

## The Conscious and Unconscious Minds

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### Introduction

It has come to my attention that some needed clarification concerning realms of awareness and consciousness would be very helpful for planning any future research efforts related to just what comprises conscious and unconscious mentation. During the development of the human fetus during gestation, two activity poles develop that have been named as the Vegetal Pole and the Animal Pole. The Animal Pole eventually becomes the Central Nervous System (CNS) and the Vegetal Pole eventually becomes the Enteric Nervous System (ENS). The vegetal pole develops at breakneck speed while the animal pole develops at a more sedate pace. The various elements of the ENS are the control system for the unconscious coordination of the various functional activities of the entire physical body. Whereas the CNS is the control system for consciously directed muscular activity and conscious mentation dedicated to the planned co-ordination of that directed muscular activity.

This article is an attempt to more clearly define the roles of both the CNS and the ENS as they coordinate the various activities of the human body as a whole for successful living. There are very clearly defined domains of responsibility by each and some areas that seem to overlap a bit. In the experience of the author, it seems that there is almost no thought being given to the domain of the ENS as a whole and that the individual components of the ENS are seemingly looked at as a mere extension and component of the CNS. This article is an attempt to rectify that very prevalent misconception and stimulate a more useful and comprehensive research effort paradigm.

### The ENS and the unconscious mind

The ENS is essentially the Peripheral Nervous System (PNS) and the various spinal ganglia that lie next to the spinal cord and/or in the body cavity next to various organs. There are more nervous elements in the ENS than there are in the CNS as the ENS coordinates all of the seemingly unconscious activities of a fully functioning human body. The CNS merely directs where the physical body moves to in 3D space by activating ENS muscle bundle nerve plexi located next to all of the dual bilateral muscle groups of the physical body. The ENS is usually outside of conscious and thus striated muscle coordination mentation. It is a goal of meditational practice to learn how to bring many of the various unconscious elements into a modicum of conscious control. This goal is partially achieved by the use of what is called by some practitioners of western meditation as "Jacob's Ladder" and those of eastern practitioners as "Chakras". The Red (R), Orange (O) and Yellow (Y) chakras are the bilateral ENS elements located in the skin (R), the muscles (O) and the body cavities (Y) and are known as a whole as the PNS. The Green (G) chakra is located in the area of the heart. The Sky Blue (SB) chakra is located in the chest and throat congruent with the Lungs and ancient gill slits, now the jaw/throat. These are the 5 chakras that are associated with the ENS. The dual Purple (midbrain) and Navy (cerebellum) chakra and the White or Thousand-Petal-Lotus chakra (the cerebrum) are outside of ENS influence and are firmly in the CNS camp. There are seemingly various areas of possible functional overlap at the spinal cord due to various nerve ganglia proximity in/of both CNS spinal ganglia and ENS spinal ganglia elements involved.

The R,O,Y chakras are seemingly a bit easier to consciously influence than the G,SB chakras simply because of the close

functional activity of the PNS and the spinal cord ganglia of the ENS. Meditation upon these R,O,Y chakras usually sets the stage for moving onto the less easily influenced G,SB chakras until a sufficient amount of comprehensive chakra workout has been conducted. The heart and lungs (G,SB) work as a unit to supply oxygenated blood to the various tissues of the entire physical body.

Future research efforts need to reflect the pre-eminent role that the ENS plays in coordinating overall daily living efforts and seasonal modes of body behavior dedicated to enhancing successful long term individual activities as directed by the CNS.

### The CNS and the conscious mind

So the real overall functional purpose of the CNS is to provide nourishment to the overall/entire body, to provide for the overall general safety of the entire organism, to ensure adequate daily continuation of the body and lastly for the possibility of successful sexual activity by the relevant ENS systems involved. This concerted effort is to ultimately support any and all subsequent activities by the relevant organism that are dedicated for/to the continuation of the species. The CNS guides all conscious efforts dedicated to providing the resources required for a successful living arrangement by the organism throughout its lifetime.

The CNS does appear to have a roll in the overall R,O,Y,G,SB scheme as evidenced by the location of the various hormonal organs. The thyroid gland (SB) regulates overall muscle physiology activity levels while the parathyroid gland (SB) regulates calcium metabolism necessary for any muscular activity within the entire physical body. The heart (G) has been regarded as an endocrine organ as well as a pump for blood circulation since atrial natriuretic peptide and brain natriuretic peptide have both been discovered in cardiomyocytes (heart muscle cells). The Thymus gland (G) however has long been considered as the Heart Chakra. The Solar chakra is considered as the Pancreas gland (Y). The Adrenal glands (O) have long been considered as the Sacral chakra. Lastly, the Basal (R) chakra is considered as the gonads, both male and/or female.

### The possible areas of ENS and CNS overlap

This is the heart of the real purpose of all meditational practice: the close integration of conscious behavior and seemingly unconscious events into a more beneficially enhanced conscious realm of activity in order to better provide for a more complete

and therefore a more successful mode of comprehensive living arrangements. Thus, conscious (CNS) effort is directed towards learning a more complete and successful living strategy that are coupled with a concerted conscious effort to understand and enhance the many subsystems of the unconscious mind (ENS). Also, presumably the point to meditational practice is to better understand what comprises "healing" and the possible consciously directed measures of control of the many ENS elements that may be involved in any healing directed activity. The nuances of consciously learning a possible host of unconscious attainments provides many hours of constructive meditational activity.

### Conclusions

The unconscious behavior afforded by the physical body sets the stage for conscious behavior directed towards successful sexual expression. Thus, two different modes of body behavior in any vertebrate animal seemingly function together as a single coordinated unit specifically dedicated to the perpetuation of the many animate species engaged with the Biosphere of the Earth.

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