

## Perspective

# Spiritual Inoculation: A Paraphysical Methodology Achieving Immunity Against Viruses

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### Abstract

Specificity for *spiritual inoculation* realizing immunity against certain virus is corroborated in two pilot studies. In general, viral transmission is a two-step process: (1) Attachment to cellular surface adhesion receptors; and (2) Cellular invasion through activation of epithelial entry receptors. Self-organized living systems (SOLS) are fundamentally autopoietic biochemical complexes utilizing syntropic mechanisms to continuously reduce entropy. By adducing the existence of an additional Unified Field based life-principle with an inherent action governing the homeostasis of SOLS, one postulates the utility of a noetic meditative process for spiritual inoculation achieving viral immunity by suppression of viral adhesion mechanisms.

**Keywords:** Virus, immunity, meditation, self-organized living systems (SOLS), spiritual inoculation, syntropy, unified field, viral adhesion.

## 1. Introduction

As argued in detail elsewhere, this work is developed under suppositions that complex Self-Organized Living Systems (SOLS) are a duality - comprised of local bioenergetic autopoietic biochemical phenomena entrained with an additional nonlocal immaterial (not nonphysical) Cartesian life-principle (spirit [1], Chi [2], or Prana [3]) tantamount to an as yet to be empirically discovered ontological coherent action force of an Einstein-like unified field facilitating the entropic-syntropic parameters of life, additionally mediating the evolution of qualia [4-14].

Note: *Soul* as defined here is the *spirit and the body*. An individual's spirit or intelligence is eternal; the current mechanical body is temporal, becoming eternal upon a Judeo-Christian resurrection. Generally, cognitive scientists denigrate the life-principle accorded to Cartesian dualism as a violation of the laws of thermodynamics because they define it as nonphysical instead of immaterial, which at the time of Descartes meant spiritual. The likes of Einstein and Bohm promoted life or consciousness as an embodiment of the Unified Field [15] which can only be empirically discovered by access to nonlocal dimensions beyond those observed in 3-space [16].

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The proposed Spiritual Inoculation is achieved primarily by performance of a detailed so-called *walking meditation*, meaning that the required spiritual state is produced by maintenance of a concerted contemplative effort *all-day-long* in order to produce and sustain a required threshold of immunity. Once practiced, this threshold of immunity is introspectively experienced spiritually as a subtle *corona of spirit*. Simplistically, meditation can be defined as quiet contemplation; any act of relaxation readily removes stress [17] by attenuating action of the Autonomic Nervous System (ANS), the neural control system primarily acting unconsciously to regulate bodily functions affecting smooth muscle and glandular secretions, thereby influencing internal organs.

In passing, mention is given to the biophysical energetics of stress as the salient causal agent in myriad autoimmune etiologies, and as the mutagenic instrument in carcinogenesis, or in relation to this paraphysical effort, attenuation of the natural spiritual corona mediating viral adhesion. It has been found that certain molecular mechanisms lead to increased mutation rates when the organism chronically maintains a stressful environment. From this perspective, newly discovered aspects of unified cell bioenergetics were analyzed in subsequent stages of oncogenesis, from initiation stage, through transformation to metastasis. Research showed that after transformation, cancer cells are permanently exposed to reactive oxygen species, causing continual random DNA mutations resulting in genome and chromosomal destabilizations - This modern cancer attractor hypothesis explains cancer development in terms of a bioenergetic initiation [18,19].

Even though this article concerns spiritual inoculation, it is useful to review the idea that the bioenergetics of all stress has an interrelated global homeostatic action attenuating the energy modulating functionality of the life principle as an inherent action of the unified field in virtually all human conditions. This *noetic effect* will forthwith be demonstrated [16] as a force of coherence mediating topological charge phase transitions by destructive or constructive interference [20].

The 2<sup>nd</sup> Law of thermodynamics establishes entropy and its direction as a fundamental physical property. By the 2<sup>nd</sup> Law natural processes involving energy transfer have only one direction, thus, every natural process is irreversible predicting that the entropy (disorder / randomness) of an isolated system increases with time. The common solution of Einstein's *mass-energy equation*,  $E = m_0c^2$  acts forward in time describing energy emanating from a source, dissipating outwards towards disorder. Einstein's equation is a simplification of the *energy-momentum equation*,  $E^2 = (pc)^2 + (m_0c^2)^2$ . Physics only utilizes the positive forward-in-time solution describing the law of entropy, ignoring the negative solution. Since the equation is quadratic, it must have two energy solutions: one positive and one negative. The positive or forward-in-time solution describes energy diverging from a cause, but in the negative solution, the energy converges backward-in-time from a future cause; considered an unacceptable solution since it implies retrocausality, meaning that an effect occurs before its cause. Einstein solved this problem by assuming that the momentum always equals zero. He could do this because the speed of physical bodies is negligible compared to the speed of light. Thus, Einstein's complex *energy/momentum/mass equation* simplified into  $E = mc^2$ , always having positive solution.

But in 1925 Pauli discovered that electrons have a spin approaching the speed of light. Next the Klein-Gordon equation described quantum particles in the framework of Einstein's relativity using the full *energy/momentum/mass equation* of Special Relativity with two solutions: forward-in-time and backward-in-time. But since the negative time solution was considered unacceptable, it too was rejected. Whereas the Klein-Gordon equation could explain the dual nature of matter (particle/wave) as a consequence of the dual causality (forward and backward-in-time causality), Schrödinger's equation was not able to explain the wave/particle nature of matter.

The concept of negative entropy was introduced by Schrödinger in 1944 [21]. In 1974, Szent-Györgyi proposed replacing the term *negentropy* with *syntropy* which originated in the 1940s with Fantappiè [22] who reasoned, there must be a negative backwards-in-time solution describing energy which diverged backward in time from a future cause. Syntropy is a converging force maintaining order in SOLS, whereas entropy is a diverging force leading to disorder in physical systems. This is a duality between two interacting forces mediated by an Einstein-like unified field. For the Copenhagen Interpretation of quantum theory, retrocausality remains a problem; but in terms of Cramer's Transactional Interpretation, where a present instant is a hyperspherical standing-wave of the future-past, there is an inherent backwards-in-time solution [23,24].

