Sophisticated Yet Simplicity (1)

By Kevin A. Sensenig
Draft 1.02
2019 February 21 – 2019 March 28

The mind is sophisticated. Yet we can bring a sort of simplicity to our thoughts that then yield many possibilities.

The Tao Te Ching states:

> The world is formed from the void,
> like utensils from a block of wood.
>
> The Master knows the utensils,
> yet keeps to the block:
> thus she can use all things.
>
> – chapter 28, the Tao Te Ching by Lao Tzu, translated by Stephen Mitchell

Psych unit psychiatrists should bring this sort of insight, and functional-and-aware model-and-actuality-idea of the mind and our very approach, its very palpable and actual reality, to the table in their studies, and in the psych unit in working with the individual.

What I suspect is that they'll find that there is so much that is available for the individual. It may take a significant amount of time, yet there may be grades of recognition and new awareness and renewed ability that are significant for the individual, that he or she can find to be a participant unfolding state of being and awareness.

Both awareness and perception are, I feel, given short shrift in our society, and so is discussion of the mind and the truth that it considers – and that the psych unit psychiatrist, in realizing the applicability and actuality of the mental space, the mind and all its vocabulary, can serve to introduce this sort of thing into the framework.

Whether you work with a Marvin Minsky model or a Zen Buddhist model (see my paper "Logic 1.1: Bio-Genetics Or Built-In Mutable") it's important to recognize that models and talk of the mind apply, and then so does the very content of our minds – and we can work with this space at the same time, as one interlocking, un-interlocking space and domain. That then becomes, is, the very world before us and that we find ourselves in.

It's not just brain cells. In fact, such technical discussion would be set in a redefined, mvo-psychiatry framework. One can consider the mind, the mind that is before one: and Minsky or Zen or religion or secular description or the individual's own terminology and working world becomes important. One can study the ancients, modern thought, and the individual's own formal or informal space.

And awareness and perception are interconnected with understanding – one's view – and this becomes interconnected with thought, speech, and action – entirely the domain of the psych unit psychiatrist, if it's done in a realistic way and approach. This all becomes a standpoint, and the standpoint of the individual (and others connected) becomes key. This would represent a shift, and that's why I call this mvo-psychiatry (mental view and orientation psychiatry, to distinguish it from the historical framework of bio-genetics, and to indicate its own framework-idea).

This all becomes relevant from another standpoint: to work with the mind is to change the interconnected-fact and actuality of the neurons, it changes the wetware. Thought is interconnected, so one might be interested in my papers "Points A, B, And C – And Recognizers". And thought is interdependent with the wetware: so to introduce a new reality (in thought) with the individual is to edit the wetware.

From the Buddhist standpoint, this is an expression of a path out of suffering – because things are impermanent, even thought is impermanent, which means we can introduce a new thought, perception, or idea, and find a path from suffering to insight and realization.

Psych unit psychiatrists should look to the sophisticated nature and ability of the mind, both perils and strengths of viewpoint, and simplicity of thought and standpoint. And they should do this with a developed vocabulary and open approach, that seeks to provide deeper insight and more just outcomes, for those facing dilemma or no-dilemma. Then it would be more explanatory and helpful, and would align with my idea of mvo-psychiatry.

Related Papers

"Models Of The Mind (The Lankavatara Sutra)"
"Logic 1.1: Bio-Genetics Or Built-In Mutable"
"The Mvo Framework, In This Way (Basis)"