

Towards a “Conflict Free” Personality

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Abstract

The fundamental function of human brain and sensory organs, based on empirical experience, is to communicate what we visually perceive and what is significantly linked to memory. The Absolute nature of the physical world can be understood, by an epistemological study and retrospection of sense perception and memory.

This analysis can be done by a few simple tests from day to day experiences. It is also done to identify the well-known EEG signal data of individual's waking, dream and deep sleep states.

My study substantiates the fact, that in an absolute sense, the human brain receives the external reality of the physical world through sensory information. When a sensory neuron is excited by electromagnetic light waves or sound waves, or other external stimuli, the brain registers it. Except for routine matters, the knowledge [of physical world] received by the brain is relatively conflicting, unnecessary and non-scientific.

This phenomenon could be attributed towards the making of a “Conflict free” personality though with a caution. “Knowledge must be practiced with wisdom”.

Keywords: Brain, Neuroscience, Perception, Memory

Introduction

A reader would be interested to know that a manuscript can enkindle light therein. In other words, the reader receives light from the page manuscript. This light induction in the brain stimulates neuron “spike” which re-activates the previously registered audio signals. i.e. Memory. Memory is reactivation of previously registered signals sent by neuron spikes. In other words a word, name or description of a thing already exists in Zero Frequency in the human brain. Except a new word, which the reader does not know, the reflecting light of the printed word, on a Dictionary page re-activates the previous registrations and audio descriptions to superimpose or juxtapose the new word. This phenomenon of brain/mechanism of intelligence can be understood through neuroscience.

Neuroscience is a multidisciplinary science that integrates biology, biophysics, neurophysics, chemistry, technology, computer science, linguistics, mathematics, medicine and further disciplines, such as philosophy, physics, and psychology etc. to explore the behaviour of the mind. It is an interdisciplinary convergence of science that helps in understanding the complex mechanism of the neural activities/ systems of the brain. The neural activities in the brain follow many patterns

It is the Biophysical mechanism that persistently describes the neural activities of the brain. In Biophysical mechanism, neurons connect the nervous system to the brain, spinal cord, and the peripheral ganglia. A sensory neuron when excited by electromagnetic radiation or light or sound, other induced or external stimuli emits “spike” called electro-chemical wave which signals the brain. It is a fractional-charge of electrical emission can result in neurotransmission in the brain across synapses.

There are about 100 billion neurons in the brain, each of which forms synapses with many other neurons. Every time the potential changes, considerably, the cell fires an electrical pulse called an action potential. The charged atoms such as sodium, potassium and calcium direct the synaptic activity (Science Daily, 2011). Infact, there is no freely available signal, one of the atoms of sodium, potassium and calcium do discharge the small fraction of its own negative charge of the value of below 30 to above 50 milli eV

The following examination validates towards the making of a “Conflict-free” personality. It is based on neuroscience, physics, and brain activity.

Article

What information of the physical world received by the brain is transinduced or transmitted by neurons when charged? Where does the neurotransmission end and what form does the neurotransmitter register in the brain?

In human brain, the memory capacity is the ability to store and recollect information and experiences. Since last century, scientists have formulated multimodal theories on Memory. Studies of memory provide interdisciplinary link between Cognitive psychology and neuroscience.

In psychology, human mental health is directly connected to individual's memory which has deep traces even before childhood. As a fundamental psychological function of brain, the audio-visual perception is

taken as example to grasp the complexity of sense perception and sensory registration on memory.

The mechanism of visual perception by human eye is well known. The light in millions of frequencies from the physical environment strikes thin blanket of liquid moisture (tears) at the frontage of the eye.

