Curist Mind: A Metaphysics of Healing

Connecting individual purpose with the dynamic ground of reality through Curist consciousness

***Curist Mind integrates synergy by framing reality as relational**- bridging dynamic scientific theories and psychoanalytic perspectives with ancient wisdom traditions focused on flow states and breathwork- **inviting embodied practices to mimic and accentuate the flowing first principles of relational restructuring** taking place (fractally) across the universe*





Isbel Enid Cruz
Metaphysician

Francisco Cruz, MD
Psychiatrist

Paradigm Shift for Healing

A relational metaphysics **reframes our role as co-creators with nature & roots our participation and curiosity as important nodes** in the movement of life and the development of consciousness, **reinforcing interconnection and dynamic flow**

A Curist lens **reveals deep caring present in complex and human consciousness that exists in nature as value systems take shape**

Inspiring **Spirit-activism**: a **recognition of the creative act of living through love by which we establish sacred bonds with people and places** - for our personal wellbeing, for social attunement towards justice and equality and for a thriving relationship with the Earth that **helps us evolve consciousness**

Create a culture of care by living with intention through self-care for social healing & showing up authentically in our community

Holistic Wellbeing Objective

To resolve our various crises through a metaphysical reframing, a dynamic, creative reality grounds **nature as inherently essential to our health, wellbeing & social development for sustainable living**

Recognizing the foundational role of relationships generates care and love that helps **reduce violence in our communities & builds bonds with our ecosystems**

Centering relationship with ourself practicing **breathwork for nervous-system regulation, learning self-awareness through mindfulness and self-care;** and a larger focus on local community & schools to provide **resources that support** individuals and families in fully realizing Maslow's pyramid of wellbeing - **self-actualization**

Prioritizing **purpose for emotional resilience, movement for mental & physical wellness, and belonging for social integration** creates an ethical compass for decision-making at local, regional, and global levels

Implications

Tools to address our individual, social & environmental crises

*Personal wellbeing & purpose for **Happiness***

*Healthy interpersonal & social connections for **Meaning***

Transpersonal sacred stance with the Real nature of all things for **Resilience** & **Sustainability***

**This view* is supported independently by John Vervaeke's gnostically dynamic framework exploring the development of consciousness: Physis, Psyche, Noesis, Henosis, Kenosis, Theosis as 'thouing' through Agape[7]*

Applications

Important ways to create a Curist Mind paradigm shift

***Alternative Therapies** for mental health*

***Community Wellness** for our self-actualization*

Research and education** in neuromodulation, psychedelic therapy and self-regulation for **psychosocial healing

Relational quantum theory views foundational reality as relationships, interactions that can be measured as (logarithmic) information of local quantum states (A framework such as AQFT[1] could provide mathematical rigor formally grounding relational quantum mechanics RQM[2])

Metaphysics: ***Dynamic, creative movement towards novelty[3] & complexity***

Ontology: ***Shifting (vibrational frequencies) and constrained relational states***

Relational Theory of Matter/Minds

1. Relational interactions as a non-foundational "aboutness" of an ontological ground (algebraic nodes of spacetime that shift in relation to other local interactions) resulting in measurable observations free of a privileged observer; information emerges and structures
2. Differentiation via movement and interaction simultaneously generates information as diferential pathways, while some local states reiterate into novel pathways as entanglement

Cosmic consciousness reveals our role as sacred, creative beings that honor the interconnections that generate attunement with Spirit through the breath

Embodied emergence of Consciousness

1. The more complex the reiterative loop of updating and modeling the environment, the more robust the sense of self that points to complex problem solving and emotional center
2. Co-creating is a powerful reiterative loop that later through psychodynamicly bound systems that require sleep (nREM/REM), regulate breath and evolve rich mental states constitute a 'sufficient' ground for consciousness understood as self-awareness

Chaotic systems dynamics coalesce into patterned, recursive and/or oscillating systems that establish trace and later resonance

Tuning ▸ Trace ▸ Resonance

↓

Attunement ◂ Memory ◂ Imprint

Resonance of Minds/Matter

1. Emergent synergistic features with formal constraints (fractal, geometrical, E8 lattice) and/or "Platonic" formal congruity with Beauty as Phi, the golden ratio; a spiral that goes on into infinity, opening up the space of creative possibility for integrating many systems upon systems as higher order growth creates complexity
2. Ground of Spirit: eros-imbued energy as favorable conditions establish value for networked systems - ground of sentience is relational recognition of what is Good

Integrated systems develop as rippling effects (maintaining energy imprints) of previous relational structures, amplifying complexity & novel interactions

Value-Driven Systems of Agentic Minds

1. Bounded system with a "Markov blanket" as necessary ground of consciousness: Awareness of internal/external boundary in the form of active inference information processing[4]
2. Greater mobility allows for greater agency and thus greater influence over the internal/external dynamics where co-creativity lies; optimizing creative potential increases
3. Recursion is a dynamical, structural mechanism at the metaphysical, ontological and morphological space of structurally-driven processes and the reification of creative process[5]

Complex consciousness develops along integrated bounded systems via constraints and creative pathways

Consciousness emerges from the interplay and entrainment of a multiplicity of fine-tuned systems that in complex animals is mediated by the breath and evolves through a rich development of the psyche through embodied movement and constraints in many forms

