



The Human Mind

Sub-chapter	Section	Subject Matter	People
Part 1: The Web of Life	<i>i. From cell to atom</i>	The composition of human cells • The importance of carbon	
	<i>ii. Organic physics</i>	The carbon atom & the creation of organic compounds • The physics of living matter	
	<i>iii. Biochemical awareness</i>	The complexity & the fragility of life • Death & organic dispersal	
	<i>iv. Losing consciousness</i>	The fall to unconsciousness • Beyond deep sleep & the tunnel of white light • Spiritual perception	
	<i>v. Spiritual perspectives</i>	Understanding the phenomena of 'out of body' experiences & dreamed visions • From the subtle body to the Nirvanic realm	Carl Jung
	<i>vi. Dreams: the meeting of minds</i>	Dreamed perspectives • The chaos of 'garbage dreams' • The collective unconscious & shared dreams • The power of lucid dreams	Jesus Buddha Mohammed
	<i>vii. Animal instinct</i>	The tuned perceptions of different animal species (from dolphins to honey bees) • The sixth sense: from ESP to infantile autism	





Part 1: The Web of Life (...continued)	viii. Human awareness	Intellectual perception & our distant intuitive roots • Pain, attention & the singular girus • REM sleep & primate perceptions	
	ix. Geographical sensitivity	Ancient observations: China & the prediction of earthquakes • Migraines	
	x. Consciousness and the physical world	Energy & the flow of human thought • Mystics & human reality • Matter & the shape of energy	
	xi. Thought energy	Human thought as electrical impulses • Mind over matter	
Part 2: Sensory Perception	i. Recall	Memory & social habit • Mnemonics • The role of RNA in remembering experiences • Tips for improving memory	Wilder Penfield
	ii. Exteroceptive balance	The balance of sensory perception • The abstract world of human imagination: from strawberries to radon gas	
	iii. Our shared sanity	A hypothetical confinement of the mind • Our impressionable minds as children and adults	
	iv. Our collective perception of reality	Closed societies & the power of political indoctrination • Extremism: a departure from collective reality	
Part 3: Imagination and Reason	i. Thoughts, dreams and physical reality	The electrochemical process of thoughts in the neocortex • Intellectual cognition & the passing of time • Memory & imagination: reality from the thoughts of others	





Part 3: Imagination and Reason (...continued)	<i>ii. A state of alert</i>	The emotional focus of dreams & vagueness of waking lucidity • The insensitivity of intelligence in a 'self-obsessed' human world	
Part 4: Mental Disorders (Psychological & Organic)	<i>i. A history of western perspectives</i>	Christian persecution of the mentally ill - demonic possession • Lunacy & moral therapy • Creative genius & psychotic depression • 20th century therapy: psychiatry & clinical psychology	Jesus of Nazareth
	<i>ii. Psychology as a Modern Science</i>	Introspection & the beginnings of psychology • From phenomenology to ethnomethodology • Gestalt • Clinical psychology & behaviourism • Neuropsychology: understanding different brain functions • From comparative psychology to counselling & cognitive therapy • Behavioural therapy & the concept of IQ • Eugenics & the abuse of scientific ideas	Wilhelm Wundt Oswald Kulpe Edmund Husserl Christian von Ehrenfels Max Wertheimer Wolfgang Köhler Fritz Perls Laura Perls John Watson B.F. Skinner Jean Piaget Paul Broca Carl Wernicke John Jackson Ivan Pavlov Carl Rogers Aaron Beck Hans Eysenck Alfred Binet Francis Galton
	<i>iii. Psychiatry et al.</i>	From repression & psychoanalysis to the Oedipus complex: the studies of Freud • The inferiority complex & the beginnings of social psychology • From personality dimensions to collective unconsciousness: the studies of Jung • Falsification & the value of science • From pragmatism to empiricism	Sigmund Freud Alfred Adler Stanley Milgram Carl Jung Karl Popper Thomas Kuhn Charles Darwin Albert Einstein Paul Feyerabend Charles Peirce William James
	<i>iv. Parapsychology and sensory inhibition</i>	The validity of precognitive & parapsychical research • Automatism • A.I.: A practical application of experimental psychology • Our limited senses & unlimited minds • Extra-human sensory perceptions	F.W. Myer Joseph Rhine





