

Bright and Dark Spirit Signal Conversion Management using Four Mindfulness Foundation

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Abstract: Bright and dark spirit signals are existed in the form of orthogonal signals, from which the entangled states between them can be established randomly. The bright spirit signal is formed in the upward direction, while the dark spirit is in the opposite direction. The optimum states of them can be managed and possible, from which the Four Mindfulness Foundation (FMF) established by Lord Buddha is recommended for practitioners, in which the optimum bright and dark spirit signal conversion can be obtained, which means that the being happiness and suffering can be optimum and randomly obtained. However, these two optimum states cannot be coherently occurred within due to the entanglement concept. The collapsed spirit signals can be achieved by the practice of FMF, where the final state is known as a nirvana state, from which the spirit is vanished and non-existed in universe.

Keywords: Buddhism Psychology, Mindfulness; Buddhism philosophy; Quantum life, Brain science; Origin of life; Nirvana

1. Introduction

White energy was transferred from dark energy originally by the black hole explosion, from which the origin of time was established [1, 2]. However, the exchanging energy between white and dark energy is remained, which means that the exchange in energy between bright and dark spirit signals is existed. Being spirit is recognized as the basic elements of being life [3], which is oscillated in time by the suffering and happiness experiences [4, 5], from which the neutral mind is the best situation form of spirit but is difficult to obtain. The best practice to obtain the neutral mind is known as the Four Mindfulness Foundation (FMF) [6-8], which can be done in all places and conditions. Moreover, the perception and meditation can also be achieved eventually [2]. Till date, the body (mind-body) consideration is the best practice of FMF [9], in which the sensation and consciousness are brought in the consecutive sequence, where finally, the fluctuation of consciousness in nature is considered and controlled, which is called Dhamma in Dhamma (nature). In addition, the five aggregates are also considered to keep the consciousness being within the consciousness and linked via the five aggregate networks.

Generally, things in nature and universe are originated and vanished, which is bound in universe due to the energy conservation. To face with the environment calmly in peace, the firm base is required to perform, for instance, the firm house, city and world, thus, the strong and firm mind require the firm base that can bare with all sufferings and happiness. Principally, human beings are formed by four basic elements, five aggregates and spirit [3], which can be separated into two major parts to be body and mind, where the body and mind require the nutrients for living. In fact, body can get the nutrients from four elements, while mind can get the truth in nature called Dhamma for nutrients. Dhamma was established by Lord Buddha in the enlightenment 2,600 years ago.

Bright and dark energies are existed in the orthogonal states, from which the entangled states of them are formed [10, 11], where the normalized form bright and dark spirits is the unity. The exchange in energy between bright and dark energy is linked by time (or frequency). This means that the transformation parameter between bright and dark energy is the oscillation time. The change in bright and dark spirit energy is always occurred in nature, from which the happiness and suffering are changing dynamically in time, which is the unstable situation. The dynamically change between bright and dark energy depends on the energy oscillation with time, where the suffering and happiness is always changed similarly to the digital signal concept. To have the basic needs of life in nature, therefore, the body and mind should have their nutrients for living. Otherwise, human being life will be in the risk. In this paper, the firm base for mind is presented, which is known as the FMF in either principle or practice. The physical concept and interpretation of bright and dark spirits are described, which is useful for all practitioners. This can be the technique that can keep the world in peace and have the happiness life.

