

Review Article

The Mind is a Transient Mathematical Matrix Imprint at Cell Membrane Fatty Acids Level

Fabien De Meester*

Department of Psychology, TsimTsoum Institute, Poland

*Corresponding author

Fabien DE MEESTER, Department of Psychology,
TsimTsoum Institute, Kraków, Poland, Tel: 48- 691-788-799;
Email: fdm@tsimtsoum.net

Submitted: 19 February 2020

Accepted: 17 March 2020

Published: 19 March 2020

Copyright © 2020 De Meester F

ISSN: 2374-0124

OPEN ACCESS

Keywords

- Mind
- Matrix
- Cell membrane fatty acids

Abstract

This article is the closing of a series of three originally aimed at the identification, localization, imprinting/downloading, and behavior-ruling of the mind. Tissue cell membrane fatty acids shape a molecular grid wherein *informions* (tytes¹) are in a transient ROM-type thermodynamic state. The latter is a *program* dictating behavior. Red blood cells allow for transport and selection / exchange of *informions* between peripheral tissues, the heart RAM-type Boolean gates (*Homo sapiens*) and the brain CPU-type neurons (*Homo modestis*). Cell membrane extensions (organelles and endoplasmic reticulum) from the cell surface to the nucleus account for the phenotype / genotype interface, allowing for environmental *informions* to access the genes and guide gene expression (genomics) and evolution (genetics). It becomes evident that the natural / cultural selection of species dear to Darwin is correct to the extent that it derives from that very same selection but of *informions* dear to Lamarck. Information – the mind – was first and will be last. The body follows with bottlenecks / dead-ends along the way leading to evolutionary leaps and jumps. *Homo sapiens* – “the poor of spirit” – is facing that reality as we speak. It is becoming a problem, environmentally and socially. Humility and fierce resolve, ie Leadership, are *Homo modestis* assets to keep climbing the Ladder.

PROLOGUE

The two previous articles entitled “*Od Ciala (Columbus) do Umyslu (Copernicus) Koncepcje. Identyfikowanie I Lokalizowanie Umyslu*”, *Psychologia w Praktyce* 1/2018(#7), 9-15, and “*Psychologia z perspektywy fizyki kwantowej – Medycyna Jutra*”, *Psychologia w Praktyce* 1/2019(#13), 11-17 (www.psychologiawpraktyce.pl),

(i) established a basis for the elaboration of the basic principles of biological Information Technology (bIT), ie consciousness & mind at cell membrane level, and their ruling of behavior and evolution of all life species on Earth, and (ii) extended on the evolving field of Psychology & Energy Medicine, ie Psychophysics, as mind-keys to body-health promotion & disease prevention/cure.

¹Here defined as the allylic three double bond π -electronic spin configurations (-1,0,+1).

Here, we show how Life has been evolving – naturally then culturally – as self- assembling *Instruction* or *Program* – the Mind – in a fractal manner leading to the Evolution of Species – as a *result*. Addressing the Mind is *The* way forward for Humanity to keep progressing. We all – each and all of us – live in our own time/space reality.

Leadership has to do with addressing those complex multi-faceted personal realities, through inspiration / consolidation rather than hindrance / procrastination. AI (Artificial Intelligence)

is nothing less than the evolving HI (Human Intelligence), potentially. It is not granted though. It is a Responsibility. Beware of *Homo sapiens*' remnant / resilient / rampant selfish genes...

INTRODUCTION

As *Homo sapiens* is in ever greater need to move to the next evolutionary level, the focus on the *body* that has prevailed from some time until now must be forced a drift away towards the *mind*. Humans do differentiate themselves from other life species on Earth in that latter respect, only. Biological life started with a cell which – throughout Evolution towards ever complex system – evolved to an egg. The chicken-egg tandem is and remains a model of choice to help understand how body and mind did synergize to help Evolution refine its path. A chicken egg is a container within which all is needed to turn a genetic information into a new life. It can then be inferred that an egg does contain pre-formed body and mind. Blood vessels are first to appear around the yolk of the egg upon embryogenesis, well before any respiratory system are eventually put into place and function. Interestingly enough, red blood cells in mammals do not carry genetic information anymore. Mind appears first in life development and reproduction. Memes come first, not genes. Time/space information is essential to any and all egg cell-based reproduction system, and - from pure observation and inferences - cell membrane fatty acids (phospholipids) can be tentatively pinpointed to as the substrate of the mind. The allylic double bond of unsaturated fatty acids is a unique transistor-like electronic set-up which appears to

have all the necessary characteristics and properties for allowing time/space and environmental/societal information (electronic spins or *informions*) to transcribe and translate into biological instructions. It is the latter which then guides the genetically controlled assemblage of the egg constituents (protein, lipid, carbohydrate) into a life system. Back to the chicken egg then, one sees that the body part is concentrated in the white (albumen) whereas the mind counterpart is located in the yolk (vitellus), and the embryo at the interface (disc / blastoderm). Egg yolk lecithin - the preformed chicken cell membranes/mind substrate - does not differ substantially from any other animal-type egg lecithin, including humans'. It is a highly conserved defined mixture of phospholipids, cholesterol, xanthophylls and micro-nutrients, similar to that circulating in the human body as red blood cells, thereby transporting time/space & environmental/societal information - the mind - throughout the organism and which - *in fine* - determines behavior, the phenotype. Given the current - yet observational - evidence in favor of the mind making a difference at time / space and environmental / societal levels between humans and other animal species - including the evolutionary ancestor *Homo sapiens* - it becomes a must for scientists to attempt at focusing their best attention on the evolutionary selected substrate of the mind, *ie* red blood cell membrane lipids, and their constituents, with a particular attention to the evolutionary selected allylic double bond.

