

## 6 Internal Control System (ICS)

All green lines refer to the Internal Control System (ICS) which includes the Enteric Nervous System, the Parasympathetic Nervous System, and elements of the Central Nervous System. The function of the ICS is to achieve “harmonious balance” within the body—a state which Walter Cannon called “homeostasis”, and a state which is maximized during sleep and meditation. Also known as the “rest & digest” system, the ICS optimizes the body’s immune functioning. We recognize being in this state when we feel at peace or joyful. In general, the ICS promotes feelings of health and well-being—positive feelings. Since the External Control System (XCS) is for “fight or flight” situations, we must feel safe (no risk) and devoid of fear to maximize this euphoric ICS state.

When at its maximum, the ICS appears to become a state of total peace and awareness—without thoughts or words. This would reflect the maximum level of “formless” being or Buddhist “oneness”, or Eckhart Tolle’s “being in the now”. This would also correspond to the “feeling of life” or ideas like Nirvana, Advaita, etc. In other words, a maximized ICS state would create a unified, nondual state.

It appears that when we recognize “definition”, as when we name or categorize an object, our minds use “not logic”. As the scene in the mind becomes separated into dual entities, then multiple fields of “yes/no”, “true/false”, are created. Such “not” processing invokes the XCS which immediately drops the “feeling” and “emotional” state into a defensive and stressful state of energy conservation whereby digestion and immune function begin to suffer. (Prolonged wakefulness is fatal to rats. – Allen Rechtschaffen)