

# Organic Psychology

## Towards Next-gen Psychological Theory and Practice

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### KEY IDEAS 💡 TL,DR

1. Humans are complex systems on the (known) frontier in terms of complexity. Exhibiting novel emergent properties (abstract symbolic intelligence) not found as developed in our close relatives.
2. Complex systems exhibit homeostasis, which is a rebalancing mechanism towards a stable state (observed as self-healing properties).
3. **MY SPECULATION:** People often interrupt this self-healing process due to letting inherited inaccurate symbolic representations<sup>1</sup> (of the world and themselves) inhibit organic self-correcting process (healing). This is generational-trauma propagated through the population, keeping whole populations stuck in local optima.
4. Psychological (as well as physical) pain indicates an area of homeostatic pull towards optimal state (aka harmony).
5. **MY 2ND SPECULATION:** Psychological healing is thus achieved mainly by gradually dissolving self-healing-blocking tendencies/beliefs (inauthentic, false self) and gradually embodying our default health (authentic, true self). Using negative/positive feedback loops as guidance.
6. **MY 3RD SPECULATION:** The biggest self-healing-blocking pattern seems to be our misinterpretation of emotions. Instead of viewing them as a homeostatic tool, we tend to get stuck in “I-feel-bad” paralysis and subsequently develop suppressive and numbing mechanisms to “relieve or disperse pain”.
7. **MY 4TH SPECULATION:** There is a harmonious ‘dance’ between agents horizontally as well as vertically (complexity-wise). A mystic sense of “calling” could be an intuitive attempt to sync up with the larger whole. ~ linked to Gaia theory

8. Higher complexity = more powerful beings in terms of agency, information processing, and energy/matter manipulation.

### AIM 🎯

- Explore possible answers to “What could deeper psychological understanding look like?”
- 10x effective harmonization framework
- Theoretical foundation for the joyouslab.com apps

### WHAT IS THIS DOC?

- This draft lays out ideas and hunches for a path towards a more unified, comprehensive, and parsimonious psychological theory that can serve as a foundation for a genuine shift in psychology-informed disciplines and professions, as well as offering a path for the general public to better understanding and care, for themselves and each other. A step in continually unfolding humankind’s understanding. But by no means is this work complete. Instead it is an invitation to a shared journey.
- Please note that this is evolving work in its very early stages – open and seeking to be challenged, discussed and thoroughly reviewed.
- Please mind that the use of terminology in this draft is rather undisciplined and definitely in need of more precise term definitions and a comprehensive glossary.

### VISION OF UNFOLDING OF THIS DOC

1. Receive feedback and pinpoint what ideas are novel and worthy of further exploration, if any
2. Keep this doc as a big-picture roadmap while digging deeper into its parts elsewhere
3. Use the doc as primary material that informs further efforts to communicate to the academic community via research paper(s) and a layman audience, perhaps via book(s) and/or videos

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<sup>1</sup> As described by Victor Frankl, Buddhist “Illusion of suffering”, etc..

# 1. INTRO

Currently our understanding of psychology is incomplete and there is no unified paradigm. There are many perspectives: modern psychology, philosophy, natural sciences, classical religions, eastern traditions, and various things in between.

I believe that in this 'melting pot' of views is an emerging new updated view of human psychology with coherent models that allow for practical applications and development of new technologies.

Below I propose what I deem as the main building blocks of that emergent view.

# 2. LIFE & INTELLIGENCE

## Life & intelligence as harmony seeking, free energy minimizing process

All life is intelligent, sharing the same 'core drive'. This core drive is synonymous to Friston's free-energy minimization, complexity theorists 'increasing complexity while lowering entropy', biologists 'self-preservation', Freud's 'pleasure principle', Shopenhauers 'will to live', the ancient Greek/Roman's notion of the Daimon, the classical concept of the Spirit, eastern concept of 'following one's Dharma' or Hindu 'Atman', and perhaps even the Christian notion of a 'Soul'. It is a **binary drive – move away from unwanted (danger, death, entropy) and move towards the wanted (opportunity acquisition, thriving, evolving, replicating and growing)**. It tends to be accompanied by two groups of feelings (anticipated, modeled, or experienced state change awareness) - "this feels good" and "this feels bad".

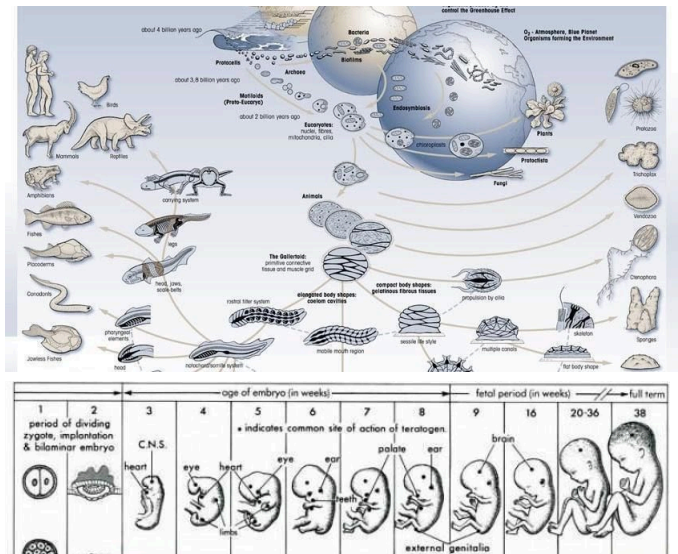
This fundamental drive is shared across all life forms. It's a core impulse behind trees growing, bacteria feeding, lion hunting, monkeys socializing and humans building space ships.

**All of life, then, is driven by the same core intelligence, using the evolutionarily newer layers as a stack of 'tools' to increase its effectiveness and**

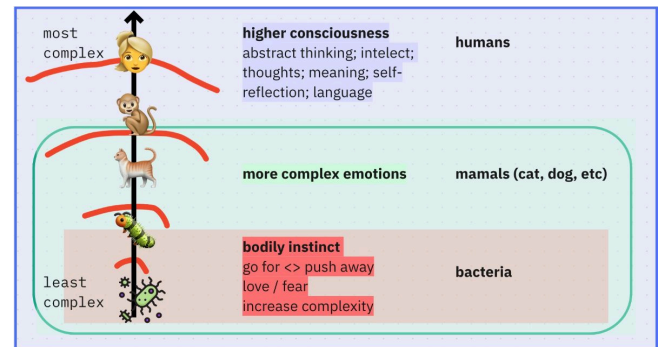
**efficiency in maximizing its inner consonance and minimizing Free Energy and uncertainty.**

## Life/intelligence on a complexity spectrum

Images 1 and 2 below illustrate links between evolution of life (phylogeny) and growth stages of humans (ontogeny).



img 1. Life's evolution and individual evolution. A journey from least complex to most complex.



img 2. Evolutionary stack from least to most complex. Newer, more complex, layers are added up onto evolutionary older layers like layers of an onion. Not replacing the older ones, but adding onto them. These layers are NOT discrete, they are continuous. Shown as discrete here for illustration purposes.

Let's look at the images above in more detail.

Simplest organisms without a central nervous system act instinctively to thrive and survive. Evolution and improvement happens through mutations. (100% instinct?)

As organisms develop in complexity some exhibit a central nervous system (CNS) to coordinate their different parts to be able to react faster and in more

complex ways to their environment. (95% instinct?, 5% consciousness?)

Most evolved and complex organisms (humans, and to some degree maybe other animals) go a step further and show a novel set of advanced intelligence properties, like 1) imagination, which brings ability to view things from different perspectives and construct virtual worlds in our minds and then make these virtual blueprints reality; 2) awareness, being aware of one's thoughts; 3) and other aspects of symbolic, abstract intelligence. (70% instinct, 30% consciousness?)

**Higher complexity is accompanied by faster information processing, higher energy efficiency and utilization of abstractions.** Very similar to Moore's law in computation and abstractions in software dev. *//better formulate this part*

That complexity spectrum is continuous, not discrete. Many of our close relatives (in terms of complexity) share what we once thought to be human-only properties such as self-awareness, logical reasoning and even basic math operations. *//link relevant research to these claims*

## Specifics of highest complexity layer (human intelligence)

In humans, this introduces an intelligence layer, where in our minds we mix real facts with imagined artifacts. We create **mental models of reality and of ourselves** in it.

