

The Generative Theory of the Sensation-Behavior Cycle: A New Paradigm of Life Empiricism

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Abstract: Contemporary mind science has reached an impasse over the "hard problem" of consciousness, facing the predicament of data-rich yet theoretically fragmented. This paper proposes the "Generative Theory of the Sensation-Behavior Cycle," achieving a fundamental paradigm shift: from abstract speculation about "consciousness" to the study of life itself as a generative process of the "Youjue System." The theory takes the **Sensation-Behavior Cycle** as its basic unit and **Value-Dependent Selection** as its core mechanism, constructing the **Three-Dimensional Dynamic Taxonomy of Youjue Sensation** to systematically explicate the emergent path of mind from the **Vital Stratum**, **Social Stratum** to **Noetic Stratum**, and revealing the unified generative logic running through all strata — **"Resonance-Evaluation-Consolidation."** Based on

this, the paper thoroughly reconstructs core concepts such as memory, cognition, need, emotion, consciousness, self, and will from a generativist perspective, and creatively reinterprets classic research. More importantly, the paper explicitly elaborates on the methodological revolution of "**Life Empiricism**" — grounding itself in irreducible first-person facts, taking subject-internalization and change as the criterion of validation, and regarding traditional scientific data as corroborative traces of the subject's state. This theory aims to provide a powerful meta-theoretical framework for life science, achieving seamless interpretation from neural activity to civilizational structure, and opening new integrated paths for mind research.

Keywords: Sensation-Behavior Cycle; Youjue System; Expectancy Sensation; Value-Dependent Selection; Resonance-Evaluation-Consolidation; Life Empiricism; Subjective Science

I. Introduction: Returning from the Consciousness Maze to Life Itself

In the long odyssey of exploring the mind, we seem to be a group of craftsmen depicting shadows. We meticulously measure neuronal firing, record behavioral stimulus-response curves,

construct computational models of information processing, yet place too much emphasis on the shadows themselves. The grand shadow we call "consciousness," with its ambiguity and philosophical burden, has long hindered the progress of science. It is time to turn around and face the entity that casts the shadow — that is life itself, a living, self-constructing **Youjue System**.

Contemporary life science has fallen into a paradox: data concerning the brain and behavior are unprecedentedly abundant, yet the overall theoretical picture becomes increasingly fragmented and bewildering. This theory proclaims and constructs an entirely new scientific paradigm — the **Generative Theory of the Sensation-Behavior Cycle**. It contends that mental phenomena are rooted in the fundamental life process of the "**Sensation-Behavior Cycle**," that mind is not an epiphenomenon produced by something else, but the irreducible relational attribute presented when complex life systems achieve internal integration and self-regulation. Just as "wetness" cannot be found in a single water molecule but emerges from the interaction of large numbers of them, mind also emerges as the self-illumination when the **Sensation-Behavior Cycle** system reaches high-level integration.

The construction of this theory itself is a practice of "**The Remembered Present.**" It integrates "**Sensation-Behavior Traces**" from intellectual history — from Robert Whytte's **Youjue Principle**, Ivan Sechenov's **Systemic Sensation**, to Gerald Edelman's **Neural Darwinism**, Pavel Simonov's **Need-Emotion Theory** — engaging in large-scale **Reentry**-style dialogue and competition within the **Youjue** framework. Ultimately, those thought elements that can effectively explain the unity of life and are favored by "**Valence Sensation**" (the theory's explanatory power, simplicity, and warm humanistic care) are selectively consolidated and integrated into a new theoretical present.

II. Theoretical Cornerstones: From Systemic Sensation to Generative Cycle

2.1 The Original Meaning of "Youjue" and Terminological Choice: Safeguarding the Integrity of Subjectivity

In constructing this theory, the choice of the term "**Youjue**" carries thoughtful philosophical and historical connotations. It directly borrows from the 18th-century physiologist Robert Whytte's concept of "the sentient principle." In modern academic discourse,

the word "sentient" has been distorted by neuroscience, cognitive science, and psychology according to their respective disciplinary foci: neuroscience narrows it to neural representations in sensory cortex; cognitive science views it as an input module for information processing; psychology often equates it with emotional experience or conscious awareness. These disciplinary interpretations precisely strip away the wholeness of Whytte's original formulation — that intrinsic, active capacity of life to respond to discomfort and maintain itself.