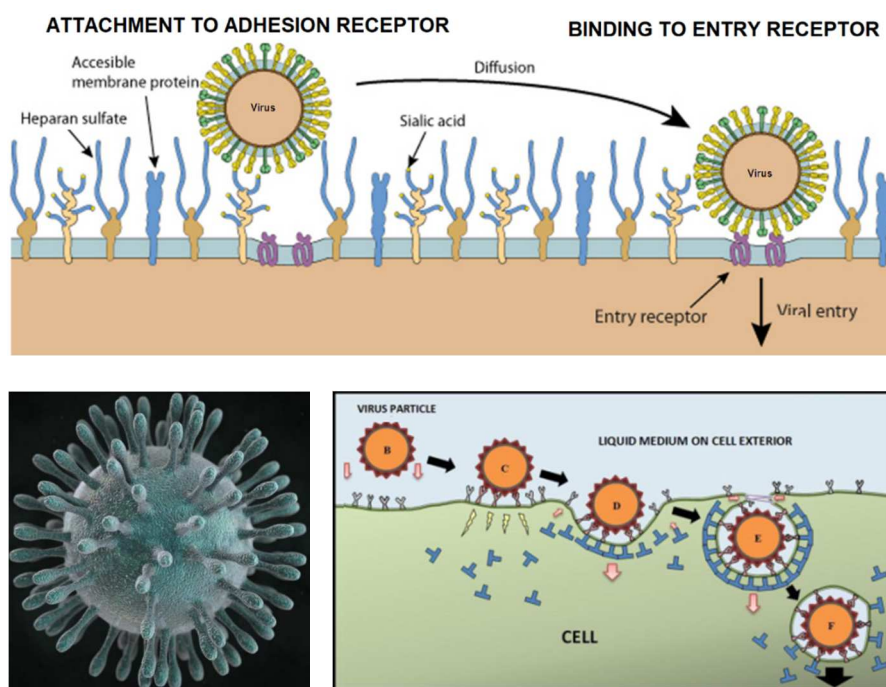
Szent-Györgyi pursued free radicals as a cause of cancer. He proposed cancer as ultimately an electronic problem at the molecular level, also describing a correlation with syntropy. Aspects of this work are an important precursor to redox signaling [25]. Oxyradicals have been considered as harmful byproducts causing molecular damage during aging. However, evidence is accumulating showing that the actual situation is more complex: the living state implicitly involves the production of oxyradicals: 1) Blast type cells produce much less oxyradicals than the differentiated ones, and an increased production of OH radicals induce differentiation of various lines of leukemia cells; their superoxide dismutase expression increases to a very high extent. 2) The supramolecular organization of the cells is developed by useful crosslinking effect OH radicals. 3) Respiratory inhibition of oxyradical production would kill living organisms prior to exhaustion of energy reserves. It is assumed that the continuous flux of OH radicals is a prerequisite for an electron delocalization on the proteins, a semiconduction of p-type, proposed already in 1941 by Szent-Györgyi, but refuted on a theoretical basis. Free radicals damage contributes to the etiology of many chronic health problems such as cardiovascular and inflammatory disease, cataract, and cancer. Antioxidants prevent free radical induced tissue damage by preventing the formation of radicals, scavenging them, or by promoting their decomposition [26].

The modulation effects of meditation on oxidative stress have been increasingly investigated. Long-term transcendental and Zen meditators have shown diminished oxidative stress observed by a reduction of lipid peroxidation and biophoton emission. Glutathione level and activity of antioxidant enzymes (catalase, superoxide dismutase, glutathione peroxidase and glutathione reductase) have been facilitated in Yoga and Sudarshan Kriya practitioners. One year of Tai Chi training has been reported to promote superoxide dismutase activity and lessen lipid peroxidation. Performing diaphragmatic breathing after exhaustive exercise has attenuated oxidative stress faster than in control groups. Such results suggest possible roles of meditation-

based techniques on the decrease of oxidative stress assisting in prevention and alleviation of deterioration of related diseases. However, the cellular and molecular mechanisms are not yet known [27].

## 2. Aspects of Viral Adhesion

To initiate infection, all viruses must traverse the host-cell's plasma membrane and often a cell wall. The first stage of this process is attachment to a cell-surface macromolecule, the viral receptor, representing an attractive target for intervention by pharmaceuticals or spiritual inoculation. The process of receptor assault initiates the internalization pathway as in Fig. 1. Viral attachment to a host cell is mediated by viral proteins binding to specific host surface molecules such as membrane proteins, lipids, or the carbohydrate moieties present on either glycoproteins or glycolipids. Proteins are the polymers of amino acids. Amino acids are joined together by a special type of covalent bond (peptide bond) to form linear structures called polypeptides. The polypeptides are then folded into specific structures forming the functional bioenergetics of protein molecule conformation [28-30].



**Figure 1.** a) Attachment and adhesion of a virus to receptors on a cell surface. Modified from [28]. b) Coronavirus model showing spikes single-handedly leading viral entry into host cells. c) Details of viral entry through the epithelium into cells. Adapted from [29].

Additionally, receptor binding is frequently the trigger for conformational changes in the virus itself. These structural rearrangements are thought to initiate an uncoating process, a controlled, targeted release of the genome to the replication site. Early conditions in the viral life cycle, events before a viral genome is inserted into host cell, are susceptible to drugs, including effects on viral attachment to target cells [30], or by meditative production / preservation of a *spiritual*

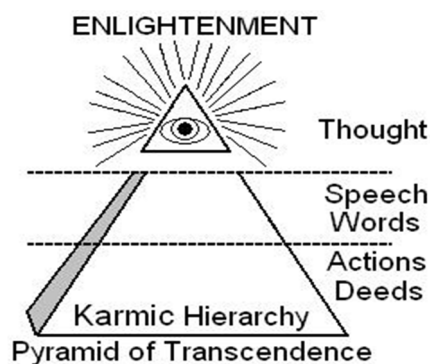
*corona*. The epithelium provides the barrier to pathogen invasion. Viruses have developed profound strategies to pass through the epithelium by utilizing cell-cell adhesion strategies. Viral replication cycles always begin with the recognition of a specific protein or oligosaccharide on the cell surface, a receptor, and cell entry [31].

### 3. Overview: Natural Science of Awareness

Solving the measurement problem is intimately involved with finding a comprehensive Physics of the Observer and will likely be an inherent component of a paradigm shift producing the long-sought solution to the mind-body problem including discovery of 3<sup>rd</sup> regime natural science, taking the form of an Einstein-like unified field theory with higher dimensional M-theoretic elements a salient part of the ontological topological phase transitions mediating unified field interactions [16,20]. In the interim, hopefully satisfying our purposes here, a brief overview of elements of a model of an Eccles-Cartesian Interactive Dualism is offered.

#### 3.1 Golden Rule Subsidiary to Love of God – The Great Commandment

For simplicity, we will argue our case only from the point of view of Judeo-Christianity but the reader is asked to keep in mind that as illustrated in Fig. 3 the premises herein are postulated to apply to all legitimate theologies. The monotheistic religions Judaism, Christianity and Islam teach that the Golden Rule and other moral commands for human relations are subsidiary to the Great Commandment relating to God. For example, Jehovah, Emmanuel or Jesus the Christ explicitly identified the Great Commandment as supreme love for God, as affirmed in the Hebrew Torah and Christian Bible. In contrast to the ancient *an eye for an eye*, Jesus gave a new command - "*Love one another as I have loved you*". By categorizing '*Love your neighbor as yourself*' as the Second command like unto the first, Jesus placed the Golden Rule and human relationships as not subsidiary but tantamount to one's ideal relationship with God the father.