A lot of these mental models are unconscious and unverbilized. They are what we learned from a young age by implicit observation, non-verbal communication and general absorbing implicit knowledge embedded in the fabric of our complex societies. For example these are the mental models of ourselves (identities) we created when receiving that shaming glance from our parents when we were expressing our spontaneous play. Or mental models of the world we live in, which is a "ruthless fight for survival of the fittest" as taught in schools. Or the notions of some religions that our natural impulses are barbaric and we have to override them, reject their (and our) sinful nature, and "be good".

We tell and weave stories and we share them with others. This creates a dimension of immense possibilities to think of a better world, better ways of doing things *before* expending energy and doing them, thus vastly increasing our effectiveness in pursuit of joy and away from displeasure.

However, this can become dangerous when we start confusing what are facts from imagination. What is ground objective reality and what are our imagined

fragments. So much so that we stop listening to our other intelligences (instinct, emotions) and get lost in our minds. **I propose that THIS is behind much of human suffering and the global psychological unhealth.**

So, as a large-scale social species we humans can view ourselves as the most evolved and complex organisms we know of so far. In our core we share the same free-energy minimizing drive with our oldest ancestors as well as the simplest currently living organisms.

Curiously, we can observe the entire spectrum of evolution represented in the ontogenetic developmental path of a single human lifetime, sped up. From inception to today, we've speed-ran the whole evolution.

*//Note: We could speculate that collectively we create a new layer of evolution – evolution of cultural, technological and of ideas. Which is very fast compared to biological evolution. But I won't go further into that here. See further: Life 3.0, Cosmic evolution, Singularity is near.*

## 3.HEALTHY STATE [HARMONY]

Now, let's have a closer look at what health and being healthy can sensibly mean.

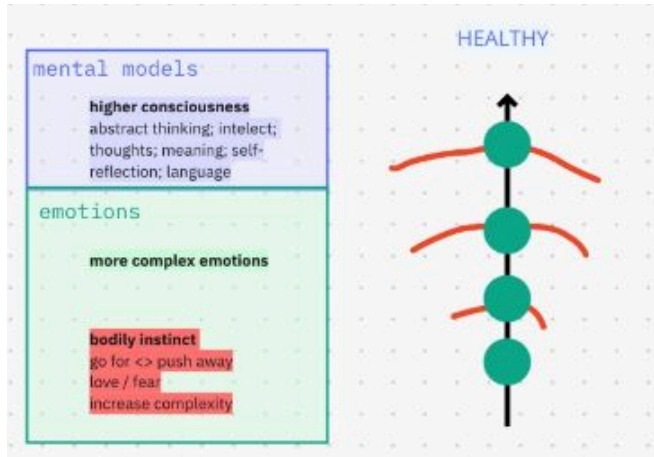
We all have a pretty good picture of what physical health tends to consist of, but are not that sure when it comes to the psyche.

Being psychologically healthy means having all of the different intelligence layers unified, integrated and in harmony. So we don't experience internal struggle or turmoil, but are content and calm. From this place we pursue our desires and what feels harmonious and refrain from what feels disharmonious. We go through our individual life's development and progression without much suffering (see glossary for difference between pain [inevitable] and suffering [optional])). When we are inevitably injured we recover fairly quickly and don't remain trapped in chronic disease.

Naturally, every organism has built-in self-repairing mechanisms that are working to rebalance the organism to the healthy default (harmonious consonant state) after an injury (externally induced dissonance). We can imagine it as a kind of health-attractor. We could consider health then as a default state with temporary injury-recovery phases. It's the nature of life to flow in the direction of vitality, wholeness and health.

Healthy, harmonious state consists of holistically integrated parts that are synchronized, communicating

with each other without blockages. (This relates to eastern notions of open energy centers (chakras) and free-flow of energy without blockages. As also described by contemporary somatic approaches.) All parts are unified and “share the same overarching agenda”. *//add: very similar on a bigger complexity scale as seen in societies for example.*



img 3. Illustration of a healthy individual. Green dots represent a healthy/aligned/coherent center in each representative layer of intelligence. From bottom (lower, bodily intelligence) to top (higher, symbolic human intelligence layer).

## 4. INJURY DYNAMICS [DISHARMONIZATION]

Let's now have a look at types of psychological injury we might encounter during our life journey's. I place them in two broad categories whether they alter our identity, which is our mental model of ourselves.

### Identity non-distorting injury

These are the naturally occurring injuries, which don't create inner conflict and psyche fragmentation. They don't create a state, where one part of our intelligence is telling us to go left, and the other to go right.

Example: Your beloved pet dog dies. You grieve, you take time to feel it, you acknowledge it's a natural process. And you rebalance back to optimal health.

## Identity distorting injury

This injury mostly happens when we are told lies, inaccuracies, when we are invalidated, gaslighted, being 'raised' and otherwise getting installed the 'right' mental models, which often goes against what we perceive through our senses, by our lower level intelligences, to be reality.

This often happens through unhealthy family and unhealthy extended society to children from a very young age. "Hurt people hurt people". This is the initial trauma and hurt, which later people visit their psychologist with.

Also a lot of social institutions are built on the premise of authority and totally ignore, or sometimes worse - suppress, the individual and her genuine relationship to their own experience and the processing thereof. Schools educate future workers and citizens, churches instill their paradigms. Overall message is often "someone else knows better than you, so you better listen". Societal structures are generally set up in ways leading to trusting authority instead of cultivating our inner intelligence ~ thus causing internal misalignment and inner conflict.

Borderline personality disorder, depression or various forms of anxiety can all be reasonably viewed as symptoms of this kind of injury. *//(Note that biological or genetic causes are not to be ruled out and this needs further research, however I believe MOST of the cases and especially the milder ones are caused, or at least proximally catalyzed by this 'inaccurate view of reality/self' as described above).*

So the **concepts of truth, ignorance, and lying are crucial here**. They all describe how accurate the mental models (of the world and also of the self) are. Our lower intelligence layers don't work with these, as they experience the factual reality directly through senses. That's also why they tend to represent that world more accurately (although **HOW we interpret their messages might be, and often is, inaccurate. For example: misinterpreting (reifying) "sinking feelings" for 'I'm an anxious person' instead of 'my gut is telling me this situation is wrong and I trust myself'**).

## 5. UNHEALTHY STATE [DISHARMONY]

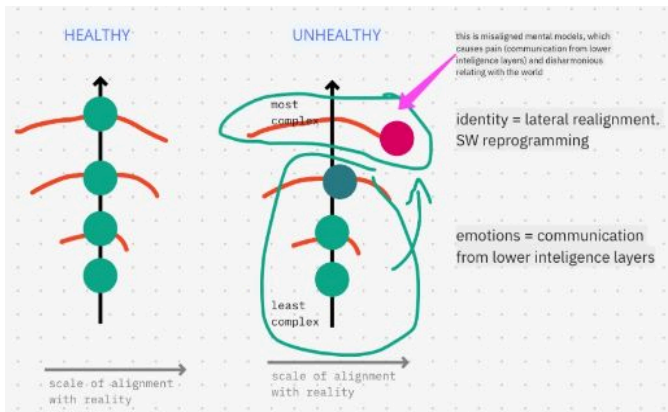
So **chronic psychological unhealth is mostly caused by inaccurate mental models** (of ourselves and the workings of the world).

These **distorted mental models then also block our natural healing** (by for example totally misunderstanding the role of emotions and the process of healing [instead of allowing the traumatic experience to enter consciousness and integrate, we, based on an inaccurate (and often subconscious) mental model “negative emotions are bad. I shouldn’t feel them.”subconsciously work hard to suppress them and thus block the natural healing process]).

## Disharmony (misalignment, internal dissonance, being fragmented)

Identity (mental model of yourself) distorting injury confuses our inner intelligences. Resulting in confused multiple internal voices and internal struggle between these parts. Each of them saying something different to us. This could also be called a misalignment. It’s also called a weak sense of self, identity loss, Soul loss or ‘not knowing who you are’.