To avoid this fragmentation, we deliberately adopt the term "**Youjue**," strategically transliterating it into English as "Youjue" (analogous to how "Tao" is accepted in English) to reconstruct its cross-cultural philosophical integrity. This choice aims to restore the original meaning of "sentient": the organism's overall sense of bodily comfort or discomfort, and the fundamental capacity to be driven thereby to act for self-maintenance.

This theoretical foundation is more directly indebted to Ivan Sechenov's concept of **Systemic Sensation**. Sechenov pointed out that sensations like hunger, thirst, and fatigue are not the five senses directed outward but the organism's overall representation of its

internal state, signals that drive behavior and provide the fundamental basis for maintaining life's existence. This "vague background of bodily comfort or discomfort" (Sechenov) is precisely the "first impulse" of the **Youjue System**, the deep seabed upon which emotions and consciousness rise and fall.

2.2 Systemic Sensation and Proto-Sensation: The Root of Life Tension

This theory is founded upon a concise yet profound distinction:

- **Systemic Sensation:** The organism's holistic, background feeling of its internal homeostatic state, the diffuse tone of "bodily comfort or discomfort" described by Sechenov. It is the "deep seabed" upon which all emotional and conscious experiences emerge.
- **Proto-Sensation:** The three innate, diffuse basic life tensions beneath **Systemic Sensation**, the dynamic cornerstone of all **Sensation-Behavior Cycles**. They originate from the fundamental need to maintain **Homeostasis**, constituting a stable "Dynamic Triangle":
 1. **Defensive** tension: Core is guarding boundaries and

excluding threats, such as pain, nausea.

2. **Offensive** tension: Core is acquiring resources and replenishing energy, such as hunger, thirst.

3. **Friendly** tension: Core is seeking connection and integrating into rhythm, such as sleepiness, sexual desire.

These three **Proto-Sensations** (Defensive, Offensive, Friendly) are not endpoints but evolution-forged dynamic blueprints. They further differentiate into more specific **Innate Expectancy Sensations** — the parameterized value presets written into genes for concrete survival tasks (such as blood glucose levels, conspecific threats), constituting the gravitational field for learned learning.

Learned Expectancy Sensation, in contrast, is a predictive network precipitated by the individual's unique life experience within this gravitational field. It enables the organism to predict "whether this stone can crack nuts" or "whether this person's shifty eyes indicate dishonesty," thereby achieving more efficient adaptability in concrete contexts. Its refinement mechanism will be elaborated in Section 2.4.

2.3 Systemic Reconstruction of Reflex: From "Isolated Arrow" to "Closed Loop"

Traditional physiology depicts "reflex" as an isolated arrow of "stimulus-response." This theory reconstructs it as a miniature, pre-set **"Sensation-Behavior-Sensation" closed loop**. Its fundamental purpose is not to produce an action but to serve **Homeostasis** at the fastest possible speed. Take the flexion reflex: pain sensation (input) → withdrawal behavior (output) → pain elimination (new sensation). The "completion" of a reflex lies in the successful regulation of **Systemic Sensation**, i.e., **Loop Closure**. This closed-loop view treats life activity as a coherent stream rather than isolated events.

2.4 Neural Realization: Reentry, Neural Darwinism, and Value-Dependent Selection

At the micro-level, Gerald Edelman's **Neural Darwinism** provides a dynamic explanation for the **Sensation-Behavior Cycle**. The brain's large-scale **Reentry** signal cycling is the neural skeleton of the **Sensation-Behavior Cycle**, responsible for integrating sensation, coordinating behavior, and ensuring **Loop Closure**. At any moment, the neural correlate of the dominant **Youjue** state is a **Global Brain Functional Cluster** (Dynamic Core) formed through

competition and selection.

More crucially, the "Value-Dependent Selection" mechanism proposed by the Edelman school provides the fundamental dynamic explanation for how the **Sensation-Behavior Cycle** moves from innate closed loops to learned refinement and complexification. The brain's diffuse value system continuously generates a diffuse **Evaluative Sensation**, an innate assessment of the system's state as "fit" or "unfit." The function of this **Evaluative Sensation** itself is to act as a global selector, constructing the generative chain of **Learned Expectancy Sensation**:

- **Selective Consolidation of Closed Loops:** When an accidentally triggered **Sensation-Behavior Cycle** results in restoring **Homeostasis**, it triggers a positive **Evaluative Sensation**. This "good" feeling, like a chemical messenger, non-specifically enhances the connections between neuronal clusters synchronously active throughout the system at that moment. Thus, the specific cycle that happened to lead to a positive outcome is "selected" and consolidated. This is precisely the micro-level sculpting of predictive networks — every successful **Mismatch-Correction** cycle, empowered by value signals,

polishes the expectancy model more precisely.

