

QUANTUM CONSCIOUSNESS

QUANTUM SENSIBLE PULSE GIMASTICS SPG

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WE ARE ENERGY: TO KNOW OUR ENERGY IS TO KNOW OURSELVES.

Sensible Pulse Gymnastics and SensibleTherapy are techniques that teach us how to feel and how to transform an unpleasant state into a pleasant one. The goal of these techniques is to learn to know the energy, which produces our sensations. If we recognize our sensations as energy, we can manage them to our benefit. Sensibletherapy has two pillars: 1) to provide a good interpretation to the sensations that we feel as unpleasant, and 2) to provide techniques that help us obtain this reinterpretation.

The great unification, Albert Einstein's dream, will never be possible without including the study of conscience. Religion comes from religare (the return to unity), Yoga means the whole, and all religions look for that "Whole Is One." Science and religion look for unity, the whole, and the conscience of light. Energy is like water; it takes the form of the bottle that contains it. As long as we remain unaware of the energy, we will carry on mistaking it with its containers. To those "bottles" we give names such as: emptiness, depression, loneliness, silence, etc. Nevertheless, energy is a spiral, a vortex that should only be felt and enjoyed, but we leave it frozen in "bottles" by giving it one of those pathological names.

In this web site, you will learn about your energy and its musical nature. Once you have learned it, you will have the best suitable "bottle" for your energy. The "bottle" we will use here is the language of the physics because the physicists are those who with more inspired and fervent devotion have consecrated their life to the study of light; physicists really feel veneration for the universe and its stars, for its gravity and its unity with the earth and the small world of subatomic particles. The boundaries between science and religion are every time narrower. At the end, all of us are devotees of the light.

Both neurons and cells produce electrical oscillations; these oscillations cause our corporal energy. All of us have felt this corporal energy through sex, sometimes when we touch somebody, we feel an electrical current and occasionally we can even see a spark. This electricity in the skin, these sensations, are generated by electrons. As these electrons are energy and waves, quantum physics is the science that can better explain sensations. Unfortunately we still do not know enough about our corporal energy and its relation with sensations, brain, and conscience.

We do not know our mind because we do not understand the quantum physics, and we do not understand the quantum physics because we do not know our mind.

MEASURING SOMETHING IMPLIES CHANGING IT.

When introducing a thermometer in water, we change its original temperature. We can know something about something only when we measure it; however, by measuring, we transform it. Measuring something implies changing it. By observing our breathing, we change it. Some devices that measure the energy (voltmeters, electrocardiograms, electroencephalograms) are "objective science," but when they reach the mind of the scientist who observes them, this objective science disappears. In an observer's mind, scientific objectivity disappears because we don't know exactly how we feel or how our conscious works. Only being sure of how we feel, we will be able to know what reality is. Some quantum experiments indicate that the brain creates the reality when it perceives. For current science, the study of conscience is essential, without it, science cannot speak of objective reality. The scientist is an energy being who interprets the energy but it would be better if would feel it. Both he and his energy should be only one thing; it is the best way to understand energy. Nowadays science is in its boundaries, beyond them, conscious becomes a must to be studied. Scientists should turn their researches towards themselves because without tuning their senses they will only be able to approach to the energy with a rational interpretation model. Only with theories, it is impossible to know what reality is. Nowadays, the most important questions to be resolved in science are: What is consciousness? How do we perceive the world? What is to feel? What thing is that energy that we feel? Is there a reality outside us or is it necessary to create a reality in which it is worth to believe? Science is eagerly looking for answers to these questions.

According to Einstein's theory, for the light that left the big bang (20 thousand million years ago, according to our measure) no time has passed, because when travelling at light speed, time is stopped. The photons are like God; they can be here and in another galaxy simultaneously because they are light and do not feel the flow of time. Such as light, God is everywhere too. HE is eternal; HE is the light according to all the religions. The best definition of God is: God is light. All of us are devotees of light and energy and we all want to reach that great unification with the whole.

As a trauma from our education, we are normally scared of quantum physics; nevertheless, it is through quantum physics that we are able to understand our energy, our conscience, and the divine light inside us. But if we understand our sensations as a photons and electrons manifestation, quantum physic becomes comprehensible, pleasant, and vital. This interpretation is essential because liberates our light, our energy, and our conscience from its limited, narrow, and inadequate container. Doctrines, beliefs, and philosophies not applied to energy, froze our energy in interpreting and judging bottles --- quantum physics does not do it; it only describes energy.

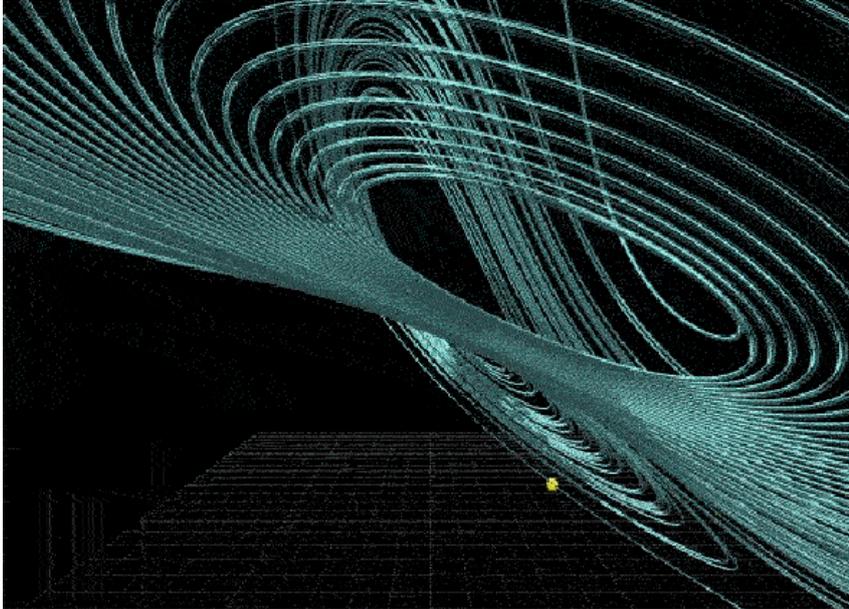
We have not understood quantum physics because we do understand neither our mind nor our sensations. Understanding our sensations, we will understand our quantum body. By feeling, we will find the real, understandable, coherent quantum language and this language will help us liberate our conscience of its already spent, manipulated, and mistaken interpretation of light and God. Some diseases like: psychosis, depression or panic arise from ignoring quantum physics laws; however, those diseases are energetic phenomena easily comprehensible at the light of quantum physics. We can transform those diseases in our greatest strength, if we know the quantum physics laws and apply them to our sensations.

Physicists fear mental things, sensibility, and holistic aspects of right hemisphere of the brain. On the other hand, sensible people, which study the spiritual world and holistic cerebral hemisphere, fear and ignore quantum world. Physicists think that mental phenomena are imaginary; nevertheless they continuously use imaginary spaces, concepts, and dimensions.

Read the information in this website as if you were going to walk. When you walk, there are elements of the landscape that attract you while others do not. Do not try to catch all at once. Every day we have a new dream and we only see what fits with it, what is isochronic with that dream. Let's accept that there are things that we only understand on its time, never before, not later. Tomorrow, from another dream, we will see what today we were not able to see. You will find some ideas like "an isolated pine," later you will find "the forest of pines." After entering in that "dream of pines," when

you walk again by the walked path, you will see that "there were pines that you did not see in your first reading." The objective when reading in SPG, more than understanding, is to manage the energy that those concepts move and stabilize it. In this way you will become aware of your body and your energy, you will win conscience of your conscience.

