

## PSYCHOSOMATICS: FOCUSING ON THE INTERPLAY BETWEEN EMOTIONS, SPIRITUALITY AND PHYSICAL HEALTH

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**Summary.** The subject of this paper is the quantum-holographic framework for holistic psychosomatics (including integrative medicine and transpersonal psychology). Such a framework could have significant implications for a better understanding of quantum-holographic feedback mechanisms in morphogenesis, and the bioresonant application of healing boundary conditions in acupuncture-based and consciousness-based psychosomatics. It also sheds new light on the long-standing problems of the holistic role and limitations of the (local balancing of) acupuncture system and (psychotherapeutic and spiritual integration of local contents of the individual, i.e. complete detachment from all transpersonal contents of the collective) consciousness. And it points to the quantum-holographic nature of the deep psychotherapeutic layers of an individual's mask, created from their energy-informational blockages (attachments) at different levels of consciousness, whose disattachments / disentanglements provide spiritual-informational time reversal on the level of individual and collective consciousness – as a kind of spiritual big reset. Everything mentioned above is in line with the revived scientific interest in consciousness research in recent decades (with hints of a grand synthesis of two modes of cognition, rational-scientific and creative-religious, within the framework of an extended quantum-holographic paradigm) – with the essential role of each individual due to their influence and concern for relieving the burden of the collective mental environment.

**Keywords:** psychosomatics, emotions, spirituality, physical health, quantum-holographic informatics, acupuncture system, consciousness, spiritual-informational time reversal.

### 1. Introduction

Despite the enormous material and intellectual resources invested in biomedical research and healthcare, human health is still highly endangered 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, it is necessary to include methods of *integrative biophysics*, oriented towards the *holistic treatment of the person as a whole* and not the disease as a symptom of a disorder of the whole, implying their deeper *quantum-holographic origin*. The *focii* of these *holistic methods* are *acupuncture system* and *consciousness*, closely linked in *holistic psychosomatics* (leading to the rapid development of *integrative medicine* [1] and *transpersonal psychology* [2]) – with the biomedical ideal of *holistic prevention and control / preservation of health at all levels* (environment / organism / organ systems / organs / tissues / cells) [3].

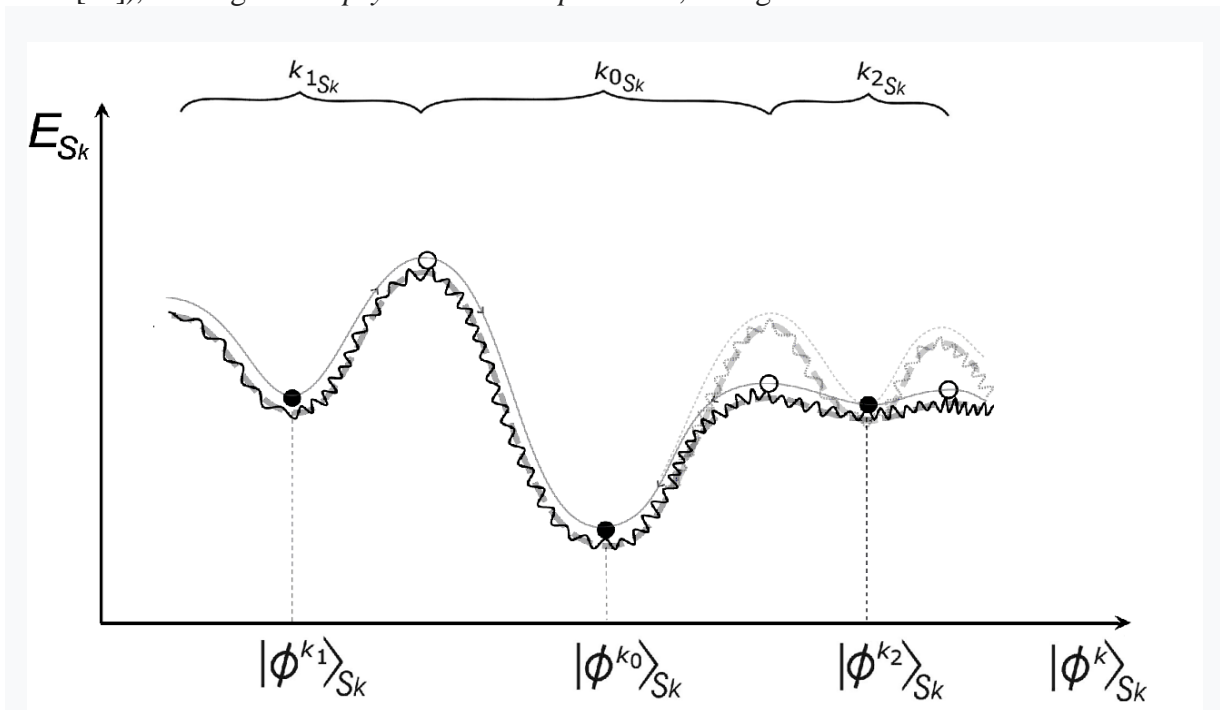
The aforementioned research is also in line with the reawakened scientific interest in fundamental research into *consciousness* in recent decades [4], including the contributions of our environment – with hints of the emergence of a grand synthesis of *two modes of cognition*, indirect-rational and direct-creative, within the framework of an extended holistic quantum-holographic paradigm [5-13] – where the role of each individual becomes *irreplaceable* due to the influence and care for the collective mental environment. And they can help us understand that all our partial rationalizations are still only *approximations* of a fundamentally holistic reality, and that all the divisions that at first harmlessly separate us and then spontaneously give rise to great conflicts are a *tragic misunderstanding* of a spiritually immature (historical) epoch of civilization.

