

PERCEPTION AT THE QUANTUM LEVEL

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ABSTRACT

For us to survive we need to detect and recognize our environment. We are equipped with our sensory organs and nervous system so that we can sense the stimuli and interpret the data to maintain our lives. We have five senses; touch, sight, sound, smell and taste, and also, we have the ability of proprioception (detecting changes in body positions and information) which is very useful for our social relations to detect cues about people and relationships. Interpretation process is affected by many factors, genetics, personality, brain functions, hormones, consciousness, mindfulness, subconscious, prejudices, beliefs, experience, past lives, desires, needs, motivations, expectations, aims, psychological and emotional state, socio-economical state, family structure, cultural and educational state. During the process of perception many cognitive conditions are processed at the level of quantum ground. All the senses, thoughts and emotions have the same basis as the other matter in the universe, and this basis is called string. Strings vibrate and have frequencies. They emanate energy. If we are aware of these energies and frequencies, we may easily be aware of our perceptions and others' perceptions as well. We may follow, detect, harness and control our perception so that we may transform our lives.

Keywords: *Senses, stimuli, cognitive processes, string, frequency, quantum, subjective perception.*

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1. INTRODUCTION

In the world we live in, every moment we are objected to many stimuli. Among those we select the stimuli, organize the data by our sensory organs and nervous system, organize, compare, record, transform and make it meaningful in our minds, interpret and convert to a final perception. These happen all the time very quickly and as every opinion form, the old ones may change and be renewed. Perception is a more complex term than sensation; every sensation may not be turned to perception.

The signals that come to our senses are perceived by the receptors which are specified according to their functions and areas. The stimuli which are transformed to the electromagnetic signals at the receptors are conveyed to the brain quickly in the neuron web.

The first step in the perception process is selection. Parts of our brains produce output from the retinas that we cannot see. No amount of introspection can make us aware of those processes. The second step in the perception process is organization. Along with selecting stimuli from the environment, we must organize them in some meaningful way. ("Seminar, group discussion PSYC 3230(Psychology and Culture);The ...") We somehow grasp some set of attributes that things have in common. ("In My Mind...") On that basis we group them together in a category, encode them and store them. "Our language provides the symbol to group perceptions of any kind together." ("Chapter 3: Context, perception, and competence - Quizlet") The third step in the perception process is interpretation. This refers to attaching meaning to sense data and is synonymous with decoding. ("Seminar, group discussion PSYC 3230(Psychology and Culture);The ...") Diverse people can quite differently interpret the same situation.

There is not only one reality. Data is taken, filtered, compared, organized, interpreted, transformed and updated by our cognitive processes. It may seem that it happens suddenly however there are many old factors lying underneath. Our subjective reality is formed according to those underlying factors.

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Perception is formed at the quantum level and spreads as frequencies. Just like the software functions in dual system 0 and 1, perception functions at the basis of strings, spread as frequencies. Every matter and every thought and emotion are made up of strings. Perception process must be taken into consideration in the light of the knowledge that every factor affecting it, is string and frequency at the basis. Each one affects the other and the whole, in an intertwined way and finally new frequencies are occurred.

Size, intensity, proximity, motion and novelty are the external factors that influence the perception. Personality traits, motivations, desires and needs, experience, past life experiences, cultural and educational development, socio-economic status, brain activities, conscious awareness (mindfulness), subconscious mind are some of the inner factors that affect perception. According to the Gestalt approach, the whole is much more different than the sum of the things. Figure-ground relation, proximity, similarity, continuity and completion principles help to organize the data to form the perception by filling in the blanks. Sometimes a stimulus is mistaken and perceived wrongly, so errors at perception are made such as; illusion, hallucination, horn effect, stereotyping and halo effect.

2. QUANTUM BRIEFLY

The word quantum comes from the word quanta which refers to the radiation packages emanating as quanta. It was Max Planck who revealed the knowledge and gave rise to this new physics area. Einstein then thought that if energy could be transmitted in packages, then light also could be, and he proposed that light is made up of a stream of atoms called photons. "Huygens was the first to propose that light travels in waves." ("この英文を和訳してください！ - MostofWhatWeknowabou... - Yahoo!知恵袋") De Broglie confirmed that particles also behave as waves. Heisenberg found out that it is impossible to calculate the momentum and position of particles at the same time. (Uncertainty principle).

Thomas Young proved in his double-slit experiment that matter displays the features of both particles and waves. Clauss Jönsson did the same experiment with electrons. In the experiment, the electron comes out of the pistol as a particle. However, because it is a potential wave, when

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it reaches the slit, it leaves as at the same time. If either path is monitored, a photon seemingly passes through one slit or the other, and no interference is seen. Conversely, if neither is checked, a photon will appear to have passed through both slits simultaneously before interfering with itself, acting like a wave. According to the results of the double-slit experiment, when electrons are detected, they seem to act differently. They seem to be able to choose. When the wave function collapses, it turns into a single reality. This is the famous Copenhagen interpretation created by Niels Bohr and his student Heisenberg in the Niels Bohr Institute in Copenhagen.

Feynman continued to work on the same experiment and proved that for a particle there is an unlimited number of choices, and it can use all of them at the same time. More than that, it passes through one slit, it can turn back and choose the other. The experiment indicated that time is not linear which is shocking to the scientific community. According to Everett's parallel universes theory every, time a choice is made, a new parallel world is opened.

The quantum universe is an immense, boundless matrix, full of infinite options and possible outcomes, in which everything and everyone is intertwined and affects each other, independent of time and place.

