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Refreshing the Nervous System Based on Step-by-Step Body Washing

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Keywords: brain; heart; washing



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Article

Refresh of the Nervous System Based on Step-by-Step Body Washing

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Abstract: This research explores the interplay between the heart, brain, and body cells through based on step-by-step body washing. Earlier studies have delved into the connections between health and washing as well as the links between heart rate and bathing. Health is defined here as the synchronization between the brain, heart, and body within the context of the natural universe structure. The investigation focuses on the physical relationship between the brain, self-awareness, and determinism. The human heart is the central regulator of consciousness and self-awareness. . One of the most important findings of this research is the interpretation of unconscious events, sleep, and the deterministic world around us through the step by step washing of the body.

Keywords: brain; heart; washing

1. Introduction:

Bathing promotes relaxation and improves nervous system function [1]. It also has a positive effect on the brain [2] and enhances the body's immune system function [3]. The key issue lies in the polar structure of water molecules. Most biological tissues are weakly diamagnetic. However, the accumulation of metals such as iron, copper, or manganese concentrates the magnetic field and is paramagnetic. Iron-based proteins are super paramagnetic. The passage of water over the skin surface and stimulation of various nerve cells create coordination between neurotransmitters and the brain. Simultaneously, the blood circulation rich in hemoglobin in the skin's arteries and veins, and the brain creates a significant and immediate coordination between the body's and brain's magnetic fields. There is also a direct relationship between the heart and bathing. In this article, we examine the relationship between the sequential washing of body parts and the nervous system.

2. Self-Awareness:

.intellect is the logical outcome of intelligence. Reason gives rise to thought. Thought arises from comparing new information with stored information. Thought leads to imagination. Also, reason is the result of thought. Imagination gives rise to consciousness. This process is meaning language-dependent. [4] Thought and imagination create awareness. And awareness over time leads to consciousness. Consciousness is the perimeter of self-awareness. Awareness of time and place and one's existence only arise during wakefulness. During sleep, the level of consciousness decreases, but self-awareness remains outside of time and place. The role of the pineal gland in regulating the brain's activity schedule is quite clear. However, the pineal gland is completely harmonious with the reward and error systems. And it harmonizes thought and imagination with emotions. During sleep, awareness depends on memory and the categorization of new information. Processing information during sleep gives rise to dreams. Within a brief span of information processing in the brain, the two hemispheres communicate through the corpus callosum, enabling the formation of meaning. In just milliseconds, this processed data(reverse) is cross-checked with the initial input, classified, and placed in short-term memory. Later during sleep, variations in REM pulses are systematically divided and arranged.

And sometimes, the brain predicts the outcomes of certain events. Due to a lack of consciousness, predictions are formed regardless of time and place. The true reality of the surrounding world is often observed in dreams. For example, chocolate might be associated with a bitter memory in a person's mind. When processing information, the brain can identify the outcome of a negative event by interpreting chocolate in a dream. Truth is shaped in the human mind and is influenced by the person's culture and lifestyle. The brain finds pleasure in observing symmetries, and the reward-and-error system aligns the brain with specific events. Pleasure and love define the boundaries of human consciousness. There is a direct connection between heart rate and brain activity. The activity of the pineal gland directly influences human self-awareness through its effect on heart rate. The heart has four chambers. It connects food and oxygen to the body and brain cells through arteries and veins. The sympathetic and parasympathetic divisions regulate heart rate based on related memories stored in the brain. Consequently, roots or memories, as shown in Figure 1, shape consciousness and self-awareness at various moments. The result of self-awareness is free will. Meanwhile, the subconscious part of the brain underpins the determinism that governs human thoughts. Therefore, there is a direct influence of various foods, drugs, and drinking water on the subconscious part of the brain.

