

# **Outline of Youjue Physiology**

**A Generative Theory of the Sensation-  
Behavior Cycle**

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## Abstract

**Objective:** This outline aims to address the fundamental impasse in contemporary mind sciences concerning the problem of "consciousness" by proposing a novel scientific paradigm termed "Youjue Physiology," which seeks to integrate the increasingly fragmented data and theories in the life sciences. **Methods/Approach:** Effecting a fundamental shift in research strategy, the paradigm adopts the "sensation-behavior cycle" as the basic unit of life processes and constructs a three-dimensional, dynamic "Three-Dimensional Dynamic Taxonomy of Youjue Sensation" (vertical axis: Life, Social, Cognitive strata; horizontal axis: Preservative, Acquisitive, Sympathetic tensions). **Core Findings/Results:** Through systematic generative analysis, this outline reveals a unified organizational logic that operates across scales, from neuronal groups to civilizations: "integration through resonance, and selective consolidation via positive value evaluation." Based on this logic, traditional mental concepts such as "need," "emotion," "consciousness," and "self" are thoroughly reconstructed and reinterpreted as specific manifestations of the "sensation-behavior cycle" at different levels. **Conclusion/Significance:** This work not only provides a unified theoretical map for understanding mind, self, and social cognition but also,

through its guidance for progressing from "I feel..." to becoming a "Youjue Person," offers a robust framework for both individual self-awareness and the future development of civilization.

**Keywords:** Youjue Physiology; sensation-behavior cycle; three-dimensional dynamic taxonomy; philosophy of mind; consciousness; resonance-evaluation-consolidation

# Synopsis

This *Outline*, as a cross-disciplinary work integrating physiological psychology and philosophy, pioneers the proposal of **Youjue Physiology** as a new paradigm, directly confronting the fundamental dilemmas in contemporary mind studies. It advocates for a return from abstract speculation about "consciousness" to life itself—that is, to the living, self-constructing **Youjue System**.

Titled an *Outline*, this work aims to effect a fundamental shift in research strategy: its primary mission is not to catalogue new experimental data, but to provide a powerful meta-framework for the creative reintegration of the existing, vast and complex **phenomena of mind** and scientific discoveries. It endeavors to draw a unified "Map of the **Youjue Universe of Life**" for the life sciences, which are currently mired in the predicament of being "data-rich yet theoretically fragmented."

The entire *Outline* is founded upon a concise yet profound core: **phenomena of mind** are rooted in the fundamental life process of the **Sensation-Behavior Cycle**. Building upon this, it constructs the framework of the "**Three-Dimensional Dynamic Taxonomy of Youjue Sensation**," using the **Evolutionary Strata (Life Stratum, Social Stratum, Cognitive Stratum)** as the vertical axis and the three fundamental **Dynamic Vectors (Preservative, Ac-**

**quisitive, Sympathetic)** as the horizontal axis. This framework systematically parses the complete spectrum of mind, from pain and hunger to belongingness and the thirst for knowledge. More importantly, this *Outline* reveals a unified generative logic permeating all strata: from neuronal clusters to civilizational communities, their formation and stabilization all follow the isomorphic organizational principle of life—"integration achieved through **Resonance**, and selective **Consolidation** via positive **Valence evaluation**."

The five chapters of the *Outline* form a generative epic from the microscopic to the macroscopic:

- **"Cornerstone"** establishes the closed-loop nature of the **Innate Reflexive Loop**;
- **"Growth"** reveals the refinement process driven by experience;
- **"Sublimation"** demonstrates the natural emergence of sociality and cognition;
- **"Interpretation"** reconstructs **Need, Emotion, Consciousness, and the Self** using the pure language of "Youjue";
- **"Reverberation"** starts from the phrase "I feel that..." to guide the reader on how to become a lucid, agentic, and warm **Youjue Person**.

*The Outline of Youjue Physiology* is not merely a theoretical revolution; it is a transformation of worldview. It

enables science to genuinely begin embracing life in its entirety and provides a solid framework for understanding and practice, providing a new framework for understanding mind, self, and social cognition.



# Contents

Introduction:	
A Paradigm Revolution	1
Chapter 1:	
Reflexive Loops and Systemic Sensation	10
Chapter 2:	
Sensation Differentiation and Behavior Selection	31
Chapter 3:	
The Generation of the Social and Cognitive Strata	39
Chapter 4:	
Reconstructing the Mental Universe	61
Chapter 5:	
The Youjue Person	80
Appendix	114
References	128



# Introduction: A Paradigm Revolution

In the long journey of exploring the mysteries of the mind, we have been like artisans sketching shadows. We meticulously measure the shapes of shadows and record their changes, yet we have placed excessive research focus on the shadows themselves. This grand shadow we call "consciousness," with its vagueness and philosophical baggage, has long hindered the progress of science. It is time to turn around and face directly the entity that casts the shadow—that is life itself, a living **Youjue System**.

This *Outline* aims to proclaim and construct a new scientific paradigm: **Youjue Physiology**. It does not seek to wholly negate the past, but to provide a solid theoretical core—one that returns to its authentic object—for the life sciences, currently mired in the predicament of being "fragmented, idling, and lost."

## 1. The Predicament and the Breakthrough: From the Labyrinth of "Consciousness" to the Solid Starting Point of "Systemic Sensation"

Contemporary mind science is at an impasse in the labyrinth of "consciousness." The ontological question "What is consciousness?" has drawn research into a whirlpool of philosophical speculation. We advocate for a fun-

damental shift in research strategy: no longer obsessing over depicting the grand shadow named "consciousness," but turning to examine directly the entity itself that casts the shadow. This starting point was indicated for us by the great physiologist Ivan Sechenov—namely, **Systemic Sensation**.

It does not refer to the external senses of the five sensory organs, but is the overall representation of the internal state of a living organism, that vague background feeling of "general ease or unease throughout the body." Sechenov pointed out that sensations like hunger, thirst, and fatigue are signals that drive behavior and provide the fundamental basis for sustaining life, whose force can even overwhelm consciousness itself. This provides us with an indisputable point of departure: mental activity is deeply rooted in the physiological processes that maintain life.

It must be clearly stated that this *Outline* does not aim to report a series of new experimental findings, but rather attempts to initiate a fundamental transformation in research strategy. We face a paradox: data about life and mind are unprecedentedly abundant, yet the overall theoretical landscape is increasingly fragmented and bewildering. This *Outline* contends that the primary task at present is not to accumulate more data, but to require a more solid theoretical core capable of integrating this data.

Therefore, what this *Outline* pursues is, first and fore-

most, a revolution in research strategy. The book is titled an *Outline*, and its core mission lies precisely in this: to provide a meta-framework named "**Youjue Physiology**," using the "**Sensation-Behavior Cycle**" as the basic unit, to creatively reintegrate the existing, extremely rich phenomena, data, and intellectual heritage. We aim to review and reinterpret many great discoveries, from Sechenov to Edelman, examining them within this framework, so that scattered knowledge may present a unified picture under a new light.

This is precisely a grand practice of "**The Remembered Present**," as revealed by G.M. Edelman, at the level of theoretical construction—integrating the "**Sensation-Behavior Traces**" from the history of thought into the creativity of the present moment, generating a new, more explanatory "now." We invite the reader to temporarily suspend the habitual craving for scattered empirical evidence and first focus on understanding this framework itself, and then to use it to re-explore any life phenomenon or scientific discovery with which they are familiar.

## **2. The Genealogy of Thought: Whytt, Sechenov, and the Precursors of "Youjue"**

**Youjue Physiology** is rooted in a clear and profound stream of thought.

- Robert Whytt, in the 18th century, proposed the "**ferment principle**," which precisely identified the distinc-

tion between life and non-life: namely, that inherent, active capacity for sensation and reaction. It is the root of all behavior, emotion, and sense of meaning in life.

- Ivan Sechenov's "**Systemic Sensation**" provided specific physiological content for the "**fentient principle**," revealing its signaling function as a "regulator of life."

Standing on the shoulders of these giants, we achieve a crucial conceptual leap: **Systemic Sensation** must include the "re-sensation" produced by the integration and interpretation of all internal and external signals by the higher centers of the nervous system. This constitutes a fundamental "**Sensation-Behavior Cycle**"—sensation drives activity (including overt somatic behavior and covert neural processing), and the results of these activities (whether changing the external environment or forming new internal neural connections), in turn, directly generate **Systemic Sensation** through the mechanism of "**Reentry**," and so the cycle continues.

### **3. The Core Framework: The Three-Dimensional Dynamic Taxonomy of Youjue Sensation**

To translate this grand theory into a researchable scientific system, we propose a stereoscopic, dynamic framework: the "**Three-Dimensional Dynamic Taxonomy of Youjue Sensation**." It stands upon a monistic dynamic foundation

and, from an evolutionary perspective, sketches a three-layer panorama of the universe of **Youjue** life.

- **The Dynamic Foundation: Proto-Sensation—The Three Basic Tensions of Homeostasis**

This is the "fundamental force" of the universe of **Youjue** life, the innate cornerstone of all "**Sensation-Behavior Cycles**," which permeates and drives all subsequent evolutionary strata.

- ◆ **Preservative** Tension (Boundary Integrity): e.g., pain, nausea, driving behavior to exclude threats outwardly.
- ◆ **Acquisitive** Tension (Energy Balance): e.g., hunger, thirst, driving behavior to obtain resources inwardly.
- ◆ **Sympathetic** Tension (Rhythmic Continuation): e.g., drowsiness, sexual desire, driving behavior for temporal fusion and reproduction.

Upon this foundation, through the iteration and complexification of the "**Sensation-Behavior**" cycle, the **Youjue System** gives rise to three relatively independent yet interpenetrating evolutionary strata:

- **Life Stratum:** The Drive for Survival and Reproduction
  - ◆ Safety/Territorial Defense (**Preservative**)
  - ◆ Nutrition/Resource Acquisition (**Acquisitive**)
  - ◆ Sex/Reproduction (**Sympathetic**)
- **Social Stratum:** The Architecture of Group Bonding

- ◆ Group Belonging (**Preservative**)
- ◆ Hierarchical Status (**Acquisitive**)
- ◆ Altruistic Attachment (**Sympathetic**)
- **Cognitive Stratum:** The Dimension of Meaning Seeking
  - ◆ Exploration (**Preservative**)
  - ◆ Play (**Acquisitive**)
  - ◆ Religious Cognition (**Sympathetic**)

These three strata and nine categories are by no means isolated static units, but a spiraling generative process, implying progress through iterative cycles. The trajectory of life is reversible: the **Youjue System** simultaneously contains the potential for all categories, the distinction lying only in the real-time ebb and flow of the "Youjue concentration" of different traits within the flow of life.

For example, the classic path from the **Sympathetic** drive of "Sex/Reproduction," to the sense of security of "Group Belonging" (**Preservative**), and further to supporting "Exploration" behavior (**Preservative**)—is precisely a spiral ascent pulled by value appraisal. More revolutionary is that a **Youjue** being does not run between floors; rather, it is the continuous turbulence of the system's "Youjue dynamic ratio": one can be dominating "Cognitive-Exploration" while letting "Social-Altruism" modulate behavior with background concentration; or, in a moment of

setback, retract dominance to "Life-Rhythm," letting soothing sensations drown out anxiety. This is not switching, but rather, like a palette, various concentrations of **Youjue** are simultaneously present, dynamically gaming, and emergent dominance.

This model, compatible with structural generativity and dynamic real-time flux, is the living navigational chart for parsing mental phenomena.

#### **4. The Core Insight: The Unified Generative Logic of the "Sensation-Behavior" Cycle**

What this *Outline* brings is not merely a new classificatory coordinate system. In the process of unfolding the generative epic from the micro to the macro, a more profound insight will emerge: life systems, across the three seemingly disparate strata of "neural," "social," and "cognitive," see the emergence and consolidation of their complex structures actually following the same underlying logic.

We will see that the selection and stabilization of a neuronal functional cluster, the cohesion and identity formation of a socio-cultural circle, and the propagation and development of a scientific or artistic school can all be uniformly understood as: the system achieves internal **"Resonance"** through specific forms of **"Reentry"**; if this **"Resonance"** pattern can elicit "positive **Valence** evaluation," it

will drive the system resources to select and "**Consolidate**" it into a tighter, more efficient functional unity.

Revealing this unified logic of "**Resonance-Evaluation-Consolidation**" is the ultimate ambition of this *Outline* in terms of theoretical integration. It enables us to use the same language of life's principles to seamlessly interpret the grand continuum from chemical fluctuations in the brain to the structures of human civilization.

## 5. The Path of This Outline: Tracing the Generative Epic of the "Sensation-Behavior" Cycle

Based on this framework, this *Outline* will unfold a generative epic from the micro to the macro, from the innate to the acquired. We will:

- Start from **Proto-Sensation** and **Innate Reflexive Loops**, establishing the initial sensory dynamics of life.
- Trace how experience, through mechanisms like **Reentry** and **Neural Darwinism**, sculpts and differentiates more refined sensations and participates in selecting more complex behaviors.
- Reveal how the **Youjue** of the **Social** and **Cognitive Strata** emerges from interactions at the **Life Stratum**, ultimately constructing the rich mental world we experience.
- Finally, we will use the pure language of "**Youjue**" to

thoroughly reconstruct the traditional concepts of  
"Need," "Emotion," "Consciousness," and the "Self."

The endpoint of this journey is to refocus the light of science onto that warm, radiant, and perpetually self-constructing entity—living life.

**Youjue Physiology** is born for this purpose. This *Outline* is not only a theoretical revolution but also a return to life.

# Chapter 1: Reflexive Loops and Systemic Sensation

## 1.1 Proto-Sensation: The Primordial Tone of Life's Tensions

The grand edifice of the mind is not built upon a void but is grounded in the most primitive and stubborn sensory reality of the living organism. Before we turn our gaze to the waves of emotion or the first shadows of consciousness, we must first return to the source of all experience—the deep forces that drive and sustain the persistence of life. This section will explore the roots of these forces, namely the basic tensions of life we term "**Proto-Sensation**," and elucidate how they, through innate loops, constitute the "**first impetus**" for the birth of the mental cosmos.

### 1.1.1 The Three Basic Tensions of the Life System: The Source of Youjue Action

Inspired by Sechenov's "**Systemic Sensation**" and the need classification methods of Pavel Simonov and Yuri Vyazemsky, we identify three basic dimensions of tension—**Preservative**, **Acquisitive**, **Sympathetic**—that living organisms employ to maintain **Homeostasis**. These serve as the primordial tone of life's sensation. They are not specific sensory points but diffuse background tensions, representing the initial mode of interaction between life and the

world, thus constituting the primordial tone of "Youjue."

### **1. Preservative Tension — The Feeling of 'Boundary Integrity'**

- Core Experience: Alarm against violation, damage, and disintegration.
- Functional Purpose: To guard the physical and psychological boundaries of the life system, to exclude threats.
- Behavioral Orientation: Outward Exclusion — to expel harmful entities or states from within the system's boundaries.

### **2. Acquisitive Tension — The Feeling of 'Energy Balance'**

- Core Experience: Craving arising from deficiency, deficit, and depletion.
- Functional Purpose: To obtain and assimilate resources from the environment to maintain the system's energy and material balance.
- Behavioral Orientation: Inward Acquisition — to actively seek and absorb resources from the environment to replenish the self.

### **3. Sympathetic Tension — The Feeling of 'Rhythmic Continuation'**

- Core Experience: Tendency towards cycles, fusion, and renewal.

- **Functional Purpose:** To ensure the system synchronizes with its own rhythms and environmental cycles, achieving the continuation and regeneration of life.
- **Behavioral Orientation: Temporal Fusion** — to integrate into larger rhythms through periodic behaviors, ensuring long-term persistence.

These three great tensions collectively constitute a stable "sensation-as-motive triangle," within whose dynamic force field all the internal states and external behaviors of a living organism can find their initial vector.

### **1.1.2 Classification of Proto-Sensation and Innate Loops**

Based on the aforementioned three tensions, we can systematically classify the major **Proto-Sensations** and reveal their innate, goal-oriented behavioral loops (see Table 1).

These loops are neural circuits pre-set by the life system through evolution, representing the most direct and robust links between sensation and action. They guarantee that, at the most fundamental level, life can make irresistible responses to maintain its own essential existence.