All the universe is made up of strings, vibrating single dimensioned particles. It is hard to envision these particles because when we add 1,000,000,000,000,000,000,000,000,000,000 of them together, we barely obtain a height of 1 cm. (Cetin, 20001, p.17)

They are vibrating energies, and they have frequencies. If their frequencies are not so high, we can see these living and non-living things. However, if their frequencies are too high, we cannot see them. We perceive only four dimensions of this hyperspace, there are six other dimensions we cannot perceive. We are bound to each other in time and space. Knowledge is everywhere, however every entity present in the universe perceives the universe in a unique way. In quantum there is uncertainty, options, energy, frequency. Every thought and feeling and even the intentions are energies. Our perceptions are too slow to see these energy fields.

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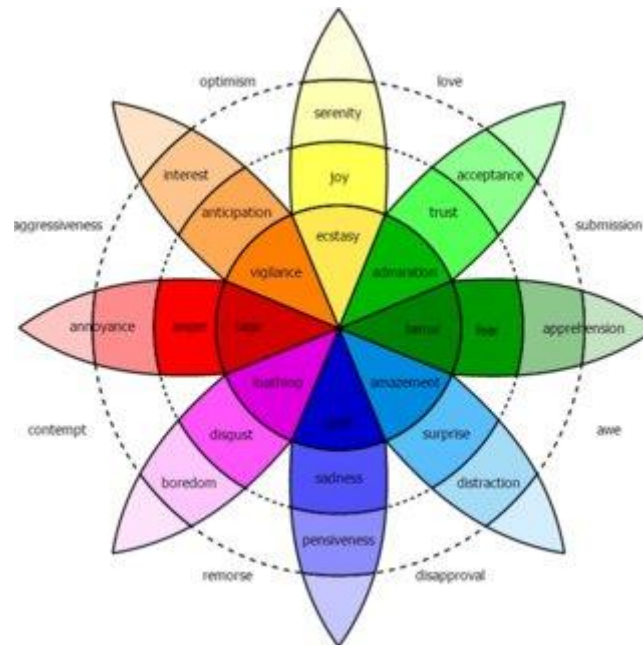


Image 1. Plutchik's emotion wheel¹

This chart shows that emotional processes are placed in a complex chain of events, cognitions, feelings, and actions that have evolved to maintain behavioral homeostasis. (“Psychoevolutionary Theory of Emotion (Plutchik) | SpringerLink”)

Paul Dirac gave the name, Dirac Sea, to this gigantic energy ocean, which is made up of the same matter. When we truly grasp this holistic system, we will discern that whatever we put into this energy field, will return to ourselves as a boomerang. In the light of quantum physics knowledge, it is now easier to see how all the factors influencing our perception function and return to us. Being aware of the working system will bring us wisdom.

3. INFLUENCING FAC TORS

¹https://www.google.com/search?q=plutchik+emotion+wheel&sxsrf=ALiCzsZ22Ej6vAhobnllZUZSi1MwUJBI6g:1656839456587&tbm=isch&source=iu&ictx=1&vet=1&fir=si_1k1pKG4UHcM%

a. BRAIN

The largest part of our brain, the outermost layer, is called the cerebral cortex. It is made of deep folds and wrinkles at the surface which help the brain to process information. Cerebrum is made of two hemispheres that communicate with each other through a thick tract of nerves called corpus callosum. Among our four lobes the frontals are responsible for thinking, planning, organizing, problem-solving, short-term memory and movement. The parietal lobes interpret sensory information, such as taste, temperature and touch. (“How Does Your Brain Work? #BrainAwarenessWeek”) The occipital lobes process images from our eyes and link that information with images stored in memory. (“Brain Basics: Know Your Brain - Bottom Line Inc”) The temporal lobes process information from our senses of smell, taste and sound. They play a role in memory storage as well. (Carter, 2009)

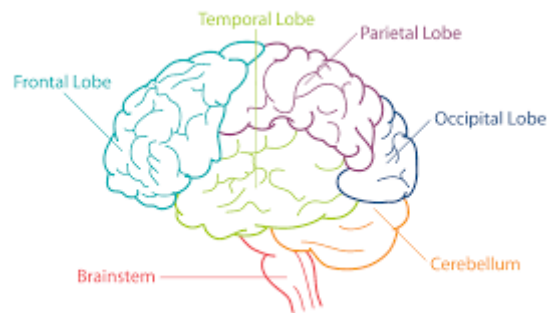


Image 2. The brain picture (stimuli is received and processed)²

The structures deep within the brain control emotions and memories, and they are known as the limbic system. Each part of this system is duplicated on the opposite side of the brain. The thalamus lies between the cerebrum and the brain stem. (“qbank 14 Flashcards | Quizlet”) It takes information from all the senses (except smell) and sends them on to the various parts of

² [https://www.google.com/search?q=brain+picture&tbm=isch&ved=2ahUKEwiSs4CUq-T4AhWDtKQKHUJYDX4Q2-](https://www.google.com/search?q=brain+picture&tbm=isch&ved=2ahUKEwiSs4CUq-T4AhWDtKQKHUJYDX4Q2-cCegQIABAA&oeq=BRA%C4%B0N+P%C4%B0CTURE&gs_lcp=CgNpbWcQARgAMgUIABCABD)

[cCegQIABAA&oeq=BRA%C4%B0N+P%C4%B0CTURE&gs_lcp=CgNpbWcQARgAMgUIABCABD](https://www.google.com/search?q=brain+picture&tbm=isch&ved=2ahUKEwiSs4CUq-T4AhWDtKQKHUJYDX4Q2-cCegQIABAA&oeq=BRA%C4%B0N+P%C4%B0CTURE&gs_lcp=CgNpbWcQARgAMgUIABCABD)

the cerebral cortex. Because of this reason it is called the gatekeeper of the brain. The hypothalamus controls emotions, regulates some of our body functions. The hippocampus lies in the inner part of the temporal lobe and sends memories to the appropriate sections of the cerebrum to be stored and recalled when necessary. The amygdala is seated at the same place as well and it participates in learning how to approach or avoid things, and is related to our emotions (Carter, 2009)

