

Presentation for Paper Titled

NATURAL ORGANIZATIONS OF HUMAN BEINGS LEADING TO
FOUR TYPICAL HUMAN MINDS IN MATURED CULTURAL
COMMUNITIES

M. J. Varkey

Retired scientist

National Institute of Oceanography, Dona Paula

Goa India

varkey@atozofliving.org

Dear scientists, students and other participants,

1. Introduction

As an introduction, let me explain the title of my paper. This is about 4 fundamental types of minds of natural or nature-controlled people living in communities or societies. So cosmopolitan urbanites (including cyber-urbanites), need layered and buoyant models of minds. **But these 4 fundamental types form the foundation layer of any national society.**

#2. Different Systems and organs of human body

In the human body there are about 80 organs for different internal functions and external works. These organs are grouped into 10 or 11 systems. **They are arranged following the inbuilt functional, hierarchical order, with the coordinating and integrating system (brain and P.N.S.) at top level and worker-systems--neuromuscular and skeletal-- at base level.** Other systems are for nourishing, supporting and inheriting.

Fig. 2 (Upright posture)

The upright posture(Fig.1) of humans is a unique feature among animals and involves the united and coordinated functioning of many organs and joints like ankles, toes, knees, hip, neck, sense organs etc. The cerebellum specialises in upright posture and body balancing. The neck plays important roles in seeing, orienting and coordinating body movements.

#3. Human Brain

Fig.3 (brain)

Fig.3 is a vertical cross section of human brain. The brain is constituted by different types of neurons and their *formations* leading to brain-organs and faculties for different functions. The cortex constitutes of six layers of neurons with different structures (Gray 1969; p.103). Pyramidal neurons are present deep in the cortex at fifth layer (Eccles 1965; p.75). The main divisions of brain are, (1) cerebral cortex, (2) cerebellum, (3) axon's layer and the (4) limbic system. As told early, the cortex is divided into four parts, viz., (1) frontal lobe, (2) parietal lobe, (3) occipital lobe and (4) temporal lobe. The cerebellum specializes in upright posture and body balancing and orientation. **The limbic system with thalamus, hypothalamus, hippocampus, amygdala, putamen and caudate nucleus can be considered as the Globally Operating Brain System (or integrator system) in the brain.** The spinal cord bundles and connects nerves to the peripheral nervous system (P.N.S.). The brain also contains other parts like corpus callosum, brainstem, pineal body, basal ganglia, Broca's area, wernicker's area, motor cortex, visual cortex, Fornix etc.

It is stated earlier that all organs of the body are *imaged* neuronally and accounted in brain (Rita Carter 2002; p. 33). These brain *images* are interconnected and wholly integrative. So starting from the skeletal - muscular structure and going through other systems and organizations and lastly to the brain (Fig.3), with integrating and harmonising capacities, all qualities and capacities are present in a human to live and survive, subject to environmental stability. So mind is what a person learns and images or stores neuronally in the brain, through many years of experiences while living within family and society with capacities of self-protection, working, nourishing, playing, resting, sleeping etc. This mental development is dependent on family, profession, society, culture and environment. Now examine what exactly is human mind and different types of it.

#4. Four Basic Human Minds

Human mind puzzled and stimulated many in the past (Varkey 2011). **All psychologists would agree to the fundamental idea that an individual mind is connected and/or mixed-up with other interacting minds and society in a complex way. If this complex nature is under control by right learning and living with self-**

discipline, a person would be normally behaving. It is this complex and mixed-up nature which causes many complexes and abnormal behaviours in many persons. The individuals interact in different families, professional groups and societies in various ways giving rise to different types of individual minds, families, professional groups and societies. Take into consideration different mental types. It is well known that there are many types of ordinary persons, extraordinary persons and superordinary persons (geniuses, founder- leaders and philosopher- leaders). It is possible to model these different types making these types of minds visible. Figs. 4 and 5 schematize four basic types of minds. Mind or psyche includes intellect (Varkey 2011), self monitoring and controlling faculty (SEMOCOF) and a surficial, flexible, volatile part of mind for day-to-day interactions and transactions(Fig. 4). Call this last part as *intrans formation* or *intrans memory* .

Fig. 4(a,b) (Intellectuals)

Fig. 4(a) is a conceptual diagram showing the physical or hard part of mind and the learned and formed or 'soft' part of mind. The 'hard' part is just a schematic version of physical brain (Fig. 3), showing the gray matter as a top layer, the white matter as a middle layer and the integrative layer with the integrative brain organs like hypothalamus, hippocampus, amygdala, putamen, thalamus etc. The apex gland pituitary's direct connection with the integrative parts of brain and its primary role in the endocrine system are very noteworthy. So this *inner room* (Susan Greenfield 1997; p.60) or integrative organs is the part of brain where the human- god (human integrator) or *gobs* (globally operating brain system) is formed. The intellect - the first faculty of the 'soft' mind - also is constituted ideally by three layers, (a) an ordinary surface layer for dealing with day-to-day intellectual interactions and transactions, (2) a middle layer with all fundamental and philophysical aspects and (3) a core layer with all metaphysical or core level things. Next part of mind is SEMOCF (self monitoring and controlling faculty). This can be considered to be a sub-faculty of intellect also, since it requires long term learnings and practices to learn and structure (or to write to the 'hard' part of brain neuronally). The SEMOCOF can be of 2 layers in extraordinary (or superordinary) intellectual's case (see Fig. 4(b), Fig. 5(c,d) also). Layering of the mind takes place automatically and neuronally, parallel to layering of the 'hard' brain in an honest person. (Here it should be mentioned that honesty is not a moral (or community value) alone but a natural value or quality (similar to integrity of an organism) which is inherent in all organisms for their integrative living). Next part of the mind is *intrans formation* (or say day-to-day mind). This part forms and consolidates during day-to-day living under supervision (or interconnectedly) of intellect and SEMOCOF. Note that this part in Fig. 4(a) is shorter in comparison to those in 4(b), 5(c,d) . This curtailment of interactions and transactions is normally seen among intellectuals of deep intellect. This causes withdrawn behaviours during deep pursuits. In this type, neuro-muscular structuring of body for short term and long term goals takes place according to the deep intellect and SEMOCOF. This is the main reason for the short nature of the *intrans formation* in Fig. 4(a). This type of persons is one in a million or many millions. **They can be called geniuses, founder- leaders and philosopher - leaders**

