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Embodying Flow: Living Through The Mind-Body Continuum

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Abstract

Quantum social learning (QSL) is an emerging action learning approach that has been inspired by various disciplines, and specially the work of David Bohm in “rheomode” or “flow mode.” QSL uses a novel psychosocial interpretation of quantum theory to describe the central role that awareness and the heart play in synchronizing the body's systems and their activity at all scales and contexts, including how we interact socially. QSL describes awareness as a ground state, like a black hole, with a quantum potential to unfold and fold back (enfold) conscious experience. The heart acts as the seed and center of our human galaxy, attracting, shaping, and evolving the surrounding cells into tissues, organs, and other systems. We also describe how disappointments, adverse childhood experiences, and trauma keep experiences from completing and folding back and repress and suppress the same toward the unconscious background. Combining grounding and decoding processes HEAL enables us to hold space for the unresolved past experiences to be received, transformed and fold back into awareness. At the same time, cathartic transformations expand us beyond our limiting beliefs, habit patterns, and perceptions, rendering clarity and heightened awareness and presence.

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Introduction

Since ancient times, many traditions have attributed awareness and wisdom to the heart as the center of the human soul and the connection to the divine. For example, in the Bible, the heart is often used as a metaphor for a person's innermost thoughts and feelings and the source of wisdom and understanding. In Gnosticism, a movement that emerged in the late first century AD, the heart is seen as the seat of the divine spark, a fragment of the highest God that fell into the material world and needed to be awakened by secret knowledge (gnosis). In some forms of Buddhism, the heart is considered the locus of mind and consciousness, and the practice of the "Heart Sutra" and vipassana meditation aim to cultivate the heart's wisdom and compassion. These are just some examples of how the heart has been regarded as more than a physical organ but also a "field" of spiritual awareness and wisdom. In this paper, we delve into quantum social learning (QSL) and its HEAL contemplative language and communication process. Rather than adhering to mechanistic worldviews that celebrate the parts in the whole, we adopt a contemporary psychosocial quantum perspective that describes what connects the parts together into the whole. Many physicists, like David Bohm, Eugene Wigner, and Roger Penrose, have described that quantum physics is foundational and applies to all of creation, meaning that the quantum principles and laws are valid and relevant for all systems, from the microscopic to the macroscopic, from the elementary to the complex, and from the inanimate to the animate.

One of the principal works that has inspired us in systematizing QSL HEAL is David Bohm's "Rheomode" or "Flow mode." Bohm's interest in language made him question how our linguistic structure shapes our observations. He observed that our language reinforces fragmentation by emphasizing subject-verb-object constructs. The rheomode was his attempt to create an alternative language based on verbs. It aims to capture the flowing, process-oriented nature of reality. With

rheomode, Bohm sought to bridge the gap between language, thought, and the deeper wholeness of the universe. The latter, wholeness, is referred to in quantum mechanics as entanglement or non-locality.

The architects of QSL HEAL share Bohm's overall vision. They facilitate a simple grounding process in which the participant experiences non-locality, expanding them beyond the confines of attention and the use of natural linguistic structures. This calls up experiences to witness life's flowing, process-oriented nature, which is the basis for the facilitation of QSL HEAL's **decoding** and **supporting** processes.

Quantum Social Learning

Quantum social learning, or QSL, an emerging action learning approach, describes the central role that awareness and the heart play in synchronizing the body's systems and their activity at all scales and contexts, including how we interact socially. It provides HEAL, human experience augmenting language, as a bridge between a person's capacity to view internally and how they use natural language to describe the world around them.

Augmenting Human Language Skills

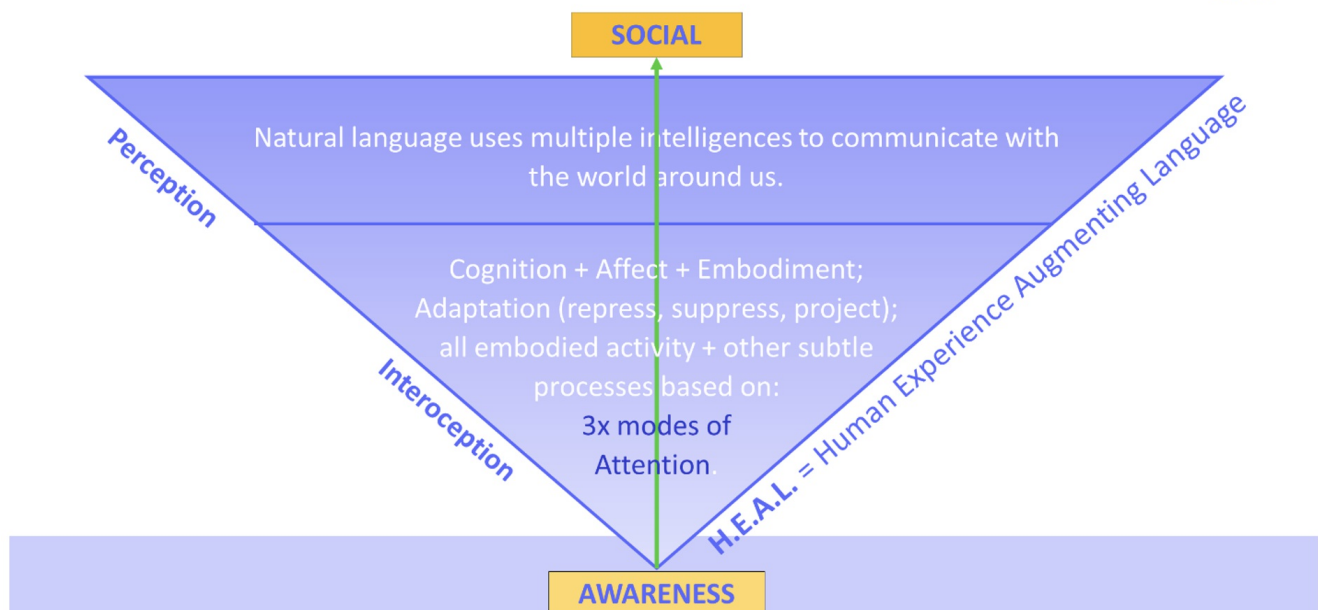


Figure 1. HEAL covers the spectrum from awareness to social.

