

Regimen with Pure Mind

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ABSTRACT

The basic idea of Regimen with Pure Mind (abbr. RPM) is that people's spiritual world should be peace and quiet, and his material world should be clean and quiet. The essence of unclean thing is impermanent manifestation of karma, which is not defiled or immaculate. When we recognize the unclean thing in this way, we can achieve spiritual purity. This article uses perception function to analyze the mechanism of addiction, and provides a positive healing method. The key to RPM is to integrate the body and mind in daily life, feel the physical strain in the correct posture, and give full play to the self-regulation of the human body. RPM emphasizes that repeating some simple movements can cure many chronic diseases and strains. A person can practice martial arts routines with the way of RPM, then keeps his body at a stable health level; and he can also manage his health through the daily process of RPM.

Keywords: Spiritual World; Material World; Pure Mind; Regimen; Shadowboxing; Addiction; Martial Arts Routine

Introduction

How many people experience premature aging in youth? How many people suddenly die in their prime? How many old people die of illness with grudges? In today's society, materials and information are extremely abundant, we should establish a scientific concept of regimen and live calmly, while reducing excessive fatigue, chronic diseases, sudden death, etc., so that everyone can live a peaceful and contented life. This is not an expensive medical solution, but a healthy lifestyle that can be achieved without spending a dollar. Let's start with a change in the mind, bring about a change in the body, and develop good habits in both body and mind, and benefit from them.

Keeping Pure Mind

Mathematical Expression of the Relationship between Spirit and Matter points out that a life is a single world, which includes a spiritual world and a material world (Tian M [1]). So regimen in this article refers to activities of a person who maintains the body in his material world and the mind in his spiritual world (Figure 1). When a person is thinking or feeling objects, we say that he has a spiritual world. All objective things that he thinks about or experiences are called a material world (Tian M [1]). The spiritual world and the ma-

terial world are opposites and unity. If one's mind is pure, his spiritual world is not polluted, and then his mind is naturally healthy. E.g., we suppose that there is an unclean thing on the road, which may be vomiting from someone who is drunk, or garbage thrown away by others, and so on. If the person who sees it develops a sense of disgust, his spiritual world is not pure. Even if someone deliberately throws away the unclean thing, his thoughts become distorted. Don't we have any sympathy for his experience? He certainly knows that his actions are harmful to public health. Although he has not been discovered, he is not at ease. If he is your lover or younger generation, do you still mind so much? Feces are delicious for dogs, indicating that in an absolute sense, feces are not foul odor. The chemical elements that make up feces are carbon, hydrogen, oxygen, etc., and these elements are also not foul odor. Feces is constantly changing, and the odor is getting weaker and weaker. The unclean thing on the road will eventually be cleaned up by sanitation workers soon. In a word, the unclean thing, like the flower on the roadside, is impermanent manifestation of karma. We don't have to be persistent or concerned about it. Karma is like the energy stored in a compressed spring. Once the spring has the conditions, the energy is released. Similarly, once the karma is mature, the result will inevitably appear, and it is useless to think too much.

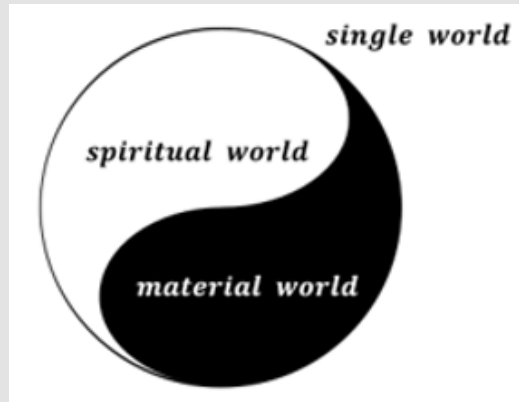


Figure 1: Diagram of the relationship between the spiritual world and the material world.