2. Principle

In principle, spirit is never died, except, the beings are in the nirvana states, where the new body will be in active with time, from which the memory has begun, where the consciousness is now operated and connected to the body. Bright and dark spirit signals are entangled and randomly occurred [10, 11], which cannot be controlled. However, there is the unstable state that will be the exchanged state each others, when one is vanished, the other will be alive and in active. In Figure 1, the spirit stream lines are connected to the sensing probes (Si) thru the whole body, which are connected throughout the body. In Figure 2, the connection between the FMF and five aggregates is formed through the consciousness, which can be recognized as the computer processing unit (CPU). The concrete mind (spirit) is needed to establish, which can be lived with all sufferings in nature. Generally, there are two basic parts in human life, where they are (i) mind and (ii) body that can be separated individually, however, the body has the definite destination(life time), while the spirit is not, except, the spirit in the nirvana state, which is collapsed and turned to be the relics, however, the energy conservation is maintained. To form the concrete base station for mind that can be in all incurred sufferings, then the FMF is recommended. In practice, we begin with the mind-body consideration for a period of time [9], then the mind or spirit stream is pull off from the body in all directions to be within the center mind location, from which the sensation is not functioned, where finally, it will be kept within the consciousness which can be linked with the five aggregates by the cross connection via the consciousness, where the consideration of perception and mental perception are involved. Those can be kept in the consciousness where the dynamic control is required due to the nature violation, therefore, the consideration of Dhamma established by Lord Buddha such as five aggregates, four noble truths, eight noble paths, impermanence etc. are needed to involve in the practice, where more details are given in the following section.

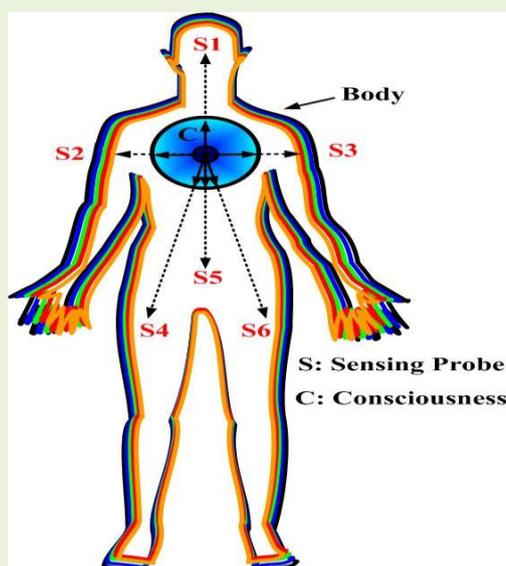


Figure 1: Body, Sensation and Consciousness in Four Mindfulness Foundation (FMF)

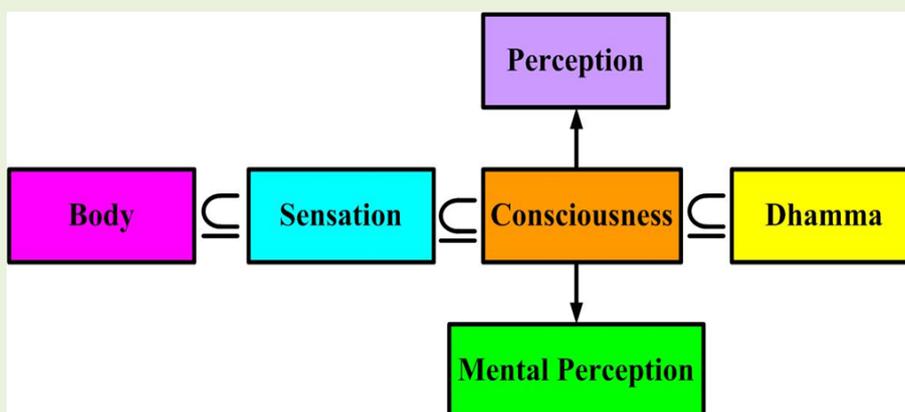


Figure 2: FMF and Five Aggregates connection networks

3. Practical

In Figure 3, the mind concentrations can be obtained during the body consideration in FMF [9], in which the emptiness is lined between the two consecutive concentrations. The consideration can be stopped at each concentration peak, in which the meditation absorption can be processed [2]. The cycle of meditation can be achieved within the perception cycle, from which the edge of perception cycle is the concentration, which is the target of meditation, where the space between the concentrations is the emptiness which is known as the neutral mind. There are sixteen energy levels [2] in the cycle, where finally the energy value is approaching zero, which means that the spirit vibration is collapsed, which is no rebirth, the remaining energy will be exerted into the body and turned to be relics, which is formed by the stopping spirit condition, Cerenkov radiation and cold body concept [12-15]. The concentration can also be deeply considered, where the former incarnation of spirit can be coverage, super power can be occurred. In Figure 3, the concentration can be formed by either bright or dark spirit energy, the non-stopped concentration can avoid the lost in bright or dark concentration, however, it may be lost or existed in this situation forever in which the nirvana state cannot be achieved.

