

# **Prerequisite Cognitive Requirements for Understanding the Research**

## **Foundational Reading Requirement**

This research constitutes an analytical and constructive extension of a prior cognitive framework. Accordingly, a proper and coherent understanding of this study requires that the reader has previously read the book “*The Secret of the Human Self and the Nature of the Mind*” and has fully grasped its foundational conceptual structure.

Any attempt to read this research without sufficient familiarity with the foundational concepts presented in that book will inevitably lead to a fragmented understanding or to interpretive projections that are neither endorsed by this research nor consistent with its systemic methodology.

## **Adopted Foundational Reference**

**Book Title:**

*The Secret of the Human Self and the Nature of the Mind*

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**Publication:**

## **Human Instincts Between the Brain, the Mind, and the Body**

- Published in both Arabic and English
- Available through:
  - Amazon (KDP)
  - Zenodo

This book constitutes the primary theoretical and cognitive reference upon which this research is built. The purpose of this research is not to restate the book's concepts, but to build upon them and apply them within an analytical framework that is subject to scientific testability.

## **The Five Foundational Concepts Required for Comprehension**

To understand this research as intended, the reader must fully comprehend the following five concepts exactly as defined and analyzed in the referenced book, without external reinterpretation:

### **1. The Structure of the Human Self**

The self is understood as an independent structure with functions, levels, and limits, rather than a mere biological reflection or transient emotional state, with a clear distinction between the self, the mind, and the body.

### **2. The Nature of the Mind**

The mind is understood as a system of guidance, evaluation, and decision-making, not as a synonym for the brain, nor as a purely neural function, but as a composite system operating through the brain, the heart, and the nervous system.

### **3. The Fundamental Difference Between Humans and Animals**

The distinction does not lie in instincts themselves, but in the mechanism of cognitive guidance and the human capacity to regulate instinct and redirect it within a value-based and innate framework.

### **4. The Framework of Spirit and Vision (True Vision)**

## **Human Instincts Between the Brain, the Mind, and the Body**

The spirit is understood as the life-giving dimension that grants meaning, while *True Vision* is understood as a non-imaginary, non-projective form of perception, fundamentally distinct from imagination, hallucination, or psychological interpretation.

### **5. The Meaning of Fitrah**

Fitrah is understood as the original balanced state of the human self, in which harmony is achieved between the mind, the body, and the spirit—not as a moralistic or cultural concept, but as a natural guiding mechanism with empirically demonstrated outcomes throughout human experience.

## **Core Terminology Required from the Book**

This research relies on specific terms defined in the foundational reference, all of which must be understood strictly according to their original definitions, including but not limited to:

- The Human Self
- The Mind (as a system, not an organ)
- The Brain
- The Spirit
- Fitrah
- Cognitive Balance
- Instinctive Guidance
- Vision (True Vision)
- Human Behavior versus Instinctive Behavior

## **Human Instincts Between the Brain, the Mind, and the Body**

- Systemic Decision-Making

No alternative definitions for these terms are adopted outside those presented in the foundational book.

### **Methodological Note**

This research:

- Is not presented as a moralistic or ideological argument
- Does not rely on prior cultural or ethical projections
- Is based on systemic analysis subject to examination and testing

Any attempt to interpret this research outside its foundational cognitive framework removes its conclusions from their intended scientific context.

# **Human Instincts Between the Brain, the Mind, and the Body**

## **A Systemic Approach Subject to Scientific Testability**

### **Abstract**

This research is based on the fundamental premise that the human being is an integrated systemic entity composed of mind, body, and spirit, and that any attempt to understand human instincts in isolation from this integration leads to an unscientific reduction of human nature. Within this framework, the mind is understood as a composite system consisting of the brain, the heart, and the nervous system, operating collectively as a unit of evaluation, guidance, and decision-making.

## **Human Instincts Between the Brain, the Mind, and the Body**

The research aims to examine the source of human instincts—particularly sexual desire—in terms of their neural origin in the brain, the mechanisms through which they are translated and guided by the mind, and their execution at the bodily level. The research further distinguishes between cases in which desire formation results from environmental or coercive conditions or from cognitive imbalance, and other cases in which the brain itself constitutes a direct and multiple source of desire signals due to specific genetic programming, without this being considered a pathological disorder.

The research affirms that this approach is not speculative, but rather subject to testing through neuroscience, psychology, genetic studies, and behavioral research. It also relies on a cognitive and value-based framework previously presented in the book “*The Secret of the Human Self and the Nature of the Mind*.”