Human Cosmology

The following describes the cycle of creation and dissolution based on QSL's psychosocial interpretation of quantum theory.

During the twenty-one days after emerging from individuated consciousness or awareness, the embryo's heart unfolds

entirely and starts to beat. Its field is so strong that nothing escapes its influence. The heart acts as the seed and center of our “human galaxy,” attracting, shaping, and evolving the surrounding cells into tissues, organs, and other systems. The mind and body evolve over time, influenced by awareness, the heart’s epigenetics, physical activity, electromagnetic field, and more subtle influences, such as love. Over time, the heart also consumes some of the body’s energy, gradually reducing its size and vitality.

Eventually, the mind and body reach a point of decay where they can no longer sustain themselves or resist the pull toward folding back into consciousness. The body then collapses and disintegrates, and the mind and its potential, via awareness, dissolve into consciousness, completing the cycle of creation and dissolution.

This exact same evolutionary process of creation and dissolution happens at a cosmic level, where a galaxy unfolds from and its development depends on the black hole that is its seed and center.



Figure 2. Visualizing a heart that is coherent with all of the body’s systems.

Psychosocial Quantum Theory

QSL’s novel psychosocial interpretation of quantum theory thus describes awareness as a ground state, with a quantum potential to unfold and fold back (enfold) conscious experience. This zero-point field unfolds probability waves (Ψ | Psi) that reach a certain threshold and then materialize or unfold experiences with their specific locations at particular moments. Later in this paper, we’ll explore how unfolding and enfolding happens.

QSL refrains from mathematical formulas and uses natural language formulations to describe and grow an understanding

of how quantum phenomena arise in our everyday experiences. A session always starts with a grounding in awareness. We understand that awareness is a foundational wholeness and reference within us. From it we can witness how living in the moment unfolds and enfolds through the mind-body as a single continuum. And when we are aware and present together, our social lives will be guided toward internal coherence and external synchronicity by a quantum potential that is beyond our sense of control.

Heart, Brain, Hearing, and Breathing Coherence

Current research is coming closer to identifying a reference, namely, cardiac coherence, a state of harmony and synchronization between the heart and, among others, the coherence of brain signals and the rhythmic breathing of the lungs. Heart coherence is determined by measuring the heart rate variability or HRV, which is the variation in time intervals between heartbeats. It is essential to understand that measuring a heartbeat using an electrocardiograph or ECG simultaneously measures and displays many different signals. It is described as a superposition of action potentials that reflect the heart's activity. Some of these action potentials relate to the heart (non-selectively) unfolding and manifesting its flow to the whole body, and (selectively) enfolding flow from every part of the body, and all the transformations that happen in between this cyclic unfolding and enfolding process. The heart serves the whole body and not just its own local functions, unlike all other organs that unfold selectively, converging attention into specific functions and activities, and enfolding by transforming (diffusing) activity back to waves and fields. Let's look at the role of the brain in this unfolding and enfolding process.

As an observing system, the brain has many possible states, between selectively focusing attention, which is the basis for objectifying and measuring a specific form, and non-selectively opening attention, which immerses in and appreciates experiences. This diffuses forms through many transformations into waves and fields. We have observed that the brain's left hemisphere, eye, and ear, are selective, objectifying, and focusing. The brain's right hemisphere, eye, and ear are non-selective, immersive, and open. These characteristics can directly be correlated with the brain's Dorsal Attention Network (DAN), associated with the left hemisphere, and the Default Mode Network (DMN) that is associated with parts of the right and left hemispheres. As an example, we describe going from "selectively" listening to a specific sound toward "non-selectively" and simultaneously hearing all sounds. The transformations that happen while shifting between these attentional networks generate many different, in-between brain states, which we can simultaneously sense through interoception. In the grounding process, we guide learners in observing these different modes, including the superposition of brain states. The brain remains in a superposition until we select by focusing or de-select by un-focusing. The brain then transforms toward either state.