**Figure 2.** Pyramid of Transcendence / enlightenment. Individuals ‘Living’ operationally at the top of this ‘karmic pyramid’ spontaneously develop transcendent abilities. ‘Sin’ or violation of ethical principles, commandments or Karmic law can be classified into three weighted categories of decreasing severity: 1. Actions, 2. Speech, 3. Thoughts.

Paramount to our purpose here is Christ's teaching regarding the two great commands, specifically as stated in the last sentence: *Master, which is the great commandment in the law? Jesus said unto him, Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind. This is the first and great commandment. And the second is like unto it, Thou shalt love thy neighbor as thyself. On these two commandments hang all the law and the prophets* [32].

Prophets are seers and revelators – users of highest-level transcendent abilities, believed to be even to the extent of conversing face to face with the Messiah as Moses did. The requirements for acquiring transcendence may be further clarified in terms of a three-level pyramid (Fig. 2). The base represents crimes or sins of action (Karma) like murder, theft or adultery for example. The middle of the hierarchy is represented by sins of word like lies or insults, which under extreme conditions could lead to another's harm or death. Goethe's 1774 classic *Sorrows of Young Werther* is purported to have produced a rash of suicides on its publication [33]; whereas a statement like 'where'd you get that stupid shirt' may or may not merely hurt one's feelings. "If any man among you seems to be religious, and bridles not his tongue, but deceives his own heart, this man's religion is vain" [34]. The top of the pyramid represents sins of thought. Thought by nature is fleeting. As long as an *evil* thought is not *dwelt* on; it can be forgiven as quickly as contemplated. At this level of living the limitations of being human come into play. Deity can expect no more of a mortal being than trying to manage one's thoughts.

According to metaphysical law, as applied to the perennial philosophy or anthropic cosmology, one is virtually guaranteed attainment of a degree of transcendence when one's *moral crimes* hover at the apex of the pyramid; provided one has sufficiently good karma or repaired karmic debt (sin) by making restitution for negative conditions of the past. Noetic Cosmology suggests that by routinely living at this apex a universal Anthropic Principle of Transcendence comes into play whereby anyone maintaining this mode will spontaneously achieve a state of transcendence. Also, if the premise for this noetic Principle of Transcendence is correct, any team of scientists whether comprised of any combination of Jew, Christian or Shinto for example, will be able to utilize Transcendence as a tool in scientific theory formation. Likewise, any dialogue between scientists and theologians could achieve similar fruition. Based on the fundamental premise that Men are spiritual beings living in an Anthropic Multiverse; the following postulate is said to hold true:

**Postulate 1:** Any individual or group of individuals living by the Golden Rule, to the extent where those individual's moral offenses<sup>1</sup> occur generally only at the level of thought, will spontaneously develop transcendent abilities useful as an epistemological tool.

Two conditions apply. The past history of the individual must be relatively free of serious offense. The postulate may not apply to those guilty of unpardonable offenses like murder or blasphemy against God<sup>2</sup>. The activity of thought is at the limit of human control. Human beings

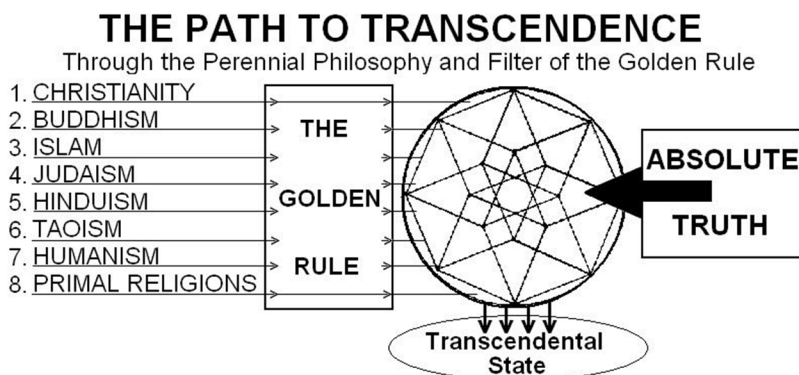
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<sup>1</sup> Moral offense – We wish to skip for the most part a detailed delineation of what constitutes moral offense. For our purpose here we chose to simply state that good has a tendency to bring people together and moral offense has a tendency to separate or harm.

<sup>2</sup> Unpardonable Blasphemy – This is not a condition of swearing or cursing of the general kind; but a rare occurrence of a fully transfigured person who has *beheld the face of God* like a Moses, who then turns his works against God as an enemy to him.

cannot be expected to have perfect control of their thoughts. The karmic rule is satisfied if one does not continue to dwell on negative thoughts which causes a drop to the adjoining lower pyramid level.

The basic needs of all life on Earth are optimized by *The Golden Rule* - treating other entities and the environment holistically in the same manner as we would like to be treated, with the same justness a loving God himself would enact in such commerce. This perennial philosophy is an absolute truth that relates to all sentient consciousness universally throughout the Anthropic Multiverse where intelligent life is the rule not the exception – *worlds without number have I created, like grains of sand at the seashore* as now observed in the Hubble telescope. Transcendence can be achieved by a high-level adherence to the universal tenets of the Golden Rule. Empiricism has been an impossible challenge for theology; and scientists have historically denigrated any dialogue utilizing religious dogma based on faith-based logic put forth by theologians as merely a product of pre-Galilean ratiocination. Thus, only by developing a common basis for utilizing transcendence as a universal epistemological tool can Science and Theology be united pragmatically. Producing a universal framework for transcendence seems of grave import because such a completion of human epistemology could have broad impact ultimately leading to world peace, higher quality of life and amelioration of environmental concerns.



**Figure 3.** Because of the inherent spiritual nature of mankind in an Anthropic Cosmology with a Cartesian teleological life principle and the concomitant existence of *Absolute Truth* in regard to spiritual matters, the Golden Rule, as a universal principle of the Perennial Philosophy, provides a path to both find God and spontaneously develop transcendence in the process.

Mystical Experience: A (purportedly) perceptual experience yielding familiarity with a reality or state(s) of mind not accessible by way of external sense perception, somatosensory modalities, or standard introspection. Sensory data usually enters through neural pathways of various sensory apparatus coupled to the external world of 3-space. In parallel, when one enters a state of deep meditation, the path of sensory input uncouples from 3-space and recouples to another subjectively *observed* nonlocal reality. The five senses apply but receive data from another realm [35-37].

Putatively, the Perennial Philosophy is a systematic guarantee that a valid path to finding God or for developing a sensory awareness of the presence of the spirit exists. The Golden Rule provides

the universal operational basis for opening the door to the path to transcendence; but ultimately any pragmatic proof of God [38,39] must rely completely on subjective mystical experience. Mysticism, in general means becoming one with God or the Absolute. Our thesis revolves around attaining mystical experience(s) of sufficient threshold to produce a transcendent state of unity with the absolute as the transcendent proof of God. Logic, philosophy or reason can only facilitate interest in attempting the path. Traditionally, mysticism referred to the biblical liturgical, spiritual, and contemplative dimensions of early and medieval Christianity. More recently, the definition of mysticism broadened to include beliefs and ideologies related to extraordinary experiences and states of mind, with applications aiming at union with God. This evolution of the concept of mystical experience puts sole emphasis on experience, i.e. direct personal unity with the divine [40,41].

