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What is the Phenic System?

Phene means "to appear" it describes the personal or individual experience of various sensory stimuli. Although there can be any number of phenes, it is useful to categorize them by the primary senses of sight, tough, taste, hearing and smell.

The Phosphene, Somatophene, Gustaphene, Acouphene and Olfaphene.

There are senses of timing, balance, body awareness, direction, temperature and so on. All have phenes associated with them but generally are the result or related directly to another of the five specialized senses. For example, the sense of balance is tied to the ears and the sense of hearing, the acouphene. Temperature to the sense of touch, the somatophene.

The phenic system is foremost noticeable as what gives rise to dreams and dream experience. Generated internally are the sounds, tastes, sensations of a dream. From the visuals of a dream to the feeling of falling. Phenes are not hallucinations, they are authentic sensory phenomena, no different than that which is processed from external sensory gathering.

All the sensory information is transcoded in some way to a form that gives the body a way to process and forward it consciousnesses. The internal phenes are the second step in that process, without the direct external experience.

Tasting a dish by looking at it - gustaphene

Remembering a scent without the presence of the odor - olfaphene

Seeing lights in your eyes without an external source - phosphene

Ringing in your ears or an anomaly such as exploding head syndromeacouphene

Touching a texture that isn't physically in tactile proximity - somatophene

The phenic system is the inner life, the imagination, dreams, fantasy and the integration of all experiences. The aim of this manuscript is to illuminate the concept of the phenic system and the inner life of every individual, the potentials and possibilities. This does not account for every use or experience, it is a blueprint or map of a starting point, where you go from there is up to you, into the unknown, the great bazaar of mystery and the artifacts of dreams.

Orrery of the Senses

One application of the phenic system deals with calibration, attunement and alignment. We might compare it to an orrery, each phene is like a world, the world of flavor, the world of sound, the world of sight, the world of texture... These worlds move, change and orbit around your center of self, the heart, the inner sun.

Perhaps the most fascinating aspect of the phenic system is its alchemical transmutation of sensory information. The signals encoded by the senses can be translated and experienced through the others.

A song felt in your bones, a smell that gives you a vivid picture of a scene. Touching a fruit and knowing its taste. You can see a landscape and know your sense of direction.

Sensory information is more than the wavelength or signal it comes from. Smelling the intensity of a coming storm, feeling the danger of a suspicious person or place, watching a disaster unfold before it happens.

It is the calibration and associational feature of the phenic system that allows us to attune the sense for situational and imaginative navigation and awareness, moving the worlds in alignment of one another.

Imprint Phenes TERIUM

Phenes can also be externally gathered through the imprint of a sensory stimuli.

An afterimage from a bright light - Phosphene

The lingering imprint of a new or distinct smell - Olfaphene

A taste you think about all day after a good meal - Gustaphene

The rush of noise staying in the ears after a loud event, a factory or crashing noise - Acouphene

Remembering the touch of a partner or pet that sticks with you long after -Somatophene

These are but several examples, but all imprint phenes can be mixed. That is, one can apply their own associations, calibrations to any phene, to enhance the memory, vividness or erudition of any mental or physical activity.

The imprint phene acts as a substitute of undefined experience from which any process can be amplified. You can visualize a problem or new lesson with more clarity using the acouphene or coming up with a new idea or a creative project easier by seeing it with an afterimage phosphene.

Generally it is the association of different sensory experiences that enrich the desired task or thought. Hearing is better through the other phenes and so on for each sense. The mixing of worlds is what strengthens the inner experiences.

New Senses and Pathology

Some phenes are hallmarks of pathologies or diagnostically relevant to certain disorders or health problems. Ringing in the ears can be a sign of circulatory issues. Some phosphenes come from migraine or blood pressure problems. Phantom limb is a somatophene left from trauma and various phobias and hypochondriac feelings are often ones phenes as well. Various diseases and medication can lead to random tastes in the mouth.

