Being in A ‘Blanked Out State’

Ayad Gharbawi

Now if we stare at a cat and succeed in doing nothing else in our Minds, we may reach a moment in time when we can say the Observer is observing nothing else but the observation of the cat in question. In that specific time - that is when he is staring at the cat and visualising and imagining nothing else - we can say the Observer has nothing else in his Mind and Vision but the cat.

As Ward and Wegner write -

“At other times, however, people's minds may seem to go nowhere at all—they simply disappear. This mental state—mind-blanking—may represent an extreme decoupling of perception and attention, one in which attention fails to bring any stimuli into conscious awareness.”[[1]](#footnote-1)

Where then does that leave the rest of his Mind or self?

**Mind Blanking** implies a lack of consciousness on the part of the individual in question, except for their vision of the cat, precisely because the latter is sensing, feeling, seeing, and feeling nothing but the latter.

In fact, Mind Blanking has been seen to be neurologically similar to when a person is asleep. Using high-density electroencephalography, neuroscientists experimented on volunteers and found their neural patterns similar to when a person is sleeping.[[2]](#footnote-2)

Abd that leads us to the next question that we need to answer when I was referring to the *‘Extinction’ of the Self*. Why? The answer is in the status of his Mind - if the Observer is observing, thinking, and visualising *nothing* but the cat then it stands to reason the Observer has nothing else in his Mind but the Vision of the cat.

*Therefore, all his sense of ‘Selfhood’, his sense of his ‘I’, and his Physicality is rendered null and Void because, as we just said, the person in question is doing nothing – repeat, nothing – but seeing the cat.*

This concept is difficult for people to accept in its fullest implications because while many can agree that if a person is only focusing on the cat, it would be true to say that functionally speaking he is doing nothing else. But the next step is ignored or misunderstood – it follows that if any human being observes but one entity, phenomenon or whatever is being observed during a specific timeframe, then that Observer’s Mind becomes functionally having no attribute other than seeing the cat, as is the case in our example.

Thus, Physicality is extinct and more importantly [perhaps] the Mind becomes extinct during the timeframe when an Observer observes one specific entity, phenomena, etc.

Let us think about that specific situation: what do you ‘see’ when you blank out?

1. My answer is that you must necessarily see nothing.
2. For if you do view something, then, by definition, you are not in a blanked-out state of Mind.
3. And when you think of what exactly is the image and the experience of the nothing we experience during the blanked-out state, the answer appears to be that it is the strict and total negation of any *Vision* and the strict and complete negation of any *thought* and the strict and total negation of any *sensation/s* or *feeling/s*, and that, in turn, is the exact definition of the Void or the nothing. The mind equation below is important to be understood, so we shall give it some time and thought to analyse and understand its meanings.

Me2. $(\left[ x\_{r}^{∝- }⊂O\_{1}^{o} \right] t^{0-5s})$

In the above equation -

1. $\left[x\right] $is the observing human.
2. $[r]$ means ‘relative to person ‘x’.
3. $[x^{α-}]$ = indicates the Observer is not being aware because of the negative sign.
4. $[∝^{+/-}]$ - means the Awareness Factor, or how much the Observer is aware or unaware of himself and/or their surroundings.
5. $⊂ $ means the Observer is thinking, feeling, seeing, or interacting with what is inside the equation/brackets.
6. The big zero $\left[O\right] $indicates the Mood of the Observer.
7. The small zero $\left[o\right]$above the big zero means the Mood is zero, meaning the Observer is not thinking, feeling, interacting or with anything. In other words, he/she is in a blanked-out state.
8. The number [1] below the big zero simply *identifies* the specific big zero in question.
9. The small $[t]$ = ‘time.’ And here the time is five seconds wherein the Observer $\left[x\right] $is interacting with the big zero.
10. Me = Mind Equation

In other words, $\left[x\_{r}^{∝- }\right]$ is blanking out, daydreaming of nothing, as denoted by the by $\left[∝-\right]. $In addition to the latter factor, our Observer is blindly interacting with nothing, as noted by the $[O\_{1}^{o}]$. Now the big zero simply indicates the mood the Observer is ‘interacting’ with. The number one on the lower right-side identifies the specific properties the Observer is interacting with. Finally, and most importantly, the lower or smaller zero on the top-right hand side indicates what the nature of the mood in question is. Because it is a zero, that means our Observer is interacting with nothing, meaning, he/she is interacting with no emotion, no thought, no feelings, no memories – in short, just nothing.

Thus, $[O\_{1}^{o}],$ during timeframe 0-5 seconds, his/her Mind is wholly blank, empty, composed of no [CoM].

Remember the crucial differences between:

Me3 - $([x\_{r}^{α+}]$ $⊂ [O\_{1}^{+1}]$)$t^{0-5s}$

The above means the Observer is enjoying his mood, as denoted by the big zero.

Me4 - $([x\_{r}^{α-}]$ $⊂ [O\_{1}^{o}]$)$t^{0-5s}$

In the above mind equation, our observer’s mood is not only negative, he/she are experiencing the zero, as denoted in the top right-handed corner. This smaller zero is crucial, because it indicates the Observer is unaware of his/her surroundings, meaning he/she is not interacting with their mind, their memories, emotions nor with their external world. Thus, we can state the Observer in question in this specific example is in a blanked-out state of Mind.

This then results in the next crucial stage, which is –

Me5 - $[x\_{r}^{∝- }⊂ [O\_{1}^{o}] t^{0-5s}]$ = $[x\_{r}^{∝- }= (O\_{1}^{o})] t^{0-5s}$

And so, we see that $[x\_{r}^{∝- }]$ Physically and mentally becomes as the attributes and characteristics of the $[O\_{1}^{o}]$ and that, in turn, implies since he/she have become as the non-existing essence as that of the $.$ Thus, *the bodily Physicality and the Mind of our person in question becomes extinct in the 0-5 second timeframe*.

In other words, during a blanked-out state of Mind, there is *absolutely and strictly no Mind and Body acting,* and there is *no Mind Body interacting*, and there is *no Mind and Body functioning* whatsoever and with anything, and so during and strictly within that state of *Mind and Body and strictly within that timeframe*, the *Mind and the Physicality of the person in question is functionally itself acting/being exactly as if it were non-existent.*

Thus, we cannot say we are constantly alive or experiencing our life and/or ourselves throughout our daily time/s. That is because, as we have seen, from moment to moment our Mind can cease to function/exist and our Mind and *Physicality* therefore accordingly cease to *functionally exist* in such moments, and therefore by implication we are no longer by any definition mentally alive – this, of course, is seen and is being from our perspective and from no one else.

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1. Ward AF, Wegner DM. Mind-blanking: when the mind goes away. Front Psychol. 2013 Sep 27;4:650. doi: 10.3389/fpsyg.2013.00650. PMID: 24098287; PMCID: PMC3784796. [↑](#footnote-ref-1)
2. Andrillon, T., Burns, A., Mackay, T. *et al.* Predicting lapses of attention with sleep-like slow waves. *Nat Commun* **12**, 3657 (2021). <https://doi.org/10.1038/s41467-021-23890-7>. [↑](#footnote-ref-2)