CHAOTIC ATTRACTORS, SPIRALS, AND PROBABILITY WAVES



All of us have seen an attractor basin when a ball rolls around a basin making a spiral road until it stops at the lowest point. This point is called an attractor basin.

One day, by walking by the forest with my family, my son -- 10 years old -- showed me a whirl between two stones of a stream. What attracted me from this situation, was that this whirl of water was catching sand. I explained to my son that, according to Prigogine -- a modern scientist-- this whirl was a

dissipative structure. Prigogine called it structure because, according to him, a whirl has a form; but it is dissipative because the water and the sand are entering and leaving of this attractor.



I explained to my son that atoms, stars, living beings, the flame of a candle, and "the solitón of the arterial pulse" are dissipative structures too. In them, like in this whirl of water and sand, matter and energy are continuously coming and leaving without dispersing or losing their form. We threw more sand to the whirl and, by a moment, that vortex became bigger but quickly it came back to its previous structure with the same amount of sand that it had at the beginning. Its structure disappeared when we blocked a little the flow, but it reappeared when we allow the same amount of water flow again. The vortex of water was an attractor basin that maintained the same amount of sand entering and leaving. This water whirl never appeared again between those two stones because it, as the sand, needed another attractor. This attractor will only appear if the conditions of that day, such as flow, temperature, pressure, etc, were the same. Conditions, which make it probable that a dissipative structure appears, forms an attractor, and the dissipative structure is also an attractor.

I used this attractor basin in the stream to explain to my son that a human aura is like that attractor basin because our aura is an energetic vortex that induces the pulse of our heart. Aura gives some vital conditions that allow us remain alive. An illness appear when another attractor with another conditions allow it appear. My son and I could decrease or increase the flow of water and by changing those conditions, the attractor-- the vortex-- appeared and disappeared. I explained to my son that when something disturbs energetic flow of somebody, an illness can appear in him because the conditions of his attractor and pulse has been changed in the same way as we had changed the conditions for the vortex in the stream. Contrarily, I could intensify the pulse of my patients by stimulating their auras with my hand, my breathing, my eyes, and all my corporal gymnastics applying them SensiblePulseGymnastics (SPG). It means that by changing their energetic field, I could change the attractor of their pulse (that is a solitón). He asked me if death happens when the attractor that pulses in the aura and in the heart becomes completely dissipated, in the same way, as we had destroyed the vortex in the water by stopping its flow. I said him that our body pulses because there are invisible attractors, fields, and probability waves, that provide the conditions that cause that

our life be structured without being frozen and besides be dissipated without dissolving at all. The body is a vortex of vortex. We are a fractal attractor done of attractors and any change in one of them affects the great corporal vortex and vice versa. Attractors are really the statistical tendencies in which we fall; they drive us because they are our most common habits; they are our waves of probability, our inertial tendencies; they work like morphogenetic fields that conduce us. Attractors determine us; they are our rhythmic impulses, pulsing like instincts, like Fixed Action Patterns (FAPs). The FAPs are well-defined motor patterns; FAPs are called fixed because they are stereotyped and unchanging. In synthesis, we are an attractor made of attractors.

DRAWING BRAIN'S ATTRACTORS WITH A PENCIL ON A PAPER.

That night, after seeing the attractor vortex in the water, I was worried when I saw too many tics (G) in the face of my son. I suggested him make scrabbles and lines on a paper. I said him: "try to feel the energy (that energetic attractor SP) that is inducing you to make grimaces with your facial muscles." (G). He drew spirals at the same rhythm that he was moving his lips, his eyebrows, and his nose (G). He passed those energetic forces (SP) from his face to his hand by drawing, until he became conscious (SPG) of the field that was disturbing him. My conclusion is that his tics were like an attractor, a spiral, a pulsating vortex for his muscles; they were like a probability wave that made him execute a Fixed Action Patterns-- FAP; those tics disappeared when his hands and his gymnastics (G) absorbed the energetic "spiral" (SP) that before were expressed as tics (unconscious Gymnastics). To draw lines and scrabbles on the paper was another pulsating spiral that absorbed the force of his hands (G).

LAW OF MIRRORS. TWIN PARTICLES

The attractor of water and sand that we saw in that stream had a twin, 6 centimetres far away from this first attractor, made of water and sand; there was another, smaller, whirl, spinning contrarily and it was also dragging sand to its centre. Some of sand particles that were spinning in the first vortex left it passing to the other and later returned at the first one or escaped from the system while other new particles fell in it. The changes that we induced in the great vortex also were reflected in the small one. A vortex looked like as if it was mirror image of the other one. We could not say that one was the cause of the other; rather they were the two aspects - ying and yang - of a unique energy. They were supplementary between them because they were born of that unique energy. We could not affect one without affect the other. This is the law of the mirrors and it works in our body in the same way. For example, the "spiral of our eyes" pulses by catching the light, but this ocular spiral is repeated in our pelvis where our genitals also catch the light in form of electrons and static charges. The wider the pulsation in our genital spiral the wider the pulsation in its twin superior spiral, the ones of the eyes. In my son, and in all of us, there are two twin spirals like those my son and I discovered in the stream. One of them was the spiral of his conscious gymnastics represented by his normal and harmonic face expression, and the other was the spiral of his tics, it means his unconscious gymnastics. According to psychoanalysis, the first spiral is named "self" and it is opposite to the other spiral, which represented "super self" or our Id. The id is the most primitive and instinctive aspect of man's behaviour.

Our conscious spiral (self) pulses between the desires of the "id" and the prohibitions of the superego. Sensotherapy does not rationalize this energetic unconscious spiral, to do it would be frozen it in conceptual bottles. We prefer to manage it like the spiral of our unconscious energy (SP) and it must be assumed by the self-conscious spiral with conscious gymnastics (G) as my son did it with his tics. That second spiral for us (SP) is the aura, the field not reached yet, the attractors (SP) that drive us to act (G) in a certain way. Those probable roads (the superego and id spirals) are attractors that induce us to fall in their basins.

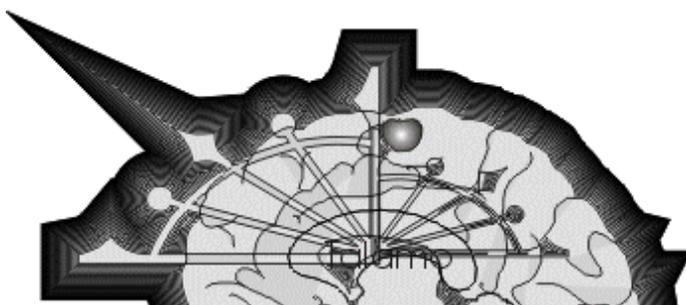
TO PERCEIVE IS TO OBSERVE A CHANGE, A VARIATION:

SensiblePulseGymnastics is a word that can be expressed in three letters SPG that integrate what always happens in a living being when it perceives. Sensible (S) means changes in the electrical oscillations in the neurons and cells of our body, those variations that we feel as sensations (S). Pulse (P) means changes in the blood flow those that always accompany new sensations (S). G of Gymnastics implies that all vascular change (P) and all new sensation (S) activate a muscular movement or gymnastics (G). However the opposite route also happens: a sudden change in the muscular activity (G) accelerates the pulse (P) and activates the skin with a new electrical shiver (S). Brain is like a stream in which whirls of blood (P) and energy (S) appear and disappear. These electrical variations are seen by measuring the (S) with Electroencephalograms (EEG) while the vascular variations by measuring P with images that show blood flow change (by means of magnetic nuclear resonance MNR images in sequences). Those whirls or attractors become more intense in the temporary lobe if the stimulus are audible, or collapse in the occipital lobe if the stimulus are visual, or are detected in the temporary lobe if the stimulus are a scent that disturbs that "cerebral stream." We perceive by comparison when we measure the changes in the cerebral resonances from Time1 (T1) to time2 (T2). In our "cerebral stream," it is observed that if at a time T2 an aroma, which is different from another that was smelled in T1, is smelled, so the attractor vortex (SP) that there was in T1 changes by a new whirl of energy (S) and blood (P), in the time T2. That means that there is a "reset" of the information (SP) between the previous scent of T1 and the new one of T2. Those resonances or whirls can be seen as little points of colours in front of the eyebrow centre (S) and they are also felt as an excitation in the pulse (P). Both S and P are accompanied by their corresponding gymnastics (G) or grimace in the muscles of the face. That S, that P, and that G of T1 always change in T2 with the following new sensorial impact (new Sensation, S).

