

The Journey to Inner Knowledge

As a child I remember the subjective world

- you lay in your bed and see you becoming very small and the walls really far away
- if you looked long in the trees/grass all started to morph
- you could float into the sky, your body seemed featherlight

But growing up our focus shifted to the objective world and we

entered the phase of concentration and analysis and the divine stopped talking...

Phosphene Meditation

brings you

to the Divine Within

Reading Akasha!

The Journey to Inner Knowledge

Divine Anatomy and Divine Physiology

Scientific Foundations of Mystical Knowledge

Integrating Mystical Experiences with Modern
Neuroscience and understanding our divine body

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The Journey to Inner Knowledge

WHAT IS THE ESSENCE in LIFE?

WHAT IS THE ROAD to KNOWLEDGE?

WHY ARE WE CONSTRUCTED as WE ARE
CONSTRUCTED?

OUR BODY IS THE PATH TO THE DIVINE

WHAT IS SACRED PHYSIOLOGY AND ANATOMY

WHAT ABOUT the THIRD EYE?

FASTEN YOUR SEATBELTS!

LETS DIVE INTO UNKNOWN WATERS...

Divine Anatomy and Divine Physiology

Our Brain: a receptor for the divine



Divine Anatomy and Divine Physiology

Homo Sapiens
Evolution produced a
human body that is so
perfectly build that
it functions as a receptaculum
for the divine

Divine Anatomy and Divine Physiology

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Sayin U., Nervous system and intrinsic archaic language

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Does the Nervous System Have an Intrinsic Archaic Language? Entoptic Images and Phosphenes