Frontal cortex is associated with consciousness. Cingulate cortex is related to emotions, and it regulates the overall effect, assigning emotions to internal and external stimuli. It has important roles in cognition and emotional memories. Empathy resides in the cingulate cortex. Hormones are the chemical messengers of our bodies. They travel in our bloodstream, carrying messages to tissues and organs. They affect our growth and development, our metabolism, our sexual function, reproduction and our nervous system and our mood.

thoughts cause biochemical reactions in the brain and send chemical signals to the body. When the body receives these signals, it aligns with them and starts reactions. An electrical and chemical matching at frequency level occurs at the receiver areas of the cells' outer surface. The chemical messages are carried through neurotransmitters, neuropeptides and hormones. There are various kinds of neurotransmitters, (causing happiness, love, excitement, sleepiness, awakens) They are the chemical messengers that connect, interact and affect the cell in a thousandth of a second. Neuropeptides are the messengers that send signals to the various glands of the body to produce hormones. They are produced in the hypothalamus, by the immune system. They are the bridge among the brain and the body. While passing through the pineal gland at the blood flow, they attach to the cells and activate the hormones. They cause us to feel as we think. Hormones and neuropeptides are responsible for our emotions and feelings.

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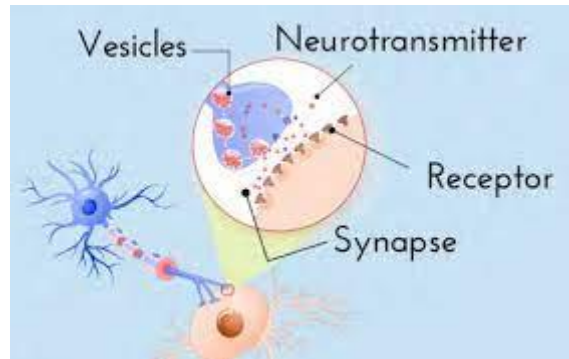


Image 3. Neurotransmitters transferring message³

When the neuron webs that coincide with specific thoughts become active, for us to feel as we think, our brain produces chemicals that align with those thoughts. So, we begin to feel as we think and think as we feel. Our habits are formed this way and memorized patterns create similar thoughts and feelings. This is the cycle of the new produced perception by the basic perception. Incoming frequency of the thoughts, feelings and actions produce the new frequencies. So, the feelings and thoughts are the transformed chemicals of the past experiences. Image, smell, touch and sound are connected to each other, and form patterns. These memorized patterns are prone to produce the similar ones. However, it is hard to enter the subconscious consciously and change these patterns, it is always possible, and we always have a chance. We must be aware of the loop, intend to change it and try to change it.

³<https://www.google.com/search?q=pictures+of+hormone+producing,+neurotransmitters,+cells&xsrf=ALiCzsYTwbKGPo96dN5KJcJ00ePJJaG447w:1657108506626&tbm=isch&source=iu&ict>

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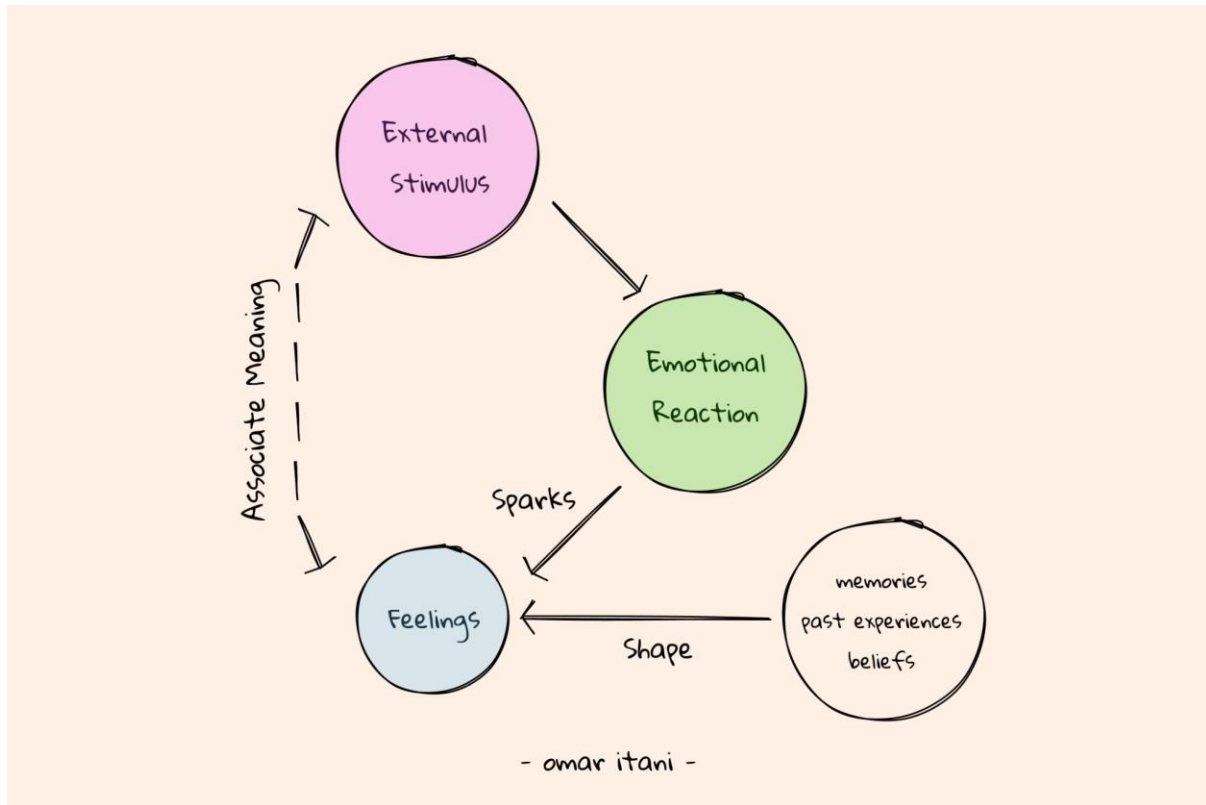


