

• Towards a unified understanding of philosophy, science, religion, and the arts •

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*All things arise and cease due to  
interdependent causes and conditions*

~Δ~

## **Mind Modalities**

by

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**Summa Sophia**

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*Summa Sophia* is a desktop publication in a folded single-sheet format, focusing on significant spirituality subjects for study, meditation, and investigative application, as well as for enlightening discussions in small group meetings.

## Mind Modalities

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In our search for truth, Nature remains the only and final field of investigation and discovery. Nature is not confined to our living Earth but extends into the mysteries of the origin, condition, and destiny of humanity and the rest of the universe.

The uniqueness of Nature is in her oneness or integrated wholeness. Every part and aspect of Nature are interconnected and interdependent. It is this singularity that the mind senses. Thus far, any ultimate reality somehow remains ineffable.

In the attempt of the mind to have a handle in the pursuit of knowledge, reductions\* are resorted. Reductions tend to end up in trinities, consisting of opposites and a middle ground (Best, Worst, Acceptable). Or, something metaphysical (Knower, Knowledge, Known).

Polarities are pointed out with a transcendent resolution (Thesis, Antithesis, Synthesis). Other trinities would address some criteria of truth (Absolute, Normative, Relative). Or, certain universal fields (Matter, Energy, Consciousness). And from many other viewpoints: chronological (Begin, Continue, End); educational (Mathematical, Literary, Artistic); physical (Visible, Invisible, Incredible); psychological (Thought, Emotion, Sensation); ethical (Moral, Immoral, Amoral); spatial or local (Space, Time, Self); religious (Deism, Agnosticism, Atheism); scientific (Unknown, Known, Hypothetical); philosophical (Logical, Illogical, Intuitional); and so on (N=118 = 33 + 85). [Kindly see boxes]

> Continued on back page

### Trinity (Triality) of Common Mind Modalities

- |                                   |                              |
|-----------------------------------|------------------------------|
| • Begin, Continue, End            | • Life, Growth, Decay        |
| • Best, Worst, Acceptable         | • Light, Sound, Color        |
| • Bright, Dark, Dim               | • Like, Dislike, Detached    |
| • Costly, Cheap, Reasonable       | • Low, Medium, High          |
| • Dry, Wet, Moist                 | • More, Less, Enough         |
| • Early, Late, Timely             | • New, Old, Renewed          |
| • Father, Mother, Offspring       | • Plant, Cultivate, Harvest  |
| • First, Next, Last               | • Prepare, Process, Preserve |
| • For, Against, Moderate          | • Right, Wrong, Doubtful     |
| • Forward, Backward, Sideward     | • Upper, Middle, Lower       |
| • Friend, Adversary, Acquaintance | • Useful, Tolerable, Useless |
| • Future, Present, Past           | • Solid, Liquid, Gaseous     |
| • Give, Receive, Hold             | • Strong, Weak, Adequate     |
| • Good, Better, Best              | • Succeed, Fail, Try         |
| • Happy, Unhappy, Indifferent     | • Taste, Flavor, Texture     |
| • Hot, Cold, Warm                 | • Work, Rest, Leisure (N=33) |
| • Length, Width, Height           |                              |

\* Such as, concise concepts, condensed conclusions, bundled briefs, neat notions, economies of thought, pithy propositions, succinct summations, terseness of thought, simplifications to oversimplifications.