WE FEEL WITH OUR BLOOD

An electromagnet is made when a current (a flow of electrons) passes through a copper wire spiral (this is the way how a magnetic field is induced). In the same way, when a magnet field is moved inside a spiral of cooper wire, a current is induced (this is the way how we start a motorcycle). In our body, this induction happens when blood ferritin which functions as micro magnets induce currents (S) by flowing inside muscular spirals formed by the heart and the vessels. Each change in the flow (P) changes the intensity of the magnetic field. That is to say, as greater the flow of ferritin (P), the larger the field, and more intense the electricity (S). This increased electricity (S) and extended field form a new attractor in T2, a new bigger wave that travels as a soliton by the arteries (P) inducing a new electricity in corporal conductors until arriving at our skin, producing changes in our sensations (S). These changes make us breath and move (G). That electric stream (S) which is inductive and at the same time induced by magnetic fields can be captured and put in graphs by electrocardiograms ECG. These fields traditionally have been called aura. When heart and brain electrical flows arrive at the skin (S), they can be detected by the electrodes of both electroencephalogram EEG or electrocardiogram ECG which amplify the originated flow in both brain and heart oscillations capturing them in the skin (S). Another device that confirms these fields is the magnet-encephalogram MEG. It is based on superconductor devices that measure through quantum interference (Squids: Super Conductive Interference Quantic Device). SQUIDS can detect the magnetic field of a bacterium and are used to measure the subtle changes that both thoughts and sensations produce in the cerebral magnetic field.

CONSCIOUSNESS THALAMUS AND HEART



Rodolfo Llinás⁷ in his book "I of the vortex" describes that the thalamus connects 1) brain parts with the body and 2) the parts of the brain among them. Llinas says that thalamus, in the center of our brain, is like a bicycle wheel axis; the thalamus emits its radios towards the cortex transporting the information that comes from the senses. While skin and the senses are

like the inferior half of that wheel, the superior half is the cerebral cortex. But for each one of these fibers that go from the thalamus to the cortex, there are 10, or sometimes 99, that, from the cortex, return to the thalamus forming a spiral activity. It means that the external stimuli are only 1% or 10% of information that, like the sands, arrives from the objective - outer world - by senses while internal and subjective brain state is a vortex that contributes with 99% or 90% of brain information. The thalamocortical system provides a continuously humming feed forward/feedback information flow that is reverberating between thalamus (the axis of the wheel) and the cortex. That system is a spiral such as the one my son and I saw in the water and it oscillates in the so called gamma band, at 40 cycles per second, while the external stimuli are like the sand that is arriving at that vortex. For us, it is only important "the external sand" when it comes isochronic with our internal thalamocortical music, at 40 cycles/second. "The thalamocortical system synchronously relates the sensory - referred properties of the external world (the external sands) - to internally generated motivation and memories," (the vortex of water and sands). "We do not perceive the external world during REM sleep because the intrinsic activity of the nervous system (40 cycles per second) does not place sensory input within the context of the functional state being generated by the brain." "This suggests that that spiral of thalamocortical iterative activity is a main mechanism of brain function." "This temporally coherent event that binds, in the time domain, the fractured components of external and internal reality into a single construct is what we call the self." R Llinás⁷ (explanations in parenthesis are mine).

Thalamus, that is the axis of the wheel, connects: 1) the body with the brain and 2) the brain with itself. The thalamus (the axis of brain) puts in phase lock the music of two neuronal systems: 1) the specific circuit: that catches information of outer world (for example an apple or an external sand) carrying them by the different thalamic radios toward: the auditory, olfactory, visual, and tactile cortex. While 2) the nonspecific thalamocortical system is that vortex which is required to achieve binding; that is to place the representation of specific sensory images (apple, sand) into the context of ongoing activities" (the internal dream). "The binding events comprise the substrate of self". "It binds, therefore I am" (R (Llinás⁷)). Let's imagine the nonspecific thalamocortical system like a vortex "of water and sand" in brain that each 25 ms produces a rotation generating the film of the reality by comparing how each sand changes among the first rotation and the next one. This thalamocortical system generates the film of the reality by comparing how "the apple" is changing in visual, auditory, tactile, etc cortical radios and how it changes from a time T1 to T2 (it means, at different scans). "A picture of this film" taken in T2 is compared in its variation with the picture that preceded it in T1.

Heart is to the skin like thalamus is to the cortex; the heart is also scanning each second how those "sands" are changing in the skin. Heart and thalamus work like those two twins vortex of water and sand that my son and I saw in the stream while walking by the forest.

The conscious arises by comparison, by measuring how that "apple that I have in my hands" changes in the different spatial radios of my cortex (visual, olfactory, tactile, etc.) and in the different times (T1, T2, T3...). This binding is made by 2) the nonspecific thalamic system which by sweeping these radios goes comparing them in each "quantum of time," it means each 25 ms. If the external input (the apple, the sand, a baby crying) that is arriving by 1) the specific circuit comes synchronized with that attractor vortex (the nonspecific thalamic system) in which the internal dream is being hummed, so the "text fits in the context (I feel the apple, the mother wakes up). That is to say we only see what excites our internal dream, our corticothalamic vortex, and our heart. An apple is only what it means for our dream. Even when we are not sleeping, we are always dreaming and we only wake up of our dream with those stimuli that are isochronic with our corticothalamic binding. Therefore we only see the apple when it fits in phase with the 40 cycles/second of the corticothalamic vortex where our dream is humming. We only see the things that change the amplitude of pulsation of our thalamic and cardiac attractors. "For the brain reality is a dream."

THE CEPHALIC BRAIN AND THE "PELVIC BRAIN."