By extension, when something is inimical to our interests, it is also impermanent manifestation of karma. *The Holy Bible* states, “Be devoted to one another in brotherly love. Honor one another above yourselves” [2]. So accepting the reality of the conflict calmly is an important option. We assume that a harmonious scene is represented as u_h ; $u_h(t_1)$ denotes u_h that the person with pure mind sees at time t_1 . According to *Spiritual Function: Mathematical Expression and Application of Spiritual Activity’s Process*, he perceives and obtains the scene $u_h(t_1)$ by perception function:

$$U.p(u_h(t_1)) = \{u_1, u_2, u_3, \dots\}.p(u_h(t_1)) = u_h(t_1)$$

where $p(u_h(t_1))$ is perception function with sampling property; U is the universes, it is also a set; u_1 is the universe at time t_1 (Tian M [3]). Let’s make an analogy to illustrate that perception function is like a search engine; the universe is like the internet; $u_h(t_1)$ is like what we want to search for. A person with pure mind obtains a harmonious world by perception function, i.e., his single world is harmonious. Then his single world is superimposed into the universe, our living universe has an additional harmony. In reality, it often happens that someone inadvertently clicks an advertisement on the Internet, and as a result, he becomes a loyal audience of a TV series, and it takes hours to watch the series. Assume that the scene he sees on the Internet is u_a ; $u_a(t_1)$ denotes u_a that he sees at time t_1 ; and the heroine in $u_a(t_1)$ attracts him. Because the computer is in front of him, he perceives and obtains u_a by perception function:

$$U.p(u_a(t_1)) = \{u_1, u_2, u_3, \dots\}.p(u_a(t_1)) = u_a(t_1)$$

where $p(u_a(t_1))$ is perception function. After a period of time, he sees $u_a(t_m)$ at time t_m , and we assume that the story in $u_a(t_m)$ attracts him again. In this way, he constantly enjoys the visual and mental stimulation. The sensory fatigue is extreme, but he can’t extricate himself. How exhausting it is! If he often does this, his body is difficult to recover, just like nearsightedness, and eventually he becomes an

Internet addict. Not only eyes, but also ears, nose, tongue, body and consciousness are also facing pollution. Addictions, e.g., tobacco addiction, alcohol addiction, sex addiction, and gambling addiction, are extremely harmful to health. Once we are greedy for something, we will become victims of enjoying it, but we can’t extricate ourselves when we understand it. Obviously, the way to eliminate Internet addiction in the above example is to stop perceiving u_a . Zeng Guofan, a famous minister in the late Qing Dynasty, was a heavy smoker. On the 21st day of his determination to turn over a new leaf, he vowed to give up smoking. He wrote:

After a guest leaves, I think of myself being unconscious every day. As I smoke tobacco frequently, I have broken the smoking set at once. I swear that I will never smoke tobacco again. When I smoke tobacco again, let the discerning deities kill me! (Zhang HJ [4]).

Since Zeng Guofan aspired to become a saint, his grand aspiration overshadowed his tobacco addiction. So he strongly perceived the things related to his aspiration, e.g., studying classics, dealing with official documents, and practicing calligraphy. Over time, his tobacco addiction disappeared. In hierarchy of needs theory, “the need of self-fulfillment” (Gerrig, et al. [5]) is the inner need of each individual. In today’s world, where goods and information are extremely abundant, we have the objective conditions to realize our self-fulfillment. If a person devotes himself wholeheartedly to his most meaningful things, i.e., strongly perceives things related to self-fulfillment, and keeps learning and practicing, where are there any bad habits that cannot be changed? In the eyes of a person with pure mind, his material world is like a Chinese pharmacy. Hundreds of drawers in the Chinese pharmacy are arranged in matrix. As a normal person, he neither treats a traditional Chinese medicine as daily meals, nor loathes any particular one. When his material world becomes clean and quiet, all things in it exist equally because they are impermanent manifestations of karma. In short, a person with pure mind will not be greedy or addicted to anything, so he will not be contaminated or harmed.

Harmony of Body and Mind

Our regimen is to correct one's inner paranoia, eliminate excessive physical strain, make the spiritual world peace and quiet, and make the material world clean and quiet. So our regimen is called Regimen with Pure Mind (abbr. RPM). The key of RPM is to integrate the body and mind, feel the physical strain in the correct posture, and exert the self-regulation function of the human body. Taking a mental worker as an example, we suppose that there is a secretary who spends most of his time working in front of a computer. During taking a walk at night, when he unconsciously recalls the social scenes at work or the files edited during the day, he doesn't have to suppress these thoughts, because an ancient Confucian sage said, "I examine myself three times daily" (Si L [6]). He needs to let go of his obsession by reflecting on what he has done. For distracting thoughts, he doesn't have to reinforce them, let them go. The impact of the works on his spiritual world is like stretching a spring. Spring tends to return to the balance position, and his spiritual world also needs to return to peace and quiet. When taking a walk at night, if he feels his eyes and surrounding muscles, he will find his eyes very tired and spontaneously shift his gaze to the distance to relieve fatigue. The same applies to other parts of his body.

