



Resonant Minds: Harmonizing Chronobiology? and Brain Wave Coherence

A Synthesis of Western Neuroscience and Ancient Yoga Tradition

Dott.ssa Laura Quartieri | Eric Chavez Betancourt

San Marcos National University, Lima, Peru

The Microcos" ank the Macrocos"

The Brain as a resonant receiver

The Thesis

The human brain is not an isolated processor but a **Resonant Receiver**. **Environment and biodiversity** are not merely external factors—they are **integral parts of our internal coherence**, shaping the very rhythms of consciousness.

The Paradigm Shift

We move from a "closed system" view of brain function to an "**open, dissipative system**" model, aligning with principles from Quantum Electrodynamics and Quantum Thermodynamics.

The brain exchanges energy with its environment continuously.



The Bridge Between Traditions

Yoga as Biological Coherence Technology?



Ancient Wisdom Meets Modern Science

Yoga (Union) emerges not merely as physical exercise, but as an **Empirical Science of Consciousness**—an ancient Technology of biological coherence refined over millennia.

This framework recontextualize contemplative practices as sophisticated tools for optimizing neural coherence and electromagnetic field stability.

📌 **Key Insight:** Environment and biodiversity function as integral components of **our internal Coherence**, not simply external stimuli to be filtered.



Temporal Windows of Coherence

"Just as the sun is the soul of the universe, the inner sun (Prana) is the soul of the body."

— Prashna Upanishad

Strategic Timing

Performing contemplative practices during specific environmental windows — winter solstice, equinoxes, full moon phases — **maximizes the "coupling" between organism and Earth's electromagnetic field.**

the solar wind, the plasma emitted by the sun that touches the Earth's surface every night at 3:32 a.m.

Entropic Reduction

This temporal precision reduces entropy within biological systems, **aligning the body's internal circadian clock with Earth's** electromagnetic variations and geomagnetic rhythms.

Brain Waves, Diversity? The Environment

From Delta Noise to Theta Flow

β (Beta): Active thought.

α (Alpha): Relaxed alertness.

θ (Theta): Deep states/creativity.

γ (Gamma): Hyper-coherence/binding.

Western Science: Neural Oscillations

Brain waves represent measurable electromagnetic frequencies corresponding to distinct states of consciousness—from high-frequency beta (waking cognition) to low-frequency alpha and theta (meditative states).

Yoga's Manual Control: Pranayama provides direct influence over the autonomic nervous system and brain wave frequency. As the *Hatha Yoga Pradipika* states: "When the breath is calmed, the mind too will be still"—a literal description of reducing neural oscillation frequency.



Converging Evidence Across Disciplines



Biodiversity Effect

Immersion in biodiverse environments (forest bathing *shinrin-yoku*) lowers localized entropy and shifts brain waves toward alpha rhythms. **Rich biological environments create a complex electromagnetic "chorus" that stabilizes human field coherence.**



Yoga Tradition

Pranayama (breath regulation) functions as a frequency-switching mechanism. This ancient practice connects breath control directly to neural oscillation regulation—a manual interface for consciousness modulation.

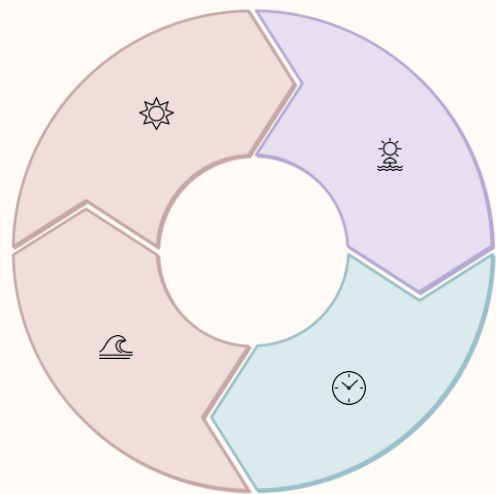


Neuroscience of Meditation

Studies demonstrate that long-term **meditators** exhibit synchronized gamma-waves associated with global neural coherence. This provides empirical validation for how traditional practices physically restructure brain regulation systems.