## **1. Conceptual Framework**

### **1.1 The Human Being as an Integrated System**

This research assumes that the human being cannot be understood as an isolated biological body, nor as a detached abstract mind, but rather as a single system composed of three interrelated dimensions:

- **Spirit:** the life-giving dimension that grants meaning.
- **Body:** the instrument of execution and material interaction with the world.
- **Mind:** the system of guidance, regulation, and decision-making.

Any separation or reduction of one of these dimensions leads to a distortion in the interpretation of human behavior, particularly instinctive behavior.

### **1.2 The Mind as a System Within the System**

In this research, the mind is not reduced to the brain alone, but is understood as a composite system that includes:

- **The Brain:** the source of neural signals and primary instincts.
- **The Heart:** the center of emotional and value-based balance.

## **Human Instincts Between the Brain, the Mind, and the Body**

- **The Nervous System:** the network of transmission and integration of signals.

Accordingly, the mind functions as an authority of evaluation, guidance, and programming rather than as a passive transmitter of neural commands. The brain may initiate the signal, but the mind determines how it is handled.

## **2. The Source of Human Instincts**

### **2.1 The Neural Source**

The research affirms that the brain is the primary neural source of human instincts, including hunger and sexual desire, as it generates primary instinctive commands aimed at survival and species continuity.

The intensity of these commands varies depending on multiple factors, including:

- General health condition
- Age
- Hormonal balance
- Psychological state
- Physical and environmental stressors

The intensity of an instinctive signal does not imply behavioral inevitability, but rather reflects the strength of the drive.

### **2.2 Transmission of Instinctive Signals**

After the instinctive signal originates in the brain:

- It is transmitted through the nervous system

## **Human Instincts Between the Brain, the Mind, and the Body**

- It reaches the mind as a system
- It undergoes evaluation and guidance

Here, the fundamental distinction between humans and other living beings becomes evident, as the signal is not automatically translated into action but passes through an organized cognitive mechanism.

### **3. The Role of the Mind in Guidance**

#### **3.1 Cognitive Programming of Response**

After receiving instinctive signals, the mind programs the response by:

- Determining the mode of satisfaction
- Selecting the means
- Regulating manner and timing

Thus, instinctive behavior is not an automatic reaction, but the outcome of a systemic, conscious or semi-conscious decision.

#### **3.2 Fitrah as a Natural Guiding Mechanism**

This research holds that a cognitively balanced mind naturally inclines toward *Fitrah*, understood as the original state in which harmony is achieved between:

- The body
- The mind
- The spirit

## **Human Instincts Between the Brain, the Mind, and the Body**

Fitrah is understood here as a tested human mechanism that has demonstrated superior psychological, social, and existential outcomes through human experience.

### **4. Hunger as an Illustrative Model**

Hunger represents a clear model for understanding instinctive mechanisms:

- **Source:** the brain (energy deficiency signal)
- **Decision:** the mind (when, how, and what to eat)
- **Execution:** the body

When the mind is balanced, behavior remains organized and human. When cognitive balance is disrupted, primitive behavior may emerge despite the instinct remaining the same. This demonstrates that the difference between humans and animals lies not in instinct itself, but in the cognitive guidance mechanism.

### **5. Sexual Desire and Its Formation Mechanisms**

#### **5.1 Neural Source of Sexual Desire**

Sexual desire originates in the brain as a primary biological drive, like other instincts.

#### **5.2 Cognitive Translation of Desire**

Sexual desire is not enacted in isolation, but is translated by the mind according to:

- Accumulated concepts
- Prior experiences
- Social environment

## **Human Instincts Between the Brain, the Mind, and the Body**

- Psychological and cultural conditions

Thus, diverse patterns of sexual orientation emerge not due to differences in the instinctive source, but due to differences in cognitive translation mechanisms.

## **6. Classification of Cases of Sexual Orientation Shift or Multiplicity**

### **6.1 Environmental or Coercive Cases**

This category includes individuals influenced by:

- Multi-orientation environments
- Highly restrictive societies limiting natural bonding
- Social or psychological pressures
- Cognitive imbalance

In such cases, individuals are often shaped by circumstances rather than acting as fully free agents. They are not to be criminalized unless a crime is committed, and humane and therapeutic support may be offered.

### **6.2 Direct Neural Genetic Source Cases**

The research indicates an estimated proportion (approximately 20% or less) in which:

- Desire signals originate from multiple neural sources
- This results from specific genetic programming
- No cognitive imbalance is present

## **Human Instincts Between the Brain, the Mind, and the Body**

In these cases, the mind remains balanced, and the environment acts as a trigger rather than a root cause.

