

Physical Determinacy of Mental Phenomena

David Dubrovsky¹ and Nikolay Bodyagin^{2*}

¹*Institute of Philosophy, Russian Academy of Sciences, Moscow, Russia*

²*Ryazan State Medical University named after Academician I.P. Pavlov, Ryazan, Russia*

***Corresponding Author:** Nikolay Bodyagin, Ryazan State Medical University named after Academician I.P. Pavlov, Ryazan, Russia.

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Abstract

Physical mechanisms are defined and evidence is given of a direct fundamental connection between some mental phenomena and known physical processes. We are not talking about the similarity of these processes or about the physicochemical mechanisms of the body's reactions to external stimuli, but about the direct physical determinacy of some mental phenomena, which are an inevitable projection, a consequence of the processes of evolution of inorganic matter.

The use of external influences in the form of fields and radiation is discussed.

Keywords: *Physics; Psyche; Matter; Genetic Code; Degradation*

Introduction

All fundamental physical laws: conservation, rhythm, resonance, self-organization, etc. act at all levels of matter: from the microworld to living matter. They are projected into consciousness, causing many states of the human psyche. Such phenomena as "mental" suffering, love, compassion and others are not in fact purely subjective, immaterial states, but inevitable, unconscious consequences of physical laws. Understanding this gives rise to a new level of explanation and methods of controlling mental states.

Materials and Methods

The issues related to the section "Materials and methods" are presented and discussed in detail in the relevant sections of the text of the article.

Results and Discussion

The nature of suffering

Life is the result of self-organization under the influence of the genetic code (GC) of inorganic matter and biological units. This progressive construction is carried out by extracting order from the external environment. Such a paradigm is also transmitted to the level of consciousness. Therefore, it is inevitably an unconditional supporter of the constant maintenance of life and progress and rejects destruction and death.

But any bio-object inevitably and irreversibly degrades and collapses over time. There are two main fundamental reasons for this:

1. Autonomous evolution of inorganic matter. The web of life is inextricably linked with the inorganic world. But they have different evolutions. Therefore, a natural contradiction arises between them.

In living systems, two processes of self-organization compete simultaneously for resources, space and dominance: reproduction, reproduction of the body controlled by the GC and the autonomous evolution of elements and compounds forming the physical body. The latter is manifested in the emergence in the body during life of various structures that have no direct relation to life: independent aggregations of iron, magnesium, selenium, calcium, etc. [1]. This tendency to combine, including crystallization, is a consequence of the physical law - the desire of any system to minimize its free energy [2].

To destroy these compounds and involve them in the life cycle, it is necessary to overcome the corresponding energy barrier. But the GC, due to its own energy limitations, cannot do this.

The physicochemical imprint of the body fights against what it creates, striving to destroy the complex structure it generates in favor of a simpler one. Alliance ultimately leads to the “crystallization” of inorganic and organic compounds and the accumulation of forms of matter incompatible with life. As a result, during the course of life, the emergence and consistent growth of the “inorganic body” occurs, which leads to poisoning, degradation and ultimately displaces and defeats the organic body [3].

Not taking into account the independent behavior of inorganic matter, the science of life has narrowed its view. Considering life as something existing independently and autonomously, it has limited the possibilities of understanding the causes of diseases, death, and various states of consciousness.

2. Another reason for degradation is the constant increase in disorder (entropy), called the second law of thermodynamics in physics. It brings destruction to any object. Although life contradicts this law, its components obey it. As a result, the organism inevitably degrades and dies. These processes of degradation from the level of atoms and molecules are transmitted to the physiological level and then inevitably penetrate the mental level, tuned to development and progress. The body is destroyed - consciousness degrades too.

For a person, this looks like an unconscious, uncontrollable process of gradual destruction. It leads to unfavorable emotions, the true origin of which we often do not understand. At the level of consciousness, suffering arises as a feeling and awareness of the inevitability of decay and death.

Thus, suffering is generated by simultaneously occurring multidirectional processes of self-organization of living and inorganic components and degradation. Suffering is “genetically” encoded in the fundamental physical basis of matter and permeates all its levels. Suffering and life are essentially two inseparable sides of one phenomenon.

The reason for the inevitability of suffering and death should not be sought in the GC or anywhere else. Just as life is not localized in something specific, so suffering and death are present in everything. They are contained in the very basis of matter and are described by the laws of physics. Degradation and destruction are the fate of any “independent” system. This is a consequence of the interconnection of all things.

Automatism of consciousness

The collective field of the GC and its protein companions controls not only the development of the physical body, but also generates the phenomenon of consciousness itself [4].

The GC, due to its multi-level spiral topology, extracts energies and matter of the required quality from the environment around it. Then it automatically multiplies their frequencies to the highest levels, with which consciousness can be associated (the topic of a separate article). This does not contradict the laws of physics.

A possible way to increase the frequency of vibrations (oscillations) can be described by the law of conservation of frequencies, which in turn is a direct consequence of the law of conservation of energy.

Behind this may be a disappointing discovery for us. Having understood the law of vibration multiplication, we will open the “terrible” secret about our “mechanical” origin, we will find that not only the body, but also consciousness is the result of the physical mechanism of topology complication and vibration growth, and we are an “automaton of cosmic forces” devoid of mystery and divine spark.

The fact that consciousness is automatically generated by inorganic levels of matter allows us to apply known physical theories and technologies to its study and management.