Whereas alignment refers to how in unison internally we are. How our different levels of intelligence agree with each other. Synonyms are ‘coherent and low entropy’, in Buddhist tradition ‘mind unification’ and ‘free from Maya’, in Abrahamic religions being ‘spiritual and connected to God’ and in common sense just ‘having your stuff together’ and not being lost.



img 4. illustration of unhealthy state (on the right) resulting from identity distorting injury compared to healthy state (on the left). Red dot represents imbalance, misaligned state.

**‘Unhealthy’ is a continuous spectrum.** Some people are a little bit unhealthy and some are very much.

*Note: add more details here (visualization, symptoms by severity of disharmony)*

## Creation of false identities (mental models of our-self)

Living with this internal struggle is very inefficient and painful. Having one part of us telling us something, and the other something else is a paralyzing state of being. We are also being constantly triggered by external events, where these misalignment come to surface and grab our attention to be healed. (similar to stepping on a broken leg)

We have 3 options here: remain paralyzed, become internally unified (heal) or forcefully identify with one of the parts and suppress the other ones (create false identity).

More often than not we opt for option three. Instead of straightening our mental models to be the closest approximation of reality (thus inducing health), we suppress one part of us (lower intelligence layers) with elaborate suppressive and defensive mechanisms (ranging from addictions, neurosis, compulsions etc). Generally unhealthy society (and perpetrator of this to a big degree) makes this path an easy and obvious one.

So we start developing these false centers of selves to be able to function in the world and conserve as much energy as possible. The root cause is not solved, so it’s still super draining and energy intensive to maintain this facade. These false identities are also sometimes called ‘Persona’ in Jungian psychology, ‘Ego, lower-self or false self’ in pop-psychology, Maya in eastern traditions or ‘demonic-possession’ in Abrahamic religions.

## Two general types of false identities

Interestingly enough most people tend to fall in one of two broader groups. They either develop a false sense of active/aggressive/omni-potency or its opposite passive/defeat/powerlessness. The source is the same – weak sense of true, healthy self.

**Active false self** is defense aimed outward. It’s blaming others, the world. It’s fighting the world. It’s a ‘barking hurt dog in the corner’ mentality. Manipulating others through ‘strength’. Egotism and narcissism. Inflated sense of self.

**Passive false self** is defense aimed inward. Depression. Being weak and sick. Manipulating others through weakness. Deflated.

Few people mix both of these polarities fluidly within space and also time. (1- passive at home, active at work. 2- developing relationship dynamic. From active to passive.) Some people are more fluid and some more rigid.

Both active and passive poles are symptoms of an unhealthy sense of self.

Society usually sees the passive as mentally ill and not usually the active ones as they seem to be active and often quite successful members of society.

Interestingly these opposite polarities attract each other (possibly lower intelligences trying to bring awareness to unhealthy identity) in very common master-slave, sadistic-masochistic, narcissist-codependent types of relationships.

## 6. RETURN TO HEALTH [REHARMONIZATION]

Psychological healing is a very similar process to physical healing. Our mind-bodies self-heal over time after externally induced injury. They rebalance back to a harmonious state.

### Harmony landscape model

One possible model would be to imagine individual "harmony/alignment" locations in a topological graph below.

Global maximum/max harmony being the default state. And also an "attractor"/"homeostasis" toward

which the organism naturally returns. Very similar to the recent "canalization theory" from Harris<sup>2</sup>.

Where there is a homeostatic "pull" towards the global maximum. Where one is "healthy".

And traumatic experiences causing the individual to sink into local or global "minimums". From where one goes back to states of higher alignment (aka heals).

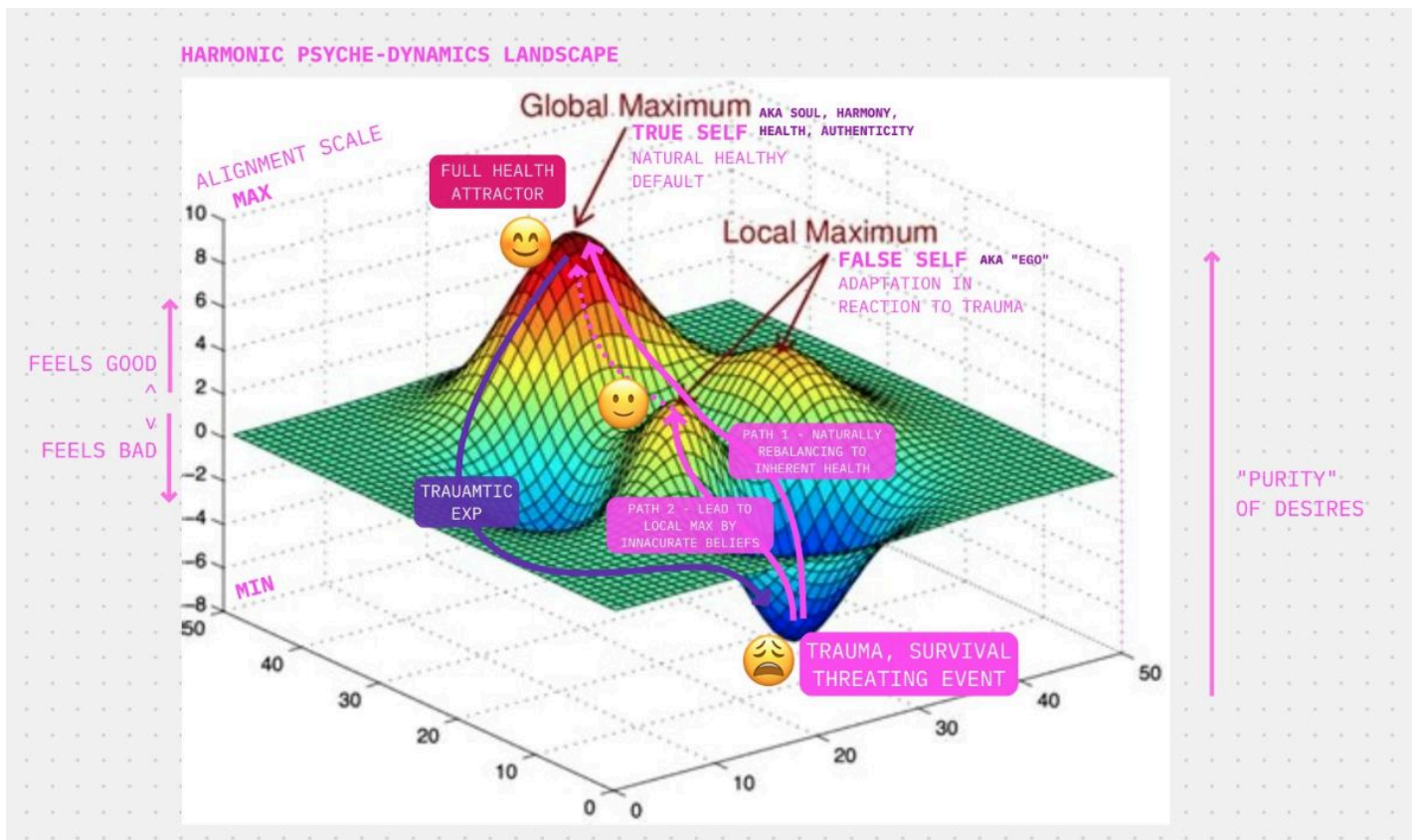
BUT what possibly happens is that one reaches a local maximum on the way from minimum. Local max being a state that feels and is better than the minimum, but it's far from global maximum and thus not optimally harmonious. Which is then felt as inner disharmony (in all its forms) as well as reflected as outer chronic disharmony in one's life. Local max could be something what we call as "false self", "adapted self", "

fig below. Alignment scale from highest to lowest and it's subjective qualia:

- ▲ "I'm part of harmonious nature ✨" = MAX ALIGNED
- ▲ "I'm stronger than others 💪 / i'm weak others help 😞"
- ▲ "I'll die 💀" = MAX MISALIGNED

