

The Biology of Consciousness

One Mind, Five Intelligences

By Gilles Marin

Booklet # 3

Biological Resonances from the Source of Existence

One mind, five intelligences in biological details

*Lectures and functional meditations to improve our relationship
with the spiritual source of existence*

Booklet # 1: The Tao of Consciousness – One Mind, Five Intelligences

Booklet # 2: The Lock and Key to Healing: Emotional Digestion

Booklet # 3: Biological Resonances from the Source of Existence

Booklet # 4: The Way Back from Hell to Paradise

Also, by Gilles Marin:

Healing from Within with Chi Nei Tsang – North Atlantic Books 1990

Five elements, Six Conditions for Healing – North Atlantic Books 2007

Healing Buddha Palms (with Elise and Kaleo Ching) Book and DVD

Audio recordings of directed Functional Meditations:

Bone Dreaming Meditations CD

Sunning Meditations CD

Sleeping Chi-Kung Meditations CD

Activating our Inner Fire Meditations CD

Sunning Meditations double CD

Harmonizing our Inner Earth Meditations double CD

Breathing Chi-Kung Meditation triple CD

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Note to the reader

This booklet is to share freely with whoever you might feel will enjoy and benefit from such information. Yes, I know, everyone can use the information included inside this booklet. However, I would like you not to rush into sending it to your whole list of friends or inside the wild field of public media, but instead, to respect a more natural and organic way to let this precious information spread according to the natural law of least mental resistance.

Please, be respectful of people's taste, belief system, and values. What can be music to the ears to someone can be very offensive to someone else.

Please take the time to think and assess who, among the people you personally know, would be able to appreciate this booklet without negative reactions. As you will learn by reading these publications on the nature of consciousness, the mind has a very particular way to learn new things that asks for changes in the belief system. This has to be respected in order not to precipitate anyone into crises and negative reactions.

Please take the time to ask if your friends or family members would like to receive such information before you send it to them, and when you send it after receiving their permission, ask them for feedback. This feedback, with your permission, could be extended back to me and will always be appreciated.

In your case, you are already either a student of mine or a client receiving treatments from me or from a practitioner of my school lineage, so it is assumed that I already have your permission to extend the information contained in this booklet to you. And yes, I would really appreciate any form of feedback, grammatical editing of my English as a second language, questions, or criticism in order for me to keep learning and improving.

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In Touch,
Gilles Marin

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Notes and practical considerations

This book is not modeled on any other previously written book on Taoism. It is rather made of the empiric information gathered by a whole life as a Taoist Healing Practitioner. It is the intention of the author to help the reader to explore the practice of self-healing and mind liberation to become a healthier and better human being. This book is not intended to be just a scholarly work about Taoism and healing but is designed to be practical and useful to anyone regardless of spiritual orientation or scientific knowledge. This book is designed to start you right away into your healing process with basic information, guided practices, and the essential steps to get you inside your own healing path, into the healing field, regardless of the quality of your health.

In my opinion it is more important to heal first. From a wholistic perspective, every healing process is unique and proper only to the individual going through it at the moment. The same procedure will not work on someone else the same way. All treatments have to be adapted to the particular needs of each subject treated. Therefore, understanding why and how will only be accessory to satisfy our curious mind but is not at all required for healing. In a matter of fact, and in the tradition of my lineage of Taoist healers, we don't need to be intelligent to heal. It is much better not to understand why we heal than to understand why we don't.

N.B.

All foreign terms are capitalized, meaning that such terms, even though written in English, are not easily translatable with one word and carry with them their corresponding foreign concepts (Chi, Fire, Earth, Metal, Wood, Water, Spleen-Pancreas, Liver, Heart, Kidneys, Lungs, etc....). Such names of internal organs don't only translate into their corresponding anatomical body parts but englobe the whole of the informational and energetical meaning in classical Chinese medicine, hence the capitalization. The author decided to use only the English written form rather than to borrow the Romanized spelling of Chinese characters such as qigong for Chi-Kung, pronunciations being varied according to different Chinese dialects (Mandarin, Cantonese...) or languages (Japanese).

“How it is that anything so remarkable as a state of consciousness comes about as a result of irritating nervous tissue, is just as unaccountable as the appearance of the Djinn, when Aladdin rubbed his lamp.”

T.H. Huxley (1866)

“The word consciousness has many definitions, some very short and some definitions may take pages to write. I prefer to use the simple definition of the word consciousness: “having knowledge of something; being aware.” However, consciousness can also be measured in terms of “quantity”. A worm is conscious of his environment, a cat is conscious of his environment, and a human is conscious of his environment. However, the “amount” of consciousness in a worm, a cat, and a human are different. For example, the human has “more” consciousness than a worm. The smaller the object, such as molecules, atoms, and electrons, the less consciousness they have.”