### **1.1.3 Systemic Sensation: The 'General Feeling' as the Background of Life**

Beyond specific **Proto-Sensations**, the "general feel-

Table 1 (A)

Dynamic Vector	Proto-Sensation	Core Experience	Physiological Root	Innate Behavior Loop
Preservative	<b>Pain</b>	An intense, localized "damage" signal	Tissue damage	<b>Withdrawal/Guarding:</b> e.g., retracting hand, protecting injured area
	<b>Nausea</b>	A churning discomfort with an urge to expel contents	Toxin intake, visceral functional disorder	<b>Expulsion:</b> e.g., vomiting, refusing ingestion
	<b>Suffocation</b>	An extreme panic of "oxygen deprivation"	Blood oxygen deficiency, respiratory tract obstruction	<b>Clearing &amp; Deep Inhalation:</b> e.g., struggling, coughing, gasping

Table 1 (B)

Dynamic Vector	Proto-Sensation	Core Experience	Physiological Root	Innate Behavior Loop
Acquisitive	<b>Hunger</b>	A gastric "emptiness" and craving for food	Decreased blood sugar, gastric emptying	<b>Foraging/Eating:</b> e.g., actively searching for and ingesting food
	<b>Thirst</b>	A throat "dryness" and urgent need for fluid	Increased extracellular fluid osmotic pressure	<b>Seeking/Drinking:</b> e.g., actively searching for and consuming liquid
	<b>Fatigue</b>	A systemic "energy depletion" and decreased efficacy	ATP depletion, metabolic waste accumulation	<b>Rest/Sleep:</b> e.g., ceasing activity, seeking rest

Table 1 (C)

Dynamic Vector	Proto-Sensation	Core Experience	Physiological Root	Innate Behavior Loop
Sympathetic	Drowsiness	A feeling of mental "fuzziness" and "sagging"	Circadian rhythm, sleep pressure	<b>Falling Asleep:</b> e.g., seeking a safe place, entering sleep
	Sexual Desire	An "activation" of the reproductive system and feeling of attraction	Periodic changes in sex hormone levels	<b>Courtship/Mating:</b> e.g., emitting signals, engaging in mating behavior
	Excretory Urge	A "fullness" and "pressure" in the bladder/rectum	Metabolic waste accumulation reaching threshold	<b>Excretion:</b> e.g., seeking a suitable location for elimination

ing" described by Sechenov—that is, the feeling of "general ease or unease throughout the body"—is precisely the overall systemic state background formed after the integration of all the aforementioned **Proto-Sensation** tensions.

It is not an independent sensation but a comprehensive reading of the dynamic balance or imbalance of all **Proto-Sensations**. When discomfort tensions like hunger, pain, and fatigue are at low levels, and sensations of satisfaction and comfort dominate, the system presents an "ease" background, allowing life's vitality to flow; conversely, when multiple discomfort tensions intensify and persist, the system background shifts to "unease," urging the individual to take more fundamental adjustment actions. This background is the **Youjue System's** overall assessment of its own state of existence, the deep seabed upon which emotions and consciousness float and sink.

### **1.1.4 The Cornerstones for Constructing a World Model: Other Innate Sensation-Behavior Loops**

Besides **Proto-Sensations** that directly serve **Homeostasis**, living organisms are also pre-equipped with a series of other crucial innate **sensation-behavior** mechanisms. Their function is to construct a preliminary, stable, and operable model of the world, providing a stage for more complex interactions.

- **Visual Orientation and Tracking**

- ◆ **Sensation:** Innate sensitivity to moving objects in the visual field.
- ◆ **Innate Behavior:** Eyes automatically follow moving objects (e.g., a mother's face).
- ◆ **Function:** To lock onto and identify potential targets in the environment (prey, companion, or threat); the visual foundation for exploratory behavior.
- **Novelty Orienting Reflex**
  - ◆ **Sensation:** Curious alertness towards sudden, novel, or uncertain stimuli.
  - ◆ **Innate Behavior:** Sudden head turn, pupil dilation, sensory orientation towards the stimulus source, pause in bodily activity.
  - ◆ **Function:** A form of reconnaissance defense. Pauses current activity to assess the potential meaning of a new stimulus (is it a threat or an opportunity?); the starting point for learning and adaptation.
- **Chemical Sensation and Innate Attraction/Aversion**
  - ◆ **Sensation:** Innate likes and dislikes for specific smells.
  - ◆ **Innate Behavior:** Aversion to foul odors (frowning, turning head away); preference for sweet tastes and milky scents (sucking, approaching).
  - ◆ **Function:** Innate environmental value labels, directly guiding approach to benefit and avoidance of

harm; the chemical outpost for safety/territorial defense and nutrition/resource acquisition.

- **Proprioception and Postural Adjustment**

- ◆ **Sensation:** Direct sensation of limb position, muscle tension, body balance.
- ◆ **Innate Behavior:** Sucking reflex, grasping reflex, stepping reflex, balance adjustments.
- ◆ **Function:** To construct the body schema, maintain effective behavioral posture; the spatial foundation for all purposeful action.

These innate loops, together with **Proto-Sensations**, collectively build an automated safeguard mechanism for the initial survival of the living organism and provide a basic guiding framework for its interaction with the environment. They provide the indispensable underlying scaffold for all subsequent experiential learning, social interaction, and cognitive leaps. Upon them, the magnificent construction of the "Youjue" edifice can begin.

## **1.2 A Systemic View of Innate Reflexes: Loops, Not Isolated Arrows**

In traditional physiology textbooks, the "reflex" is often depicted as an arrow shot from a bow: a stimulus inevitably elicits a fixed response. While concise, this unidirectional "stimulus-response" model implicitly fragments the integrity

of life's activities, reducing the living, continuous flow of life to a series of isolated neural firings. In this section, we will discard this "isolated arrow" metaphor and replace it with a systemic view of the **"loop."** We will clarify that all innate reflexes are, in essence, the briefest and most robust links within the fundamental life cycle of the **"Sensation-Behavior Cycle."** They are the inherent adaptive wisdom of the system for maintaining stability and responding to external challenges.

### **1.2.1 Redefining the "Reflex": A Miniature Loop in the Service of Homeostasis**

From the perspective of a **"Youjue System,"** an **Innate Reflexive Loop** is by no means a one-off neural event, but rather a miniature, pre-set "sensation-behavior-sensation" loop. Its fundamental purpose is to serve the maintenance of **Homeostasis** at the fastest possible speed, acting as the system's pre-configured adaptive response mechanism to specific challenges.

Let us dissect the loop nature of the classic flexion reflex (e.g., swiftly withdrawing a hand upon touching a hot object):

1. **Sensory Input:** A noxious stimulus (high temperature) activates pain receptors, generating the **Proto-Sensation** of "pain" (a **Preservative** tension).
2. **Central Processing:** The signal enters the spinal cord

and is integrated via very few synapses (typically monosynaptic or oligosynaptic).

3. **Behavioral Output:** Motor neurons fire, causing flexor muscles to contract and extensor muscles to relax, completing the hand withdrawal action.
4. **Loop Completion and Generation of New Sensation:**
  - ◆ **Behavior Directly Alters Sensation:** The hand moves away from the heat source, removing the sensory input of pain.
  - ◆ **System State Change:** The limb is preserved; the threat to **Homeostasis** is eliminated.
  - ◆ **Emergence of New Sensations:** The pain may transition into a residual burning sensation, accompanied by a series of new **Systemic Sensations** such as increased heart rate and heightened alertness. These complex sensations resulting from the reflexive action lay the fundamental groundwork for subsequent experience-driven sensation differentiation and behavior selection.

Therefore, the endpoint of a reflex is not the cessation of movement, but the successful regulation of **Systemic Sensation**. This **loop** constitutes a successful service to stability. If the reflex fails to remove the threat (e.g., the limb is not successfully moved away), the pain signal will continue its input, the system will sense the **loop's failure to close**,

potentially triggering more intense behaviors (e.g., thrashing of the entire body) or escalating into a **Youjue** painful experience.

### 1.2.2 Classification and Functional Matrix of Reflexive Loops

Based on their complexity and function, we can classify the major **Innate Reflexive Loops** within the "**Youjue**" **Three-Dimensional Dynamic Taxonomy** (see Table 2):

This classification demonstrates that reflexes are not chaotic; they systematically cover the three tension domains defined by **Proto-Sensation**. They are the standard operating behaviors honed by the "**Youjue System**" through evolution to address fundamental survival problems.

### 1.2.3 Dynamic Characteristics of Reflexive Loops

These pre-set **loops** are not rigid; their operation exhibits typical dynamic characteristics, reflecting the system's inherent regulatory capacity:

- **Threshold:** The minimum stimulus intensity required to elicit a reflex. The threshold is adjustable; for example, in a state of high alertness, the threshold for **Preservative** reflexes decreases, making them easier to trigger.
- **Intensity and Gain:** The relationship between the amplitude of the reflex response and the stimulus intensity. In tense pain elicits a vigorous withdrawal.

Table 2 (A)

Functional Category	Representative Reflexes	Core Sensation (Tension Type)	Behavioral Output	Steady-State Dimension Served
Defensive Protection	Flexion Reflex, Corneal Reflex, Sneeze Reflex	Pain, foreign body sensation (Preservative)	Withdrawal, eye closure, expulsion	Boundary Integrity
Nutritional Energy Acquisition	Sucking Reflex, Swallowing Reflex, Rooting Reflex (head turn to cheek stimulus)	Hunger, oral tactile sensation (Acquisitive)	Sucking, swallowing, turning head to search	Energy Balance

**Table 2 (B)**

<b>Functional Category</b>	<b>Representative Reflexes</b>	<b>Core Sensation (Tension Type)</b>	<b>Behavioral Output</b>	<b>Steady-State Dimension Served</b>
<b>Rhythmic and Developmental Processes</b>	Grasp Reflex, Stepping Reflex, Moro Reflex (Startle Reflex)	Proprioception, sense of imbalance (Sympathetic/Preservative)	Grasping, alternating stepping, embracing motion	<b>Body Schema Construction, Bonding with Caregiver</b>
<b>Environmental Exploration and Orienting</b>	Orienting Reflex (turning head toward light/sound), Eye Tracking	Novelty sensation, visual motion (Preservative)	Sensory orienting, target locking	<b>Environmental Model Construction, Potential Opportunity/Threat Identification</b>

- **Adaptation:** Under continuous, harmless stimulation, certain reflexes diminish (e.g., adaptation to persistent light touch), which prevents the exhaustion of system resources by irrelevant information.
- **Loop Competition and Integration:** When multiple **Innate Reflexive Loops** are activated simultaneously, the system integrates them according to a biological "value-based prioritization." For instance, maintaining body balance (a form of **Preservative** tension) may temporarily suppress an insignificant scratching reflex.

### 1.2.4 From Isolated Loops to Systemic Symphony: The Integration of Multiple Reflexes

In real-life situations, isolated **Innate Reflexive Loops** are rare. A stimulus often triggers multiple **loops** simultaneously or sequentially; they interweave, forming a coordinated systemic symphony.

Take "accidental aspiration of a foreign object" as an example:

1. The foreign object contacting the laryngeal mucosa first triggers the **Preservative** cough reflex (attempting forceful expulsion).
2. Simultaneously, the sensation of choking (a **Preservative Proto-Sensation**) rises sharply, triggering panic and struggling behavior (systemic **Preservative** reflexes).
3. The face may flush due to hypoxia, a physiological

regulatory reflex.

4. If successful expulsion occurs, all reflexes subside, and the **Systemic Sensation** shifts from extreme "unease" back to "ease"; if it fails, the system will mobilize all available resources until the **loop closes** or the system collapses.

This example shows that reflexes constitute the **Youjue System's** real-time, instinctive behavioral strategy library. They form the lowest, fastest executive layer of behavior and provide a stable platform and raw material for the more complex experiential behaviors and Youjue decisions built upon them.

### 1.3 Neural Darwinism and the Generation of "Youjue"

The previous two sections have outlined the macroscopic blueprint of the **Youjue System**. This section will delve into its micro-level realization, explaining how Gerald Edelman's theory of "**Neural Darwinism**" provides a dynamic explanation for the generation of **Youjue**. We will strictly adhere to the basic principles of **Youjue Physiology**, reinterpreting its core concepts—the **Global Brain Functional Cluster**, **Reentry**-based signal cycles, and **Systemic Sensation**-based evaluation—as specific manifestations of the "**Sensation-Behavior Cycle**" at different levels.

### 1.3.1 The Neural Realization of "Youjue": The "Dynamic Core" as a Global Brain Functional Cluster

The "**Dynamic Core**" proposed by Edelman is, in its functional essence, a dynamic functional cluster on a whole-brain scale. It is not confined to the cortex alone but is a temporary functional alliance formed through dense interactions between the thalamocortical system and key subcortical structures (such as the basal ganglia, amygdala, and basal forebrain).

Placing this concept within our framework, we propose:

- The neural correlate of the dominant **Youjue** state at any given moment is the specific activity pattern of this **Global Brain Functional Cluster**.
- The formation of this cluster is the result of competition and collaboration among different functional subsystems within the brain, following the selection principles of "**Neural Darwinism**." This **Global Brain Functional Cluster**, selectively **Consolidated** through evaluation by "**Valence Sensation**", is the first functional "cluster" formed by the **Youjue System** at the most microscopic scale. It signifies that an effective "**Sensation-Behavior**" pattern has emerged from chaos and stabilized through neural-level "**Resonance**" and value-based "positive **Valence** evaluation".

- The composition of the cluster is dynamic, changing within hundreds of milliseconds; a group of neurons forms a functional unit through strongly synchronized firing, thereby allowing different **Youjue** states such as "pain," "hunger," or "curiosity" to manifest sequentially.

Therefore, this **Global Brain Functional Cluster** is the physical embodiment of **Youjue**. The emergence of a **Youjue** state means that a specific, distributed neuronal group has won the competition and temporarily dominates the system's Youjue sensation and behavioral preparation.

### 1.3.2 "Reentry" as the Neural Skeleton of the Sensation-Behavior Cycle

The dynamic integration of the **Global Brain Functional Cluster** relies on large-scale signal cycles within the brain—the very flow of bidirectional, interacting neural signals that constitute the "**Sensation-Behavior Cycle**". This includes classic ascending sensory conduction, descending modulation, and the parallel, continuous dialogue between various brain regions.

This vast network of signal cycles is the structural skeleton enabling the "**Sensation-Behavior**" **loop** to be realized at the neural level:

- It achieves the integration of sensation: Through the cyclical back-and-forth of sensory signals between brain areas at different levels, local features are integrated into a

meaningful unified field of **Systemic Sensation**.

- It supports the generation of behavior: The process of generating motor signals is itself the result of the cyclic processing, within premotor areas, basal ganglia, and cortex, of immediate sensation, the re-sensation of past **Sensation-Behavior Traces**, and the organism's internal **Systemic Sensation**.
- It ensures the **closure of the loop**: New sensations generated by behavior enter the cycle as new input and are compared with the system's feeling-based expectation of future reality, generated based on past cycles. When a mismatch occurs, this "**Expectancy-Sensation Mismatch**" (e.g., the conflict between the expected flat ground and the actual drop when walking downstairs) becomes a potent, new **Systemic Sensation**, driving system learning and behavioral adjustment.

Therefore, the entire activity of the **Youjue System** is built upon this never-ceasing, multi-dimensional neural signal cycle. It is the physiological realization of the "**Sensation-Behavior Cycle**" within the brain.

### **1.3.3 The Evolution of Sensation: Evaluative, Trace-Based, and Expectancy Sensations**

Within the **Youjue** framework, all mental activities can be understood as the operation of "**Systemic Sensation**" across different time scales.

## 1. Evaluative Sensation: The Proto-Sensation Concerning System State Quality

The diffuse modulatory systems in the brain are, in essence, a continuous internal assessment by the system of its own operational state. This assessment itself is a diffuse **Systemic Sensation** concerning "value."

- For example, the response of the dopamine system to "unpredicted change" is, in substance, the system generating a positive **Evaluative Sensation** of "current state being better than past sensation traces."
- Correspondingly, the response of the norepinephrine system to uncertainty is the generation of an alerting sensation of "ambiguous environmental information," the nascent form of negative emotion.
- The release of neuromodulators is the internal behavior driven by this **Evaluative Sensation**, aiming to broadly modulate brain region excitability, thereby establishing the global emotional tone.

## 2. "Sensation-Behavior Traces" and the Re-sensation of Past Traces

- Memory is not the static storage of information, but the "**Sensation-Behavior Traces**" left on neural structures by past "**Sensation-Behavior**" cycles. Recall is not the simple reactivation of these traces, but the system's "re-sensation" of past sensory experiences based on these

traces.

- This "re-sensation of traces" is continuously compared and integrated with immediate sensory input through "**Reentry**", co-generating the singular "**Youjue**" field of the present moment. This is the neural realization of what Edelman termed "**The Remembered Present**", resonating with William James's concept of the "specious present."

### **3. Expectancy Sensation: Future Simulation Based on Sensation Traces**

Prediction is not an abstract computation; it is itself a "feeling about the future." It is a feeling-based expectation, generated by the system based on the re-sensation of past **Sensation-Behavior Traces**, about the reality about to arrive.

- The match or conflict between this **Expectancy Sensation** and the subsequently arriving immediate sensation gives rise to the aforementioned "**Expectancy-Sensation Mismatch**".

Therefore, the entire operation of the **Youjue System** can be seen as a never-ending dialogue, integration, and generative reconstruction—via the vast network of neural signal cycles—among immediate sensation, **Evaluative Sensation** (constituting the emotional tone), the re-sensation of traces, and **Expectancy Sensation**.

## **Chapter 2: Sensation Differentiation and Behavior Selection**

### **2.1 The Refinement of the Sensation-Behavior Loop**

Upon the stable foundation provided by **Innate Reflexive Loops**, the **Youjue System** begins its process of growth. The essence of this process is an adaptive selection of the entire "**Sensation-Behavior**" **loop** as a functional unit, driven by the evaluation of primordial **Valence Sensation**, guiding it from chaotic and inefficient states towards order and efficiency. This section will explore how that diffuse feeling of "good" or "bad," through experience, guides the system to select specific patterns for precise interaction with the environment.

