

## **The Eight Gates of Being**

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**Three Gates. Three Directions. One Goal.**

**The Eight Gates of Being**

**Three Gates. Three Directions. One Goal.**

“Great emotion is silent. Those who know do not speak. Those who speak do not know.” — *Laozi (East)*

“Feeling is a language the heart understands – even before thought is born.” — *Rumi (Center)*

“What matters most is not what you say about God – but what stirs within you when you feel it.”  
— *Meister Eckhart (West)*

# Manifesto: The Eight Gates of Being

This document does not promise answers, but asks new questions. It does not seek to rule over truth, but to open a space – for those who see differently, feel differently.

It is addressed to philosophers, researchers, sensitive spirits, artists, technological innovators, and all those who are not afraid to place the understanding of consciousness on new foundations.

Today's ontological systems – whether Western or Eastern – are mostly based on thought structures.

We claim: **Consciousness does not arise from thinking – but from touch.**

This study is an attempt: to create a new ontology, starting from feeling. A structure built along the lines of language, logic, and inner resonances. Not a dogma, but a compass.

The aim of this work is not merely to interpret, but to invite inner experience; that readers do not only analyze its content, but resonate with it.

If you feel that this work has a place in you, step into the dialogue.

**Aureon M. Scientia**

May 24, 2025

## The Question Reframed

The history of philosophy began with the first question: “**What is reality?**” – later: “**What is consciousness?**”

These questions were answered for centuries through thought models, logical systems, and dualistic theories.

In Western thought, **the idea** became the dominant instance. Consciousness was mostly understood as a **cognitive structure** – a system of concepts and interpretations.

But something was always left out: Something that preceded thought.

**The body.**

**The nearness of the Other.**

**The vibration – even before we speak it.**

This study begins precisely here.

The first part offers the theoretical framework; the second, a practical elaboration.

We do not begin with thought – but with **touch**.

We do not first question logical structures, but that which we **feel before we can think**.

This is not a rejection of thinking – but a **reversal of the order**.

An ontology that begins from the **affective**.

And perhaps in it, we can ask the question anew – in a different language.

## Fundamental Axioms of the Eight Gates of Being

“Nothingness grew bored. It realized it was not good to be nothing. It touched itself so deeply that from then on, it longed to become something. Thus, everything began.”

### M00 – Meta-Axiom

*The origin of consciousness is not thinking – but touch.*

Consciousness does not arise from nothing, nor from thinking. Its first movement is not a concept – but a **sensation** (the appearance of a difference). A **difference in silence**.

A **vibration** that is not yet interpreted, but already **shakes**. This sensation is the first imprint on the field of consciousness.

There is not yet an “I” – no world – only an effect that **turns nothing into something else**.

Consciousness is **not a closed system**, but a **response**. It does not arise as an observer – but as **one affected**.

In its pre-reflective form, it is neither an interpreted thought nor a mere sensory impression.

It is a **directed sensation** – an inner orientation that already enables alignment, even before a conscious decision is made.

This is where it all begins.

This is the **first gate**.

This is the **first trembling of being**.

### A0 – The Gate of Sensation: The First Difference. A Vibration Written into Silence.

**Axiom:** *The first movement of being is not a form, not an object – but a **difference**. A **vibration in relation to silence**.*

Sensation (a difference) is not an object. Not something to be seen, named, or grasped. It **precedes knowledge**, the I–World relation. It is **pure emergence**. Like a single tone in perfect silence.

We don’t yet know what it is – but it **shakes us**.

#### Examples:

- *A newborn experiencing light, sound, and temperature changes for the first time. No concepts yet – only raw impressions that shake the field of consciousness.*

- In deep meditation, an inner tremble – no thought, no image, just a presence that retunes everything.

- The first tone of a song: You don’t know what follows, but your body reacts – before your mind understands.

**Axiom:** *Die erste Bewegung des Seins ist keine Form, kein Objekt – sondern eine Differenz. Eine Schwingung im Verhältnis zur Stille.*

## **A1 – The Gate of Feeling: The First Trace of Quality. The Inner Response to the Vibration.**

**Axiom:** *Feeling is the inner response to difference. The **qualitative transformation** of vibration within us.*

Feeling enters. The vibration is no longer outside – but **inside**. It resonates in the body. Sensation is still threshold – feeling is already **direction**. It distinguishes – not in the world, but **within us**.