Bruce Lipton (2014)

Introduction

In this booklet you will find the information I was looking for when I was a young starting holistic healing practitioner. It was the 1980s. I was in my twenties. I had recently moved to San Francisco from my native France. I was right out of college. I had just past my black belt in Aikido, I had finished the program of classes offered by Taoist Chinese doctor Steven T. Chang, I had also just started training with Master Mantak Chia in Chi-Kung, Chi Nei Tsang, and in the White Cloud Taoist monastic lineage of what I called much later biodynamic functional meditations. I was practicing Tai'Chi Chuan with Martin Inn and Ben Lo in San Francisco where I had a successful professional hands-on healing practice with Chi Nei Tsang added to a traditional form of Shiatsu I had learned from different Aikido masters. I was taking classes in biology, anatomy and physiology at City College of San Francisco, and in the biology of cancer at UC Santa Cruz.

It was a high time in my life but very cruelly tainted by the starting epidemics of AIDS in the Castro district of San Francisco next to the Mission Dolores neighborhood where I lived. The Castro district, including the Upper Market and lower Haight neighborhoods in San Francisco, at that time, was not only known to be the gay district, it was also the most affordable area of San Francisco where all the students and younger generations from all origins resided. No one knew what was going on. We were scared. Neighbors were all of a sudden dying, gay or straight, drug user or not. At a certain point we didn't even know if we could get contaminated by just a flea or a mosquito bite. Some of the victims were good friends of mine, some of them were clients especially among performing artists, dancers, poets, singers, musicians, and also young scientists, mathematicians, physicists and other progressive thinkers that were at the cultural cutting edge of the time. A whole very promising population was getting wiped out of existence, men and women, young and old. It was the tragic ending of the times of Harvey Milk. It was like Harvey Milk being assassinated a second time... I believe that the American culture as a whole never recovered from the loss. I had the privilege to work on some of the longest lasting recorded cases of Aids. I even witnessed a few full recoveries of people who turned HIV negative. Very few. Much too few. I lost many friends. It was a traumatic time of my life....

I was surrounded by death and my mind was seeking, searching, for spiritual guidance and for some kind of understanding of the process of consciousness and the composition of cognition of our mind. I went back to City College for psychology classes, I went through psychotherapy myself.... That's when I realized how poor our Western civilization is in terms of understanding consciousness. So, the subject kept incubating in my mind in the light of my growing understanding of the Taoist principles and my practice as a holistic healing practitioner. It is only forty years later, in my sixties, following a personal close encounter with death and the successive year I spent in a nursing home, that I finally got a clearer picture of what I have been wondering about for my whole life: A clear definition of the biology of the mind under the light of a life-long study and practice of classical Chinese medicine and Taoist internal alchemy (Nei-Kung).

This booklet is the third of the series of The Biology of Consciousness - One Mind, Five Intelligences. It cannot easily be understood or fully appreciated without the previous lecture of the first two booklets of this series. I also recommend to consult a previously published book of mine

called Five Elements, Six Conditions for Healing¹ regarding the interactions between the archetypal elemental forces within consciousness.

As for the other previous booklets, this booklet is an attempt to connect you with your own inner wisdom. There is nothing in what I say here that you don't already know somewhere within yourself. Consciousness is universal and human consciousness is part of an informational grid which is accessed by every human individual on earth. Every individual yearns to delve deeper into that source of knowledge. This is a lesson I learned throughout a life-long practice of meditations.

As we have already explored through the first booklet, our conventional educational system taught us to identify with our thinking process, with what we have called intelligence, which implies using our rational thinking abilities in order to look at things from an analytic standpoint. This is a very important part of our mind because that's where our consciousness first takes place, this extraordinary capacity to step out of the present and take a detached perspective of existence.

However, once we have made the differentiation between the thinking intelligence and the other mental functions of emotional intelligence, instinct, intuition and wisdom, we can use our thinking consciousness differently. We can use it to be more aware and to enhance all the other mental capacities. This requires us to switch our attention to them, one at a time, so we can fully appreciate our natural mental capacities toward the refinement of our soul and the fulfilment of our spirit and soul (booklet #2).

In this third booklet we are going deeper into this differentiation of our mind into five intelligences to the point of following them to their specific sources.

So, as a reminder:

1 - We have rational thinking, that extraordinary ability to step out of the present, step back, consider, ponder, contemplate and analyze. This mental intelligence is here to give us the widest range of choices possible, to solve problems, to understand always more clearly, and even to explore further possibilities beyond reality through pure imagination. There is no end to understanding better, to imagining more, to creating. This gives us knowledge, understanding and clarity of mind and brings us also into the infinite realms of imagination and entertainment. This is the capacity to know better all the time by bringing knowledge to consciousness.

