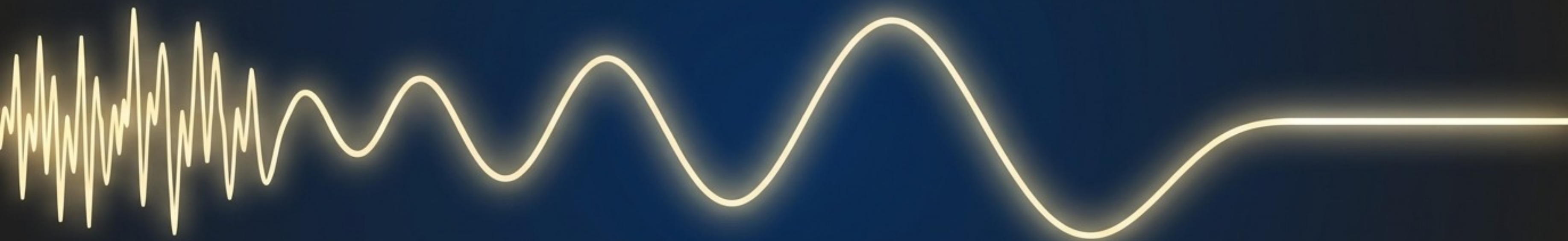


The Frequencies of Awareness



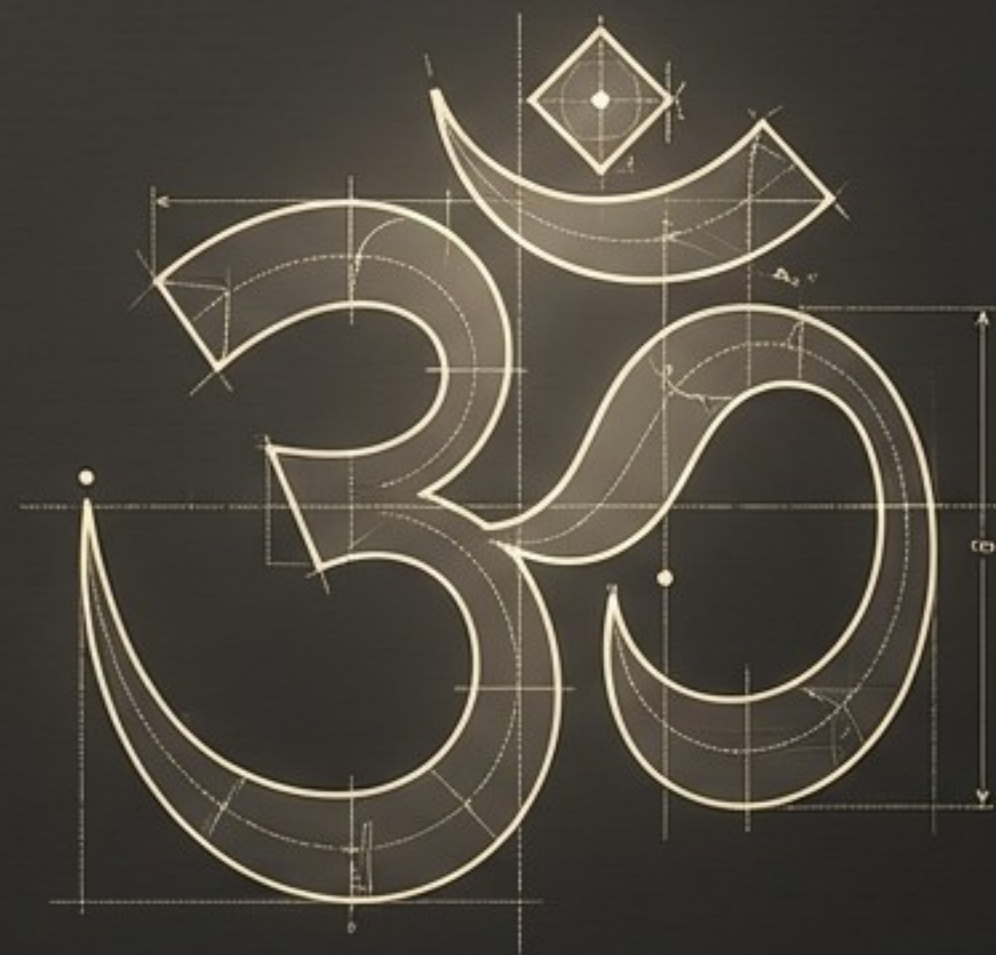
Decoding the ancient Mandukya Upanishad through the lens of modern neuroscience, cognitive psychology, and the search for Minimal Phenomenal Experience.