- **Extension and Differentiation of Value:** Once some initially neutral **Sensation-Behavior Cycle** (such as hearing a specific sound) reliably predicts or leads to innate value (such as food appearance), it itself begins to acquire value. At this point, the initiating sensation of that cycle can trigger positive **Evaluative Sensation**, becoming a new intrinsic "goal." The system then differentiates more anterior, instrumental fine closed loops to achieve this goal. Thus, the original value feeling is transmitted backward like a relay through a chain of successful cycles, building the complex hierarchical network of **Learned Expectancy Sensation**.

Therefore, **Value-Dependent Selection** is the key core regulatory and selective mechanism that enables the optimization, extension, and complexification of **Sensation-Behavior Cycles** across all strata.

III. Core Framework: Three-Dimensional Dynamic Taxonomy of Youjue Sensation and Dynamic Field Domain

The **Sensation-Behavior Cycle** as the basic unit, its infinite

combinations constitute the complex spectrum of mind. To make it a researchable scientific system, each sensation must be systematically positioned along the dual dimensions of evolution and dynamics — both capturing its stratal location in life's history and identifying its vector direction within fundamental tensions. This taxonomic framework is not a static label but the basic coordinate system for mapping the dynamic **Youjue** field.

3.1 Three-Dimensional Dynamic Taxonomy

To transform this grand theory into a researchable scientific system, we propose a three-dimensional framework of "**Three-Dimensional Dynamic Taxonomy of Youjue Sensation.**"

Vertical Axis: Evolutionary Strata. Depicts the three main stages where the **Sensation-Behavior Cycle** has complexified and refined in evolution. **Vital Stratum:** concerns individual survival and reproduction, such as safety, nutrition, sex; **Social Stratum:** concerns group bonding and architecture, such as belonging, status, altruism; **Noetic Stratum:** concerns meaning-seeking and creation, such as science, art, religion.

Horizontal Axis: Dynamic Vector. The three basic tensions (**Defensive, Offensive, Friendly**) serve as "**proto-dynamics,**" the

intrinsic dynamic structures formed by the **Youjue System** in evolution. All mental content at any stratum is the concrete realization and dynamic combination of these three dynamics in different contexts.

This framework generates a 3×3 dynamic matrix that systematically parses the complete mental spectrum from pain to intellectual curiosity. For example: **Vital-Defensive** appears as territory defense; **Social-Offensive** as status pursuit; **Noetic-Friendly** as the quest for ultimate meaning.

Importantly, these three strata are not isolated floors but a spiraling ascending generative process. A living individual simultaneously contains the potential of all strata, with the "Youjue concentration" of different qualities undergoing real-time fluctuation and dynamic allocation.

3.2 Dominant Youjue and Background Tone: The Symphony of Life in a Dynamic Field

The **Three-Dimensional Dynamic Taxonomy** depicts the static spectrum of mind, while real life experience is a flowing "**Youjue field domain.**" At any moment, multiple dynamics do not play in unison but differentiate into foreground and background.

- **Dominant Youjue:** The dynamic voice that wins out in the current **Sensation-Behavior Cycle**, becomes the focus of "self-illumination," and directly drives behavior. It is the **tonic** of the melody, such as **Noetic-Defensive** when a deadline approaches.
- **Background Youjue:** Those dynamic voices not fully satisfied but continuously modulating the overall systemic state and coloring experience. They are the **harmony** and undertone, such as **Vital-Friendly** sleepiness or **Social-Offensive** promotion desire in the above scenario.

Dominant dynamics determine "what to do," while **background tone** profoundly influences "how to do it" and the emotional cost of the entire process. Their relationship presents three basic dynamics:

- **Competition and Switching:** A stimulus can instantly change the power structure. **Noetic-Friendly** immersion in a novel can be replaced by **Social-Friendly** concern for a sick family member.
- **Cooperation and Modulation:** Most often they collaborate.

In negotiation, **Social-Offensive** dominance is modulated by **Vital-Friendly** fatigue and **Noetic-Defensive** vigilance.

- **Cross-Stratal Drive:** Background can become the deep engine of dominance. An artist's creation (**Noetic-Offensive**) may be driven by **Social-Defensive** background (compensation for belonging deficiency).