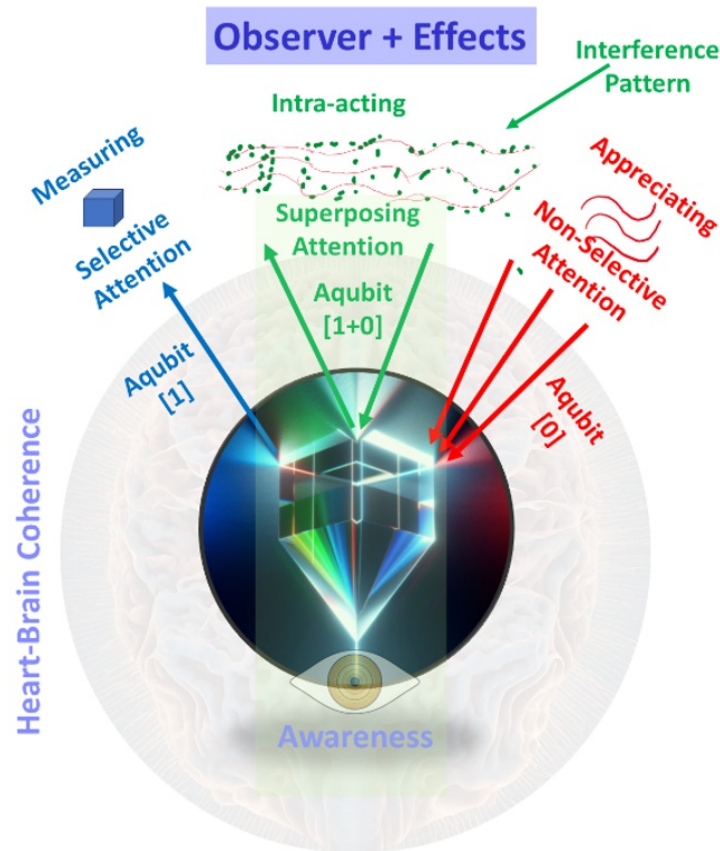


Figure 3. How awareness unfolds into multimodal attention.
Awareness unfolds into selective attention, analogous to a qubit [1]; non-selective attention, analogous to a qubit is [0]; and a superposition of states, analogous to qubit is [1+0].

Something similar happens with otoacoustic emissions, high-frequency sounds generated in the ear. The Dutch scientists W. Bialek¹ and Hero P. Wit¹ proposed in 1984 that quantum coherence in the outer hair cells can produce high-pitched sounds seemingly at random.

QSL HEAL practitioners have observed the coherence between the heart, brain, hearing, and breathing, which, they report, heightened their awareness.

Holding Space, Superposition, and Coherence

Thus, we describe that from awareness, as a zero-reference field, all activity emerges. When practitioners are grounded in awareness, they report being able to simultaneously hold space for all activities at all scales and contexts. This is how we define a superposition of states. By holding space, the heart and all the body's systems, including how we interact socially, effortlessly become coherent.

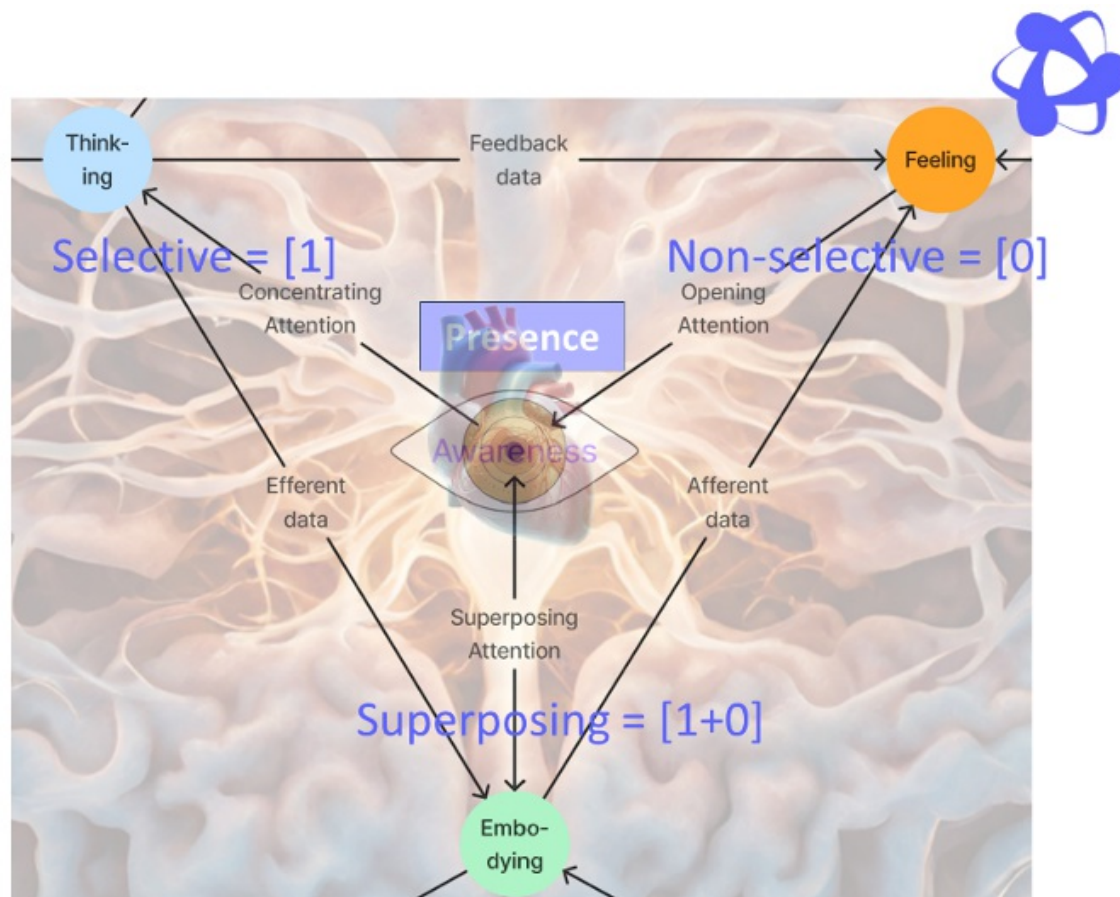


Figure 4. Heart-brain coherence orchestrates the brain's transformational activity

When group members hold space for one another, what they think and how they feel while giving and receiving will be in a superposition, producing constructive interference. When this is not the case and group members feel triggered into feeling isolated, what they think and feel and how they interact will also be in superposition. Still, in this case, their states produce destructive interference or conflict. The scientist Karen Barad proposed the term “intra-action” to describe how what emerges from within contributes to harmony or conflict.