H. Ümit Sayin

ABSTRACT

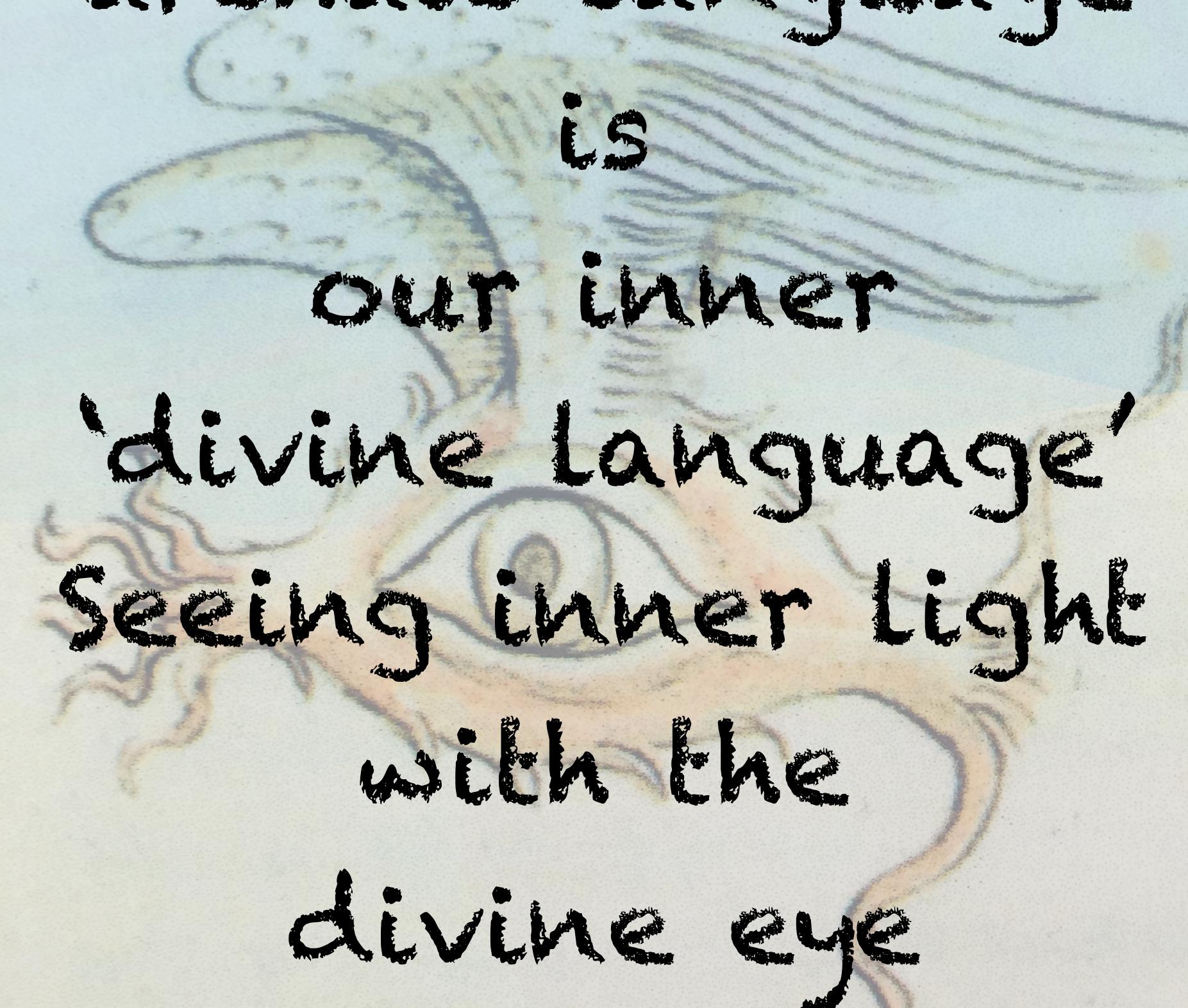
Psychoactive plants have been consumed by many cultures, cults and groups during religious rituals and ceremonies for centuries and they have been influential on the eruption of many images, secret and religious symbols, esoteric geometrical shapes, archetypes, religious figures, and philosophy of religions since the dawn of *Homo sapiens*. Some of the psychoactive plants used for religious purposes were: narcotic analgesics (*opium*), THC (*cannabis*), psilocybin (*magic mushrooms*), mescaline (*peyote*), *ibogaine* (*Tabernanthe iboga*), DMT (*Ayahuasca* and *Phalaris species*), *Peganum harmala*, *bufotenin*, *muscimol* (*Amanita muscaria*), *Thujone* (*absinthe*, *Artemisia absinthium*), *ephedra*, *mandragora*, *star lotus*, *Salvia divinorum* etc. An important property of these natural chemicals is to induce the human psyche to perceive optical forms and shapes that are existent in the subconscious and presumed collective unconsciousness, and which emerge during certain trance states and ASCs (altered states of consciousness). Some of these simple geometric forms are called *entoptic images* and *phosphenes*. Entoptic images and phosphenes have been found in various cultural works of art and in the drawings on cave walls, which were formed during shamanic religious rituals since Neolithic times. Also *entoptic* images exist in many folkloric, traditional and cultural geometrical shapes. Long before the creation of languages, visual perception and information were the only source for mankind, alone of the primates, to perceive the outer world. This article reviews the possibility of an ancient forgotten language of visual signs and symbols, which is genetically existent in the human brain and emerges during ASCs, trance states, and consciousness altered by psychoactive plants.

Key Words: entoptic, phosphene, hallucinogen, archaic neurological language, paganism, shamanism, psychoactive plants, opium, cannabis, psilocybin, mescaline, DMT, ayahuasca, thujone, peganum harmala, phalaris, ibogaine, peyote, magic mushroom

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Our inner
'archaic language'
is
our inner
'divine language'
Seeing inner light
with the
divine eye