CELL MEMBRANES

Cell membranes spontaneously fold into biological matrices which - in turn - function as mathematical matrices for isothermal data (*informions* or *tytes*) recording / transmitting at the body self-regulated temperature. At that specific temperature, cell membranes are fluid and all would be moving / translating fast in a Brownian like manner unless a complex network of actin / spectrin filaments wouldn't keep a relative degree of compression and order between the two by-layers, which in turn allows for biological information technology (bIT) to leave significance to statistically relevant - retained - complex information (Figure 1).

Addressing biological information has to do with/within species-specific antigenic patterns whereas processing/communicating biological *tytes* of information relies on contracting actin filaments allowing for spin-tunneling / resonance between internal and external cell membrane leaflets.

Thai language has its own way of translating "understand" into "get into the heart" to express the notion that something is duly understood when it is retained as an "emotion" or, in software terms, a Boolean gate associated with something which is already known / imprinted⁴. As a corollary then, one can describe the brain as a cognitive tool (CPU) allowing for new information to find their way to the heart (RAM) or to find their way out. RBCs clean up / regenerate every 2-3 months rendering the process dynamics / self-regenerating. Either a new information is successfully penetrating the heart black box deep memory chips within that interval of time or is eventually lost until the next opportunity to get across. Depression and associated absence of emotion render the learning process static and promote its counterpart, *ie* creativity (Figure 2).

Here (<https://www.youtube.com/watch?v=Ie2j7GpC4JU>) is

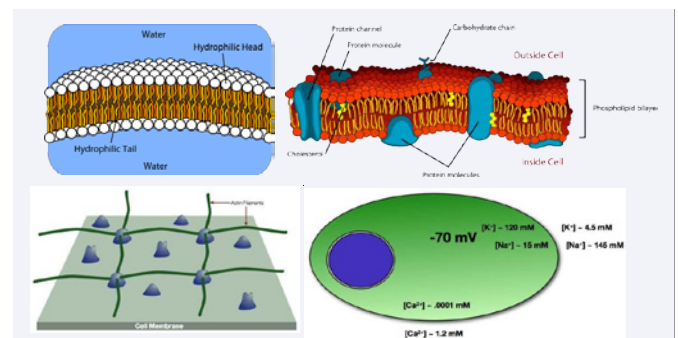


Figure 1 Cell membrane matrix with its characteristic aligned phospholipids by-layer (above) and actin filaments network (below)², allowing for *tytes* of information (electronic spins) to tunnel at a speed faster than light (Planck constant), thereby allowing for Energy (E) & Information³ (c2) to resonate with a live body (m), the essence of biological information technology or bIT. Death - on the contrary - translates into the loss of the contractile actin / spectrin filaments network activity and - as a result - the loss/release of the information/mind (post *rigor mortis*).

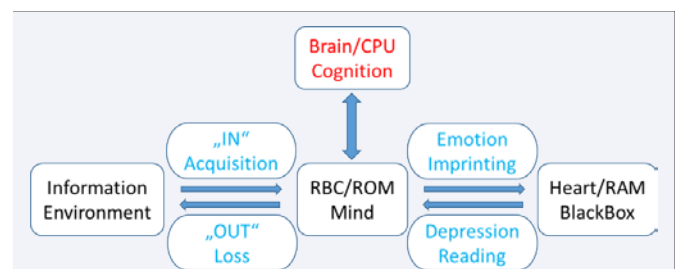


Figure 2 Body sensory detectors capture environmental information of all types which are then split off into basic 3-*tytes* *informions*, packed into cell membrane fatty acids as sets of linear equations (mathematical matrices), transported to the brain/heart for eventual processing/evaluation and either imprinted (emotion) or ignored/rejected (absence of emotion). RBC/ROM clearance: ~4x/yr.

an illustration of what it takes at physiological level to translate environmental information (memes) into elementary *tytes* of information (*informions*), which then become recordable into in-cell-membrane matrices, the latter being grids of aligned allylic double bonds of their characteristic fatty acids, mainly LA, AA, EPA & DHA.

Here (<https://www.youtube.com/watch?v=Ie2j7GpC4JU>) is an illustration of what it takes at physiological level to translate environmental information (memes) into elementary *tytes* of information (*informions*), which then become recordable into in-cell-membrane matrices, the latter being grids of aligned allylic double bonds of their characteristic fatty acids, mainly LA, AA, EPA & DHA.