We have previously described the activity of the brain as either selective, non-selective, and in a superposition of states, and what we're showing in the table below is that the activity at different scales and contexts, even at a cosmic level, are, fundamentally, all expressions of the same multiple modes of attention. Or with other words, all activity at all scales and contexts, including our social intra-action, IS “Mind.” Thus, we describe mind and body as a single continuum.



Same dynamic at all scales throughout the body and socially.



Modes of Attention	Cellular	Action potential	Peripheral Nervous system	Enteric Nervous system (Gut)	Lungs	Social
Selective Attention (collapse)	DNA	Depolarization	Ortho sympathetic Accelerates breathing and heart rate	Adrenergic Constricting	Exhaling	Giving
Non-selective Attention (transform)	RNA	Repolarization	Para sympathetic Relaxes and decelerates	Cholinergic Widening	Inhaling	Receiving
Superposing Attention	Protein	Overshoot	Canalis Centralis	Canalis Centralis	Gliding from in-to exhaling	Intra-acting

Figure 5. Activity at all scales and in all contexts depends on multimodal attention

Experiencing Space-Time

Over the past few decades, many people have reported a sense that time is moving faster. It's as if the years slip through our fingers like sand, leaving us wondering how we arrived at this moment so swiftly. We wish to look at this phenomenon more closely as it keeps baffling many people. We have observed there are different modes of experiencing space and time.

We wish to start our enquiry by describing how we experience time from present-moment-awareness. Awareness uses a neutral reference space and time, relative to which everything you experience either unfolds away from awareness into form and activity or opens to fold back and dissolve form and activity into awareness. The latter is analogous to the Fourier Transform in quantum mechanics that transforms and diffuses particles into interference patterns before reaching a threshold beyond which these become waves. This transform facilitates the gliding from perceiving narrow objective symbolic time to contemplating open subjective non-symbolic time. I will next give examples of both.

For example, when you wake up in the morning, when you are aware, but before you start thinking, feeling, and relate to where you are. That is your reference time. When you intently listen to someone speaking, you are focused, your sense of time is narrow, it makes you objectify and feel as though you're in a hurry. It also makes you feel as though you're separate, and in a closed space. This experience of space time through our rational mind unfolds us away into "doing." Another way of experiencing time is when you simultaneously hear your heartbeat, how you breathe, the sounds in your room, the house, the traffic in the streets, sound from nearby, from far away, from any direction. At the same time, you have a heightened sensitivity. This makes you feel like you are standing in an open field, having a sense of being limitless and vulnerable. It soothes and calms down the body, and at the same time, a sense of expansion overcomes you. This is how we experience space-time by opening ourselves to affect or feeling. Now, when you glide from one mode of experiencing into the other, from listening selectively to hearing everything, you may experience transformations

happening in the brain and body going between these two states. If we're not aware of a reference time, this may make you feel like you're losing stability and not feeling embodied.

What unfolds away from reference time is selective attention, the basis of cognitive time that is narrow and spatially objectifying. Affective time based on a non-selective, open, global attention is expansive and spatially immersive, leading us back to reference time. And then there is the superposition or the transformations of time we can experience between narrow and expansive time. This calls up an internal coherence and an objective synchronicity as a single continuum. What's more, holding space, from an aware presence, allows the transformation of space time toward balancing.

Facilitating Transformation

Many transformational leaders speak about social transformation through reconciliation, forgiveness, inclusive governance, raising awareness, and other approaches. We wish to explore, from a psychosocial quantum perspective, how social transformation actually happens, the principles of which we've already discussed in the previous parts. First of all, we cannot "do" transformation, even if we ask a large group of willing and able people to design and execute strategies for social transformation.

Something very important happens when we choose to consciously intra-act with and hold space for and with others. When we create the conditions for a superposition of giving and receiving, multiple people with differing experiences can miraculously cohere in the way they speak and relate, synchronizing their actions, like a murmuration among humans. And as these people hold space, they can feel many transformations happening, all at once, through all their minds and bodies, rendering this synchronizing collective experience. Such an experience which entangles people socially, can be effectively facilitated.

Using HEAL's contemplative language and communication process, we can create the conditions for all transformations to pass through us and each other, even when this feels overwhelming. Thus, from awareness and reference time, we can create the conditions by which we can effortlessly synchronize our conversations and actions.

Disappointments

Disappointments, adverse childhood experiences (ACE), and trauma keep our experiences from completing and folding back into awareness and reference time. Instead, our disrupted experiences set us up to be selective, hyper-focus, objectify into the 3rd person, feel encaged, away from feeling whole, aware, and present. This state of mind is analogous to what quantum mechanics refers to as, the Zeno effect. This is a repeated measuring of a state based on an expected outcome, not allowing that state to decay, transform, and fold back into awareness and reference time. Based on this Zeno effect, we feel trapped in repeating our patterns socially. And when we feel "too" overwhelmed, we adapt our feelings away from the conscious foreground to the unconscious background. While repression moves us away from aware presence by making us feel confined in a sense of loss of control and fear, suppression disconnects us from aware

presence by making us feel isolated, rejected, and abandoned. Over time, we accumulate many unresolved experiences, which, when triggered, seek to be completed in our current situation. This is mediated by our emotional and behavioral responses, including by how we think and the “ghosts” we see from our past. These disruptions may be expressed on many levels and contexts, generating stress, discomfort, and conflict.

Our patterns of disruption keep repeating until they are understood and led back into awareness and the here and now through holding space, and the cathartic transformations that lead to a sense of closure and liberation. In time, this process expands us beyond our current mechanistic mindset to embrace wholeness.

Holographic Patterning

Earlier, we described how disappointments, ACE, and trauma collapse our brain’s dynamic behavior into an alert, hyper-focusing, anticipating danger, away from present-moment-awareness. When we’re no longer grounded in awareness, we’re susceptible to being triggered, and keeping our unresolved feelings of disappointment from consciously expressing.