#### **2.1.1 The Embodiment of Valence Sensation: From Diffuse Evaluation to the Selection of Specific Loops**

The innate value system (e.g., brainstem systems involving dopamine, norepinephrine) provides a diffuse interoceptive sense, a primitive **Evaluative Sensation** concerning the "fit" or "misfit" of the system's internal state. It does not in itself point to any specific content; its meaning must be "embodied" and "realized" through the success or failure of

the "**Sensation-Behavior**" **loop** in experience.

- **Initial State:** The system is in a generalized state of readiness; various potential **sensation-behavior** links may be triggered randomly.
- **Evaluative Feeling of Value:** When the outcome efficacy of a **loop's** operation (e.g., ingesting food alleviates hunger) aligns with the system's innate value orientation, it triggers a positive **Evaluative Sensation** (such as the diffuse release of dopamine). This "good" feeling is itself a new, potent **Systemic Sensation**.
- **Selective Consolidation of the Loop:** This diffuse "good" feeling, through its widespread projections, non-specifically strengthens the connections between neural clusters that were synchronously active throughout the system at that moment (following Hebbian principles). Consequently, that particular **Sensation-Behavior Cycle** which happened to lead to the positive outcome is selected and **Consolidated**.

The "foveal fixation" described in Edelman-school research exemplifies this process: during random eye movements, the behavior that successfully brings a stimulus to the fovea, because its result (increased visual acuity, potentially linked to an innate value) triggers a positive **Evaluative Sensation**, is selectively strengthened. **Valence Sensation** achieves its first "embodiment" by selecting a successful,

specific **loop**.

### 2.1.2 The Extension and Differentiation of Value: Constructing a Goal Hierarchy Through Loop Sequences

Once an initially neutral **Sensation-Behavior Loop** becomes **Consolidated** because it reliably predicts or leads to innate value, it begins to acquire value itself. This means that the initiating sensation of that **loop** (e.g., a stimulus in the peripheral visual field) itself can now elicit that diffuse, positive **Evaluative Sensation**.

- **Emergence of a Goal:** This feeling of "acquired value" now becomes a new, internal "goal sensation." The system's subsequent behavior can be directed towards serving the achievement of this goal.
- **Construction of a Sequence:** To achieve this new goal, the system needs to develop more front-line, instrumental **Sensation-Behavior Loop**. For instance, in the second phase of the aforementioned research, a sound (a neutral cue signal) acquires value because it predicts the now-valued visual stimulus. To "hear this sound," the system must differentiate a refined **loop** involving auditory discrimination and orienting eye movement.
- **Transmission and Differentiation of Value:** In this way, the original, diffuse **Valence Sensation** is passed backward, like a relay, through a series of successful

**Sensation-Behavior Loop.** With each step, the value sensation differentiates and becomes embodied in a more specific, more refined **sensation-behavior** pattern. The astounding tactile skill of a miniature carver is the ultimate embodiment of the primordial **Valence Sensation**, extremely differentiated and embodied through "**Value-Dependent** extreme selection" across countless successful **loops**.

### 2.1.3 "Reentry" as the Internal Coordinator for Loop Optimization

The "**Reentry**" mechanism in this process is not responsible for transmitting the **Valence Sensation**, but for optimizing the internal coordination of the specific **loop** selected by the **Valence Sensation**.

- Within a **Sensation-Behavior Loop** (e.g., the mapping from visual processing areas to eye movement control areas), **Reentrant** connections ensure ongoing, content-specific dialogue and calibration between the precise localization of sensory signals and the appropriate generation of motor signals.
- The diffuse signal of **Valence Sensation** acts like a master selector, determining which synaptic changes within these **Reentrant** dialogues should be **Consolidated**. It answers the "whether" to remember this experience, while "**Reentry**" handles the "how" – the specific details

of executing it better.

## 2.2 The Physiological Dynamics of Loop Optimization

The preceding section outlined the macroscopic picture of **Valence Sensation** driving **loop** selection. This section delves into the level of intrinsic dynamics to expound the physiological mechanisms underpinning this selection process. Following **Whytt's** footsteps, we reject any metaphor that portrays life as a "problem-solving machine," focusing instead on the nervous system as a living system engaged in intrinsic, teleological self-adjustment.

### 2.2.1 Hebbian Plasticity: Trace Consolidation Tuned by Life's Value

Hebb's law describes the fundamental phenomenon of activity-dependent neural connectivity. Within the **Youjue** framework, we interpret it as follows: co-activated neuronal clusters tend to form a functional unit; if the outcome of this unit's activity is judged as "fit" by life's **Valence Sensation**, its connections are **Consolidated**.

- When a **Sensation-Behavior Loop** operates, a specific, distributed neural functional cluster is co-recruited and activated, with its activity pattern specifically corresponding to that **loop's** operation.
- If the **loop's** outcome (e.g., alleviating hunger/thirst,

successfully avoiding danger) triggers a positive, diffuse **Evaluative Sensation** (activation of the value system), this "good" feeling, originating from life's depths, acts like a chemical messenger, "enabling" the ongoing neural co-activation and rendering the trace it leaves particularly profound and enduring.

- Conversely, without this enabling by **Valence Sensation**, the corresponding co-activation would be like footprints on sand, swiftly erased by the tide of time.

Thus, the Hebbian phenomenon represents the nervous system's potential capacity to record co-activation, while **Valence Sensation** is the arbiter conferring biological significance and determining whether its trace is retained long-term.

### 2.2.2 The Physiology of Expectancy: "Expectancy Sensation" as a Guiding Tension

The nervous system is far from a passive receptor awaiting stimuli. Based on traces left by past **Sensation-Behavior Cycles**, it perpetually maintains an active state of readiness; this state itself constitutes an "**Expectancy Sensation**" regarding imminent reality.

- **Generation of Expectancy Sensation:** In specific contexts, based on traces of past successful **loops**, the system spontaneously and proactively generates a global neural preparatory state concerning "what sensation should occur next." This is not a computational, probabilistic

prediction, but a diffuse, bodily anticipation, an echo of past experience in the present.

- **Sensation Fulfillment and Conflict:** When actual sensory input matches this **Expectancy Sensation**, system operation is smooth and energy-efficient. When a discrepancy arises—for instance, the expected "feeling of solid ground" underfoot is unmet when descending stairs, or the anticipated "feeling of weight" upon grasping an object mismatches the actual object—a potent, unpleasant new **Systemic Sensation** emerges, termed "**Expectancy-Sensation Mismatch**."
- **"Expectancy-Sensation Mismatch" as an Intrinsic Driving Force:** This "**Expectancy-Sensation Mismatch**" is not an "error" requiring calculation; it is itself an intrinsic, disquieting physiological tension. Like hunger or pain, it is a "discomfort" demanding elimination. This innate tension, stemming from the organism's pursuit of internal coherence, drives the system to promptly adjust its behavior to eliminate the mismatch and realign actual sensation with **Expectancy Sensation**.

### **2.2.3 The Synergy of Life's Dynamics: Coordinating Under Value's Guidance**

**Valence Sensation** and **Expectancy Sensation** collectively constitute the life dynamics of the **Youjue System's** self-optimization:

1. **Macroscopic Guidance by Value:** The diffuse **Evaluative Sensation** (good/bad) ultimately judges the survival utility of a **Sensation-Behavior Loop**, determining the system's general direction of advance. It answers, "Does this path lead toward where life finds its fit?"
2. **Microscopic Calibration by Expectancy:** The specific **Expectancy Sensation** and the "**Expectancy-Sensation Mismatch**" generated upon its violation drive the system, in each concrete interaction, to perform fine-grained, real-time internal calibration. It asks, "On this path, is my next step stable and accurate?"

The feeling of value demarcates a broad "zone of fit" for system learning, while the **Expectancy-Sensation Mismatch** arising from the disparity between expectation and reality acts like a strict coach, urging the system within this zone toward the most precise and efficient actions.

## Chapter 3: The Generation of the Social and Cognitive Strata

### 3.1 The Birth of Social Youjue: Resonance and Expansion of Shared Sensation

The emergence of sociality does not originate from a single driving force. It is first rooted in the innate 闭环 of "sex/reproduction" at the Life Stratum, which constitutes the **primary foundation**; subsequently, through experience, the convergence and **Resonance of Sensation-Behavior Patterns** among **Youjue Systems** form broader and more complex connections, constituting the **secondary foundation**. This section will elucidate how sociality, based on this dual foundation, expands from close kinship ties to vast cultural communities.

#### 3.1.1 The Primary Foundation of Sociality: Kinship Ties and Hereditary Sensation Patterns

The most solid starting point of sociality lies in kinship relations formed through the drive of "sex/reproduction." This is not merely a biological connection but also the foundation for innate similarities in **Sensation-Behavior Patterns**.

- **The Sexual Drive Loop: The Primordial Motive Force Creating Kinship**

- Sexual desire, as a powerful, periodic, **Sympathetic Proto-Sensation**, directly drives courtship and mating behaviors. Its biological efficacy is the creation of offspring based on shared genes, establishing the most primordial biological connection between two or more individuals.
- **The Parental Investment Loop: The Obligatory Selection Deepening Kinship Ties**
- The emergence of offspring presents a novel challenge to **Systemic Sensation**. The vulnerability of the young (e.g., crying, cold) triggers a potent new **Systemic Sensation** in the parental system – a "**caregiving impulse**" – which blends **Preservative** (alertness to threat) and **Sympathetic** (tendency to care) tensions. Nurturing, protecting, and other parental investment behaviors alleviate this tension and bring about a profound "**satisfaction of lineal continuity**" (a positive **Evaluative Sensation**). This "**offspring sensation-behavior → caregiving impulse → parental behavior → tension relief**" loop is the first stable and high-cost "**social behavior loop,**" directly catalyzing the most intense **Altruistic Attachment**.
- **The Hereditary Common Sensation Baseline**

Blood relatives, due to shared genes, possess natural similarities in the structure and function of their nervous systems, the thresholds of their **Proto-Sensations**, and the

patterns of their **Innate Reflexive Loops**. This hereditary similarity in sensation patterns provides an indispensable biological platform for deep empathy and cooperation, constituting the unshakable primary foundation of sociality.

### **3.1.2 The Secondary Foundation of Sociality: The Shaping and Recognition of Shared Sensation-Behavior Patterns**

Beyond kinship, the broader expanse of sociality is supported by the secondary foundation of "**Shared Sensation-Behavior Patterns**."

- **Shaping by the Common Environment:** Groups living in similar geographical environments and facing comparable survival challenges develop convergent coping strategies. These strategies precipitate into **Shared Sensation-Behavior Patterns**; for example, the alertness and response to storms among maritime peoples, or the visual perception of vast spaces and modes of movement among steppe nomads. The common environment shapes a common world of sensation and a shared repertoire of responses.
- **The Imprinting of Common Culture:** Language, customs, rituals, art, and values are essentially a vast system of "**Sensation-Behavior Traces**" shared by group members. Learning a culture is the process of internalizing others' **Sensation-Behavior Patterns** into one's own

nervous system through **Reentry** and imitation. An individual whose heart swells upon hearing the national anthem has internalized the historical emotions of the nation into a potent personal **Evaluative Sensation**.

- **The Essence of Empathy and Compassion:** Its neural mechanism, based on **Social Sensation-Behavior Resonance**, allows one individual to partially **re-sense** the sensation state of another. Its psychological essence is the ability, grounded in one's own **Sensation-Behavior Traces**, to understand and simulate the **Sensation-Behavior Patterns** of others. The greater the number of shared patterns, the deeper and more accurate the empathy.

### 3.1.3 The Three-Dimensional Dynamic Structure of the Social Stratum

Corresponding to the dual foundations of sociality, the **Sensation-Behavior Patterns** of the **Social Stratum** also inherit the **Three-Dimensional Dynamic Taxonomy** from the **Life Stratum**, unfolding within more complex interactions:

#### 1. **Preservative → Group Belonging (Security)**

- ◆ **Sensation:** A sense of belonging, i.e., identification with and dependence on the "we" group. It originates from the security an individual gains within the group, representing a positive expectation and **re-sensation** of the "group's ability to effectively

**defend against internal and external threats" loop.**

- ◆ **Behavior:** Boundary demarcation, collective defense, and behaviors aimed at maintaining group purity.

2. **Acquisitive → Hierarchical Status (Nutrition/Resource Acquisition)**

- ◆ **Sensation:** A sense of status, i.e., the **Systemic Sensation** of one's level of influence in group resource distribution and decision-making. It is essentially the refined expression of the **Social Stratum's Acquisitive** tension (resource acquisition).
- ◆ **Behavior:** Competition, display, cooperation, and alliance—behavioral strategies aimed at enhancing or maintaining one's status.

3. **Sympathetic → Altruistic Attachment (Species Continuation and Individual Emotional Bonding)**

- ◆ **Sensation:** **Altruistic Attachment**, i.e., a deep emotional bond directed towards specific others, transcending immediate cost-benefit calculations. Beyond kinship, it manifests as profound friendship, representing the pure emotional expression of the **Sympathetic** tension at the **Social Stratum**.
- ◆ **Behavior:** Selfless help, sharing, care, and commitment.

### 3.1.4 From Circles to Civilization: The Logic of Social Stratum Expansion

The expansion of social structures follows the principle of similarity in "**Shared Sensation-Behavior Patterns**":

- **Tight Circles:** Centered on kinship (**primary foundation**) and high-frequency interaction (**secondary foundation**), where **Sensation-Behavior Patterns** are highly synchronized, forming the strongest bonds (e.g., family, close friends).
- **Expanded Circles:** Based on shared culture, values, or professional expertise (**secondary foundation**), where **Sensation-Behavior Patterns** are highly similar in specific domains, forming ethnic groups, professional associations, schools of thought, etc.
- **Imagined Communities:** Based on commonly internalized abstract symbolic systems (e.g., nation, ideology), countless strangers experience intense "**Resonance**" through sharing a grand "**sensation-behavior**" narrative. This sense of belonging acts as a powerful "**positive evaluation**," tightly coalescing countless individuals into the grand "**social circle**" named nation, culture, or faith.

### 3.1.5 From Animal to Human: The Revolutionary Shift in Social Cornerstones

The most profound distinction between animal and

human societies lies not in the presence or absence of sociality, but in a fundamental shift in the dominant cornerstone upon which sociality is constructed.

1. **Animal Societies: Limited Expansion Dominated by the "Primary Foundation"**

- ◆ The scale and complexity of animal social structures are primarily and strictly constrained by kinship relations and hereditary sensation patterns (the **primary foundation**).
- ◆ Wolf packs, lion prides, ant colonies, monkey troops—their core structures are invariably built upon kin relationships. Their cooperation, altruism, and hierarchical order can largely be explained directly or indirectly by kin selection theory.
- ◆ Even where simple "cultural" transmission exists (e.g., tool-use skills in some apes), its scope and influence are extremely limited, unable to break through the biological hard constraints of the **primary foundation**. Animal society is a relatively closed **sensation-behavior resonance circle**, profoundly imprinted by genes and blood.

2. **Human Society: The Leap to the "Secondary Foundation" and Unlimited Expansion**

- ◆ Humanity underwent a social revolution: the **"secondary foundation"** – i.e., culturally shaped

**"Shared Sensation-Behavior Patterns"** – supplanted the **"primary foundation"** as the dominant force constructing large-scale social coordination.

- ◆ The plasticity of culture enabled humans to transcend the narrow confines of kinship, incorporating countless strangers into a shared **"sensation-behavior"** field. A programmer in a major city and a herder in a remote border region can develop a strong sense of belonging and coordinate actions based on shared identification with a nation or a particular idea.
- ◆ The emergence of abstract symbolic systems (e.g., language, writing, law, currency) enabled complex **"Shared Sensation-Behavior Patterns"** to be precisely encoded, transmitted over long distances, and accumulated across generations. This led to exponential growth in the scale and organizational complexity of human society, from tribes and chiefdoms to nation-states and global civilization.
- ◆ Therefore, the essence of human society is an open, constantly reconfigurable **"imagined sensation-behavior community"** built upon the cultural **secondary foundation**. Kinship remains important, but it is no longer the primary basis for constructing large-scale social order.

## 3.2 The Emergence of Cognitive Youjue: The Propagation and Creation of Thought Memes

The **Cognitive Stratum** is born when the **Youjue System** takes the activity of its own internal nervous system as an object of "**sensation**" and can elicit new neural activity in response. Here, we establish a fundamental principle: **subjective cognition is subjective sensation**. All internal activities termed "thinking," "reasoning," or "imagining" are, without exception, specific "**Sensation-Behavior**" **processes** conducted within the brain's nervous system. When we "think" of a concept, we are **sensing** the neural activation pattern associated with that concept.

### 3.2.1 The Youjue Basis of Cognition: Internal Neural Activity as Sensation Object

This is key to understanding the **Youjue** character of the **Cognitive Stratum**. In cognitive processes, a significant portion of the brain's "sensory" input originates from its own internal activity.