### RRR process

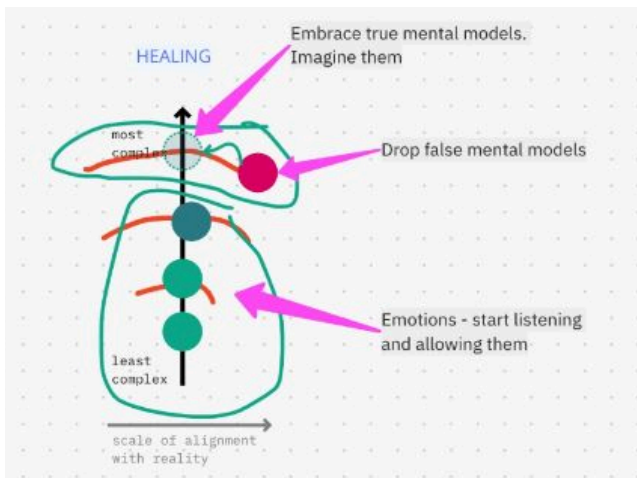
1. **Relax** (to enter expanded consciousness zone suitable for conscious reprogramming). Making space for things to grab our attention. Increase self-awareness.
2. **Remove** (what's not yours). Process it. Bring closure



3. **Recognize** (what's yours). Increase self-knowledge and world-knowledge. Gradually "allow yourself to unfold" more and more. "Embrace yourself"

## “Truth shall set you free” model

Another possible model would be the one below which is mostly based on the notion of “Truth shall set you free” and the importance of having accurate and real mental models in order to reharmonize.



img 6. Illustration of healing. Illustrating how aligned layers of lower intelligence are communicating (via feelings and emotions) that the organism is hurting, is in internal conflict, ununified and unwhole and in “less than optimal effectivity/efficiency state”, in a state of higher entropy. Pink arrows with comments point to main areas of healing.

## Reharmonization positive feedback loop model

To realign back to default health then, use FEEL HARMONIOUS / FEEL DISHARMONIOUS feedback to sort out true and false mental models (external as well as internal). In the ethos of “Truth Shall Set You Free”. And gradually get to fully aligned, coherent, unified, ‘wu-wei’, harmonious state of health and being in the world.

*NOTE: I'm not too sure about this process – it needs a better explanation. There are many edge cases where this doesn't work. This is too simplistic. [See some more details here.](#)*

## Path of least resistance / allowing natural unfoldment of oneself and things

### Positive focus process

Updated process with focus on positivity, constructive and embracing approach instead of trying to fix the past or looking into the past. Based on the premise “Stare into an abyss and abyss stares into you.” and “what we focus on grows.”.

**Consciously bringing focus onto what feels good and is desired instead of trying to ‘fix problems’.**

Similar to “fighting for peace instead of against war.”. Similarly nature builds on top of older layers. Stacking up. Moving forward.

#### Beware the “Healing trap”!

Consisting of roughly two steps:

1. Harmonize by deep physical release, by sorting out beliefs and updating empowering perspectives
2. Act from harmonious state and intentions, instead of reactivity

## “Letgo & embrace” reharmonization model / “Dual-phase evolution” model) DEPRECATED

Working with two general feedback loops<sup>3</sup> through which one gradually harmonizes oneself. Sorting through these two heuristics various mental models, behaviors, relationships, decision making etc.

One of **letting go**, dropping “what’s not ours”, cutting ties, setting boundaries, “stopping behaviors” etc

Second of **embracing** authenticity, what feels harmonious, what feels “ours”, what empowers us.

*NOTE: I’m arriving more and more to the conclusion that the first step (letting go, revisiting past and ‘solving past’) is not necessary and usually leads to dead-ends and can actually make the problem bigger as we focus more and more on it. It’s like a quicksand.*

*What we shall do instead is just the second step (embracing authenticity).*

## Path metaphor of healing process

We can imagine being unhealthy as getting lost in a forest during a walk. Our walk with its destination is a metaphor for a healthy journey through life.

Unhealth, as described above, is like going off the path into the forest and getting lost. With all of its symptoms like being scared, confused, angry, restless, .. And development of false identities as lying to yourself: “It’s fine, I will just live here in the forest.”

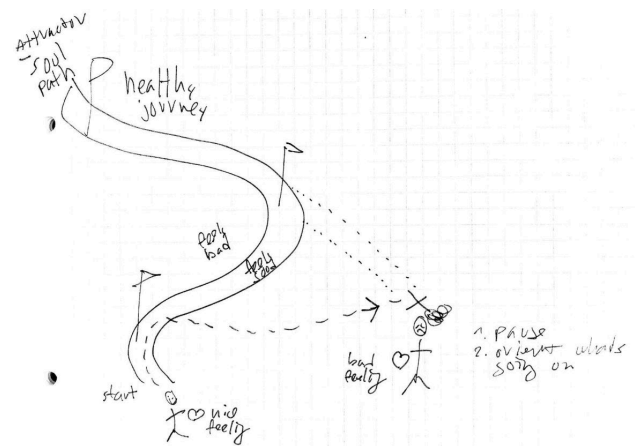
Process of returning to health is then similar to a process of getting back on the path and continuing our journey. As any hiker would know, it goes as follows:

<sup>3</sup> “Relationships contain feedback loops

Both negative (**damping**) and positive (amplifying) **feedback** are always found in complex systems. The effects of an element's behavior are fed back in such a way that the element itself is altered.”  
[https://en.wikipedia.org/wiki/Complex\\_system](https://en.wikipedia.org/wiki/Complex_system)

“Emergence is often a product of particular patterns of interaction. **Negative feedback** introduces constraints that serve to fix structures or behaviours. In contrast, **positive feedback** promotes change, allowing local variations to grow into global patterns. Another way in which interactions lead to emergent properties is **dual-phase evolution**. This occurs where interactions are applied intermittently, leading to two phases: one in which patterns form or grow, the other in which they are refined or removed.” <https://en.wikipedia.org/wiki/Emergence>

1. You have to first stop running deeper and deeper into trouble in panic. Stop, take a breath.
2. Try to orient yourself. Maybe in all that panic you forgot you had an iPhone with maps in your pocket all along ! This iPhone compass is called our gut feeling, heart, instinct, intuition, “higher-self”, ‘knowing’, ..
3. Once you orient yourself and realize “damn, I was lying to myself I wanna stay here.” and “it hasn't felt right all along. I should have listened to my gut”
4. You can take steps to get back on your path. Each step you take in the right direction is a relief and joy and a deeper sense of “This is me! I know who I am”.



img 5. Illustration of the “hiker’s journey” described above.

## 7.CRITICISM & POINTS TO ADDRESS

- “Can’t trust your emotions while having CPTSD. You might seek hurtful things and reject beneficial ones. Behavioral activation theory is very effective for example and it goes often against what one feels in the moment. Same with other Exposure therapies for phobias for example. --- Emotional compass only works for healthy individuals. For injured ones it is often unreliable.”
- “It’s too cognitive. In practice many people might conceptually know what is going on and what would be healthy, but are unable to shift their sense of self there and their emotions. They get triggered. Like CPTSD cases.”
  - response: possibly inaccurate representation of “feeling emotions is bad”, thus blocking natural trauma integration process. **somatic experiencing, body work:** ways to learn and connect with older intelligence layers



- “Identity is not stable and it evolves during one's lifetime.”
- “Are we really inherently ‘good and harmonious’? What about psychopaths?”
- “Why was humanity ‘unhealthy’ for such a long time?”
  - Was it a maturing phase similar to how children develop (through feeling everything is them, to differentiate and realizing duality, to maturing into ‘duality within oneness’ mind) [see Living universe for further]?
- “It’s too esoteric and unscientific”
  - This is not a scientific paper. It’s a collection of ideas, a roadmap, hopefully in a direction of deeper understanding of the human mind
- Steven Lehar - Harmonic Gestalt [[Harmonic Gestalt by Steven Lehar](#)] “hill-climbing towards higher harmony between internal representations”
- Buddhist psychological perspectives

#### Psychopathology \_ root cause and symptoms

- Alice Miller - childhood trauma
- Gabor Mate - childhood trauma and addiction
- Bessel van der Kolk [Body keeps the score] - on CPTSD
- Bernard Shaw

