,t_2)\phi^{k_i}{}^{*}(r_1,t_1) =$$

$$= \sum_{i=1}^{P} A_{k_i}(r_2,t_2)A_{k_i}{}^{*}(r_1,t_1)e^{\frac{i}{\hbar}(\alpha_{k_i}(r_2,t_2)-\alpha_{k_i}(r_1,t_1))}$$

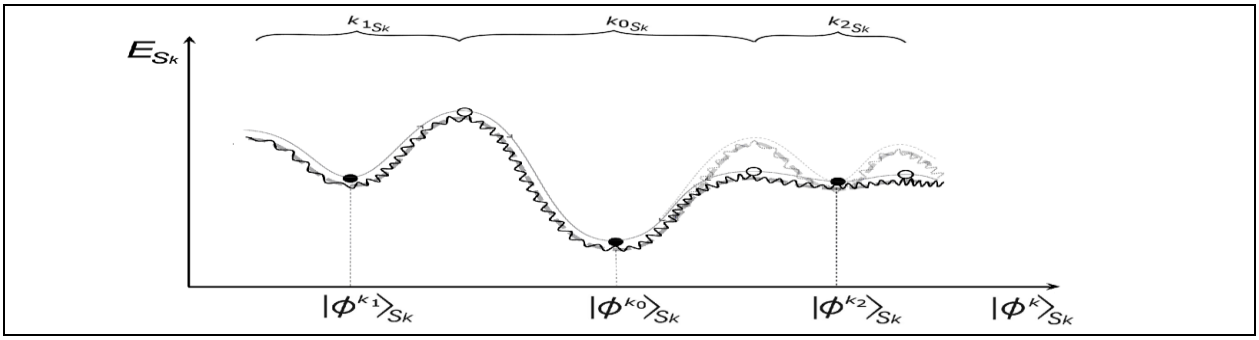

Figure 2. Schematic presentation of the adaptation of memory attractors in the energy-state hypersurface of the quantum-holographic memory / propagator of various hierarchical levels of biological macroscopic open quantum system(s) S_k [5] (local cell's biomolecular protein / target, local acupuncture system / consciousness, or nonlocal out-of-body consciousness / Collective consciousness). This implies necessity of quantum-informational successive bioresonant removing of all unwilling side memory attractors (like ϕ^{k_2} in Figure 2), which would otherwise cause development of psychosomatic diseases on the individual level, and interpersonal fights in this and further generations on the collective level.

Finally, according to our quantum-holographic theoretical framework all holistic acupuncture-based and consciousness-based approaches and techniques could be treated as quantum-informational therapies, by imposing new bioresonantly exciting healing boundary conditions in the energy-state space of the (open) acupuncture system / (individual) consciousness. However, when this process is hindered by transpersonal entangled blockages in the energy-state space of EM field of the (open) acupuncture system / (individual and collective) consciousness – then memory attractors of quantum-holographic network of the field-related collective consciousness should be removed as well (via bioresonantly exciting prayer or circular psychotherapies from all relevant meta-positions included in the problem, to disentangle energy-informationally all mental addresses included in the problem, with final goal to achieve permanent healing i.e. spiritual integration of personality [5,10], cf. Figure 2).

So, this implies necessity to focus on the origins of many psychosomatic problems on underlying prenatal trans-generational levels (cf. [10] and refs. therein) – which can form the basis of quantum-holistic global psychosomatics [5-10], with significant religious / social implications about the necessity of transpersonal spiritually-mediated quantum-holographic erasure of all undesirable collective memory attractors (which, if not reprogrammed by prayer, will otherwise lead to the development of psychosomatic diseases or interpersonal conflicts in this and/or subsequent generations, which are transmitted transpersonally and unconsciously).

3. Quantum-Holographic Foundations of Spirituality

The mentioned quantum-holographic picture also implies that the quantum-holographic hierarchical parts carry information about the whole, which is associated with the Hindu relationship Brahman / Atman, as a whole and a part in which the information about the whole is contained [54] (enabling a subtle quantum-information coupling of different hierarchical levels in Nature [70-72], which is supported by the acupuncture system and its projection zones (ECIWO holographic concept [73]) and the discovery of the quantum-holographic influence of language communication on the expression of the cellular genome (by speech-modulation of the illuminating-laser-signal [74]), as well as the origin of miraculous creativity (Tesla and Mozart as 'case studies' [75,76]) and the determinism of History through coupling with the state of collective consciousness ('Bible code' as a set of 'key words' of historical figures [77]).