Value of Discrimination: Confusing the two leads to misjudgment. Low efficiency may not be **Noetic** closed-loop failure but **Vital** rhythm disorder. Children's "aggressive behavior" may stem from **Social-Defensive** (guarding self-esteem) or **Social-Friendly** (mistakenly craving connection). Becoming a **Youjue Person** requires not only recognizing the "main melody" but hearing all "harmonies."

IV. Generative Epic: From Neuronal Clusters to Civilizational Circles

4.1 The Generation of Sociality: From Bloodline Resonance to Cultural Community

Sociality does not emerge from nothing. It is first rooted in the **primordial foundation** of **Vital** "sex/reproduction" closed loops;

then, through convergence and resonance of **Sensation-Behavior patterns** between individuals in experience, forms the **secondary foundation** (culture). Language, customs, rituals — essentially a system of **Shared Sensation-Behavior Traces**. Empathy is the capacity to simulate others' internal states based on one's own **Sensation-Behavior** experience. The expansion of social structure, from family to ethnicity to "imagined community," follows the principle of similarity in **Shared Sensation-Behavior Patterns**.

4.2 The Generation of Noeticity: Thought as Inner Sensation

A fundamental innovation of this theory is its thorough unification of cognitive processes under the **Sensation-Behavior Cycle** paradigm. This achieves a crucial conceptual leap: cognition is the process where the **Youjue System** takes its own internal neural activity as the object of **Sensation** and can elicit new neural activity in response.

We must explicitly propose a new sensation category — **inner sensation of neural activity** — the secret of "mind" generation lies in this self-directed sensory capacity:

- **Generation of Inner Sensation:** In cognition, much of the brain's **Sensation** input originates from its own internal

activity. The flash of recall, activation of concepts, advance of reasoning are themselves **Noetic Systemic Sensation**, manifesting as sensation of thought content and process quality (such as "fluency," "blockage").

- **Inner Behavior and Cycle:** Based on the above **Inner Sensation**, the system elicits new internal neural activity as a "behavioral" response. This directed firing and reorganization of internal neural signals is itself "**implicit behavior**" or "**thinking action**."
- **Establishment of Cognitive Closed Loop:** Thus, a complete "**Inner Sensation-Behavior Cycle**" is established within the cranium: internal neural activity as sensation input → triggers new internal neural activity as behavior output → new internal activity generates new internal sensation again. This self-constructed cycle is the **Youjue** foundation of all higher cognitive functions.

Memory is redefined: it is not a static information repository but **Sensation-Behavior Traces** left by past cycles. Recall is not simple trace reactivation but the system's "re-sensation" of past sensory experience based on these traces.

In the **Noetic Stratum**, the carrier of the **Sensation-Behavior Cycle** is the "**Thought Meme**" — a replicable information unit encapsulating specific cognitive sensation and behavior patterns (such as a scientific theory, a melody). **Thought Memes** propagate through imitation and learning, their survival following **Value-Dependent Selection**: those that more effectively eliminate cognitive unease, express internal emotion, or provide ultimate meaning are selected and consolidated, attracting followers to form "cognitive circles" (scientific communities, artistic schools).

4.3 Unified Generative Logic: Resonance-Evaluation-Consolidation

A profound insight running through all strata is that the emergence and consolidation of complex structures in life systems across the seemingly disparate scales of "neural," "social," and "cognitive" all follow the same underlying generative logic:

- 1. Resonance:** The system achieves internal or inter-system synchronization through specific forms of **Reentry** (neural signal cycling, social interaction, thought collision), forming a temporary functional unity.

- 2. Evaluation:** If this resonance pattern can trigger **positive**

value evaluation (such as pleasure, belonging, cognitive satisfaction), it is deemed "fit."

3. Consolidation: System resources (neural plasticity, social attention, cultural inheritance) select and consolidate it into a tighter, more efficient functional unity (neuronal clusters, social institutions, scientific paradigms).

This trilogy is the universal algorithm by which the **Youjue System** builds itself across strata, enabling seamless interpretation of the grand continuum from intracerebral chemical fluctuations to human civilizational structures.

V. Reinterpretation of Classic Research: Re-positioning within the Sensation-Behavior Cycle

Traditional science has accumulated countless precious discoveries, yet often fails to reveal their full meaning due to categorical misplacement. This theory does not discard these studies but re-situates them within a broader life picture, allowing them to shine anew as "corroborative traces of the subject's state."