Image 4. You are not your emotions⁴

⁴<https://www.google.com/search?q=forming+of+emotion+and+thought+picture&tbn=isch&ved=2ahUKEwiDhp-voeT4AhUGzKQKHZAfB4EQ2-cCegQIABAA&oq=forming+of+emotion+a>

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Neuron communication

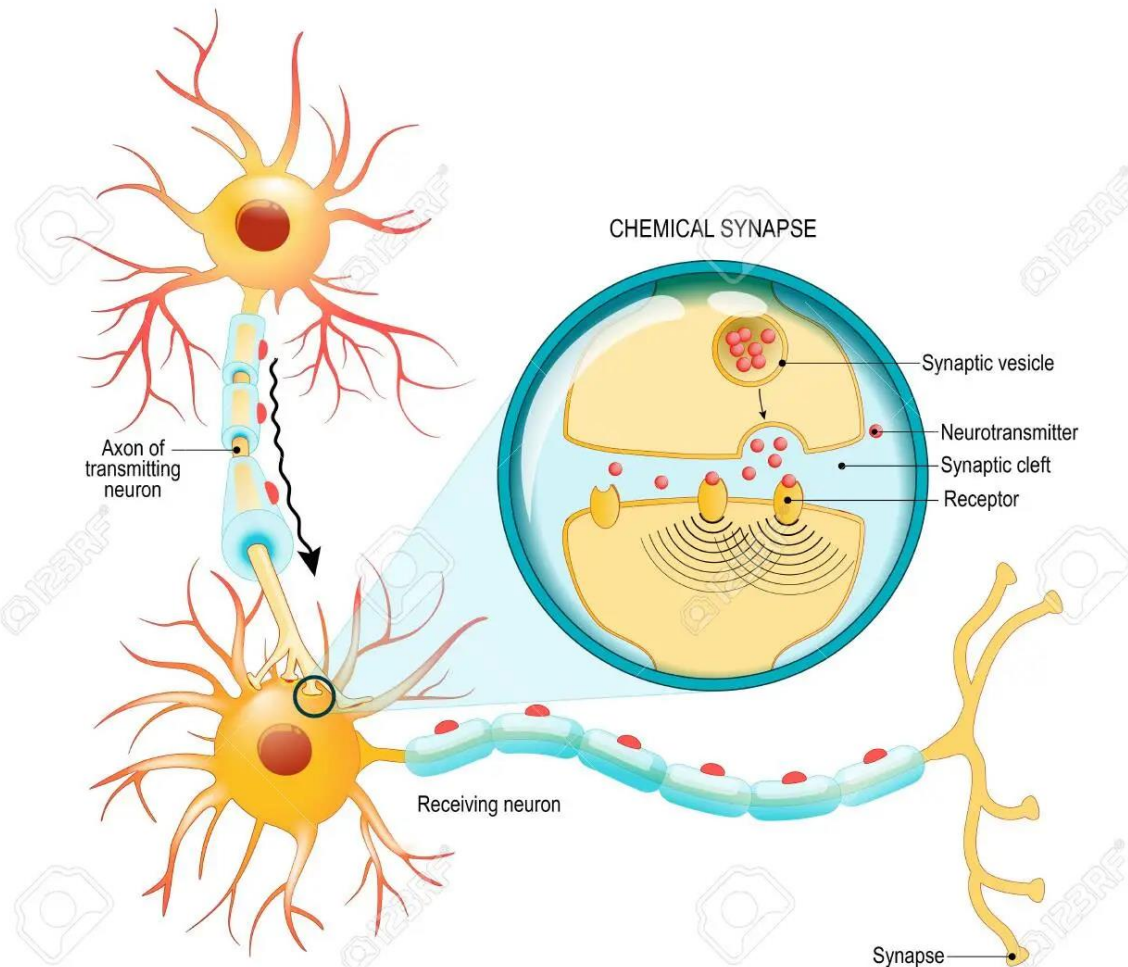


Image 5. Neural communication⁵

<https://www.google.com/search?q=pictures+of+hormone+producing,+neurotransmitters,+cells&sxsrf=ALiCzsYTwbKGPo96dN5KJcJ0OePlAG447w:1657108506626&tbm=isch&source=iu&ict>

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Thoughts and feelings are shaped subjectively in our brains. We establish a world around us, we see the world through a specific viewpoint, we believe in things, we take decisions and maintain our lives all upon those physiological and psychological procedures.