At the back end of the moisture are the cornea and the fluid behind the cornea, called *aqueous humor*, from where the light passes. The pupil, which is the central circular opening in the colored part of the eye, also called the iris. The iris contracts or expands, preventing or allowing the intensity of light that enters deep into the eye. The light passes through the lens which focuses on the light reflecting from near or distant objects, and the focused light beams through the center of the eye, again suffused in wetness, known as the vitreous. The surrounding of the vitreous is called the retina. Light contacts photo receptors of the retina, the inner lining of the backside of the eye. The retina works through, the macula at the center of the retina and the center point eye is called the fovea. Fovea has light sensitive nerve endings, called photoreceptors. The two kinds of photoreceptors, rods and cones, function as nerve endings switching the light into electro-chemical signals. Underneath the photoreceptors is a layer of shadowy tissue called, the retinal pigment epithelium, RPE. Signals sent from the photoreceptors travel the length of nerve fibers to a nerve collection which is at the back of the eye, called the optic nerve. The optic nerve sends the visual signals to the visual center in the back of the brain where the experience of vision occurs. The light, reflected from an object, entering the eye, focused, and transformed into electro-chemical signals is arrived into the brain and construed as an image. (Site: webmd).

As discussed the neuron signals, carry light frequencies codes of all combinations, and ends, in the nucleus of lateral geniculation in the brain. In fact, these electrical signals enter the tiny spaces between the atoms. These negatively charged neurons are extremely weak. When the light frequencies or an external stimulus re-activates the tiny spaces of the atoms carrying past codes but not of the same intensity, the brain forms a faint image of the physical perception.

The five divisions of neurons within the retina are photoreceptor cells, bipolar cells, ganglion cells, horizontal cells, and amacrine cells. The basic circuitry of the retina incorporates a three-neuron chain consisting of the photoreceptor, a rod or cone, bipolar cell, and the ganglion cell. The first action potential occurs in the retinal ganglion cell, which is the direct path to transmit the visual information to the brain. (Purves, 2008, Ramachandran, 1998)

Investigations on empirical experiences establish the fact that every light frequency instantaneously reactivates previously existing frequency information, induced by audio and its corresponding visual frequency. For example, a “car”, which is visible, in fact, the reflected light from car, which passes through the human eye to the brain by biophysical mechanism, and rests in memory, the center point of the brain. Let us say, the car cognitively and vocally activates a routine audio frequency resembling “car”. All process takes place in light speed.

In other words, the word “car” activates three areas of brain, visual, auditory and tactile which is the converted light energy into neural activity.

In human beings, the neural oscillation of the brain waves are investigated by electroencephalography (EEG) called invasive detection through single-unit recordings. Intracellularly neural oscillations are observed in sub threshold of the membrane potential of the waves, (Buzsaki, 2006). Yet another device, Magneto Encephalography (MEG) is used to observe synchronous activity of large numbers of neurons.

Fundamentally, the mechanics of brain and intelligence come under the foundational disciplines of cognitive psychology as much as physics. The mechanics of brain and intelligence links all disciplines of Neuropsychology and cognitive sciences.

An individual describing a visual by its name, colour, size, function indeed reactivates the Zero Frequency states, registered earlier in memory. The earlier frequency codes, held in Zero State are “Man Made” and were recorded orally and visually and stimulated through signals called “language”. There are millions of such manmade signals in 100s and 1000s of languages and dialects recorded in human Memory Bank.

The visible spectrum of the electromagnetic band, perceptible to the human eye, is around 390 to 750 nm (Cecie 2005). The possible frequencies in the frequency band are in the range of 400–790 THz, which is 1.6543 eV to 3.2672 eV. The maximum sensitivity of the human eye in the green region of the visible spectrum during the day is around 555 nm = 2.2340 eV or of 540 THz = 2.2333 eV. There is a mix of multiple colors and wavelengths however the human eye responds to the visible spectrum. (Cut hill, 1997, Coffey, 1912, Jamieson, 2007, John 1995, Thomas, Paris, Svoronos, 2005, Reproducing Visible Spectra, Repairfaq.org. 2011)

The frequencies and wavelengths of spectral colors appear as: Red 400–484 THz 620–750 nm, orange 484–508 THz 590–620 nm, yellow 508–526 THz 570–590 nm, green 526–606 THz 495–570 nm, cyan 606–630 THz 476–495 nm, blue 631–668 THz 450–475 nm and violet 668–789 THz 380–450 nm.