#### Psychotherapy \_ reharmonization methods

- Psychoeducation, CBT, various talk therapies - “truth shall set you free” approach
- Meditation - vipassana, calmdownmind.com, neural annealing, etc – “embracing what comes up for integration/insight” approach
- Behavioral activation therapy, psychedelic therapy – “to heal is to experience the opposite” approach. affirming more harmonious mental models through new experience
- Somatic experiencing – expanding the sense of self and learning to reconnect and listen to evolver intelligences (aka “body, heart, gut”)

#### Philosophy of “Harmony”

- Taoism

#### Aligned futuristic movements and visions

- Cyborgism, Solarpunk, Life 3.0

## 8. PHILOSOPHICAL SPECULATIONS

## 9. ACKNOWLEDGMENTS

#### Neuroscience of “Harmony”

- Michael Levin
- Entropic brain, canalization, free energy, Neural Annealing - Friston, Harris, Michael Johnson

#### Physics of “Harmony”

- Complexity and systems theory
- Big History - David Christian. Cosmic evolution - Eric Chaisson.
- Criticality point // <https://youtu.be/hjGFp7lMi9A>

#### Psychological theories touching on “Harmony”

- Humanistic psychology with its “healthy default” notions
- Jungian analytical psychology

## 10. REFERENCES

## 11. FURTHER READING

## 12. GLOSSARY [WIP!]

- **harmony**: most energetically efficient state of a complex dynamical system. “attractor”. free energy minimization.
- harmony ≠ non-violence. Predatory behavior in nature is harmonious. Harmony optimization on different levels of complexity. Individual as well as collective (Gaia).

- **health:** energetically optimal state of being. unified state without internal conflicts between parts. Max internal consonance.
- **alignment, being harmonious:** most optimal state of being. symptoms are wellbeing, feeling content, in “flow”, in “synchronicity”, “naturally unfolding and self-actualizing”.
- max alignment = consonance = most energetically and computationally efficient. optimal state between chaos and order. [linked to criticality theory]
- min alignment = dissonance. complex system on the verge of breaking. either too chaotic or ordered.
- **alignment; to be aligned 2:** how much is one in coherence with the reality on various levels. Mental, physical. On the mental level it reflects the accuracy of mental models of reality and oneself. On scale from 0-1 from misaligned to aligned.
- **love:** harmonizing emotion and subsequent behavior. aligned feelings. aligned behavior.
- **love 2:** complexification, ‘embracing’ movement. integration into more-complex structures
- **mental models [WIP]:** symbolic mental representations and abstract concepts about the world and self. Being either conscious and verbalized or unconscious and unverballed. *//improve this*
- **inner (older) intelligence:** evolutionary older intelligence layers. Pre-symbolic, pre-abstract intelligence.
  - **consciousness:** more complex layer of intelligence consisting of abstract symbolic thinking and ability to rewrite one’s instincts to certain degree of freedom
  - **consciousness 2:** currently used to describe multiple things
- “meaning knowledge” (“ability to work with symbols, mental models and assign meaning”) — the most evolved form of intelligence. symbolic layer
- being awake (as in ‘he lost consciousness’) —this definition would involve most organisms
- Freudian (as in the concept ‘unconscious mind’) — used to describe what inner representations we are aware and unaware of.
- **intelligence:** alignment and harmony maximization mechanism
- **intellect:** part of symbolic intelligence layer handling logic, reasoning etc.
- **emotions:** mid-layer intelligence
- **instinct:** involuntary reflexes. inherited and trained
- **intuition 1:** inner message coming from all layers of intelligences when aligned
- **intuition 2** -> unconceptualized knowledge (knowledge without mental models)
- **spirit** = ‘life force’ = general self-organizing principle = free energy minimization principle
- **soul** = spirit within individual = self-organizing principle within an individual
- **(free will):** [WIP] also concept with multiple meanings. similar to the concept of consciousness. various perspectives:
  - through determinism of universe
  - ability to override lower cognitive functions from top-down
    - **identity:** mental model of oneself
    - **true self:** accurate mental model of oneself (example: “I have some power.”)
- **false self = persona = ego:** inaccurate mental model of oneself. (example: “I’m omnipotent”. or “I’m powerless”)
- *add: truer / falser self spectrum. no static true/false self. self as dynamic property rather than fixed ideal*
- **(truth):** two types
  - absolute - logical
  - approximation<sup>4</sup>. truth spectrum. as for example ‘true’ Newton Laws of Gravity superseded by ‘truer’ Einsteins Relativity theory. [more or less aligned with David Bohm perspective]
- **sane:** accurate mental representations
- **somatic experiencing, body work:** ways to learn and connect with older intelligence layers
- **meaningful:** harmonious consonant activities with oneself. What is meaningful is inherently subjective.
- **dreams:** state, where higher cognitive functions are toned down. and narrator and “meaning weaver” asleep. Evolutionarily newest layer is temporarily tuned down.

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<sup>4</sup> Fromm "the history of thought is the history of an ever-increasing approximation to the truth. Scientific knowledge is not absolute but optimal; it contains the optimum of truth attainable in a given historical period." Fromm furthermore notes that "different cultures have emphasized various aspects of the truth" and that increasing interaction between cultures allows for these aspects to reconcile and integrate, increasing further the approximation to the truth. - <https://en.wikipedia.org/wiki/Truth>

# RESOLVE THIS

Resolve: If the hypothesis is that health/harmony are inherent, why is it that we observe so much disharmony [abuse, wars, suffering] within societies and their individuals?

speculation #1 - do we 'return' to our harmony, or is harmony actually an attractor towards which we evolve to? As our sphere of compassion increases and we integrate larger and larger structures (from family, tribe, nation, Gaia, ..). Compassion increases. Older ancestors were even cannibals of their own species. ['return' to harmony perspective would be kind of supported by the childhood trauma experiences and how they are prevalent in society and how they manifest in adults.]

----- it's BOTH. mixed source of ignorance from [generational trauma propagated through culture] and [not knowing better. not being evolved enough to have a broad loving perspective]

---- also as societies progress and information flows are increased its more and more beneficial to win-win cooperate than to conquer. also as what is valuable has shifted from fertile farmland, material resources to 'knowledge, people and creativity'

speculation #2 - habitual propagation of lies, inaccuracies and parasitic tendencies within society. Dynamics of Master <> Slave, which might have been more aggressive and eradicate smaller, more democratic and harmonious and peaceful societies. Too much top-down control of the system.

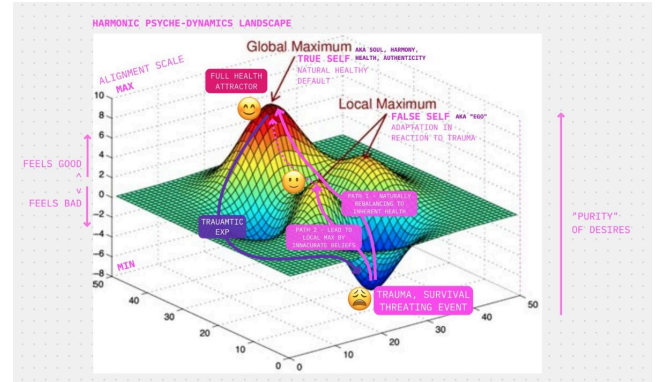
speculation #3 -

Resolve: How reliable is advice to follow your emotions, good / bad ?