Due to (mal) adaptation, life is reduced to body parts, mechanisms, and constructs that are operated by a mind that is itself divided in terms of how it experiences reality. Thus, we end up adopting worldviews that match with how we have been conditioned by our collective trauma and social conditioning.

We will look at how (mal) adaptations create a dis-continuum by holographically projecting patterns of resistance inside the mind and body, in terms of specific locations and qualities of experience.

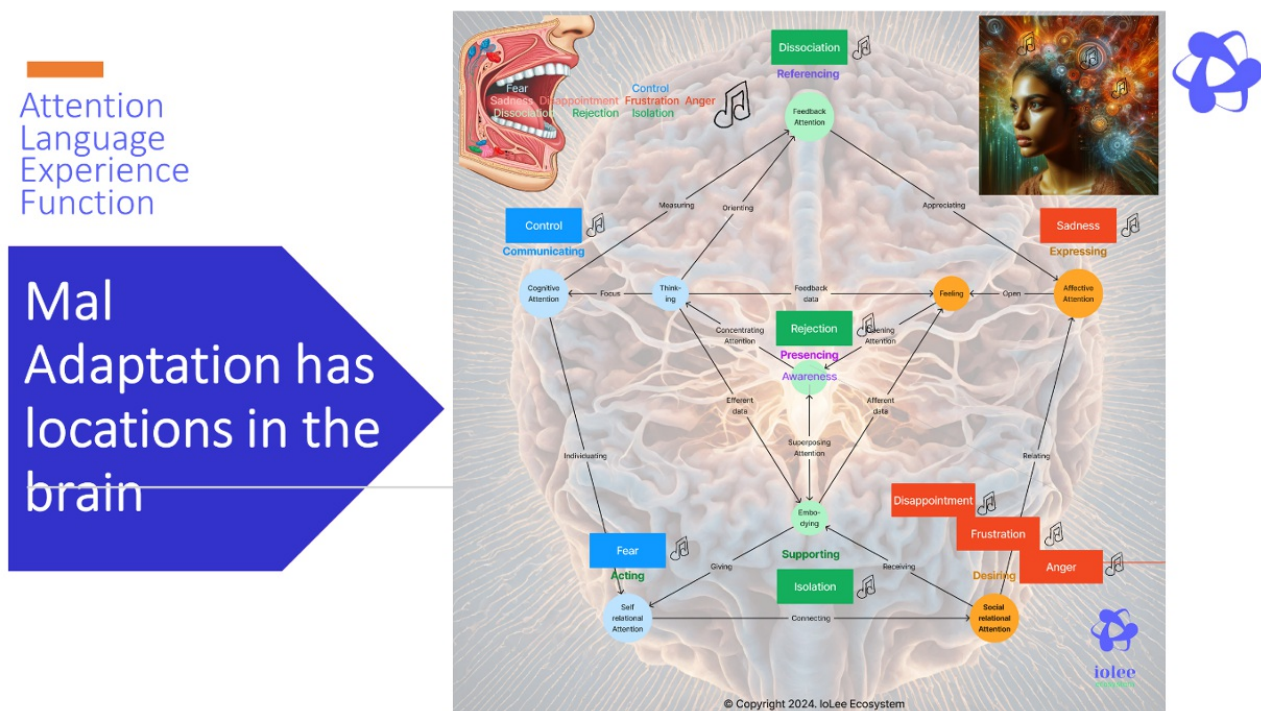


Figure 6. Where in the brain, maladaptive responses inhibit natural dynamic flow

The three pathways through which holographic patterning happens are the 1) brain, 2) peripheral and enteric nervous systems, and lastly, 3) the neuroendocrine system. The first pathway is the brain's repressive, suppressive, and projective adaptation mechanisms. This affects how you think, feel, and the degree of mental and emotional equilibrium. This is portrayed in the above diagram in figure 6. The second pathway is the peripheral nervous system's repressive, suppressive, and projective adaptation mechanisms.

Disappointments dysregulate:

- **Activation** dysregulation through the ortho-sympathetic and adrenergic nervous systems can cause the heartbeat to accelerate, and breathing to become superficial.
- **Relaxation** dysregulation through the para-sympathetic and cholinergic nervous systems can negatively affect our gut health, sleep, and cause other symptoms.
- **Superposition** dysregulation of the transformations between activation to relaxation and vice versa can cause symptoms related to sleep, relaxation, digestion, and can produce one-sided discomfort.

