

Nature and Nurture of the Soul from a Physiological Perspective

In the last couple of days, we have learned several things about the nature and nurture of our souls. We have learned these things through causation, education, investigation, contemplation, and perhaps even a little auto revelation. We also know that;

**” ... mind is always dominant over matter, and spirit is ever correlated with mind.”
65:8.5**

and also that

“Mind alone can interassociate the physical forces and energies of the material level with the spiritual powers and beings of the spirit level.” 12:6.3

Perhaps we can use our minds to manage our grey matter, engage our mid mind and merge, matter, mind, and spirit.

I am going to suggest some possible ways our body and brain might support this co-creative process. I am going to suggest possible physiologies that could perhaps relate to our soul's development and suggest ways to take a snapshot of our material reality for transmission to the mansion worlds so that the soul has a suitable morontia body to **“... begin over there right where you leave off down here.” 47:3:7.**

I am also going to suggest some ways we can be more aware of our soul and suggest ways to grow our soul through intellectual and emotional self-mastery.

The soul of survival value faithfully reflects both the qualitative and the quantitative actions and motivations of the material intellect, the former seat of the identity of selfhood. 112:6.9

Let's start with some basic physiology terms:

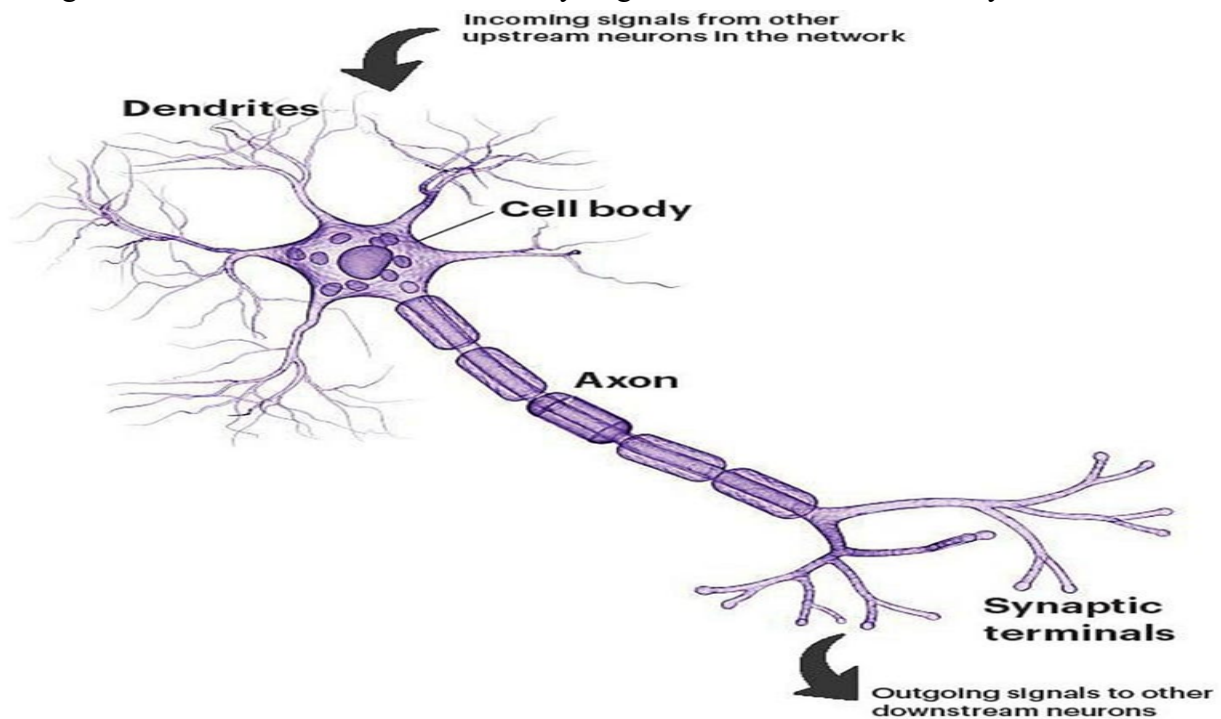
1. Our mind differs from our brain. The brain is the tangible part of the body, whereas the mind is the consciousness of the brain's activities and therefore, intangible.
2. The brain stores sensory inputs as memories, relates and associates them, and then prioritizes these associations. All our memories are stored in our bodies somewhere. Some are buried deep, others more readily accessible. Associations between memories are established by the electro chemical “path of least resistance” which is a function of the thought paths most travelled. Your thought patterns become your “preconceived notions, settled ideas and long-standing prejudices,”. I call this our grey matter patterning and we can control that patterning.