Additionally, if put in the theoretical context of the fundamental Holographic principle [72], according to which any 3D physical system is isomorphic to the holographic information embedded on its 2D surface, then quantum-holographic informational content of a body could also be contained in corresponding surface layer of vital energy of the astral-mental body (aura), as has been stated in various traditions – in accordance with our quantum holographic framework for psychosomatics and proposed close relationship of the acupuncture system and consciousness (supported by meridian psycho-energy therapies as well, with the rapid elimination of traumas, phobias, allergies and other psychosomatic disorders, by simultaneous emotional-involved intensive visualization of psychosomatic problems and tapping / touching on prescribed acupuncture points [78,79]) – which can also be classified in the broader field of integrative medicine [5-10].

In this respect, the "gauge quantum field theory and quantum gravity correspondence" of any quantum entangled system (i.e. Einstein-Podolsky-Rosen correlated quantum pair) and created miniature (non-traversable) wormhole (i.e. quantum-gravitational Einstein-Rosen bridge) [94] should be pointed out – as note added in proof of our quantum-holographic framework for transpersonal interactions via miniature wormholes. On the other hand, according to our quantum-holographic theoretical framework [7,93], the similar highly-non-inertial transitional processes should be expected in highly non-inertial microparticle interactions in quantum-measurement-like situations (fully equivalent, according to Einstein's Principle of equivalence, to strong gravitational fields – where openning of wormhole-tunnels is expected [95]) – implying also that von

Neumann's ad hoc Projection postulate is based on quantum gravitational phenomena [7,93], on deeper physical level than nonrelativistic quantum mechanical ones!

Bearing in mind the possibility and effectiveness of transpersonal circular meridian (psycho / energo) therapeutic processes, i.e. from all relevant mentally-addressed meta-positions of other persons participating in the treated trauma [79], this implies that these interactions of trauma-affected persons are quantum-gravitational in nature, through miniature 'wormhole' space-time tunnels (or 'silver cords' from the vital energy of the astral / mental body, extrasensory observable in altered states of consciousness between the heart, stomach or throat chakras of the connected persons; in African-Haitian voodoo magic, a 'silver cord' between the operator and the victim is deliberately created through visualization, while in the Hawaiian hooponopono tradition, the 'silver cord' is cut through visualization and thus removes the traumatic emotional bond – which otherwise naturally exists between the mother and of a child, and it also arises spontaneously by intense exchange of vital energy between relatives, close associates, current and former lovers, friends and enemies, where a post-mortem between a living and a dead person may also persist [5-10]).

Therefore, our theoretical research points to the real nature of transpersonal experiences of various spiritual traditions [21,34,44,45,51-53,67,80-83], supported by modern research [15,22-24,28-43,46-52,73-80,84,85] – so according to the theoretically elaborated connection between individual consciousness and acupuncture system, i.e. EM-ion quantum-holographic Hopfield-like associative neural network [5-9], esoteric notions such as astral body (manomaya, lingasarira, manovijnana, ka, psyche, nephesh, nafs, subtle body, psychic body, soul...) and mental body (vijnanamaya, suksmasarira, manas, ba, thymos, ruach, ruh, noetic body, spiritual body, spirit...) [52,53,80,81] could be biophysically connected to the out-of-body dislocated (connected to the body by a miniature 'wormhole' space-time tunnel, as indicated by extrasensory near-death experiences [30-35]) ionic component of the macroquantum acupuncture system, and to the contained (MW / ULF-modulated current) EM component of the macroquantum acupuncture system, respectively. In this context, EM-ion condensations in a structured macroquantum acupuncture system would act as distributed centers of consciousness (chakras, acupuncture points, sephiroth, sacred disks...), and we should also point out the possible (unstructured / structured, virtual / real [20]) EM-ion macroquantum nature of vital energy (qi / ki, prana / akasha, mana, ka, pneuma / ether / natura medica / anima mundi, yesod, baraka, Holy Spirit / Uncreated Light, bioenergy / biofield...) – with possible generalizations from EM to a unified field (in accordance with the wider traditional meaning of vital energy, as an all-pervading cosmic quintessence) [37,54,55,80-82].