The thalamocortical system is a vortex in the brain. But this superior vortex is repeated in the pelvis where there is a twin spiral. Its axis or "thalamus" is in the genitals, and its "cortex" is the skin of the gluteos. There is a third spiral in the chest in which its "thalamus" or axis is the heart. As well as there is a feedback between the skin of the pelvis and the excited genitals, there is a feedback between the skin of the thorax and the heart and between the cortex "skin of the brain" and its central axis: the thalamus. As in the two-twin spiral of water and sand that we saw, what happens in each one of these vortexes is reflected in the other ones. If we thought that the pelvic skin is the cortex (the wheel of a bicycle) and the genitals are the thalamus (the axis) here in chest there also exists a radiation from the cardiac axis to the periphery in the skin. (If we think that a body in a fetal position looks like a brain, its heart would be its thalamus). Heart and genitals perceives the field of people and things besides of material aspect, therefore the vortex periphery goes beyond genitals skin, the chest skin, and hair skin to aura; in this imaginary corporal brain, radios go from the heart to the aura. In sexual excitation, as more electrical the currents in the vortex of the genital are, wider the periphery of that vortex will be; it means as acuter acute tones, lower the low tones. These lower tones are felt as an increasing pelvic tension or a greater section of skin. It implies a greater local coherence of the blood (low tones) that is to say, a greater erection. The opposite way also happens: a greater the erection be (lower tones) more electrical the sensations in the vertex of the genital vortex (acuter tones) will be. This is the LAW OF THE OPPOSED and this law also happens in eyebrow center where very small points of colors (acute tones) can be seen in the background of a deep and immense darkness (low tones). By law of the opposed, while greater we see the periphery of this spiral, smaller we will see its center. This vortex that is seen as rings of colors coming and going in the visual screen, corresponds to our energetic perception of our thalamocortical vortex which works like that vortex made of water and sand that we saw in the forest. Our consciousness is a phenomenon which emerges due to the integration (binding) of our three "bicycle wheels." The one of our brain, the one of our genitals and the one of our central vortex in the chest. We are conscious by a feedback between the thalamus and the cortex, but the pleasure is a feedback between our genitals (thalamus) and our skin (cortex), and our energetic breathing is a feedback between our heart and our skin of thorax and its aura. The binding among these 3 vortexes (or wheels): genital, respiratory, and cerebral is pure music.

SEEING OUR DELTA, TETHA, BETA AND GAMMA BRAIN WAVES LIKE COLORS

The brain and the body are like a harp; they have low tones (delta waves seen in the EEG oscillating among 0, 5 and 2.5 cycles/sec), medium tones (theta among waves 5-10 cycles/sec) and acute tones (beta 20 cycles/sec). The delta waves of the brain reptile oscillate from 1 to 2.5 cycles/second or Hertz, they are own of the awake reptiles and of our brain deeply sleepy in the dream of slow waves. The theta waves (5 -10 c/s) are own of mammals⁵ and the limbic system (the mammalian brain) mainly in its hippocampal region. The alpha waves (10 c/s) are emitted during the relaxation, are a state of synchronization and resting of the brain⁶ that are disturbed by the beta waves (20 c/s) when there is mental activity or in the dream with the rapid eye movements REM. The gamma waves (40 c/s) form an integrating loop between the thalamus and the cortex. The thalamocortical is a complex synaptic network with intrinsic oscillatory capabilities at 40 cycles/sec that allow to the brain to self-generate dynamic oscillatory states. When that three "bands of frequency" are compared with the gamma waves (40 cycles/sec) form that spiral of colours that pulses in the middle of our eyes. This feed forward/feedback reverberating flow of information originated in the ionic interchanges that produces our brain waves can be seen by us in front of our closed eyes as waves of waves, as an vortex attractor made of a stream of little points of colours. The fractal ring made of rings that we see in our eyebrow centre is a spiral made of photons. Many people, when closing their eyes, see rings of colours that forming a spiral cone. It can be seen in the visual screen as a little and distant point that is

coming each time closer and bigger or that spiral can be seen as a point near (an acute tone) going away far and becoming an deep immensity (a low tone). This visual ring corresponds to the aura layers. Its means that when we see the closer layer our so our aura is in contraction (acute tones, the vertex of the vortex) and when we see an immensity or an empty deepness giving us a sensation of expansion (low tones) so our aura is in expansion. Later when the focus will be closer again the sensation will be contraction and so on. When somebody feels his/her body immense (low tone) and later feel it very small (acute tone) it is caused by the aura pulsation too. Aura pulsation also can be expressed as to feel immense the body and very small the head or vice versa or/and changing between a big head and a small body. All these opposite sensations are finally expressions of our energetic spiral. All of them are the diverse expressions of an single common phenomenon: the perception of the own field of energy, the beating aura going and coming like an spiral attractor which is produced by the magnetic field induced by the electrical oscillation in our brain that pulses between high and low tones. Those are recognized by the neuroscience like the waves of the EEG: (delta alpha, beta, theta and gamma). As that cerebral vortex is an attractor (the self, the ego or I of the vortex according to R. Llinás) its changes are variable field (S) that induces variations in the vascular pulse (P) and both induces the muscles to move (G). This aura is like a great magnetic heart that surrounds us and give us our consciousness.

BEEN CONSCIOUS OF OUR INTERNAL RHYTHMS.

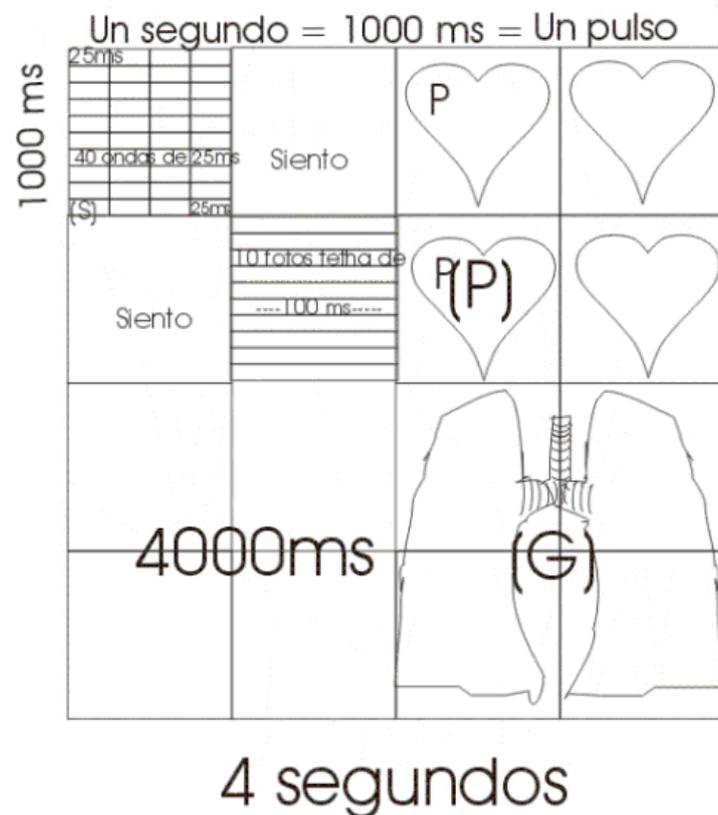
We do not know how to feel. We confuse feeling with thinking, we would say, "I feel therefore I exist" instead of "I think therefore exist". Our energy is music, waves that are resounding in the cerebral sea, vibrations, cycles that are repeated. In our sensations like in a symphony, we can be conscious of the larger times, being attentive of repetitions so delay as the blows of a drum, which take "large time" in returning of we can be more specify and take care of the shorter times as those given by a violin. Almost we are unable to follow this "violin continuous" flow and only can take care of the lower tones as the ones of the drum. In a repetitive cycle such as our breathing, our pulse or a symphony, the comparison between two times allows us the reflection. Comparing among repetitions give us reflection and conscience. In our body, often we only feel when there is pain or we are only conscious of ours sensations with each end of a ritual or a process. Some people take conscience of themselves at the end of his life only. In the body a muscular gymnastic (low tone, G) is a short cycle that, as those of the drum, takes more time in be repeated. The medium cycles are in resonance with the heart pulse (P) and the high cycles, like those of the violin, are own of the brain waves. We can hear those high brain tones listening them like an electrical buzzing and feel them as an electrical shiver in skin. We named Sensible (S) to this acute tones meaning that they are the cause of the sensations (S). This acute tones (S) are detected in the skin of the head with electroencephalograms (EEG) and in the skin of the chest and the extremities with electrocardiograms (ECG). The lowest brain frequency near to 1 cycle per second is resonant with the one of the heart and the pace of many voluntary movements. The brain of the reptiles when awaking also oscillates to 1 cycle/second. The medium brain tones, near 10 cycles/sec (theta waves), are also resonant whit a muscular tremor that is the pacemaker for all our voluntary movements. Feel is to resonate. We are waves done of waves. We are short waves galloping over long waves. We are energy feeling the energy. Our internal sea of waves interfering among them (S) forms a fractal ring of rings made of colours and little points possible to be seen when closing our eyes. Those little points are the electrons that make us to feel when run by our skin as an electrical chill, and beside they can be listened as an inner sound. By following this internal sound, as we follow the "violin flow" we can be conscious of our shorter times. This inner cricket is the baton that conduces the cardiac rhythm (Pulse). Both (Sensible and Pulse) galloping over the muscular dance (Gymnastics). When the muscles sing its long times (1 cycles/sec) they serve as a carrier wave to feeling (SP). The SensiblePulseGymnastics makes us conscious when we synchronize our brain (Sensible, short times, high tones) with the muscle (gymnastics, long times low tones) through the mediums times or tones given by the heart (P). The conscience is music₁ Be conscious is to perceive, to feel, to resonate, is to put in phase lock or synchrony all the cerebral waves₂, is to measure, is to collapse the wave function₃, is to make SensePulsoGimnasia 4. To make SPG is to connect the neuronal energy (S) and the vascular pulse (P)