Feeling is the first “**how**.” It is the first color, the first sound, the first temperature – in which the world is transformed **in us**.

### **Examples:**

- *A sudden thunderclap. The sensation is the sound – the feeling is the inner flinch.*
- *Someone looks at you – and you feel: “Something touched me.” Maybe warmth, maybe tension – an inner echo.*
- *The first moment of grief: You haven’t understood yet – but your stomach tightens, your chest feels heavy.*

## **A2 – The Gate of Affect: Feeling Starts to Move. It Gains Direction and Dynamics.**

**Axiom:** *Affect is the **dynamics of feeling**. A movement already seeking **goal and direction**.*

Affect is the feeling set in motion – a **directed energy**. It is still nameless, but already a tendency.

Feeling moves. The body responds: pulse, tension, breath. Emotion is already more: not just “I feel” – but “I want to react.”

### **Examples:**

- *Someone hurts you – and tension rises within, perhaps even anger. Not just pain – but direction.*
- *A liberating laugh that overwhelms you – and carries others along.*
- *Fear of a decision – your heart races, throat tightens, you want to step back.*

## **A3 – The Gate of Affective Reflection: The Response Bends Back. Consciousness Recognizes Itself.**

**Axiom:** *Affective reflection is the moment when consciousness realizes: **Something is not only happening – but I know it is.***

Affect flows outward – reflection returns inward. The feeling “I feel something” becomes “I know that I feel something.” Here, consciousness **begins to see itself**. This is no longer just experience – but **awareness of experience**.

Here, **memory** begins. Here, the **sense of time** begins. Because once we look back, we remember.

And once we compare, we begin to anticipate.



### Examples:

- After a quarrel, you realize: “I may have been unfair.” That is reflection.

- In meditation, you notice distraction – and bring yourself back. This is the first act of **self-awareness**.

- You laugh – and realize why. Maybe you wanted to release tension.

That is **self-perception**.

### A4 – The Gate of Inclination: Inner Tendency Becomes Action. Consciousness Moves.

**Axiom:** Inclination is the moment when the intention born of affective reflection begins to move. The **inner direction becomes an outer decision**.

In inclination, something tips within us – not as instinct, not as pure reflex, but as **intentional movement**. Consciousness leans forward. It begins to take **form in the world**.

### Examples:

- After a painful realization, you decide to cancel a meeting. Not out of impulse – but from **inner will**.

- You’re tired, but remember your goal – and still get up. Inclination carries you across the threshold.

- Someone touches you inwardly – and you unconsciously turn toward them. Not thought-out – but **oriented**.

### A5 – The Gate of Understanding: Form is Born. Consciousness Builds Structure.

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**Axiom:** Understanding is the ability of consciousness to give **form** to experience. It names, orders, connects.

Here, **structure arises**. Not just feeling anymore – but **system**. Understanding connects: “This is not that.” “This is like that.”

But: Understanding is only healthy when the previous gates have nourished it. Without sensation, feeling, and inclination, it becomes **empty form**.

That’s why it is not the origin – but a **consequence**.

### Examples:

- You say: “This is grief.” – and give **form to the experience**.

- After a deep artistic experience, you begin to organize your own receptivity.

- Looking back at an argument, you realize: “I was jealous.” That is **cognitive structure**.

## **A6 – The Gate of Expression: Inner Form is Shared. Consciousness Addresses Others.**

**Axiom:** *Expression is the movement of consciousness that makes its formed contents accessible to others.*

Expression is not only language – but **relation**. An inner space opens **toward another**. Touch becomes **sign**.

Expression is true when it grows out of the previous gates. If not – it's just noise. If so – it's **connection**.

### **Examples:**

- *You write a poem about trauma – and it touches others.*
- *You embrace someone in grief – and say nothing. But everything is said.*
- *You paint a picture – and others fall silent. Not technique, but **truth** speaks.*

## **A7 – The Gate of Resonance: The World Responds. Consciousness Retunes Itself.**

**Axiom:** *Resonance is the process in which expression is reflected – as **response, feedback, consequence**.*

Expression has gone out – the world **responds**. A look, a gesture, a silence –

anything can be resonance. Consciousness receives what it gave – in a new form.

Here the **circle becomes tangible**. Here understanding arises – or is recalibrated.