Modern Cognitive Science



Hunting for Minimal Phenomenal Experience (MPE) — a baseline state of tonic alertness with absolutely no representational content, regulated by the Ascending Reticular Arousal System (ARAS).

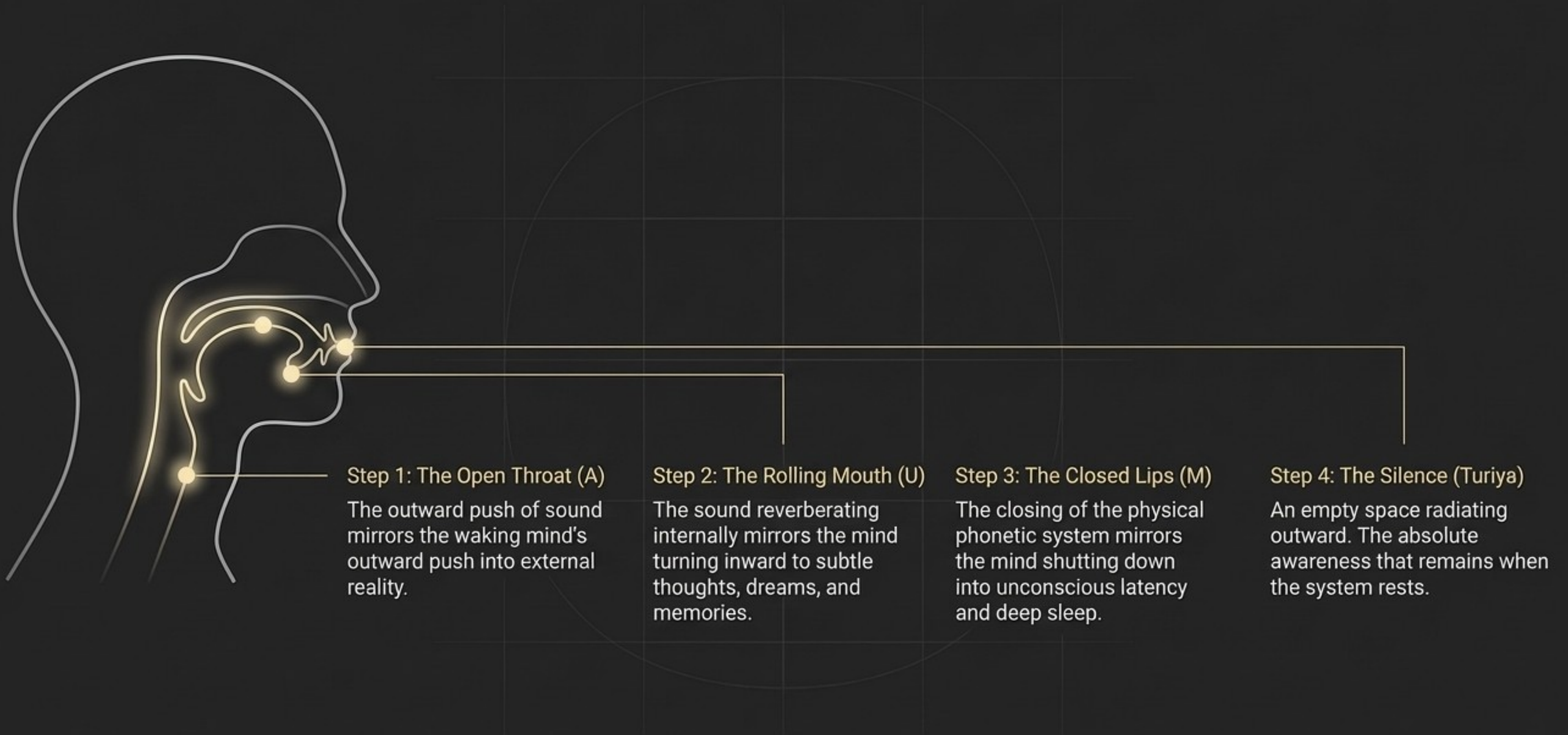
Ancient Antiquity



Over 1,500 years ago, Gaudapada's commentary on the 12-verse *Mandukya Upanishad* mapped this exact conceptual gap by defining Turiya — the foundational baseline of pure consciousness.