Qualities of Mystical experience according to James: Ineffability, "*no adequate report of its contents can be given in words. ... its quality must be directly experienced; it cannot be imparted or transferred to others. ... mystical states are more like states of feeling than like states of intellect. No one can make clear to another who has never had a certain feeling, in what the quality or worth of it consists*" [40]. Noetic quality, "*Although so similar to states of feeling, mystical states seem to those who experience them to be also states of knowledge. They are states of insight into depths of truth unplumbed by the discursive intellect. They are illuminations, revelations, full of significance and importance, all inarticulate though they remain; and as a rule they carry with them a curious sense of authority ...*" [40].

#### 4. Theological Premises for Spiritual Inoculation

The basis for producing a spiritual inoculation stems not only from the practice of skilled noetic meditation, but by masking the Natural Man (*homo sapiens*), respectively with an envelope of the spirit such that he evolves toward becoming, a *Lucis Sapiens* [42]. "*But the natural man receiveth not the things of the Spirit of God: for they are foolishness unto him: neither can he know them, because they are spiritually discerned*" [43]; and "*For the natural man is an enemy to God*" [44]. The benchmark for optimal spiritual inoculation would be highly individual, as the technology for empirically measuring the bar does not exist yet. In this sense, achieving evolution in each arena would elevate efficacy of the inoculation, presumably to 100% guaranteeing immunity.

It is also suggested that the Great Commandment – *love one another*, in conjunction with prayer or meditation (a form of prayer), can be employed to act as a protection against viral infection by providing a spiritual shield (domain wall) against viral attachment and transmission. Viral transmission is known to occur by adhesion processes to a variety of cellular receptors. Through sufficient love or deep meditation, a *corona* of the spirit (Chi, Qi, Prana [1-3]) is maintained creating a noetic force that blocks viral adhesion to various cell surface receptors.

Doctrinally, *All spirit is matter* [45], which if applied to the mind in terms of Einstein's mass-energy equation,  $E = mc^2$  suggests that interpersonal commerce is imbued with forces effecting not only health, but also can maintain or attenuate a soul's corona of spirit. Even a small magnet applies a strong force of attraction to a metal object or repulsion to N-N or S-S poles of two



magnets. There is scriptural evidence that the great commandment applies also to spiritual forces as revealed in the words of the Messiah in the Sermon on the Mount: “*But I say unto you, That whosoever is angry with his brother without a cause shall be in danger of the judgment: and whosoever shall say to his brother, Raca, shall be in danger of the council: but whosoever shall say, Thou fool, shall be in danger of hell fire*” [46]. The fact that the Savior repeats the warning in a similar manner three times, suggest that the passage must be *taken literally* – that we can and do apply a noetic force on each other, that over a period time if not removed causes health problems.

Initially, *Greet one another with a holy kiss* was considered as the basis of the spiritual component to this paper. Quickly, it was realized that *Love One Another* was more appropriate as the significance of the pronoun *One Another*, came to the forefront. One another indicates a deep reciprocal relationship of interaction among individuals or a congregation’s entangled souls (united as the body of Christ), To *Greet one another with a holy kiss*, is used in the biblical New Testament five times: 1 Cor. 16:20; 2 Cor. 13:12; 1 Thes. 5:26; Rom. 16:16; 1 Pet. 5:14. In the JST (Joseph Smith Translation), the founding Latter-day Saint (LDS) prophet, Joseph Smith changed *Kiss* to *Salutation*; opening a door for analysis. Firstly, in examining the ancient Greek bible, checking to see if *Kiss* in comparison to the King James version was a transliteration or a true translation, where a message from the Lord was to be preserved, is revealing [47].

There are seven types of Love in the Greek language; two, either *Philia*: Affectionate virtuous love for peers (saints) or *Agape*: Highest form of Godly love, seem appropriate for analysis. Likely *Agape* was not used as some philosophers consider *Agape* unattainable by Man. It is said best in 2 Cor 13:12; where the Greek word *philemati* is used, which can be translated as either kiss or *spiritual love*! [47]. An inspiring reminder that saints are ever on the path to enlightenment, learning to greet each other with increasing spiritual love (*kiss*). Let’s relate the *one another* concept to the Judeo-Christian savior’s teaching about the Great Commandment. The term *one another*, occurring 100 times in the New Testament, is derived from the Greek *allelon*, meaning one another, each other, mutually, reciprocally; which applied to the great commandment creates a unity of the members of Christ into one loving body, causing miraculous spiritual gifts occur; the light of Christ flows into your eyes and into your heart, making your whole body as luminous as sunlight, 1 Cor. 12; Book of Mormon, 4 Nephi. The application of Love One Another can therefore be a spiritual agent attenuating viral adhesion.

Firstly, it is easy to observe, and prove from the LDS Book of Mormon, that historically too few Latter-day Saints learned how to keep the Great Commandment to the degree the savior commanded. In particular, the 1,000-year history of the Book of Mormon consists of continuous cycles of blessed prosperity to abject destruction. For example, in 2 Nephi 1:21-23, Lehi urges his sons to be united in brotherhood so that they are not destroyed, or the Lord’s warning of destruction in 3 Nephi 9:12. During periods when the saints are highly righteous, mighty miracles are common, Alma 23:6, or especially, 4 Nephi 1:5. We live in a time where the righteousness of Christian Saints is moderate, but increasing (evidenced in attention to the new ministry programs) in preparation for the return of our beloved Savior, Isaiah 11:9; while the World is spiraling ever closer to tribulation and destruction, Mosiah 29:27.



**Figure 4.** Moses displaying the 10 commandments received for Israel on Mt. Sinai after remaining there 40 days and nights.

The original Commandments God gave to Moses during forty days on Mount Sinai were to serve as principles of moral behavior for the human race, are said to be engraved on stone tablets by the finger of God. Moses smashed the tablets when he came down from the mount because the Hebrew people were committing idolatry. Because the Israelites were incapable of keeping the original commandments; God reformulated them as recorded in both the Books of Exodus 20:1-17 and Deuteronomy 5:6-21:

- Thou shalt have no other gods before me.
- Thou shalt not make unto thee any graven image, or any likeness of anything that is in heaven above, or that is in the earth beneath, or that is in the water under the earth.
- Thou shalt not take the name of the Lord thy God in vain; for the Lord will not hold him guiltless that taketh his name in vain.
- Remember the sabbath day, to keep it holy.
- Honor thy father and thy mother: that thy days may be long upon the land which the Lord thy God giveth thee.
- Thou shalt not kill.
- Thou shalt not commit adultery.
- Thou shalt not steal.
- Thou shalt not bear false witness against thy neighbor.
- Thou shalt not covet thy neighbor's house, thou shalt not covet thy neighbor's wife, nor his manservant, nor his maidservant, nor his ox, nor his ass, nor any thing that is thy neighbor's.