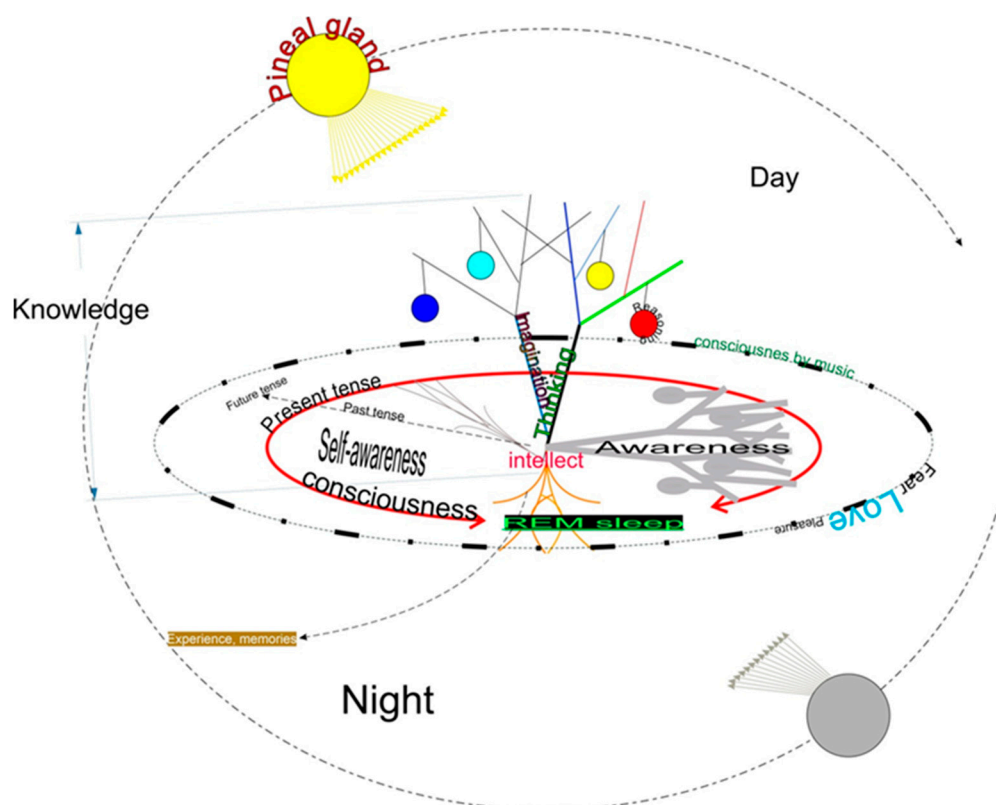


Figure 1. The two hemispheres of the brain can be likened to two branches of a tree, and the pineal gland, like the sun, controls the level of consciousness throughout the day and night. The body of the tree is formed by the tongue. The shadow of the tree determines the level of consciousness and self-awareness. Understanding and reasoning are the fruits of this tree. Consciousness determines the two factors of time and space.

3. Interpretation of Awakening

Dream interpretation during sleep arises from reduced consciousness. The interpretation of awakening, however, is possible based on the determinism governing self-awareness.

When a person is thinking about a topic, unconsciously looks at the sky, and sees a dove, they can interpret—based on related memories and culture—that the topic has a favourable outcome for them.

This phenomenon is connected to the quantum field and the linguistic meaning of many physical realities in the brain, which are distinguished from one another. For example: love, kindness, friendship, etc., are stored in an integrated manner. This information is also stored in a compressed form in the brain. The mathematical relationship between language, the Fibonacci sequence, and the fractal structure of the brain suggests the possibility of structural decoding. A compressed acoustic pulse in different bird species is only decoded by the same species and may contain significant amounts of information. [4].

Human freedom exists within the framework of determinism. Humans possess the will to choose deterministic spaces in the universe. In other words, the type of human thinking can shape human behaviour. A knife cuts and the thought that leads to the act of cutting a knife on the hand adheres to determinism. Over time, human choices create environments around specific deterministic spaces. Figure 2