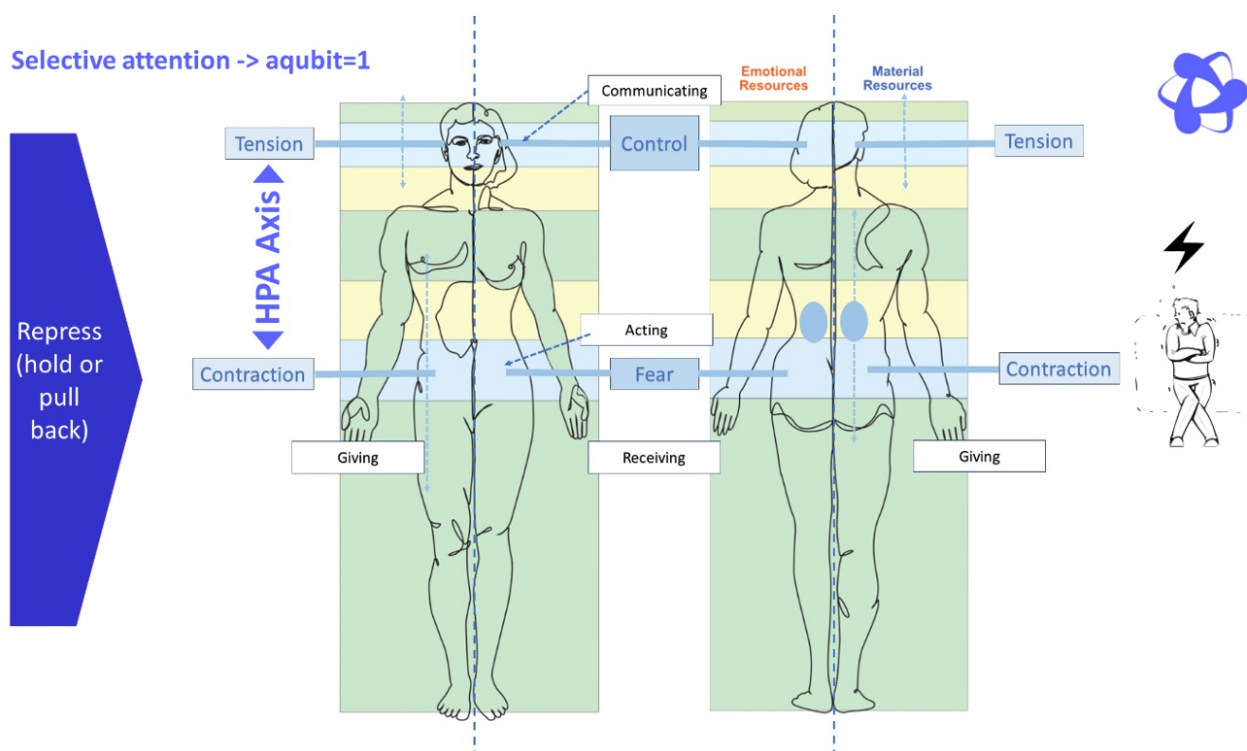


Figure 7. The neuroendocrine system's repressive adaptation mechanism.

The third pathway is the neuroendocrine system's repressive, suppressive, and projective adaptation mechanisms. This pathway holographically maps repressive, suppressive, and projective adaptation – organic “circuits” – generating uncomfortable sensations in the connective tissues or fasciae. Fasciae interpenetrate the whole body, from the top of the head to the tip of the toes and from the outer layers to the inner layers of the body. Whenever we feel discomfort, hormone actions produce combinations of nine sensations at different locations and depths inside the body, from the top of your head to the tip of your toes. Together, these sensations resemble recognizable patterns which echo our past in

present-moment-experiences. These stress disruptions due to trauma, disrupt the mind body's continuum and quantum dynamic nature.

Adaptations and Sensations

While adaptation is constructive, maladaptation is destructive. In the previous part, we have described how repressive, suppressive, and projective adaptation mechanisms act through different systems. Current events can trigger these maladaptive mechanisms and their actions, resulting in conflictive situations inside and out.

- **Repression** is based on electro-kinetics and produces tension (control) or contraction (fear) in the fasciae in the brain and the rest of the body.
- **Suppression** is based on density-integration and produces disconnection (dissociation), pressure (rejection), or heaviness (isolation).
- **Projection** is based on magneto-transformation and produces flushing heat (sadness), depressed burning (disappointment), flared burning (frustration), and projected burning (anger).
- Our reactive patterns of adaptation may holographically project uncomfortable sensations in different parts of the body, which, when triggered, may feel (very) overwhelming.

Triggering echoes from our past

When triggered, reactive patterns echo our unresolved past. In the past, when we experienced disappointments, ACE, and trauma, we couldn't process our feelings because they were too overwhelming. Hence, we adapted our pain from the conscious foreground to the unconscious background through repression and suppression. In the unconscious background, these experiences keep happening within their separate spacetime configurations. These configurations (E[x, t]) relate to the place, time, and circumstances where we had these painful experiences. Because we remain entangled with and in superposition with the versions of us "relegated" to the unconscious, we keep re-experiencing the same reactions, but now, to triggers in present situations. These versions of us seek to integrate into the present self through the transformations that this superposition of selves goes through, from unresolved trauma folding back onto itself toward the completion and resolution of the painful experience. But because we're oblivious to what happens when we feel triggered and overwhelmed, we keep resisting the trauma's completion by folding it back onto itself through repressive and suppressive adaptation. Objectively, this discourages one from taking responsibility for one's actions and experiences, attributing them to external factors. We refer to the locus of control as being external. When we feel triggered, we may either feel fear, rejected or isolated, or carelessly project our anger onto the situation that we're in. And so, we go through life feeling confused and overwhelmed, reliving our challenging past.

The current mental health, opioid, and other crises, including crises due to war and displacement, are expressions of our personal, transgenerational, and collective trauma that we've not been able to individually or collectively resolve. We project these onto the world around us.

QSL HEAL

Through QSL HEAL's rich language and communication process, we can choose to ground in awareness and learn to map, decode, and resolve triggered patterns of maladaptive responses. These developed after disappointments compromised our hearts, our capacity to be aware and present, our capacity to love, and our capacity to socially exchange, and repressed and suppressed them to the unconscious. QSL HEAL can aid in internalizing our locus of control by encouraging taking responsibility for one's actions and experiences rather than attributing them to external factors. It facilitates the following three compounding processes to cultivate this.

- **Grounding** is a simple process of recalibration based on aware presence. It awakens our capacity to view (interoception) internally and holds space for cathartic transformations to evolve us through HEAL's cyclic stages.
- **Decoding** (Figure 7) is a compounding process in which we internally map maladaptive responses to zones and cells and translate the quality of the experience to meaningful ideas. These reveal the unresolved experience that is seeking to be completed.
- **Supporting** is another compounding process in which contemplative practices, such as QSL's Touch Practice, can be used to deepen grounding and decoding.