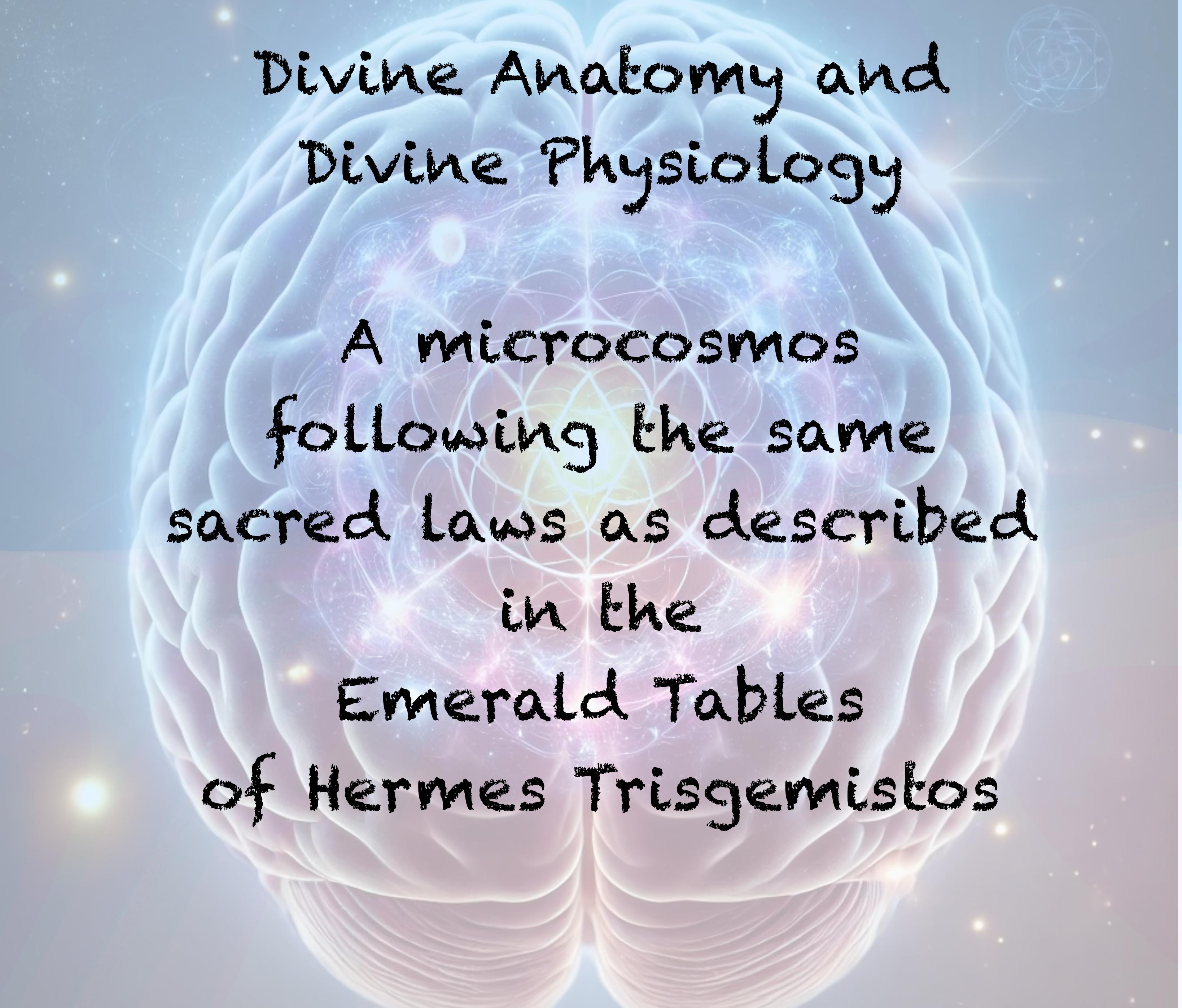




Divine Anatomy and Divine Physiology

Now we know
that our nervous system
is a vast network of
non-localised functions
non-localised awareness
and
thus is a microcosmos





Divine Anatomy and Divine Physiology

A microcosmos
following the same
sacred laws as described
in the
Emerald Tables
of Hermes Trismegistos



The Journey to Inner Knowledge

Mystical experiences (e.g., unity, divine visions).

- Unity with the divine or the universe.
- Visions of divine or otherworldly entities.
- Hearing celestial or divine sounds.

Mystical insights, deep knowledge, Gnosis

- Understanding ourselves.
- Understanding our psychological mechanisms.
- Being aware and thus compassionate.

The Journey to Inner Knowledge

Role of neurotransmitters in altered states of consciousness;
our divine physiology.

The God Molecules

Serotonin: key neurotransmitter involved in mood, perception, and consciousness

DMT: Although not produced in significant amounts by the pineal gland, it may still play a role in mystical experiences

THC-like compounds: endogenous cannabinoids that can influence perception and consciousness

The Journey to Knowledge

Meditative Practices: steps to achieving deep relaxation and an empty mind.

- Techniques: deep breathing, mindfulness, focused attention.
- Stages: initial relaxation, deep meditative state, transcendent experiences.
- Signs: phosphenes, tingling, buzzing, vibrations, OBE

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Comparative Experiences: Meditation-induced vs. DMT-induced experiences

- Similarities: Visual fractals, mystical insights, feelings of unity.
- Differences: Natural vs. substance-induced, duration, overwhelming intensity.