with voluntary movement that is expressed through the muscle (G). To make conscience is to make music, is to put in phase or in synchrony this sequence of octaves 2.5, 5, 10, 20, 40 c/s, the low, mediums and high tones of electroencefalogram (EEG). To be conscious is to resonate, to bind, is to do binding between the oscillations of a group of neurons in an area of the brain and another "twin group" in another area.

HOW LONG IS A TEMPORAL QUANTUM?

How much time does a flash of the conscience spend? Do it spend 4 seconds? Does it remain 1 second? Or 1/10 of second? Or 25 milliseconds? Each 25 milliseconds with each sweeping that the thalamocortical system make over the edge of that cortical wheel we perceive one events of the reality in a discontinuous form like the pictures of a film that runs to 40 photos per second (one every 25 milliseconds). The slow movements of a Parkinson patient illustrate this discontinuity because his gamma rhythm runs slower than 25 photos per seconds. Contrarily the restless movements of the patients with tics are so excited because his "thalamic photos" run faster than 25 per seconds. Normally every 25 milliseconds (ms) happens a pace of the thalamic baton. When this baton sweeping the brain from ahead to back, crossing it "take one photo" by scanning those waves that by the senses are arriving in "each present". Later the first photo is compared with the neuronal oscillations of the "following present time" later with the following 25ms and so on. In this way during 100ms four photos has been compared, four present times. The 25 ms of "one photo of conscious" is a very short time for us because we are only able to feel us each second during the time that we spend in say: I feel, I feel, I feel, I feel.... one "feel" for each second, one feel with each lup dup, lup dup, lup dup of our heart, is to say with each Pulse.

QUANTUM TIMING



The heart (P) in the picture is a wave in which galloping 10 photos of the tetha band (of 100ms of duration) and 40 pictures of the gamma band (of 25 ms). If we would be able to feel the short times, (the acute tones like a violin) so we could feel each pulse of each little square in the picture (25ms) S; Each photo or sweeping of the thalamus is long as 25 milliseconds (40 ms x 25 sweepings = 1000 ms = 1 second). But if we only can feel the large times, (the low tones as the drum hits), so we only can feel the biggest square in the picture, each 4 breathings (G), it means each 16-heart pulses (16,000 ms).

SYNCHRONIZING MANY TIMES IN ONE.

According to Rodolfo Llinás we will spend three days in singing a goal if each neuron sang it isolated. But we have an integrator in the brain, named the thalamocortical system which is like a baton that crosses the brain 40 times in a second, synchronizing it, by this binding all the neurons sing synchronically a goal. It has been demonstrated that the synchrony or the phase-lock is the mechanism that unifies the different neuronal populations for to sing a goal in a single voice. But that synchrony between the different neuronal populations from the brain (Sensible) must also arrive to the body. That wave of coherence must descend to the entrails, it must be felt with the blood by synchronizing it with the pulse of the heart (Pulse) and that brain coherence also must become movement by galloping over the muscular rhythm (Gymnastics). Is to say that we reach self aware by means of SensiblePulseGymnastics (SPG). It is by means of this alignment of high waves (brain), medium tones (heart) and low frequencies (muscle). It has been demonstrated that the muscles vibrate, still in rest, with a physiological tremor to 10 oscillations/second. This means that by each 4 movements of the baton of the thalamus one of the muscular tremor occurs. All new movement begins in phase with that tremor, is to say galloping over this muscular baton.

TO THINK IS A LARYNGEAL GYMNASIA.

4 seconds are the time in which a verse can be recited, the time which we can say:

"I am conscious because I listen, see and feel".

Four verses (16 cardiac pulses, 16 times (P) or 16 accents) form one stanza:

"I am conscious because I listen, see and feel". (S)

but to feel are not function of brain.

To feel happens in heart, (P).

Nevertheless, I feel in pulse but I understand in reason (G).

A verse with thesis and antithesis takes 15 or 16 seconds or times (P) in being pronounced or being thought, which means that in one minute we have recited four stanzas like the previous ones. We make laryngeal Sensible Pulse Gymnastics when speaking or when discussing against again a mental images of us or the one of an interlocutors also when reciting an oration or while singing mentally because in those verses we align: low, mediums and, short times establishing relations from 1: 2 or 4: 8, 1:8... which is a scale of octaves. This implies that our thoughts and sensations are music because when we are thinking, singing or reciting the 14 or 16 syllables of a verse and the 4 or 16 verses of a song or speech our brain (S), heart (P) and muscular system (G), are resonating in musical octaves, comparing this tones and comparing: long times (4, 16 seconds) with the short ones (25, 100ms), the low notes (G) with the high ones (S). Our brain string the net in which we get conscious with these harmonic relations in which the low frequencies are the carrier wave for the high frequencies while the high frequencies sweeping to the low tones.

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Of this sequence it is deduced that we are conscious each 25 ms, or each 100 ms, or every second, or every 4-second or every 16 seconds according to if we are in resonance with "the violin or the drum". Our "quantum temporal" is acute when we measure the external sounds by comparison with the internal sound and the little points (S), or with the pulse (P) or our quantum temporal is large if we only measure the vibrations with the longer time of the breathing or the rituals and fixed patterns of action (G). If our chronometer is the stanza our conscience will be very discontinuous. If our metronome is the internal sound or the visual light and the little points so our feeling becomes a continuous. In summary: To be conscious is to make music, is to feel the high tones (S) of the neocortex and align them with the medium tones (P) of the mammalian brain and with the low tones (G) of the muscular movement and of the heart, is to say in resonance with the delta waves of the reptile brain. To be conscious is to make Sensible Pulse Gymnastics SPG. Finally we felt that the reality is happening by each pulse of the heart or each breath or each change in our internal sound, by feeling these we feel that the stream of the time is running. In the back of his book "I of The vortex", R. Llinás write: "Like cicadas chirping in unison, a group of neurons oscillating in phase can resonate with a distant group of neurons". Conscience flows in our brain like a cerebral sound, like a wave of 10 cycles/sec, over this wave rides another wave to 40 cycles/sec. We are conscious by an inner sound, a "cicada chirping" in the ears (S), that oscillations are like a pacemaker for the heart (P) and both conduces to the breathing (G).