This is not a health guide, merely demonstrating that an entire avenue of research can be dedicated to the phenic system for investigating health and self diagnostic markers. The body is capable of providing direct information about itself in useful and accurate ways, even glitches and other anomalies could provide important information for physiological mechanisms. Overall one should avoid mixing these kinds of phenes as they exist to give warning or clues to health issues and should be kept that way, and their message heeded.

The loss of one sense usually facilitates, by necessity, to learn a new sense, though anyone can learn these. An interesting example is learning echolocation. In some, the echoes actually are translated into phosphenes and somatophenes giving the person a vision or texture of the layout of a room or scene. They see and feel their surroundings via the acouphene of the echo, transcoded as another sense.

Anatomy of the Phenic System

So where is the phenic system? While there are likely dedicated neurons for creating internal sensations, such as mirror neurons, it is a culmination of the entire body, an inner consciousness. It is the electric and sensory body.

The fascia conducts electricity, produces biophotons, reverberates sound waves and connects and supports every tissue, organ, muscle, bone and ligament in the body. The fascia is the matrix of sensory information and is tied to the nervous system, the immune system, the lymphatic system, the circulatory system, the musculoskeletal system, the respiratory system, the autonomic system, the digestive system and so on.

The phenic system should be added to this list as well.

The fascia is what allows energy to move across the body, it's what allows you to feel senses in each part of your body, regardless of the sensory organ it is sourced from.

Hearing a profound song that touches the heart, a sight that makes the stomach drop, a flavor that excites the body, a texture you feel in your bones, a scent that relaxes the muscles.

The phenic system is the life you live in dreams, memory, learning, imagination, creativity, meditation and the senses that transport you into worlds.

The Somatophene

The phene of touch, or somatosensory signals. Somatophenes can be produced through ASMR, binaural beats, nails on a chalkboard, silverware scratching glass, the longing of a touch or memory of a texture. Somatophenes can also be felt in trauma, which is stored as a somatophene, usually in a specific region of the body, or sometimes broadly in the entire body.

The somatophene is integral to healing trauma, as new, positive associations with somatic experiences can be mixed to replace trauma responses. Imprint somatophene can be used in this way, to replace trauma sources with therapeutic somatophenes.

Trauma, or any repulsive texture, leads the somatosensory signals to be muted or dampened, otherwise known as dissociation. This is an autonomic ability, to shut out pain, trauma can occur when the somatic experience is not reintegrated after.

The idea of shaking it off or walking it off is actually this re-association process. The point is to move back into the body, to shake off the nerves, to feel again in the somatic experience. The somatic sense must physically be stimulated. The fascia becomes rigid, the muscles tense, the autonomic system dysregulates and the immune system weakens, temperature, blood pressure and more become misaligned.

The somatophene can include whole body experiences or focused ones. For example of an imprint somatophene, grab a leaf and feel its texture between your fingers, mixing intention and thoughts to associate into the tactile world, increasing the clarity of both the touch and mental activity alike.

The Somatophene

Trace a finger along an area of the body, such as the palm of the opposite hand, go in a circle or any pattern for a few seconds and then stop, the imprint somatophene will linger.

Take several deep breaths and roll your shoulders, you may feel the flow of somatic energy emanate around the area. The muscles of the pelvic floor can also be activated to pump this same energy up and around the body. ASMR triggers this same emanation, as does a light touch, acupuncture, lymphatic drainage, a light touch, a cool breeze, a stretch, an ice pack or bath, a massage, the goosebumps of something eerie and so on for other vibrations and senses.

These somatophenes can be felt for their pleasure, mixed or consciously controlled to flow around the body from the toes to the stomach to the brain. You can move the phene with your mind or allow them to follow the path of a finger trace. With a partner, the somatophene trace can most easily be experienced. The somatophene can even be moved from one person to another in shared sensations.