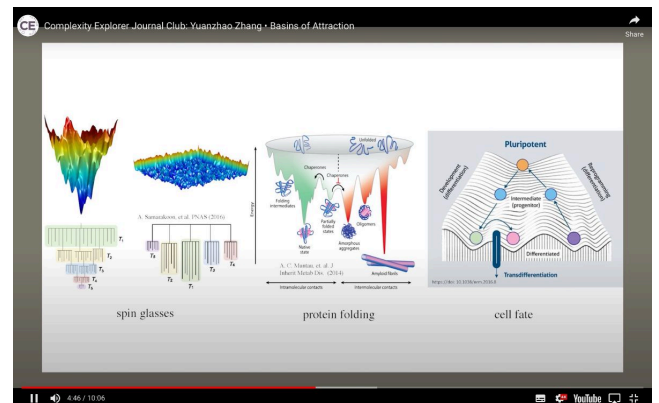
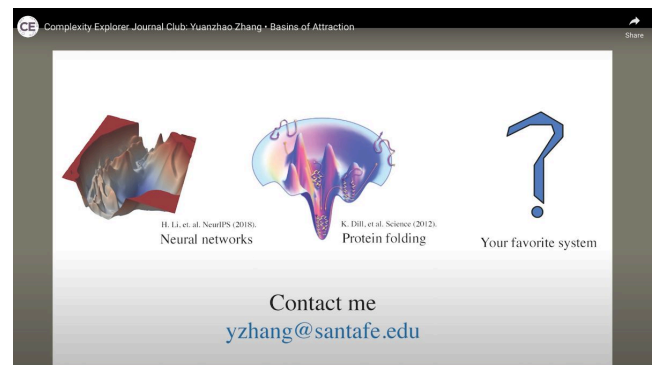
example: revenge feels good. bullying to feel power  
 example: self-harm feels good  
 example: numbing yourself with drugs feels good

## speculation #1 – local, global optimums

example: when dominating others feel good (narcissist)  
**Is it local maximum instead of global maximum?**  
 \_ local maximum: dominating others feel better than being powerless  
 \_ global maximum: feeling as a part of living harmonious ecosystem feels the best and feels better than local maximum



- ▲ im part of harmonious nature ✨ = MAX ALIGNED
- ▲ i'm stronger than others 💪 / i'm weak others help 🥺
- ▲ i'll die 💀 = MAX MISALIGNED



<https://youtu.be/Z7DBrKPMNxU>

## speculation #2 more versions of emotions

\_ constructive. loving ones, intuitive [like making love]  
\_ reactive to trauma and skewed self-image. defensive.  
adaptive. fear-based. then we feel better and the emotions we feel are of lower stress and relief. [like running away from tiger]

two types of "good" feeling:

1. feeling good as a CORE emotion (generosity)
2. feeling GOOD (revenge) as a RELIEF to NEGATIVE core emotion (feeling ashamed)

### speculation #3

it's unreliable when disharmonized to get guided by emotions.

so just use good / bad feelings in relation to self-images and their sorting. And once sorted use it to guide your way ?

### speculation #4 – magical thinking

A bug, where emotions don't differentiate between reality and illusions. Thus illusions can feel good ("magical thinking" in PTSD, or Stockholm syndrome etc).

Solution then would be a combination of following what feels good WHILE working with real (accurate) information as possible. (aka Truth shall set you free) Global vs local point of view on Harmony. One might feel good in false identity, but that inevitably causes global disharmony to him.

## Resolve: How to differentiate whether the "shrinking feeling" is towards some internal belief or towards something external?

For example: feeling bad in certain situation could have 3 options: **1) leave the situation or 2) change our perception or 3) change the situation**

For a **harmonious person**, with clear perception of self and the world, it could be option 1.

But for a **disharmonious person**, it could be option 2 actually. For example, a situation might trigger a self-belief of "I'm worthless" in her and the emotional reaction "this doesn't feel good" is towards that belief and NOT that situation. 😞

Resolve: First harmonize then take action X take action to harmonize?

Clarify: What is this work? Psychology work? Cogsci? Philosophical?

Resolve: hows increase in complexity compatible with "path of least resistance/minimization"?



## ADD THIS

### What are the goals of life?

- **Generally** there is a pattern of increasing diversity of complexity of beings over time (aka evolution). Many many organisms of low complexity (bacteria) with few high complexity (humans..). Higher complexity organisms needing the lower complex for functioning (both as energy source as well as symbiotic relationship in form of microbiomes, immunity etc).
- **Generally** another pattern is growth and filling up each possible niche with life.
- **Individually** to "do its thing". Follow Harmony. This can lead some species to become more complex while others might not.
- broader natural ecosystem same as society. harmonious dance of different agents with different "soul paths/harmony attractors". Individual Harmony attractors responding to its environment.

## Vertical and horizontal harmonization

How are we both Individual and part One at the same time?

Some speculative harmonizing mechanism, through which ecosystems **harmonize vertically** on different complexity scales.

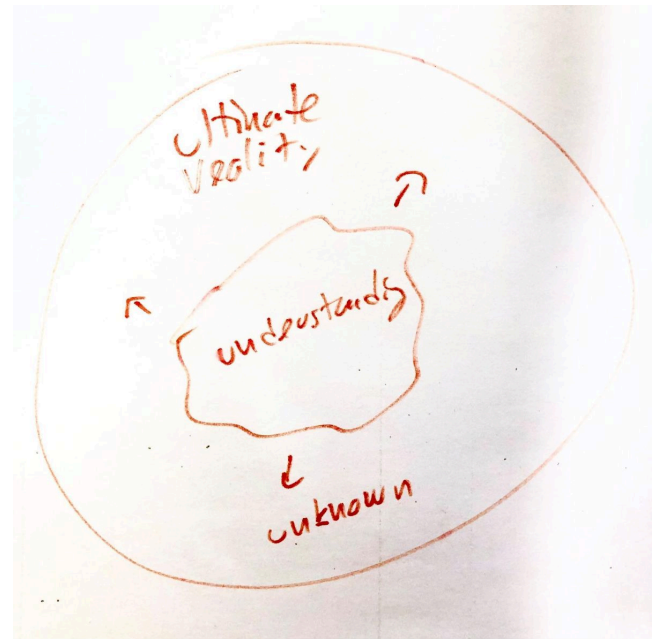
On our scale it could relate to “a felt sense of individual purpose and meaning”. We are attuned to “what's needed”. Similarly to a cell in our body which might “feel good”

**Horizontal harmonization** = harmonization within the same complexity scale. as for example between people in society. Or individuals in certain ecosystems.

## Science vs religion question. Epistemology

add: different world-views, philosophies, religions, common sense, scientific knowledge are all various kinds of world-views. often overlapping. each having a slightly different domain of interest. and each being more or less accurate representations of reality

- **science** says any stories we make up of the unknown are foolish
- **religion** says this story we made up is ultimate truth and just believe it
- **an integrated** approach would recognize that there are things we know and we don't know. and that creating stories to weave the known into the unknown is healthy and natural. but realizing that they are still stories and they evolve and improve and should always honor the known truth. == best would be to use life-enhancing stories and imagination. the ones that are most health inspiring and feel good about ourselves and others. that are connected, exciting, curious, exploratory and raise complexity. and strive for those. instead what a lot of religious and other stories (consumerism, postmodernism) are -> to make us self-hate and become easy to control



img 5. Illustration of growing 'known' and the 'unknown'

add: Overview of current psychological and philosophical schools and how and where they are touching on “Harmony”

add: Most common inaccurate mental models of a) world b) self.

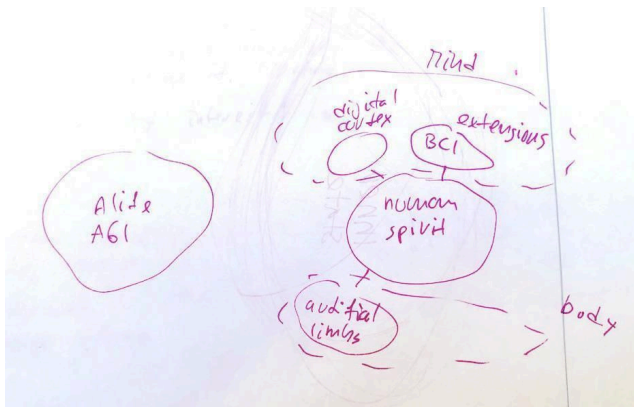
“Tools of spirit”, augmentations, current AI and difference from potential AGI

Same source free energy minimizing impulse using gradually more effective and efficient “tools” to do “it's thing”.

Humans take this to another level through the use of technology, which is basically an extension of the underlying “life/intelligence” drive. As Steve Jobs said of computers being “bicycles for the mind”. Tech serves as an extension of our biological capabilities. Even current

age AI is such an extension, however “intelligent, life-like” we might perceive it to be.