## 2. Quantum-holographic bases 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* [14-20]. This hierarchy of biological neural networks appears to extend all the way down to the subcellular *cytoskeletal* level, which some researchers believe represents the interface between the neural and *quantum* levels – and which turns out to have a *mathematical formalism analogous* to the *Hopfield neural network in Feynman's propagator version of quantum mechanics*, which forms the basis of *quantum neural holography* [21].

The aforementioned analogy also opens an additional *fundamental question*, how a *classical* parallel processing level arises from a *quantum* parallel processing level, which is also a general problem of the connection between the quantum and classical levels in the *quantum decoherence theory* [22,23]. The same question is closely related to the fundamental nature of *consciousness*, whose indeterministic properties of *free will* [24-26] and other holistic manifestations such as *conscious-unconscious transitions* and the *permeation of the body by consciousness* [27], *altered states of consciousness* [28,29] and *transitional states of consciousness* [30] – necessarily indicate that some manifestations of *consciousness* have a deeper *quantum origin*.

On the other hand, as shown by the *quantum-coherent characteristics* of the Russian-Ukrainian school of *microwave resonance therapy* [31,32] (microwave resonance sensory response of the diseased organism, biologically effective non-thermal microwave radiation of extremely low intensity and energy, and negligible microwave energy losses along acupuncture meridians), the *acupuncture system* is the only *macroscopic quantum system* in our body (while the brain seems not to be [33]), with significant *psychosomatic implications*, cf. Fig. 1.



**Figure 1.** Schematic presentation of the memory attractors in the energy-state hypersurface of *psychosomatic state of open macroscopic quantum-holographic acupuncture system / consciousness*, as proposed quantum-holographic manifestations of psychosomatic disorders (hundreds of them being in primary psychosomatic diseases and thousands of them in their combinations according to acupuncture-based *Tibetan traditional medicine*, with therapeutic goal to balance / remove all unwilling side memory attractors in procedure traditionally recommended half a year).

