

## *Synchronizing the 8-fold Noble Path With the 8-Circuit Model*

The first circuit is the biosurvival circuit. This begins one's orientation as a sentient being. The first step in the 8-fold path is right view. Perhaps this teaching should begin one's orientation as a Buddhist: an understanding of the four noble truths, the difference between that which is wholesome or unwholesome, and that causality is the nature of reality.

The second circuit is the emotio-territorial circuit. The center that controls one's emotions. I would consider it wise to focus one's emotional motivation (one's primary motivation) with correct want: that which is best for all sentient life. The second step in the 8-fold path is right intention, & intention is determined mainly by one's emotions.

The third circuit is the language-making circuit. Right speech is the third step (if the 8-fold path may be perceived as a staircase, instead of a simultaneous effort) in the 8-fold path. Correct use of language is correct use of the language making circuit.

The fourth circuit is the socio-sexual morality and ethics circuit. The fourth mentioned tenant of 8-fold path is right action. By right action is meant action correct by a Buddhist ethic. Basically, harm not.

The fifth circuit is the hedonic and/or sensory circuit, the fifth mentioned tenant of 8-fold path is right livelihood. How to live so that one is fulfilled in the long and then short term, in concern to one's wants and needs being met. This is the only tenant of the 8-fold path I associate in the slightest way with sensory pleasure - even although the intention seems to be fulfillment of one's survival needs and wants sufficient that one is happy enough to progress from a stance of psychological stability.

The sixth circuit is the self-programming circuit. The sixth of eight items to the 8-fold path is right effort. The right effort discussed concerns programming one's psyche so that the negative (anger, for example) is released or abandoned, & the positive (lovingkindness, for example) is built up internally.

The seventh circuit is reputedly the source of conscious immortality, & dna-rna memory and/or past life recall. The seventh tenant of 8-fold path is right mindfulness.

“Mindfulness is simply a continuous, non-judgmental, accepting awareness of your inner and outer world - especially your inner one: the flow of experience.” - **the Noble Eightfold Path** by Rick Hanson (<https://www.wisebrain.org/8FoldPath.pdf>)

I have written that I suspect if the seventh circuit (in the context of the original Leary/Wilson/Alli et al's research) unlocks past life recall or DNA memory, it is because the psychedelic drugs reputed to open the seventh circuit induce just enough of an increase in love to trigger a spontaneous causal exploration of what exists locally: one's own body/soul. Because love is exploratory. This could result from continuous focused awareness of the flow of experience without the inclusion of hallucinations.

The eighth circuit is the "akashic record," the 8th tenant of 8-fold path is right concentration. Concentration carried to the point of lack of abstraction (or minimal abstraction, since the experience remains a map even if it is simplified, made one pointed, and non verbal) comes with the ability to effectively trace causality. Maybe even backwards and forwards through time. Right concentration is necessary to achieve this lack of abstraction because otherwise verbalization and impulsive map making will generate too much of a distraction.