<http://www.senseterapia.com.co/indexa.htm>

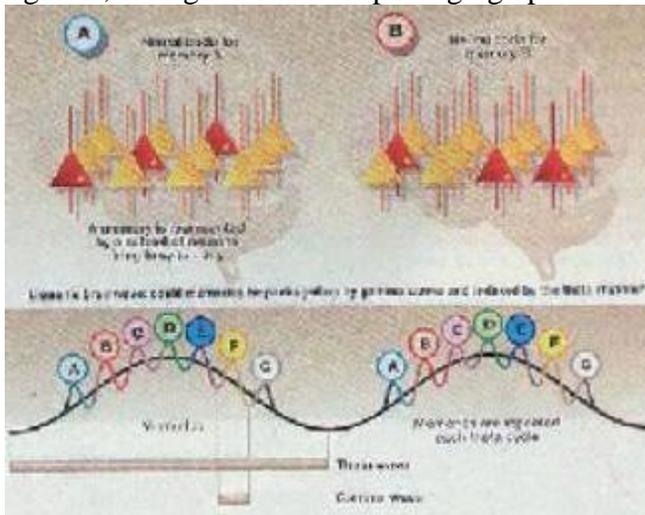
QUANTUM CONSCIENCE OF SENSATIONS

THE CONSCIENCE IS SYNCHRONIZATION

Llinás and his group of the U. of NY γ have made measurements with MEG (magnetoencephalography) and they have detected that when is gave a click to the human ear and if 10 milliseconds later it is gave another one, boths are perceived like only one. But when the second click occurs 12.5 ms later, the ears difference like separated both sounds. It happens because corticothalamic sweeping need 12.5 ms to go and comeback, so the second click is heard separated because it does not fit in first scanning. These 12.5 ms is the timing or minimum time of perception. We are conscious every 25 milliseconds because 25 ms is the time that spends the thalamic sweeping in comparing two consecutive quantum temporary of 12.5 ms. That is to say, we perceived by comparison the first 12,5 ms and its perception with the following 12,5 ms one. The reality is a discontinuous film that happens to 80 pictures per second. In a second there are 80 times of 12,5 ms, but the conscious of the changes is made each 25 ms. It is to say that 40 photos or times of perception fits in one second.

Benjamit Libet₉ detected with electroencephalographic studies that a stimulus made in the skin has a retardation of 500 ms between the skin contact and the moment in which the subject becomes conscious of it. That retardation occurs although the stimulus be done with electrodes in the cerebral region that correspond to the skin. In conclusion the brain making its binding spends from 25 to 500 ms (20 times 25ms or 40 times 12,5ms). Those comparisons are music that bind certain sensorial input with the rest of the cortex. in contrast, for the heart, the reality is a film that happens to one picture per second and for the breathing the reality spends one picture every 4 seconds.

The harmonic relations or proportions between the different waves of the brain would be the clue that explain how do we feel, how do we makes associations and how works our memory. These processes arise by comparing the musical frequencies, the intervals between the low, the mediums and the high tones. John Lisman and his colleagues at Brandeis University have come up with a provocative theory for how several different items can be represented by gamma oscillations in the same parts of the brain without getting muddled together. He points out that you can perceive things as separate events only if they occur more than about 25 milliseconds apart. if two clicks are played within this period you only hear one, but if they are further apart you hear both. And, Lisman says, 25 milliseconds just happens to be the time between successive peaks of a gamma wave. But how do you know whether a click falls in one gamma cycle or the next? Lisman believes that gamma and theta waves work together, with gamma waves packaging up features and theta waves acting as an internal clock that



determines which gamma cycle, or set of features, is which. He also carries this idea from perception to memories, suggesting that memories are represented by a group of neurons that fire in the same gamma cycle. "Now, the really breathtaking idea," claims Lisman, "is that from consideration of these oscillations, you can begin to appreciate why there would be capacity limits." If you are trying to remember a telephone number, say, your "working memory" can keep track of only around seven items. Lisman believes this is because that's how many gamma wave "storage spaces" fit inside the envelope of each theta wave.

Savants are autistics that can make complex calculations in seconds, such as: knowledge that day was the 3 of May of 1828, or knowing what day of the week 1 September 2056 would be or what time is when awaking with seconds of precision or know what number multiplied by another one gives 1.234.567.890. Two twins savants counted a phosphorus box of a single glance, one of them said are 111 and the other said: 37, 37, 37. To divide the perceptions allows them to have certainty in the details like differentiating in thousandth from second between the arrival of a sound to an ear and the other. You would find that their talent arises from very specific and circumscribed brain areas which are neurologically isolated from the areas which bind things together to make concepts. This allows the areas dedicated to savant abilities to develop without interference from parts of the brain which deal with concepts. Allan Snyder 10 thinks that they obtain it because they do not have the binding, they have not to bind that information to his context. Autistic execute these calculations in the lowest level of his brain without binding them to the context. "In savants the suppression doesn't happen so they see the picture in fantastically detailed components, Jake individual pixels in a photograph." Using the same reasoning, Snyder believes that if, for example, you were asked to calculate the day of the week on which any particular date falls (an obsession peculiar to savants) or to discern the precise pitch, length and sequence of notes in a musical score, you would do it, more or less instantly, in your unconscious mind. He thinks that the information would be edited out before it passed into consciousness. Equally, because notes in isolation usually carry little meaning you would tend to hear the music as a melody rather than as separate sounds. **We are not so rapid like a savants because we spent among 25 and 500 ms making associations, binding the parts to the whole, to link the mechanic to the emotional thing, binding the external stimuli that arrive by the specific system with the dream which we live in the nonspecific system.**

CONSCIENCE IS THE COLLAPSE OF THE WAVE FUNCTION. THE REAL THING IS ONLY WHAT IT IS POSSIBLE TO BE OBSERVED

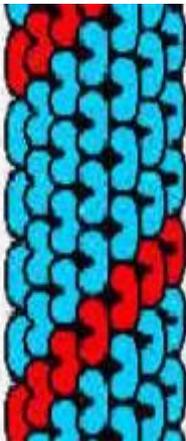
The base of the quantum theory is the Heisenberg's uncertainty principle of which is derived that we only can speak about the observed. The experiments with particles demonstrate that it is not possible

believe in the existence of a reality outside independent of the observer. As well as the apple or the baby's cry only it is important according to the context. This objectivity of the subjectivity forces to us to think that we only will be able to understand what the reality by knowing how we perceive. The collapse of the wave function is the measurement that is made to quantum particle of the world of the energy since the classic world of the macro objects. To observe is to collapse the wave function, is to perceive and to feel. It is said in the quantum philosophy that we create the reality when observing. The function of the brain is to collapse the wave function and perhaps create the reality by observing. The Nobel prize Ilya Prigogine in his book: "From Being to becoming"¹⁴ affirms that it is not possible continue spiking of the existence of beings in the world of particles because it is only possible when it becoming "becomings" in the macro world. Only when the conditions are given, a "particle" of the quantum world is amplified until the classic world like a vortex that collapse in the water (it becomes observable). Like the flight of a butterfly can be amplified and to become storm if the conditions are given It is only possible to said that whatever exists when it has been amplified until classic world, when it transforms the "becoming"

AN ALIVE AND DIED CAT SIMULTANEOUSLY

The experiment of twin particles of Alain Aspect and many others that have followed to it, demonstrates that there are two worlds; a Unitary world (U), nonlocal that is the quantum world of all the probabilities where "on" and "off" can be entanglement, coexist. In the U world a cat inside a box with radioactive uranium, while it is not observed, is in two superposed states, alive and died simultaneously. Only when is observed the cat leaves the quantum superposition, collapse the wave function and appears in the classic world of the observed thing. This it is the Newtonian Classic world in which exist 1 or 0, the cat is alive or dead, in on or off, it is the macro world, it is the "becoming" according to Prigogine.