5.1 The Century-Long Legacy of Pavlov and Skinner

Pavlov's classical conditioning and Skinner's operant

conditioning are often labeled as opposites of "reactive" vs. "active." However, this opposition masks a deeper complicity — both "objective" experimental schemes conceal strong subjectivity of researchers. Pavlov's fixed platforms deprived dogs of complete cycle rights; Skinner's behavioral deserts froze rats' ****Three-Dimensional Dynamic Taxonomy**** in single actions. The "laws" obtained are distorted mirror images of researchers' subjective values (control-quantification priority) projected onto de-subjectified life.

A deeper limitation is that Skinner's reinforcement theory, though more advanced than Pavlov, never touches the root. It attributes behavior to "reinforcement history" but never asks why reinforcement is effective for living beings. The answer lies in that reinforcers eliminate the most primitive **"need-based Expectancy-Sensation Mismatch"** at the **Vital Stratum** — such as hunger's alarm for energy imbalance. Skinner used "reinforcement" to bridge behavior and need but concealed need itself. This theory lifts this blind spot, directly revealing that all behavior ultimately serves the eternal mission of eliminating **Expectancy-Sensation Mismatch** and approaching **Innate Expectancy Sensation**.

5.2 Anokhin's System-Function Theory

Anokhin criticized mechanism, viewing behavior as a "functional system" guided by future "useful results" — a tremendous advance. However, this theory argues that the expectancy encoded in his "action acceptor of result" is essentially still a **Learned Expectancy Sensation** combined with a concrete goal, closer to "motivation" in psychology. This theory traces the explanatory foundation down one more layer, asking: "Why does this goal form?" The answer lies in deeper **"Need"** — when Immediate Sensation mismatches **Innate Expectancy Sensation**, the system gradually discovers through open exploration that some concrete goal can effectively eliminate this mismatch. The goal is not the starting point but the crystallized product of sensory dynamics in context. This deepening enables the theory to explain both goal-directed behavior and diffuse, goalless exploration.

5.3 Edelman's Neural Darwinism

Edelman proposed that the brain forms functional unities through neuronal cluster competition and selection, which highly aligns with this theory. Edelman's **Reentry** mechanism, though theoretically containing the grand loop of sensory input, motor output,

and environmental feedback, is often simplified in application to intracranial neural signal cycling. A key clarification of this theory is that this **brain-environment Reentry** is by no means a secondary supplement but the indispensable core skeleton for understanding mind generation. Whether perception, imagination, or reasoning, all are essentially **Sensation-Behavior closed loops** continuously constituted by brain activity and external feedback (or internally generated virtual feedback). This provides a physiological foundation for understanding thinking, insight, and creative inspiration — they are not mysterious "supra-consciousness" but the peak **Youjue** state when the **Sensation-Behavior Cycle** at the **Noetic Stratum** achieves high agency and effectiveness.

VI. In-Depth Analysis of Typical Phenomena

6.1 Diffuse Discomfort and Fortuitous Comfort

Feeling bored, empty, and restless at home is not a deficit of "having nothing to do" but **Expectancy-Sensation Mismatch** between immediate environmental sensation and deep **Expectancy Sensation** for "meaningfulness" or "friendliness." To eliminate this mismatch, the system spontaneously initiates generalized

exploratory behavior. When riverside scenery or ideas in a book accidentally resonate strongly with the individual's deep **Expectancy Sensation** tone, an open long-standing cycle suddenly finds an efficient path to **Loop Closure**. The resulting "extreme comfort" is the strong **positive value evaluation** confirming successful closed-loop completion.

6.2 Emergence of Creative Inspiration

The "unbidden" intrusion of inspiration is actually the peak efficacy of the **Sensation-Behavior Cycle**. When the system's vast network of **Sensation-Behavior Traces** continuously collides and combines through spontaneous **Reentry**, once a highly self-consistent, novel connection pattern that triggers strong **positive value evaluation** is instantly selected, insight is triggered. This evaluation may stem from its potential to solve an unconscious cognitive deviation, or from its structure itself satisfying deep **Expectancy Sensation** at the **Noetic Stratum** for "exploration" or "expression."

6.3 Trauma and Pathological Consolidation

When a **Sensation-Behavior Cycle** is repeatedly reinforced under extremely strong negative **Evaluative Sensation**, it may consolidate from a "coping strategy" into a "**traumatic closed loop**."