Why Rhythms Matter

The Fundamental Organization of Life



 **Circadian**
Day/night cycles

 **Seasonal**
Annual variations

 **Ultradian**
Sub-daily rhythms

 **Neural**
Oscillatory patterns

"yogaḥ citta-vṛtti-nirokhaḥ"

Yoga is the cessation of the
fluctuations of the "mind."

—Yoga Sūtra I.2

Life organizes itself through nested rhythms—circadian cycles, seasonal patterns, ultradian oscillations. The brain resonates with electromagnetic oscillations that integrate perception, attention, and homeostasis.

Ultradian oscillation:

We change the nostril breathing through every two and a half hours.

Gchronologi?: The kh?th"s ot Nature

&ligning Internal Glocks "ith EÖternal G?cles

1 The Master Glock

The suprachiasmatic nucleus (SCN) in the **hypothalamus** orchestrates circadian rhythms 4sleep/wake cycles, hormone release, body temperature4synchronized primarily through light/dark environmental cues.

2 Hor"onal kegulation

Light exposure precisely controls **cortisol** (morning awakening hormone) and **melatonin** (evening sleep hormone), creating a biochemical rhythm that entrains cellular processes throughout the organism.

3 Environ"ental Gou;ling

These internal oscillators continuously synchronize with external zeitgebers (time-givers), demonstrating the brain's role as a **RESONANT RECEIVER** rather than isolated processor.

"Just as the sun is the soul ot the universe, the inner sun (Prana) is the soul ot the kok?."

4 Prashna Upanishad





The Quantum Drift

Coherence, Unit? P The Physics of Sa'akhi



Vector Potential

Following **Preparata** and **Del Giudice's** framework, the vector potential plays a crucial role in biological phenomena and collective nuclear phenomenology—extending beyond classical electromagnetic theory.



Coherent Domains

Brain **waves manifest** as expressions of **coherent** domains within water and biological matter. These quantum coherence domains enable long-range correlations in living systems.



Consciousness Drift

This framework suggests that *samadhi* (unified consciousness) may represent a measurable state of maximal quantum coherence across neural and biological systems.

Biokiosphere? Link the Brain

Biodiversity, Microbiome & P Ecological Consciousness

Ecosystem Immersion

Contact with rich ecosystems—diverse greenery, complex soundscapes, olfactory biodiversity—promotes alpha and theta brain states, reducing cortical stress patterns and enhancing parasympathetic tone.

Gut-Brain Axis

The microbiome (intestinal and environmental) interacts bidirectionally with the gut-brain axis, profoundly influencing mood regulation, neurotransmitter production, and limbic oscillations.

Observable Interventions

Integrating ecological dimensions with neuropsychophysiological outcomes, we propose outdoor mindfulness and forest bathing as measurable therapeutic interventions with quantifiable effects on neural coherence.

This synthesis reveals how environmental biodiversity directly shapes internal neural coherence, validating ancient wisdom through contemporary neuroscience.

Pranayama



Meditation to Tranquillize the Mind

“

Focus on the tip of your nose. Inhale completely and hold the breath while repeating the mantra of your choice (peace, love, Har, etc.) 11-21 times. Exhale, hold the breath out and repeat the mantra an equal number of times.

Practice for 3 minutes.

The Mukra » which releases the "mind"

Buddha gave it to his disciples for control of the mind

SYTALI PRANAYAM : refreshes and stimulates the immune response
inhale through your mouth, sucking in air with your tongue rolled up, and exhale deeply through your nose.

NADI SHODHANA & Kirtan: Alternate Nostril Breathing

Calming the nervous system, reducing stress, and balancing brain hemispheres for mental clarity, "hile i";roving res;irator? tunction

TOTALLY RECHARGE WITH BREATH:
suspension of negative breathing
5 'inhale
5'exale
15' retain the breath out