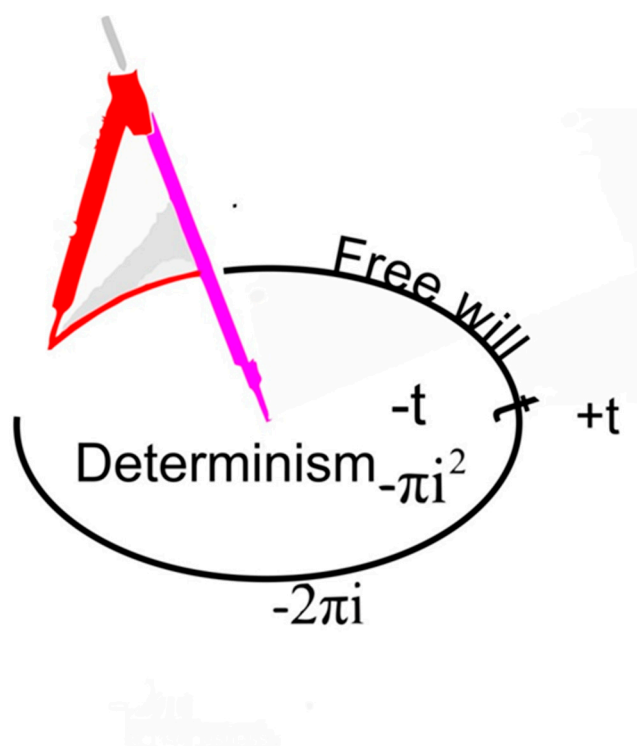


Figure 2. The human freewill is a Perimeter of determinism in different dimensions.

Each object possesses a wave function, which is inherently linked to its density. Human free will represents a boundary within a complex system of determinism spanning multiple dimensions. (3.1)

$$\int_{-\rho}^{+\rho} \int_{-t}^{+t} \int_{-\infty}^{+\infty} |\psi(\rho, t, x)|^2 d\rho dt dx = 1 \quad , \quad |\Psi\rangle = b_1|\tilde{\psi}_1\rangle + b_2|\tilde{\psi}_2\rangle + \dots + b_n|\tilde{\psi}_n\rangle$$

$$|\tilde{\psi}\rangle = \alpha_1|A_1\rangle + \alpha_2|A_2\rangle + \alpha_3|A_3\rangle + \alpha_4|A_4\rangle + \alpha_5|A_5\rangle + \alpha_6|A_6\rangle \quad 3.1$$

A wave function extends across past, present, and future. Smaller packets are constructed. Matter, with a three-dimensional nature, can only exist in three spatial dimensions and is rotating in two temporal dimensions. (3.2)[5]

$$pf(X, u) = \begin{cases} 0 & u < 0 \\ 0 & 3 < u \\ \left(\frac{1}{6}\right)((\text{binomial}(3, u))((\text{binomial}(3, 5 - u))) & \text{other} \end{cases}$$

$$pf(X, 2); \frac{1}{2}$$

$$\bar{X} = \frac{5}{2}$$

4. Density Changes

Based on the equivalence between information and energy, many mental realities have physical natures. Like the butterfly effect in a closed Möbius space, they can cause changes in chaotic systems. [5]

Time is a geometric potential difference, and time dilation is related to density changes. Additionally, musical intervals follow this principle. (4.1)

$$\sec(\sin^{-1}(\log_L(\frac{\rho_1}{\rho_0}))) = \frac{1}{\sqrt{1 - \frac{(\ln(\frac{\rho_1}{\rho_0}))^2}{(\ln(L))^2}}} \quad 4.1$$

Language is composed of various sounds and syllables. Accordingly, data are compressed and decrypted in the brain. Density changes have a direct relationship with the eccentricity of the ellipse. [5] Additionally, eccentricity in one axis causes reverse eccentricity in other axes. Density changes over time in the expanding Möbius space cause quantum stress and fluctuations. Figure 3