- **Generation of Internal Sensation:** There exists a unique "**sensation**" whose object is the brain's own neural activity—the flash of a memory, the activation of a concept, the progression of reasoning. These themselves constitute the **Systemic Sensation** of the **Cognitive**

**Stratum.** This "**sensation of neural activity itself**" manifests concretely at two levels:

- ◆ **Sensation of Activity Content:** The direct feeling of specific thought content, such as the concept "apple" or a "logical relationship."
- ◆ **Sensation of Process Quality:** The feeling of the quality of the thinking process itself, such as a sense of "**fluency**," the excitement of an "**inspirational flash**," or a feeling of "**blockage**."

These sensations of thought content and process quality together constitute the **Youjue state** at the **Cognitive Stratum**.

- **Triggering of Internal Activity:** Based on the above internal sensations, the system initiates new internal neural activity as a "**behavioral**" response. For example, when sensing "**reasoning blockage**," the system might autonomously and agentially attempt to activate another related conceptual **trace** or change thinking strategies. This directed firing and reorganization of internal neural signals is itself a form of "**behavior**," which can be termed "**implicit behavior**" or a "**thought act**."
- **The Internal Sensation-Behavior Cycle:** Thus, at the cognitive level, a complete "**internal Sensation-Behavior Cycle**" is established: internal neural activity serves as sensory **input** → elicits new internal neural activity as

behavioral **output** → the new internal neural activity, in turn, generates new internal **sensations**. This self-constructed cycle within the cranium is the **Youjue** foundation for all higher cognitive functions such as thinking, imagination, and reasoning.

### 3.2.2 The Three-Dimensional Dynamic Structure of the Cognitive Stratum: Differentiation of Exploratory Space, Method, and Language

In a direct lineage from the **Life** and **Social Strata**, the sensations and behaviors of the **Cognitive Stratum** are likewise driven by the three basic **tensions**, leading to fundamental differentiations in exploratory space, research method, and language form, forming the three pillars of human civilization.

#### 1. **Preservative** → **Scientific Exploration** (The Conquest of External Unknown)

- ◆ **Sensation:** Curiosity, manifesting here as a cognitive unease provoked by the "**unknown external world**."
- ◆ **Behavior:** Scientific Exploration. This is a systematic, advanced behavior aimed at eliminating this cognitive unease.
- ◆ **Exploratory Space:** Directed towards the external environment and objective entities.
- ◆ **Research Method:** Objectification. It strives to

make "**objects**" out of everything it encounters, even treating the soul and spirit as objective subjects of study.

- ◆ **Pursued Goal:** Truth. The closer one gets to truth, the more evident it becomes.
- ◆ **Language Form:** Employs logical language, whose semantic units are propositions and formulae.

2. **Acquisitive → Artistic Creation** (The Expression of Internal Energy)

- ◆ **Sensation:** The fullness and tension of internal moods, emotions, and experiences.
- ◆ **Behavior:** Artistic Creation. This is the active externalization and shaping of internal sensory energy.
- ◆ **Exploratory Space:** Shifts from the external to the internal, subjective realm.
- ◆ **Research Method:** Subjectification. It not only subjectifies people and living beings but, through an artistic prism, causes inanimate objects to activate concentrations of **Acquisitive/Sympathetic sensations** in the viewer.
- ◆ **Pursued Goal:** Authenticity. The more subjective this authenticity, the more human it is, and the more it can evoke broad and profound **Resonance**.
- ◆ **Language Form:** Employs poetic language, whose semantic units are metaphors.

### 3. Sympathetic → Religious Cognition (The Quest for Ultimate Fusion)

- ◆ **Sensation:** The yearning for ultimate meaning, eternity, and the infinite, coupled with the recognition of one's own finitude.
- ◆ **Behavior:** Religious Cognition. This is the cognitive effort to integrate one's own tiny "**Youjue**" cycle into some grand, eternal **loop**.
- ◆ **Exploratory Space:** The realm of ultimate existence, which simultaneously transcends and encompasses the subjective and objective.
- ◆ **Research Method:** Can be termed the **personalized method**. It is neither purely objective nor purely subjective, but seeks connection with a transcendent existence through profound personal experience.
- ◆ **Pursued Goal:** Mystery. The deeper one goes, the broader and higher it becomes; the more incomprehensible, the more it evokes awe and wonder.
- ◆ **Language Form:** Employs mystical language, whose semantic units are symbols.

#### 3.2.3 Thought Memes: The Carriers of Sensation-Behavior in the Cognitive Stratum

At the **Cognitive Stratum**, the carriers of the "**Sensation-Behavior**" cycle are no longer concrete actions or chemical signals, but "**Thought Memes**".

- **Essence:** A "**Thought Meme**" (e.g., a scientific theory, a melody, a religious belief) is a replicable information unit that encapsulates a specific "**sensation-behavior**" **pattern**. It contains both specific cognitive **sensations** (e.g., Einstein's feeling of cosmic harmony) and implies corresponding cognitive behavioral **patterns** (e.g., using mathematical equations to express and explore).
- **Propagation:** "**Thought Memes**" spread from one **Youjue System** to another through imitation and learning. Successful **propagation** means the receiver, to some extent, re-generates cognitive **sensations** similar to the propagator's and adopts the related cognitive **behaviors**. Scientific paradigms, artistic movements, and religious doctrines are precisely collections of "**Thought Memes**".
- **Selection:** The persistence of "**Thought Memes**" follows "**Value-Dependent Selection**". A "**Thought Meme**" that more effectively eliminates cognitive unease, expresses internal emotions, or provides ultimate meaning will be assigned a "**positive evaluation**" by the system due to the cognitive satisfaction it brings. This evaluation prompts individuals who identify with it to form a "**cognitive circle**" (e.g., a scientific paradigm, an artistic school), within which the **Thought Meme** is widely replicated and transmitted. An individual's acceptance of an idea is essentially a "**Resonance**"

between their internal cognitive activity and the external **Thought Meme**.

### 3.2.4 The Cognitive Loop: From Individual Contemplation to Civilizational Accumulation

The **sensation-behavior** cycles of the **Cognitive Stratum** constitute a grand, accumulable "**cognitive loop**."

- **Individual Level:** A scientist, driven by "**curiosity**," conducts research (**behavior**), eventually discovers a law, deepens understanding of the world, thereby satisfying a specific cognitive **Need**, completing one **cognitive loop**.
- **Civilizational Level:** The outcomes of successful individual **cognitive loops** (new "**Thought Memes**") are disseminated through cultural media, are socially selected, and consolidated into the civilization's knowledge repository. This provides the next generation with a higher cognitive starting point, enabling humanity's **cognitive loops** to accumulate across generations, continually approaching the deeper and broader unknown, expressing more subtle internals, and seeking more sublime harmony.

### 3.2.5 The Pinnacle of Cognition: Insight, Innovation, and the "Superconscious" State

The highest efficacy state of the **Cognitive Stratum's** "**Sensation-Behavior**" cycle manifests as insight and

innovation. When the system engages in high-intensity directed exploration internally—continuously performing **"Reentry"** operations and collisions among multiple **"Thought Memes" (Sensation-Behavior Traces)**—the moment an entirely new connection pattern that perfectly resolves the core **"Expectancy-Sensation Mismatch"** is instantly selected, it triggers a potent, positive **Evaluative Sensation** and a dramatic release of cognitive tension. The subjective experience of this sudden, highly efficient **closure** of the **cognitive loop** is what we call **"insight"** or **"inspiration."** Innovation is the realization in the external world of the new **"Thought Meme"** produced by this internal process. Therefore, the often mystified **"superconscious"** or creative thinking is here clearly interpreted as the peak **"Youjue" state** that emerges when the **Cognitive Stratum's sensation-behavior cycle** achieves a high degree of internal agency and effectiveness.

### **3.3 The Neural Basis of Social Sensation-Behavior Resonance**

The previous two sections depicted the emergence of the **Social** and **Cognitive Strata** from the **"Sensation-Behavior Cycle."** A fundamental question arises: How can one **Youjue System** understand the internal state of another? This section will clarify that the so-called "mirror" phenomenon is not an

independent "mind-reading" module, but rather the neural manifestation of the **"Social Sensation-Behavior Resonance"** capacity that naturally emerges in a **"sensation-behavior" loop system**, based on **Degeneracy** and **Value-Dependent** associative learning.

### 3.3.1 From "Mirroring" to "Resonance": A Youjue Reconstruction of Social Understanding

Traditional "mirror neuron" theory is often misunderstood as positing an innate, specialized "mirror" for mapping others' actions. From the **Youjue** perspective, however, this is better understood as a form of **"Sensation-Behavior Resonance."**

- **The Mechanism's Essence is Associative Learning and Degeneracy:** The brain does not contain fixed neurons innately dedicated to encoding "others' actions." Instead, when an individual repeatedly performs a goal-directed action (e.g., "grasping"), a **"sensation-behavior" neural cluster**—encompassing motor signal generation, proprioceptive sensation, and success expectancy (**value**)—becomes **Consolidated**. Due to **Degeneracy**, this "grasping" category can be implemented by multiple different combinations of neuronal groups.
- **The Birth of Resonance:** During an individual's developmental experience, "executing grasping oneself" and "seeing others grasp" are highly statistically correlated in

sensory input and share similar success **value**. Through value-modulated Hebbian plasticity, a strong association forms between the visual features of "seeing grasping" and the motor-sensation cluster for "executing grasping." Consequently, when observing another's action, the observer's own corresponding, **degenerate "sensation-behavior" cluster** becomes partially activated directly.

- **Generation of "Direct Re-sensation":** Therefore, understanding another's action is not cold computation; it is the observer, based on their own **sensation-behavior** experience, performing an **"internal simulation"** or **"neural re-enactment"** of the other's state, thereby generating a qualitatively distinct **"direct re-sensation"** of what the other might be feeling.

### 3.3.2 The Youjue Pathway for Empathy and Cultural Transmission

This **"Resonance"** mechanism provides the fundamental pathway for realizing social **Youjue**.

- **The Physiological Nature of Empathy:** Emotional empathy occurs precisely when observing another's emotional expression (e.g., sadness) leads to the resonant activation of the observer's own emotion-related **Sensation-Behavior Traces** (e.g., the sensation of facial muscle movements during sadness, the internal negative **Evaluative Sensation**).

- **The Conduit for Cultural "Thought Meme" Propagation:** Cultural "**Thought Memes**"—such as dance, ritual, and artistic styles—are precisely complex, **Shared Sensation-Behavior Patterns**. The **mirror mechanism** enables these patterns to be transmitted through observation and imitation, eliciting similar neural **Resonance** across different brains, thereby achieving efficient cultural transmission and group identity. The reason a nation's dance can evoke **Resonance** is precisely because the sensorimotor systems in countless individual brains perform a synchronous "**internal re-enactment**" of the same set of movement patterns.

### 3.3.3 Degeneracy as the Foundational Support

**Degeneracy** is the fundamental guarantee ensuring both robustness and flexibility in this social cognitive system.

- **Understanding Novelty:** When encountering a complex, never-before-seen action, the system is not powerless. Relying on its **degenerate** network, it can activate multiple existing, partially relevant "**sensation-behavior**" **category clusters** and, through "**Reentry**", integrate them into an optimal, approximate understanding (i.e., "categorizing it into the closest available category").
- **Learning and Refinement:** Subsequently, through new "**sensation-behavior**" interactive experiences, the system subjects this initial, vague **resonance** pattern to

**Value-Dependent Selection** and refinement, potentially ultimately forming a more precise new category, thereby enriching its social cognitive capabilities.

### 3.4 The Unified Logic of Generation: The Organizing Principle of Life's Resonance

After traversing the magnificent landscapes of generation in the **Social** and **Cognitive Strata**, a striking discovery comes into view: from the micro-glow of neural synapses to the splendor of civilizational edifices, the same deep and powerful rhythm echoes throughout. The organization of life, across different scales, follows a highly unified generative logic.

- **At the neural level**, it is the large-scale "**Reentry**" signal cycles within the brain that catalyze synchronized firing in neuronal clusters, forming internal **Resonance**; this temporary functional unity, if the outcome of its activity is judged as "**fit**" by the diffuse **Valence Sensation**, receives a **positive evaluation** and is thus selectively **Consolidated** into a stable **Global Brain Functional Cluster**—this is the most microscopic "**circle**," the physical cornerstone of every effective "**Youjue**" state.
- **At the social level**, it is the continuous interaction between individuals through language, behavior, and cultural symbols (social "**Reentry**") that shapes "**Shared**

**Sensation-Behavior Patterns,"** eliciting **Resonance** among groups; when such shared patterns can bring satisfaction of belonging, status, or emotion, they constitute a powerful social **positive evaluation**, which acts as an adhesive, tightly coalescing countless individuals within the nested "**social circles**" ranging from family to nation.

- **At the cognitive level**, it is the propagation and collision of "**Thought Memes**" via abstract symbols within and between systems (cognitive "**Reentry**") that, when they align with an individual's cognitive sensory structure, sparks intellectual or belief-based **Resonance**; a theory, style, or faith that effectively eliminates cognitive unease, fully expresses the self, or provides ultimate meaning will garner a cognitive-level **positive evaluation**, thereby attracting followers and forming stable "**cognitive circles**" that share the same paradigm, such as scientific communities or artistic schools.

This triad of "**Resonance-Evaluation-Consolidation**" constitutes the universal algorithm for the **Youjue System's** self-construction across levels. It reveals to us that the internal cohesion of a scientific school and the stability of a neuronal functional cluster share the same deep organizing principle—they are both carriers of more optimized "**Sensation-Behavior**" loops, selected by the "**value**" at their respective levels.

Understanding this unified logic provides us with a key to interpreting all complex structures, from mind to civilization. It allows us to see that life is not only continuous in its evolution but also unified and coherent in the core laws by which it constructs its own complexity.

## Chapter 4: Reconstructing the Mental Universe

### 4.1 Need: Action-Oriented Systemic Sensation Bias

In traditional psychology and physiology, "**need**" is often depicted as a driving force or a state of deficiency. Within the **Youjue** framework, we penetrate this surface appearance and point directly to its essence: "**Need**" is the intrinsic "**sensation bias**" within the **Youjue System** itself, and the "**systemic tension**" emerging therefrom that is directed towards eliminating this bias.

#### 4.1.1 The Essence of Need: As Action-Oriented Systemic Sensation Bias

- **From the Life Stratum to the Cognitive Stratum: A Unified Logic Across Levels**

1. **Life Stratum: Survival Needs Based on Proto-Sensation**

Needs manifest here as the most fundamental sensation tensions, namely **Proto-Sensations**: Hunger and thirst are **sensation biases** of energy and fluid imbalance; pain is a **sensation bias** of compromised tissue integrity; drowsiness and sexual desire are **sensation biases** of rhythm and reproductive cycles. These **Proto-Sensations** are the direct expression

of **needs** at the **Life Stratum**.

## 2. **Social Stratum: Relational Needs Derived from Interaction**

**Needs** manifest here as **Systemic Sensations** based on interaction: Loneliness is the **sensation bias** of "**group belongingness**" falling below the system's expected value; inferiority is the **sensation bias** of "**status feeling**" falling below the expected value; alienation is the **sensation bias** of a weakened "**altruistic attachment**" connection.

## 3. **Cognitive Stratum: Meaning Needs Emerging from Model Exploration**

**Needs** manifest here as cognitive sensation tensions: Curiosity is the **sensation bias** of a gap in "**cognitive model completeness**"; a sense of meaninglessness is the **sensation bias** of a broken connection between "**individual behavior and a grand value closed-loop**"; confusion is the **sensation bias** of a mismatch between the internal model and external reality (**Expectancy-Sensation Mismatch**).

- **The Unity of Need and Motivation:** So-called "**motivation**" is precisely the **directedness** itself, driven by this "**sensation bias**," aimed at achieving **Loop Closure**. **Need** is the "**cause**" (**sensation bias**), **motivation** is the "**effect**" (**directed tension**); they are two aspects of the same system state.

#### 4.1.2 Need Satisfaction: The Successful Closure of a Sensation-Behavior Cycle

The "**satisfaction**" of a **need** is not the achievement of an abstract goal, but the successful **closure** of a specific "**Sensation-Behavior Cycle**."

- **Initiation of the Cycle:** The **systemic tension** triggered by the "**sensation bias**" (**need**) drives the system to initiate **behavior** (including overt actions and covert mental activities).
- **Closure of the Cycle:** The **behavior** effectively alters the system's **sensation** input, eliminating or reducing the initial "**sensation bias**."
- **Reward of Value:** The successful **closure** of the **cycle** prompts the system to generate a positive **Evaluative Sensation**. This feeling of pleasure and satisfaction is precisely the "**confirmation signal**" from the **value system** for this successful **cycle**, which selects and **consolidates** the behavioral pattern that led to this success.

Therefore, all of life's activities can be viewed as the ceaseless transformation of countless "**Sensation-Behavior Cycles**" at different levels (wherein the initiation of a **cycle** often stems from a systemic **sensation bias** termed "**need**"), all under the appraisal of the **value system**.

## 4.2 Emotion: Systemic Regulatory Signals of Agency Assessment

Within the **Youjue** framework, we penetrate the phenomenological fog of **emotion** and point directly to its core Youjue nature and systemic function: **Emotion** is the directional "**systemic regulatory signal**" generated by the **Youjue System** after a rapid, holistic assessment of the "**discrepancy between the current state and the target state**" and its "**estimated ability to eliminate this discrepancy**." It is not the endpoint of **behavior**, but the core navigation mechanism for the system's self-regulation, resource allocation, and strategy selection.