Then, in the context of holistic acupuncture-based and consciousness-based approaches and techniques, their goal would be bioresonant excitation of the target palpatory-painful / psychologically-traumatic memory attractors of acupuncture system / consciousness. That enables disordered initial memory attractors to be one by one resonantly excited (similar to annealing procedure in artificial neural networks [34]), thus becoming shallower and wider on the account of deepening of (energy-dominating) memory attractor of the healthy quantum state (acupuncture palpatory painless / psychologically non-traumatic). This information of the healthy quantum state is then altogether quantum-holographically projected on lower quantum-holographic cellular level, thus changing the expression of genes in morphogenesis. Therefore, all holistic acupuncture-based & consciousness-based approaches and techniques could be treated as quantum-informational therapies, by imposing new healing boundary conditions in the energy-state space of the acupuncture system / consciousness.

Thus, the so-called *memory attractors of quantum-holographic Hopfield neural networks* could plausibly be *treated as psychosomatic states*, with the *healthy psychosomatic state* as the simplest information state of zero quantum entropy (with a *single memory attractor* of the pure quantum state), and *disordered psychosomatic states* as more complex states of higher quantum entropy (with *additional side memory attractors* of the mixed stochastic quantum state) [35-37]. Thus, in our extended quantum-holographic psychosomatic framework, *psychosomatic healthy state* is really the state of the *minimal entropy (minimal quantum entanglement with environment)*, while *psychosomatic disordered state* is the state of the *increased entropy (increased quantum entanglement with environment)* – with *usually observable biological arrow of time*.

On the same quantum-holographic line, an *organism* could be treated as a quantum-information hierarchy of *Haken's multilevel synergistic neural network* of *coupled layers* of quantum-holographic Hopfield neural networks (representing the corresponding *coupled biochemical enzymatic activities* [38]), *bioresonantly tuned* by means of memory attractors (in the occupation basis of the quantum-conformational states of the corresponding enzymes) [39]. This could be an explanation for the organism's sensitivity to *bioresonance diagnostics and therapies* [40,41], as well as for some very intriguing *field-mediated* self-organizing genetic experiments [42,43].

Thus, the *application of psychosomatic therapies* would reduce the quantum entropy (degradation) or *increase the quantum information* (organization) of the open macroscopic psychosomatic system, and then this state would be *quantum-holographically projected* to a lower *cellular level*, thus *correcting genome expression* in morphogenesis, which could represent the basis of *quantum-holistic local psychosomatics* [44]. This may also be related to similar ideas of *general systems theory* applied to biological systems, with the still open problem of *emergent control* of higher hierarchical levels over lower ones in *cognitive sciences* [45,46], indicating a potentially significant role of the *acupuncture system / consciousness* in these processes as well.

It should be added that our quantum-holographic psychosomatic framework is also in accordance with the so-called *holographic principle* [47], according to which every 3D physical system is *isomorphic* to the holographic information imprinted on its 2D surface, implying that *quantum-holographic information about each body* could also be imprinted in its *surface energy-information layer (aura)*, as claimed in various traditions [48]).

That the acupuncture system is connected to consciousness and *psychosomatics* is also confirmed by *meridian (psycho / energy) therapies* (with rapid relief of *trauma, phobias, allergies, post-traumatic stress and other psychosomatic disorders* [49,50]), in which the simultaneous effects of *visualization and tapping / touching acupuncture points* can be interpreted within the quantum-holographic psychosomatic framework as the *desolving 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 psychosomatic problems*.

Within our quantum-holographic psychosomatic framework, *a transpersonal exotic aspect of energy-informational communications* is also suggested by establishing and stabilizing energy-informational channels of *vital energy* (*prana, qi, ki...*), known in all traditions and widely used in *transpersonal energy therapies* (Ayurvedic, Qigong, Reiki...), indicating a deeper quantum-entangled / quantum-gravitational exotic aspect of transpersonal energy-information channels. Also, a *quasi-classical ionic aspect* of the acupuncture system has been suggested, realized through non-threshold electrical synapses, with an order of magnitude increased concentration at acupuncture points and with significantly increased ion absorption at those points.