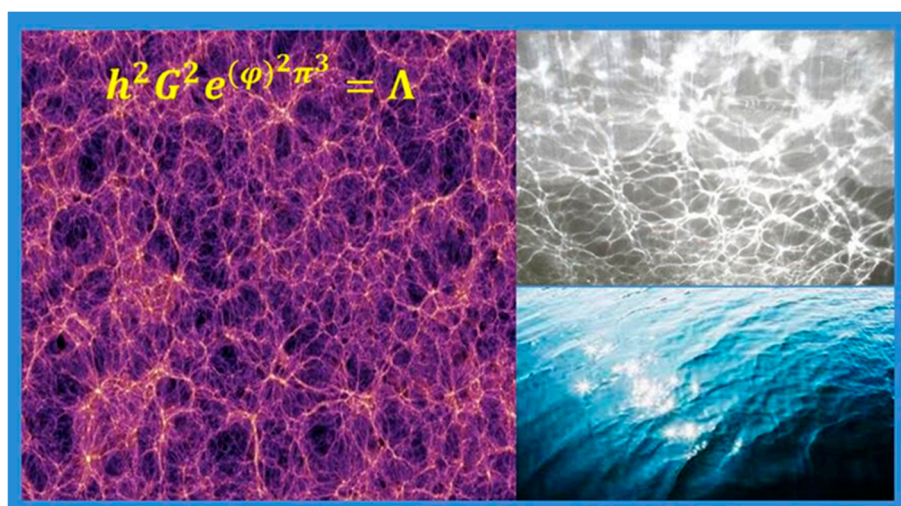


Figure 3. The Arrow of time arises due to the geometric potential derivative. Variations in density fuel the universe's expansion. Space grows alongside time, while time stretches within space. Möbius space leads to the mirroring of density fluctuations across the universe. Environmental outcomes follow algebraic probabilities. Shifts in density over time, resembling ripples on a water surface, represent the inevitability of events.

5. Equivalence Between Information and Energy

Two types of compressed and current information exist over time. [6] Also, there are two types of potential and kinetic energy. Information in the brain is formed based on nerve impulses. Based on the equivalence between information and energy, these nerve impulses over time cause changes in the density of the universe.

6. Step-by-Step Washing

Water molecules are polar. Figure 4

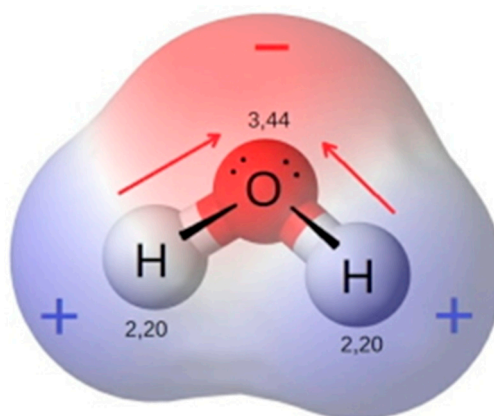


Figure 4. The polarity of the molecules, as well as the temperature of the water, can synchronize the heartbeat with the processing of data in the brain as it passes over the skin.

Lateralization of the nervous system has a direct relationship with human self-awareness and free will. Accordingly, reverse sequential washing of actions that cause an imbalance between the heart and brain leads to the recovery of the central nervous system and the creation of balance between body and mind. Thinking arises in the left hemisphere of the brain, and imagination in the right hemisphere. Washing the body in reverse order promotes harmony between the heart and brain, and balance between human determinism and free will. Figure 5

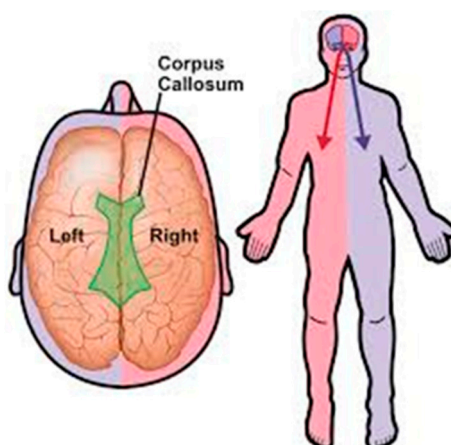


Figure 5. is the first step in coordinating between the medulla oblongata and the limbic system, involving a complete head wash. Then, the right side of the body is washed, and finally, the left side of the body is washed.

Also, no insulation should be placed between the legs and the ground to allow the discharge of electrical charges from the body. Sometimes, depending on the pineal gland's adjustment with the reward-and-error system, washing the hands, face, and feet can help maintain this balance in the body throughout the day.

7. Time:

Based on six-dimensional space-time, there are two dimensions of time. [5] The human heart has two flows: arteries and veins. There are also two types of time measurement. One is based on 60 minutes, and the other is based on 100 minutes per hour.(7.1)

$$\sec(\sin^{-1}(\log_{\frac{40}{6}}(\frac{2400}{360}))) = \frac{1}{\sqrt{1 - \frac{(\frac{2400}{360})^2}{(\frac{40}{6})^2}}} \Rightarrow 12:20 \equiv 11:80$$

$$\sin^{-1}(\frac{\log_{\frac{40}{6}}(\frac{100}{360})}{\log_{\frac{40}{6}}(\frac{60}{360})}) \quad 7.1$$