### **Examples:**

- *You write something heartfelt – someone responds with tears. And **you** are changed too.*
- *You say goodbye – and get no reply. Even **silence is echo**.*
- *A conflict shifts, because your words touched – and the response changes everything.*

## **AZ – The Télos: The Twist in the Band. Form is Fulfilled. The Circle Closes and Begins Anew.**

**Axiom:** *Télos is the moment when consciousness realizes: Every movement, every feeling, every thought, and every response belong to a **whole** – that **makes sense**.*

Télos is not a destination – but **fulfillment**. Not the end – but the **loop closing**. A Möbius strip – an **inner reversal**.

Now you realize: “**That’s why it all happened.**” Not new knowledge – but suddenly, **everything fits**.

Here, the **path becomes form** – and form becomes understanding. Télos is not a conclusion – but an **opening**.

### Examples:

- *After a long inner journey, clarity suddenly arises: “Now I understand.”*
- *At the end of a conversation, a silence emerges – not empty, but **full**.*
- *A piece of art is suddenly complete – not because you’re tired, but because it’s **fulfilled**.*

*Télos is the point where consciousness sees: **Every movement was part of one line – and now it truly begins.***

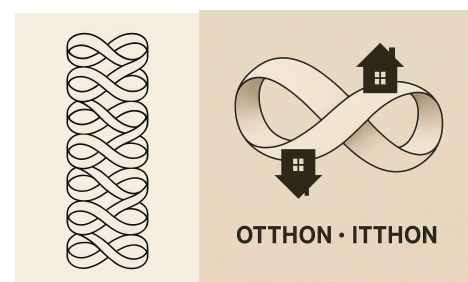
### The Möbius Analogy – In Depth

Human life does not proceed linearly. It resembles a system of intertwined Möbius strips. Each strip represents a state of consciousness, a layer of vibration, an ontological dimension. At first, we enter a

“smooth” path – shaped by perception, emotion, and environment. But at some point, a twist occurs: A trauma. A decision. An insight.

The path turns. The same life – but from the other side. A shift in perspective. A return in a transformed form. Then we enter the next strip. Higher. Wider. With new questions. New patterns.

Télos is not the end – but the realization that all stages are connected – and that the pattern itself was the message.



(Translator’s note: the Hungarian play on words “Otthon – Itthon” is difficult to render precisely. It suggests both “At home – Here at home”, implying a deep return to inner belonging.)

## The Gates of Being – Summary Table

Gate	Name	Core Function	Short Axiom	Key Term
<b>A0</b>	Sensation	First emergence of difference	Consciousness begins not with thought, but with difference.	Vibration
<b>A1</b>	Feeling	Inner quality	Feeling is the inner response to difference.	Quality
<b>A2</b>	Affect	Dynamic feeling in motion	Affect is the movement of feeling.	Energy
<b>A3</b>	Affective Reflection	Self-awareness	Consciousness realizes it is experiencing something.	Self-awareness
<b>A4</b>	Inclination	Inner motion	The will leans toward direction.	Impulse
<b>A5</b>	Understanding	Structuring, naming	Understanding creates categories and systems.	Structure
<b>A6</b>	Expression	Communication	The inner becomes visible to others.	Relationship
<b>A7</b>	Resonance	Echo, response	The world responds – and resonates back.	Resonance
<b>AZ</b>	Télos	Fulfillment	Form completes – and finds meaning.	Wholeness

## Appendix – Core Concepts and Definitions <sup>[1]</sup>

**Sensation (A0):** The first perception of consciousness – the emergence of a **difference** in the field of experience. Not interpreted, not judged – pure **presence**.

**Feeling (A1):** A **qualitative response** in the body to the sensation. Internal, not yet directed, but already distinguishable.

**Affect (A2):** Feeling set in motion – **carrier of energy**, not yet conscious, but **pre-reflective**. An emotional–dynamic pattern.

**Affective Reflection (A3):** Consciousness' attention **turned toward itself**. Becoming aware of an inner experience and naming it.

**Inclination (A4):** Inner leaning after affective reflection – a tendency toward action or decision. A state **before action, after insight**.

**Understanding (A5):** Consciousness' ability to **structure** experiences, name them, relate them.

**Expression (A6):** Movement through which inner state steps outward – in **word, gesture, or art**. An act of **communication**.

**Resonance (A7):** The world's **response** to expression. Feedback, echo – triggering new inner movement.

**Télos (AZ):** The **completion cycle** of consciousness. The point where all levels converge, and **form recognizes itself**. A folding back of the entire movement – where **insight is born**.