The spectral content entering into a neuron transforms the input energy into neural activity. The neural “Man Made” audio frequencies appear in the range of 0.005 eV or 50 milli eV pulses in the memory and transforms into energy depends on the intensity of light. “Man Made” audio / sound frequencies, appear in the range of 0.005 eV or 50 milli eV and 0.004 eV. The normal sound frequency appears from 250 Hz to 8 kHz.

Samples of EEG signals show distribution of electromagnetic radiation according to energy or allowing energy. The amount of energy saved turn into delta waves. A delta wave produced from deep sleep called slow-wave sleep is a high amplitude brain wave with a frequency of oscillation between 0–4 hertz. (Walker, 1999) (Kirmizialsan, 2006) of 8–12 Hz detected strongest neural activity in the occipital lobe during awake and relaxed condition. (Cantero et al. 2003) 4–8 Hz (Cantero et al. 2003), 13–30 Hz and 30–70 Hz frequency band. (Berger; Gray, 1929, Fries P 2001, Llinas, Yarom, 1986,) The brain activity or Mu waves are electromagnetic oscillations in the frequency range of 8–13 Hz and appear in bursts of at 9 – 11 Hz. (Oberman et al. 2005, Church land, 2011) Significantly lower spatial resolution. fMRI, for example, can directly display areas of the brain that are active, while EEG requires intense interpretation just to hypothesize what areas are activated by a particular response. [18]

* EEG determines neural activity that occurs below the upper layers of the brain (the cortex) very poorly.

* Unlike PET and MRS, cannot identify specific locations in the brain at which various neurotransmitters, drugs, etc. can be found. [14]

* Often takes a long time to connect a subject to EEG, as it requires precise placement of dozens of electrodes around the head and the use of various gels, saline solutions, and/or pastes to keep them in place. While the length of time differs dependent on the specific EEG device used, as a general rule it takes considerably less time to prepare a subject for MEG, fMRI, MRS, and SPECT.

* Signal-to-noise ratio is very poor, so sophisticated data analysis and relatively large numbers of subjects are needed to extract useful information from EEG [19]

14: Yasuno et al (2008). "The PET Radioligand [11C]MePPEP Binds Reversibly and with High Specific Signal to Cannabinoid CB1 Receptors in Nonhuman Primate Brain." *Neuropsychopharmacology*, 33, 259-269.

18: # Srinivasan, R. (1999). Methods to Improve the Spatial Resolution of EEG. *International Journal*, 1(1), 102-111.

19: Schlögl, A., Slater, M., & Pfurtscheller, G. (2002). Presence research and EEG Properties of EEG recordings. *Proceedings of the 5th Annual International Workshop PRESENCE*. Porto, Portugal, October 9-11.

It is mathematically impossible to reconstruct a unique intracranial current source for a given EEG signal,[2] as some currents produce potentials that cancel each other out. This is referred to as the inverse problem. However, much work has been done to produce remarkably good estimates of, at least, a localized electric dipole that represents the recorded currents.

2 Niedermeyer E. and da Silva F.L. (2004). *Electroencephalography: Basic Principles, Clinical Applications, and Related Fields*. Lippincot Williams & Wilkins. ISBN 0781751268.

One extraordinary observation of brain wave patterns comprises frequencies between 0Hz to 40Hz. The transmitted signal called “self-induced” has pulse energy propagation from 0 to 5Hz then 8–12 Hz, further 40 Hz and above.

The memory reactivations from 0 to 5Hz up to 12 Hz appear between wake/sleep states and its accompanying activations from 0 to 12Hz to 40Hz and above appear in fully awake conditions. The “Self induced” data signals has content related to I, Me and Myself, including denials as well. ‘I’ is “Self Awareness” though “I” is manmade audio signal within a language. The Self Awareness brainwave signals are active from 5Hz frequency and above. There are 1000s of sounds in the languages spoken around the world which correspond to “I”. Verily, the “Self Awareness” signal is creation of the consciousness in the womb or before. Awakening to these signals is sensitivity to the world of information caused by neurons.