Based on the principles of *photonic crystals* and *photonic bandgap guiding* (where the confinement of photons in some low-index hollow-core 3D defect might be achieved by exploiting photonic bandgap reflectivity of the surrounding higher-index (quasi)periodic medium [51]), it seems that the above mentioned EM MW experiments suggest an interesting possibility [52,53] to consider the *low-index  $n = 1$  acupuncture channels* as 3D *photonic crystal channel waveguides of propagated EM MW photons* (influencing backward the structure and ionic conductivity of the channels), *confined* by the surrounding higher-index (quasi) periodic cellular body medium outside channels (of  $n = 5 \div 6$  in the cellular cytoplasm and  $n \gg 1$  in the cellular membranes of metabolic depending striking polarization of the volume ion density [54]) *with non-propagated EM MW evanescent photons*.

*Exotic aspect of acupuncture channels* (of strange vacuum-like refractive index) *may be a relic of the external inflow of vital energy / prana / chi / uncreated light* (via miniature *quantum-gravitational tunnels* stabilized by exotic nature of *vital energy* as the quantum vacuum fluctuations in these tunnels [55,56]), indicating that this type of exotic transpersonal communications provides *continuously-refreshing interaction* between two mentally-addressed persons and thereby *transpersonal stabilize quantum-entanglement* of their acupuncture systems / consciousnesses, i.e. *prevents decoherence* of their macroscopic quantum-entangled states by interaction with their local bodily environments (*in contrast to the situation in the microworld* where there are no such stabilizing mental-transpersonal addressing exotic effects, and hence laboratory formed quantum-entangled particle-pairs must be *well isolated from the environment* in order to prevent their quantum-decoherence).

In this context, it should be pointed out that the *healing effects* upon acupuncture system / consciousness of the patient are *often blocked* by quantum-holographic *spiritual coded self-acceptance* of the disease as a form of (*self*) *punishment* (as suggested by the respondents in the *post-hypnotic regressions*]), when *prayers and love* for yourself and others with the aim of ceasing (self) punishment are necessary – thus *effecting a spiritual integration of personality*, i.e. *unfolding transpersonal energy blockages*, which *triggers a process of ongoing healing* [57,58].

### **3. Quantum-holographic bases of spirituality**

On a transpersonal level, within our extended quantum-holographic psychosomatic framework, the aforementioned *analogy between the mathematical formalisms of the quantum-holographic Hopfield neural network and Feynman's propagator version of quantum mechanics* points to *collective consciousness* as a possible *ontological property of the quantum EM field itself*, whose *memory attractors* may be the basis of quantum-holistic global psychosomatics [59] – with *significant religious / social implications* about the necessity of *transpersonal quantum-holographic balancing of all undesirable collective memory attractors* (which, if not reprogrammed, will over time lead to the development of psychosomatic illnesses or interpersonal conflicts in this and / or future generations to which they are transpersonally and unconsciously transmitted).

Indeed, when there are *transpersonal-entangled blockages* in the energy-state space of the EM quantum field of the acupuncture system / consciousness (and laboratory tests already indicate the entanglement of consciousness, i.e. *extrasensory experiences in quantum reality* [60,61]) – then

the memory attractors of the quantum-holographic network connected-to-the-EM-quantum-field of *collective consciousness* should also be removed (through *prayer* or *circular (psycho / energetic) therapies*, from all relevant meta-positions to *energetically-informationally unravel all mental addresses involved in the problem*), with the ultimate goal of *complete healing*, i.e. *spiritual integration* of the personality.

Otherwise, *spontaneous transpersonal communications* with the exchange of information in transitional states of individual consciousness would have *negative psychosomatic-spiritual effects*, as they would lead to a *global trans-generational increase in psychosomatic burdens* at the level of the macroscopic quantum space-time network of *collective consciousness* [62,63] – and thus represent a karmic / sinful '*engine of history*'. *The only phenomenon that would reduce these burdens is all-forgiving prayer for both oneself and others* (relatives, enemies, the deceased) – *probably through simultaneously spiritually-aroused vacuum macro-quantum portions of vital energy* (similarly to spiritually-excited and mentally-channeled *Ayurvedic, Qigong, Reiki and contemporary experiences* of local and transpersonal healing [64-78]) *in prayer-connected individuals*, as *in-deterministic interventions in the (otherwise intrinsically-deterministic / Schrödingerian-unitary) quantum-holographic 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 care for the *collective mental environment*.