About 1500 years later, Jesus Christ reintroduced at least a portion of the original *gift from God*:

The New Testament *Great Commandment* combines the first two commandments as spoken by Jesus in Matt 22:36–40, Mark 12:28–34, and Luke 10:27. In Mark, when asked *which is the great commandment?*, Jesus answers, *Thou shalt love the Lord, thy God with all thy heart, and with all thy soul, and with all thy mind, and with all thy strength*; then referring to a second commandment, as *like unto it*. The Savior's gift of this new commandment to love one another, portrayed beautifully in LDS Hymn 308, is drawn directly from the Savior's words of commandment to his disciples: *Love one another; as I have loved you. ... John 15:12: This is my commandment, that ye love one another, even as I have loved you. John 15:17: These things I*

*command you, that ye may love one another.* Luacine Clark Fox (1914–2002), daughter of LDS apostle J. Reuben Clark, composer of hymn “*Love One Another*”, stated, *I knew I had found the theme I wanted. As I jotted down the words in my notebook, taken from John the beloved 13:34–35 [48].*

To *love one another* in the manner the savior proposed takes inciteful wisdom:

*I have thought a little about the great commandments. I think that under the law of Moses, the commandment was to love your neighbor as yourself. What I have discovered over my life, is that not many people love themselves very much. I think that is because the light of Christ has revealed to them what they should do, and they have decided to disobey that light. Their spirit rebels against such an unwise decision and it results in a dislike of the person who has disobeyed or ignored revealed truth (themselves). So, when the model of loving others in the same way as you love yourself has produced terrible results. Christ changed the Mosaic law and the new requirement is that you love others the same way Christ loves others. That implies that you need to know enough about Christ to be able to know how he loved others [49].*

*I think, though, that we often miss the point of the Savior's "new commandment". He was asked, "What is the great commandment in the law?" "the law" refers to the Law of Moses, which was included in the scriptures that the Jews used. The Savior answered the question specifically by quoting from "The Law": "Thou shalt love the Lord thy God with all thine heart and with all thy soul, and with all thy might. (Deut. 6:5) This is the first and great commandment". But then He continued: "and the second is like unto it, Thou shalt love thy neighbor as thyself. (Leviticus 19:18) On these two commandments hang all the law and the prophets." That was a very specific answer to a specific question. We see the Savior doing the same thing in other places: answering a question without revealing all of his pearls.*

*John records that after the last supper the Savior said to his apostles, "A new commandment I give unto you, that ye love one another: as I have loved you, that ye also love one another." (John 13:34) he was not trying to say, "Love one another. That is what I have done to you." He was saying: If you are getting pretty good at keeping the old commandment, that is, love your neighbor as yourself, now try this: Love one another as I have loved you. He is setting a higher standard. "Love one another" is not a new commandment. "Love one another as I have loved you" is a new, higher commandment [50].*

As a Gospel scientist (Noeticist), by profession, the workings of the spirit as drawn from D&C 88: 11-15, defines me as a theoretical physicist studying applications and interactions of the spirit [51-53] which the LDS prophet Joseph Smith tells us is *physically real* D&C 131:7-8, meaning additionally, when Millennial Science begins, blessings will include spirit-based medical technologies and psychology moving from an art to a hard physical science. In the Brigham Young Relief Society / Priesthood manual, LDS President Young teaches that *all scientific discovery comes as revelation from God [54].*

Firstly, as already stated above, if the saints sufficiently keep the Great Commandment, no miracle will be withheld from them. LDS D&C 38:30 explains that: *If ye are prepared ye shall not fear.* The LDS prophet Joseph further reminds us, *if your eye be single to my glory, your*

*whole bodies shall be full of light*, D&C 88:67. Page 177 in the LDS Children's Songbook *Teach Me to Walk in the Light*, is a prime example. Scientifically, viral transmission occurs by the bioenergetics of viral adhesion [55,56]. Metaphorically, we can relate this to the ebb and flow of tides covering or revealing a sandbar at the seashore. When the tide is in, and the ocean (coronal light of spirit) covers the sand, the virus cannot adhere. Conversely, to the degree not prepared (bad karma, sin), the tide is drawn out by external forces (the moon); the sand laid bare and virus can adhere.

Secondly, in addition to extending our ability to embrace Gospel Principles, another tool is helpful. On a personal note, as a person with chronic ulcerative colitis for over 50 years, I was forced to become a highly skilled meditator as a means to alleviate inflammation to the degree that a portion of my colon would not be surgically removed.

## 5. Synopsis of Essential Aspects of Noetic Meditation

Authors personal voyage uncovering the *noetic meditation*. I don't remember how I initially became interested in meditation ~ 50 years ago. I do remember briefly dancing with the Hari Krishna's, dabbling in Zen Buddhism, sitting in on Hatha Yoga sessions, learning Tai Chi and taking a class on Polarity Therapy. Likely, my curiosity was piqued, because these were decades of great interest in Eastern Philosophy. As an undergraduate in psychology, I checked all 30 volumes on meditation out of the library and observed the similarities all meditations had in common. Just prior to creating the noetic process I visited introductory sessions on Transcendental Meditation, which I felt provided the final contrast to my education. I borrowed what suited me personally from all the arenas I studied. I realize something comparable to what I chose to call noetic meditation may already exist; but the infinitude of Eastern literature and impenetrable terminology without years of study currently make that answer opaque.

From two pilot studies performed over a 10-year period, I believe spiritual inoculation is 100% feasible. However, because it requires a *virtuoso effort*, patience is required to produce a complete state of immunity. Some will have natural immunity with little effort. In spite of these challenges, there is still great value because partial immunity would lessen severity and even perhaps save lives. The two pilot studies were performed in the 1970s while a member of the Stanford University ward of the LDS church. The first study was performed for 4.5 years; after a two-year gap, a second experiment was performed for 3.5 years. I am a person who typically catches flu every year because of bronchial sensitivity. During the eight-year period, I never caught the flu; and since the coronavirus operates also by viral adhesion, results should be the same. Simplistically, the noetic meditation takes the form of a walking meditation - maintaining a meditative state all-day-long. Note that meditation is defined as a form of prayer.