Because sensory stimuli can be encoded with information, mixing thought or other mental activities into the somatophene can tell the body to heal, change, re-associate or enhance tactile and imaginative as well as other sensory experiences.

The somatophene is tied to the idea of instinct and intuition. An awareness, even subconsciously picked up, can be translated into a somatophene

The sense of something going wrong, chills from a bad feeling, eyes on the back of the head, dread from the loss of someone far away.

The Somatophene

In alchemy the sense of touch, the somatophene is the element of void, the electromagnetism, mana, ether, spirit, the breath of the world. To ground is to move the nervous energy down from the head, to orient one's place in life and travel.

For example, the Polynesian sailor would have an assigned navigator, they would stay up all day and night on a voyage. Sitting on the boat and feeling the rhythms of the ocean, the waves, the magnetism of a distant land, the breathing of the earth, the signs of the stars, birds and fish.

If we think of dissociation as escaping the somatic, the full embodiment of the somatic is to be dissolved from the ego, to melt into the flux of life and the currents of energy, the be in the flow and to sway with the ebb.

It is because knowledge can be felt through the somatophene, there can be languages outside the mental brain. Feel the music, touch the void, the textures of vibrations and waves and light. How energy can be turned into sensational textures, that is the somatophene. Whether you channel this in writing, drawing, playing an instrument, competing and so on, the body can both express and internalize these crafts directly.

The Phosphene

The phene of light or seeing. The phosphene may be seen as somewhat the opposite of the somatophene, at least in the more extreme cases. It is dissociative, as visual signals compete for access in the thalamus with somatosensory signals. They can of course be used concurrently but to generate internal phosphenes involves energy or nerve signals overwhelming the brain, leading to rebound firings that are seen as phosphenes, or light visions.

Light is wisdom, encoded into every photon is data, information. Seeing phosphenes is to see wisdom in its light form. This is easiest demonstrated either before sleep or right upon waking up, in groggy states known as hypnagogic or hypnopompic imagery. These same experiences can occur in any hypnotized, trance, dissociative or meditative state.

Using hypnagogic is the simplest method and occurs every time before sleep if some degree of conscious attention is maintained. When preparing to sleep, take many deep, full breaths, 10-20 should do. Afterwards, switch focus to the relaxed closed eyes, to the eigenlicht of blank vision. Phosphenes will begin to appear. You may see blotches, amorphous and changing forms, geometric shapes, structures that are moving, revolving and developing and fading. These are the bones of a dream growing before your eyes. As again, dreams come from the phenic system.

While you observe these phosphenes and start to fall into sleep, you can engage with your thoughts and imagination and see the physical, light manifestations of these thoughts.

The Phosphene

You can let the cinema play randomly and feel yourself slip into sleep full of vivid dreams or you can control and shape the imagery, allowing you to visualize mental processes not usually seeable. A problem, a lesson learned, a creative project, a composition or simply float in a river of dream fantasy.

There are also specific artifacts of the nervous system that can be seen. Patterns, swirls, geometric forms, webs, rings in many colors and brilliant scintillations. Some phosphenes, such as the green rings and peacock eye, are specific activations or firings of parts of the brain, in these cases of the thalamus when it fires spindle bursts at the onset of stage 2 NREM.

Vision can be consciously maintained during sleep which is responsible for the phenomena of lucid dreaming.

PHosphenes are bioluminescent emission of light, they can actually come from any point in the body, and even influenced by external EMF's and electrical devices or directly in some light pulse stimulation tests. Mechanical activation involves pressing the eyes, which causes a discharge of neurons, though this is not recommended as pressing too much or too hard can deform and damage the eye.

Because light can encode information, knowledge from any source can be seen. Any sensory stimuli can transcode its information into biophotons and sent to the visual processes center where they will be experienced as phosphenes in the sense of seeing.