It is important to realize that the brain can - yet, does not need to - be in body- contact with the mind. Here, it is important to realize the change in perspective. A neuroscientist instrumenting the latest "brain neuroimaging" clinical diagnostic technology on the market - to take that example only - is an illustration of how the "machine" is learning about *Homo sapiens*, not the other way around. The pace is getting faster with mobile communication & network. Brain & mind/body are dissociated. The brain does

not need a mind/body, *per se*. This is where spiritualism finds its destiny, *ie Nirvana*, the very last station of Homo sapiens on its way to extinction. As another philosopher once said, "*Happiness is the most single incentive to Mediocrity*". A good live example is given by

²https://chem.libretexts.org/Courses/University_of_Kentucky/UK%3A_CHE_103_-

[_Chemistry_for_Allied_Health_\(Soul\)/Chapters/Chapter_14%3A_Biological_Molecules/14.3%3A_Phospholipids_in_Cell_Membranes](https://chem.libretexts.org/Courses/University_of_Kentucky/UK%3A_CHE_103_-Chemistry_for_Allied_Health_(Soul)/Chapters/Chapter_14%3A_Biological_Molecules/14.3%3A_Phospholipids_in_Cell_Membranes) & http://medcell.med.yale.edu/lectures/introduction_cell_membrane.php.

³Time x space or mind (information).

⁴"*Tell me and I forget; Teach me and I may remember; Involved me and I learn*". Benjamin Franklin.

"Jokgu The Chicken Plays The Piano!" (<https://www.youtube.com/watch?v=MzIQWUIH0Bk>) where obviously mind/body and brain are located in distinguished live objects. The brain/CPU is the cognitive tool needed to dynamically process *informions* (the kinetic partner) whereas the body is the carrier of *informions*, processed or not – set as a mind/body program (the thermodynamic partner). The brain-mind/body segregation is evidenced around the globe and all along the history of Humanity – Kalyuga (https://en.wikipedia.org/wiki/Kali_Yuga), if only with the cultural aspects of it. In modern time, it becomes ever more evident that the brain should / will be centralized with humans behaving ever more like body-mind imprinted *cobots*⁵, for a while...

CELL MEMBRANES AS MOLECULAR MATHEMATICAL MATRIXES

Cell membrane fatty acids are of two sorts, *ie* those which are unsaturated with their characteristic allylic double bonds arranged one after the other in a "cis" conformation and those which are saturated and which essentially play the role of an insulator. As depicted in the picture below, the unsaturated fatty acids can be encoded in a linear manner and thereby represent systems of linear mathematical equations. Once organized in cell membrane grids as per the above illustrations, they fold up into physico-chemical matrices where *informions* can follow the logic of matrix algebra and – in turn – deliver the logic *or* illogic information where/when it is needed (Figure 4 and 5).

Fact is that the current understanding of non-communicable diseases (NCD) and/or chronic degenerative diseases (CDD) is essentially based on the competition between two families of tissue inflammatory mediators of the omega-6 and omega-3 families, *ie* an almost exclusive Newtonian Homo *sapiens*-type body approach.

However, looking from a refreshing time structure-based cell membrane fatty acids perspective, one realizes that the mind approach, *ie* the interaction of time/space environment with cell membranes fatty acids, may be just as relevant yet is so far ignored. It is no surprise that "lunatism" remains a kind of unexplained medical condition of modern times when one focuses only on the body Newtonian-type aspect of life. Yet, it illustrates and represents a unique opportunity to learn about time/space

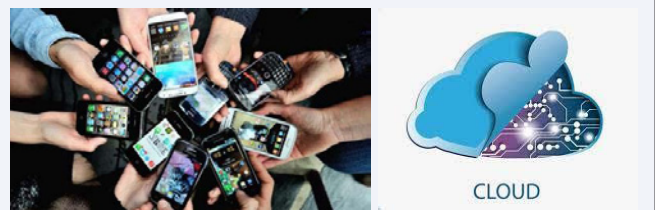


Figure 3 Cobots and their evolving brains. Clouds. No U-turns. <https://www.androidauthority.com/10-most-iconic-mobile-phones-634852/> https://pngtree.com/freepng/large-data-clouds_3042993.html