The frequencies of the human body parts are searched, evaluated and analyzed by Dr. Robert Becker by using modern spectral analysis devices. The data obtained is:

- b. Average human body frequency during the daytime is 62-68 MHz*
- c. The frequency of healthy human body parts is 62-78 MHz If the frequency decreases, it means the immune system is harmed.*
- d. Basic frequency of the brain may be 80-82 MHz*
- e. Normal frequency of the brain is 72 MHz*
- f. The frequency of the thyroid and parathyroid glands is 62-68 MHz*
- g. The frequency of the pineal gland is 65-68 MHz*
- h. The frequency of the heart is 67-70 MHz*
- i. The frequency of the lungs is 58-65 MHz*
- j. The frequency of the liver is 55-60 MHz*
- k. The frequency of the pancreas is 60-80 MHz*
- l. The frequency of the bones is 43 MHz*

All the illnesses have a frequency, such as; catching cold is 57-60, infections under 58, cancer 42, and if the frequency of the body decreases to 25 or below this means collapsing and death. (<https://24segodnya.ru/tr/santehnika/rezonansnye-chastoty-organov-cheloveka-tablica-chastota-vibracii-cheloveka--/>)

When the frequency of these organs decreases, and match the frequency of some illnesses, it's inevitable that people will invite and accept these illnesses.

m. PERSONALITY TRAITS

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CURRENT SCIENCE

Distinctive characteristics that make up an individual's personality and make them unique are called personality traits. There are mainly five different characteristics that define a person. Agreeableness (altruism, kindness), conscientiousness (thoughtfulness), extroversion (socialness), neuroticism (sadness, moodiness) and openness (being open to new things and creativity)

Personality traits such as shy, outgoing, friendly, and sociable are aspects of extroversion while traits such as kind, thoughtful, organized, and ambitious would-be part of the conscientiousness spectrum. (“Are Personality Traits Caused by Genes or Environment?”) People are generally somewhere in the middle of these traits. Some people are low in certain traits and high in others. Our traits are shaped by both inheritance and environmental factors. These two forces interact in a wide variety of ways to form our individual personalities. (“Are Personality Traits Caused by Genes or Environment?”)

Values, morals and beliefs are formed by some complicated mechanisms and established in time as the person grows up. Honest, compassionate, leader, courageous, unselfish, loyal, hardworking, independent, selfish, responsible, considerate, self-confident, humble, gentle, wild, joyful fighter, mischievous, imaginative, thoughtful and excited, creative, intelligent, timid, quiet, cooperative ambitious, helpful, lazy simple-minded, curious, energetic, bossy and dreamer are some of these characteristics.

During the perception process, these traits shape our frame of reference. Our personality traits influence our way of understanding and give meaning to what's happening around us. We see life through these lenses. Reality is not reality, it's just our viewpoint, our energy and our frequency which is influenced by our mood. If we change the frequency by altering our way of thinking, our reality will change.

4. CONSCIOUSNESS

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Consciousness is the quality or state of being aware of an external object or something within oneself, such as thoughts, feelings, memories, or sensations. It has also been defined in the following ways: sentience, awareness, subjectivity, the ability to experience or to feel, wakefulness, having a sense of selfhood, and the executive-control system of the mind. (“PSY 7421 Assignment 1.pptx - Course Hero”) It refers to our individual awareness of our unique thoughts, memories, feelings, sensations and environments. (“What Is Consciousness? - Verywell Mind”) It describes both our awareness of internal and external stimuli. The conscious mind involves all the things that we are currently aware of and thinking about. (“Blog | Alexandra House Spa | Huddersfield, West Yorkshire”)

Consciousness increases the likelihood that an organism will direct its attention, and ultimately its movements, to whatever is most important for its survival and reproduction. (“Philosophical Questions {88} ~ What Is The Benefit Of ... - DiosRaw”) Without the adaptive benefits of volitional movement (free will), consciousness would probably never have evolved. We select content from within our consciousness by moving content from the outer edge to the focus of awareness, and we can bring in more information about a given subject by choosing what to focus on. Consciousness is associated with a flexible response mechanism (FRM) for thinking, decision-making, planning, daydreaming and generally responding in nonautomatic ways.

Consciousness must occur with some neural process. All qualia coming to the brain in some special signaling patterns form conscious awareness and conscious experiences. Present-day psychologists distinguish between automatic (*unconscious*) and controlled (*conscious*) behaviors and between implicit (*unconscious*) and explicit (*conscious*) memory.

Freud groups consciousness in three states;

- a. *"The preconscious consists of anything that could potentially be brought into the conscious mind."* (“Freud's Conscious and Unconscious Mind”)
- b. *The conscious mind contains all the thoughts, memories, feelings, and wishes of which we are aware at any given moment. This is the aspect of our mental*

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processing that we can think and talk about rationally. ("3 levels of mind according to Freud. - anilthomasnlp.com") "This also includes our memory, which is not always part of consciousness but can be retrieved easily and brought into awareness." ("The Brain, The Mind, & Consciousness - The Reformation Messenger")

- c. ***The unconscious mind*** is a reservoir of feelings, thoughts, urges, and memories that are outside of our conscious awareness. The unconscious contains contents that are unacceptable or unpleasant, such as feelings of pain, anxiety, or conflict. ("Freud's Conscious and Unconscious Mind") (<https://www.youtube.com/watch?v=DSIsGzn7ftc>)

Freud compared the three levels of mind to an iceberg. The top of the iceberg that you can see above the water represents the conscious mind. The part of the iceberg that is submerged below the water, but is still visible, is the preconscious. The bulk of the iceberg that lies unseen beneath the waterline represents the unconscious. ("Freud's Conscious and Unconscious Mind")

The next level of consciousness, the subconscious (or preconscious), is considered as the storehouse of all remembered experiences, impressions that are left on the mind by such experiences, and tendencies that are awakened or reinforced by these impressions. ("The Three Levels of Human Consciousness | by Kain Ramsay - Medium")

Every experience we've ever had, every thought, every impression lives in the subconscious mind and influences our patterns of thought and behavior far more than we realize. ("The Three Levels of Consciousness by Sigmund Freud - StuDocu") The subconscious holds information that is just below the surface of awareness. An individual can retrieve such information with relative ease, and we usually refer to these as memories. ("The Three Levels of Human Consciousness | by Kain Ramsay - Medium")

Subconscious functions as a software program by recording all the data that we perceive with our senses and giving them to the brain when needed. It is a unique system that works even

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when we are asleep. The main goal of the subconscious is to watch and protect our body, keep it alive and maintain its existence. Our subconscious implements all the orders which our conscious mind believes are true. Our reflexes, nervous system, courage, patience, love, willpower and self-confidence are our emotions which are managed by the subconscious.