The practice of Meditation, historically documented as far back as circa 5,000 BC, is difficult to define because of myriad forms and uses. In general, all forms have certain commonalities. We have chosen to call the meditation proffered herein designed for congruence with spiritual inoculation a Noetic Meditation. A key condition is that the concerted Noetic Meditation is meant to be performed all-day-long. The 1<sup>st</sup> aspect takes the form (found in several well-known disciplines) of *following the breath*. Highly focused concentration on the breath replaces the use

of a mantra. This mode is performed each morning on waking and in the evening while falling asleep where typically one experiences an experiential rush or waterfall effect of the day's residues. The 2<sup>nd</sup> aspect, a *walking meditation*, differs from well-known forms walking meditation in that the focus is not on the relaxing effects of picturesque scenery, but solely concentrated on maintaining the corona of spirit deemed mandatory for optimal spiritual inoculation.

For those who have never meditated, learning to concentrate and focus can initially take weeks or even months to master. Since the noetic meditation is challenging to accomplish, perhaps few will invest sufficient discipline to do so; but even achieving a sophomoric level of skill could reduce the severity not only of viral infection but also a plethora of other conditions. For example, the ~ 400 autoimmune diseases have a spiritual component, reducing their effects could provide life-changing effects. Alternatively, focused daily prayer will likely cause both shorter duration and lessen severity of any virus if infected. Of course, the first method above, is highly recommended; but since we as homo sapiens evolve precept upon precept over time, as the 13<sup>th</sup> Article of Faith states, we seek after things *virtuous or of good report* [57].

Whether the corona of spirit is quantized into discrete energy levels or not it unknown at this time. While the unified field is holographic in ubiquity as the fundamental ontological basis of reality; life / awareness is not monistic, but entails a phenomenological duality between the observed temporally observed world and the absolute. This suggests a form of quantum field theory interacts within SOLS.

While extracurricular to our discussion, two pertinent concepts are worth mentioning: 1) When Coupled with fasting, sensory awareness can detach from external reality and more easily be focused on additional dimensions of an inner nonlocal space. 2) The author has studied as an Oriental Medical Doctor (OMD) and discovered that meditating on pertinent acupuncture points acts as a power factor in stress reduction more easily breaking the bonds at points along meridians acting as *tourniquets of stress*. For example, as well-known radiating photons cannot be stopped; if they are, they annihilate; i.e., nodes with a *tourniquet of stress* destroy the bodies (or regions) spiritual corona. Instead of photon phenomenology mediating electromagnetism; the Unified Field is mediated by *noeons*, the ontological force of the unified field [8,9,42].

Just as all matter, such as electrons, are surrounded by a corona of virtual quantum field particles, the unified field provides a similar corona of a cartesian life principle; thus, a cell has a corona of this energy similar to the radiant corona sphere of photons surrounding the sun, continually varying in size and shape as it is affected by the Sun's magnetic field. Stressors in daily life, exacerbated by personality, karmic debt and interpersonal commerce can be sufficiently strong to attenuate the spiritual corona by destructive wave interference. A minimum corona of *light* is required for optimal spiritual inoculation suppressing viral attachment.

Upon perceiving stress, the nervous system activates a stress hormone cascade releasing catecholamines (adrenaline) and glucocorticoids (cortisol) binding to stress receptors located in structures involved in emotion and memory like the hippocampus, amygdala, and prefrontal cortex. Cortisol has receptors almost everywhere in the body, including the brain. The signaling molecule (hormone, pheromone, or neurotransmitter) acts as a *ligand*. A ligand is an ion or

molecule that binds to a receptor atom forming a coordination complex. Bonding with a receptor involves donation of one or more of the ligand's electron pairs often through Lewis Bases (can donate a pair of electrons). The ligand binds to, or *fits*, a site on the receptor. Binding of a ligand to its receptor causes a conformational change in the receptor that initiates a sequence of reactions leading to a specific cellular response such as reactive cortisol levels in response to stressors.

## 6. The Noetic Meditation - Focused Contemplation

Reduction of stress during Noetic Meditation, although an inherent occurrence during any process of meditation, is secondary to the main purpose of producing a sufficient *corona of spirit* for optimal spiritual inoculation producing actual viral immunity. This noetic action is not a production of antibodies, but rather through the putative force of coherence supplied by the unified field – viral adhesion to cellular surface receptors is negated by an as yet undiscovered spiritual process acting on biochemical bioenergetic charge coupling for conformational change. The goal of Noetic Meditation is to produce and maintain an evanescent domain wall corona inhibiting viral adhesion. At this time, only introspection regarding the *sense of being*, can confirm to the participant that a corona of spirit has been created / maintained. An ethical basis for transcendence, keeping commandments or mediating karmic debt is assumed as a prerequisite. Meditating to achieve a relaxed state or peacefulness does not necessarily produce / maintain a spiritual corona.

Imagine the human body as a huge balloon-animal toy, with myriad tiny twist bubbles along its surfaces. The knot twists are the result of stressors and block the flux of spiritual energy. Noetic meditation is not just deep relaxation and contemplation, but the act of discovering the stress knots and utility of a key requirement of *loving or cherishing* them which untwists them allowing spiritual flux to continue more optimally. Think of the knots as a form of Vampirism – The vampire of stress sucking away or attenuating the corona of spirit. It is believed in general that the majority of meditators use meditation solely to reduce stress and obtain a peaceful state of relaxation [17].

The relaxed state is not sufficient; it is the point where noetic meditation begins. Upon entering a state of deep meditation, the path of sensory input can uncouple from 3-space and recouple to another subjectively *observed* internal reality. The same five senses apply but receive data from another realm. One can discover the ability to manipulate the topology of this nonlocal space, moving awareness through layers of onion skin – a multilayered tier arrayed with knot bubbles.

Currently, Intelligence is defined as *what the intelligence test measures*. When the cognitive model is finally superseded, science will be able to add aspects of Cartesian physicality to the model. Parametrically considering intelligence as a Bohr model of the atom, awareness would have a hyperspherical volume with the upper bound dictated by the outer radius of valence electron from the ground state determining speed and capacity. This is a simplistic model with limited efficacy; the points we wish to illustrate are: If unified field noeons are the psychons of qualia [6], the speed of mentation increases in conjunction with the greater velocity inherent in higher orbital levels of electrons; increased hypervolume increase the capacity of awareness.

This can heuristically be considered in terms of the physics of spin-spin coupling where the interaction between the spin magnetic moments of different sets of Hydrogen atoms in a molecule. The magnetic spins of these resonating nuclei interact with each other and affect each other's precession frequencies. The effective magnetic field experienced by neighboring protons is a result of magnetic spins affecting bioenergetics. The noetic meditation is designed to affect the structural-phenomenology of the soul and mediate life-principle based homeostatic spin-spin coupled set-points applicable to the cell surface and adhesion receptors. To clarify what is meant by movement within the additional internal nonlocal space of reality, in terms of the proposed noetic meditation, we do not mean leaving the bound of individual intelligence relative to the soul, but rather when knotted stress nodes are broken, an additional energy level (Bohr orbit metaphor) is added to capacity. It seems likely that these layered orbits are reclaimed or added to unused capacity in terms of an individual's evolution.

To avoid repetition, since procedures are essentially similar, we assume the sitting / reclining morning-evening or midday meditations and the all-day-long Walking Meditation techniques can be combined into one description.