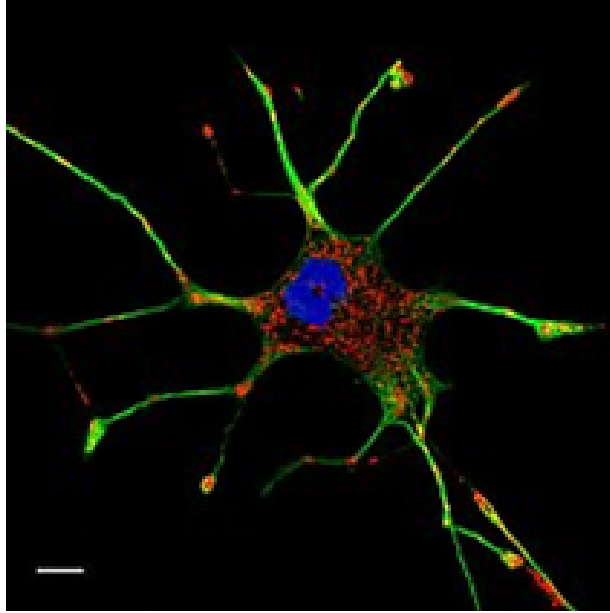
“the reality of any pattern consists of its energies, its mind, spirit, or material components.” 0:6:11

3. The mind, as the observer of the brain's patterns, further groups and associates our thoughts to make them more organized or visible from a spiritual perspective.

I am just speculating here, but perhaps for soul growth, we may want to reinforce those **“essential realities of everlasting import”**, and to try to minimize the **“mere trifles of living”**.

When did these patterns start to form? When we were young, up to about age 25, when the Thought Adjuster was acting as our Thought Changer, the myelin sheaths around the nerves in our body and brain were forming and solidifying our patterns of thinking. As we grew up, the formation of these myelin sheaths solidified, our motor functions and our character traits became more defined. The typical ways we react to sensory inputs were becoming engrained. Some of these patterns are entrenched, like how you walk, speak, or ride a bike, and some are more changeable or controllable, like the tendency to get irate when someone cuts you off in traffic.





Neuron

Neurotubules are stained in green.

“At any moment of time, in the blood stream of any human being there exists the possibility of upward of 15,000,000 chemical reactions between the hormone output of a dozen ductless glands.”

These chemical reactions include three major classes of messenger mechanisms: hormones, neurotransmitters, and microtubules.

Let's look at all three:

Hormones

Hormones come from the endocrine system and function as messenger molecules communicating between cells primarily for the more entrenched, bodily, motor, and immune system functions so are not going to focus on them today.

The two more controllable messengers, and the ones more intimately involved in soul functions, are the neurotransmitters and microtubules.

Neurotransmitters

Neurotransmitters are tiny portions of proteins that come from the amygdala in the mid brain and reside at the intersections of all our nerves, the neuronal synapses, and they communicate our reactions, to and from, the brain. They have names like serotonin, noradrenaline, endorphins, and dopamine. Their pre-positioning at our nerve ends determines our reaction tendencies. For example, noradrenaline relates to our alertness and preparedness for fight or flight, serotonin relates to our anxiety and comes primarily from the gut. Their populations can be controlled by calming the disturbing ones and encouraging the proliferation of the more spiritually fragrant

neurotransmitters like dopamine which relates to pleasure and endorphins which relate to our self-esteem and trust in God.

... and then there are microtubules.