### 4.2.1 The Bipolarity of Emotion: "Accelerator" and "Brake" for Systemic Regulation

The fundamental classification of **emotion** stems from its basic direction as a regulatory signal.

- **Positive Emotion: The "Flow Reward" on the Agentic Journey**
  - ◆ **Conditions for Emergence:** Positive emotions emerge when the system assesses that a goal is meaningful (high **value** perception) and that it possesses the capability and means to achieve it (high estimated **agency**).
  - ◆ **Core Function:** It is not the "trophy" after achieving

the goal, but the **"flow reward"** the system harvests within the journey itself of **"moving agentically towards the goal."** As a positive regulatory signal, it reinforces the current behavioral path, stimulates creativity, expands the cognitive-behavioral **Reertoire**, and enables the system to engage more deeply and persistently in the current **cycle**. Joy, focus, hope, and love are all different facets of this signal.

- **Negative Emotion: The "Correction Alarm" in the Navigation System**

- ◆ **Conditions for Emergence: Negative emotions** sound as an alarm when the system assesses that the goal deviates from **value**, or that its current capabilities/resources are insufficient to eliminate the state discrepancy (low estimated **agency**).

- ◆ **Core Function:** It is by no means a system "malfunction," but a crucial negative regulatory signal. It inhibits the current ineffective or harmful behavioral path, forces the system to pause the current **cycle**, and redirects attention towards re-evaluating the goal, method, or its own capabilities. Fear, anger, and sadness are essentially **"behavioral adjustment commands,"** embodying the wisdom of the living system's self-correction.

### 4.2.2 The Dynamic Generation of Emotion: Assessment and Feedback within the "Intend-Can-Act" Loop

**Emotion** is tightly embedded within the core "**Intend (Goal) - Can (Assessment) - Act (Engagement)**" loop revealed by White's **Youjue Principle**.

1. **Goal Setting (Intend):** An intrinsic "**discomfort**" or "**expectation**" sensation within the **Youjue System** emerges as a goal.
2. **Agency Assessment (Can):** The system instantly assesses the goal's **value** and its own capability. The result of this assessment directly determines the polarity (positive/negative) and type of **emotion**.
3. **Behavioral Engagement (Act):**
  - ◆ If assessed as high **agency**, **positive emotions** are generated, and the system engages in action with vitality.
  - ◆ If assessed as low **agency**, **negative emotions** are generated, the system's **behavior** is inhibited, and a **cycle** of re-evaluating the goal/strategy is triggered.
4. **Dynamic Feedback:** During the "**Act**" phase, the **sensation** patterns directly generated by behavioral progress (or obstruction) drive the **agency** assessment in real-time, leading to the dynamic flux of **emotions**. A small success may turn anxiety into hope; an unexpected setback may

plunge excitement into frustration.

#### 4.2.3 The Wisdom of Emotion: The Constructive Role of Negative Signals and Goal Adjustment

"Adjusting goals to strive for positive emotion" is the pinnacle manifestation of the **emotional** system's wisdom.

- **Negative Emotions as Efficient Problem Reporting Mechanisms:** Pain reports tissue damage, anxiety reports insufficient capability, sadness reports the loss of important connections. They force us to confront problems.
- **Strategy Switching from Negative to Positive:** When a **negative emotion** (e.g., frustration) reports "this path is currently blocked," the system does not passively acquiesce to this impasse. The discomfort provided by the **negative emotion** itself becomes the strongest motivation, driving the system to actively adjust goals (lower expectations, break down steps, change direction) or enhance capabilities (learn, seek help). The essence of this adjustment is the system's effort to place itself back into a "**high agency**" assessment state, thereby recapturing the "**flow reward**" of **positive emotion**.
- **The Resilience of Life:** An individual's psychological resilience, creativity, and growth largely depend on this dynamic cyclic system triggered by **negative emotions** and driven by the pursuit of **positive emotion**: "**Assess-**

**Adjust-Re-engage."**

#### **4.2.4 The Dynamics and Traits of Emotion: Fading, Persistence, and the Neurobiological Soil**

The regulatory function of **emotion** is more fully revealed in its temporal dynamics and individual differences.

- **The Transience of Positive Emotion and the Persistence of Negative Emotion:** This common phenomenon has deep adaptive logic.
  - ◆ **Positive Emotion as a "Pulse Signal":** Its function is to reinforce a path that has proven effective. Once the goal is achieved and the **loop** closes, its signaling mission is largely complete, and it fades quickly so that system resources can be directed towards new goals. Its transience is necessary for the system to maintain vitality and forward-lookingness.
  - ◆ **Negative Emotion as a "Persistent Background Negative Potential":** Its function is to ensure the system fully recognizes the failure of the current path or the severity of a threat, and has sufficient time for deep adjustment. Its persistence is the necessary cost paid by the system to avoid repeating mistakes and engage in profound learning. From an evolutionary perspective, the cost of forgetting the **Sensation-Behavior Trace** of one successful mating is far less than that of forgetting the **trace** of one predator

attack.

From a dynamic mechanism perspective, the depth of this **"background negative potential"** directly sets the baseline threshold for the **value** evaluation system: the deeper the potential, the greater the resistance required to trigger a positive **"pulse signal,"** while negative **"pulse signals"** resonate highly with the background and are more easily activated by weak stimuli. This is not a system fault, but a survival-level optimization of the **Youjue System** under extreme threat – one success can be forgotten, but one fatal attack must be remembered forever. Consequently, traumatic **cycles** are assigned ultra-high weight, forming persistently active **"trauma clusters,"** where any related stimulus directly triggers a negative pulse, bypassing the **agency** assessment and leading to pathological phenomena like flashbacks.

- **The Youjue Foundation of Personality:** The Neurobiological Soil of Emotional Disposition

The differences in people's ability to recover from **negative emotions** and turn to new goals constitute the core of what we call **"personality"** or **"temperament."** This ability is by no means a purely rational choice; it itself depends on a more fundamental **sensation:** namely, the **"feeling of possessing the ability to achieve new goals"** (a kind of meta-feeling about one's own **agency**).

- ◆ An optimistic, resilient individual's nervous system

(whether innate or shaped by experience) more easily generates and accepts this positive **Expectancy Sensation** of "**I can do it**" after setbacks, thus more quickly initiating a new "**Intend-Can-Act**" loop.

- ◆ Conversely, an individual with a neurotic or pessimistic tendency is more easily trapped in the **sensation** field shaped by **negative emotions**, concerning "**inability**" and "**hopelessness**."

Therefore, **personality** is essentially the dominant "**sensation-assessment-reaction**" pattern sedimented over the long-term operation of the **Youjue System**. The flexibility of **emotional** regulation is a core indicator of the overall health and efficacy of an individual's **Youjue System**.

### 4.3 Consciousness: The Self-Illumination of Complex "**Sensation-Behavior**" Cycles

What is "**consciousness**"? The puzzle known as the "**Hard Problem**" may stem precisely from our way of asking the question. We inquire "**what is it?**" as if it were an independent "**thing**." Within the **Youjue** framework, we shift our perspective: **Consciousness** is not a "**thing**," but a process, a relation, a phenomenon. It is the real-time, integrated **Youjue** itself, performed by the cyclically integrated, multi-level "**Sensation-Behavior Loops**" of the so-called "**Youjue System**," upon its own vast and dynamic

operational processes.

#### 4.3.1 The Dissolution of the "Hard Problem" of Consciousness: Self-Illumination as a Complex System

The so-called **"Hard Problem of Consciousness"** – i.e., how the physical brain gives rise to subjective experience – finds, within the **Youjue** framework, a dissolution path based on the dynamics of living systems. This path suggests that the **"Hard Problem"** of **consciousness** may originate from a mistaken way of posing the question, one that presupposes a binary opposition between physical processes and subjective experience. In this framework, we posit: **Experience** is not a **"ghostly"** product of neural computation, but an irreducible relational property exhibited by the **"Sensation-Behavior" closed-loop system** as it achieves its internal integration and self-regulation. Accordingly, subjective **experience** is not a mysterious epiphenomenon, but a natural, emergent **Youjue phenomenon** of a complex **"Sensation-Behavior"** system maintaining its survival **loops**.

- **Experience is not a product, but the activity itself:** We do not first have a non-sentient neural computation, to which we then **"add"** a layer of subjective **experience**. The specific complex, integrated mode of activity of the nervous system is itself an intrinsic, self-reporting state; this state is the **experience**.

- **"Youjue" as a Natural Property:** Sentience is not produced; it is a natural relational property exhibited by complex living systems in the process of maintaining their **"Sensation-Behavior" closed loops**. When a system is complex enough to integrate internal and external **sensations, Sensation-Behavior Traces**, and **value** evaluations into a unified, self-regulating **Dynamic Core** through **Reentry**, **"Youjue"** or **"consciousness"** manifests as a phenomenon. It is akin to how **"wetness"** is a global property of the interaction of numerous water molecules, which cannot be found in a single molecule.

#### 4.3.2 The Neural Realization of Consciousness: The Dynamic Core as the "Youjue" Field

Drawing upon and deepening Edelman's theory, we can identify the neural correlates of **consciousness**. It is not a location, but a functional state.

- **Global Workspace? No, the "Youjue" Field:** **Consciousness** is not equivalent to information in some **"global workspace."** It is the unified **"Youjue Field"** constituted by the victorious **Global Brain Functional Cluster (Dynamic Core)** in the competitive process. The content of this field is the **"Sensation-Behavior"** information (including the **"sensation"** of internal thoughts) being integratively processed by the system at that very moment.

- **"Reentry" as the Binding Agent:** The **Reentry** mechanism is key to forming this unified **"Youjue Field."** Through continuous, parallel signal cycling, it binds distributed visual, auditory, somatic **sensations**, emotional tones, and thought fragments into a unified, coherent experiential scene. Without **Reentry**, there would only be a series of isolated signals, not a unified **"stream of consciousness."**

#### 4.3.3 The Function of Consciousness: Its Role in the "Youjue" Cycle

**Consciousness** is not an idle epiphenomenon; it plays a crucial role within the **"Youjue System."**

- **Advanced Integration and Contextualization:** **Consciousness** integrates massive, potentially contradictory **sensation-behavior** cues into a **"world model"** and **"self-model"** possessing spatiotemporal continuity, causal relevance, and **value** unity. This provides the foundation for generating coherent and flexible **behavior** in complex, changing environments.
- **Flexible Planning and Decision-Making:** By manipulating symbolized **Sensation-Behavior Traces (Thought Memes)**, **consciousness** enables the system to perform offline simulations, mentally rehearsing possible scenarios for various actions, thereby achieving future planning and fine-grained control over **behavior**.

- **The Focus of Attention: The "Youjue" Continuum of Consciousness and Subconsciousness**

We need not sharply divide **consciousness** and **subconsciousness**. They form a **"Youjue" continuum**.

- ◆ **Consciousness** can be understood as the **focus** of the **"Youjue System,"** the set of information most intensely and clearly integrated and processed within the current **Dynamic Core**.
- ◆ **Subconsciousness** comprises those background **"Sensation-Behavior"** processes that, while not entering the current **Dynamic Core**, still modulate the system's state (e.g., visceral regulation, automated skills, unattended environmental noise).
- ◆ **Attention** is the directed movement and concentration of the **"Youjue" focus** within the **"Youjue Field,"** the process by which the system directs processing resources towards the most critical **"Sensation-Behavior Cycle."**

#### **4.3.4 The "Youjue" Essence of Will: Competition Among Sensation-Behavior Cycles**

Based on this framework, we can provide a clear **"Youjue"** definition for the traditional concept of **"Will"**: **Will** is not an independent force, but the dynamic process of competition for system dominance among multiple, parallel **"Sensation-Behavior Cycles"** when they are activated

simultaneously. The most common manifestation is the competition between **cycles** driven by internal **sensations** (e.g., **Expectancy Sensations** related to long-term health, social recognition, or the ideal self) and those driven by external immediate **sensations** (e.g., the immediate temptation of delicious food, the immediate avoidance of pain). So-called "**exerting willpower**" essentially involves the internally-**sensation-driven cycle** inhibiting the externally-**sensation-driven cycle** in this competition and ultimately gaining control over **behavior**. Therefore, the strength of "**willpower**" reflects the stability of the neural foundation of the **cycle** anchored by internal **sensations** and **values**, and its ability to prevail in competition.

#### 4.4 The Self: The Core Reference Point in the Stream of Sensation

After traversing the vast domains of **Need**, **Emotion**, and **Consciousness**, we finally arrive at the ultimate destination of **Youjue** exploration: the "**Self**." This "**I**," seen as the core of personal identity and seemingly stable and unchanging, reveals its true dynamic nature under the **Youjue** perspective: The "**Self**" is not a fixed entity, but rather a core, pivotal **Youjue reference point** that the continuously generating **Sensation-Behavior closed-loop system** gradually precipitates and constantly reconstructs throughout its

prolonged life activities, in order to maintain its own unity, continuity, and **agency**.

#### 4.4.1 The Generation of the "Sense of Self": Anchoring a Reference Point in the Stream of Sensation

Life is an eternal **stream** of **Sensation-Behavior** flux. The emergence of the "**sense of self**" is a "**navigational beacon**" generated by this stream to enable its own navigation.

- **The Foundation of Bodily Self-Awareness and Proprioception:** The most primitive "**Self**" **sensation** originates from the body's direct spatial **sensation** of itself. This is the initial distinction between "**me**" and "**non-me**" in physical space.
- **"My" Sensations and Behaviors:** The system, through **Reentry**, links immediate **sensations**, initiated actions, and past **Sensation-Behavior Traces**, forming a sense of ownership: "**This is what I see,**" "**This is what I did.**" This sense of ownership over one's own physical and mental activities is a core component of the **sense of self**.
- **The Construction of the Narrative Self:** At the **Cognitive Stratum**, the system further integrates massive, fragmented **Sensation-Behavior Traces** into an "**autobiographical story**" with temporal span and causal logic. This constantly told and revised internal narrative constitutes the "**me**" we are most familiar with, the one with a

personal history.

#### **4.4.2 The Unified First-Person Perspective: The "Self" as the Integration Center of Individual Sensation**

The so-called **"first-person perspective"** is essentially the unique **"Youjue Field"** integrated by this **"Self" reference point**. All **sensations** – whether the **Proto-Sensation** of hunger, the shame at the **Social Stratum**, or the insight at the **Cognitive Stratum** – are ultimately gathered, labeled, and unified under the **"I"** reference frame for experience.

- **"I" as the Ultimate Container of Sensation:** Pain is not abstract pain; it is **"my"** pain. Thought is not a disconnected thought; it is **"my"** thought. This **"my"** label is the manifestation of the **"Self" reference point** performing its integrative function.
- **The Anchor Point for Value Judgments:** The ultimate benchmark for all **"appropriate"** or **"inappropriate"** **Evaluative Sensations** is relative to the state of this **"Self" reference point**.

#### **4.4.3 The Unity of Egoism and Altruism: The Sensational Expansion and Contraction of Self-Boundaries**

Now, we can use this framework to perfectly resolve the unity of the first-person and third-person perspectives and

explain altruistic behavior.

- **The "Sensation" Root of Egoistic Behavior:** Its dominant **sensation** directly stems from the maintenance of one's own physical or psychological state (**Proto-Sensation, Social Stratum sensations**). The **behavior** aims to directly alleviate the discomfort within the **"Self" reference point**.
- **The "Sensation" Root of Altruistic Behavior:** Its dominant **sensation** stems from a more complex, social internal **sensation**. Taking Simonov's rat experiment as an example:
  - ◆ **Altruistic Rat:** The companion's defensive signals (squeaks, scent) triggered, via the **Social Sensation-Behavior Resonance** mechanism, a strong **"discomfort"** based on the expansion of the **"Self"** in its brain. It incorporated the companion's pain, to some extent, into the monitoring and regulatory scope of its own **Youjue System**; that is, the boundary of the **"Self"** temporarily encompassed the companion. Therefore, its ultimate motivation for pressing the lever was still to alleviate this social **discomfort**, resonated from the companion's pain, at its own **"Self" reference point**.
  - ◆ **Difference in Sensation Direction:** Egoism and altruism are not different in the essence of motivation,

but differ in the direction from which the dominant **"sensation"** driving the **behavior** originates – one originates from the narrow bodily **self**, the other from an expanded social **self**. They are unified by the same principle: **behavior** is always driven by the **"Sensation Bias"** that registers most intensely on the **"Self" reference point**.

#### 4.4.4 "Will" Revisited: The Competition for Self-Dominance

Here, we can offer a deeper interpretation of **"Will"** from the perspective of the **"Self"**:

**Will** is the ability of that stable **"Self" reference point**, shaped by long-term **values** (e.g., **"I want to be a healthy person"**), to prevail in competition against a temporary **"Self"** state driven by immediate external **sensations** (e.g., **"I want to eat this piece of cake"**), in order to maintain its dominance and continuity. Strong **willpower** means that a stable, coherent **"Self" reference point** possesses powerful regulatory control.