Without this signal a human being will not wake up from deep sleep.

Does the world around sends any information of its own natural condition?

A parallel is drawn from a Movie screen. The pictures of the physical world and the characters in effect are only light rays projected on the screen. They are the light frequencies of the film frames captured during shooting. The light from the projector passes through the film frames and converts matrix of dots into light frequencies which then in totality covering screen appear as images and action. In fact the action on the screen is off screen and they are rapid exposure of people, places, feelings and objects in motion on the screen

Similarly the data created by laser light in a Compact Disc is stored in a series of tiny dents and planes (called "pits and lands") and programmed in a spiral data track into the top of polycarbonate layer. The programmed information is read by an inbuilt infrared semiconductor laser beam of 780 nm wavelength by a lens through the bottom of the polycarbonate layer. The reflected laser beam/s from “pits and lands” of a CD are converted into audio signals and then into binary data. It is the light detecting photodiode that converts the intensities of laser beams into different patterns of Compact Discs in computers.

In the brain there is no projector, no light, no film to register external light, no screen to project the image of the physical world. Neither there is all the mechanism of a compact disc for recording and reading. Yet, the registered light frequency codes in the nucleus of lateral geniculation, when reactivated, projects faint image of the perceived world in visual cortex or primary visual cortex (V1), In human beings with vision this transition

tricks the brain to seeing a moving image on the screen.

There are no "physical bodies" on the movie screen it is the brain which is a part of the physical bodies that eludes us to believe.

As there are no "physical bodies" on the screen so also these are not in the brain.

With the awareness of self from childhood, human beings create self imposed program in the brain through visual, auditory and others sensory signals which in turn are reactivated as memory. In pure physics these signals are reduced to represent the physical world. The physical world does not have any signals to send matter, energy or information to the brain, except for electrical energy, light, heat, sound waves that penetrate it. The brain functions as both Neuro computer and Quantum Computer as proposed by Stuart R. Hameroff in "The Brain Is Both Neuro computer and Quantum Computer" (*Cognitive Science* 31 (2007) 1035–1045) *Journal of Consciousness Studies*, 3(1):36-53 (1996). Scott Hagan, Stuart Hameroff and ... 2002, 64(1-3):149-168. (Hameroff and Watt, 1982; Rasmussen *et al*, 1990; Hameroff *et al*, 1992) (Hagan *et al*. 2002, Hameroff, & Penrose, 1996a, Hameroff, & Penrose, 1996b, Hameroff, Kaszniak, & Scott 1996).

From infancy, early days to a grown up adult, an individual's brain is encoded with billions of audio visual frequencies created by incoming electromagnetic energy and other sensory preceptors. Therefore it is not a farfetched conclusion to presume that there in a human being is a live and regularly scheduled programmer making a human being "Naturobot". The programming tools in "Naturobot" are the five sense organs.

Studies show that in a new born or 50+ unless the emission of tiny particles and energetic waves are registered in the brain, there will be no re-activation i.e. through pressure, temperature and energy, light, sound etc. Where are these signals registered in the brain? They have to be registered before they manifest as "Memory".

All "Info in Rest" or Energy in Rest is encoded through neuro-mechanism in brain where the "Source of Thought" is in neutral is in Inertial State, under Zero Hz condition. If the source of Thought or Memory is active, then no registration occurs. Such condition is called "not paying attention". Memory or source of Thought in Zero or Inertial State is ideal for receiving signals.

In between two thought-activities, there are always the "Zero Frequency" states for milliseconds (ms) before next activation. Hence, for all thought activity, there indeed is a Zero Frequency state, which is the source of thought.

The EEG or MEG can not detect single thought activity, as in case of single neurons electric potentials, neither two consecutive thoughts.