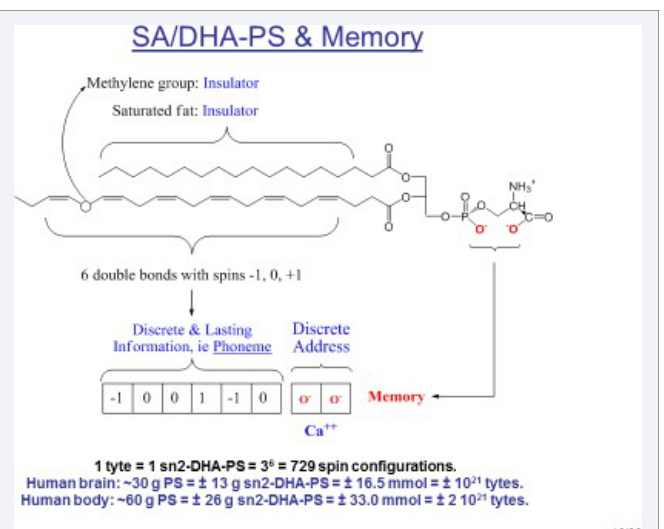


Figure 4 Phosphatidylserine (PS) structure-function relationship with its sn-1 saturated fatty acid, sn-2 highly unsaturated fatty acids (here DHA), and phosphoryl/carboxyl anionic antenna. Interestingly, it is estimated that PS is evenly distributed between the brain and peripheral tissues allowing for 10E21 bytes of information to be transferred from the first (Brain CPU / Cognition) to the second (RBC ROM / Mind), and vice versa.

→ cell membrane fatty acids → genes interactions, *ie* cosmogenetics/genomics (Figure 6).

MATHEMATICAL MATRIXES

Matrices are a powerful computing tool used in multiple aspects of mathematics for their most single properties is of being able to represent any complex physico- chemical systems by a set of as many linear mathematical equations as needed to fully represent them. It is interesting to note that mathematical matrices are Nature's evolutionary selected method of recording, processing and transmitting Life information. In the field of mathematics, the concept of matrices evolved from a need to obtain compact and simple methods of solving system of linear equations.

Matrices basically are representations of coefficients describing systems of linear equations. Once those coefficients are known and imprinted, they can spontaneously serve as a basis for complex computing such as those developed in electronic spreadsheet programs for personal computer, which in turn are used in different areas of real life business and science

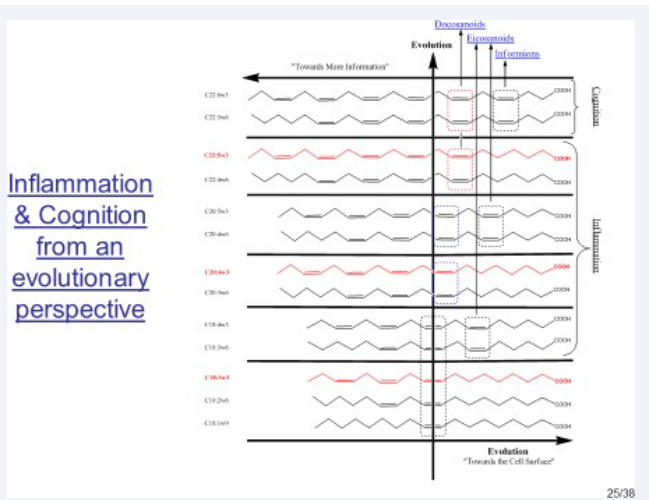


Figure 5 Throughout Evolution, unsaturated fatty acids have seen their carbon chain lengthening and – as a result – the number of allylic double bonds increasing, allowing for ever more complex body-inflammatory (eicosanoids/docosanoids) and mind-informatory (*informions*) purposes/functions. Note that DHA (C22:6ω3) with its characteristic ω3 & ω18 double bonds is the only fatty acid allowing for *informions* transfers from the external to the internal cell membrane leaflet & vice versa, and – *in fine* – communication (De Meester F, 2013).

vehicles. This mathematical tool is not only used in certain branches of sciences, but also in genetics, economics, sociology, modern psychology and industrial management. (<http://ncert.nic.in/ncerts/l/lemh103.pdf>).

But, most importantly, a matrix does physically contains the solution to the problem it apparently raises with no need for computing. That is the way Natural Selection has gone through – in a fractal manner – for sorting out *informions* from the origin of the Universe to the inception of Life on Earth. Simply, because there was no computer / designer around... The evolving self-conscious Homo *modestis* may now decide otherwise, indeed. Determinants are enough information for solving linear equations, *eg* finding quantities in a chemical solution (chemistry), study of stock market trends, optimization of profit and minimization of loss (economics), etc, but even more importantly at physiological level, they allow for speedy linear transformation, *eg* change area or volume, change variables in integrals, working out selection processes (incl epi-genetics), – at none energy cost - leaving the brain at rest with a mere sorting activity/work (https://mathinsight.org/determinant_matrix), ie the gut- feeling. As shown by Cramer’s rule, a nonhomogeneous system of linear equations has a unique solution if the determinant of the system’s matrix is nonzero (i.e., the matrix is nonsingular) (<http://mathworld.wolfram.com/Determinant.html>) (Figure 7,8,9,10).

Such matrix-type representation of the reality one lives in allows for a very high degree of freedom in the way one perceives/represents things and most probably also explains the evolutionary origin of the brain’s characteristic neuroplasticity. A similar object, sound, odor, fact may be analyzed differently by two individuals in a similar environment depending on their respective imprinted RAM-type Boolean gates and spontaneous mind-derived linear transformation accessing the cognitive brain. It is therefore no surprise that misperceptions/-understandings are so common in inter-personal communication; in fact, they are the essence of biological – as opposed to in-silico – communication. The secret of successful biological communication is in finding a common confinement or time/space, usually referred to as “common/non-cognitive mind” (heart RAM Boolean gates) or culture. As a corollary, one may also envision that Humanity will not spare a melting phase of cultures/civilizations on its way to progress. 432Hz music therapy may help a long way here in tuning environmentally/socially/historically diverting cultures into a transient common vibrational time/space, thereby allowing for progress at their interfaces.