Fig. 4(b) is a conceptual diagram of an independent and self-disciplined person's psyche. This person can be an intellectual also who does brain work as a professional. **In fact, a significant part of creative brain workers fall in this class.** The physical brain is the same substratum as in Fig. 4(a). This type tends to have more *intrans* memories compared to that of type 4(a). Members of this group also can be withdrawn in behaviour depending on their deep pursuits. This group become independent due to self-discipline and independent thinking and working. **The intellect has a core layer also. The SEMOCOF is typically one layered and hence shallower compared to that of 4(a). The *intrans formation* is larger as this type of persons do not have deep intellectual pursuits like those of 4(a). This type forms an intermediate group between those in 4a and/or their intellectual works and ordinary persons as shown in Fig. 5(c) and 5(d). This type constitutes 10-15% of a culturally homogeneous population and can be called the intellectual section of population.**

Fig. 5(c,d) (common population)

Fig. 5(c) is a model of a mind of an ordinary, familial and social person. This type constitutes more than 60% of a homogeneous, traditional society and culture. This group follows, knowingly or unknowingly, natural and traditional ways of life significantly. **Note that their intellect is simply ordinary or of linear type; SEMOCOF forms out of group discipline and common sense. No independent learnings or studies are done for forming intellect or SEMOCOF. Formation of the mind happens automatically as the person grows up within the family and society, following common morals.** In this group, formation of habits takes place according to familial and common social practises. The stippled area in *intrans formation* makes a mixed-

up or fuzzy regime influenced by others. Vast majority of religious persons fall in this group due to their theological and beliefs and rituals based constitutions (intellect and SEMOCOF) and morals.

Fig. 5(d) is a model of mixed-up persons. This group also have some core areas of intelligence for intellect, SEMOCOF and *intrans formation* due to associations and interactions with others. But their minds are mixed-up significantly (see the stippled areas). This type is influenced and controlled by others and society. They form about 15-25% of population. One characteristic feature of this type is lack of permanency in domicile, job and income. This type also should have the core intelligence and morals for health care and family life for survival. If these are not learned, their lives are unsafe or disintegrative (e.g., poor, homeless, jobless).

I presented four basic models of human mind. Some other types are possible for citizens of urban areas and unsettled /insecure people. I am thinking of working on that.

#5. Conclusions

- (1) Different systems and organs function integratively and in equilibrium(homeostasis) within an organism. Working, playing, enjoying, idling etc. causing imbalances between systems is disintegrative and unhealthy.
- (2) The mind or psyche is totally physical and is structured neuronally in brain. Its depth, spread and coherency depend on an individual's ways of learning and living.
- (3) Good health of body and mind is the most important factor to be taken into consideration in any activity, work, project etc. as first priority.
- (4) Since the environment is involved, connected and associated with all forms of life in known and unknown ways, nothing is to be carried out disturbing and destroying environments and nature. Some modernways of destructive and consumerist life styles are products of alienation from nature.
- (5) Since wealth, professions, works and life styles influence development of mind and mental capacities, ways of acquiring and accumulating wealth should be integrative with nature and society.
- (6) In humans all systems, organs and parts have to work integratively for healthy living. Hence the brain has an integrating formation or system to wholistically monitor and control all activities, viz., Globally Operating Brain System. Healthy life with honesty and integrity in ways agreeing with environment and nature is the way of integrative and evolving living or natural living.

I WAIT FOR YOUR QUESTIONS.

REFERENCES

1. Eccles John (1965). The Neurophysiological Basis of Mind. In The Human Machine: Mechanisms. London: Thomas Nelson and Sons.
2. Frances Williams (2000). The Human Body:Brain. In Ultimate Visual Dictionary. London: Dorling Kindersley.
3. Gray G. W. (1969). The Great Ravelled Knot. In Readings in the Life Sciences vol.1. San Francisco: W. H. Freeman and Company.
4. Rita Carter (2002). Mapping the Mind. London: Phoenix Publishers.
5. Susan Greenfield (1997).The Human Brain-a Guided Tour. London: Phoenix Publishers.
6. Varkey, M.J. (2011). Human Mind - Some Introductory Comments;www.atozofliving.org/humanmind.html And www.atozofliving.org/specialdirectory/glossary.html accessed, July 2017.

LIST OF FIGURES

- Fig. 1** A schematic diagram of different systems and their functions in humans. The systems are arranged in a functional, hierarchical order.
- Fig.2** The schematic diagram of bipedal upright human posture.
- Fig.3** A vertical cross section of human brain showing important parts. Styles and striations are diagrammatic. Pituitary is the apex gland of the endocrine system (after Frances Williams).
- Fig.4(a,b)** Conceptual diagrams of (a) an intellectual's (extraordinary/genius) brain with deep, layered intellect and SEMOCOF, (b) an independent and self-disciplined person's mind.
- Fig.5(c,d)** Conceptual diagrams of (c) an ordinary, familial, dependent and social person's mind, (d) a mixed-up (shaded) but socially conditioned person.