### **First step:** Preparation

- Comfortable relaxation and withdrawal of the mind from external reality.
- Coupling awareness to internal world.

For the stationery mode, sit/recline quietly, relax and withdraw from the external world and poise one's thoughts inwardly. For the walking component, one *always* keeps a portion of awareness coupled to the internal world in order to monitor conditions.

### **Second Step:** Fixation

- Mindful strict highly fixed focus
- Contemplating the Breath Cycle
- Searching for and identifying chronic stress nodes

Following the breath helps one to focus on the present and allow awareness to become fixed and the mind-body to become calm. Breathing uses chemical and mechanical processes to bring oxygen to every bodily cell and to expel carbon dioxide. During cellular respiration, oxygen breaks down sugar to obtain energy fueling all life processes. Breathing exercises can help activate the parasympathetic nervous system, controlling the rest state, and deactivate the sympathetic nervous system which regulates the fight-or-flight response. The autonomic nervous system regulates body processes, such as blood pressure and breathing rate. This system works autonomously.

General instructions for Watching the Breath: Inhale deeply, and then slowly exhale. Wait for the breath to come in of its own accord, and watch its flow. Very slowly, mindfully follow the breath cycle along entire body, from top of head to tips of toes and finger tips. One becomes aware of subtle regions of tension – perhaps around the eyes, teeth, cheeks-temples. Discovered

stressors can be found anywhere, but especially extremities – top of head, anus, tips of toes and fingers.

- Force total Exhalation all the Way and hold
- Force Inhalation all the Way and hold
- Follow the breath cycle breathing very slowly
- Notice points of subtle tension

### **Third Step:** Noetic Ideation

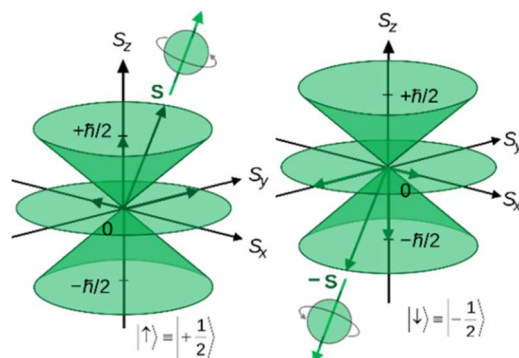
Meditation is focused awareness. Ideation is the specific task or concept to be concentrated on during a meditation session or during all-day-long bicameral concentration. If some proficiency has been obtained in step two, one has learned by serendipity or concerted effort how to untie knot stress nodes. One may notice which personality reactions, individuals or type of incidents one is repeatably susceptible to. These become ideation choices to concentrate on and master. Because of knowing them, during all-day-long bicameral awareness one learns how to identify and ameliorate the knot during the creation process removing the stressor with immediacy.

- Noetic ideation of specific repeatedly created knot stress nodes.

### **Fourth Step:** (The Key)

Atoms and molecules are 99% empty space; the orbital valence electrons are in relativistic motion, providing the solid surface of matter in our surroundings, which we as (SOLS) are made of and embedded in. The biophysical flux of the life principle is still unknown. We have made preliminary postulates in terms of the Eccles psychon as a new energy measure [9] related to an Einsteinian unified field, a duality of quantized energy and a topological matter-wave field that couples to and infuses through matter as illustrated in Einstein's mass energy equation,  $E = mc^2$  [5-9]. For quantized matter this takes the form of a point particle surrounded by the topological waveform (wave-particle duality) in localized 3-space. This is the universe modeled in terms of the Copenhagen Interpretation of quantum mechanics and the Cognitive model of *mind equals brain* without a Cartesian life principle. When a life principle is added, tantamount to the additional spiritual energy provided by the unified field [20], a force of coherence driving the evolution of SOLS arises nonlocally and flows from additional nonlocal dimensions cyclically through localized matter [58,59]. This occurs through every point in spacetime passing through all matter.





**Figure 5.** Two opposite electron spin-coupling states of quantized angular momentum, as metaphorical resultant knot stressor coupling on a charged cellular epithelial surface x-y plane.

This harmonic oscillation driving the passage of spiritual life-energy through both SOLS and temporal reality is illustrated conceptually in Fig. 5 [60] as a spin-up spin-down coupling cyclic angular momentum gating mechanism mediating entropy-syntropy homeostasis. Under optimal conditions biochemical connectivity is bioenergetically balanced. When destructive interference by stressors occurs, the flux of spiritual life-energy is inhibited producing a *knot* as illustrated in Fig. 6. This is a tertiary structure – temporal wave-particle duality locally embedded in the nonlocal topological manifold of the unified field. Because the cycle is broken, a singularity of stress (knot or tourniquet) is built into some pertinent biophysical property inhibiting its process.

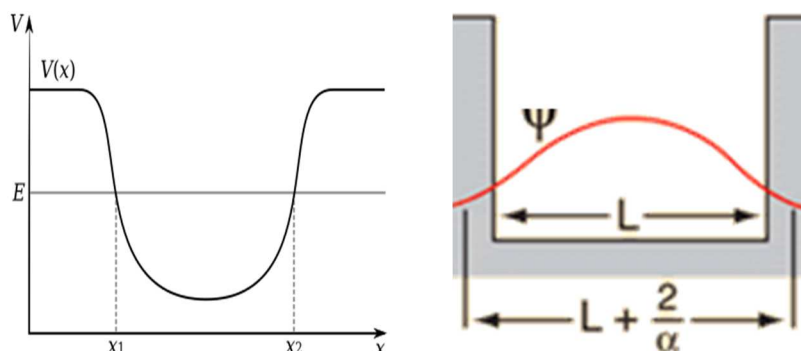


**Figure 6.** A small black cay protrudes to the surface of a coral reef illustrating how the rotating forces of spin-coupling act on the mind to cause detrimental stressors throughout the body leading to disease by inappropriate epithelial charge allowing viral adhesion. Symbolically – high tide equals a spiritual corona (waters of life). A stress like the gravitational force of moon draws the tide out leaving a surfaced cay clotting the flux of the spirit-based unified field and providing a viral adhesion entry point. Figure adapted from [61].

Figure 6 was created from an actual aerial view of submerged carbonate platforms on an archipelago in the Bahamas near Eleuthera Island where limestone plateaus of shifting sand lying atop the shallow shoals create a central cay (black knot) rising to the surface of the swirling world.

It was pointed out in Sec. 4 that calling someone by the Aramaic term Raca (fool) is a *grievous insult*; and in this Sec. that this action correlates with an actual force on the flux of the unified field's life-principle to cause knots or chronic singularities in cellular systems that can lead to disease if not ameliorated. It is fairly well-known that skilled meditators can tell if someone is staring at the back of their head (nonlocal entanglement). Pertinently this noetic force is manifest in electron spin-coupling throughout the body. We shed some light on the physics of this manifestation and how it can be affected by meditation. Simplistically, the mind is able to apply force. The spin-coupling of electrons in an energy field is in relativistic motion. As we attempt to illustrate, and hope in practice reveals, performing the noetic meditation with a *Rigid Fixed Focus* on discovered knot points applies a noetic unified field force that stops the spin-coupling, annihilating the knot and allowing spiritual flux to flow again through the area.