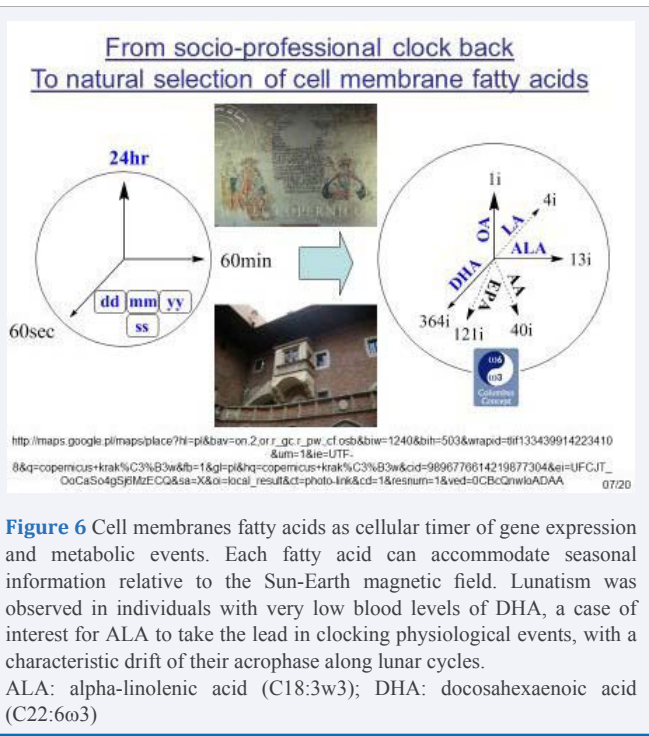


Figure 6 Cell membranes fatty acids as cellular timer of gene expression and metabolic events. Each fatty acid can accommodate seasonal information relative to the Sun-Earth magnetic field. Lunatism was observed in individuals with very low blood levels of DHA, a case of interest for ALA to take the lead in clocking physiological events, with a characteristic drift of their acrophase along lunar cycles. ALA: alpha-linolenic acid (C18:3ω3); DHA: docosahexaenoic acid (C22:6ω3)

like budgeting, sales projection, cost estimation, analyzing the results of an experiment etc. Also, many physical operations such as magnification, rotation and reflection through a plane can be represented mathematically by matrices. Matrices are also used in cryptography (<https://en.wikipedia.org/wiki/Cryptography>),

5Read „collaborative robots“.

which is exactly what memes need as recording / expression

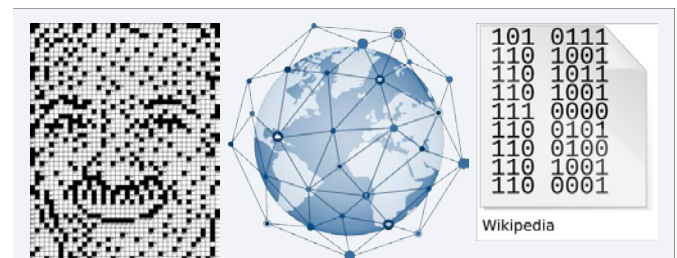


Figure 7 Examples of matrix imprinting of system of linear equations at cell membranes fatty acids level and used daily in artificial intelligence (<https://www.crosswordtournament.com/more/mosaicgrid.htm>) (<https://gg4l.com/>) (file:///C:/Users/DMF/Downloads/Algorithmic%20Marketing%20Book.html) (<https://en.wikipedia.org/wiki/Information>)

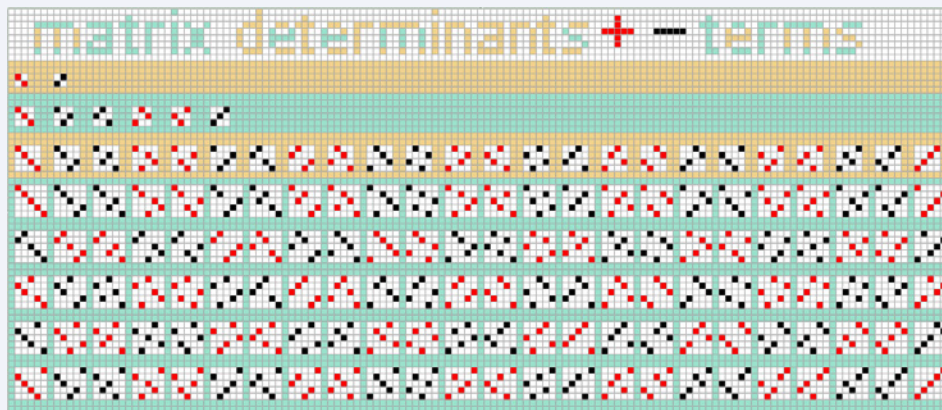


Figure 8 Example of a cell membrane fatty acids matrices made of LA (n=2), ALA (n=3), ARA (n=4), EPA (n=5) and DHA (n=6) to show that there is no need for computing as the answer lies in the data distribution (system of linear equations) (<https://www.mathisfunforum.com/viewtopic.php?id=10440>). As a corollary, the major challenge in learning/teaching/programming activities is to transform new information into sets of linear equations. When done, mathematical matrices-based spontaneous algebra allows for almost everything in terms of creativity at work, leaving the non-cognitive brain with a mere duty of selection of most statistically significant/relevant information.