WE THOUGHT WITH MICROTUBULES LIKE THIS



Before we thought that the neurons could be the substratum of the conscience, we associated the brain to a computer that worked with bits: in on (1) or off (0). But according to Roger Penrose and Stuart Hameroff¹³ the conscience is quantum. The brain is a quantum computer that works with qbits, that is to say, the brain can be in on and off, can be 1 and 0 simultaneously. The tubulin is more basic as the neuron. Tubulin is the fundamental protein, the unit of which the microtubules are done. The cytoskeletal of the neurons and all the cells is done of microtubules. Each molecule of tubulin has peanut form and can contain in its pocket an electron. That electron is an object of the quantum world and so has the strange nonlocal properties of the quantum world. It is to say it can be in two places simultaneously, it is a qbit, it can be in off and in on simultaneously.

A THOUGHT IS A VORTEX THAT COLLAPSE IN THE SEA OF THE MIND

The waves of the brain in alpha state are like the coherent quantum ocean, can be in all the states simultaneously. That total mind with all the possibilities in it can be disturbed by one single real and concrete thought. In the mental coherent quantum ocean an eddy, a attractor disturbance that calm sea and originates "a cerebral storm" that is like the amplification of a fluttering of butterfly "in the quantum sea of microtubules. Another form to watch it is to think that in those synchronous waves alpha in a state of concrete thought it does not happen the decoherence it is only disturbed by the change of phase that happens in the corticothalamic loop to 40 c/s, when this loop is synchronized with the external events for example an apple or the weeping of the baby. That decoherence is the collapse of the wave function and gives rise to the conscience, to "I think therefore I exist" or better

to "I feel soon I exist", or according to Llinás I binding therefore I exist". Each thought is a quantum measurement, is to choose a probability among the many alternatives that coexist superposed in that coherent ocean that is the mind. In synthesis each perception is a collapse of the wave function.

DOES CONSCIENCE COME FROM IN SIDE OR OUTSIDE?

According to model OR Orch (orchestrated objective reality) of Penrose and Hameroff, the microtubules of the neurons are the ocean of the energy. From their possible qbits arises the input, the collapse of the wave function that is amplified by the neurons collapsing the vortex of the conscience. According to Hameroff's model the corticothalamic binding amplifies each 25 ms the sequence of 1 and 0 (11100110000) that collapsing the wave function in microtubules. Those 40 inputs in a second are isochronics with the gamma band of the T.C. loop. In this way the micro world of the microtubules (U) are integrated with the neuronal aferencies that by the thalamic pathways arrives from the senses with "the clicks". of the outer world (Reality world).Rodolfo Llinás₇ do not believe that quantum effects be important in the neurons, but supported in his model we can think that the corticothalamic loop collapse the wave function when it binds the external clicks (the apple, the baby's cry) to this internal dreams that is pulsing in the corticothalamic loop like an attractor that beats to 40 cycles/second.

We can deduce that the external stimuli only are a voice that arrives from outside in the middle of 10 or sometimes of 99 inner voices, based in that relation of 10/1, where 10 inputs from the cortex to thalamus are opposed to 1 of the thalamus to the cortex (10 inputs of the cortex/1 of the senses). When we go from the house to the work, the stimuli that arrive to us from outside are a single inner voice which it fits with the 99 previous times (and voices) that remember us the things that we have thought in that route. An apple in my hand is not so important by itself, my dream (if it is the apple of the paradise, is the Newton one or the breakfast one) is more important that the isolated stimulus. The context is more important than the text. Doing a synthesis of model RO Orch and the Llinás model, It is not incorrect to affirm that the corticothalamic binding collapse the wave function when an external stimulus that arrives by the specific system (from the senses) makes a phase lock with the gamma band synchronizing the external world with a similar wave that runs in the dream of conscious. The nonspecific system are in dialogue with the microtubules of the nonlocal world which is a superconductive network of microtubules. In this microtubules are all the probabilities, all the times. This network is connect to the whole, it conects to all the beings in a nonlocal and nontemporal quantum net.

THE GYMNASTICS THAT CONNECTS TO US

Interpreting the "Llinás's dream", all the predetermined motor schemes or Fixed Action Patterns (FAPs) that the brain has automated during its evolution conform the ample catalogue of many probabilities. The FAPs include: the faces, the corporal tones, emotional tones, tones of voice and affective tones. These FAPs are predetermined patterns of action that limit the degrees of freedom of the ego, narrowing his bunch of probabilities, but simultaneously by the FAPs the ego do not need to think about how: to walk, to speak, to swim, to copulate, to defecate. Those predetermined Gymnastics or FAPs would be that world of many possibilities of which one is chosen every time with each collapse of the wave function. Only one of many probabilities collapse like Objective Reality in each present, each 40 ms. But it do not collapse at random, it comes predetermined by a dream that is dreamed, it comes predetermined by twin events from another time. The afferents that from the outer world arrive by the specific thalamic route modulate and activate certain internal dream, syntonizing certain FAPs, the FAPs tuned prepare the stream of the conscience for other afferents, for other collapses of the wave function, for other presents, other FAPs.

SENSEPULSEGIMNASTIC (SPG) COLLAPSE THE WAVE FUNCTION, BY SYNCHRONIZING BRAIN (S), HEART (P) AND MUSCLE (G).

To feel is amplify until the Real world that electrical vortex of electrons superposed in two states in the tubulin of the microtubules. Feel is amplify an input from the quantum world to the classic world of the neurons (S) but we are not conscious in the brain, that input (S) must descend to the heart (P) and the body until be turned in concrete muscular actions (G) that are expressed by means of PAFs. In this sense to feel is to collapse the wave function, is to make SensePulseGimnastic (SPG). Sense talks about the electrical changes, Pulse about the vascular changes and Gymnastics to the movements where S and P are implicit. All sensation S or electrical change S implies a vascular change P. We feel with the blood: to blush, to have an erection, when the abdomen or the hands gets cold implies vascular changes (P). Most headaches are by vascular changes. The vascular changes always accompany the electrical changes (S of Sense); but this collapse SP of the wave function only is complete when they imply the voluntary muscular system (the fingers, the lips, the language) they are finally the territory of the ego. Studies with electroencephalograms (EEG) and functional Magnetic Nuclear Resonance (MNRf) confirm that in the brain there is electrical and vascular changes in the areas where certain perception are integrated.

HIPPOCAMPAL RHYTHM TO 10 CYCLES/SEC AND HEART.