Yes, consciousness probably cannot be reduced to physics. But how should we understand physics? Is it the human science of matter or matter itself? After all, there is a general system of rules understood by man, which can be called philosophical physics or physical philosophy. It uses such concepts as: rhythm, polarity, vibrations, gender and others. And although it is directly related to physics, it is equally universally applicable to all other sciences, culture, society, etc. Within the framework of such an understanding, consciousness is an ordinary physical system, temporarily endowed with an aura of mystery.

Compassion

Compassion, happiness, joy brought to other people, and love are very close in their essence. These are different sides of the same phenomenon. And they have, in my opinion, a completely clear physical explanation.

In order for a certain physical system, which is in a nonequilibrium state relative to its environment, to come to equilibrium, it is necessary for it to get rid of the nonequilibrium part of its energy or substance.

Biosystems are always nonequilibrium in relation to the external environment. They constantly import energies, substances and impressions necessary for life, processing them into a new quality, different from the environment. At the same time, like ordinary physical systems, obeying the laws of physics, they strive for equilibrium with the environment. Therefore, they constantly get rid of the produced non-equilibrium parts of their energy, substance and mental products by exporting them to the outside.

The energy levels of the system released in this way are potential recipients for new vital energy and information for the organism. Paraphrasing the Dalai Lama, we can say - “By giving love to others, we make room for love for ourselves”.

But why is the transmission of love, compassion, and not hatred, envy, etc., useful for the person transmitting them? The answer seems obvious from a physical standpoint.

You can transmit your energy to another only with his consent and openness. But he is open only to what brings him joy, satisfaction, etc. Otherwise, the transmission cannot be carried out even if you want it. Thus, you can successfully transmit your excess energy only with his consent, i.e. obviously in the form of love, compassion, etc. The interaction between any natural and artificial systems is carried out in the same way. This rule follows from the principle of resonance and synchronization.

Thus, compassion and love are a necessary part of a normal healthy biological game. Their absence will inevitably lead to disruption of functioning and degradation of the body and mind. Excess internal energy that does not find an outlet outside gives rise to unconscious fear and uncertainty.

The transfer of energy from a nonequilibrium system (a person) to the environment may be only part of the process of internal dynamics. Within it, lower forms of internal energy are transformed and pass into higher ones. This does not contradict the fundamental laws of physics and can take place with compassion, giving and other positive actions.

A clear physical example of the transformation of oscillations is a laser. In it, the unorganized energy of matter is transformed into highly ordered directed emission of photons with the help of a special resonator. In mental processes, the role of the resonator is played by compassion or love. At the same time, the organism itself comes to equilibrium - calm.

Thus, energy and mental donation in the form of compassion is always useful. By getting rid of the internal structures that are forming and the excess part of the internal energy, peace and balance are achieved. For this, the path of exporting the accumulated internal energy and, substances and mental products must be in good working order and open. This is of great importance for medicine.

Love and compassion are inherent in all levels of matter. This is a manifestation of physical laws of distribution of internal energy in nonequilibrium systems and, as a consequence, a necessary part of a healthy biological game.

The nature of automatisms

The phenomenon of mental fixation (automatism) is well known in psychology [5]. It often has negative consequences for a person, disrupting the logistics of information and energy within the body and in interaction with the external environment.

The multitude of rhythms of the body is the result of the work of the automatic mechanism of stabilization of its state, which prevents the loss of energy and information and ensures the preservation of integrity in a changing environment. In the mental sphere, we also subconsciously strive for predictability, stability of our rhythms, states, relationships.

The automatism of processes in the body and consciousness realized through chains of positive feedback is a projection of the evolution of inorganic matter imprinted in the living, a consequence of the general laws of functioning of self-organizing systems. At the same time, the more precise and reproducible the rhythms are at the physiological and mental levels of the organism, the more conservative and vulnerable it becomes. This is also a consequence of the laws of resonance and synchronization.

Physical methods of mental transformations

There is no fundamental difference between processes in inorganic matter, organic development and mental phenomena. Happiness, joy, grief, etc. are the result of a series of complex physical and chemical interactions. And there is no predetermination or intent in these processes. In the world of living matter and spirit, there is nothing fundamentally new that we cannot discover in the phenomena of self-organization of inorganic matter. Our aging body, decaying consciousness, suffering, love and death itself are the legacy of the inorganic material world.

Therefore, there is a fundamental possibility of artificially correcting and stimulating mental states with the help of fields, radiation and vibrations. The governing principles for this have long been known to science and are used in material technologies: rhythm, polarity, vibrations, standard, resonance, etc. [6].

The unifying principles of neurodynamic and mental phenomena and phenomena in inorganic matter are electromagnetism, gravity, affinity, etc.

Having abandoned such imperatives as morality, suffering and others in physics, we quickly achieved outstanding results in understanding and managing Nature.

The mind moves by perceiving naturalness, objectifying the factors that oppress it and reducing them to the level of material processes.

Conclusion

There is no fundamental difference between processes in inorganic matter, organic development and mental phenomena. Happiness, joy, grief, etc. are the result of a series of complex physical and chemical interactions. And there is no predetermination or intent in these processes. In the world of living matter and interconnection unites all levels of reality. Such phenomena as compassion and love, suffering and many others are a manifestation of universal dependence. They correspond to natural laws.

Therefore, the opposite situation should not be excluded: the possibility of detecting the influence of consciousness, mental phenomena on the material world.

Use of AI Tools Declaration

The authors declare they have not used Artificial Intelligence (AI) tools in the creation of this article.

Conflict of Interest

The authors declare no conflict of interest.

Author Contributions

All authors made equal contributions to the conceptualization, methodology, analysis, and writing of the manuscript. The final manuscript was approved by all authors.

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