Potential AGI must IMO be its own “spirit” and thus I speculate its emergence to come from synthetic biology, ALIFE research and such. As this “spark of life” lies in physical reality, not digital computation.



img. Human tech augmentation “tools of spirit” and AGI “human created spirit”

## add: role of momentum/habit/rhythm and tradition in life.

we can be stuck in a state, where we don't feel good, but it's the momentum that keeps us in it.

## add: Harmony morality? New harmony based morality

- **new:** good and bad based on life-enhancing, entropy lowering and complexity increasing
- **previously:** it was slightly used like that, but not consciously and along some life-enhancing morality, there was a lot of life-destroying one as well

## add: Core ideas abstract

1. spectrum of intelligence -> spectrum of life as increasing complexity. Top layer symbolic intelligence
2. humans haven't fully learned how to use this newest layer of intelligence -> we're confused in our own heads. 'ignorance is a root of all evil'
3. future is of mental clarity

## add: misc

- add: whole role of awareness and process of learning
- add: link between mental model accuracy = sanity = mental health
- add: differentiate between ---- does it FEEL good or do you THINK it feels good?
- add: types of injury. spectrum — invalidation, ignorance, malicious hurt ...
- core idea: scale of sanity = scale of psychological health = scale of accurate mental representations of reality
- **sanity spectrum**
- **#define health** === core issue is we don't clearly see what it means to be healthy psychologically
- **sanity. = psychological health**
- **emotions are barometer of internal order**
- add: ignorance is bliss idea? spiritual / religious empowering belief ?
- More clearly define what is Health
- how attachment theory fits into this
- role of momentum and habit
- truth = higher consonance, lower entropy. -> thus higher energetical effectivity of the system
- add: feel good giving in to narcissist — local maxx
- add topic: neurodivergence or psychopathology?
- add: fear of doing something new when insecure foundation — possible descent from local maxx
-

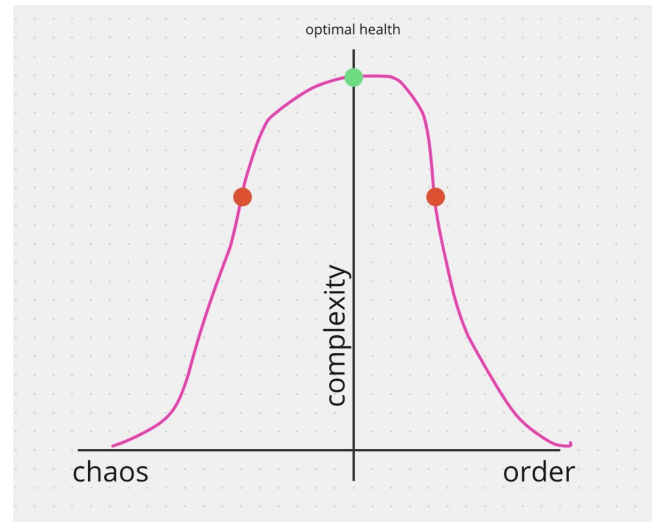
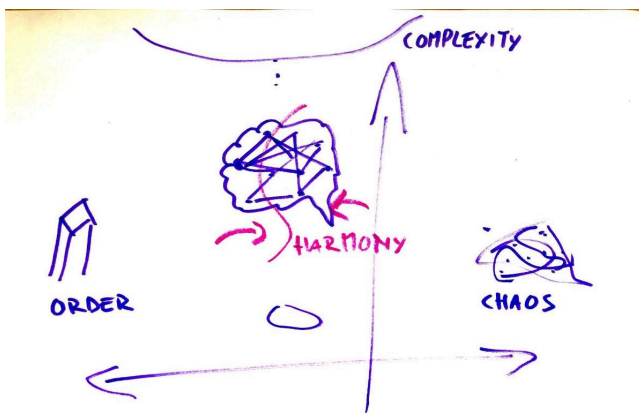
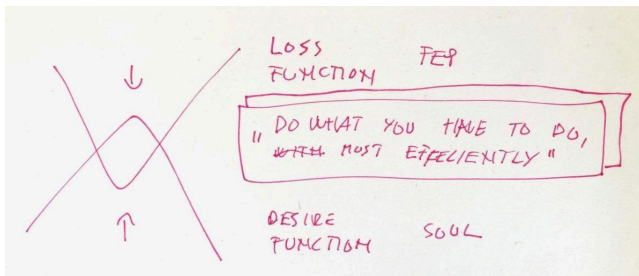
# When internal and when external perspective shift?

example: pissed at roommates  
is solution 1 – shift my attitude not to be pissed  
or solution 2 – move the “f” out ?  
or 3 I'm angry because I'm internally frustrated and I unleash it on them ?

## add: Life all the way down?

There is nothing as non-life. And the very core life-dynamics (free energy minimization, harmony seeking) are going all the way down through chemistry to physics.

add: life balancing between order (low entropy) and chaos (high entropy) in a sweet spot of [criticality point](#) / “edge of chaos” ?



psychological unhealth as sub-optimal state.

**Too much chaos** - too loose mental models, weak sense of self

**Too much order** - fixations, too rigid mental models, too strong sense of self.

Psychedelic research [entropic brain theory] points towards usage of psychedelic assisted therapy as a “rigidity loosening” tool. Bringing more chaos into too-rigid brain and allowing it to reorganize into more optimal patterns. More energy/computationally efficient ones.

whole being as entropy/uncertainty minimizers? not true. rather its a balance between order/chaos. certainty and uncertainty. flexibility and rigidity. ...

hardware - neural wiring. integration. mind muscle connection

software - more accurate mental models. use of abstractions. pattern clustering.

### energy + information perspective

energy - somatic, etc

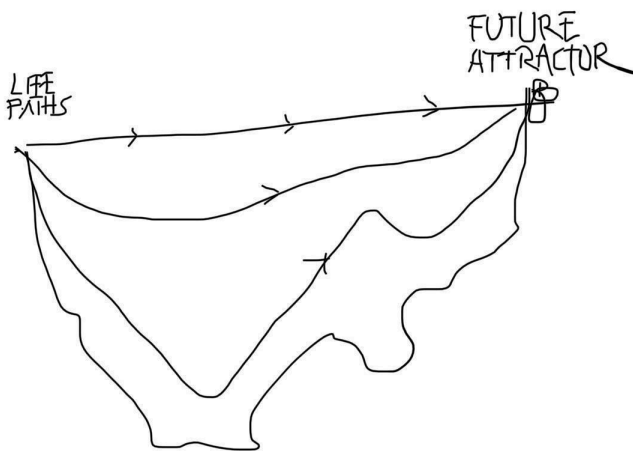
information - mental representations

elaborate more on topics of awareness and focus.

- a. most effective method for self-therapy
  - b. for therapists
- 5.

consider:

- heal by reframing what happened from an elevated perspective. from wise, powerful position.



more or less smooth (energetically efficient) paths

Link with polyvagal theory

fight-flight → active  
 freeze → passive

updated outline

1. current theories of mind. limitations of current psych theories
2. candidates for next-gen emerging theory \_ rooted in concepts of harmony, free energy min, complexity unfolding, evolution of intelligence, new understanding of what is life and what is intelligence
  - a. defining health through this new lens
  - b. how we used to intuitively grasp and describe these concepts using different words throughout history
3. psychopathology through this new lens. dynamics of disharmonization
4. psychotherapy through this lens

updated outline #2

1. what's life, health, harmony etc
2. psychopathology
  - a. development
  - b. symptoms
3. psychotherapy

add: depression as umbrella term for many different disharmonies

micro-macro cosmos patterns

open societies vs closed societies  
 democracies vs autocracies

one aligned with natural patterns, other forced and unnatural.

add: Seeing in others: potential vs 'natural self'

add: critique of personality tests. big five etc

it mixes in trauma, which hugely influences all of the traits. and can be detrimental, when mentally unhealthy people are told "this is your FIXED personality"

add: influence of genetics on personality

include twins studies (Minnesota Twin Family Study)



use metaphor of genetics influence on physical traits. they are predispositions, but how they develop (and how healthily) largely depends on

environment. higher emotional sensitivity in right env can lead to great creativity. in contrast in bad environment it can lead to anxiety and overwhelm.