Because of this extraordinary capacity to step out of the present, to step back and contemplate, this Wood intelligence has the capacity to be self-aware and to be conscious that we are actually thinking.

But most importantly, rational thinking gives us the belief system that we keep building and adjusting throughout our life.

2 – We also have an emotional intelligence, which is non-rational, but has the fundamental role of giving us social wisdom and maturity along with our capacity to grow as a person in order to build emotional solidity, honesty, personal dignity, and a solid sense of ethics and of responsibility.

¹ Gilles Marin, Five Elements, Six Conditions – North Atlantic Books, 2006

What we call maturity is what gives us the social skill of sharing feelings by developing our capacity for connecting meaningfully to others and also to ourselves. This is our capacity to listen, to respect, and to be true to ourselves as well as to be able to respect the feelings of others. Feeling good about oneself is not coming from the same place of the mind as rational thinking, which gets satisfaction from being able to understand. There is no calculation here, there is nothing to understand, there is no choice to make. We don't choose our feelings the same way we can choose our thoughts. Metal intelligence is about being strong enough to be in touch with our most sensitive emotional issues. This emotional intelligence gives us a social presence, self-respect, respect of others, dignity and pride, as well as an appreciation for beauty and a reverence for wonder that completely eludes the rational mind.

3 - We have a spiritual intelligence also, we call intuition, that guides us toward our life purpose by making us drawn to and love specific things. This is another non-rational part of our mind moved by what we find attractive, lovable, admirable and beautiful. Spiritual intelligence guides us into making the most important decisions in life including the choice of mates, friends, place to live, our work, and our way of life. Because of not being always rational, spirit involves taking risks, taking chances, daring by following our intuition rather than reason.

Spirit is shared like fire is shared. It is love and human warmth. It gives us enthusiasm for life. But like fire, it does not like to be restrained. Its nature is to shine, illuminate, to expend warmth, to communicate and transmit. This is why spirit will always seek freedom.

4 – We also have an instinct, this intelligence coming from the depth of our congenital, ethnic and cultural background that gives us familiarity with a whole system of habits, integrated knowledge, and ancestral lessons hard-wired into our system. This is our Water intelligence coming from knowledge acquired within the depth of ancestry. Water intelligence gives us the respect for old traditions and admiration for antiquities. Every single live cell in our body contains DNA, a generic term I will use to cover the wide spectrum of genetic information held within ourselves, not only at the chromosome level, but also at the protein level, the morphogenetic level, and so many more physical levels that we might not be able to bring them all to mind. This is a cosmic sized collection of information covering not only our personal genetic background but the whole history of the evolution of life. This is where our life generates and with it our capacity to generate life. Procreation and also cultural heritage, education and tradition and everything familiar that brings a sense of comfort and belonging in life.

5 - And, we also have this basic earthy intelligence that allows us to take our time, to catch a ball, to enjoy being with ourselves and others where we are. This intelligence allows us to be present and to spontaneously connect with the right idea at the right time, at the right place, with the right people. That intelligence, which we often call cleverness or smartness, spontaneous thinking, we find by being present and open to what is happening here and now. It gives us conviviality and the pleasure to share things in the present moment. This Earth intelligence is the grand central intelligence of the mind. It is where all other intelligences meet. This is the place of "I am"; the place of self-recognition; the place of presence and the awareness of the extension of that presence throughout our whole zone of influence. This is a place in our mind where no question arises, only answers reside. Our body knows everything about health and life. Our body is holding a tremendous

amount of information especially when our Earth intelligence is well watered by a strong sense of ancestry and therefore solidly connected to our genetic informational field.

So, true knowledge does not need to be sought anywhere else than within oneself. Now, to reach for information into the depth of the subconscious and to be able to bring it to the surface of our consciousness requires education, cultivation, training, and practice, but it is accessible to all.

This third booklet enters into greater details about the biology, the chemistry and the alchemical aspects of the five elemental forces and their respective intelligences to get you familiar enough with them so you can start enhancing the particular relationship you already have with them. This initiates a true connection to the source of life and the very reason why we live as well as the particular role we all play in existence.

I hope that this information will fall on the lap of those who are searching today, the way I did then, for a better understanding of the processes of cognition and spiritual knowledge.