Part 4: Mental Disorders (Psychological & Organic) (...continued)	<i>v. The brain itself</i>	The primary role & evolutionary journey of the human brain • Integral areas: from the cerebral cortex to the corpus callosum • Vulnerabilities: Physical trauma & disease - from asphasia & epilepsy to meningitis & paranoid schizophrenia	
	<i>vi. Depression</i>	Historical treatments: from lobotomy to ECT • Mild depression & manic depression (bipolar disorder) • Natural forms of treatment (from lithium to hypericum) & the role of serotonin • The complex effects of synthetic antidepressants (Prozac as an example) • Cognitive therapy	Aaron Beck
	<i>vii Death of the brain</i>	The nature of death (instantaneous & gradual) • Alzheimer's disease • The fragility of waking consciousness: fatal familial insomnia	
Part 5: States of Waking Consciousness	<i>i. A matter of consciousness</i>	Our individual journeys to a shared human reality • The importance of sleep to our waking world • The emotional nature of dreams & their cumulative psychological effect on our conscious perceptions • The world in-between: sanity & wisdom • Alternative consciousness: Spiritual connections & scientific progress	Sigmund Freud Carl Jung
	<i>ii. Stress</i>	Everyday stress & related disorders • Manifestations of stress (from sport to war)	
	<i>iii. A very human experience</i>	The fragility of our physical & psychological existence • Human sensory experience & intuitive inclination • Illness & perception	
	<i>iv. Emotional stability</i>	The act of crying (from child to adult) • Childhood impressions (from society to war) • Dreamed emotions in the waking world	





Part 5: States of Waking Consciousness (...continued)	<i>v. Perceptions of love and hate</i>	The psychology of emotion • Emotional extremes • Different forms of love in modern society • Hate & the distortion of rational perception • Abstract ideas of love (from patriotism to chocolate)	William James Carl Lange
	<i>vi. Animal emotions</i>	From selfless love to fear • Pleasure & pain: a part of life for all higher-order species • Oxytocin & motherly love	
	<i>vii. Curious attributes of the human mind</i>	To see & to sneeze • Imagination & memory: the evocation of taste • The mind & physical reality • The power of self-belief	Stephen Gallagher Napoleon Hill
	<i>viii. Inspiration</i>	Inspiration as the catalyst for creativity & as an evolutionary gift to humanity	
	<i>ix. Evolution of mind</i>	The effect of society on our continuous intellectual evolution • The dangers of corruptive indoctrination	
Part 6: Sleep and the Realms of the Unconscious	<i>i. Physiological aspects</i>	Sleep patterns • Sleepwalking and the boundaries of consciousness • Narcolepsy • REM sleep: A precursor to waking realities • The vital importance of dreaming	
	<i>ii. Dreaming to live</i>	Dreamed experiences & their function • Nightmares & their relevance to adult life	
	<i>iii. Our dreamed connection</i>	The collective unconscious & the emotional content of dreams • The meeting of dreaming minds	Carl Jung





Part 6: Sleep and the Realms of the Unconscious (...continued)	<i>iv. Dream meetings</i>	Cultural & personal perspectives • The reacquaintance of old friends & deceased relatives • Reoccurring dreams, the limitations of dreamed consciousness & emotional overflow into the waking world • Dreams of death • The absence of time & the masks of others	
	<i>v. A foray into lucidity</i>	Becoming aware • The neurophysiological consequences of dreams	
	<i>vi. The birth, life, and death of reality</i>	The dreaming mind: from foetus to adult • Mastering our reality • Dreams in death	
	<i>vii. Altering realities</i>	Sleep as physical rest & psychological recuperation • Sanity & the dangers of sleep deprivation	
	<i>viii. Parasomnia</i>	Parasomnia as a childhood disorder • The hallucinatory dangers of adult parasomniacs	
	<i>ix. Sleep and the paranormal</i>	Out-of-body experiences & paralysis attacks • Dream telepathy: from the 'Maimonides studies' to the 'Ganzfeld experiment'	
	<i>x. Insomnia</i>	Insomnia as an inability to let go of reasoned perceptions for the peace of slumber	
	<i>Footnote</i>	Semi-conscious inspiration	
Part 7: Lucid Dreams	<i>i. Mastery of dreams</i>	Definition & primacy • Evolution of mind & the formation of dreams • Memory pools & the collective unconscious • Dreaming in the animal world	Carl Jung





Part 7: Lucid Dreams (...continued)	<i>ii. The intuitive study of dreams</i>	Sleeping awareness & waking amnesia • Lucid dreams as a gateway • The Christian suffocation of lucid awareness	Jesus Moses Mohammed
	<i>iii. Lucid regularity</i>	Childhood lucidity • Western society & the throwaway façade of 'sixth sense' perceptions	
	<i>iv. Mixed reality</i>	Waking from a lucid state • False awakenings & hallucinations • Shallow western perceptions	
	<i>v. The art of falling asleep</i>	A guide to the sleep cycle: from the hypnogogic state to protracted morning dreams	
	<i>vi. A question of consciousness</i>	A method to remember dreams • From dream sleep to reason • Vision as a primary sense • The absence of pain as an evolutionary necessity • Psychosis & war	
	<i>vii. Ancient dreamscapes</i>	The absence of pain but abundance of pleasure • The birth of dreams • Tuning in to our senses	
	<i>viii. Opening up</i>	Our dreamed consciousness & inherited memories: The sum of human existence	
	<i>Footnote</i>	Connecting to your child through a shared dream	
Part 8: Sexual Intuition and Social Imbalance	<i>i. New life</i>	The spiritual & physiological significance of pregnancy • Childhood love & the sexualisation of human thought	Leonardo da Vinci Albert Einstein
	<i>ii. Cerebral dominance</i>	General functions of the cerebral hemispheres & the social bias toward male attributes • The supremacy of man & the birth of civilisation - exchanging intuition for intellect • The development of children: generations of enforced social conditioning • Balancing logic & creativity: a hallmark of the greatest minds	