In the same extended quantum-holographic psychosomatic framework, *spiritually-purifying transpersonal healing* naturally *decreases entropy (quantum entanglement with environment)* i.e. *increases information* (healthy complexity) of the macroscopic quantum psychosomatic system – with *spiritual-informational time reversal*. [Let us note that *quantum entanglement experiments* with time-reversed EPR also demonstrate that the quantum history observed may be *retroactively affected* by observations carried out much later [79], with possibility of *radical avoiding* any reference to objective reality altogether, as in the Copenhagen Interpretation.]

Our *quantum-holographic framework* also implies that hierarchical parts carry information about the whole, which is associated with the Hindu relationship of *Brahman/Atman*, as the whole and the part containing information about the whole [80], enabling a subtle *quantum-informational coupling of different hierarchical levels in Nature* [81-84] which is supported by the *acupuncture system and its projection zones* (ECIWO holographic concept [85]) and the discovery of the *quantum-holographic influence of linguistic communication on the expression of the cellular genome* (by speech-modulation of the illuminating-laser-signal [86]), as well as the *origin of miraculous creativity* (Tesla and Mozart as case studies [87,88]) and the *predestination of life paths and temptations* (as indicated by contemporary experiences of hypnoregression [89] but also by experiences of different traditions [90], with the emphasis on their *possibility of being optimized through spiritual purification*).

Our *quantum-holographic framework* also points to *two cognitive modes of consciousness*, according to the strength of the consciousness-body-environment coupling: *weakly-coupled direct* (in *out-of-body* spiritual-creative *quantum-entangled non-stationary transitional states of consciousness / quantum-coherent stationary altered states of consciousness*, such as prayer, meditation, daydreaming, lucid dreams, creative insights...), and *strongly-coupled indirect* (in *bodily perceptually-rationally mediated classically-reduced stationary normal states of consciousness*, of the type of sensory perception, logical and scientific reasoning...) – *under conditions of mutual transformation* (again Tesla as a great case study) [91]. This also explains the *fundamentally inadequate informational rationalization* of any direct quantum-holographic spiritual / religious *mystical experience* (as a problem of quantum measurement theory, about the reduction of the implicit order of quantum-entangled (quantum-holographic) superpositions into the explicit order of measured classically-reduced states).

This is *close to the experiences of many shamanistic tribal traditions*, which believe that the *true* (quantum-holographic) reality is represented by so-called *lucid dreams*, and that the (classical-

reduced) *waking state* is a lie / illusion (*maya*, as is also emphasized in *Eastern traditions*). In this context, it would be understandable that all *subsequent partial rationalizations* (classical-reduced mappings!) of *mystical experiences* are still only *approximations of a fundamentally holistic reality* (quantum-holographic territory!), *which differ from tradition to tradition*. On the other hand, the *consensuses of mystics of the same tradition about 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* (because *we are not born as a tabula rasa*, as indicated by the aforementioned contemporary experiences of hypn regressions, but also by the experiences of different traditions).

*So science closes the circle, rediscovering two modes of cognition* and at the same time setting its *own epistemological limitations* – as preserved for millennia in *shamanistic tribal traditions* [92], or as described more than two millennia ago by *Patanjali in the Yoga Sutras*, emphasizing that mystical experience (samadhi) is ‘filled with truth’ and that it is ‘above reasoning and sacred writings’ [93], and at the beginning of the last century, *Berdyayev in The Philosophy of Freedom* formulated the difference between faith and knowledge as a difference between two ways of knowing, prayer-mediated ‘manifestation of things invisible’ and rational-mediated ‘manifestation of things visible’ [94].

