

Mind and Consciousness: emergent primacy—the dream revealed

I paraphrase physicist Amrit Sorli and state:

*Once "Mind" has been cast out, consciousness emerges.*

This idea is correct and tangible. I have found the psychology and neuroscience which will bring this seemingly spiritual and intangible expression into clear focus.

1. How, psychologically, does meditative practice accomplish its ends, the quieting of Mind, and the altered relation to unconscious content and processes? You may enjoy this short essay on the topic: Brahma and universal process identification: Enlightenment—a psychoanalytic perspective:

[http://media.wix.com/ugd/cf8614\\_693ffab9999b487b846fe2d7dc052eab.pdf](http://media.wix.com/ugd/cf8614_693ffab9999b487b846fe2d7dc052eab.pdf)

To condense the meaning of that essay all too briefly: The enlightened one meditates and via dissociative repression identifies with unconscious processes, not unconscious content, and discards Time, which is deeply intertwined with the processes of linear thought (Mind).

Here is information on dissociative repression and meditative practice: Mind Body Syndrome—the unconscious constellation: Condensation, abreaction and dissociative-repression in the genesis and disbandment of Tension Myositis Syndrome:

[http://www.thejournalofunconsciouspsychology.com/web\\_documents/mind\\_body\\_syndrome\\_\\_\\_\\_\\_the\\_unconscious\\_constellation.pdf](http://www.thejournalofunconsciouspsychology.com/web_documents/mind_body_syndrome_____the_unconscious_constellation.pdf)

2. Please recall, that Mind, which I will define as logical processes + ego structure, is dependent on neocortical primacy, and, that ego, due to recent advances in the light of psychoanalytic theory, is a clear idea: ego is a stimulus barrier between conscious and unconscious, and the world as well (psychoanalysis), and, that this has found proper neuroanatomical representation in the somewhat malleable structure of the DMN, the Default Mode Network. doi:10.1093/brain/awq010 The default-mode, ego-functions and free-energy: a neurobiological account of Freudian ideas; R. L. Carhart-Harris and K. J. Friston:

<http://brain.oxfordjournals.org/content/brain/133/4/1265.full.pdf>

Meditation by way of its focus, discards Mind and unconscious content identifications as well. Other things can also accomplish some of this magic. Please remember that anesthesia (and psychedelic drug use) alter DMN functionality, and, neocortical proficiency. So where does that leave consciousness in relation to mind?

3. Consciousness is often thought of anatomically as being somehow a product of Mind...this is shallow and foolish, an idea easily corrected as follows:

Evolutionary biology, and neuropsychanalysis correct the typical idea, that cortical tone is consciousness. Yes, conscious experience has a clear relation to energetic distributions which extend from the ARAS to create a cortical tone, and a waking state. However, this is a later adaptation which is demonstrably secondary, and the true root of conscious experience is far older. The REM system is older than the sleep onset system yielding (SWS), and, it is older than the waking system itself [Panksepp, 1998, pp. 125-143]. *REM...this core system is lower, and older, than the waking system.* The highest concentration of REM initiating neurons are caudal to the ARAS! The Basic Rest Activity Cycle (BRAC) demonstrates the dynamism of the functionally embedded REM cycle [Panksepp, 1998, p. 129 ]. All that implies from many directions, that REM was once primary consciousness [Panksepp, 1998, pp. 133-135].

Consciousness therefore, at the most basic and profound source level... is a dream. Also, remember the fact that EMOTION, the primary element of dreams [Stickgold, 2001; Hobson, 2002] is also demonstrably primary in maintaining consciousness: the periaqueductal grey, the locus of emotion and the primitive affective motor "self" (at its intersection with the superior colliculi) [Panksepp, 1998, p. 312]...this piece of tissue, the PAG is the smallest bit upon which consciousness is dependent [Solms, 2013]. Our dream is an emotional one...a dream of affect!

Please note this further role of the embedded REM system as it performs functional dynamics associated with an evolutionarily primary consciousness:

The FTG neurons, the giant neurons of the reticular tegmental fields which mediate rapid movement while awake, exhibit storms of spiked activity during REM (eg., PGO spikes), indicating their probable role participating in that same capacity, as orienting reflexes, associated with a primitive conscious REM [Panksepp, 1998, pp. 133-135].

We see the underlying older system revealed in dreams. The Dorso Lateral Prefrontal Cortex (DLPFC), is demodulated in REM. Emotion is released. The hidden emotive definitional processes are amplified as well (hyper-modulated limbic system), allowing us to watch. "This would be in keeping with the proposed role in waking of these structures in the identification of mismatches between expected and actual behavioral outcomes (122–125) and would also explain the similarities seen between cholinergic and PGO activity in the amygdala during REM on the one hand and during alerting and orienting responses in awake animals on the other (126–128)." [Stickgold, 2001, p. 1056]. The DLPFC is inactive, Mind, logic, curtailed. So in REM, the brain is aminergically demodulated (low noradrenergic, serotonergic and histaminergic activity), and along with predominant acetylcholine modulation, the primary underlying system is revealed.

Here is a link explaining the ancient anatomical system which creates the symbol which is reality; The System of Affective Assignment:

<http://thejournalofunconsciouspsychology.com/blog/2014/01/26/the-system-of-affective-assignment/>

This closely resembles a quantum process, and quantum/nonlocal aspects are akin to unconscious aspects, primary process aspects, which create current ontological conscious reality; Neuroquantology and the Cartesian Dualism:

[http://media.wix.com/ugd/cf8614\\_fbd00d4563e24ab5a431dd858ef29394.pdf](http://media.wix.com/ugd/cf8614_fbd00d4563e24ab5a431dd858ef29394.pdf)

So, the underlying REM system, which is older than the waking system was once primary consciousness for our evolutionary ancestors, and this primary conscious source, can be revealed as ego structure and logical processes are curtailed, as in REM dreams, where the DLPFC is demodulated, or, by way of linear (ego) destructuralization revealing primary processes fostered by extensive meditative practice, or, to some extent as well, in psychedelic drug use:

From: The default-mode, ego-functions and free-energy: a neurobiological account of Freudian ideas; R. L. Carhart-Harris and K. J. Friston:

"We substantiate this synthesis by showing that Freud's descriptions of the primary process are consistent with the phenomenology and neurophysiology of rapid eye movement sleep, the early and acute psychotic state, the aura of temporal lobe epilepsy and hallucinogenic drug states.

LSD given to humans immediately prior to (Toyoda, 1964; Muzio et al., 1966) or during sleep (Torda, 1968) has been shown to promote REM sleep and dreaming. These studies provide converging evidence that a specific mode of cognition (primary process thinking), rests on brain states, which possess a characteristic neurophysiology."

***Now we can see the operations of the primary source of consciousness are revealed as Mind is "demodulated."***

I conclude: it is clear, as we peel away the later evolutionarily layers which obscure the fundamental source of consciousness, that the source of consciousness itself, becomes accessible...and so... we may dream again.

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