This is essentially the pathological rigidity of **Learned Expectancy Sensation** — any weak related stimulus directly triggers the consolidated expectancy ("danger imminent!"), bypassing re-evaluation of the new situation, causing flashbacks and other pathological phenomena. This is not system malfunction but survival-level optimization under extreme threat. Healing's key lies in creating new safe experiences that generate **positive Evaluation**, gradually loosening the dominance of old closed loops.

6.4 Social-Cognitive Pathological Closed Loops

Trauma is not merely personal. The rise and fall of Nazi Germany is a grand example of closed-loop alienation and collapse at the social-cognitive scale. In the short term, the Nazi system seemed to achieve extremely efficient **Loop Closure**: twisted "belonging," peak **Defensive**, and predatory **Offensive** combined to produce strong internal positive feedback, systematically suppressing **Expectancy-Sensation Mismatch**. However, from the **Youjue System** perspective, this was not healthy closed-loop completion but **systemic "cancer."** It completely rigidified system boundaries, refusing exchange of thought, emotion, and value with the external world, causing systemic entropy to explode.

This betrayal of **Friendly** essence — true rhythmic fusion requires permeable boundaries, not isolating walls. A closed system refusing broader resonance faces collapse as a dynamical inevitability. The post-war establishment of international governance systems like the UN can be seen as a stratal leap of **Friendly tension** on larger spatiotemporal scales — expanding "we" from ethnicity to humanity. This was not only moral victory but also a process where the larger life system (human civilization), to maintain its own survival, performed **Expectancy-Sensation Mismatch clearance** and **Loop Reconstruction** on a cancerous subsystem.

VII. Methodological Revolution: A New Paradigm of Life Empiricism

The theory's greatest challenge: Why place first-person experience in such a central position? Does this mean abandoning scientific objectivity? The answer is precisely the opposite. The irreducibility of the first person aims to rebuild true dialogue with third-person observation. Traditional science suppresses the first person as noise, which is actually the invisible tyranny of the researcher's own subjective values (such as "control priority").

7.1 Three Principles of Life Empiricism

Principle 1: Irreducible First-Person Fact

"I hurt," "I miss you," "I understand" — these statements are not "rough descriptions" of some inner physical state but the most primordial, direct operational output of the living system, irrefutable "system state reports." Like the height of mercury in a thermometer being a physical fact, "I feel..." is also a biological fact of the living system. It is the **starting point and calibration point** of all research.

Principle 2: Understanding as Internalization, Change as Validation

For living systems, true "understanding" is not external model-fitting but the process where that understanding is accepted by the system's own value system and triggers positive transformation of systemic state. Validation of life occurs within the system: when an interpretation is accepted by the subject ("Ah, exactly!") and thereby catalyzes a new, more adaptive **Sensation-Behavior Cycle**, this is the most fundamental **empirical validation**.

Principle 3: Traditional Data as "Corroborative Traces of Subject State"

Neuroimaging, biochemical indicators, behavioral records are not useless. In the Life Empiricism framework, they are redefined as **"multimodal signatures of the subject's internal state"** or resonance traces. When a subject reports deep sadness, the amygdala's activation pattern is not sadness's "cause" but the physical feature synchronously presented at the biological level of this subjective state, providing cross-modal corroboration.

7.2 Mapping the Generative Logic of the "Youjue System"

Based on these principles, Life Empiricism develops a unique methodology:

Core Analytical Unit: Sensation-Behavior Cycle

Research is the deep genealogical investigation of those key **Sensation-Behavior Cycles** that have shaped individual destiny.

Three-Dimensional Integrative Interpretive Path:

1. Phenomenological Deep-Description: Precisely capture the texture, structure, and dynamics of first-person experience, establishing an irreducible experiential baseline.

2. Generative Historical Tracing: Through in-depth narrative

interviews, reconstruct how key **Sensation-Behavior Traces** were cast, reinforced, and transformed in personal life history.

3. Systemic Dynamic Analysis: Treat the subject's current state as the flux of a dynamic network constituted by multiple competing **Sensation-Behavior Cycles**, analyzing resource allocation and network evolution.

Researcher's Role: Empathetic Architect

The researcher is not a detached observer but an empathetic architect who deeply empathizes with the subject's experiential world, identifies dynamic types and strata of different cycles, and co-designs "new cycle experiments" based on understanding.