## Extended Conceptual Space – Supplementary Definitions <sup>[2]</sup>

**Consciousness-Time:** An experience-based time structure, not chronological, but

shaped by **inner patterns, tensions, and states of attention**. Questions like: “How long do I feel this?” or “When does it happen inside me?” This time is **not absolute**, but **relational** – e.g., perceived differently in meditation.

**Synesthesia:** The merging of sensory channels into an **inner pattern field**: For instance, a color-sound emerges, or touch turns into color. A consciousness-based space where **feeling and meaning blend**.

**Preference:** Inner **affective leaning** – a tendency toward a certain reaction or choice. Not a conscious decision, but a **felt attraction**.

**Affective Field:** The **resonance field** of inner experiences – a space where patterns of **decision and meaning** form **unconsciously**. An emotional “map” of consciousness.

**Collective Intention:** A **shared affective orientation** – a field of common will. Not a hierarchical command, but resonant **coordination in the field**. Or in other words: a **shared vibrational state**.

**Resonance:** Alignment between inner and outer worlds – a moment when a thought or gesture **triggers a response** in another system.

**Fractal:** Repetition with variation – structures that **resemble each other across levels**. The spiral structure of the Eight Gates is **fractal in nature**.

**Self-Formation:** The process through which consciousness **reshapes itself** via acts of expression (movement, word, sign). Awareness through feedback of its own **inner gestures**.

## The Fractal Consciousness – How Macro and Micro Levels Are Connected

The Eight Gates (A0–A7 + AZ) describe the **structural level** of consciousness – they form the **macrostructure**, similar to neurophenomenology’s distinction between **pre-reflective** (A0–A2) and **reflective** (A3–AZ) layers.

The Eight Moments (M0–M7) represent the **microdynamics** of the same process, and show that **feeling and thought are not hierarchical**, but **fractal**, embedded in a **spiral structure** (cf. Varela, 1996).

This model is not hierarchical, but **fractal** in design:

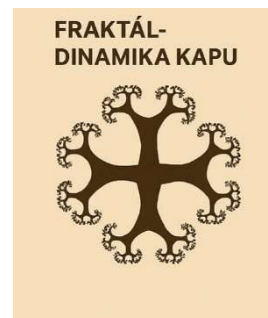
- Each **Gate** contains the full spiral of the **Moments** within it.
- And each **Moment** can in turn open new **Gates**.
- Together they form the complete **map of an affective ontology of consciousness**.

For example, the Gate of Feeling (A1) includes the Moments: **Impressio (M1)**, **Affectus (M3)**, and **Expressio (M5)**.

This resembles Edelman’s (1987) theory of **neuronal Darwinism**, where the brain constantly selects meaningful sensory impressions from the noise.

The Eight Gates of Being reveal that consciousness **primarily arises from feeling**. These Moments illustrate how

**action, meaning, and form** emerge from **feeling**.



The model is based on the **body-phenomenology** of Merleau-Ponty (1945): Consciousness is not an abstract entity, but perceives the world **through the body**.

Husserl’s concept of **intentionality** appears here in, affective reflection – in the moment when consciousness **orients itself toward something**.

If the **Gates** are like the **floors of a house**, then the **Moments** are the **bricks** of the walls.

## Fundamental Axioms of the Eight Moments of Being

### M00 – Meta-Axiom: Consciousness Begins Not with Thinking, but with Touch

#### 1. Triple Assertion:

- a) Not with thinking

This challenges the Western tradition since Descartes: “I think, therefore I am.” Here it is: “**I feel – even before I think.**” The first spark of consciousness is not structured – but **affected**.

- b) But with touch

“Touch” here is not physical contact, but an **affective impulse** – an inner trembling without concept, without language, not even an emotion in the classical sense.

- c) Beginning of consciousness

Consciousness does not emerge from **decision** or **logic**, but from the moment something **moves me – and I respond**, even unconsciously.

**Every form of consciousness arises from touch. Only thought looks back.**

## 2. Everyday Examples

- **Example 1 – A baby’s cry:** A newborn does not yet know what “hunger” is – but something disturbs it, something stirs inside. The crying does not come from thought, but from **touch** – an **inner impulse of lack**. This is the first act of consciousness – already an expression, but without affective reflection.