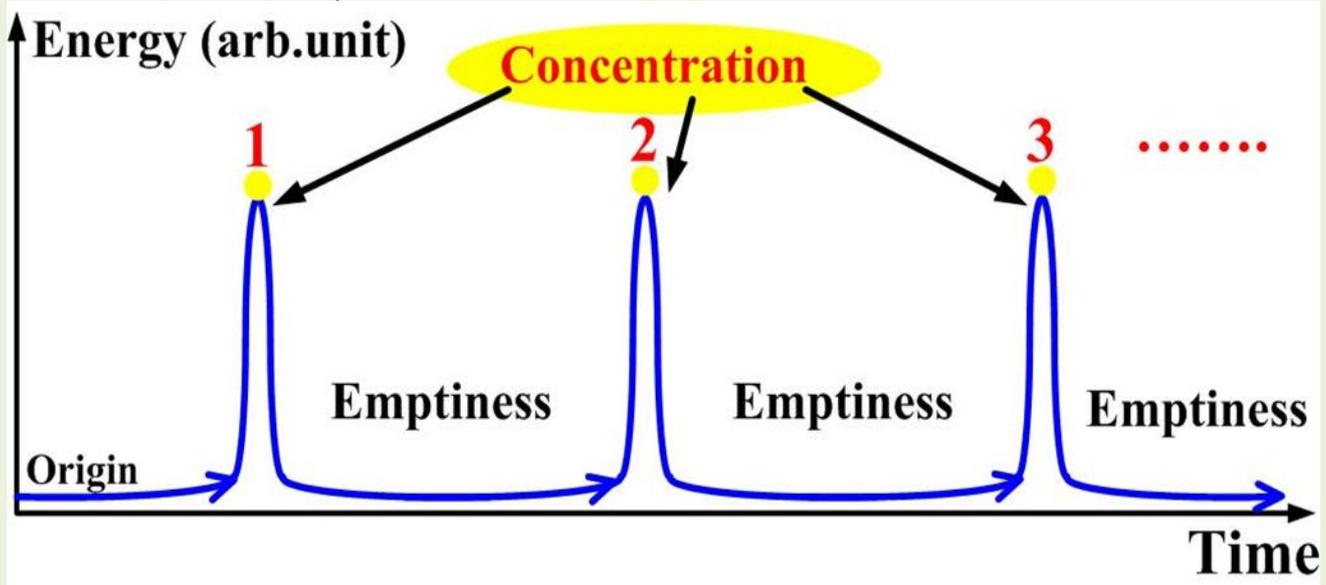


Figure 3: Spirit concentration cycle by body consideration in FMF

In practice, the concentration can be existed in either bright or dark spirit signal sides, which may be there for sometimes. Bright and dark spirit signals cannot be interfered, which means that the dark spirit behaviors (Bad Khamm) cannot be deleted by the bright spirit signals (Good Khamm). However, the dark spirit can be kept or suppressed by the bright spirit signals by the bright and dark spirit signal conversion concept, which means that the bad Khamm can be suppressed under the good Khamm. Thus, the bad Khamm in the birth and death cycle can be kept under the new good Khamm or give less effect to the living.

4. Conclusion

The clear concept of FMF is interpreted in terms of science, where the practical method is also given in details, which is convinced that the FMF is the best principle that can lead the practitioners to reach the meditation or perception states, in which the suffering can be released and ignored, while the happiness and neutral mind can also be established and obtained. This concept can practice and lead the practitioners to obtain concentration by the meditation and perception using the mind-body consideration in the FMF, which is easier than the other techniques, where finally, the nirvana sate can be achieved.

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