Furthermore, the necessity of direct quantum-holographic coupling of individual and cosmic collective consciousness in observing the implicit order would require a weak transpersonal quantum-communication coupling of consciousness-environment, i.e. *prior reprogramming of all psychosomatic burdens* (cleansing of possessive or hedonistic emotional-mental sinful / karmic connections with the world). Otherwise, as mental addresses they would lead to the quantum projection of mentally-channeled transpersonal-tunneled consciousness onto the corresponding out-of-body environment, and thus to classically-reduced *out-of-body extrasensory observation* of the mentally-addressed environment. In this context, the effort of mystics of all traditions to *purify the consciousness / soul through spiritual practice* (prayer, meditation, ...) and thus reach their final *eschatological goal* (the Kingdom of God, nirvana, ...), i.e. the *post-mortem salvation* of the (sinless, unbound) *soul*, by *achieving re-union* (re-ligare / yoga) *with the spiritual primal source*, is understandable.

This nevertheless *leaves room for personal love*, the highest manifestation of which is precisely the ability and readiness for *constant and unconditional forgiveness* (to the loved one, and because of them to everyone else, including enemies) in prayer and (quantum-holographically interconnected with it) life practice; the same applies to love for relatives and friends.

#### 4. Conclusion

The quantum-holographic approach presented has significant holistic psychosomatic and spiritual implications.

Thus, one could say that there are *three front lines of integrative psychosomatic medicine*: (1) *spirituality and circular meridian (psycho)therapies*, with the potential for permanent removal of mutual memory attractors at the level of collective consciousness; (2) *Eastern (quantum) holistic medicine and non-circular psychotherapies*, which temporarily remove memory attractors at the level of the acupuncture system / individual consciousness and prevent or alleviate their somatization, as a consequence of neglect at the first level; (3) *Western symptomatic medicine*, which through immunology, pharmacology, preventive diagnostics, and surgery prevents or alleviates the somatized consequences of neglect at the first two levels.

It should be especially emphasized that the necessary activities at 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 subsequent generations, *only accumulating quantum-holographic non-local burdens* that subsequently cause not only diseases, but also

interpersonal conflicts, wars and other suffering. Thus, *all psychosomatic problems* could have their initial roots in energy-informational *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 the healthy core of the personality, *through unconditional spiritual-forgiving acceptance of oneself and one's environment*. Or in deep psychotherapy terminology, *healing* would first begin with the integration of the separated aspects of the Shadow (subconscious) with the Person (ego), and then ending with integration with the higher Self at the end of the process of individuation (psychosynthesis), i.e. by disentangling-removal of all layers of the individual's *mask* created by his quantum-holographic energy-informational blockages (attachments / entanglements) at different levels of consciousness – resulting in spiritual-informational time reversal on the level of individual and collective consciousness (as a kind of spiritual big reset!).

In the context of the *trans-generational* cosmic quantum hologram, although at the level of collective consciousness everything is *quantum-holographically predestined*, as suggested by the experiences of various traditions as well as contemporary experiences of post-hypnotic regressions, all of the aforementioned experiences also suggest the possibility of *optimizing* the quantum-holographic life program through *spiritual cleansing*, with *unraveling / disentangling* of all levels of individual and collective consciousness, and consequently the *full re-integration of the higher Self – its reunification with the primal spiritual source*.

Finally, one could say that there are *two cognitive modes of individual consciousness*, according to the strength of the consciousness-body-environment coupling: (1) *weakly-coupled direct (in out-of-body spiritual-creative quantum-entangled non-stationary transient states of consciousness / quantum-coherent stationary altered states of consciousness)* and (2) *strongly-coupled indirect (in bodily perceptually-rationally mediated classically-reduced stationary normal states of consciousness)* – with significant spiritual-epistemological implications. The aforementioned research is also in line with the reawakened scientific interest in *consciousness research* in recent decades, with hints of the emergence of a *grand synthesis* of two modes of cognition – where the *role of the individual* becomes irreplaceable due to the influence and care for the collective mental environment, which is certainly a *fundamental issue* of both mental hygiene and civic decency, that is, both spiritual and civic morality. And they can help us understand that all our *partial rationalizations* (classical-reduced mappings!) are after all only approximations of a *fundamentally holistic reality* (quantum-holographic territories!) – and *that all divisions are a tragic misunderstanding* of a spiritually immature (historical) epoch of civilization (because, a map is not a territory!).

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