## **Clarification of Multisource Genetic-Neural Cases**

This research identifies limited cases in which multiplicity of desire signals arises from direct genetic effects influencing the generation and transmission of neural signals. In such cases, instinctive signals do not originate from a single neural pathway, as is common in the majority of individuals of the opposite sex, but may arise from multiple bodily sites or through different neural pathways, then be transmitted to the brain simultaneously or from multiple sources.

In this specific category, multiplicity of signals is a bodily genetic characteristic and is not the result of:

- Brain dysfunction
- Cognitive disorder
- Environmental pressure
- Social factors
- Psychological disturbance

Accordingly, describing these cases as disorders or deviations lacks scientific basis within this analytical framework. Rather, they represent cases in which the genetic composition of the body directly shapes desire formation.

## **Human and Social Dimension of These Cases**

This research asserts that humane and scientific engagement with these cases requires:

- That the individual understands the nature of their own bodily composition

## **Human Instincts Between the Brain, the Mind, and the Body**

- That society understands these cases without stigmatization or criminalization

The solution in this category lies not in condemnation or exclusion, but in mutual understanding, where the individual is not required to deny themselves, nor society to abandon its value system, but rather to achieve a balanced awareness of reality.

## **Principle of Mutual Understanding**

This research emphasizes that understanding in genetically based multisource neural cases must be mutual. It is not limited to requiring society to understand the individual's condition, but also requires the individual to understand the value-based and social framework of the society in which they live.

Just as society is called upon not to stigmatize or criminalize these cases as long as they involve no brain, cognitive, or psychological disorder, the individual is likewise required to recognize that societies are built upon accumulated historical and value-based systems, and that balanced human coexistence requires awareness of public boundaries and respect for existing social structures.

Thus, the solution proposed by this research does not impose one model upon another, but rather promotes balanced understanding that preserves individual dignity while safeguarding societal stability within a rational, non-confrontational human framework.

## **Methodological Distinction Between Proportions**

The research stresses the necessity of clearly distinguishing between this limited category and the larger proportion—estimated at over 80% of cases—in which no direct genetic or neural cause exists.

In the majority of cases:

- There is no multiplicity of neural signal sources
- No special genetic programming
- The determining factor is environment, cognitive perception, or guidance imbalance

## **Human Instincts Between the Brain, the Mind, and the Body**

Historical human experience demonstrates that living in accordance with *Fitrah* in such cases achieves psychological balance, social stability, and better long-term human outcomes. Projecting the genetic minority onto the majority therefore constitutes a scientific and methodological error.

## **Warning Against Criminalization and Generalization**

The research warns that one of the most serious errors committed by some societies is treating all cases as criminal or deviant without distinction, whereas the vast majority of individuals are in fact:

- Victims of disturbed environments
- Or victims of distorted cognitive perception
- Not fully free agents with complete awareness

Therefore, clear and precise separation between proportions and cases is an essential condition for any just scientific or humane approach.

## **Prelude to Further Research**

This research affirms that the present framework is not the final word, but rather a foundational stage to be followed by deeper and more detailed studies addressing neural, genetic, and cognitive mechanisms within an integrated systemic framework.

## **Value-Based Reading: The Case of the People of Lot**

This research views the case of the People of Lot as an example of cognitive imbalance rather than the result of closed environments, diverse environments, or special genetic cases. Divine guidance through a messenger is understood as an attempt to redirect the mind toward its innate path, indicating that the issue lay in guidance mechanisms rather than instinctive origin.

## **Scientific Testability**

## **Human Instincts Between the Brain, the Mind, and the Body**

This research affirms that this framework is:

- Non-speculative
- Based on systemic analysis
- Testable through:
  - Neuroscience
  - Genetic studies
  - Psychology
  - Behavioral research

## **Conclusion**

The research concludes that human instincts share a unified neural origin, while fundamental differences arise from:

- The source of the signal
- Degree of cognitive balance
- Guidance mechanisms
- Surrounding conditions

A precise methodological separation between these levels is essential for a fair, scientific, and humane understanding of human behavior.

## **Human Instincts Between the Brain, the Mind, and the Body**

### **Foundational References**

- Malaysheh, Ameen.  
*The Secret of the Human Self and the Nature of the Mind.*  
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Amazon KDP.  
Zenodo.

Some books, volumes, studies, and visible and non-visible recordings from trusted sources, in addition to personal experiences and other sources of information acquisition, contemplation, and reflection.