## Add: psychotherapy ineffective

<https://onlinelibrary.wiley.com/doi/10.1002/wps.20941>

## Add: healing = unlearning BS

add: pain = temp disharmony. suffering = chronic disharmony state

add: comparison to current state of the art psychology (CBT).

and frame within analytic, humanistic psychology, somatic etc.. clinical a non-clinical differentiate

## add: role of physical body

local maxima = physical blockages

“rigid body, rigid mind”. fluid body, fluid mind

link to entropic brain

intuitive movement to dissolve physical blocks and to open mind to new ideas and perspectives

breaking the blocked rhythm. like stressed people in stress spiral

from tense physical state we only come up with tense ideas

1. align

2. act

!!restorative intuitive movement!! natural organic flow and intuition to remove blockages

restore by identify blockage and tightening and releasing it

mental focus - like watching YT - rigidizes body

add: 50:50 balanced middle way. often answer is a third way.

being just. 50 myself, 50 others.

and learning rhythms. sometime more giving, sometimes more receiving

add: 1) physical relaxation (or / elevated state ) to release mind grips  
2) shift perspective from this state

add: elaborate on “path of least resistance”

consider: alternative title

Unified Sentient Dynamics

Ease Psychology

add: how to accurately interpret negative emotions?

is it genuine “i dont want this” towards something external?

or is it “i dont want this” towards something internal?

like X. resistance towards metta meditation. is it genuine or is it resistance to SOME THOUGHT around the metta meditation?

One way to differentiate is to check if the disharmony is situational or pervasive. If it arises in a specific context and dissipates when we're removed from that context, it's more likely related to an external trigger. If the disharmony follows us across contexts and feels like a familiar, recurring pattern, it's more likely related to an internal model or belief.

Another clue is to notice if the disharmony feels like a clear, grounded knowing or a more frantic, anxious energy. The former is more likely our intuitive wisdom while the latter is more likely our conditioned patterns and fears.

add: most effective metta meditation

add: we visualize and it doesn't pan out

visualization is not about guaranteeing specific outcomes, but rather about aligning your energy, intentions, and actions with your desired goals. Sometimes, the path to success may involve unexpected twists and turns, challenges, and rejections that are part of the growth process.

Balancing Vision with Action: While visualization is a powerful tool, it is equally important to take consistent and aligned actions towards your goals. Visualize success, but also actively engage in actions that move you closer to your desired outcomes.

add: quick, no-thinking intuitive answers

add: role of perspective and priorities. nedelat z komara  
velblouda

add: intuition vs conditioning

intuition = grounded clear knowing

conditioning = anxious, reactive, unclear

add: 3 aspects differentiate

1. health alignment (0-1)
2. life cycle (kid, adult, old)
3. evolutionary complexity (diff between us and chimpanzees. on more, intra-population, level)

add: asking oneself “what would be the most empowering and alive thing to do and think in this situation?”, “what perspective would be most empowering and healthy?”

add: somatic vs cognitive argument

**somatic** - like yoga is great for releasing tension (*mental as well*), increasing emotional awareness.

**cognitive** - great for paradigm shifts and lasting change. crucial for appropriate emotional interpretation.

best is combination

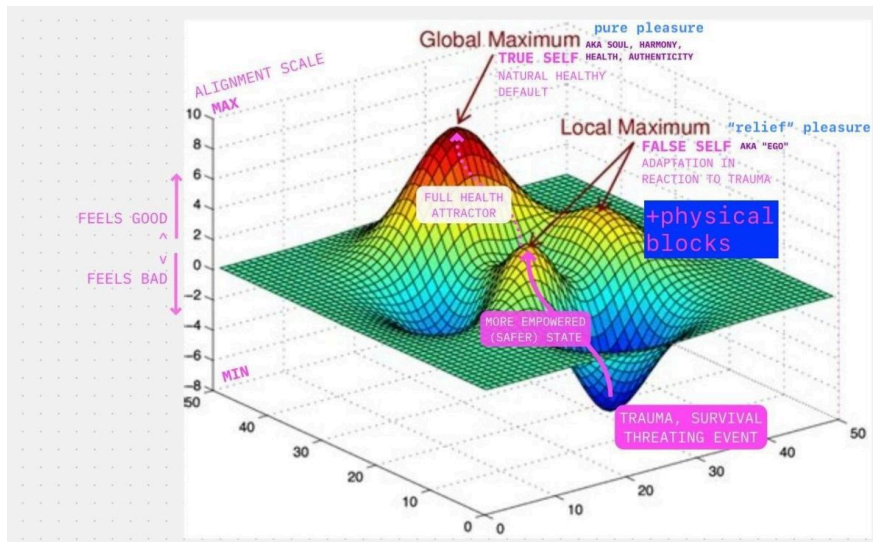
add: role of prioritization

ask myself: “what is the most important thing i could be doing today?”

add: pleasure purity

- added pleasure purity

- often we reach local maxima by “relief” pleasure. This pleasure is not holistically pleasurable, but feels better than 100% displeasure. it's a case of dominating someone else, or taking drugs, or other kinds of addictive behavior for example. it might feel good in limited scope (time-wise), but create more disharmonies overall.



img. belief landscape v03

add: staying with a discomfort until insight

update: accent more. meta-cognition emerged and we haven't learned to properly work with this novel tool we gained.

add: inner voice can be perceived as a kind of world-model. trained on all of life's experiences and learned knowledge. emotional feedback then sorts out what is aligned with our Dharma and what not. novel technological meta-cognition tools that sit along our current symbolic intelligence world-model and help harmonize it with our Dharma. by working with perspective shifts (narrative update), imagination (new narrative acquisition) and attention (narrative identification).

add: a lot of mental health practice and advice today is pathologizing healthy and homeostatic behavior

add: drogy, alkohol, atd lidi delaj pro utlumeni neokortexu, ktorej bezi na f'd up softwaru

add: term: cognitive architecture. separate paper. include how we go through all stages. we integrate previous layers, not replace... same like cells integrated mitochondria... evolution is thus integration into more complex system. not left, not right,

add: negative emotion can feel positive OR negative. like anger. positive anger act upon. negative anger reframe.

new outline

1. as we evolved we gathered and integrated more complex layers of intelligence
2. Now we possess symbolic intelligence. we create world models and self models
3. as part of a larger complex system we intuitively fit it (that's why someone is a policeman, someone something else). along the path of least resistance and “Tao”, “spirit”. whatever that may be. the process behind what we observe an increasing complexity (🌟think more)
4. humans haven't mastered this emergent symbolic intelligence (at first felt like god whispering, also kicked out of eden was about this)
5. a lot of inaccurate symbols about world floating around. family. society
6. older intelligences within us are aligned and communicate to us. they don't differentiate whether its real or imagined (symbolic)
7. using a combination of emotions, imagination and introspection to align with accurate reality representations. aka to rewrite our software to be path of least resistance.

#### **KEY POINTS 2, TL;DR**

**Psychological perspective rooted in complex systems and evolutionary dynamic, free-energy minimization neuroscience and Taoist philosophy of harmonious unfolding.**

1. What is life and what are we?
  - a. Link between Karl Friston's free-energy minimization, the concept of Harmony and the concept of Soul
  - b. Evolutionary layering complexity. Different layers as 'tools of spirit'. All life is intelligent. Intelligence as the core dynamic of life.
  - c. Intelligence as abstraction layers allowing for higher computational processing
2. Dynamics of disharmonization
  - a. Adopting inaccurate mental representations (of self and world)
  - b. Older intelligence layers then communicate “upwards” that it's not the most optimal (harmonious) state. Subjectively felt as dis-ease and manifested in various symptoms of severity (from anxiety to BPD)
3. Dynamics of harmonization
  - a. Gradually harmonizing and integrating oneself in a coherent harmonious whole. By the motto “Truth shall set you free” and “the root of suffering is ignorance”
  - b. Employing harmonizing and self-empowering feedback loops