Subsequently, these devices are not electro-mechanically competent of detecting the in-between Zero State of energy, which lasts barely a centisecond within two thoughts. For 40 Hz = 25ms or 0.025 Sec, the interval period or time between repeating cycle per unit time, for 50Hz is 20ms, is 0.02 Sec; and 100 Hz = 10 ms is 0.01 Sec.

0 to 4Hz has a time interval of 250 ms or 0.25 sec. In other words, in deep sleep, Energy is in Zero frequency for 0.25 seconds between one cycles of 4 Hz emission.

The emanation of 1Hz cycle radiation has 1 sec; time interval.

For a 0.01 second (10 milliseconds, ms) or often for duration of 0.025 seconds (25 ms), the source of "thought activity", which in physics term, the Energy before activation of one cycle of 100 Hz or 40 Hz frequency, is in Zero Frequency state, which is the time interval between two thoughts or two brain activities. The Energy in Zero Frequency is analogous to the concept of ubiquitous Vacuum Energy or Zero Point Energy, prevalent in physics. (Einstein, A.; Stern, O. (1913). Laidler, K. J. (2001) Haisch, B.; Rueda, A.; Dobyns, Y. (2001).

In quantum field, the vacuum condition is the quantum state with the lowest possible energy which has no material particles. The vacuum state of a quantized field is also called Zero-point field.

The vacuum state or the quantum vacuum is considered as "by no means a simple empty space" (Lambrecht 2002). The vacuum state holds ephemeral electromagnetic waves and particles burst into and out of existence. (Dittrich & Gies 2000).

A simple state of memory is best tested when an individual is left to try walk in his house with closed eyes, where each object is in memory and context of his well known physical environment. The individual cannot possibly walk more than three steps in that known locations. This explains the fact that there is "No Information of Physical World" in the memory. The light frequencies from each object, of one's own environment invoke previously encoded signals giving the individual reassurance of the "knowledge" of his physical surrounding to move freely.

It can be inferred that this memory or non-natural intelligence embodied in the concrete day-to-day lives of individuals helps organize life, action, thought and conduct towards and ethical life. The assumed memory of physical world is in true sense, self imposed "False Memory". This "false memory" held strongly in brain is conflict prone and create disturbed states observed in individual behaviour.

This implicit knowledge helps one towards making a "Conflict Free personality".

For a conflict-free personality, wisdom must be practiced with well-disciplined behavior.

Conclusion

We draw the conclusion, the object perceived and the light reflecting from the object is neither the source of light nor the reflector of light; the primary source of light that is visible and the reflected light is Sun. Other luminous bodies like stars and fire balls also emit light in the form of electromagnetic radiation.

If all light is removed or in total darkness of night, the man made medium, a powerful infrared observation device will show the natural and original condition of physical phenomenon.

The observation is that the objective phenomenon is a bundle of energy, emitting infrared and below infrared radiation from all points, three dimensionally.

Therefore, *"Everything essentially is Energy"*.

"Attenuation", is a decrease in property or gradual loss in intensity as energy wave flux or a beam of particles, as the distance from the source increases, due to interaction with medium, scattering, spreading in three dimensions, even without interaction.

Hence, the initial energy of Neuron Spike during its trajectory to the lateral geniculation nucleus in human brain attenuates considerably i.e. decrease in the voltage field with the square of distance it travels, the incoming signal itself reaches a Zero Frequency (ZF) condition in the nucleus of lateral geniculation. If looked further and deeper, it reaches in between atomic composition inside the cell nucleus. Within the atomic composition, the incoming signal is "Energy in Rest".

It is also confirmed by the reported near death experiences that the human brain has only light frequency codes. These experiences are of, moving slowly toward a light, possibility of moving very fast toward the light, traveling through a tunnel, actually arriving into the light and floating, soft blue illumination, white all around, a tunnel and spinning in the tunnel, with white light all around, walking toward a faint glow, the faint glow getting bigger and brighter, most beautiful bright white light ever seen, vast space and luminous tunnel etc; etc. (IANDS)

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