The Phosphene

As a previous example, echolocation can recreate a map of the vibrations in the form of phosphenes, since the eye doesn't necessarily need to work for the visual cortex to receive light emissions, such as those generated internally. Blind individuals can still experience phosphenes, since they are not limited to the function of the optic nerve.

Within the eye, however, is the phenomena of entoptic vision, seeing the nervous system and microbial. Entoptic vision is capable of seeing down to the micrometer, the average size of microbes and cells.

Imprint or afterimage phosphenes occur when a bright light stains the retina. They can be seen and isolated if the eyes are averted or closed. While the eyes are closed and you focus on the imprint phosphene, they can be mixed for enhancing any other mental or sensory experience. A lake reflecting the sun for example, can be gazed at for a couple second and the imprint encoded with whatever information or thought is desired.

In summary, internal light or phosphene, are biophotonic emissions produced by the body and nervous system, the wisdom or information contained within released in the form of seeing. The imprint or afterimage phosphene is an uncoded light form that can be used to apply wisdom to. In one case is the release of information in the form of seeing, the other is to write information on a blank slate of light.

Alchemically the element of fire is the phosphene. Any light source, the sun, moon, light bulb, candle, fire pit, the nervous system, the fascia, bones, mitochondria, electromagnetism, anything that produces or emits light can be seen as a phosphene.

The Gustaphene

The phene of taste or gustatory signals. The alchemical element of water. Taste is the sense of emotions and structure, history and composition.

The gustaphene can be experienced when looking at a delicious meal and imagining eating it. Even objects like a brick and be seen or thought of through pretending to taste it. You can try this on any object, whether food or not, and it is usually quite accurate. There is also a spatial and dimensional aspect to the gustaphene, being able to taste the organization of the molecules, the architecture of an object or food.

Taste is maybe the hardest to describe, though thankfully it is such an integral part of life that it should be relatable if given some thought. Flavor is somewhat of a holographic or 4 dimensional interaction with something.

For example, a wine tester can taste the species of grape and know which vineyard and what conditions, even down to the soil PH and mineral content, that a harvest was used for to ferment. The type and conditions of yeast and aging are also in the gustaphene.

Indeed this same forensic sensation applies to everything eaten or tasted. Whether a cheese, a cup of water, a vegetable, a spice, etc. Everything contains a unique composition of chemicals and history and emotions of what and how it grew, developed, processed, harvested, prepared and presented as a dish. The gustaphene can provide all that information and more.

The Gustaphene

A flavor changes on the structure, the presentation and arrangement of the food, literally how a meal is put on a plate and the order a meal is eaten all affect flavor.

Because of the imprint gustaphene, eating certain foods before or after changes the subsequent flavors, the gustaphene naturally mixes with itself.

History can be sensed in flavor, so too can emotion and intention. Part of the structure of food and drink is determined by the love, violence, care, respect, hate and so on that is put into a meal from its origins of growth and how it may be raised or formed, to its harvesting or butchering, the production, packaging, shipping and finally the sale and cooking. At each step from life to death to meal to taste, the emotions, the gustaphenes, are encoded in the very design on the molecular level of the food, no matter the type.

It may be easier to understand this, that the phenic system exists in all living and nonliving forms, but more on this in the upcoming sections.

The setting company can also change the flavor, a picnic or festival or barbecue will usually always taste better than eating alone and inside. Sharing food, the emotions and intentions you put into it, the regulation of the autonomic nervous system, the mixing of other phenes while eating, all apply variables to the quality, and architecture of a meal. Focus on the flavors and emotions in the food and the gustaphene will provide sensory information on all these characteristics.

The Gustaphene

Combining flavors, thanking the ingredients, even if it's just water, even if the source is ultimately violent, as an alchemical process, one can give peace to the ingredients, a new beginning in you. By mixing it positively, by respecting and loving it, trauma healing the food. In short, to restructure it as it becomes part of you. And one can learn to taste the history and culture of the food, feeling the phenic system that it gathered through its story.