On these lines, explanation of the long-standing open problems of the physical nature of psychosomatic acupuncture system and consciousness, including exotic transpersonal aspects of vital energy (essentially important for our functioning according to Eastern traditional medicine!) – should presumably be sought on deeper quantum-gravitational level as well. The exotic aspect of wormhole tunnels and vital energy might be extended to acupuncture channels (with vacuum-like outside inflow of vital energy / prana / qi) – implying that such type of exotic transpersonal communication enables continuously-refreshing interaction between the two mentally-addressed persons [7,93]. This transpersonally stabilizes quantum-entanglement of their acupuncture systems / consciousnesses i.e. prevents dis-entanglement of their macroscopic quantum-entangled non-stationary states by interaction with their local somatic environments (contrary to situation in microworld without such stabilizing mentally-addressing exotic transpersonal effects, where laboratory-created quantum-entangled pairs of particles must be well isolated from environment in order to prevent their subsequent quantum-decoherence)!

Although the temporal evolution of the collective consciousness is governed deterministically (Schrödingerian or equivalently Feynmanian, since there is no extra-cosmic environment to force the non-Schrödingerian collapse of the quantum-coherent state of the field-connected cosmic collective consciousness and the complementary 'particle' cosmic environment), yet the memory attractors of the collective consciousness can be reprogrammed by merciful prayer for others thus removing the interpersonal burdens of

the quantum-holographic Hopfield-like neural network of collective consciousness – through prayer-induced hypothetical macroscopic vacuum non-encumbered spiritual excitations, as an indeterministic intervention in the otherwise deterministic quantum-holographic evolution of collective consciousness (and complementary incoming individual and collective events), which thus (non-Schrödingerian) sets the necessary essentially new boundary conditions [5-10,93]. This leaves the greatest room for free will and influence on future preferences, and imposes an indispensable personal role and concern for the collective mental environment.

So, in the context of the above proposed mechanism of prayer – it can really be said that an all-forgiving prayer represents a biophysical basis for the optimization of (quantum) holistic global psychosomatics of collective consciousness (and complementary incoming individual and collective events) [93]! Let us add that both traditional and modern experiences of local and transpersonal energy healing [5] (by spiritually-excited and mentally-channeled new macro-quantum portions of vital energy and their subsequent mentally-channeled transfer), indicate that meditative visualization imposes new (decoherence-like) quantum gravitational boundary conditions (however, in contrast to prayer, it would not eliminate simultaneously all mentally-loaded addresses, but would balance energy-informationally only one particular client; therefore, in such situations, it is necessary to do circular meditative-healing visualization from all meta-positions involved in the existing conflict, thus eliminating simultaneously all mentally-loaded addresses)!

Hence, in the context of our quantum-holographic theoretical framework, spiritual prayer / meditation practices represent non-unitary source of free will at the level of collective consciousness, which evolutionary increases the responsibility of every individual and the whole human race [93]! 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 [96]! In the context of the quantum-holographic predestined life programs mentioned above, this is fully justified because we all (non-consciously) react to current conflicting-encoded life-situations (several hundred miliseconds before we become aware [97]!), 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!

Also, in the context of trans-generational cosmic quantum hologram, although on the level of collective consciousness everything is quantum-holographically predestined – as suggested by experiences of different spiritual traditions [53] and post-hypnotic regressions [33] as well – they also suggest the possibility of optimizing life-programs by spiritual purification. In particular, let us mention Hawaiian ho'oponopono [48] tradition with remarkable reprogramming of the life situations by contextual repenting and forgiving ourselves; or South American ayahuaska [49] and Nigerian Abiku [50] traditions with fascinating spiritual diagnoses and extensions of the predestined-short-life programs; or fascinating world bestseller of Anita Moorjani [91] on spiritual changing her life program with return from clinical death and after a few weeks spontaneous healing of terminal phase of cancer; or contemporary spiritual teaching of Bruno Groening [47] and Christian Mysticism [46,98] with miraculous healing and optimizing life programs! This greatly contributes to our understanding that even most difficult psychosomatic disorders have their roots in the energy-information blockages, and that healing begins by removing them – first lovingly to ourselves, accepting ourselves and forgiving ourselves, which is then manifested by love to others and acceptance of others (e.g. by spiritually dis-entangling / un-binding repentant-forgiving prayer [89,92,93])!