Meditation removes stress. The can stressors chronically become bioenergetic Knots in the epithelial biochemistry of hormone docking sites, a correlate with electron spin-spin or spin-orbit coupling, a relativistic process in atomic valence bonds. Future research may reveal that the depth of this process relative to the unified field may extend to quarkonium where the cycle switches spontaneously between matter and antimatter 3-trillion times a second! Currently this structural-phenomenology of large-scale additional dimensions driven by the coherent force of unified field is hidden behind the domain wall of the quantum uncertainty principle by cyclical subtractive interferometry [20,35-37].



**Figure 7.** a) Generalized finite quantum potential energy well. Reduces by confinement to a 2D plane b)  $\alpha$  is the spin attenuation factor acting when a charge force is applied to the quantum well, a process claimed to occur in noetic meditation.

Focused Meditation can provide a force that stops the relativistic spin-coupled motion of electrons bonded to stress nodes by the coherent force of the unified field (SOG) which will attenuate the knot allowing optimal homeostatic noeton flux to continue. This noetic effect will only occur when the breath cycle is stopped and the full focus of attention is applied to the point or area desired to be unblocked. Any point in the breath cycle can be used, full inhalation or expulsion, or mid cycle. The author uses full inhalation point as it seems to allow more time to maintain the focus. The force holding the knot coupling bonds is strong so it may take several tries to understand the degree of strong focus, importance of remaining motionless and time or number of attempts required.

Ponder and *cherish* the discovered knots of tension. Cherishing provides a power factor, essentially an application of the coherent force of the unified field transferring spiritual energy to

the pocket of negative energy locking the knot in place which blocks flux of Chi through the meridians *Cherish* the areas of tension, *Inject* love into those knots. The cherish state injects the coherent force of the Unified Field, untying the knot and releasing energy flux along meridians and changing the bioenergetics of biochemical bonds. We define this (below) as the Noetic Effect, eventually there will be a device able to perform this process – a putative form of NMR holography extended beyond current Quantum NMR holography (MRI) able to utilize aspects of the unified field.

When a knot stressor is formed, the duality of the mind-matter gating mechanism is compressed by negative energy blocking the flux of life energy through that region. The cherish with love principle, applies a torque on the spin-coupled bond breaking its coupling and reopening the channel to flow of the spiritual life energy of the unified field. Sometimes, after infusing love into the points of tension, a whole layer will snap off like breaking a rubber band (if the last knot bond on a plane is released). When breaking an area, one might suddenly gasp for air feeling renewed, full of life. With sufficient effort, over time autoimmune diseases can be cured. If you rise the karmic ladder high enough you will spontaneously acquire transcendent abilities [62].

Follow Breath with forced Maximum Inhalation & Maximum Exhalation. Focus and hold breath cycle on full exhale or inhale. Full force inhale – exhale. Strain to maintain perfect stillness. One learns that this focus (with cherish) will lead to breaking the *tourniquets of stress*.

Notice Places of Tension:

- Watching the Breath with high level of focus
- Systematically addressing the Areas of Tension
- Stop breath at full inhalation
- Fixate on stressor with absolute lack of movement
- Apply strongest force of mind possible to stressor
- Cherish the stress node with all the spiritual love one can muster
- Observe infusion of the unified field (spirit of God) annihilating the stress knot opening a pathway to the blocked hyperspherical cavity accompanied by a renewed flux of Chi.

**Noetic Effect Definition:** The Noetic Effect is the psychic application of Unified Field energy (life principle / spirit of God / Chi / Prana) to stressor nodes throughout the body by the application of an entrained highly focused rigid meditative state; the result of which is the breaking by attenuation of spin-coupled biochemical bonds. Such stressors are a dual configuration: 1) Created by the nonlocal process of destructive interference in inherent syntropic unified field pathways pervading all matter, 2) The localized component is produced in the biochemical conformational changes of stress hormone docking molecules with attachment receptors.

Quantum mechanically, spin-orbit coupling is a relativistic interaction of an electron's spin (intrinsic angular momentum) inside a potential well, a quantum space surrounded by impenetrable barriers sustaining the charge. Hormonal stress mediation is a normal part of active daily life. The problem with chronic stress is that it interferes with the negative feedback loop process that shuts off the stress hormones when the stressful situation is appeased. In fig. 7b, a finite square well wavefunction has exponential attenuation at the walls of the cavity. This

process of stress node attenuation by the meditative application of the noetic effect is what produces spiritual inoculation when sufficient stress nodes are annihilated to maintain a corona of spirit blocking viral adhesion.

### **Fifth Step: Maintenance**

Especially applicable to the all-day-long walking meditation. Purposefully continually maintain a noetic corona of spirit, which after practice can be sensed in conjunction with awareness of stress knots as they are produced. Two-fold action:

- Apply the *cherish effect* to reoccurring knot stress points or regions of the body.
- Cherish the self in general with continuous application of self- love to maintain the corona.

## **7. Afterward**

With a significant amount of study and practice over 50 years, the author developed a personalized form of noetic meditation that works well for him. Whether the main discoveries are included in any other forms of meditation is unknown. In general, any form of meditation brings peace and thus better health, and for some a spontaneous development of transcendent insight [62].

The three perceived discoveries or additions are: 1) Location and pondering of spin-coupled stress knots. 2) The knots are uncoupled or broken by extremely fixed concentrated focus at extrema of breath cycles. 3) Cherishing or loving [42] those nodes with all one's heart and soul injects the spirit of God, in conjunction with an ontological force of coherence associated with the Unified field, into the domain wall of electron spin, a power factor stopping the spin more easily.

Because of the prevailing conundrum in the *Zeitgeist*, this dialogue has been used in relation to deployment of a *spiritual inoculation* [63] to assay the efficacy of a noetic meditation for influenza or coronavirus prevention. But hopefully it is obvious that this Noetic Effect could just as readily pertain to colds or influenza. But as spirit-based technology advances, it will also be shown that the approximately 400 autoimmune conditions benefit from maintaining a sufficient threshold for a *corona of spirituality*.

Anthropic Principles are as yet accepted by few natural scientists, but imminent additional investigative protocols completing the tools of epistemology will soon facilitate the awaited paradigm shift; In that respect, acknowledgement is given to אלוהים האב and his ministering ombudsman quietly sowing seeds of seminal science.

## SPIRIT SONG OVER THE WATERS

The soul of man  
Resembleth water:  
From heaven it cometh,  
To heaven it soareth,  
And then again,  
To earth it descendeth,  
Changing ever. – Goethe [64].

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