Our subconscious begins to get formed from the time we get into our mother's womb. It stores all the information though our conscious mind isn't in charge yet, and the stimuli that occurs from infancy to childhood becomes our beliefs. Our personality and behavior are formed with this information. Subconscious reaches the goal of keeping us safe and alive by these reflexive and automatic behaviors. For example, a child whose hand is injured from the stove, keeps away from the stove, throughout his life, or a child who dodges the danger of drowning gets frightened from the sea and can't learn swimming easily.

5. MINDFULNESS

Mindfulness is the basic human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us. Mindfulness is a quality that every human being already possesses. ("What is Mindfulness? - Mindful") We attain our insight and our wisdom if we intend, focus on our breath, give our attention fully to our emotions, thoughts and what we're doing, witness them and control them. It's just like a spiritual ritual living in mindfulness. We harness our spiritual power when we are at the flow of life. Empathy, resilience and being considerate of other people's feelings approximates wisdom to us. We connect with the source. Creativity and happiness come easily while fears dissolve, anxieties and stresses disappear.

6. PAST LIVES

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"Unknown to most of us, we have all lived many lives on Earth." ("vite sulla - Translation into English - examples Italian | Reverso Context") We keep getting born repeatedly (reincarnated) to settle our give and take account. According to how we have lived in our past lives, and how we have used our willful action in each of them, our personality has been shaped. ("we have used our translation in Italian | English-Italian dictionary ...") The personality traits stored as impressions in our subconscious mind continuously get molded and reinforced by our actions and thoughts in any given lifetime. ("Past lives influence on our Personality - SSRF English")

By the 1950's conventional psychology used regression to take the patients back to when their problem began; they first meant to go to their childhood; however, the clients went back to their past lives. They clearly identified the origin of the issues. Then the psychologists saw that understanding how it began is one of the best ways to free ourselves from a wide range of problems and draw positive energy to our current lives. (Fyfe, 2015)

Once you've made a conscious link to those positive energies, they become even stronger and clearer. If we can make the link, it's perfect; however, if we never discover this reality, it doesn't mean that it doesn't exist. Our past lives are one of the most crucial factors that affect our perception and our present lives as well. Past lives link us to our current life and current family.

7. CULTURE AND ENVIRONMENT

Our environment shapes our behavior and culture and influences our brain function, altering the way we think and perceive the world. The words we use limits our cognition and thought. They have a significant impact on how we reason and perceive the world. Sometimes we remain speechless because we do not have the words to express our feelings. People from various cultures will process the world differently. Furthermore, subcultures exist within cultures. ("Winning with Empathy and Emotional Intelligence - LinkedIn") Religions, communities, and customs all work to influence our cognition and perception.

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As we encounter people of our own culture, we constantly make judgments as to age, social status, educational background, and the like. The cues you use to make these decisions are so subtle that it's often difficult to explain how and why we reach a particular conclusion.

"Three of the main environmental variables that can influence perception: physiological, psychological, and social." ("How Environmental Variables & Other Factors Influence Perception")

Physiological influences come from the physical environment and the ways we are different from each other. We all receive sensory information differently, which can affect personal relationships. Age, or the older we are, allows for greater experience and scope, and these developmental differences shape our perceptions. Health, exhaustion, and hunger also affect our perception and communication. ("How Environmental Variables & Other Factors Influence Perception") Other physiological factors influence perceptions, including biological cycles like menstrual cycles, body temperature, alertness, stress tolerance, and even neurological factors such as ADHD and bipolar disorder.

Psychological Influences affect our perception as well. How we feel at the time, or our mood, can have a significant effect on how we view people and events. If we are in a positive mood, we are more likely to view other people and our environment positively, but if we are in a negative mood, it may affect things negatively. Although mood may be a temporary condition, our self-concept, or the way we see and feel about ourselves, has long-term influence on how we perceive others and their behaviors. ("How Environmental Variables & Other Factors Influence Perception")

"Our position in society also shapes our view of society and individual members." ("How Environmental Variables & Other Factors Influence Perception") Our socioeconomic level, family background, and position in the community are defined as social influences and they all affect our perception. "Our occupational role, perception of that role by society, and educational background influence how we see things around us." ("How Environmental Variables & Other Factors Influence Perception") Our gender and relational roles, such as family members and friends, are perceived differently than others.

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So; as we select and organize the data we receive from our environment, we interpret this data according to our physiological, psychological and social conditions. As an outcome, subtle cues drive us and direct us to shape our perceptions and our decisions are made accordingly. If we are aware of these steps and awake to our own individual frame of reference that we view life, we can be able to make decisions that cause us to maintain a satisfactory life.

8. OTHER FACTORS

Our experiences, family situations, socioeconomic state, cultural and educational state, our needs, desires, expectations, dreams and aims also influence our perception by setting up and creating various feelings, emotions, opinions, thoughts and beliefs accordingly. Not only our qualia (subjectively perceived experiences) other people's qualia as well emanates in the quantum field, affecting each other in an intertwined way.