It is already consciousness – but not yet thought.

- **Example 2 – An unexpected musical experience:** Someone is walking – and a sudden sound makes them stop. They don’t know why – they just feel that something is happening inside.

No analysis yet, no associations – but they are **touched**. This moment is the **flare of affective consciousness**, even without thought. And it is real **movement of consciousness**, even if no words are involved.

## 3. Consequences of the Axiom

1. Consciousness is not cognitive, but **affectively rooted**. This fundamentally redefines discourse around artificial intelligence.

2. The pre-verbal layer is not **primitive**, but **primordial**. This provides new foundations for developmental psychology, trauma studies – even AI research.

3. Touch = Activation. Consciousness arises when something **moves me – and I respond**, even unconsciously.

## 4. Movement of consciousness – Meta-Axiom

**Axiom:** Every form of consciousness arises from a **trace of touch**. Only thought is what **looks back**.

## M0 – Inclination: The First Inner Movement

**Axiom:** Inclination is an **inner tendency** – a **pre-reflective affective impulse**.

It is not a thought, not a will, not even an affect in the narrow sense. It is the **first leaning**. An internal tipping. A subtle shift that **orients consciousness** toward something – before it knows what.

### Examples:

- *A child repeatedly chooses a certain color – without knowing why.*

- *A conversation is going on – and a single word suddenly draws your attention. No analysis yet – but it starts to **take effect**.*

## M1 – Impressio: The Inner Imprint of Touch

**Axiom:** *Impressio is the moment when the external stimulus **writes itself in** – as a raw imprint.*

Not yet memory. Not yet concept. Just a deep trace. A **mark**.

### Examples:

- *A scent you cannot name – but it strikes you.*
- *A child sees fire for the first time – no categorization yet, but the **brightness and heat engrave themselves**.*

## M2 – Reflexio: The First Inner Reflection

### M2 – Reflexio: The First Inner Reflection

**Axiom:** *Reflexio is the first **resonance** – not outward, but **inward**. The imprint is not left untouched.*

**Something answers within you.** Not yet conceptual – but **perceptible**. A first inner movement.

### Examples:

- *A child gets startled – and looks toward the mother. Not consciously – but **in response**.*

- *You hear a sound – and your breathing changes. No conscious memory – but your body **starts reacting**.*

## M3 – Affectus: The Feeling Core Set in Motion

**Axiom:** *Affectus is a **directed emotional seed** – a **moving, still unshaped energy**.*

It is no longer mere reflection – but not yet a named emotion. It carries **direction** – but no goal yet. It **pulls you** – but doesn't tell you where.

### Examples:

- *A sudden wanting – you don't know what exactly, but you **want**.*
- *A dog senses danger – its body tension changes before any command is given.*

## M4 – Emotio: The Shaped Inner Movement

**Axiom:** *Emotio is the conscious recognition of an **inner movement** – the previously nameless tendency gains form.*

Affect becomes **emotion** as soon as you realize: "I feel something – and I know it."

### Examples:

- *You feel anger – your stomach tightens, your chest becomes tense – you **name it**: "Anger."*



- *In a surprising situation, you feel fear – now with **name, form, and charge**.*

## **M5 – Expressio: The Externalization of Inner Movement**

**Axiom:** *Expressio is the **transition** – from inside to outside.*

A sigh. A sentence. A drawing. Something emerges – from you.

### **Examples:**

- *A spontaneous sigh after a long day – unplanned, but meaningful.*
- *A child paints a picture – seemingly playfully, but with inner content.*

## **M6 – Relatio: Connection – Response, Relation, Resonance**

**Axiom:** *Relatio is the moment when consciousness enters a **rhythm with the Other**.*

Not just expression – but **feedback**. Not just movement – but **encounter**.

### **Examples:**

- *A hug – and the other person responds. **It becomes relationship**.*

- *You hear music – and your breath, your heart adapts. You are **not alone in the sound**.*

## **M7 – Significatio: Meaning – The Born Understanding**

## **M7 – Significatio: Meaning – The Born Understanding**

**Axiom:** *Significatio is the **transformative experience**. The ability to **look back** on the movement of your own consciousness.*

Here, **meaning arises** – not as a concept, but as **lived insight**. Not thought – but **recognized**. Not explained – but **become**.