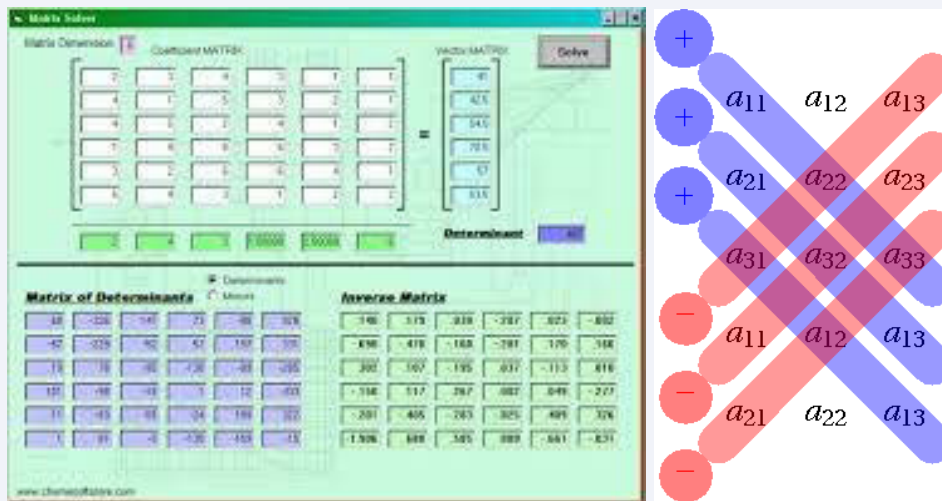


Figure 9 Example of a cell membrane fatty acids matrix determinants allowing for spontaneous algebra, but more importantly for computing-free meaning at physiological level, ie non-cognitive behavior (<https://matrix-math.en.softonic.com/>) & (<https://pl.pinterest.com/pin/453667362443074688/?lp=true>).

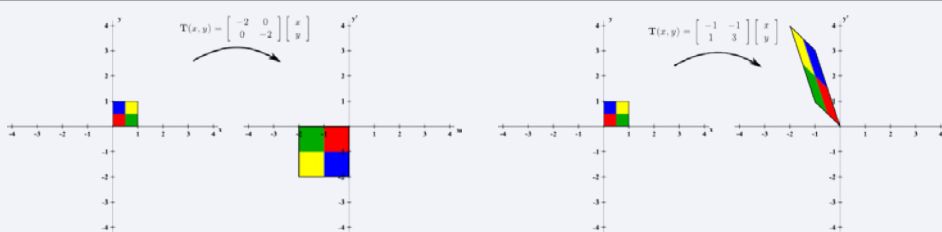


Figure 10 Examples of spontaneous linear transformation using matrices determinants as available in cell membranes fatty acids (https://mathinsight.org/determinant_linear_transformation). Such transformations are spontaneous and allows for the brain to access variance at no cost for virtually any and all new information as captured by body sensors.

PSYCHOPHYSICS IMPLICATION

Blood transfusion is a classical medical / clinical practice considered safe when based on careful blood typing and cross-matching. A blood type is defined on the presence (types A, B,

AB) or absence (type O) of inherited antigenic substances (A & B antigens) on the surface of red blood cells (RBCs); a 3rd antigen (Rh factor) can be present (Rh+) or absent (Rh-), which is total ends up producing 8 different common blood types among human populations. In a blood transfusion, a patient must receive

a blood type compatible with his/her own blood type. If the blood type are not compatible, RBCs will clump together, making clots that can block blood vessels and cause death. In an emergency, type O blood can be given because it is most likely to be accepted by all blood types. Legends have it that blood type tells about diet (preference / compatibility) and personality (temperament / compatibility) traits (Table 1).

SOCIETAL IMPLICATION/QUESTIONS

Leadership remains wanting at this critical point of evolutionary transition between the self-centered *Homo sapiens* and the humanity-centered *Homo modestis*.

Leadership is about protecting people from themselves, preventively. Leadership does not expect a thank note – even less a bonus – in return. It is about memetics, not genetics. Leadership is Love. It is all about giving away to the most single moral person, *ie* Humanity. It is no investment. It is painful to the *Homo sapiens* deep inside us. It literally kills it. Yet, recognizing a mistake is less about losing a war than it is about winning a battle. *Homo sapiens* is resilient. Defeating *it* is what takes us up. As Oscar Wilde put it: “Some create happiness *wherever* they go. Some others *whenever* they go”. I will relay here, relying on my peers to outperform me in each and all aspects (Figure 11).