The gustaphene is not only for food, kissing through the tongue is a mixing of emotions through the gustaphene, just as hand holding or hugging is a mixing of the somatophene or eye contact a mixing of the phosphene from one person to another.

The gustaphene is ultimately the experience of emotions in the most intimate way, the process of transformation from the alchemy of cooking to digestion, how one thing becomes another.

Like any phene, the gustaphene can enhance thought, memory and other sensory experiences by mixing it with intention. What is the flavor of a particular song, or painting? The taste of a landscape, the gustaphene of a color or shape, the taste of history or emotion encoded in the structure of food and drink, thoughts and ideas. The gustaphene can taste anything from the sun to the microbe.

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The Acouphene

The phene of acoustics or hearing. It is the element of air in alchemy. Cup your hands over your ears, place a seashell over each, listen to wind chimes, a bell, the ocean, rainfall, the wind, humming, a singing bowl, crickets, frogs, any ambiguous sound. Focus on it, that is the acouphene imprint it is white noise, the mild cacophony of all the audible frequencies together in a chorus. The neurons of the brain and central nervous system including the fascia, in other words of the electric body, dance in organization and resonance to sound vibrations. Chladni plates help us to visualize how sound synchronizes patterns, the energy of the body is no different.

Indeed the phosphene allows for these chladni visuals to be seen if the acouphene and phosphene are used in conjunction. It is often why in trance and dance traditions, rhythmic music is part of the ceremony or festival performance and experience.

The acouphene harmonizes the body, allowing the alchemy of thought and phenic mixing to calibrate within the orrery of worlds. The attunement is not metaphorical but literal. The white noise resonance, or of any beat or frequency, contains limitless potential for one to feel the celestial resonance.

The Acouphene

Take two seashells and listen to the world of sound, imagine or apply any mental or physical activity and the experience will be heightened in ways that may seem extraordinary, divine even or dreamlike. Sway, dance or sit in a rocking chair while doing this to further calibrate the whole body together. This is how one can see the echoes of thought, the resonance of the world, the sounds of ineffable.

The acouphene is listening to the sound of memory, thoughts, ideas, intentions, light, touch, taste, smell, movement, balance, language. It allows for the integration of the body, in rhythm the body or consciousness can freely associate. The acouphene is like a web of chladni symbols that catch, support, frame and entangle any experience.

It will be as if the thought is no longer from you, but existing on its own, as if delivered by some celestial being or spirit creature. All sound is best interpreted in anything but noise. Dance, art, writing, performance, movement, touch, taste, vision, sound is what allows these phenomena to be experienced in a resonance. It gives context, structure, imbues with emotions.

Take an example in a play performance or a movie, it is the sound which makes the scene scary, sad, action packed, whatever the scene calls for. Lacking sound and the scene is often drab and uninteresting.

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The Acouphene

Indeed so effective as changing the brain that entire concerts of only listening to music can be an emotionally charged experience. One can feel the torment of a piano performance, the longing in a violin, the peace in a harp, the adventure in a banjo, the excitement in a drum, the mystery in wood instruments...

The acouphene reverberates through the fascia, like strings of a viola and synchronizes into patterns like the grains of sand on a drum skin, it emanates like ripples in a pond through the body and blood.

The acouphene is the echo of consciousness, the body is the instrument and the imagination is the amplifier. Although this section may seem more mystical than the others, the reality is that the acouphene, and sound and music, has confounded and amazed humans for all time, a subject of eternal wonder for the alchemists. It is something that must be experienced, in certain compositions, in dreams, through dance, in the forest, under a waterfall.

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The Olfaphene

The phene of olfaction, the sense of smell and the alchemical element of earth. Smell signals are directed straight into the memory center of the brain. Either a memory or a smell can trigger one or the other.

So strong is the olfaphene that it can involve the other senses, triggering a full body flashback. Smell also plays an important role in taste, so that the olfaphene and the gustaphene work off each other in a close relationship.