Trinity (Triality) of Universal Modalities

- Absolute, Normative, Relative
- Action, Reaction, Inaction
- Aggregation, Combination, Permutation
- Conservation, Restoration, Reservation
- Contact, Communication, Communion
- Creation, Maintenance, Destruction
- Creed, Belief, Superstition
- Culture, Nurture, Unsure
- Creativity, Cyclicity, Periodicity
- Deductive, Inductive, Intuitive
- Deism, Agnosticism, Atheism
- Electrical, Magnetic, Electronic
- Emanate, Implicate, Explicate
- Equanimity, Activity, Inertia
- Everywhere, Somewhere, Nowhere
- Excessive, Restrictive, Moderate
- Fact, Factoid, Fiction
- Formation, Reformation, Transformation
- Generation, Deterioration, Regeneration
- Good, Great, Greatest
- Harmony, Discord, Noise
- Highest, Lowest, Average
- Immortal, Mortal, Ephemeral
- Increase, Decrease, Transition
- Invaluable, Valuable, Worthless
- Integration, Differentiation, Correlation
- Involution, Evolution, Resolution
- It is, It is not, It-is-and-it-is-not
- Karma, Death, Rebirth
- Kingdom, Freedom, Serfdom
- Knower, Knowledge, Known
- Light, Shadow, Darkness
- Logical, Illogical, Intuitional
- Male, Female, Androgyne
- Mathematical, Literary, Artistic
- Matter, Energy, Consciousness
- Maximum, Optimum, Minimum
- Mean, Median, Mode
- Mechanical, Hydrostatic, Pneumatic
- Moral, Immoral, Amoral
- Motion, Mode, Measure
- Mythical, Legendary, Fabled
- Natural, Unnatural, Modified
- News, History, Prophecy
- Number, Letter, Sign
- Object, Subject, Intersect
- Observation, Analysis, Conclusion
- Order, Random, Chaos
- Origin, Nature, Destiny
- Parametric, Metric, Non-parametric
- Paranormal, Normal, Abnormal
- Particle, Wave, Wavicle/Particlave
- Perception, Conception, Projection
- Perfect, Imperfect, Fair
- Permanent, Impermanent, Variable
- Personal, Impersonal, Transpersonal
- Positive, Neutral, Negative
- Power, Principle, Process
- Primacy, Polarity, Potency
- Prettiest, Pretty, Plain
- Quality, Quantity, Quandary
- Question, Answer, Declaration
- Reality, Illusion, Delusion
- Reason, Revelation, Realization
- Sagacity, Knowledge, Ignorance
- Sapience, Science, Nescience
- Sight, Insight, Foresight
- Silence, Sound, Song
- Space, Time, Self
- Straight, Crooked, Wavy
- Stress, Distress, Duress
- Symmetry, Synchronicity, Synergy
- Thermal, Chemical, Nuclear
- Thesis, Antithesis, Synthesis
- Thought, Emotion, Sensation
- Top, Bottom, Middle
- Transparent, Translucent, Opaque
- True, False, Uncertain
- Unity, Diversity, Multiplicity
- Universality, Spirituality, Personality
- Unknown, Known, Hypothetical
- Virtues, Ideals, Ideas
- Visible, Invisible, Incredible
- Will, Wisdom, Wholeness
- Withal, Within, Without

(N=85)

> Continued

All are attempts to arrive at a universal understanding of ourselves and the universe we live in. More importantly, the real search begins with the truth of our own mind or mental nature.

Modalities of the mind are patterns of thought. A pattern is a system of thinking that brings order. Thus, first, we have a unity, followed by duality. The first combination of duality suggests a third by which a trinity arises. After a trinity, the first permutation-combination appears, which doubles the trinity into the sixfold. The totality of a sixfold is another unity, thus, the septenary law.

By convention, Zero represents nothing; when added after a number, the number becomes tenfold. Also, fractions arise when Zero is added before a number preceded by a decimal point.

When the mind deals with conditions, dualities appear as opposites or polarities. Such polarities have a third possibility which is either neutral, a middle state or transcendent (Happy, Unhappy, Indifferent).

When we become aware of these modalities, any thought we can think of, takes on any one or more of the enumerated modalities. After a while, the more one thinks along such modalities, the more one will find oneself merely going in circles. We may come upon a new discovery or insight, but this happens only when one is able to break away from any established modality or fixed pattern of thought. Call it intuition or serendipity, the contents of the mind are momentarily put aside or transcended.

Unless the mind is emptied or freed from thought, also called meditation, the liberation from the modalities of thought is held in abeyance. This state of freedom *of* thought to the freedom *from* thought cannot be done by one for another. No one can father the birth of another person's spiritual freedom. Only each person can free themselves. Thus, this birthing, is, the *True Virgin Birth*. It is a self-awakening, a self-fulfillment, the supreme selfless self-realization. This is that pristine unconditioned state of consciousness—the original boundlessness of Truth—in full ecstatic harmony with the rest of creation. One can exhaust all the modalities of the mind, none will ever fully describe the reality beyond the reaches of thought.

Nonetheless, the mind modalities do help bring order to our knowledge and are useful as we relate to the physical, emotional, and mental worlds. Beyond the mental, all our patterns of thought, no matter how logical, are totally and completely ineffective. Meanwhile, meditation requires regularity, perseverance, and an ethical quality of living. May all beings come to their highest realization. ~ Δ ~

#### The Eight Universal Languages

- *Mathematics*, the most accurate
- *Love*, the most inspiring
- *Music*, the most cathartic
- *Beauty*, the most attractive
- *Money*, mostly goes without saying
- *Goodness*, the most uplifting
- *Truth*, the most trustworthy
- *Silence*, the most eloquent