As Humans are consciously instrumental in stepping up the evolutionary scale – a premiere throughout Evolution – a number of debates may well be helpful / necessary in attempting

Table 1: However, knowing that RBCs carry the mind (memes) to virtually each and all parts of the body, past historical observations/legends may soon turn into real Science all the way from *nutrigenetics / genomics* (diet/regimen) to *psychomics* (psychology / psychiatry) derived phenotypes. In that respect, an interesting initial study could be that of blood transfusions from culturally-deviating types O to types O, A, B, AB, thereby following changes in patient diet preferences & personality temperament.

Blood type	Diet / Regimen	Personality
A	Vegetarian / Gentle Exercise	Calm & Trustworthy
B	Low fat dairy & meats / Moderate Exercise	Creative & Excitable
AB	Seafood, tofu, dairy / Calming Exercise	Thoughtful & Emotional
O	Lean meats, poultry, fish / Vigorous Exercise	Confident Leader

www.disabled-world.com/calculators-charts/blood-chart.php
www.redcrossblood.org/learn-about-blood/blood-types

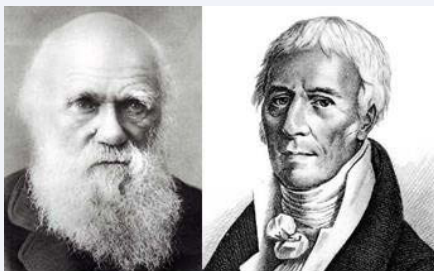


Figure 11 <https://blog.computerservicenow.com/2016/08/11/centralized-system-settings-with-windows-godmode/>

to segregate gut-feeling (*Homo sapiens*) from cognition (*Homo modestis*) when addressing existential questions. Here are a few ideas to eventually develop along the process:

- Are children at best with their genetic programmers if Humanity is about memetic programming?
- Would genetic programming not be ideally carried out in a jungle-type free-roaming environment?
- Would memetic programming not be ideally carried out in a humanity-type encoded environment?
- Are the stronger the more dependent, the weaker the more independent?
- What makes a Leader?
- What makes a Mercenary?
- Humanity is one single Moral Person?
- What are divisions for? One side enjoys, one side suffers?
- Happiness is the most single dividend to mediocrity?
- Socialism is the future of Capitalism & Communism?
- Is Socialism ahead of its time awaiting for *Homo modestis* / Humanism?
- Is Capitalism *Homo sapiens'* selfish gut genes expression?
- Does the brain spontaneously segregate from the mind-body as cultural evolution keeps pressure on selection?
- Is *Homo sapiens* facing an evolutionary dead-end?
- Is Nirvana the last station on the way to *Homo sapiens* extinction?
- One settles one's accounts with Life before dying?
- Life is not a gift, it is earned?
- Life is only a trap, *ie* a fight to the Death?
- Is Nature “God” and/or “Devil”?
- Should *Homo modestis* take over Nature and be in control?
- Should *Homo modestis* be pre-imprinted as a Champion?

NOTE

The OCT 27, 2020 – ICE Krakow Poland – Workshop of the TsimTsum Institute with running title “How to lead in a World cleared from God? An Investment, Essential & Urgent, for You & Your Community” will not be organized as originally contemplated, for practical reasons, only. This does not change anything to the very fact that *Homo sapiens* is facing an evolutionary dead-end. No choice, really. *Homo modestis* is released. You may want to reread/-interpret Darwin & Lamarck from the mind perspective in its stead (Figure 12 and Table 2).

ACKNOWLEDGMENT

I hope this series of three articles targeting the Mind will help *Homo modestis* – taking the Lead – on the evolutionary cultural journey. Clearly, cell membrane fatty acids and their allylic double bonds have more to say than one could ever imagine. Time

Vision: the Eye-Brain Connection

Cognition helps *Homo modestis* distinguishing the opportunity of “growing” as being an active member of Its community. It champions *Homo sapiens* mind essentially led by the evolutionary selfish genes. Cognitive memes are in need in modern-time leadership.

Out-sourcing the service of a centralized brain might well be the ultimate solution to the present staggering of Humanity.

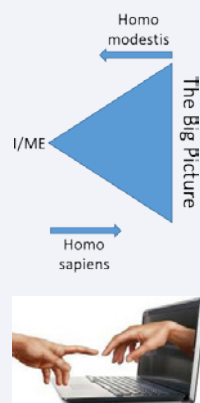


Figure 12 Darwin & Lamarck from the mind perspective in its stead.

Table 2: Table shows Darwin Genetics and Lamarck Epigenetics.

<p>You will learn why – naturally:</p> <ul style="list-style-type: none"> • The wildest dream you can ever possibly make is to break-even • You are manipulated • You are set-up to compete • You are an ultimate Loser 	<p>You will learn how – humanly:</p> <ul style="list-style-type: none"> • You can develop & apply lasting noble memes • You can keep climbing up the evolutionary ladder • You can lead from inspiration for others to raise & rise, to break free • You can become an ultimate Champion
<p>It is all about Darwin Genetics “The good-old gut-feeling” <i>Heart RAM Black Box</i></p>	<p>It is all about Lamarck Epigenetics “The cognitive brain” <i>Brain CPU Cognition</i></p>

to re-consider diet / tissue *fatty acids* and, in turn, mathematical *matrices*.