Because of its ties to memory and the vividness of sensory association, applying an imprint of a new or distinct smell can be mixed to create a passage or doorway to a whole season, a mood, a nostalgic trip or to enhance memorization of a new lesson or experience too valuable to leave up to fleeting chance of memory on its own.

By mixing the olfaphene you can encode or write the memory association that links smell to the experience, whatever that may prove to be.

The nose receives microscopic particles, meaning that smell is an experience of the microbial and chemical. The olfaphene can be discerned to understand the structure, composition, emotions and intentions of an environment. To track the source and personality of another person, a place, an animal, a plant, a thing or a feeling.

Breathing in the exhale of the world, unlocking memories, exploring the subtle and sublime around us, smelling hormones and mood, creating new memories, these are the roles of the olfaphene.

Using the Entire Phenic System Together - Fantasy Control

The design of dreams, the weaving of worlds, the calibration of the senses, the magic of the imagination. By practicing and using, experiencing the many phenes and the limitless sensations that cannot be written about in a lifetime, that are unique to you, the phenic system is about fantasy control.

To transform any experience into any other sensation. Every night the body reintegrates itself from the day, engaging the phenic system to explore an inner world. We have sensory stimuli in order to gather information about our surroundings, to feed the phenic system with signs, signals, waves, phenomena and stories.

Not having an inner life makes for a bleak existence. In our time, we have neglected the phenic system, dissociating our imagination in books, movies, TV, phones and drugs. The dreams of most people are weak, confusing, intangible and disorienting. The more one practices and interacts with the phenic system, the stronger the dreams will be, the more augmented the waking life, until there is little to distinguish between the two.

One becomes an extension of the other, bouncing back and forth from dream to wakefulness. Lucid dreaming while awake and living life while dreaming. Fantasy control goes back to the earliest shamanic alchemists, the birth of myth and story-telling, when the imagination is filled with wonders and crystalline journeys.

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Why Alchemy?

Simply referring to the neurological and biologic process of the senses and sensory conversance is unsatisfactory in illustrating all that senses encompass. That will become apparent to anyone with such engagement with the phenic system, of dreams and imagination, of fantasy control. There is more to sight than seeing, more to taste than flavor, more to sound than hearing, more to scent than smelling, more to touch than texture.

The elemental understanding and orrery give us a freely expressive understanding, that these elements are as fundamentals properties of nature and the cosmos and the mixing of the elements in us is alchemy.

It is not just in name, the alchemy through the ages, from shamans to mystics, to masters and experts of any field from every culture describe the phenic system. How ideas come from dreams and visions, in the pulse of the world, in the craft and work they do, in the land and magic of the inexplicable, a taste of the unseeable.

Nothing you read, experience, listen to, create, or otherwise interact with will be the same after understanding and practicing the phenic system. You can see the whirlwinds of someone on a mission, the thunder is their eyes, the music in their step, the spirit of their intention, the breath of the world, the fantasy control.

The Phenic System in All Things

Everything has a phenic system, every animal, plant, fungus, crystal, insect, rock, the earth, the sun and moon, stars, a microbe... electricity ,light, energy and resonance move through all things. Every form and architecture has an inner life, a personal dream, a phenic system.

The sun is a phosphene that provides wisdom for life to exist, illumination and warmth. Lightning and rainbows are phosphenes of the earth and an earthquake a somatophene. Rivers are gustaphenes and the wind, thunder, birds, waves, glass, the torrent of life that gives off acouphenes for us and everything else to hear.

The inner world of every object and organism arranges the signatures of its story, the phenes it has accumulated and mixed, calibrated and generated. The alchemy of its elements that make something what it is. It is the phenic system of the environment and one another that we ultimately experience as the external.

However, only inward can we fully understand, appreciate and transmute these phenes, these stories, to feel them unfold, to add our own story to them, to control the dream and the fantasy that is life. And finally, to conjure the new story.

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