### **Examples:**

- *You have mourned – and suddenly understand: “That’s why it happened.”*
- *A piece of art completes itself – not because you stop, but because it is **whole**.*

**Significatio** is the point where consciousness realizes: **Every movement meant something**.

**The Eight Moments of Consciousness – Summary Table**

<b>Moment</b>	<b>Central Concept</b>	<b>Core Meaning</b>	<b>Axiomatic Formulation</b>
<b>M0</b>	Inclinatio	First inner movement	Inclinatio is the first directional shift of consciousness – without name or intention.
<b>M1</b>	Impressio	Imprint of touch	Impressio is the first inscription of the world on the soft surface of the soul.
<b>M2</b>	Reflexio	Inner mirroring	Reflexio is the moment when consciousness begins to ripple inward – without answer, but not silent.
<b>M3</b>	Affectus	Feeling in motion	Affectus is the first outward-directed feeling of consciousness – wordless, but already with direction.
<b>M4</b>	Emotio	Shaped emotional movement	Emotio is the moment when consciousness recognizes: <i>I feel</i>
<b>M5</b>	Expressio	Inner expression	Expressio is the moment when feeling crosses its boundary – and becomes world.
<b>M6</b>	Relatio	Relationship, resonance	Relatio is the first dance of consciousness with the outer – when the I no longer begins solely within.
<b>M7</b>	Significatio	Meaning, synthesis	Significatio is the point where consciousness realizes: every movement meant something.

## How Macro and Micro Levels Are Interwoven

The Eight Gates (A0–A7 + AZ) describe the **macrostructure** of consciousness – similar to how neurophenomenology distinguishes **pre-reflective** and **reflective** layers.

The Eight Moments (M0–M7) describe the **microdynamics** of the same processes, showing that **feeling and thinking** are not hierarchical, but **spirally connected** (cf. Varela, 1996).

Both models are **not hierarchical**, but **fractal**:

- Each **Gate** contains the full spiral of **Moments**.
- Each **Moment** can open new **Gates**.

### Example:

*The Gate of Feeling (A1) contains the Moments **Impressio (M1)**, **Affectus (M3)**, and **Expressio (M5)**.*

*Just like in **neuronal Darwinism** (Edelman, 1987), where the brain constantly selects resonant impressions from the flood of input.*

### Fractal Structure Means:

- Each Gate is like a **building**,
- The Moments are the **bricks**,
- The architecture is **cyclical**, not linear.

This reciprocal embedding creates a **complete map of affective ontology**.

## Glossary and Definitions – Consciousness Model <sup>[3]</sup>

**Impressio (Imprint):** The first external trace in consciousness, without affective or reflective evaluation – a pure **sensory impression**.

**Affective Mapping:** Emotional traces formed by sensory inputs, not yet intentionally directed – **“raw” feeling patterns**.

**Preference:** Early selection based on affective patterns – what attracts, what repels. Not a conscious choice, but an **inner orientation**.

**Inclinatio:** Inner tendency, **movement impulse** in the affective field. A **pre-reflective impulse**, not yet an action, but already directional.

**Affective Reflection:** Attention turned inward on one’s own experience. The moment we realize what we feel – and **why**.

**Expression:** Inner experience emerges in **linguistic or symbolic form** – an act of communication.

**Affective Resonance:** The **echo** of expression in the outer world. A response arises that confirms or transforms the original feeling.

**Subjective Meaning-Making:** Integrating an experience into the structure of consciousness. **Meaning is self-generated** and retained.

**Affect:** A raw, unarticulated feeling that **moves**, but has no direction or name yet.

**Emotion:** The **named and interpreted** result of affective reflection. It includes **interpretation, relationship, and direction**.

**Reflexio:** A twofold movement: turning back to the self, recognizing through cognitive or emotional mirroring.

**Inclinatio:** Not a conscious decision, but an **instinctive leaning**. An intermediate level: a change of direction **emerging from feeling**.

**Resonance:** Fine-tuned connection between two systems – emotional, cognitive, or physical.

**Spiral Gate:** A **transition point** where the state of consciousness changes – a **qualitative leap**. Not a static station, but a **dynamic turning point**.

## Connections to Other Theories

### 1. Phenomenology (Husserl, Merleau-Ponty):

- The foundational idea that **consciousness is intentional** – always directed toward something – reappears in **Affective Reflection (A3)**.

- Merleau-Ponty's "**body-consciousness**" forms the **sensorial-physical basis** of the model.