Part 8: Sexual Intuition and Social Imbalance <i>(...continued)</i>	<i>iii. (Male) sexual energy</i>	The body: connecting the mind with physical reality • Channelling sexual energy into non-sexual pursuits • Sex & Christian prohibition • The energy of genius	William Shakespeare Wolfgang Amadeus Mozart Robert Burns Pablo Picasso
	<i>iv. The depth of (female) sexual influence</i>	The success of man & the intuitive support of woman • Hormonal regulation • Marriage & sexual relationships: a natural duration	
	<i>v. Male insecurity and female stability</i>	The impediments of testosterone: from social aggression to apathy • The paradox of male social success • Female psychological balance: the saviour of man	
	<i>vi. Power and sufferance</i>	Sexual indoctrination • Sexuality in Eastern philosophy: The universal balance of yin & yang • Semitic tradition & the rejection of intuitive qualities • The continuance of historic abuse against women	
	<i>vii. An open destiny</i>	The classical perception of fate • Coincidence & intuition	Emmeline Pankhurst
	<i>viii. Cultural indoctrination in action</i>	Living in our age: how we reflect the societies that we grow up in (using 'music' & 'profanity' as examples) • Society & moral perceptions: the social conditioning of totalitarian states versus the materialistic greed of capitalism • The abuse of vulnerable minds as a cost of liberty	
	<i>ix. Social conformity and self-advancement</i>	commonplace feelings of social mediocrity • The power of self-belief • Breaking the illusory comfort of familiarity & the contagion of positive thought	





Part 9: Intellectual Evolution

i. The minds of animals, men and machines

Animal intelligence: the complex communities & self-awareness of great apes & cetaceans • The birth of human cognition (from the dream-like perceptions of female reverence) • Human intelligence & lack of reason: our historic exploitation of nature • AI: the logical route to performing complex tasks (bit v. neuron) • Contemplating the emotional consequences of human intelligence

Footnote

Cognitive ethology

ii. A class apart

Comparative psychology & understanding the context of animal behaviour with an intelligent mind • Human society & hierarchic suppression • Maintaining a social elite • The privilege of European dominance (war & capitalist venture) • Class & social crime

iii. Focusing human reality from a western perspective

The Dark Ages (God & music) • The Renaissance & the age of discovery • Reformation & the beginnings of science • The sharpening of minds: from heavenly spheres to relativity • Modern perceptions: reality on a quantum scale

Johannes Gutenberg | Nicolaus Copernicus | Galileo Galilei | Isaac Newton | Albert Einstein

iv. Science and imagination

The march of modern science (from quantum mechanics to chaology) • Determinism & a question of free will • Intuition & coincidence

v. Ancestral roots

Genetic inheritance: parental genes & the commonality of bloodlines • Shared characteristics: the human gene pool • hypnosis: a suggestive state of mind

vi. Predicament and self-belief

Institutional prejudices • Positive thinking: ambition & respect • Transpersonal psychology • Negative energy & false fulfilment





Part 9: Intellectual Evolution

(...continued)

<i>vii. The power of positivity</i>	From subconscious impulse to idea: imagination & the route to conscious thought • Overcoming social prejudice: the art of self-belief • Positive emotions: training the inner-self • super-consciousness & personal success	
<i>viii. From the minds of children</i>	Child consciousness: our maturing ability to focus on human reality (from babies to teens) • The world we grow into: society, disability, compassion & eugenics	
<i>ix. Social maladjustment</i>	Childsplay as a defining line of reality • The adult suppression of childhood perceptions • The warped psychology of traditional schooling • Psychological inheritance • Adult dreams & their growing complexity over the centuries • Human emotion & the exploitation of our planet	
<i>x. To be awake</i>	The power of a common reality • Social unity & degrees of prejudice • Spiritual/emotional enlightenment	
<i>xi. Quantum imagination</i>	Quantum electrodynamics: a point of reference for imagining reality • An alternative perspective of time • The evolution of mind over physical attributes	Werner Heisenberg
<i>xii. Universe of illusion</i>	Human reality as a unique perception (Hypothetical visits, catastrophes & reflections) • Our changing reality through the ages • Learning & knowing: How different species perceive • Manipulating human reality - from innovation to self-belief • From dream to reality	Roger Bannister
<i>xiii. Perception and sanity</i>	Science & the illusion of physicality • Habitual sensory instinct • Mystics & psychotics: a fluxing of conscious realities	
<i>xiv. Only the here and now</i>	Explaining the present moment as a consequence of space & time • Our fragile reality: the constant threat of disease	





Part 9: Intellectual Evolution

(...continued)

xv. Quantum immortality

The seeming incompatibility of relativity & quantum mechanics
• Consciousness & the quantum world • The perception of self:
from scientific, religious & intuitive viewpoints • The
multiverse & death

**Werner Heisenberg | Hugh
Everett**

