



Hyponoesis and Exonoesis II

Abstract: Introducing the two basic concepts of Hyponoetics: Hyponoesis (Universal Mind) and Exonoesis (Individual Mind). This second part elaborates on those two basic principles of Hyponoetics in a more technical manner. For an analogical explanation, see the first part.

Hyponoesis is the underlying totality or reality of everything actually or potentially existing either physically or mentally. Hyponoesis continuously creates and sustains the actual reality (as we perceive it). The hyponoetic reality, however, is a potential reality. This potential reality consists of an infinite number of potentialities, out of which Exonoesis establishes the actual reality through acts of noetic operations like perception, thinking, comprehension, abstraction, judgment, etc.

Exonoesis (Individual Mind) is dependent on a physical counterpart, the brain and the body as a whole. The brain can thus be called the carrier of Exonoesis, its medium of expression, its memory and material repository, useful for language and communication. Exonoesis is individually structured, according to the level of perfection reached within the biological evolution of the species. The more advanced the evolution of the brain is, the more highly sophisticated and subtle noetic operations can be executed by Exonoesis. Therefore it is not, as commonly held, that our consciousness or intelligence actually developed together with the biological evolution, but only the receptivity and availability of the physical brain has evolved, while the faculties and potentialities of Exonoesis were adaptively actualized in the progressive development of the brain's complexity.

Hyponoesis (Universal Mind) is not individual but universal, and is not dependent on the brain and not bound to any material or physical property or entity. It is infinite, uncreated, without evolution, timeless, absolutely independent, the active principle in the universe, the most subtle and most powerful energy conceivable.

Conceptually, Exonoesis or the Individual Mind and Hyponoesis or the Universal Mind are different insofar as they are distinguished by the difference of unity and multiplicity. Hyponoesis is an infinite unity, whereas Exonoesis appears as a multitude of finite entities. Exonoesis has its own form that differs from its essence. Hyponoesis is the identity of form and essence, of finitude and infinity, of mind and matter, of every conceivable distinction.

From an ultimate point of view, Exonoesis and Hyponoesis are absolutely identical. They are only two different ways of looking at the same reality. When we contemplate this reality under the aspect of totality and absoluteness (unity), we call it **Hyponoesis**. When we think of this reality under the aspect of individuality or particularity (multiplicity), we call it **Exonoesis**. Essentially, they're both absolutely identical.

How is it possible that Exonoesis appears as a multitude of Individual Minds, although Hyponoesis is essentially one? The multitude of different forms of Exonoesis potentially inheres Hyponoesis. There is, however, no real distinction in Hyponoesis. Those potential Individual Minds

are actualized in temporality and spatiality whenever Hyponoesis reflects upon itself. Through reflection, Hyponoesis makes itself an object of thought. This produces the forms of subject and object, the former being the unity of the thinking mind, the latter being the multitude of differing forms, either under the aspect of matter or mind.

It is therefore possible to get to Hyponoesis through the Individual Mind (Exonoesis). Since both are ultimately identical, I am Hyponoesis by thinking Exonoesis under the aspect of absoluteness. As soon as I transcend the material limitation of Exonoesis - which I can do because it is essentially infinite - I will dissolve my personal identity (exonoetic form) into the universal identity (hyponoetic totality). There are two ways to reach this higher state of mind: a) through the classic way of meditation or mystical experience and b) through a new method of thought: Paranoesis or Transrational Thinking. Most systems of philosophy, especially in the East, claim that this higher state of unity can only be accessed through experience, not through thought. They maintain that thought and our concepts are limited to the world of multitude and cannot be adapted to a world where all distinctions are canceled. I grant this argument only partially. It holds for our ordinary way of thinking, which is rational, conceptual and empirical.

There is, however, a completely different way of thinking, which I call Paranoesis or Transrational Thinking. It is the understanding of Hyponoesis through Exonoesis. The transrational thinker does not experience Hyponoesis through her body or her psyche, but she thinks and understands Hyponoesis through her own individual mind (Exonoesis). The difference is crucial: experience is always limited, because it depends on the body as its source. Experience is only possible with a body. Even if the experience is claimed to be completely psychological, this is nothing else than experience through emotions or feelings, which are dependent on the body. Only our Individual Mind can detach itself from the body. Therefore the real and absolute identity with Hyponoesis is only enabled through Paranoesis. This is absolute knowledge, as opposed to relative experience, relative, because the experience depends on the body and personality of the subject who has this experience. Absolute knowledge, however, is not dependent on the person who knows on the level of Transrational Thinking (Paranoesis). Paranoesis is the bridge between Exonoesis and Hyponoesis.

Knowledge is superior to experience, even in our empirical and rational world. Experience is never trustworthy and reliable. It is relative to the circumstances and dependent on various psychological factors. Knowledge is the pure synthesis of thought, it is the unity of the empirical multitude. Since knowledge is essentially one, it is better suited to be used as a means for reaching Hyponoesis than experience or emotion is.