Practical Wisdom: Profound Inspiration from TCM Methodology

TCM's "observing-listening-inquiring-palpating" and "treating pre-illness" provide valuable prototypes. TCM diagnosis is a typical closed-loop optimization process of "sensation (diagnosis) → behavior (intervention) → re-sensation (formula adjustment) → re-behavior" until pathological dominance is reversed and the system restores balanced **Loop Closure**. "Treating pre-illness" corresponds to identifying and reshaping early, minor but maladaptive

cycles, a proactive "health architecture" based on systemic dynamic prediction.

7.3 Symphony with Tradition: In a Broader Resonance Field

Life Empiricism is not born from nothing. It engages in profound dialogue with traditional natural science, philosophy, literature and art, and religious faith:

- **With Traditional Natural Science:** Objective data provides cross-modal corroboration and mechanistic background. Life Empiricism subsumes these discoveries under the perspective of subject experience, achieving sublimation from "third-person description" to "first-person understanding."
- **With Philosophy:** Phenomenology provides methodological foundations; existentialism touches on life's meaning and anxiety. Life Empiricism can be seen as an **"embodied, generative phenomenological-existential practice."**
- **With Literature and Arts:** Literature and art are humanity's great experimental fields of subjectivity. Life Empiricism draws **"depth of empathy"** and **"richness of expression"** from them.

- **With Religious Faith:** Religious faith deals with the **Sensation-Behavior Cycle** at ultimate scales. Life Empiricism studies respectfully how this "**ultimate Friendliness**" operates within individual systems to settle existential anxiety, without involving the truth of its transcendent object.

These traditions form complementary resonance circles around the "**Youjue subject**" within the Life Empiricism framework: philosophy provides foundations, science provides corroboration, arts provide depth, faith provides transcendence. The work of Life Empiricism is to become a humble and systematic "**translator**" and "**integrator.**"

VIII. Practical Significance of the Theory: Toward a Subjective Science

The ultimate ambition of this theory is not to add another discipline but to initiate a gentle revolution in worldview. It invites each life to shift from a "muddled person" to a **Youjue Person**.

Becoming a **Youjue Person** means: being able to perceive one's dominant **Sensation-Behavior Cycles** and their dynamic sources; being able to evaluate whether resource allocation across strata is imbalanced; being able to actively modulate cycles,

building efficient closed loops in more autonomous domains to compensate for frustrations in blocked domains, achieving overall dynamic balance.

At the civilizational level, building **Youjue Ecology** means: education is no longer knowledge indoctrination but helping students cultivate positive cycles of "curious inquiry → insightful understanding"; medicine is no longer symptom suppression but containing patients' "I feel..." and assisting them in repairing broken cycles; social governance is no longer behavior control but coordinating different groups' **Shared Sensation-Behavior Patterns**, shaping resonance fields that trigger universal value evaluation.

Life Empiricism is precisely a paradigm revolution that shifts scientific gravity from "the ten thousand things" back to "the heart within." It demands that science not only dare to measure the trajectories of stars but also dare to gaze into the abyss of suffering; not only be skilled at analyzing gene sequences but also keen to listen to the entire history and possibilities contained in an "I feel..."; not only draw on philosophy's rigor, arts' acuteness, and faith's profundity, but forge these wisdoms into a practical power that can truly accompany life's growth and flux.

IX. Conclusion: A Living Theory and Life's Self-Illumination

Generative Theory of the Sensation-Behavior Cycle is not a closed dogma but an invitation. It invites us to temporarily suspend our habitual craving for scattered empirical evidence, focusing first on understanding this framework that takes life's own experience as its measure, and applying it to re-explore any life phenomena we know.

The vitality of this theory lies precisely in its being a practitioner of the principles it describes — integrating traces of intellectual history, resolving contemporary puzzles, consolidating into new theoretical closed loops through **Value-Dependent Selection**. It begins with the plainest "I feel..." and ultimately points to each life becoming a lucid observer of its own shadow, weaving a warm, symbiotic life picture through resonance with countless others.

From Robert Whytte to Ivan Sechenov, from Pavel Simonov to Gerald Edelman, this theory stands on the shoulders of giants and completes the final leap: transforming science from a technique of depicting shadows to a light that illuminates substance. Mind is

neither a cold machine nor a mysterious ghost, but life's warm, agentic, and eternally self-constructing process. May every "I" become, in this light, a lucid, agentic, and warm **Youjue Person**.

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