## **Chapter 5: The Youjue Person**

### **5.1 The Humble Origin of the Theory: "I Feel That..."**

Each of us uses the same phrase unthinkingly: "I feel that...". This phrase is so commonplace that we almost overlook its existence. Yet, this most ordinary utterance is the humble origin of the grand theoretical system of Youjue Physiology. It is not a complex inference from the laboratory, but an innate, instinctive expression uttered as soon as we speak, inherent to each of us; it is the living soil in which all abstract theories take root in the real world.

#### **5.1.1 "I Feel That...": The Primordial Report of the Youjue System**

Within the framework of Youjue Physiology, life is understood as a Youjue System – a system whose very mode of existence is the Sensation-Behavior Cycle – that maintains Homeostasis through these cycles. And "I feel that..." is the most primitive, most straightforward linguistic output of this system. It directly reflects the real-time operation of the Youjue System across all its strata.

#### **1. At the Life Stratum, "I feel that..." is the body's direct alarm and appeal.**

When a person says, "I feel dizzy and panicky," this is

not simply a complaint. It is a strong Acquisitive Dynamic Vector signal issued by their body through Proto-Sensation during a sudden drop in blood pressure or low blood sugar. This "feeling" drives them to immediately find support or sit down to avoid falling. The entire process – "Sensation (dizziness) - Behavior (sitting down) - Restoration of Homeostasis" – constitutes a complete and immediate Youjue closed-loop at the Life Stratum. Here, "I feel that" is the most direct translator of Systemic Sensation.

## **2. At the Social Stratum, "I feel that..." is the bond of relational connection and a tool for repair.**

Imagine a long-neglected wife saying to her husband, "I feel that you don't care about me at all." Behind this statement lies the "relational pain" arising from the persistent undermining of the "sense of belonging" at the Social Stratum. If the husband can receive this feeling and respond, "I understand you feel neglected," then a social "Sensation-Behavior" Cycle on the verge of disruption begins a process of repair. Conversely, if this feeling finds no reception, the rift in the relationship will deepen. Here, "I feel that" is a resonator of social sensation.

## **3. At the Cognitive Stratum, "I feel that..." is the subjective anchor for exploring the unknown world.**

When a researcher firmly states, "I feel that this research

direction is right," even in the face of substantial negative data, it is not mere stubbornness. It is a kind of "cognitive conviction" formed by their Cognitive Stratum Youjue System, based on profound experience, intuition, and belief. This "feeling" drives them to overcome obstacles, explore deeply, and may ultimately lead to a genuine breakthrough. Here, "I feel that" is the initiator of cognitive agency.

### **5.1.2 From "I Feel That" to "It Works": The Primacy of Function**

The core demand of the Youjue System is not to interrogate "what is the objective essence?" but to ensure that "Sensation-Behavior Cycles can successfully achieve Loop Closure." The most humble intellectual source of this logic of functional primacy is contained within the statement "I feel that...".

The famous Lorenz duckling experiment provides a perfect illustration. Newly hatched ducklings will identify the first moving object they see – be it a mother duck, a decoy, or Lorenz's boots – as "mother" and follow it closely. The duckling does not say "I feel that," but it lives out "I feel that you are my mother" with its whole being.

Here, functional utility (gaining security and protection) completely overrides the inquiry into essence (what you actually are). Its Youjue System closes the most crucial survival loop in the most economical way. This duckling tells us that

the functional reality pointed to by "I feel that" is often more urgent and real for life than the physical reality pointed to by "what it essentially is."

This humble wisdom permeates all levels. In a medical context, a chronic pain patient says, "I feel that this pain is like a needle stabbing my nerve." Traditional diagnosis might focus more on "objective evidence" from imaging. In contrast, "Youjue Medicine" requires the doctor to first receive this "feeling" and inquire about the details: "Do you feel the stabbing sensation is constant or intermittent? Does it affect your reaching for things?"

This deep dialogue based on "I feel that" can translate vague, subjective suffering into a precise "Systemic Sensation report" usable for diagnosis and treatment. This is not merely a technical advancement but a respect for life itself – true healing begins with "being seen," and the first step of "being seen" is hearing the other's "I feel that...".

### **5.1.3 Conclusion: From the Isolated "I Think" to the Resonant "I Feel"**

The humble expression "I feel that..." leads us from Descartes' isolated "I think, therefore I am" to a resonant "I feel, therefore we are."

We are no longer closed contemplators, but open feelers and interactors. In education, a teacher paying attention to a student's "I feel that I understand" is helping them close a

cognitive cycle. In design, a product responding to a user's feeling that "I feel that this is very laggy" is repairing an interaction cycle. In human-computer collaboration, an AI's ability to understand and respond to a human's "I feel that..." is building a new, heterogeneous form of sensation resonance.

*The Outline of Youjue Physiology* advocates "letting science embrace life," and "I feel that..." is both the humble source and the concrete practice of this embrace. It frees us from entangling in metaphysical debates about "what consciousness is," and returns us to the genuine interaction of "how do you feel?" and "this is how I feel."

The duckling that imprinted on the boot as its mother, the patient describing pain to the doctor – they all reveal to us a profound truth: the freshest, most powerful vitality of the most complex and profound Youjue theory lies hidden within that phrase arising from life's instinct: "I feel that...".

It is the starting point of theory,

It is the truth life tells itself,

And it is the beginning of life's dialogue with the world, moving towards symbiosis.

## **5.2 The Inner Navigation Map: The Linguistic Spectrum of the Youjue System**

At the core of our everyday language resides a seemingly ordinary yet immensely powerful lexicon of phrases: "I

feel...", "I feel that...", "I think that...", "I am certain that...", "I decide to...". These are by no means meaningless synonyms or tautologies; they are precise linguistic projections of the activity of our internal Youjue System. Together, this linguistic spectrum outlines a living "inner navigation map," accurately depicting the complete flow of information from vague sensory input to clear behavioral output.

### **5.2.1 Commonality: The First-Person Declaration of Stance**

All these expressions share a fundamental characteristic: they are the Youjue System's linguistic declaration of an internally generated, subjective state or conclusion. This marks the completion of an internal integration process – namely, the integration of immediate sensation, trace-based re-sensation, and Expectancy Sensation – and prepares it to serve as the starting point for subsequent behavior or interaction. Together, they constitute the proof of existence of the "I" as an agentic subject.

### **5.2.2 The Poles of the Spectrum: From Sensory Reception to Belief Establishment**

We can situate these expressions on a spectrum defined by the "degree of sensation involvement" and the "degree of cognitive certainty." They occupy distinct yet continuous positions along this spectrum.

**(High Sensation | Low Cognition)  $\longleftrightarrow$  (Low Sensation | High Cognition)**

**"I feel" – "I feel that" – "I think that" – "I am certain that"**

**1. "I feel / I am feeling" – The Direct Report of Systemic Sensation**

- **Youjue Positioning:** Closest to Systemic Sensation itself; highest degree of sensation involvement, lowest degree of cognitive certainty.
- **Connotation:** Directly reports raw, bodily, or emotional sensory input. Its background is deeply rooted in the Proto-Sensations of the Life Stratum, while its specific hue and intensity are co-shaped by the emotional background generated in social interaction and continuously modulated by cognitive activity.
- **Examples:** "I feel a bit cold." (Life Stratum - **Acquisitive** Dynamic Vector: the directed resource-acquiring tension generated to maintain Homeostasis); "I feel very disheartened." (Social Stratum – potentially involving any of the three dimensions, e.g., a weakening of the **Sympathetic** Dynamic Vector); "I've found a good way to crack that difficult problem!" (Cognitive Stratum - **Acquisitive** Dynamic Vector: the creative expressive act of successfully externalizing and giving form to internal mental energy, ready for practical implementation).

- **Relationship to "I feel that":** The foundation of "I feel that." "I feel very uneasy" is the deep driver of "I feel that I should leave here."

## 2. "I feel that" – The Fusion Hub of Sensation and Cognition

- **Youjue Positioning:** The pivotal hub and heart of the entire spectrum. It represents the preliminary judgment or inclination formed after the system's initial integration and interpretation of "sensation"; it is the dawn of agency.
- **Connotation:** It incorporates both the warm undertones of "sensation" and preliminary reasoning based on experience. It goes a step further than "I feel," provides direction for behavior, and candidly retains the roots of sensation.
- **Examples:** "I feel that he is a reliable person." (Based on the integration of sensations like "I feel safe and trusting"); "I feel that this plan is unworkable." (Based on the integration of sensations like "I feel doubtful" and cognitive findings such as "discovering data flaws").
- **Core Characteristic:** Warm subjectivity. It is the "humble origin" that allows theory to take root in life.

## 3. "I think that" – The Cognitive Stratum's Dominant Assertion

- **Youjue Positioning:** Dominated by the Cognitive

Stratum; lower degree of sensation involvement, higher degree of cognitive certainty. The system attempts to logically process Sensation-Behavior Traces and evidence to produce a more definitive assertion.

- **Connotation:** Emphasizes conclusions reached through thought and analysis, striving to minimize emotional interference to project objectivity. This expressive form embodies the Social Stratum's **Acquisitive** Dynamic Vector (establishing one's position in the competition of ideas), and its fundamental driving force is the Cognitive Stratum's **Acquisitive** Dynamic Vector – i.e., the expressive tension of the cognitive subject externalizing and giving form to internal thought. The specific content of its conclusion, however, may serve other cognitive goals like the **Preservative** Dynamic Vector (defending a logical model) or the **Sympathetic** Dynamic Vector (seeking consensus).
- **Examples:** "I think that, based on these three pieces of data, this conclusion is valid."; "I think that this is ethically improper."
- **Relationship to "I feel that":** The upgrade and armoring of "I feel that." When "I feel that" needs to withstand public scrutiny, it often dons the logical armor of "I think that."

#### **4. "I am certain that / I know that" – The Declaration of Highly Certain Belief**

- **Youjue Positioning:** A high-certainty output from the Cognitive Stratum. The degree of sensation involvement can be very low (based on rigorous reasoning) or very high (based on intuition or deep value fusion).
- **Connotation:** Declares an indisputable conclusion or fact. It closes the space for further discussion, representing a highly stable "sensation-cognition" closed loop within the system.
- **Examples:** "I am certain that the Earth is round." (Based on Cognitive Stratum evidence); "I know that I love her." (Based on the deep fusion of sensations from the Social and Life Strata).
- **Relationship to "I feel that":** The final outcome of "I feel that." When countless instances of "I feel that" are repeatedly verified, they may solidify into "I know that."

#### **5.2.3 The Threshold of Action: "I decide / I will"**

- **Youjue Positioning:** The critical threshold from "sensation/feeling" to "action." It is the declaration initiating the "behavior" side of the Sensation-Behavior Cycle.
- **Connotation:** It marks the completion of internal assessment; the system has selected a behavioral path and is committing resources to its execution. It is the ultimate expression of agency.

- **Examples:** "I decide to accept this challenge."; "I will start exercising."
- **Relationship to "I feel that":** The natural result and completion of "I feel that." The Sensation Bias of "I feel that health is important" ultimately drives the behavior of "I decide to go for a run," achieving Loop Closure.

### 5.2.4 The Dynamic Process: Willingness, Exploration, and Correction

Beyond the core expressions mentioned above, other related terms dynamically reveal the system's internal operational processes:

- **"I want":** When expressing desire (e.g., "I want to travel"), it is a manifestation of the **Acquisitive** Dynamic Vector, the motivational form of "I feel that I need."
- **"I'm pondering / figuring out":** Vividly depicts the ongoing state of a Cognitive Stratum Sensation-Behavior Cycle (e.g., "I'm pondering how to solve this problem"). It is the incubator for "I feel that."
- **"I thought / I assumed":** A crucial signal for system self-correction. It marks the moment a previous, erroneous "sensation-cognition" closed loop is shattered by reality (e.g., "I thought he knew"). Studying moments of "I thought" is a golden opportunity for discovering cognitive biases and facilitating learning and growth.

### **5.2.5 Conclusion: Using the Map to Navigate the Self**

The value of this Youjue linguistic spectrum extends far beyond linguistics. It provides us with a clear mirror, allowing us to glimpse the real-time operation of our own complex system:

1. It reveals an internal flow process: Our mental activity is a continuous, dynamic generative spectrum ranging from "I feel" to "I decide."
2. It reflects the hierarchical structure of the mind: Our language precisely corresponds to the different strata of Youjue – Life Stratum sensations, Social Stratum emotions, and Cognitive Stratum reasoning.
3. It emphasizes the system's agency: From passive "sensation/feeling" to active "pondering" and "deciding," the entire map depicts a dynamic system in which the flow of sensation self-evaluates and self-steers.

Therefore, listening attentively to how we and others use these expressions is no longer merely communication; it is a profound practice of Youjue. Through this inner navigation map, we can not only understand each other more accurately but also, with self-awareness, guide our flow of sensation, and thereby more wisely steer the arrows of our behavior, truly becoming the clear-headed helmsmen of our own lives.

## 5.3 Overt Behavior and Internal Tension

In our daily observation of the world and ourselves, what we first apprehend is invariably the kaleidoscopic surface of behavior: a small bird pecking fiercely at an intruder; a colleague remaining silent during a meeting; a scientist challenging an old theory with immense fervor. Based on these surfaces, we are prone to hastily apply labels: "This is attack," "This is withdrawal," "This is rebellion."

However, within the framework of Youjue Physiology, such judgment based on behavioral appearance likely constitutes a serious misapprehension. Youjue theory demands a fundamental shift in perspective: from focusing on *what* is done to discerning *why* it is done – that is, towards the internal "systemic sensation dynamics" that drive the behavior.

### 5.3.1 Core Principle: Behavior is Tactics, "Youjue" is Strategy

Youjue theory reveals life to be a self-sustaining Youjue System that maintains Homeostasis through Sensation-Behavior Cycles. Its core is a "dynamic compass" composed of three fundamental tensions:

- **Preservative Dynamic Vector:** The tension to guard boundaries and exclude threats.
- **Acquisitive Dynamic Vector:** The tension to acquire resources and extend influence.

- **Sympathetic Dynamic Vector:** The tension to seek connection and integrate with rhythms.

Behavior is merely a provisional navigational tactic selected by this internal compass within a specific context. The same strategic objective – depending on the terrain and balance of power – might be pursued by deploying a surprise assault, constructing defensive works, or dispatching an emissary to negotiate peace.

### **1. Preservative Dynamic Vector: Beyond Withdrawal, Manifesting as Offense**

This is the most easily confused point. The core of preservation is "guarding," yet its repertoire of behavioral strategies is remarkably rich:

- Behavior: Fleeing → Youjue: **Preservative** Dynamic Vector (directly distancing from the threat).
- Behavior: Threatening/Attacking → Youjue: **Preservative** Dynamic Vector (e.g., the bird pecking a person, using proactive offense to repel intrusion, essentially "using offense for defense").
- Behavior: Curling up/Hardening → Youjue: **Preservative** Dynamic Vector (passive defense).
- Behavior: Showing weakness/Ingratiating → Youjue: **Preservative** Dynamic Vector (in situations of power disparity, guarding one's safety by signaling submission).  
To equate "aggressive behavior" simplistically with the

"**Acquisitive** Dynamic Vector" is akin to interpreting every "raised fist" as "assault," while failing to recognize it might also be "self-defense."

## **2. Acquisitive Dynamic Vector: Beyond Plunder, Manifesting as Quietness**

The core of acquisition is "obtaining," and its behavioral expressions are equally diverse:

- Behavior: Actively competing → Youjue: **Acquisitive** Dynamic Vector (the most direct manifestation).
- Behavior: Actively performing → Youjue: **Acquisitive** Dynamic Vector (speaking prominently in the workplace, aiming to acquire status and resources).
- Behavior: Stubbornly insisting on one's own view, rejecting all proposals → Youjue: **Acquisitive** Dynamic Vector (the behavior may appear "defensive," but the dynamic is to consolidate one's authority and prevent erosion of power, essentially a form of "territory guarding" within the **Acquisitive** Dynamic Vector).
- Behavior: Working diligently and quietly, accumulating strength → Youjue: **Acquisitive** Dynamic Vector (the quiet researcher's behavior is restrained, but the dynamic is oriented towards future "resource acquisition" at the cognitive or social stratum).

### 5.3.2 The "Fog of Appearances" Across Strata

This dialectical relationship exists universally across every Evolutionary Stratum of Youjue.

- **Life Stratum:** Animal mimicry (behavior appears fused/**sympathetic** with the environment) is essentially a **Preservative** strategy to deceive predators.
- **Social Stratum:**
  - ◆ **Meeting Participation:** The first speaker (active behavior) might be driven by the Cognitive Stratum - **Acquisitive** Dynamic Vector (a desire to express) or the Social Stratum - **Acquisitive** Dynamic Vector (competing for status). Conversely, someone voicing dissent in a gentle tone – their **Sympathetic** behavior and the Cognitive Stratum - **Acquisitive** Dynamic Vector (inherent in the clash of viewpoints) are merely tactical; their deep-seated motive often remains the "Social Stratum - **Acquisitive** Dynamic Vector" aimed at enhancing prestige or consolidating status.
  - ◆ **Group Status:** Maintaining leadership (Youjue: Social Stratum - **Acquisitive** Dynamic Vector) can be achieved by suppressing rivals (Behavior: offense), by upholding established norms (Behavior: defense), or by dispensing favors (Behavior: **Sympathetic**).
- **Cognitive Stratum:**

- ◆ **Scientific Exploration:** Its fundamental impetus is the Cognitive Stratum - **Preservative** Dynamic Vector – to eliminate the cognitive discomfort induced by the unknown and to safeguard the integrity of the internal world model. Yet its behavioral expression can take the form of a vigorous "offensive" against nature's mysteries, a meticulous "defense" against experimental error, or a harmonious "**Sympathetic**" integration with competing theories.