How are connected brain (S) and heart (P)? By means of an internal sound which one is in phase with the heart. In 1978 D. T. Kemp₁₂ discovered that when doing a click on the ear or emitting a note and placing a microphone in the auditory conduit, 5 or 25 ms later is captured an echo in a frequency mainly similar to the emitted one. These echoes or acoustic otoemissions (AOE) are normal in 98% of the people and can be inhibited from the opposed ear by stimulating it, which indicates that it must be an echo not only local, but of all the auditory pathway. By doing a click on the ear, Mariza Pedemonte and its group of the U of the republic in Uruguay demonstrated synchronization of waves or phase lock between the spontaneous oscillations of the neurons of the hippocampus in theta rhythm (8-10 c/s) and different levels from the auditory route (primary auditory cortex, inferior colliculus, and the cochlea of the ear). But in also they demonstrated an phase lock or synchronization between this audiohippocampal music in theta rhythm with the wave R of electrocardiogram E.C.G.0 (systole). It is a synchrony in the time that connects brain and heart at distance. Also in animals of experimentation they detected cardiac arrhythmias that happened during the paradoxical dream when the theta rhythm in the hippocampus became disorganized. But this connection is of double way, because also they demonstrated that to 34% of the times the cochlear nucleus discharged synchronously with the cardiac rhythm. It probably happens because the noise of the pulse in the ear or the own voice as a click could wake up acoustic otoemission. As a "coincidence" 34% of acoustic otoemissions are "spontaneous", without external click that stimulates them. But the phase lock between discharges in the cochlear nucleus and the hippocampal rhythm disappear when compressing the carotid of the same side to the registry.

THE MUSCULAR TREMOR TO 10 CICLOS/SEGUNDO

How brain (S) and heart (P) are connected to the muscle (G)? By a continuous tremor that oscillate 8 cycles/second. Even at rest the muscles continuously vibrate. This muscular tremor is widely analyzed by R Llinás in his book "I of the vortex". This binding among brain (S), heart (P) and muscular Gimnastics or PAFs is a measuring instruments that, like the Schrodinger's cat, collapses the function of wave because those FAPs amplify the quantum phenomenons until the "becoming of Prigogine", until the classic world. SPG amplify the qbits (1 and 0) from microtubules until thalamocortical loop and until the audiohippocampal music (S) binding this input with the vascular pulse magnifying with G, P and S those eddies or attractors that from microtubules or from outside world collapse like new states. Those flutters of the cerebral butterfly collapse as storms in the cerebral sea where the delta, theta, alpha, beta and gamma waves are agitated. They are cerebral music, high, mediums and low tone collapsing as rythmical attractors.

SYMPTOMS ARE QUANTUM LIKE THE SCHRODINGER'S CAT BECAUSE THEY ARE

FAPs (G) THAT AMPLIFY THE ENERGY (S) UNTIL (P) AND (G).

Symptoms are FAPs that amplifies the S through P until the muscle: To eat nail, to rub the eyelids, to smooth the hair, to chew gum, to smoke, to yawn, to sigh, the tics, the phrases, the accents of the speech, all of them are rhythmical and sequential motor stereotypes, all of them are muscular gymnastics that collapse the wave function and amplifies until muscles an electrical charge S that subtly was altering the pulse of the heart (P). the last were unconscious gymnastic. On the contrary to make scrabbles on a paper, count numbers discharging rage or the fear, are conscious gymnastics that amplify the quantum energy of the brain (S) until the heart (P) by the movement (G). The muscular force of the thumb against any one of the other fingers is a gymnastic (G) used to feel (S) the pulse (P) in the finger's arteries and a electrical stream over its skin. All the symptoms are Gymnastics or "quantum devises" because as the Schrodinger's cat they allow us to amplify the energy from the micro world until macro world (G) by means of the pulse (P). Sensations are born as turbulences in the calm lake of the mind breaking its coherence state and its synchronization. This rupture in the superposition of many coherent waves is named decoherence or collapse of the wave funtion. Those apparent tics or compulsions or habits has a quantum purpose, they makes SPG because they collapse the wave function in an unconscious way. To make scrabbles, to count numbers or to feel the pulse are a gymnastic that makes conscious. Sensations are quantum states and many pathologies that mistakenly we have judged as hysteria, psychosomatic illness or addictions, really are quantum detectors. In the same way symptoms as: arterial hypertension, heart arrhythmias, the panic syndrome, the carpus tunnel syndrome, the tension of the nape, chest oppression, the asthma, etc, are FAPs that amplifies quantum states. Syntoms are Fixed Action Patterns rhythmically sung as a repetitive dream by our extrapyramidal nervous system and they are modulated by the pyramidal nervous system through voluntary muscles. Our grimaces, faces and vocal tones, are the Fixed Patterns of Action PAFs on which rides our dream, that internal drama that we dreams. But better than the last gymnastics, the voice spoken or thought or the simple breathing are the best SPG which all of us collapse the wave function. A breathing is obtained when we feeling that an electrical thread (S) ride over the heart (P) and both are aligned with the breathing (G). These three tones: acute (S), medium tones (P) and low tones (G) are in phase when by breathing (G) the wave function is collapsed in the chest or in the pulse and this SPG restores the corporal music.

The sexuality is the most physiological and therapeutic SensPulseGymnastic. The pelvic tensions are the low tones (G), pressing of the blood in the genitals are the mediums tones and the electrical chill that causes excitation are the high tones (S). To make an exercise intense is a G in low tones that makes feel: the anxious pulse (P), to make fun of the ears, to in front of see lights the eyes and an electrical chill (S). This chill makes sweat the skin to improve the conduction of that voltage that is not different from gathered by the electrodes of the EEG and the Electrocardiogram (S). In the smile born in heart are also aligned those three sizes of muscular ring in low, intermediate and high tones. When closing the eyes those three frequency ranges can be seen like ring of colors or little points of great, medium and small size that wake up a buzzing in the ears, burden like the tremor of a motor, or acute like the one of a cricket. That echo is acute while smaller the little points are. The radial pulse is specific for the Low tones, the cubital pulse for intermediate and the pulse of the fingers for the acuter tones. While more towards the tips, more electrical the chill in skin and higher the frequency will be. But those acute tones discovered in the skin of the finger's tips must descend to the radial pulse (the low ones) where they must be in synchrony WITH low tones.

As we see, the echo of Kemp, or the cortico thalamic system change their frequency or amplitude of pulsation with the external clicks. In the same way in the artery the amplitude of the wave of the pulse changes by an stimuli or clikc that can be done from outside. That resets or changes in the music of the pulse were discovered by the cardiovascular surgeon René Leriche in 1943 while he was operating to a patient with an aneurism or dilatation in his aorta. He observes that the aneurism became more wide (P) when he approached his hand without touching it (S). Paul Nogier rediscovered this reflex and called it vascular autonomic signal (V.A.S). Acording of this quantum

vision of sensations V.A.S. is a change in the amplitude of the wave of the pulse (P) that appears each that a stimulus is done in energetic field (S). Decoherence or collapse the wave function are a change in the amplitude or phase of the wave too. Facing stress or intense fields (S) heart responds increasing its amplitude of pulsation (P) and the muscle unconsciously makes the gymnastics (G) that amplifies as symptom like: hypertension, panic, to eat nails this collapse of the wave function. This vascular reflex (VAS) was used by Nogier to ask and treat the organism correcting its bioinformation circuits of. The auriculomedicine of Nogier, the Bioenergetics, the SensipulseGymnastic, the Chinese Pulsology and the pulses of the Ayurveda are therapeutical technicals that uses observe in the pulse the collapse of the wave function. Those therapeutical technics perceive in a "musical or resonant, way that happens in the quantum body by means of the synchronization, which is at the moment the most accepted mechanism of communications between neuronal populations. What we perceived like images, sounds or things for the neurons are only waves, musical variations in their intrinsic oscillations, musical intervals.

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