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Meditation-induced vs. DMT-induced experiences.

- Similarities:
 - Visual fractals: Complex geometric patterns seen with eyes closed.
 - Mystical insights: Profound personal and spiritual revelations.
 - Feelings of unity: A sense of oneness with the universe or the divine.

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Meditation-induced vs. DMT-induced experiences.

- Differences:
 - Natural vs. substance-induced: Meditation achieves these states naturally, while DMT is a psychoactive substance.
 - Duration: Meditation can be practiced for varying lengths of time, while DMT experiences have a more defined duration.
 - Intensity: DMT experiences can be more intense due to the psychoactive nature of the substance.

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Deep Meditative State

Visual Phenomena:

- **Phosphenes:** Visual phenomena seen with closed eyes, often swirling lights or patterns.
- **Fractal Visuals:** Complex geometric patterns and fractal imagery.

Bodily Sensations:

- **Tingling:** Subtle tingling sensations in different parts of the body.
- **Throbbing:** Pulsing or throbbing sensations, often associated with relaxation.

The Journey to Knowledge

Deep Meditative State

Mystical Perceptions:

- Unity: Feeling of oneness with the universe or a higher power.
- Divine Sounds: Hearing celestial or divine sounds, often described as music or voices.



The Journey to Knowledge

Key Neurotransmitters:

- Serotonin:
 - Involved in mood regulation, perception, and consciousness.
 - Key receptor: 5-HT2A, which plays a crucial role in altering sensory perception and inducing mystical experiences.
- DMT (Dimethyltryptamine):
 - Potential role in mystical experiences, though not produced in significant amounts by the pineal gland.
 - Known for inducing intense visionary experiences when administered exogenously.

The Journey to Knowledge

Key Neurotransmitters:

- THC-Like Compounds:
 - Endogenous cannabinoids that influence perception and consciousness.
 - Can produce altered states of consciousness similar to those induced by THC.

The Journey to Knowledge

Receptor Interaction:

- 5-HT_{2A} Receptors:
 - Critical for the psychoactive effects of serotonin and psychedelics.
 - Activation leads to altered sensory perception and consciousness.
- Cannabinoid Receptors:
 - Modulate various physiological processes.
 - Contribute to altered states of consciousness through the endogenous cannabinoid system.

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Cortical Inhibition and Network Dynamics

Reduction of Cortical Inhibition:

- Deep relaxation and meditation reduce cortical inhibition, allowing for altered states of consciousness.
- Enhanced neural activity in specific brain regions, facilitating mystical experiences.

Brain Networks:

- Default Mode Network (DMN):
 - Involved in self-referential thoughts and mind-wandering.
 - Deactivation is associated with mystical experiences, leading to a sense of unity and ego dissolution.



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Emergent Properties of Consciousness



Network Interactions:

- Mystical experiences arise from complex interactions within neural networks.
- Emergent properties result from the brain's dynamic processes, rather than isolated brain regions.

Non-Locality of Function:

- Consciousness and mystical experiences are distributed across brain networks.
- Modern neuroscience emphasizes the distributed nature of brain functions, making the localization of these experiences less relevant.

The Journey to Knowledge



- Now we understand mystical experiences through both subjective and scientific lenses
- We know that mystical experiences are our birthright
- We only need to recognise what is needed to connect to the divine via our divine receptor: the brain
- Meeting the divine is the most subjective experience there is
- We need to understand the importance of the shift in our gravity from trained objectivity into lived subjectivity
- The divine only manifests in the most subjective realm

The Journey to Knowledge

Neuroplasticity and Long-term Effects



- Neuroplastic Changes:
 - Effects of long-term meditation on brain structure and function.
 - Enhanced connectivity and neuroplasticity in meditators.
- Enhanced Neurotransmitter Response:
 - How long-term meditation primes the brain for increased neurotransmitter production and sensitivity.
 - Implications for sustained mystical experiences and heightened states of consciousness.



- The longer we meditate the better the divine receptor becomes
- The better the receptor becomes, the richer our inner light experience
- The richer our subjective experience the more we talk to the divine and get divine inspiration
- The more divine inspiration the more harmony we spread
- And we enter ourselves into the divine state of illumination
- And we can become a light beacon for friends