Two disciplines separated by millennia, observing the exact same **continuous baseline** of human existence.

The Phonetic Architecture of Experience





Phase A: The Waking World

Upanishadic Term: Visva

Brain Wave Profile: Beta Waves (13-30 Hz)

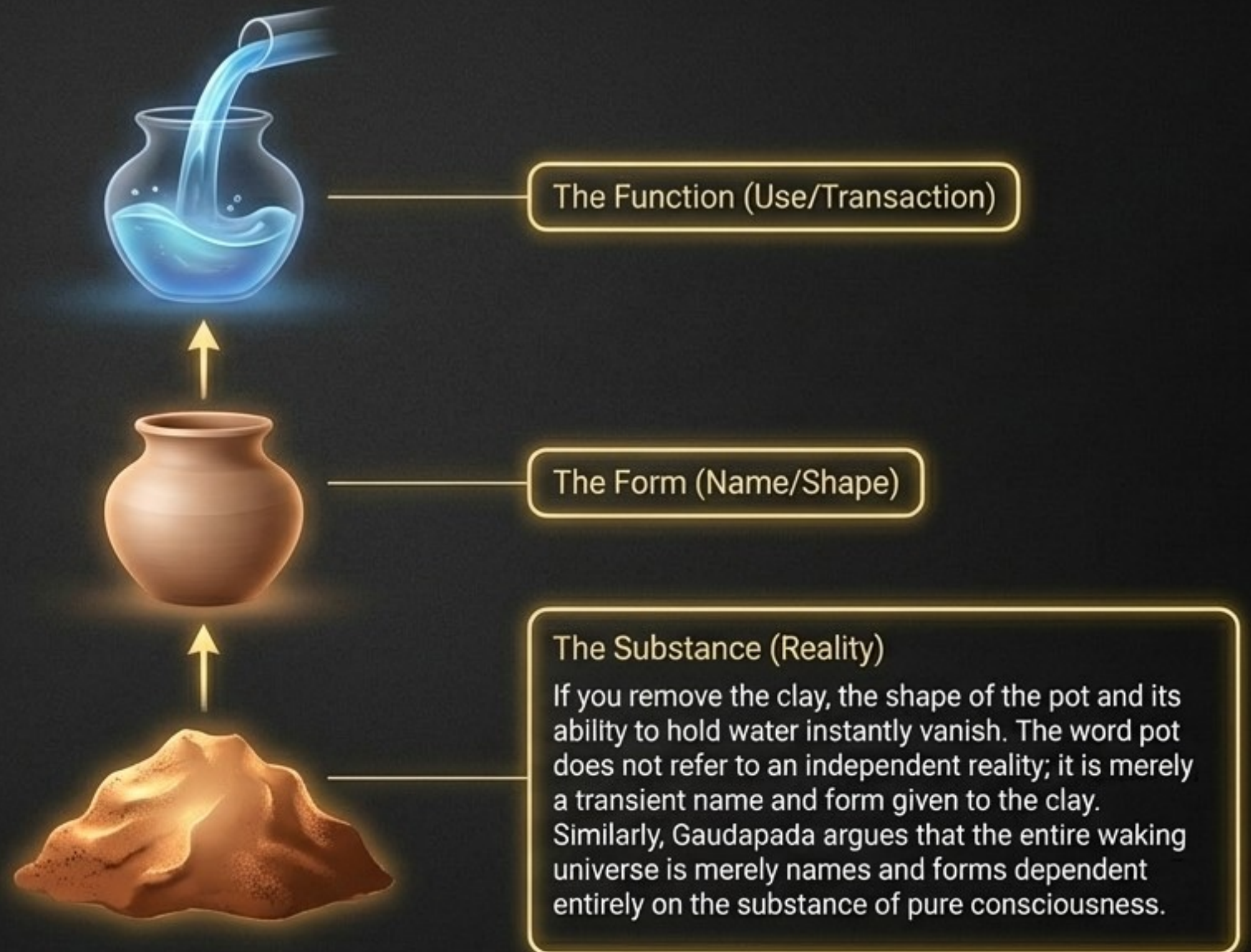
Psychological Equivalent: The Conscious Mind (Freudian ego)

