

**How to use the collective unconscious for better creativity and the root of how  
the brain generates consciousness.**

The most basic nature of consciousness is compressed space.

Plato suggested that there was little difference between imagination and reality. He observed that anything that one could reasonable imagine was eventually possible. (Shlain, 2007)

Modern psychologists, too, regard the unconscious as an egoless function below the threshold of consciousness.

The term "collective unconscious" first appeared in Jung's 1916 essay, "The Structure of the Unconscious".<sup>[4]</sup> This essay distinguishes between the "personal", Freudian unconscious, filled with sexual fantasies and repressed images, and the "collective" unconscious encompassing the soul of humanity at large.

Collective unconscious refers to structures of the unconscious mind which are shared among beings of the same species.

Collective unconscious is much more powerful than the conscious. This concept has been used for psychotherapy. We can also use it for creativity, especially new pattern

generation. The method is quite simple but consistent practice and belief is need to have tangible impacts. The basic method is as follows:

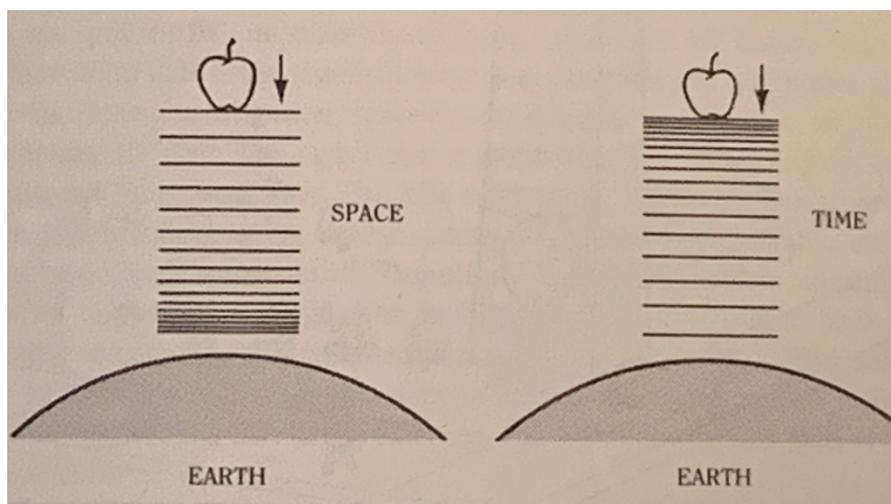
1. Be aware of and believe in the existence on unconscious.
2. When you study new knowledge, try to capture the energy transfer during the knowledge learning process. And be aware that the energy will also be projected into the unconscious.
3. Try to study the same new knowledge from different perspectives in order to use different parts of the brain and talk to different people for different energy exchange also in order to establish the linkage between the molecules and space in the brain for the knowledge.
4. After sufficient learning and energy exchange through different communication. Find something else to do for distraction. The best alternative would be exercise or competitive sports or walk in the nature. By doing this, we remove the processing of the consciousness that will allow unconscious to take control and process the newly established linkages.
5. During the distractions, be aware that new patterns of the knowledge will emerge from the unconscious to the conscious. Once it appears, be sensitive to capture and record. It will the most valuable creation for any work you do.

**How brain works.**

The sparks in the brain is not only for the transmission of the signal but also stimulate the new pattern from the space in the brain supported or surrounded by the particles inside.

This is a picture to show how space is contracted when two objects are closer. I presume the space within an object is much more contracted than the outside space out of the object. Einstein's famous equation  $E=MC^2$  easily demonstrated this. The energy is not only contained in matter but also in the space within the matter. Maybe more energy and conscious is in the space within the matter. Or I could say energy and conscious is just the contracted space.

The consciousness must come from the combinations and energy exchange of patterns of the particles and the contracted space in the brain. If we can find a way to stimulate the corresponding space in the computer and use the stimulated space to work with the software and hardware. We will for sure create the consciousness.



## 如何利用集体潜意识创新及大脑意识产生的根源

柏拉图认为想象与现实之间没有本质区别。他观察到任何可以合理想象的事情最终都是可能成为现实。

意识的本质是被压缩的空间

现代心理学家将集体潜意识视为低于意识阈值的超自我整体意识。

“集体潜意识”一词最早出现在荣格 1916 年的论文《潜意识的结构》中。本文将“个人潜意识”，弗洛伊德理论体系的潜意识，充满性幻想和压抑的情感加以区分；而“集体”的潜意识则将整个人类的意念都包含在内。

集体潜意识是指在同一物种的生物之间共享的整体性的非意识意念结构。

集体潜意识比有意识强大得多。这个概念已经用于心理治疗。我们还可以将其用于创造力，尤其是新模式的产生。该方法非常简单，但是需要一致的实践和信念才能产生明显的影响。基本方法如下：

1. 意识到并相信潜意识的存在。
2. 学习新知识时，请尝试在知识学习过程中捕捉相应的能量转移。并且要注意，该能量也将会投射到无意识中。
3. 尝试从不同角度学习相同的新知识，以利用大脑的不同部位，并与不同的人交谈以进行不同的能量交换，以此在大脑中针对此知识形成相应的分子及空间链接。
4. 经过充分的学习并通过不同的交流进行能量交换后，我们要寻找其他事情来分散意识的注意力。最好的选择是运动或竞技运动，或者是在大自然里散步。通过这样做，我们要努力消除意识的管控，同时这将使潜意识对已经形成的大脑空间及存在结构进行处理。
5. 在分散注意力的过程中，请注意，新的知识模式很可能从潜意识转出到意识。新的模式出现后，请注意捕获和记录。这对于您所做的任何工作，这个方法将帮助您在任何领域中进行创作。

大脑如何运作。

大脑中的神经元火花不仅用于信号的传输，而且还可以激活大脑内部相关分子及相应空间结构，并形成意识性感知。

这是一张图片，显示当两个对象靠近时空间是如何收缩的，这是对相对论形象的诠释。我认为对象内的空间比对象外的空间要收缩还要多。爱因斯坦著名的方程式  $E = MC^2$  很容易证明了这一点。能量不仅仅被压缩在物质里而且也被压缩在空间里，也许更多的能量和意识是被压缩在物质内部的空间里，或者说能量和意识的本质就是被压缩的空间。

意识的产生一定是基于大脑相关分子结构模式和大脑内被压缩的空间的有机结合和能量交换。我们以前的意识研究，太过专注于人类意识这一种模式，且太过关注物质而忽视了被压缩的空间的影响力。如果我们能够找到一种方法来刺激计算机中的相应空间，并使用受激空间来与软件和硬件一起工作。我们一定会创造意识。

