

Experiment 8 - phoneme articulation and finger coactivity

Setup: hold arm with forearm horizontal and hand palm up, **maximally** relaxed. Rotate forearm to enter range where fingers partly open. See figs. (a), (b) and (c).

Action 1: with attention on the fingers, but without looking at them, separately produce forcefully the three phonemes /h/, /n/, and /m/, without vowels.

Alternatively, produce the syllables /hi/, /n+neutral vowel), and /ma/ and note the same results.

Observation 1: each sound activates, or initiates the **flexure** of particular fingers: /h/, /n/, and /m/ respectively move the thumb-plus-index, the middle, and the fourth-plus-fifth fingers. Here respiration combines the thorax and abdomen, but when isolated the two modes differ: in abdominal breathing the fingers **extend**.

Action 2: merely producing the three sounds, examine which of three mental contents, (a) perceiving the outer world, (b) objectless attention, or (c) sense of the "I" (or "self") most spontaneously associates with which particular vocalization.

Observation 2: the following associations will occur:

- /h/ - outer perception
- /n/ - objectless attention
- /m/ - the "I" or "self"

Each configuration comprises a single frame. Combining two or three frames yields mergers, e.g., /m/+n/ = attention on the "I". This topic relates to gesticulation, cognitive embodiments, religious and meditative vocalizations and hand gestures, cf. "hoshannah", "halleluya", "amen", "mu", "om-mani-padme-hum", etc.

Conclusion: this experiment documents inherent coactions between particular phoneme articulations, finger movements and mental settings.