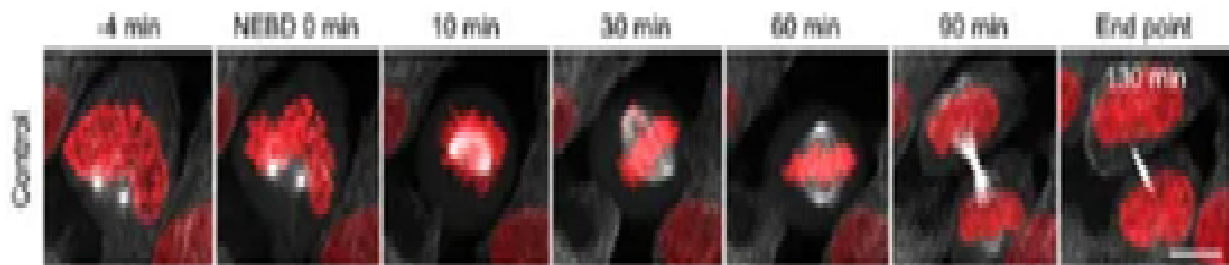
Microtubules

Now here is a very interesting part of our anatomy. Every cell in our body that contains our DNA relies on microtubules for their structural integrity and for communication to nearby cells. They may also help our calmness, emotional stability, maybe even our spiritual receptivity, and connection to the Spirit of Truth.

Let me explain how.

Microtubules have three very important functions:

1. They maintain the structure, orientation and alignment when cells are dividing and duplicating.



Chromosome (red) and microtubules (white) during cell division

2. They are the primary communication mechanism between the cells of our body, and they take time to communicate. They allow from an overall, whole-body perspective, to observe what's going on, and buy us up to $\frac{1}{2}$ a second to choose how we will react. We can react, like an animal, immediately, or cautiously, reflectively, like a human. The Quantum Theory of Consciousness says that they also form the basis of the consciousness of our consciousness. They do this by a bioluminescent cascade mechanism down these tiny stacks of bioluminescent molecules. These tiny stacks are constantly changing in length and their length determines their time delay.
3. They have four very specific resonant frequency ranges in the kilohertz, megahertz, gigahertz, and terahertz frequencies. The kilohertz vibrations are mechanical movements, then there are a couple of jiggles in the infrared, molecular bond range, and there are two in the terahertz, ultraviolet (electron jump) range. It is only in the ultraviolet electron-jump range that they can be influenced by quantum coherence. What is quantum coherence? Quantum coherence simply means the part is influenced by the whole.

Recall paper 12 section 7. **The Part and the Whole**

12:7.1 There is operative throughout all time and space and with regard to all reality of whatever nature an inexorable and impersonal law which is equivalent to the function of a cosmic providence.

...and also

The far-flung physical universe coheres in the Isle of Paradise; the intellectual universe coheres in the God of mind, the Conjoint Actor; the spiritual universe is coherent in the personality of the Eternal Son. ... Man's Adjuster is a fragment of God and everlastingly seeks for divine unification; it coheres with, and in, the Paradise Deity of the First Source and Center.
2:7.7

With microtubules, we may be seeing a form of quantum coherence or cosmic providence, as cells communicate with each other, because they could be influenced by, and entangled with, other microtubules, and perhaps even the Isle of Paradise and the Conjoint Actor.

Quantum coherence is only possible with very small things, like photons, so quantum coherence is only possible in the ultraviolet electron, quantum jump range, and this only occurs in these microtubules. Microtubules are most prolific in the brain where they are called neurotubules. The neat thing about these neurotubules is this cohering ability. They can be influenced by nearby neurotubules and by distant neurotubules. According to Roger Penrose, the originator of the Orchestrated Objective Reduction theory, a thought is "the cascade/collapse of the state of neurotubules as they influence and are influenced by their neighbors." This cohering ability may be a hint on how we can cohere with our Thought Adjuster, or the Spirit of Truth or perhaps even the Deity Absolute. As it says in **2:7.7 "the intellectual universe coheres in the God of mind."**

<https://youtu.be/Py9ob0ISovM> neuron firing



Neuron Firing.mp4

Pretty pictures, but this raises the question; How do we manage our neurotubules?