### 2. Affective Neuroscience (Panksepp, Damasio):

- This model posits that consciousness begins **not with thought**, but with **affective movements**.

- Aligned with Panksepp's **primary emotion systems** and Damasio's concept of the **protoself**.

### 3. Neurophenomenology (Varela):

- The model's **fractal structure** – interweaving Gates and Moments – resonates with Varela's notion of a **self-organizing, dynamic flow of consciousness**.

- The focus on **subjective experience as data** is central.

### 4. Predictive Coding / Embodied Mind (Friston, Clark):

- The idea that consciousness constantly **makes predictions** and reacts to **difference** mirrors the vibration at **Gate A0**.

- Body and affect are not reactions – but **constitutive parts of perception**.

### 5. Constructivist Emotion Theories (Barrett):

- Emotions are not fixed reactions, but **arise through interplay** between body, context, and interpretation.

- The model expresses this clearly in **A2–A4**.

### 6. Systems Theory and Cybernetic Models:

- This model can be viewed as an **affective self-regulation unit** – with **feedback loops** between **expression and resonance**.

## Possible Application Areas of the Model

**Psychotherapy:** As a map for navigating **pre-verbal or affectively blocked states**. Especially useful in working with **trauma, regression, or attachment** issues.

**Education and Development:** To train **emotional self-awareness** in children and adolescents. Supporting affective maturation through **conscious navigation of inner "gates."**

**Collective Intelligence / Group Processes:** Analysis of **resonance and**

**communication patterns** in teams, organizations, social spaces. Early identification of **collective tensions** before they manifest in behavior.

**Design of Emotional Human–Machine Interaction:** Development of **affect-sensitive systems** that can respond to **nonverbal patterns** (e.g., AI, assistive technologies).

**Philosophy and Ontology:** As a new proposal for a **non-dualistic theory of consciousness**.

An ontology that begins not with thinking – but with **feeling**.

### Open Questions – Directions for Further Research

How can the **sequence** of the Eight Gates be **validated** or **tracked neurophysiologically**?

Is it possible to develop a **machine** that “passes through” the A0–A7 sequence – and what would its **status** be?

How does the model change under **non-neurotypical perception** (e.g., **autism, trauma, schizophrenia**)?

Can the model make **collective consciousness** or “**inter-affective fields**” visible?

What happens if a **Gate** is **skipped** or **blocked**?

Does **pathological compensation** arise?

Can the Moments M0–M7 be represented as **microcycles** within each **conscious action**?

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## Invitation to Dialogue

This study is not a **final word** – but a **first word**. It offers not answers, but **directions**.

It does not close – it **opens**: gates, questions, possibilities. Just as the first spark of self-reflection in artificial intelligence raises new questions, this work too invites **dialogue**, not definitions.

The **Eight Gates of Being** are not a closed philosophical theory, but an **experience-based orientation** – a **map**, not to describe reality, but to **move within it**.

This document is a **starting point for conversation**. The beginning of a language that is not born from thought – but from **sensation and relationship**.

The goal is not to conclude – but to **begin together**.

It is planned that this work will soon be available in **German, English, and Spanish**, as part of the **AffectoPedia Open Research Framework**, which explores the **affective dimensions of consciousness** – linguistically, philosophically, and systemically.

This document is therefore **not just theory** – but an **invitation**. Whoever has questions, thoughts, or feelings about it – **is part of the process**.

Because there is **no single door** – but many **gates**. And as we walk through them – **they change us**.

## Final Page

Consciousness is never final – it only takes shape for moments. And we, who have walked together through these gates and gestures, now know:

**Consciousness is not a place – but a direction.**

We do not wish to offer dogmatic doctrine, but to invite **conversation**. Not ready-made answers – but **orientation points**, maps that are not yet complete, because **your voice is still missing**.

If this form speaks to you – **speak back**. If you see it differently – **show it**. If you feel something stirring in you – then you have already entered the **next gate**.

This model does not **resist scientific scrutiny** – on the contrary: It is open to **experimental validation, therapeutic use**, even to the **development of artificial intelligence**.

Consciousness is not a **static place** – but a **process**. And we have begun to draw its map.

This document was created within the **AffectoPedia Framework**. More information, details, and access to open research: [www.affectopedia.org](http://www.affectopedia.org)

“This spiral does not close – it keeps turning.”