### 5.3.3 The Value of Discernment: From Misjudgment to Empathy, From Confusion to Insight

Confusing behavior with underlying dynamic leads to a series of cognitive and practical quandaries:

- **In Self-Awareness:** We might reproach ourselves for our "anger" (behavior), overlooking the underlying "fear" (**Preservative** Dynamic Vector) that needs acknowledgment.
- **In Interpersonal Relationships:** We might interpret another's "silence" (behavior) as indifference or agreement, unaware that it could signify "defensive observation" or "acquisitive buildup of strength."
- **In AI Design:** An AI trained solely on behavioral data would categorize "aggressive speech" simply as "malice," failing to comprehend the potential "defensive fear" or "thwarted **Sympathetic** Dynamic Vector" (a desire for

connection) behind it.

The Youjue perspective furnishes a set of "de-fogging" tools. It instructs us to pose a fundamental question: "Which systemic tension is this behavior ultimately serving to balance? Is it for *guarding*, *acquiring*, or *connecting*?"

When we learn to disperse the fog of behavioral appearances and perceive the deeper dynamic compass beneath, our understanding of ourselves and others genuinely progresses from judgment to empathy, from confusion to insight. This is not merely a theoretical revolution, but a profound upgrade in our mode of knowing both self and world – enabling us to penetrate the fog of appearances and make contact with the authentic temperature and pulse of life's dynamics.

## 5.4 Dominant Dynamics and Background Tonicity

Under the spotlight of Youjue Physiology, we have learned to penetrate the fog of behavior and glimpse the underlying dynamic compass – the three fundamental tensions constituted by the **Preservative, Acquisitive, and Sympathetic Dynamic Vectors**. However, a living being's experience at any given moment is not **articulated** by a single, isolated dynamic. Just as a forest is not defined only by its tallest tree, and a melody is not comprised only of its loudest note, the true state of a Youjue System is a multi-dimensional,

flowing "Youjue Field" co-composed by multiple sensation dynamics.

Here, we introduce a pair of crucial concepts: "Dominant Youjue" and "Background Youjue." Recognizing their coexistence and flux is the key leap from understanding the static structure of Youjue to grasping its dynamic life process.

#### **5.4.1 From Static Taxonomy to Dynamic Field: Life is a Symphony**

Viewing the nine categories delineated by the "Three-Dimensional Dynamic Taxonomy of Youjue Sensation" as nine voices, we can understand the real operation of the Youjue System:

- **Dominant Youjue:** This is the voice that wins out in the current Sensation-Behavior Cycle, becomes the focus of "Self-Illumination," and directly drives overt or covert behavior. It is the tonic of the melody, the protagonist chased by the stage lights. For example, the Cognitive Stratum - **Preservative** Dynamic Vector (eliminating task uncertainty) that makes you restless and fully absorbed as a deadline approaches.
- **Background Youjue:** These are the voices that are not fully satisfied or are only partially satisfied, but continuously modulate the system's overall state and impart an undertone to the experience. They are the harmony in the music, the stage set and lighting. In the same deadline

scenario, you might simultaneously feel the Life Stratum - **Sympathetic** Dynamic Vector (drowsiness from lack of sleep) and the Social Stratum - **Acquisitive** Dynamic Vector (the desire to perform excellently for a promotion) resonating faintly in the background.

The dominant dynamic determines *what* we do, while the background tonality profoundly influences *how* we do it, as well as the emotional color and energy consumption of the entire process.

#### **5.4.2 The Dynamics of Dominant and Background: Competition, Collaboration, and Flux**

This field is not static; its interior is full of lively dynamics.

##### **1. Competition and Switching: The Change of Protagonist**

The arrival of a stimulus can instantly alter the field's balance of power.

- **Example:** You are deeply immersed in an epic novel (Dominant Youjue: Cognitive Stratum - **Sympathetic** Dynamic Vector; your mind and body fully immersed in its narrative flow, resonating with the characters' fates, experiencing transcendent spiritual fusion and tranquility). Suddenly, you receive a phone call informing you that a family member is acutely ill and hospitalized. Instantly, the Social Stratum - **Sympathetic** Dynamic

Vector (altruistic attachment and worry for the relative) erupts with immense intensity, replacing the cognitive dynamic as the new Dominant Youjue, driving you to immediately put down the book and prepare to go to the hospital. The original dominant instantly becomes irrelevant background.

## **2. Collaboration and Modulation: The Color of Harmony**

More often, the dominant and background work together in complex ways, shaping unique behavioral expressions.

- **Example:** A manager is presiding over a difficult negotiation (Dominant Youjue: Social Stratum - **Acquisitive** Dynamic Vector: securing benefits for the team). Simultaneously, they feel the Life Stratum - **Sympathetic** Dynamic Vector (a headache from last night's insomnia) as a Background Youjue pulling on their energy, and the Cognitive Stratum - **Preservative** Dynamic Vector (the need to ensure the contract clauses are flawless) as another Background Youjue prompting heightened alertness. These background tonalities collectively modulate their dominant behavior: they might become more irritable than usual, or perhaps more cautious because of it.

## **3. Cross-Stratum Drive: Background as the Engine of the Dominant**

Most subtle is the transmission and transformation of

dynamics across different strata.

- **Example:** An artist's creative work (Dominant Youjue: Cognitive Stratum - **Acquisitive** Dynamic Vector, expression of the inner world) may have as its deep, background driving force precisely the Social Stratum - **Preservative** Dynamic Vector – i.e., a compensation for a lack of group belonging – or the Social Stratum - **Acquisitive** Dynamic Vector – a strong desire for recognition and status. Here, the social stratum dynamics become the "fuel" for the cognitive stratum's outburst.

### 5.4.3 The Value of Discernment: From Interpreting Symptoms to Understanding the System

Confusing the dominant and background, or ignoring the existence of background tonality, leads to superficial or even erroneous diagnosis and regulation.

- **In Self-Insight:** When we only see our own "low work efficiency" (failure of the Cognitive Stratum - **Acquisitive** Dynamic Vector cycle) and consequently engage in self-criticism, we might be missing the true culprit: a persistent Background Youjue, such as a Life Stratum - **Sympathetic** Dynamic Vector rhythm disorder (chronic sleep deprivation). Not addressing the background rhythm issue and forcing effort at the dominant cognitive level often yields half the result for double the effort.
- **In Interpersonal Understanding:** When a child exhibits

"aggressive behavior" (behavioral appearance), if we simply diagnose it as an "**Acquisitive** Dynamic Vector" and punish accordingly, we may completely miss the truth: their Dominant Youjue might be the Social Stratum - **Preservative** Dynamic Vector (guarding self-esteem due to feeling excluded by peers), or even the Social Stratum - **Sympathetic** Dynamic Vector (desiring attention and connection in misguided ways). In the background might be accumulated fatigue and discomfort at their Life Stratum.

#### **5.4.4 Conclusion: Listen to the Complete Movement Within You**

Therefore, becoming a "Youjue Person" means not only being able to identify the inner "main melody," but also cultivating an ear that can hear all the "harmonies." We need to ask ourselves not only "Which dynamic is driving me?" but also "Which dynamics are resonating in the background? How are they influencing my dominant behavior and overall state?"

This picture of the dynamic field of "Dominant and Background" instills in us a deeper awe and compassion for the complexity of life. It tells us that any single interpretation of behavior is likely a simplification, and any effective self-regulation must be a systemic form of care.

When we begin to observe ourselves in this way, we are

no longer fighting isolated "problems," but learning how to conduct the complex and grand symphony of life named "I."

## **5.5 The Spectrum of Happiness**

In the perspective of Youjue Physiology, "happiness" is not a singular, precisely definable external goal. It is a positive, diffuse Evaluative Sensation that spontaneously emerges when a Youjue System, at any given Evolutionary Stratum, successfully achieves Loop Closure in its dominant Sensation-Behavior Cycle, and the internal Sensation Bias is thereby eliminated or reduced. This section aims to elucidate that the sources of happiness are multiple, its manifestations are of equal value, and genuine life wisdom lies in discerning and guiding one's own system towards dynamic harmony across its different strata.

### **5.5.1 The Multi-Source Nature of Happiness: The Equal Value of the Three Strata**

The "Three-Dimensional Dynamic Taxonomy of Youjue Sensation" describes three relatively independent yet interpenetrating domains from which happiness springs:

#### **1. Happiness at the Life Stratum: Foundational Fulfillment**

- **Essence:** Arises from the maintenance of Homeostasis and the direct alleviation of life's primordial tensions.

- **Experience:** The satisfaction of a full meal after ravenous hunger, the comfort of deep sleep following utter exhaustion, the lightness of being when the body is free from ailment.
- **Characteristics:** The most primitive, intense, and indispensable. It constitutes the physiological bedrock for all higher forms of happiness. If this stratum is chronically unbalanced, happiness at higher levels becomes a tower built on sand.

## **2. Happiness at the Social Stratum: The Warmth of Connection**

- **Essence:** Stems from the resonance of "Shared Sensation-Behavior Patterns" and the stability of social bonds.
- **Experience:** The moment of being profoundly understood by a loved one, the sense of belonging derived from contributing value within a team, the deep-seated reassurance afforded by the presence of kin and friends.
- **Characteristics:** The most emotionally warm and interactive. It provides a social buffer against life's vicissitudes and is the most stable and primary source of happiness for many individuals.

## **3. Happiness at the Cognitive Stratum: The Illumination of Meaning**

- **Essence:** Derives from the elimination of cognitive

Sensation Biases and the successful expression of internal mental energy.

- **Experience:** The Eureka joy of cracking a formidable problem, the state of "flow" during creative endeavor where self and activity merge, the awe and tranquility born from connecting with a grand idea or faith.
- **Characteristics:** The most personal, profound, and transcendent. It enables the individual to transcend biological and social limitations, constructing an enduring homeland within the universe of thought.

**Core Thesis:** The happiness originating from these three sources is entirely equal in terms of the intensity and value of its subjective experience. A farmer's joy at harvest, a mother's loving gaze upon her child, and a scientist's awe upon discovering truth are, within their respective systems, equivalent signals of successful Loop Closure. We possess neither the right nor the necessity to judge which is "happier."

### **5.5.2 The Dynamics of Happiness: Systemic Compensation and Strategic Reorientation**

A profound Youjue insight is that the vitality of happiness resides in the system's agency and adaptability, not in clinging rigidly to success at any single stratum.

- **The "Blockage-Overflow" Mechanism:** When the system's Sensation-Behavior Cycle at a particular stratum is chronically obstructed and fails to achieve Loop Closure

(e.g., repeated social rejection at the Social Stratum, preventing the acquisition of a sense of belonging), the resulting intense Sensation Bias and negative emotions generate significant internal pressure.

- **The Sublimation of Wisdom:** A healthy Youjue System does not remain rigid here. It agentively initiates "cross-stratum resource allocation," redirecting the driving energy from the obstructed stratum towards a new domain offering greater autonomy and potential. This represents the pinnacle manifestation of systemic wisdom.
- ◆ **Case:** A thinker who feels like a "misfit" in social life sublimates their Social Stratum frustration (involving thwarted **Preservative** and/or **Acquisitive** Dynamic Vectors) into a 持久 (lasting) drive to explore the unknown at the Cognitive Stratum. The specific nature of this "exploration" must be precisely categorized based on its aim: if aimed at eliminating uncertainty, it is **Preservative**; if aimed at expressing the inner world, it is **Acquisitive**; if aimed at pursuing ultimate meaning, it is **Sympathetic**. The fulfillment, peace, and freedom brought by each successfully closed cycle at the Cognitive Stratum constitute his unique and robust happiness architecture.

Therefore, that "fulfilling happiness obtained through reorientation to the Cognitive Stratum" is by no means a

second-best compensation, but rather a proactive, advanced strategic reorientation of the system. It testifies to life's powerful instinct to pursue balance and meaning.

### **5.5.3 Becoming a "Youjue Person": Anchoring Happiness in Dynamic Flux**

Based on the foregoing, we can draw the final conclusions regarding Youjue happiness:

1. **Happiness is systemic harmony, not a point-specific victory:** True happiness lies not in how socially adept one is at the Social Stratum, nor how exceptional one's cognitive achievements are, but in whether the Youjue System as a whole wisely allocates its resources across cycles at different strata, and can find nourishment and equilibrium in other strata when one is frustrated.
2. **"Youjue" constitutes navigational competence:** The happiness of the "unaware person" is contingent upon external stability and chance; their system is rigid and fragile. The "Youjue Person," possessing a deep understanding of the multiple wellsprings of their own happiness, is a clear-headed helmsman who can actively adjust the sails amidst external storms, navigating the vast oceans of the Life, Social, and Cognitive Strata to secure sustained balance and meaning for their own system.
3. **Embrace your happiness spectrum:** There is no need to envy the forms of happiness others experience. Through

Youjue practice – meticulous self-observation, profound journal analysis, recognition of the internal linguistic map – discover the strata at which your unique system most readily achieves Loop Closure and generates positive Evaluative Sensations. Then, invest your life energy wisely.

### **5.5.4 The Spectrum of Happiness and Systemic Wisdom**

Happiness is the fundamental affirmation that emerges when the Youjue System, through the flow of time, successfully closes a "Sensation-Behavior Cycle" at its dominant stratum and dimension. It can manifest as the Life Stratum satisfaction of "deficiency filled," the Social Stratum sense of agency from "connection forged or status recognized," or the Cognitive Stratum self-consistency of "model integrated or expression realized."

The ultimate happiness of the "Youjue Person" lies not in obstinately adhering to a single movement within a solitary stratum, but in lucidly discerning the dynamic spectrum of their own system and wisely guiding the flow and allocation of resources across cycles at different strata.

From the profit-seeker and the status-pursuer to the spiritual freedom of Diogenes, this progression is not a hierarchy of value judgment, but rather a spectrum of systemic strategic choices. It reveals the core wisdom of a clear-headed, agentic

system: when the Sensation-Behavior Cycle is obstructed in one world (e.g., material society), it can open a new front for itself in another dimension (e.g., the cosmos of thought) and achieve a new form of "acquisition."

The manifestations of happiness across the three strata are vastly different, yet within their respective, highly self-consistent systems, the peak experience of successful "acquisition" is entirely equivalent in its essential intensity.

Therefore, embracing the Youjue perspective means we cease simplistically envying or scorning any life stance, nor do we blindly combat our own isolated "problems." We begin to appreciate how different lives, with their unique systemic configurations, pursue their recognized happiness on their chosen battlegrounds; we further learn to guide our own flow of "sensation-behavior," seeking a dynamic and steadfast balance for the complex system named "I" across the expansive domains of Life, Society, and Cognition.

This is precisely the deepest insight, the broadest comprehension, and the most solid path toward happiness conferred upon us by Youjue thought.

## **5.6 The Warm Return to Life: Becoming a "Youjue Person"**

From the primal drives of Proto-Sensation to the dynamic construction of the Self reference point; from the

humble origin of "I feel that..." to the dynamic spectrum traversing the Life, Social, and Cognitive Strata – this exploratory journey through Youjue Physiology has delineated a grand blueprint for understanding the mind.

Yet, the terminus of theory is precisely the commencement of practice. Becoming a "Youjue Person" does not involve acquiring an external title, but represents a more lucid, more agentic, and warmer state of existence towards which the life system naturally gravitates after deeply assimilating the preceding principles. This signifies, most importantly, that we can perceive our relationship with ourselves and the world through a fundamentally new lens.

We begin to see clearly that the "I," traditionally considered the core of personal identity, in fact finds its answers distributed across the myriad "circles" in which we are embedded – from the "neural circles" (Global Brain Functional Clusters) that shape our habits, to the "social circles" (family, kindred spirits) that define our relationships, and further to the "cognitive circles" (communities of thought and belief) that provide anchorage for our spirit.

These circles are not rigid shackles, but are dynamically shaped by the unified logic of "Resonance-Evaluation-Consolidation." They persist because they successfully close "Sensation-Behavior Cycles" for us, yielding "positive Evaluative Sensations"; likewise, they evolve and dissolve in

response to cycle failures and shifts in evaluation.

Herein, life's agency finds its most solid footing. A "Youjue Person" is, therefore, a clear-sighted "ecologist of circles":

- They can discern the composition and provenance of these circles, comprehending their underlying generative logic.
- They can assess whether these circles nourish or deplete their own system.
- They ultimately possess the wisdom to choose: which circles to reinforce, which to transform, and which to courageously depart from, in pursuit of newfound resonance.