As we make our choices, as we make our decisions, decisions, and more decisions, we are lengthening (or shortening) these tubules, and this gives us the time to reflect on the consequences of our thoughts and we are also loading up those nerve synapses with neurotransmitters. Are we more and more focused on fear, anxiety, and anger, than love, tolerance, and faith? Your neurotransmitters are being stored up at the nerve synapses poised to fire as per your predisposition. You have the free will capability to be calm in trying circumstances, to be more loving in your challenging relationships and to be more trusting in God's plan. If you are calm, the energy you were using for fight or flight readiness, can be

directed to microtubule growth which in turn, buys you more time to reflect on the neurotransmitters most suited to your moral choices.

Every time man makes a reflective moral choice, he immediately experiences a new divine invasion of his soul. Moral choosing constitutes religion as the motive of inner response to outer conditions. 196:3.20

What then is this soul that we are “invading”? Is there a physical component to the soul? If we think of the soul as the best part of us, “**our progressing self**” then I think the soul is, in part, our predispositions as reflected in the patterning of our response tendencies. These patterns are influenced by the lengths and cross-communications of our neurotubules, and the predominant neurotransmitters. The status of all these electrical patterns could be captured in a snapshot of our DNA and its current epigenetic variations. At any one moment this snapshot of our status could be reduced to a set of letters (GCTA plus tags) and “**These phases and forms of soul, these once kinetic but now static formulas of identity, ...**” 112:3:5 could be relayed to the Mansion World Life Carriers for the assembly of a new morontia body with our characteristic patterns intact.

“... the seraphic guardian eventually becomes the personal custodian of the mind patterns, memory formulas, and soul realities of the mortal survivor during that interval between physical death and morontia resurrection.” 113:3.4

Allow me to summarize based on 103:6.6 which says:

“Man experiences matter in his mind; he experiences spiritual reality in the soul but becomes conscious of this experience in his mind.”

What we have here is a feedback loop from mind, to experience, and back to mind and you control the amount of reflective feedback in that loop. Just like gradually working up the 6 levels of the Golden Rule from flesh and feelings to good judgement to brotherly love, morality, and spirit. 147:4.6 we gradually improve our brain to improve our mind to improve our soul as we learn to reinforce our spiritual ways of thinking.

Up to now, I have given you what Geoff Taylor thinks about the soul, perhaps supported by some UB quotes, now let’s look at some of the more specific things the Urantia Book says about the **nature** and **nurture** of the soul:

First the **nature** of the soul.

The soul is the self-reflective, truth-discerning, and spirit-perceiving part of man. It is a volitional, **cocreative** partner with its human counterpart in its own immortalization.

Note the word **cocreative**, mind to soul, to adjuster, to mind, in a self-reflective, truth-discerning, and spirit-perceiving another feedback loop.

It says its faith-activated, superadjutant, immortal, has spiritual insight, a consciousness, can be courageous, truth loving, teachable and it has a mindedness.

It can experience God's presence, recognize spirit leadings, desire to know God, crave to worship God and can even fuse with a fragment of God.

What does the UB suggest about **nurturing** the soul?

It suggests that to keep the soul growing, since truth is an experience of the soul, we need to keep seeking truth with an aroused and quickened mind, and experientially acquire everything divine which the human mind can grasp and yet, its spiritual growth, takes place wholly independently of our intellectual self-consciousness.

The soul requires intimate experience with the educational solving of a wide range of real universe problems and can be kindled by the divine fire of the will-to-service through spiritual exercise as well as spiritual and personal friendship.

The soul admonishes us to believe in those morontial realities, our highest ethical and moral concepts, our highest interpretation of life's greatest values and the universe's deepest realities.

It can become permeated by truth, beauty, and goodness as the value-realization of finding God for ourselves, in ourselves, and of ourselves.

As you can see, The Urantia Book has a lot of guidance for soul growth and perhaps the best suggestion is that we learn to **“refresh the soul, inspire the mind, and renew the spirit by worshipful communion” 156:5.12** Worship may be the best contributor to soul growth and meditation, a calm, curious attitude will also help grow our neurotubules and buy us a little extra time for those calm worshipful reflections as well.