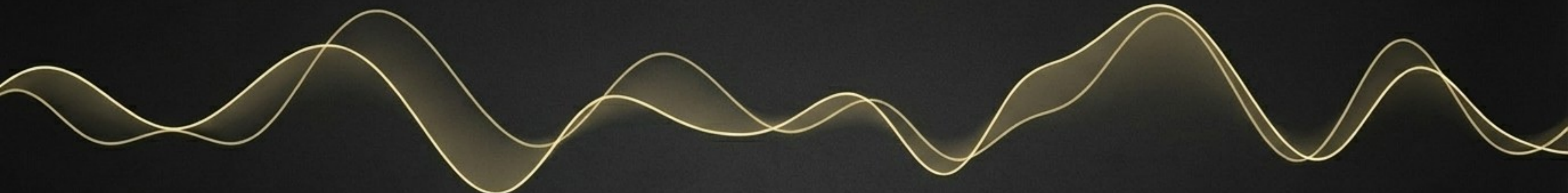
In this state, consciousness is entirely outwardly focused. The Visva experiences the gross, material universe. The brain operates at high-frequency Beta waves, processing external sensory inputs, making logical decisions, and navigating the physical environment.



The Ontology of the Clay and the Pot

Visualising Ajātivāda (Non-origination)





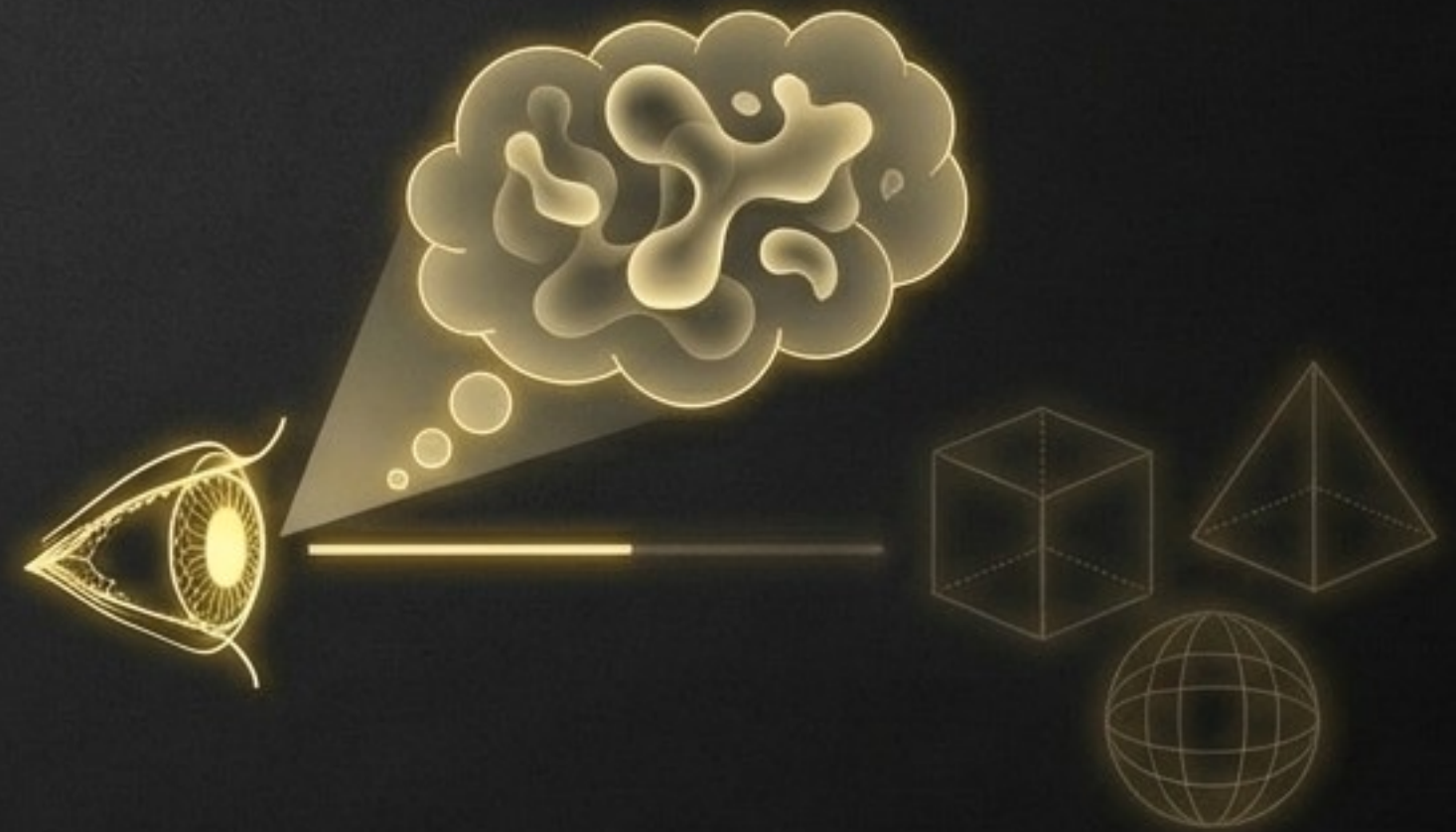
Phase U: The Dreaming Mind

Upanishadic Term: Taijasa

Brain Wave Profile: Theta Waves (4-8 Hz)

Psychological Equivalent: The Subconscious

The physical body rests, but the mind remains illuminated. Taijasa experiences a subtle, internal universe constructed entirely of memories, repressed emotions, and desires. The brain slows to Theta frequencies, cutting ties with external reality to process internal psychological data.



Phase M: The Latent Void

Upanishadic Term: Prajna

Brain Wave Profile: Delta Waves (0.5-4 Hz)

Psychological Equivalent: The Unconscious

The cessation of all phenomena. In deep sleep, there are no desires, no dreams, and no dualistic separation between the knower and the known. Prajna is a unified mass of latent consciousness. The brain enters restorative Delta frequencies, shutting down active cognition.



The Measuring Cup of Deep Sleep

Deep sleep is not merely a biological power-down; it is the ultimate measure of the human experience.

Just as a shopkeeper pours rice into a measuring cup until it disappears, only to pour it back out again, our waking and dreaming experiences collapse into the latency of deep sleep every night, only to emerge perfectly intact the next morning.

Waking and Dreaming experiences collapse into latency.

Deep Sleep (M) -
The ultimate container
and measure.

Consciousness
emerges
perfectly intact
upon waking.

The Architecture of Awareness

Phonetic State	Upanishadic Entity	Locus of Experience	Brain Wave (EEG)	Psychological State
A	Visva	External / Gross	Beta (13-30 Hz)	Conscious Mind
U	Taijasa	Internal / Subtle	Theta (4-8 Hz)	Subconscious Mind
M	Prajna	Latent / Causal	Delta (0.5-4 Hz)	Unconscious Mind
The Silence	Turiya	Absolute / Non-dual	Gamma (30-100 Hz) / Flatline	Pure Awareness