The mentioned quantum-holographic picture also implies two cognitive modes of consciousness, according to the strength of the consciousness-body-environment coupling [5-10,93,99,100]: weak-coupled quantum-coherent direct one (in out-of-body religious / creative transitional and altered states of consciousness, such as prayer, meditation, daydreams, lucid dreams...), and strongly-coupled classically-reduced indirect one

(in bodily perceptually / rationally mediated normal states of consciousness, type of sensory perception, logical and scientific reasoning...) – with conditions of mutual transformation. This also explains the fundamentally inadequate information rationalization of direct quantum-holographic spiritual / religious mystical experience (as a problem of the quantum theory of measurement, about the reduction of the implicit order of quantum-coherent (quantum-holographic) superpositions into the explicit order of measurement of classically reduced states [5-10,93,99]) – which is close to the experiences of many shamanistic tribal traditions, which consider that true (quantum-holographic) reality is represented by dreams, and that the (classically-reduced) waking state is a lie / illusion (maya, as emphasized in the traditions of the East [53]).

Thus, science closes the circle, re-discovering two different modes of cognition and at the same time setting its own epistemological limitations [5-10,93,99,100] – as preserved for millennia in shamanistic tribal traditions, or as described more than two millennia ago by Patanjali in the Yoga Sutras, emphasizing that the mystical experience (samadhi) is 'filled with truth' and that it is 'beyond reasoning and scriptures', so that at the beginning of the last century, in the Philosophy of Freedom, Berdjaev formulated the difference between faith and knowledge as a difference between two ways of knowing, the prayer-mediated 'manifestation of invisible things' and the rational-mediated 'manifestation of visible things'.

In addition, the necessity of direct quantum-holographic coupling of individual and cosmic collective consciousness in observing the implicit order would require a weak out-of-body quantum-communication coupling of consciousness-environment, i.e. prior reprogramming of all psychosomatic burdens (cleansing from possessive or hedonistic emotional-mental sinful / karmic connections with the world – which would lead to quantum projecting as burdensome 'mental addresses' mentally-channeled tunneled consciousness to the corresponding out-of-body environment, and thus to the classically reduced out-of-body extrasensory observation of the mentally-addressed environment!) – so in this context, the effort of mystics of all traditions to first purify the consciousness / soul through spiritual practice (prayer, meditation, ...) and thus reach their final eschatological goal (Kingdom of God, nirvana, ...), i.e. post-mortem salvation of (sinless, unbound) souls [53,54] looks meaningfull.

This still leaves room for personal love, the highest manifestation of which is precisely the ability and willingness to constantly and unconditionally forgive (the loved one, and because of him, all others, including enemies) in spiritual prayer and (quantum-holographically subtly interconnected with it) life practice; the same applies to love for relatives and friends [5-10,93].

4. Discussion: Syncretic Reflections on Spiritual Meaning of Human Life

Out of the numerous holistic methods that can help a person to be healthy (quantum medicine, yoga, reiki, bioenergy, chiropractic...) or to get healed [5], prayers are the most holistic approach that can remove trans-generationally all energy blockages in our energy-information system (acupuncture system / consciousness) and our transpersonal environment [86-89]. Other paths are longer and more uncertain, so the soul may not be completely relieved until the moment of death, but end up at a lower level of collective consciousness [34,35,90,91].

The eternal theme of all spiritual-religious traditions is what is the essence of life, why does man live [53]? I think that a person cannot be happy if he is not spiritual, because he is not doing his basic spiritual task – returning to the Divine spiritual source. Although Hinduism has contributed much to the understanding of the structure of our energy-informational system, Christianity has made the main contribution through the discovery that the all-repentant and all-forgiving trans-generational prayer is the right shortcut to the Divine primal source [80].

I have built my holistic point of view through years of research into quantum-holographic foundations of psychosomatics and consciousness, and their broader holistic implications [93]. This way I have created a kind

of syncretism that tries to understand and integrate different apparently opposing views, especially about the fate of the soul before and after death, about the nature of Good / Evil in the context of the degree of non-networking with the collective consciousness, through theoretical considerations of modern hypnoregression experiences [33] and dogmatic speculations of various religious teachings and esoteric practices [53].

