

# Review of: "Embodying Flow: Living Through The Mind-Body Continuum"

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Potential competing interests: No potential competing interests to declare.

1. Consider revising "...is determined by measuring the heart rate variability or HRV, which is the variation in time intervals between heartbeats." to "...is determined by measuring the heart rate variability (HRV), which is the variation in time intervals between heartbeats."

Combining grounding and decoding processes **HEAL** enables us to hold space for the unresolved past experiences to be received, transformed, and folded back into awareness.

1. Consider placing the word **HEAL** between commas for more clarity and emphasis.

The acronym, **HEAL**, has not been defined. Yet QSL is defined abundantly many times. Once should be sufficient.

2. Consider starting a new paragraph here: "... Many physicists, like David Bohm, Eugene Wigner, and Roger Penrose, have described that quantum physics is foundational and..."
3. The transition here is a bit abrupt: "...which we can simultaneously sense through interoception. In the grounding process, we guide learners in..."
4. Explain: "...in language made him question how our linguistic structure shapes our observations."
5. Consider: "He observed that our language **can reinforce** fragmentation by emphasizing subject-verb-object constructs." versus "He observed that our language reinforces fragmentation by emphasizing subject-verb-object constructs."
6. Why is it Augmenting Human Language Skills in this image and not Human Augmenting Language Skills?
7. Consider revising: "Something similar happens with otoacoustic emissions, high-frequency sounds generated in the ear." to "Something similar happens with otoacoustic emissions, high-frequency sounds, when generated in the ear." or "Something similar happens with otoacoustic emissions, high-frequency sounds, in the ear."
8. Why and how is the following relevant to what was previously mentioned: "The Dutch scientists W. Bialek<sup>1</sup> and Hero P. Wit<sup>1</sup> proposed in 1984 that quantum coherence in the outer hair cells can produce high-pitched sounds seemingly at random."
9. Is the reference to where the following was stated missing? "The scientist Karen Barad proposed the term "intra-action" to describe how what emerges from within contributes to harmony or conflict."
10. What does "IS" stand for in the following sentence fraction: "...IS "Mind.""
11. This sentence is not complete and seems odd: "For example, when you wake up in the morning, when you are aware, but before you start thinking, feeling, and relate to where you are."
12. Consider revising to "For example, when you wake up in the morning, when you are aware, but before you start

thinking, feeling, and relate to where you are; that is your reference time.”

13. Is the following right / complete? "...your sense of time is narrow, it makes you objectify and **feel as though you're in a hurry.**" Could one's feeling as though in a hurry be because of what has been objectified?
14. The use of 'And' at the start of a sentence resembles an informal writing style, which is most appropriate when writing novels, fictional stories. If this article is to be considered by other scientists, it is recommended to use a formal / academic writing style.
  1. Consider revising "through the mind-body as a single continuum.**And** when we are aware and present together, our social lives will be guided toward..." to "through the mind-body as a single continuum. Subsequently, when we are aware and present together, our social lives will be guided toward..."
  2. Consider revising "... like a murmur among humans.**And** as these people hold space, they can feel many transformations happening, all at once,..." to "... like a murmur among humans. So, as these people hold space, they can feel many transformations happening, all at once,..."
  3. Consider revising "...we feel trapped in repeating our patterns socially.**And** when we feel “too” overwhelmed,..." to "...we feel trapped in repeating our patterns socially. So, when we feel “too” overwhelmed,..."
  4. Consider revising "...that we're in. **And** so, we go through life feeling confused and overwhelmed,..." to "that we're in. So, we go through life feeling confused and overwhelmed,..."
  5. "...that stirs the nebulous clouds of thought.**And** then, there is the enigma..."
15. Consider revising: "While repression moves us away from aware presence by making us feel confined in a sense of loss of control and fear, suppression disconnects us from aware presence by making us feel isolated, rejected, and abandoned." to "While repression moves our attention away from aware presence by shifting us into feeling confined in a sense of loss of control and fear, suppression disconnects us from aware presence by shifting us into feeling isolated, rejected, and abandoned."
16. Can it be that these also express unconsciously? "...triggered, and keeping our unresolved feelings of disappointment from consciously expressing."  
 "...a mind that is itself **divided** in terms of how it experiences reality." **-fractured or fragmented?**
17. Consider revising, not clear: "Because we remain entangled with and in superposition with the versions of us "relegated" to the unconscious, we keep re-experiencing the same reactions, but now, to triggers in present situations."
18. Consider revising: "These developed after disappointments compromised our hearts, our capacity to be aware and present, our capacity to love, and our capacity to..." to "These developed after disappointments compromised our hearts, our capacity to be aware and present, our capacity to love, and our capacity to"  
 Does "let's explore" fit in formal writing? "...expressed through our bodies—a language rich with sensations, emotions, and signals. Let's explore its essence:"
19. Consider: "Using HEAL in contemplative communication creates a space for individuals to **feel safe and be comfortable to** explore their inner landscapes and the collective mind."
20. What is being referred to with "existence" in the following sentence: "...like a quantum particle suspended between

existence and possibility...”

21. The writing style is predominately informal.

22. This article provides a means that makes interoceptive experiences discussible.