Although the secretary is walking, various parts of his body are already making adjustments to alleviate strains. We emphasize the correct posture because if there is no damage to a certain area, he will not feel strain or pain in the correct posture. If the secretary listens to news while taking a walk, e.g., the war between Russia and Ukraine, then the flashes of walking and the flashes of the war are intertwined. In the state of physical and mental disharmony, he is not sensitive to strain and pain and will not spontaneously adjust towards relief and

treatment. If the secretary walks without putting his feelings on his neck, even if he sits in front of the computer for a whole day, he may still walk with his head down. His mind only notices the sign of fatigue when it is quite obvious. It is easy to understand, e.g., a person may not notice the soft calls of others while his brain is operating under high load.

Repeating Simple Movements and Practicing Routines

Although RPM regimen contain advanced knowledge, repeating simple movements is easy and efficient. The following is an example of RPM for a patient with constipation to illustrate it. In the morning, the patient lies in bed and massages his abdomen slowly and forcefully, without any restrictions on the direction or number of massage cycles. E.g., "Massage clockwise from right to left for about 100 times, and then counterclockwise from left to right for about 100 times" (Xiu J [7]). At this point, the food residue in the intestines has been rubbed loose and no longer blocked together. He drinks a cup of warm water after getting up, and then twists his crotch as shown in Figure 2. L represents the left foot, R represents the right foot, and A represents the crotch. The twisting of the crotch is slow and significant, while he continues to feel the rectal area. There are no restrictions on the direction of twisting and number of turns. E.g., he twists clockwise for 20 turns and then counterclockwise for 20 turns. When twisting the crotch, the rectum also passively moves. During the friction between the rectal wall and feces, the rectal wall secretes rectal mucus, which lubricates the feces. Regularly massaging the abdomen, twisting the crotch, and moderate exercise can eliminate his constipation over time. By extension, many affected areas can restore to normal function by frequently repeating simple movements.

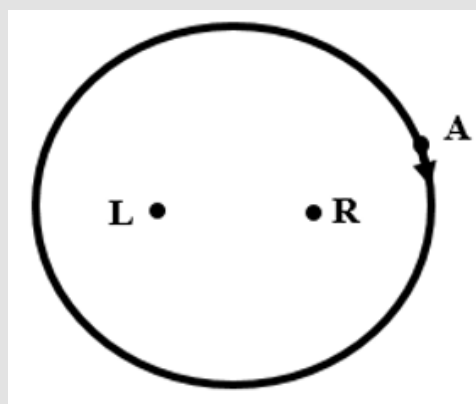


Figure 2: Diagrammatic sketch of twisting the crotch.

Practicing martial arts routines with RPM is of great benefit. E.g., a 20-year-old athlete spends 5.5 minutes practicing 42-form shadowboxing each time, and the intensity of the exercise is just right for fitness. If a 53-year-old person also spends 5.5 minutes practicing it each time, then the intensity is too high and beyond the scope of RPM. He can practice it with RPM and performs once every 10 minutes. In this way, shadow boxing has become a RPM technique. The key points of the RPM technique are as follows: He relaxes his body, focuses his consciousness on the movements, and practices combative actions gently and slowly, so that his vital energy and blood flow keeps up with the rhythm of the movements, and ultimately, he achieves a unity

of body and mind. In order to effectively exercise all parts of the body, every move of the routine should be positioned as correctly as possible. Let's take the move of "posing as a pheasant standing on one foot" to illustrate it (Figure 3). A's thigh position is correct, and A achieves the effect of exercising his thigh; B's posture is not standardized. If he performs every move well, then his physical endurance can stabilize at a higher level. By extension, many martial arts can be developed into RPM techniques like shadowboxing, i.e., we can transform many combat movements into RPM movements in terms of speed and strength.