I believe that all of us during the life are quantum-holographic networked with lower levels of collective consciousness, from which we can and must spiritually disconnect ourselves by prayers [93]. The magnificent task of every soul, with God's help, prayers, which are at our disposal as a powerful spiritual tool for untying. All this can be realized collectively, provided that each individual must cultivate both modes of cognition (sensory-rational and creative-spiritual) in combination, because if he does not do this, he does not even complete the basic spiritual task, without a chance for the complete release and salvation of the soul, i.e. reaching the state of Theosis.

Hence it also follows that as a Civilization we historically live quantum-holographic predestined burdened programs [33] (so in the midst of the covid 19 crisis someone googled that pandemic appear every 100 years since the Middle Ages, and recent corona pandemic was also a spiritual trial, as a trans-generational test for this generation to be reminded of the need to return to spirituality) – and that is why our portion of the collective consciousness is our main target for spiritual cleansing. It looks like we cannot do more, but we must not do less either. This is also a multi-millennium subject of speculation of various religious teachings or teleological philosophical considerations, and it belongs to the eternal themes and questions of the cosmogony of various traditions [53].

That is why the collective consciousness of Civilization should be relieved, with a thorough trans-generational repentance and forgiveness of oneself and everyone else (with a trans-generational erasure of all burdens / sins not only forward but also backwards in time [89]). From a broader holistic angle, the path to the final victory of Good is the global return of spirituality – by redefining the global political, informational and educational goals of Civilization. Because if Evil (as a manifestation of the quantum-holographic burdens of the collective consciousness, and personified in the form of the Sly) is defeated by force, it is only externally transformed and continues to exist in a different historical form (let us only remember the previous historical epochs).

This is the only way to change the existing quantum-holographic globalist post-truth program of the collective consciousness of Civilization (whose character the mere performers of this work are not even aware, thinking that they are working for the welfare of people), in which Good and Evil, truth and lies are inverted. What a program such actuators are, to express myself in the terms of automation and robotics (let us also remember Tesla [99,101], who said that we are biological automatons, which is not so far from the truth; while in psychology there is so-called Transactional Analysis [102], to explain similar patterns of behavior in similar situations).

5. Conclusions

The presented quantum-holographic approach has significant psychosomatic and spiritual implications. Thus, one could say that there are three front lines of integrative psychosomatic medicine: (1) spirituality and circular (psycho / energo) therapies from all relevant meta-positions, with the potential possibility of permanent removal of mutual memory attractors at the level of collective consciousness; (2) (quantum) holistic medicine and non-circular (psycho / energo) therapies, which temporarily remove memory attractors at the level of the acupuncture system / individual consciousness and prevent or alleviate their somatization, as a consequence of negligence at the first level; (3) conventional symptomatic medicine, which through immunology, pharmacology, preventive diagnostics and surgery on the body level prevents or alleviates the somatized consequences of negligence on the first two levels. In particular, it should be emphasized that the necessary

activities on the second and third levels, while neglecting the first level, result in the further transmission of memory attractors at the level of individual and collective consciousness in this and the next generations, only accumulating quantum-holographic non-local loads that then cause not only diseases, but also interpersonal conflicts, wars and other sufferings.

In addition, it could be said that there are two cognitive modes of individual consciousness, according to the strength of the consciousness-body-environment coupling: (1) weak-coupled quantum-coherent religious / creative direct one (in altered and transitional states of consciousness) and (2) strongly-coupled classically reduced perceptual / rational indirect one (in normal states of consciousness) – with significant epistemological / religious implications. The aforementioned research is also in line with the reawakened scientific interest in researching the phenomenon of consciousness in recent decades, with hints of the emergence of a great synthesis of two modes of cognition – where the role of the individual becomes irreplaceable due to the influence and concern for the collective mental environment, which is certainly a fundamental issue of mental hygiene and civil decency, i.e. spiritual and civil morality.

Based on our quantum-holographic framework, I also argue that prayer is a real shortcut to the Divine spiritual source, with all-repentant and all-forgiving trans-generational prayers providing optimization of the existing individual and collective life programs. Other ways to reach the Divine are longer and more uncertain, as the soul may end up at a lower level of collective consciousness *post mortem*. Hence the path to the final victory of Good is the global return of spirituality – by redefining the global political, informational and educational goals of Civilization.

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