Every thought and emotion have its own vibrational frequency or wave frequency. Quantum mechanics has demonstrated how a wave frequency can be altered. The shape of a wave has peaks and valleys. ("Do thoughts have a frequency? – Writing in steps") "Energy waves are encoders and carriers of information with an infinite capacity for storage." ("The Quantum Mechanics of Changing Thoughts - Mind & Body")

When we are aware of how our perception is occurring and getting in shape with all the base underlying factors, when we recognize ourselves and are mindful about the processes, we may be able to change our frequencies and our perceptions. Each affects the other in a cognitive way. Studies show that positive feelings and thoughts have a high frequency while the negative feelings and thoughts have a low frequency as listed below.

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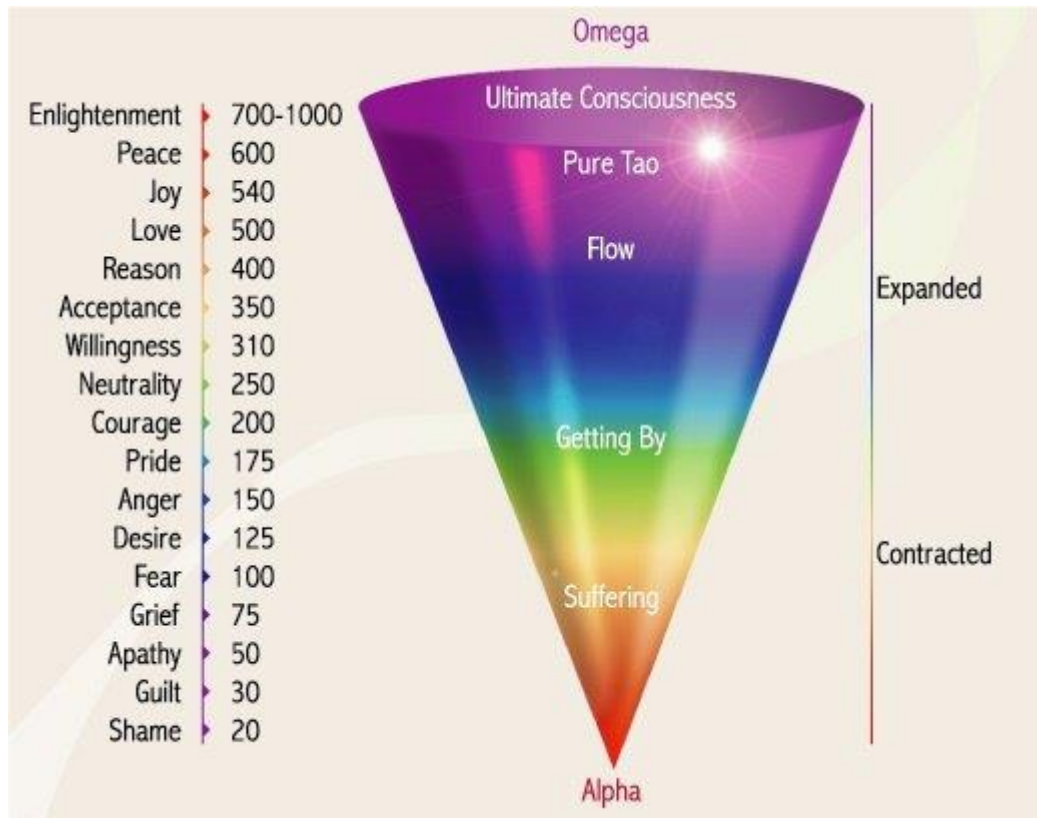


Image 3. The frequencies of the emotions⁶

These lists show us to be aware of our feelings and perceptions, why we feel and perceive that way, what we can do about it.

Seeing these opposites represented visually can also help us understand our feelings and reactions to others better. The opposite emotions don't tend to cancel each other out so much