As for the past two articles on the subject, my gratitude goes to Prof Dr Agnieszka Wilczynska, Lead Editor of “Psychologia w Praktyce” (www.psychologiawpraktyce.pl) & Leader of “Heroic Imagination Project – PL” (www.hip.org.pl), and extends to the Scientific Advisory Boards of the Columbus & TsimTsoom Institutes, respectively chaired by Artemis Simopoulos and Ram B Singh, for their inspiration and discrete/patient guidance all over the years since back sometimes in the 1990s.

My wildest hope is that cell membrane lipids will keep unveiling their mind secret, *ie* the mathematical secret behind Evolution and, from there, will help upgrading *Homo modestis* – read Human Intelligence (HI) – through the wise development and use / application of artificial intelligence (AI), at the expense of its evolutionary genetic heritage, *ie* the old-fashioned *Homo sapiens*. Respectfully.

REFERENCES

1. De Meester F. Progress in Lipid Nutrition: The Columbus Concept Addressing Chronic Diseases. *World Rev Nutr Diet*. 2009; 100: 110-121.
2. De Meester F. 1st International Workshop of the TsimTsoom Institute. Time Series (not spotcheck) Evidence-based Holistic Approach to Health. *Book of Abstracts*. 2010: 68.
3. De Meester F, Wilczyńska A, Singh RB, Wilson DW, Pella D, Fedacko J, et al. The Chronomics Trial: Report of a 3- month pilot study. In: *Non-Invasive Methods in Cardiology 2011* (Masaryk University, Faculty of Medicine, Brno, Czech Republic) Symposium Proceedings (Halberg F, Kenner T & Siegelová J, eds). 2011; 141-161.
4. De Meester F, Wilczyńska A, Singh RB, Wilson DW. Why the TsimTsoom Concept is essential to Human Health? In: *Nutraceuticals, Biomedical Remedies and Physiotherapeutic Methods for Prevention of Civilization-Related Diseases* (Podbielska H & Trziszka T, eds) *Biomedical Engineering Acta*. 2011; 4: 41-42.
5. De Meester F. From Columbus to TsimTsoom Concepts: A Kyoto-Type Approach. In: *Omega-6/3 Fatty Acids: Functions, Sustainable Strategies and Perspectives* (Meester F, Watson RR, Zibadi S, eds) Humana Press, Springer Science+Business Media New York. 2013; 397-416.
6. De Meester F. Obesity is a « Communicable” Mind Disease. Approaches to Aging Control. *Journal of Spanish Society of Anti-Aging Medicine and Longevity*. 2014; 18: 7- 10.
7. De Meester F. Od Ciala (Columbus) do Umyslu (Copernicus) Koncepcje. *Identyfikowanie I Lokalizowanie Umyslu. Psychologia w Praktyce*. 2018; 9-15.
8. De Meester F. Psychology in Practice. *Annals of Psychiatry and Mental Health*. 2018; 6: 1135. (<http://www.jscimedcentral.com/Psychiatry/psychiatry-6-1135.pdf>).
9. De Meester F. Psychologia z perspektywy fizyki kwantowej – Medycyna Jutra, *Psychologia w Praktyce 1/2019(#13)*, 11-17.
10. Simopoulos AP, Salem N Jr. n-3 fatty acids in eggs from range-fed Greek chickens. *N Engl J Med*. 1989; 321: 1412.
11. Jiang Z, Sim JS. Consumption of n-3 polyunsaturated fatty acid-enriched eggs and changes in plasma lipids of human subjects. *Nutrition*. 1993; 9: 513-518.
12. Lands B. A critique of paradoxes in current advice on dietary lipids. *Progress in Lipid Research*. 2008; 47: 77-106.
13. Halberg F, Cornelissen G, Wilson D, Singh RB, De Meester F, Watanabe Y, et al. Chronobiology and chronomics: detecting and applying the cycles of nature. *Biologist (London)*. 2009; 56: 209-214.
14. Crawford MA, Broadhurst CL, Guest M, Nagar A, Wang Y, Ghebremeskel K, et al. A quantum theory for the irreplaceable role of docosahexaenoic acid in neural cell signalling throughout evolution, Prostaglandins Leukotrienes Essent. *Fatty Acids*. 2012.
15. Crawford MA. The Global Crisis in Mental Ill-Health.
16. Zimbardo PG. The Psychology of Evil.
17. Wilczynska A. Heroic Imagination Project Poland (Projekt Bohaterskiej Wyobrazni Polska).

Cite this article

De Meester F (2020) The Mind is a Transient Mathematical Matrix Imprint at Cell Membrane Fatty Acids Level. *Ann Psychiatry Ment Health* 8(1): 1144.