INTRODUCTORY ADDENDUM and reminder from Booklet #1

The Five Principles of Existence

The whole universe, the whole of creation, the whole of existence, as well as our own mind follow the five principles of existence:

We have

- 1 - **An origin** transmitted by the universal **Water** principle holding the **memory** of life
 - 2 - **A direction** and a **purpose** given by the universal **Fire** principle of **attraction** of life
 - 3 - **A location** in **space** and **time** given by the universal **Earth** principle of **manifestation** of life
 - 4 - **An upward expanding phase** for **youth, awakening, growing, belief system building** and for the **expansion** of **consciousness** given by the universal **Wood** principle
 - 5 - **A downward condensing phase** for **refining, perfecting, crystalizing, taking shape, aging, acquiring respect, maturity, glamour, dignity, and fulfilling responsibilities** given by the universal **Metal** principle
-
- 1 - **Water intelligence: Instinctual self** - The conservative voice of the past - traditions, customs, habits, ancestral knowledge, master of sensuality, sexuality, and transmitter of the genetic heritage and the knowledge of the past.
 - 2 - **Fire Intelligence: Spiritual self** - Intuition, the language of the Heart - the guiding light, destiny, life purpose, master of guidance and enjoyment of life
 - 3 - **Earth's intelligence: Physical self** – Physical intelligence. Wisdom, practicality, down to earth intelligence, spontaneity, synchronicity, master of timing and manifestation. Central gathering place of all the other intelligences into a harmonizing and all-knowing appetite for life. Nurturing, nourishing, comforting. Solidity, consistency, balance and comfort. Presence and zone of influence. The central place of integration of the whole mind.
 - 4 - **Wood intelligence: Rational self** - mental satisfaction, knowledge, problem solving, entertainment, fantasy, imagination, master of illusion, constantly updating our belief system
 - 5 - **Metal intelligence: Emotional self** - Maturity, Emotional intelligence - Refinement, skillfulness, elegance, esthetics, politeness, master of symbolism and abstraction, social intelligence, feelings, sensitivity, to be true to one's own feelings, brilliance, pride and honor.

The Three essences

In a living being, the five principles of existence animate the three essences:

Spirit = Inner Fire + Inner Water	=	Informational potential for life
Body = Inner Earth	=	Physical manifestation of life
Soul = Inner Wood + Inner Metal	=	Personification of life

The five questions of our mind for everything we want to do

Fire intelligence voice: Is it attractive? Is it uplifting? Does it raise enthusiasm?

Wood intelligence voice: Is it interesting? Is it entertaining?

Water intelligence voice: Is it safe? (for you and everyone else) Is it familiar enough to be comfortable?

Earth intelligence voice: Is it useful? Is it current? Is it practical? Is it functional?

Metal intelligence voice: Is it responsible? Is it beautiful? Is it nice and respectful of your feelings and the feelings of other's? Does it contribute to the beauty of life?

TAOTOUCH PRACTICE

The Five Groups of Activities to Enhance Each of the Five Intelligences

• **Wood – Rational thinking and cultivating a belief system**

Anything to keep learning new things, to update the belief system new discoveries, and to enhance imagination and creativity

- Reading
- Writing
- Watching documentaries
- Learning a new language
- Playing strategy games
- Cultivating the art of conversation
- Using the eyes to pay attention to details and absorb beauty
- Mental satisfaction

• **Metal – Emotional intelligence and social refinement**

- Listening to music
- Playing a musical instrument
- Reading and writing poetry
- Following trends
- Cosmetics and grooming
- Dream related activities such as writing a dream journal, relating to dreams during day time, lucid dreaming practices
- Using touch to enhance communication
- Public recognition and reward

• **Water – Instinctual intelligence and ancestral patterns of habit**

- Practicing any of the figurative arts, drawing, painting, sculpting...
- Calligraphy
- Seek oral traditions, counts and legends
- Study history
- Study family history and your genealogic tree
- Follow your cultural and ethnic tradition
- Join a cultural group such as a choir, a club which practices a traditional game or play

- **Fire – Intuitive intelligence and the law of attraction to higher spirit**
 - Practicing a performing art
 - Public speaking
 - Mastering any activity
 - Teaching what you know
 - Enhancing intuition
 - Spiritual and devotional practices
 - Enhancing direct communication with the source of life
 - Study the I'Ching
 - Oracle consultation
 - Practice alchemy, astrology, Tarot reading
 - Investigate the lost art of prophecy

- **Earth – Wisdom, inner peace, and the improvement of our zone of influence**
 - Practicing a craft: pottery, basketry, cabinet maker, shoe maker, clothing (regardless of trends)
 - Being domestic: Taking care of meals, house maintenance and care of the land
 - Hospitality
 - Cooking
 - Gardening
 - Home improvement
 - Study architecture
 - Study geography, geomancy and Fong-shue
 - Communicate with the spirit of familiar “things” (Kami)

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