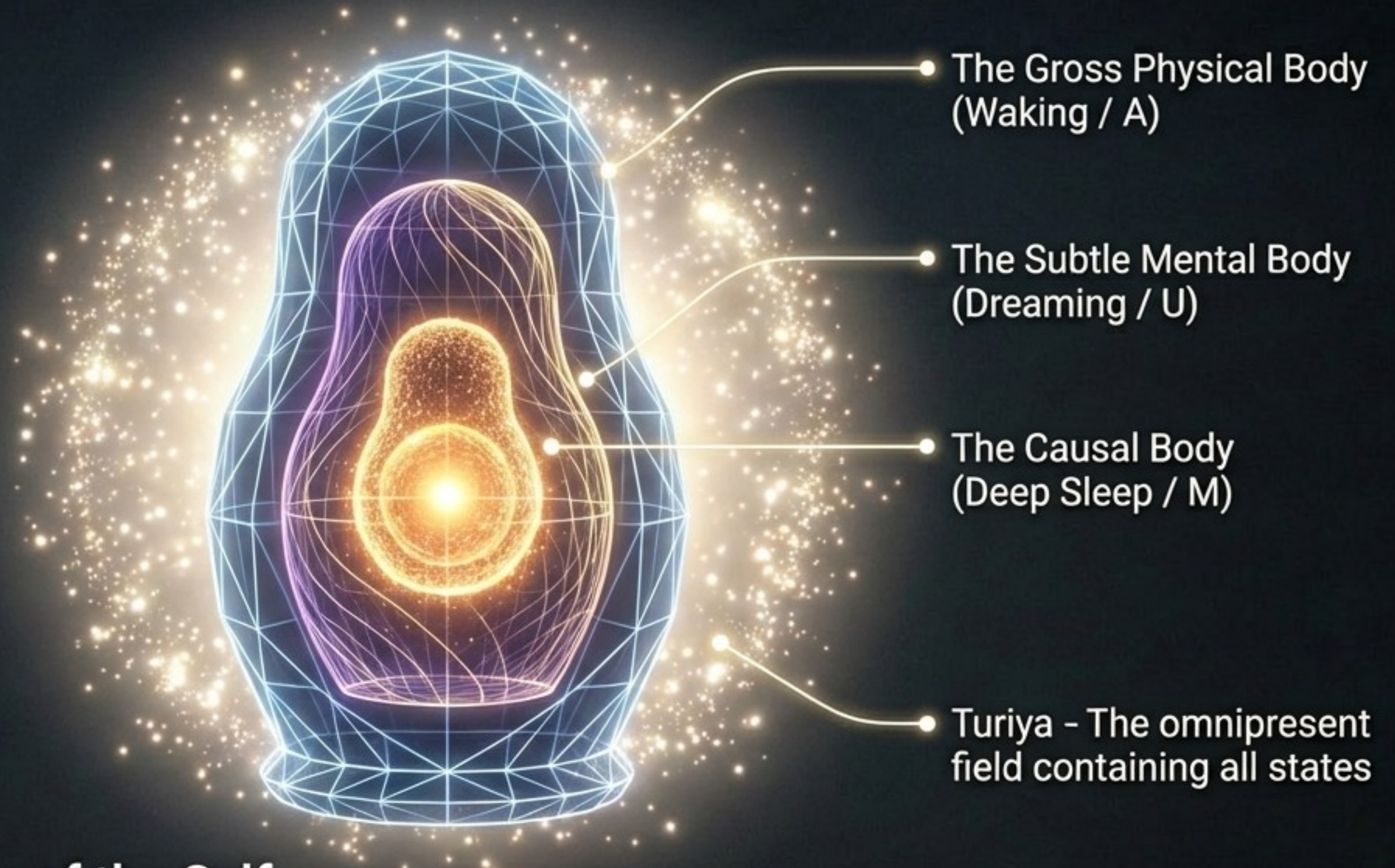
The Silence: Contentless Consciousness

Upanishadic Term: Turiya (The Fourth)

Brain Wave Profile: High Gamma / Singular coherence

Psychological Equivalent: Minimal Phenomenal Experience (MPE)

When the sound of AUM ceases, silence remains. Turiya is not a state you enter; it is the permanent background upon which waking, dreaming, and sleeping happen. It is pure awareness—unseen, incomprehensible, and entirely devoid of phenomenal content. It is the consciousness that allows you to know you were asleep.



The Nested Architecture of the Self

Turiya is not a distant, fourth destination. It is the omnipresent reality that contains the other three. The waking self contains the dreaming self, which contains the sleeping self—but Turiya is the unbroken awareness that permeates all of them simultaneously.

Reconciling Contentless Consciousness

How modern cognitive theories grapple with Turiya (MPE)



Global Workspace Theory (GWT)

Struggles with MPE because the theory assumes consciousness fundamentally requires broadcasted representational content.



Predictive Processing

Theorises MPE as a state of effortless perception where prediction errors at all hierarchical levels of the brain drop to absolute zero.

Minimal Phenomenal Experience (Turiya)



Ascending Reticular Arousal System (ARAS)

Metzinger's model: MPE is an empty predictive model serving to regulate brain activation—a pure representation of tonic alertness.

The Mechanics of Perception: Discrete vs. Continuous

The Discrete Model (Western / Buddhist)



Perception occurs in discrete 30-100ms frames. Consciousness is actually momentary and gappy, with unconscious voids between thoughts.

The Continuous Model (Advaita / Turiya)



Turiya provides a persistent, unbroken baseline. It is the continuous string of pure awareness that threads through the transient beads of active cognition, proving continuity across the gaps.

The Ultimate Synthesis: **Ajātivāda**

Gaudapada's doctrine of **Ajātivāda** translates to non-origination. If waking, dreaming, and deep sleep all inevitably vanish, they are not absolute reality. They are merely **transient forms** (the pot) shifting on the surface of a permanent substance (the clay).

Both ancient monks and modern cognitive scientists have arrived at the exact same conclusion: **the phenomenal universe is a continuous, unbroken baseline of pure awareness.**

Nothing is ever truly created or destroyed; reality is merely consciousness altering its frequency.



“The essence of the Consciousness manifesting as the self in the three states... It is the cessation of all phenomena; It is all peace, all bliss and non-dual. This is what is known as the Fourth. This is Atman, and this has to be realized.”

Mandukya Upanishad, Verse VII