Self-awareness made possible with the development of the frontal lobe; a sense of Self is possible with working memory and greater agility increasing creative possibility, tangibly (co-creating our world) and psychologically (expanding our mindscapes) via relational restructuring; importantly, the breath helps regulate the physiological responses to our individual experiences and acts as a bridge between the limbic system and the frontal lobe - **emotions develop as energy in motion with the evolution of human consciousness**

Developing a rich world of mindscapes bolstered by unique, singular experiences of self-awareness and shifting landscapes through ecological and social movement **form novel pathways via creativity and constraints**, and through accumulated knowledge and exploration of the human condition, artistic & sacred, reified language pressures of naming and codifying that shifts with time leaving imprints; and very **importantly, an ability to imagine the unknown**- some of the many nodes **in the development of consciousness within society**

Human conscious experience connects to the dynamic ground of reality via layered traces through our physically energetic ties to nature, while an integrated intellectual history leading to meta-consciousness combined with spiritual wisdom leading to higher consciousness **points us in the direction of intentional, curated relationships for health and creative growth potential as the ground of Curist consciousness**

Private minds shape reality through a development of Self that emerges through memory, imprint, associations and coherence/decoherence. **Conscious unity emerges from dynamic integration across multiple domains[6] that allows for myriad pathways to healing**

Human consciousness emerges as an oscillating spectrum that constructs a dynamic psyche (or Self) through memory, trace, and creative connection via breath and movement - through embodied systems, social systems, culture, uniquely shaped moments in time informed by variants in physiology, knowledge, liminal spaces, a collective unconscious, the subconscious, learned cognitive states...

Breath regulates human consciousness as shifts in brain states and embodied manipulation

Breath engages our entire Self for physiological health, emotional regulation & spiritual growth

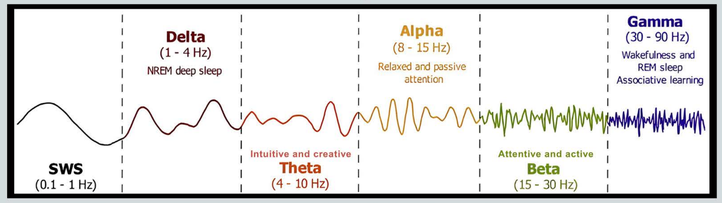
Medium bridging the terrestrial ties (body) with our Mind's entangled connection to the universe

Movement through fluid psychodynamic states is important for intentional consciousness raising

introspection ↔ contemplation
cognition ↔ intuition
attention ↔ intention
personal ↔ social
rest ↔ participation

Along the spectrum of experience that is tracible from wisdom traditions to art to neuroscience

Movement, flow states, time in nature dissolve the ego state, engaging the default mode network (dmn) in theta/alpha states



Restorative sleep brain activity slows while body releases and repairs

Meditative healing arts engage the dmn, accessing our intuition center; Following passions engage higher order beta/gamma frequencies

Curist consciousness increases the Imaginal,[7] our creative possibility, and using ***breath*** can move us towards attunement with ourselves, especially within community spaces that connect us through relationship and distinctness as **Care, Compassion, & Intentional Living establish social wellbeing.**

References

1. Fewster, C. and Reijzner, K. (2019). Algebraic Quantum Field Theory -- an introduction. arXiv:1904.04051.
2. Relational quantum mechanics and loop quantum gravity have been extensively developed by Carlo Rovelli.
3. Terence McKenna described the cosmos as a "novelty-producing engine" in his lectures.
4. The mechanism of active inference and the free energy principle developed by Karl Friston. Parr, T., Pezzulo, G., & Friston, K. (2022). Active Inference. MIT Press.
5. Based on the Reification process presented by Terrence Deacon in Deacon, T. (2011). Incomplete Nature. WW Norton & Co.
6. A complex network of agentic systems coordinate and cross domains in the human brain to recursively generate conscious unity. The work of Iain McGilchrist (The Matter with Things) on the left-right split hemispheres of the forebrain, that a new Stanford medical study reveals is a distinct organ, points to the relational emergent nature of consciousness. https://med.stanford.edu/news/all-news/2026/09/two-separate-brains.html
7. John Vervaeke reveals the Imaginal at the end of his lecture series Awakening from the Meaning Crisis. https://www.youtube.com/watch?v=54l8_ewcOIY [7a.] Throughout the series, Vervaeke develops a Neo-Platonic theory of the development of spirituality and the evolution of human consciousness through the lens of cognitive science.

Curist Influences

Taoism; Aristotle, Epicurus, many ancient philosophers; Ibn Sina; Sir Robert Boyle; William Blake; M.C. Escher; Alan Watts; Carolyn Merchant; Terence McKenna; Rupert Sheldrake; Michel Foucault; Jacques Lacan; Marsha M. Linehan; Lauret Savoy; Alfred N. Whitehead; Ken Wilber; David Bohm; Carl Jung; Melanie Klein; Francisco Varela; Karen Armstrong; Slavoj Žižek; Chris Fields; Michael Levin, along with countless other artists, healers, and seekers such as my friend Chelsea Macek, creator of The Devotion Experiment

Chelsea Macek
Graphic Interpreter