Accordingly, the time of intuition and unconscious, instinctive inspirations can be managed. The left hemisphere is the center of thought and logic, while the right hemisphere governs imagination. There are two equations for awareness, leading to the interpretation of self-awareness in living beings across two dimensions of time.(7.2)

$$\sec(\sin^{-1}(\frac{\log_{\frac{40}{6}}(\frac{100}{360})}{\log_{\frac{40}{6}}(\frac{60}{360})})) + (\sec(\sin^{-1}(\frac{\log_{\frac{40}{6}}(\frac{60}{360})}{\log_{\frac{40}{6}}(\frac{100}{360})})) \quad 7.2$$

$$\sec(\sin^{-1}(\frac{\log_{\frac{40}{6}}(\frac{100}{360})}{\log_{\frac{40}{6}}(\frac{60}{360})})) - (\sec(\sin^{-1}(\frac{\log_{\frac{40}{6}}(\frac{60}{360})}{\log_{\frac{40}{6}}(\frac{100}{360})}))$$

Ordered washing in a gravitational field creates clarity and uniformity in the algebraic field of the mind. The living being's autonomy depends on the coordination between the heart and the brain.

The intervals between musical notes also follow this principle. Accordingly, music can directly cause thought and density derivatives of data changes in consciousness.(7.3)

$$c = 1200 \times \log_2(\frac{f_2}{f_1}) \quad 7.3$$

The refraction of light and Snell's law are based on this. Changes in the polarization of natural light cause density changes in the neurons of the nervous system. Figure 6

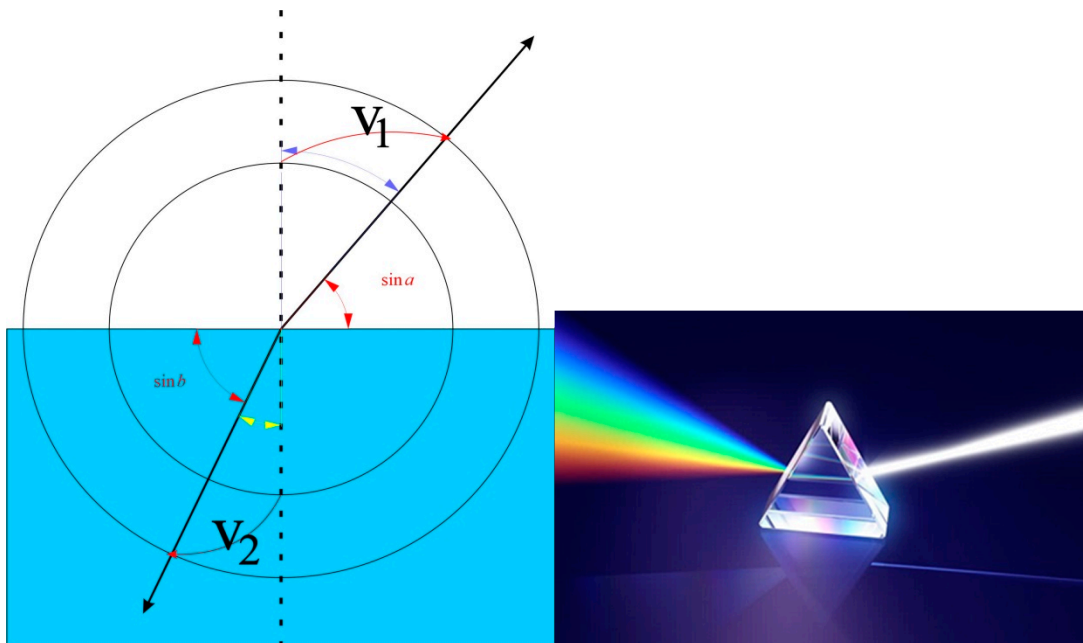


Figure 6. Density changes depend on changes in velocity and gravitational field. And in the expanding space of Mobius, it connects past and future events. In such a way that without changing the algebraic spaces, future events affect the past.

8. Result

As a result of this research, to create balance in thoughts, choices, and daily activities, as well as to regulate the brain's activity with other body cells and the heart, regular and systematic washing based on the process of consciousness and self-awareness formation in the brain is essential. Creating balance in the Mobius space should be opposite to movement and activity in the gravitational field. Based on this, the free fall of water molecules synchronizes density changes in the brain with the universe. Also, this harmony can be created based on the free fall of a person in water. This research paves the way for interdisciplinary research for other researchers. It is suggested that researchers investigate the relationship between systematic washing and the brain using EEG and MRI.

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