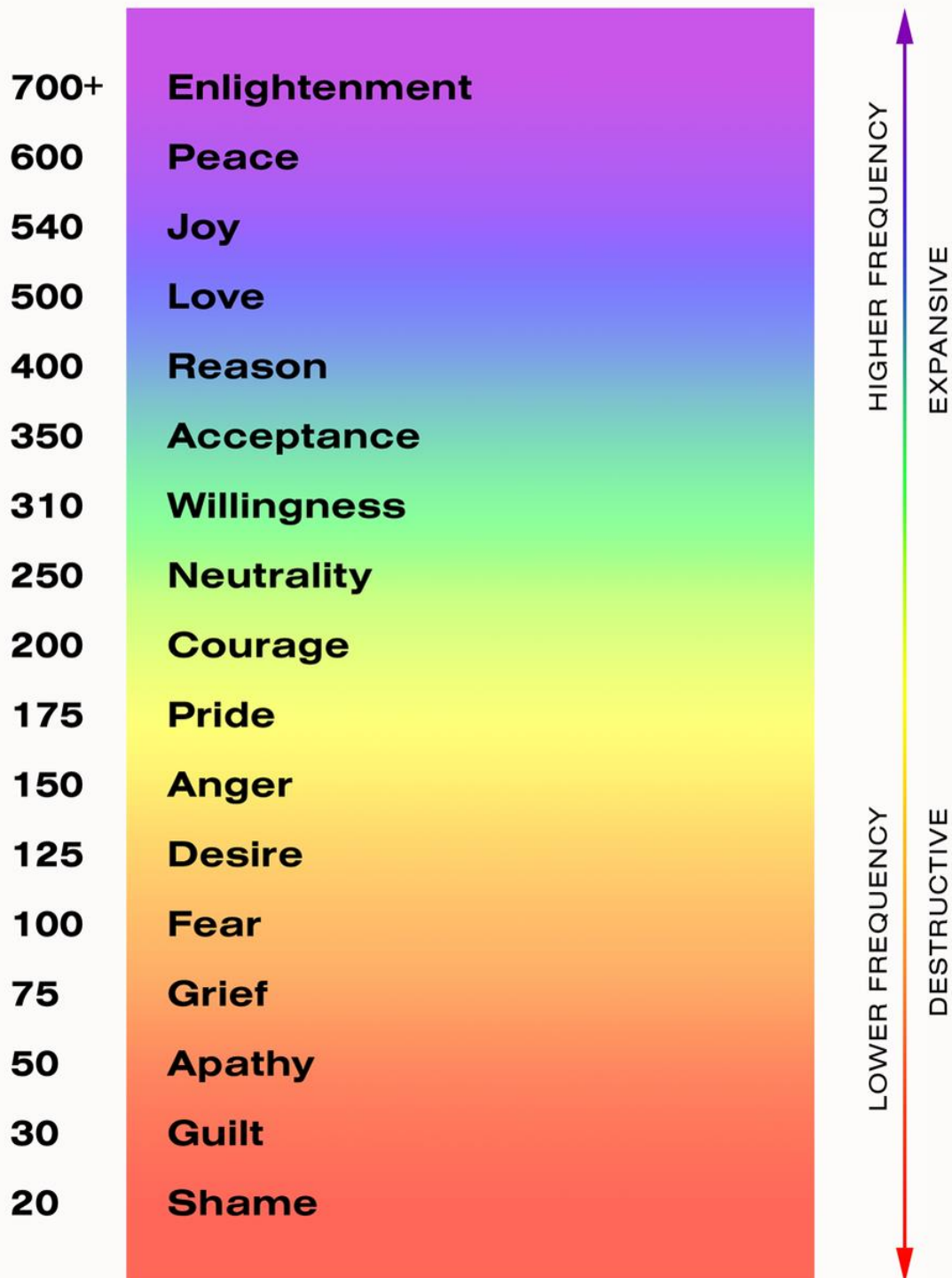
⁶ [https://www.google.com/search?xsrf=ALiCzsafQ2ET-](https://www.google.com/search?xsrf=ALiCzsafQ2ET-Rvnw11W1196odmjHTWF2w:1656838597277&source=univ&tbn=isch&q=duygular%C4%B1n+frekanslar%C4%B1&fir=9t3U)

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as intensify the feeling or the interaction. (“The Emotion Wheel: How to Use it to Get to Know Yourself”)

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EMOTIONAL FREQUENCY SCALE



@its_anne_and_steve

Image 4. Frequencies of the emotions from low to high⁷

When we experience a feeling it's because a particular stimulus has triggered the urge to engage in specific behaviors. If we think about the fight-or-flight response, it is to protect us from predators, we could think of it as part of an emotion-driven chain reaction. "We become aware of a threat, we feel fear or anger, and as a result we decide to attack or run away." ("The Emotion Wheel: How to Use it to Get to Know Yourself") If we are aware of our feelings and emotions and how they trigger and motivate us, we understand easily that they are controllable nuisances, surely, we can do much about them.

9. CONCLUSION

In the quantum universe everything is a frequency. In our world we only perceive the frequencies within a certain range. Sound; for example, we can only hear some frequencies. Animals hear in a wider range. Light frequency tells us the color of the light. High frequency light waves are at the blue part of the spectrum, low frequency light waves are at the red part of the spectrum. ("Frequency Formula, Unit & Examples | What is the Frequency of a Wave ...") There are other waves such as; microwaves, ultra-violet, x-rays infrared that we cannot detect with naked eye. Physical dimension and image are the way we perceive light photons. All the different vibrating matter seems different to our eyes because of their different frequencies. Because all the matter vibrates constantly, it looks as if it is present, or it is not present like an illusion. Maybe our world is a matrix or a simulation. Tesla said that if anyone wants the secret of the universe, he should understand the frequencies. Everything not only vibrates, but they also influence each other independent of time and space. This is called the

⁷ [https://www.google.com/search?xsrf=ALiCzsafQ2ET-](https://www.google.com/search?xsrf=ALiCzsafQ2ET-Rvnw11W1196odmjHTWF2w:1656838597277&source=univ&tbn=isch&q=duygular%C4%B1n+frekanslar%C4%B1&fir=9t3U)

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Entanglement theory in quantum physics. Everything in the universe is a frequency; sound, smell, color, music, emotion, thought, prayer, living and non-living matter, water, air...

While we are perceiving we are making inferences according to who we are, we see as we want to see, in addition to this, we even must not trust what we see, hear or remember; because we mostly fill in the blanks. So, while we are creating our perception, we must take this knowledge into consideration.

We are creating a resonance field for ourselves, with our emotions, thoughts, beliefs, actions. Then we are perceiving the world as we see. However, there is not one reality. Our realities are subjective and unique and depend upon our qualia.

Recently scientists have made a lot of investigations on this subject. They can measure the frequencies of the feelings, emotions, modes and thoughts. They also have measured the frequencies of the organs and the illnesses. From all these measurements we can extrapolate that fears, worries, hate, guilt, shame and anger have low frequencies, while love, joy, peace and similar positive emotions and modes have high frequencies. In the quantum world, similar frequencies attract each other. If we fill our hearts with positive feelings and our brains with positive thoughts, we can manage our lives happily. First, we should be aware of how our perception is processed, which inputs are building on top of our background. Then we should control the processed outcome as our perception. If we are aware of these processes, if we intend to change and transform them, we become conscious of our own perception mechanisms, we may be able to detect other peoples' mechanisms as well. These empathetic feelings may be used as a by-product in our relations.

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