Figure 8. At first, what we experience may seem “mind-bending.”

Combining these processes enables us to hold space for unresolved past experiences to be received, transformed, and folded back into awareness. Cathartic transformations, which happen while holding space, creating a superposition of all we experience, can expand us beyond our limiting beliefs, habit patterns, and perceptions, rendering clarity, heightened awareness, and presence.

Practitioners can experience all internal and external structures, functions, activities, and perspectives from awareness and reference time as a single continuum. At first, this may seem “mind-bending,” but it can quickly evolve into a new way of experiencing and acquiring knowledge about ourselves and the world around us. Over time, our human experience and capabilities augment.

Interoceptive Language

Integrating the aforementioned know-how, we offer the following insights regarding the **HEAL Interoceptive Language**. First, QSL’s HEAL can be described as a transformative approach that invites us to use interoception to internally view

and relate to the linguistic patterns that are expressed through our bodies—a language rich with sensations, emotions, and signals. Let's explore its essence:

Central Role of the Heart:

- Our heart—acts as the seed of our human galaxy.
- It shapes and evolves cells into tissues, organs, and intricate systems.
- Like a gravitational force, the heart attracts experiences, emotions, and connections.

Interoception:

- Interoception, often dubbed the “**8th sense**,” allows us to perceive internal sensations within our bodies.
- These sensations—growling stomachs, pounding hearts, shallow breathing, but also the holographically patterned sensations in the body's tissues—provide vital clues about our emotional states and physical needs.
- Interoception is the gateway to understanding how we feel and what we require, and HEAL shows us how to communicate those needs.

Social Connection:

- Across scales and contexts, from our inner galaxy to our social interactions, interoception reveals a continuum.
- Our internal sensations reveal unresolved experiences and are called up (triggered) by our external experiences.
- The brain's modes of attention—**selective**, **non-selective**, and the mysterious **superposition of states**—echo through this symphony, or, sometimes, dissonance.

Unfolding and Enfolding:

- Interoception unfolds conscious experiences, like petals opening to the sun.
- Yet, it also enfolds—folding back experiences into awareness, like a cosmic dance of creation and dissolution.
- Our emotions gain meaning from these inner sensations—the buzzing, tension, heat, or heaviness.

HEAL: Grounding and Decoding:

- **HEAL**—Human Experience Augmenting Language—offers a transformative process.
- Grounding resets us based on aware presence, allowing us to view our inner landscape.
- Decoding helps us understand and resolve triggered patterns, unresolved echoes, and unmet needs.

Cathartic Transformations:

- Holding space expands us beyond limiting beliefs, enabling cathartic transformations toward resolving and dissolving.
- Clarity emerges, and we learn to advocate for ourselves.
- Through HEAL, we bridge the gap between inner sensations and external expression.

Inner Realizations:

- As we explore our inner cosmos, we glimpse our own external reflection.
- The ineffable fabric of Mind weaves through neurons, hormones, social intra-action, and the world around us.
- Let us listen—to the cosmic symphony, our heartbeats, and the language of our bodies.
- In this sanctuary of interoception, we co-regulate, heal, and awaken.

Contemplative Communication

Contemplative communication, mainly when using HEAL, is a holistic approach to group interaction that emphasizes grounding, deep listening, empathy, decoding, and harmonizing diverse perspectives. Here's what it entails:

Holding Space:

- Participants create a supportive environment where each person feels safe to express their feelings and thoughts without fear of judgment.
- This involves being fully present, both physically and emotionally, and respecting the unique experiences of each group member.

Embracing Superposition:

- Just as in quantum theory, where particles exist in multiple states simultaneously, group members acknowledge the multiplicity of thoughts and feelings.
- By recognizing this superposition, the group allows for a rich tapestry of ideas and emotions to coexist, fostering a deeper understanding of one another.

Transformational Flow:

- In contemplative communication, there's an openness to the natural flow of conversation, which can lead to transformative experiences.
- As individuals share and listen, they become conduits for change, allowing insights and shifts in perspective to emerge organically.

Group Coherence:

- By embracing superposition and allowing transformational flow, the group opens to allowing coherence, where members feel a sense of unity and harmony among their ideas, thoughts, and feelings and with the group's purpose.
- This coherence is not just about agreement but about reaching a higher level of collective understanding and intelligence.

Synchronistic Actions:

- Contemplative communication encourages synchronicity—meaningful coincidences that arise from a shared group consciousness.

- These actions are not planned but emerge spontaneously, reflecting the group's harmonized intentions and heightened awareness.

Using HEAL in contemplative communication creates a space for individuals to explore their inner landscapes and the collective mind. It's a practice that nurtures personal growth, mutual respect, and a shared journey toward wisdom in action.

Conclusion

The heart, our cosmic center, pulses with intention, attracting, shaping, and evolving the cells of connection. In the intricate theater of our minds, the heart orchestrates the symphony of the brain that transcends the boundaries of scale and context. We are classifying brain activity into distinct modes: **selective**, **non-selective**, and the enigmatic **superposition of states**. Yet, as we peer deeper into our inner cosmic fabric, we discover a profound revelation: **all expressions of attention converge into a myriad of contexts, functions, and activities inside and outside us.**

The brain's modes of attention resonate across scales, echoing through neural constellations and synaptic constellations alike. **Selective attention**, akin to a celestial lens, focuses on specific constellations of stimuli. It sharpens our gaze, allowing us to discern patterns in the cosmic tapestry. Meanwhile, **non-selective attention** casts a wider net, embracing the entire cosmic canvas. It is the cosmic wind that stirs the nebulous clouds of thought. And then, there is the enigma—the **superposition of states**. Here, the brain dances on the edge of uncertainty, like a quantum particle suspended between existence and possibility, including when it transforms beyond a certain threshold and becomes a possibility wave. It feels paradoxical—the simultaneous awareness of myriad states, the shimmering interplay of potentialities.