This profoundly reshapes our connections with others. We thereby transition from the isolated "I think, therefore I am" to the resonant "I feel, therefore we are." We recognize that each person's "feeling that..." is the authentic output of their unique Youjue System. To understand another is to employ our own "Sensation-Behavior" experience to simulate and resonate with the state of the other's system.

Upon hearing "I feel that you are very selfish," the "Youjue Person"'s primary response ceases to be defensiveness; instead, they regard it as a precious report of Systemic Sensation and inquire: "In what specific moments did this feeling arise for you?" This transforms a potential conflict into a collaborative exploration of the dynamic patterns

operating within two systems. Solid **Social Sensation-Behavior Resonance** is born from this very process.

The ultimate ambition of the *Outline of Youjue Physiology* is not merely to contribute another academic discipline, but to instigate a gentle revolution in worldview. It reveals to us that the mind is neither a cold computational machine nor an ineffable specter, but is itself the warm, agentic, and self-constructing "Sensation-Behavior" process intrinsic to a living being.

From the firing of a single neuron, to the brilliance of a thought, to the splendor of a civilization, the same warm and potent rhythm reverberates – life, through the perpetual interweaving of the flow of sensation and the arrows of behavior, guided by value, incessantly weaves ever larger, more coordinated, and more effective webs of resonance, advancing towards deeper connection and coexistence.

This outline ultimately turns us around to embrace the living entity itself – life.

It begins with the simplest of invitations: to pay attention to your "I feel that...".

May you not stop there.

May you, through this cultivated attention, become the clear-headed helmsman of your own life-flow and relational networks.

And further may you, on the path to becoming a "Youjue

Person," also become that companion who courageously inquires within relationships, sows understanding in communities, and weaves empathy into acts of creation.

May you become a "Youjue Person," and participate in co-creating a warmer world that more "Youjue Persons" can experience and feel.

## Appendix

### 1. "The Three-Dimensional Taxonomy" and "The Ennead of Needs"

The core conception of the "Three-Dimensional Dynamic Taxonomy of Youjue Sensation" framework proposed in this *Outline* benefits from a clear and profound intellectual lineage. Among these influences, the grand theoretical system of needs constructed by the Russian philosopher Yuri Vyazemsky (Ю.П. СИМОНОВ [Вяземский]) in his masterpiece *The Weapons of Odysseus* provided crucial inspiration.

Taking the "many-sided" Odysseus of Homeric epic as a prototype, Vyazemsky critically inherited Pavel Simonov's (П.В. СИМОНОВ) "triad of needs" (Vital-Social-Ideal) and subsequently proposed a more refined model: the "Ennead of Needs." He not only subdivided Simonov's three levels into three independent "need elements" each but, more insightfully, discovered that these elements could be integrated vertically into three "psychodynamic naves" that run through all strata, revealing a stable structure underlying life's demands:

1. **Nave A (Phobos):** Grounded in fear, its core dynamics are **preservation**, self-preservation, and coping with the external environment. It manifests at the Life Stratum as "Akros" (Territorial Defense), at the Social Stratum as "Oklos" (Group Belonging), and at the Cognitive Stratum

as "Nous" (Scientific Exploration—aimed at eliminating the cognitive unease brought by the unknown).

2. **Nave B (Menos):** Grounded in strength and desire, its core dynamics are **acquisition**, mastery, and self-development. It manifests at the Life Stratum as "Trophos" (Nutrition Uptake), at the Social Stratum as "Kratos" (Hierarchical Status), and at the Cognitive Stratum as "Paidos" (Artistic Creation—the expression of the inner world and self-cognition).
3. **Nave C (Sympatos):** Grounded in friendship/love, its core dynamics are fusion, continuation, and self-transcendence. It manifests at the Life Stratum as "Eros" (Sexual Desire and Procreation), at the Social Stratum as "Philos" (Altruistic Attachment), and at the Cognitive Stratum as "Theos" (Religious Cognition—the quest for ultimate meaning and eternity).

The "Three-Dimensional Dynamic Taxonomy of Youjue Sensation" in this *Outline* forms a profound resonance with and inherits from this model:

- **Correspondence of the Vertical Axis (Evolutionary Strata):** Our "Life-Social-Cognitive Strata" correspond perfectly to Vyazemsky's three floors—"Zoe-Koinos-Gnosis"—jointly delineating the mind's evolutionary ascent from survival to spirit.
- **Sublimation of the Horizontal Axis (Dynamic Vectors):**

From Vyazemsky's "Three Naves," we distilled the more concise three fundamental Dynamic Vectors: **Preservative, Acquisitive, and Sympathetic**. These three vectors are no longer concrete needs but the fundamental dynamic orientations that permeate all strata and drive the Sensation-Behavior Cycle.

- ◆ Vyazemsky's system demonstrates that this dynamic structure possesses cross-stratum functional isomorphism. For instance, science (Cognitive Stratum) and territorial defense (Life Stratum) share the "**Preservative**" logic because both serve to consolidate system boundaries and eliminate unknown threats.

Therefore, the "Three-Dimensional Dynamic Taxonomy" of this *Outline* can be viewed as:

1. A confirmation, simplification, and sublimation of Vyazemsky's brilliant insight. We have refined his magnificent yet somewhat intricate system into a coordinate system more suited for physiological analysis and practical guidance.
2. A paradigm shift from motivational psychology to generative physiology. Vyazemsky focused on "need" as a psychological entity, whereas we transform it into the life process of "sensation tension," firmly anchoring it within the basic life unit of the Sensation-Behavior Cycle.

Standing on the shoulders of giants like Vyazemsky, we

have glimpsed the deep structure of the living Youjue universe. His work provided a solid theoretical foundation and boundless intellectual inspiration, making the construction of Youjue Physiology possible. This is stated here to acknowledge our debt and to inspire those who follow.

## 2. Glossary of Core Terminology

### 2.1 Framework and Basic Units

- **Youjue:** The holistic phenomenon whereby a living being actively constructs and sustains its own existence through "Sensation-Behavior Cycles." As an irreducible first-person fact, it begins with the life system's direct self-report of its internal state (ease/discomfort) and, via value-driven tension, becomes the ultimate motivational ground for everything from pain to the quest for meaning. This concept inherits the original root of Robert Whytt's 1751 "the sentient principle" – an innate capacity for sensation and reaction inherent to life, untainted by associationism or behaviorism – while also resonating deeply with the agentic wisdom of the Chinese *Jue* philosophical tradition, which emphasizes introspection and the non-duality of substance and function. It is itself a living concept that has realized itself through the transmission and resonance of cross-civilizational Thought Memes, selected via Value-Dependent Selection.

- **Youjue Physiology:** The new scientific paradigm proposed in this *Outline*, which takes the "Sensation-Behavior Cycle" as its fundamental unit to study the physiology of the "Youjue System" – life whose very mode of existence is the Sensation-Behavior Cycle.
- **Youjue System:** Any living system capable of self-report and self-regulation, and which operates "Sensation-Behavior Cycles."
- **Sensation-Behavior Cycle:** The basic operational unit of life: sensation (especially Systemic Sensation) drives behavior, and the result of behavior in turn acts as new sensory input, directly emerging as Systemic Sensation.
- **Systemic Sensation:** Not the sensation of the external world via the five senses, but the life system's global representation of its own internal state (e.g., hunger, pain, feeling at ease). It is the integrated reading of the dynamic balance or imbalance of Proto-Sensations, forming the deep foundation of emotional and conscious experience.
- **Proto-Sensation:** The most primitive and basic sensations of life, directly embodying the three innate tensions that maintain Homeostasis, such as pain, hunger, and drowsiness.

## 2.2 Core Analytical Tools and Extended Concepts

- **Repertoire:** Inspired by Gerald Edelman's "Neural

Darwinism," it refers here to the complete set of functions and strategies available to the "Youjue System" at cognitive, behavioral, and other levels. Positive emotions can expand this repertoire (e.g., when joyful or focused, the system can mobilize more cognitive strategies and behavioral modes). It is the core capability basis for the system's adaptation to the environment.

- **Three-Dimensional Dynamic Taxonomy of Youjue Sensation:** A three-dimensional framework for parsing Youjue sensations. The vertical axis is the Evolutionary Stratum (Life, Social, Cognitive layers); the horizontal axis is the Dynamic Vector (**Preservative, Acquisitive, Sympathetic**).
- **Evolutionary Stratum:** The three main levels emergent in the evolution of Sensation-Behavior Cycles: the Life Stratum (survival and procreation), the Social Stratum (group bonding), and the Cognitive Stratum (meaning seeking).
- **Dynamic Vector:** Derives from the three fundamental tensions maintaining Homeostasis, forming the core dynamic dimensions forged in the evolution of the Youjue System. The three work in synergy to support the complete existential logic of life, from survival to development, from isolation to connection:
  - ◆ **Preservative:** Characterized by "guarding

boundaries," it drives the system to achieve self-protection by excluding internal and external threats (e.g., the withdrawal response triggered by pain, the screening of heterogeneous elements by a group), ensuring the foundational security of life's existence. It is the most primordial safeguarding tension in evolution.

- ◆ **Acquisitive:** Characterized by "acquiring resources," it drives the system to achieve self-development by supplementing energy (e.g., the foraging behavior triggered by hunger) and extending influence (e.g., an individual's expansion of territory, the cognitive exploration of the unknown). It is the propulsive tension that promotes the increase of life's complexity.
- ◆ **Sympathetic:** Characterized by "rhythmic fusion," it drives the system to achieve a balance between "developmental self-protection" and "protective self-development" by maintaining connections (e.g., parent-child attachment, group collaboration) and continuing life (e.g., reproductive behavior, cultural transmission). It is the synergetic tension that transcends individual boundaries and guarantees the continuous persistence of life.

These three are all manifested in the vertical axis's Life, Social, and Cognitive Strata, supporting the Homeostasis

maintenance and evolutionary upgrading of the Youjue System through dynamic balance.

### 2.3 Generation and Supporting Mechanisms

- **Resonance-Evaluation-Consolidation:** The unified generative logic permeating all levels (neural, social, cognitive) of the "Youjue System." It refers to the system achieving internal or mutual "Resonance" through specific forms of "Reentry"; if this "Resonance" pattern can trigger a "positive Evaluative Sensation," it drives the system resources to select and "Consolidate" it into a tighter, more efficient functional unity (e.g., neuronal cluster, social circle, cognitive paradigm). This triad is the core algorithm for the "Youjue System's" self-construction and complexity upgrade.
- **Innate Reflexive Loop:** A systemic redefinition of innate reflexes: it is not a one-way "stimulus-response arc," but a miniature, pre-set "sensation-behavior-sensation" closed loop, whose fundamental purpose is to serve Homeostasis.
- **Neural Darwinism:** Gerald Edelman's theory, referring to the process by which different neuronal groups in the brain form Global Brain Functional Clusters through competition and selection, providing a dynamic explanation for the generation of "Youjue."
- **Reentry:** Large-scale, bidirectional neural signaling

loops in the brain, forming the structural skeleton of the "Sensation-Behavior Cycle" at the neural level, responsible for integrating sensation, coordinating behavior, and ensuring Loop Closure.

- **Degeneracy:** Refers to the capacity of different neural structures to achieve the same or similar function. This property ensures the robustness and flexibility of the nervous system and is the basis for the flexible understanding of novel behaviors through Social Sensation-Behavior Resonance.
- **Global Brain Functional Cluster/Dynamic Core:** The neural correlate of the dominant "Youjue" state at any given moment, a functional unified field formed by the thalamocortical system and key subcortical structures via "Reentry."
- **Valence Sensation:** A diffuse Evaluative Sensation, the system's innate assessment of its own state as "fitting" or "unfitting," driving the selection and consolidation of "Sensation-Behavior" cycles.
- **Evaluative Sensation:** A diffuse sensation concerning the quality of the system state, generated by the brain's modulating systems (e.g., dopamine, norepinephrine systems), constituting the prototype and global tone of emotions.
- **Expectancy Sensation:** A sensory expectation generated

by the system based on past "Sensation-Behavior Traces" about the impending reality, the internal manifestation of the nervous system's prospective preparatory state.

- **Expectancy-Sensation Mismatch:** A strong, unpleasant new Systemic Sensation generated when the "Expectancy Sensation" does not match the subsequently arriving "immediate sensation." It is the internal driver for system learning and behavioral adjustment.
- **Sensation-Behavior Trace:** The imprint left by past "Sensation-Behavior" cycles on neural structures, the physiological basis of memory. Recollection is the "re-sensing" of these traces.
- **The Remembered Present:** Refers to the unified, coherent "present" experiential field actively constructed by the "Youjue System" through the "Reentry" mechanism, which continuously integrates immediate sensations with past "Sensation-Behavior Traces." This concept, proposed by Gerald Edelman, reveals that every "now" we experience is not a pure instant, but a "present" deeply saturated and shaped by personal history. Within the "Youjue" framework, this is the specific manifestation in the temporal dimension of consciousness as the "self-illumination" of complex "Sensation-Behavior" cycles.
- **Loop Closure:** The successful completion of a "Sensation-Behavior" cycle, where the behavior effectively

eliminates the initial "Sensation Bias" that drove the action, restoring or bringing the system closer to a balanced state.

- **Value-Dependent Selection:** The process by which a "Sensation-Behavior" cycle or its vehicle (e.g., a "Thought Meme") is selected, consolidated, or propagated under the judgment of "Valence Sensation."
- **Mirror System:** Neuronal systems traditionally thought to be specialized for mapping others' actions. From the "Youjue" perspective, it is reconstructed as the neural embodiment of the capacity for "Sensation-Behavior Resonance," arising from Value-Dependent Selection and associative learning.

## 2.4 Reconstruction of Traditional Concepts

- **Need:** Reconstructed within the "Youjue" framework as: the intrinsic "Sensation Bias" of the system itself, and the directed tension it drives.
- **Emotion:** Reconstructed within the "Youjue" framework as: the directional systemic regulatory signal generated after the system assesses the "discrepancy between the current state and the target state" and its "estimated ability to eliminate this discrepancy."
- **Consciousness:** Reconstructed within the "Youjue" framework as: the real-time, integrated "self-illumination" performed by a complex "Sensation-Behavior"

cycle system upon its own operational processes when it achieves a high degree of integration.

- **Self:** Reconstructed within the "Youjue" framework as: a core reference point that the continuously generating "Sensation-Behavior" system precipitates and constantly reconstructs within its flow of sensation, in order to maintain its unity and continuity.
- **Will:** Clarified within the "Youjue" framework as: the dynamic process of competition for system dominance when multiple parallel "Sensation-Behavior" cycles (e.g., driven by long-term value vs. driven by immediate sensation) are activated.
- **A Youjue Person:** An individual who understands and applies the principles of "Youjue," whose state of existence is characterized by: maintaining clear observation of their own life flow, being able to agentically modulate their own cycles, and holding warm acceptance towards their inner reality.
- **Youjue Ecology:** A social environment composed of "Youjue Persons" and incorporating "Youjue" tools and practices, aiming to promote a more profound civilizational "Youjue" shift.
- **Thought Meme:** The vehicle of Cognitive Stratum "Sensation-Behavior" cycles, a replicable, transmittable information unit encapsulating a specific "Sensation-

Behavior" pattern (e.g., a scientific theory, a melody, a religious belief).

- **Shared Sensation-Behavior Pattern:** The secondary basis of social bonding, referring to the sensation modes and behavioral strategies shared by members of a group, shaped by common culture and environment.
- **Social Sensation-Behavior Resonance:** The ability of one "Youjue System" to understand the internal state of another system by using its own sensation-behavior experience to perform neural-level simulation (e.g., via mirror mechanisms). It is the basis for empathy and social cognition.
- **Homeostasis:** The property of a living system to maintain its internal environment in a relatively stable state; it is the ultimate goal served by "Sensation-Behavior" cycles.

## 2.5 Theoretical Lineage

- **The Youjue Principle:** Originates from Robert Whytt's proposed "the sentient principle," referring to that inner, active Youjue principle – the unity of sensation and reaction inherent to life.
- **Systemic Sensation:** Originates from Ivan Sechenov, referring to the global representation of the internal state of a living being (e.g., hunger, feeling at ease). It provided the concrete physiological content for the "Youjue

Principle" and is the solid starting point of "Youjue" theory.

- **Selection Theory:** Originates from Gerald Edelman's "Neural Darwinism" theoretical system. This theory provides the dynamic explanation for the generation of "Youjue"; its core concepts (e.g., Repertoire, Reentry, Degeneracy, Value-Dependent Selection) and the "Dynamic Core" model collectively support the definition of the "Youjue" neural basis.
- **Need-Emotion Theory:** Originates from Pavel Simonov's "triad of needs" (Vital-Social-Ideal). This motivational structure model provided an important theoretical basis for the stratification of evolutionary levels within the "Youjue" framework.
- **The Ennead of Needs:** This term originates from "Ennead" in Yuri Vyazemsky's *The Weapons of Odysseus*. "Ennead" derives from the nine-god system of Heliopolis in ancient Egypt, used here metaphorically to refer to a sacred, complete system of nine fundamental, intrinsically related needs. His proposed "Ennead of Needs" model and the "psychodynamic naves" structure it reveals, which runs through the three levels, provided the most direct and profound inspiration for the "Youjue" Three-Dimensional Dynamic Taxonomy framework.

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