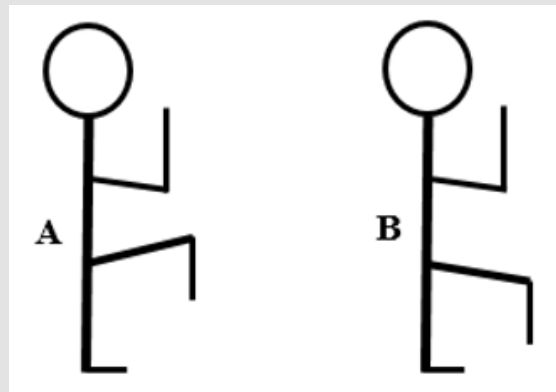


Figure 3: The move of "posing as a pheasant standing on one foot".

Daily Process of RPM

In RPM, the care of the eyes, teeth, and face is easily neglected. Many people wear presbyopic glasses and dentures as they age, and their appearances also age. There should be no shortcomings in health, so it is important to maintain overall health. The following is the complete process of RPM, which involves various parts of the body. People can practice some or all of it according to their time and place. The specific process is as follows:

First, massage the abdomen in bed after waking up in the morning. Second, drink a glass of warm water and then do eye and neck exercises. Third, massage the face, not neglecting teeth exercise and ears massage. Teeth exercise includes clicking teeth and massaging gums, where clicking teeth refers to that the upper and lower teeth gently bump against each other. In order to exercise the jaw and teeth, both the front, back, left and right teeth should be exercised. Fourth, do warm-up exercise. Warm-up includes swinging arms, expanding chest, lateral line stretching, twisting crotch, bending down to stretch legs, leg pressing, swinging legs, push-ups, etc. The effect of warm-up is comparable to that of practicing shadowboxing, so when there is not enough space for practicing shadowboxing, warm-up can replace it. Fifth, practice the shadowboxing routines with RPM. Practicing Taiji sword, yoga, etc., can also achieve the goal of RPM. The practice

methods are similar to the shadow boxing with RPM. Sixth, take a walk after work. Seventh, go to bed early. "Physiological and medical research has shown that the energy accumulated from 6-8 hours of sleep can provide for the consumption of 16-18 hours of normal activities" (Xiu J [7]). In short, we use the concept of RPM throughout our daily, ensuring a balance between work and life. It would be even better if a person arranges his daily process of RPM based on his physical weaknesses.

Conclusion

"Health is a resource that can be depleted at times, and resources cannot exist forever. Therefore, health requires management and savings" (Gong JX [8]). RPM is a resource management for people's health. Unclean things and flowers are both impermanent manifestations of karma, so from the perspective of truth, they are "not defiled or immaculate" (Chen, et al. [9]). When something is inimical to one's interests, because it is a part of his world, he doesn't have to be hostile towards it, but rather should have a compassionate heart. Addiction to something is a continuous waste of the health resources. An effective way to quit addiction is to move from the negative extreme of addiction to the positive extreme of self-fulfillment. When the need for self-fulfillment greatly exceeds the desire for addiction, addiction can be quitted, as the Chinese saying goes, "The king of heaven completely

suppresses the tigers on the strongly round, and the precious tower suppresses the demons in the river." If people do this, their health resources will not be destroyed.

As long as a person's body and mind are in harmony in daily life, he can feel the damaged area in the correct posture and exert his self-regulation function. E.g., while walking on the road, if I find myself in a hurry, I will relax my tense muscles, and then I can feel a bit more relaxed both physically and mentally. In short, the advantage of RPM is that it doesn't have to adhere to fixed techniques and routines and can reasonably manage human health resources anytime and anywhere. Mankind has accumulated a wealth of experiences in RPM over thousands of years, e.g., if a person combs his hair with RPM, he will stimulate his scalp with the comb teeth. As long as we use these simple actions well, we can eliminate or alleviate many chronic diseases, strains and functional decline that have plagued us for a long time. Practicing martial arts routines is an external form of RPM, and middle-aged and elderly people can use it to strengthen their bodies. It is necessary for people to arrange their daily processes of RPM based on their weaknesses, so as to have further improvement in health. There is no threshold for RPM, everyone can practice it, and it can be practiced at all times. But it is not omnipotent. We should establish reasonable dietary habits, strengthen moral cultivation, and

love others and ourselves in order to achieve happiness, health and longevity for everyone.

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