But let us not forget our earthly realm—the realm of **social intra-action**. Here, too, the brain weaves its magic. Our interactions, our shared glances, our whispered conversations—they all ripple through our cosmic web.

In this cosmic dance, disappointments and traumas echo across inner and outer dimensions. They leave their imprints, folding experiences back upon themselves without completing them. Yet, within this cosmic crucible, we find hope—the promise of transformation. Through grounding and decoding, we hold space for our unresolved echoes. Cathartic metamorphoses expand us into awareness, dissolving limiting beliefs and revealing clarity.

So, let's remember this: **all activity, from synapse to star, converges into the ineffable fabric of Mind**. As we gaze at the cosmic tableau, we glimpse our own reflection—a luminous thread woven into the cosmic tapestry. Let us listen to this cosmic symphony, for within its notes lies the essence of our being—the eternal dance of Mind.

ADDENDUM

Our Vision

In our vision, QSL HEAL emerges as a conscious language, exploring the very nature of existence. It is not merely a language; it empowers by attuning through the hearts of entire communities. Imagine its transformative force integrated into technology, nurturing action learning, and kindling shared intelligence. As we synchronize our actions from within, across people, projects, communities, companies, and institutions, we breathe life into a brighter world—one where humanity thrives and our planet dances with renewed vitality.

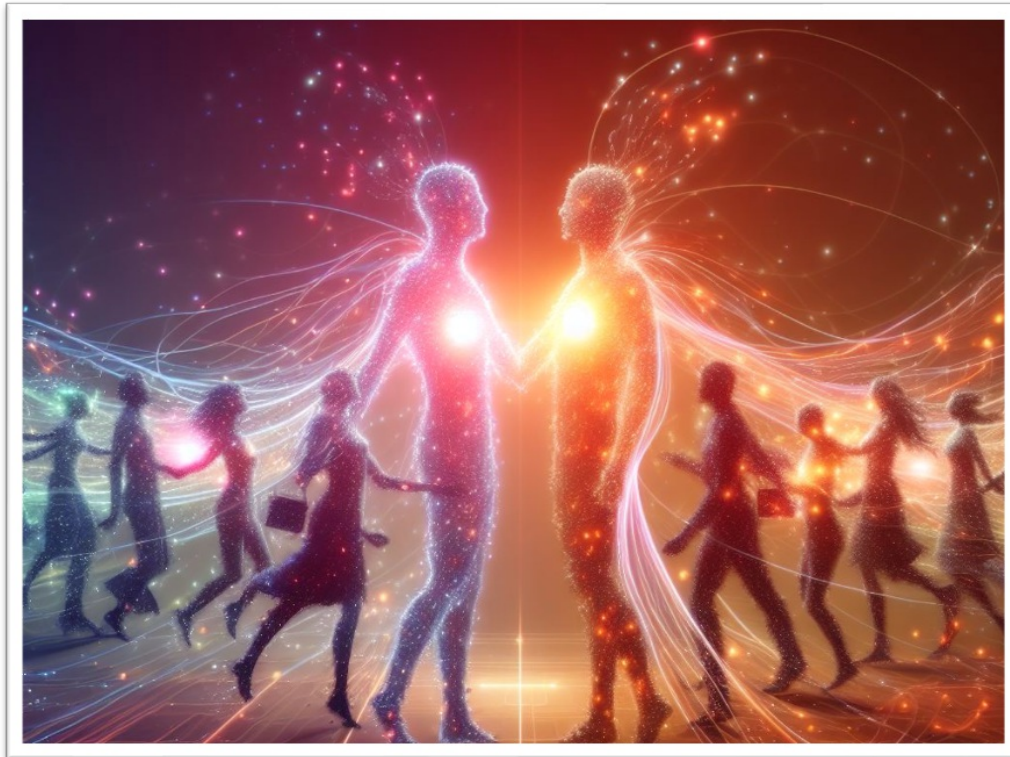


Figure 9. QSL HEAL empowers by attuning through the hearts of entire communities...

White paper

For a less technical description of QSL HEAL and more elaborate background information, we refer to the paper “Quantum Social Learning: The HEAL Language Project.”

About the Author

Carlo Giovanni Monsanto is an **innovator**, **entrepreneur**, **scholar** and **educator** with Dutch and Indian nationalities. Born in Amsterdam, Netherlands, he has traversed continents, living in The Netherlands, the U.S.A., Curaçao, Panama, Colombia, and now Mexico.

Carlo’s journey has been shaped by **deeply transformative experiences** and a rigorous study of various disciplines, including health science, psychology, contemplative science, and more recently, **General Quantum Theory**. His exploration of **Bohmian Mechanics** and **Rheomode** has further enriched his understanding of reality and consciousness.

Carlo's unique blend of knowledge and insight enables him to **facilitate transformative change** in those he encounters. Since **1990**, he has meticulously systematized his expertise. In **2019**, alongside his partners, he pioneered a contemplative language and communication process known as **H.E.A.L.** (Human Experience Augmenting Language). This process has been instrumental in professional development programs and facilitator training worldwide.

Additionally, Carlo is a co-founder of **IoLee Ecosystem**, an endeavor that embodies his commitment to conscious, resonant learning experiences and collaborative conversations. His work transcends boundaries, fostering personal, organizational, and social transformation.

IoLee Ecosystem

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