Finding the unseekable

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On a journey to find a special type of treasure, if one seeks it, one cannot truly find it. But if one does not seek it, then there is no journey to begin with.

In life (and probably "out of life" too), there are things that are findable but arguably not fully seekable. Think about happiness, spiritual enlightenment, mental breakthrough, meaning of life, true love, infinity, eternity, nothingness, etc. Each of these concepts has a very wide range of meaning and value. The "lower" parts are relatively in a person's control, but the "upper" parts can be out of normal human cognition to the point of incomprehensibility. In this case, if you seek, you will likely find the wrong one because nobody can convey the true one.

Illustration. Elusive treasure (AI-generated with Stable Diffusion)

Something can only be known but not understood. The human brain is a marvelous biological structure. Not all processes are brought to conscious awareness in the complex mental networks within the mind [1]. For example, people have underlying instinctual desires and behaviors, highly reinforced motor memories, and subconscious influences from habits, traumas, social norms, subliminal signals, etc. Additionally, there are even less understood information processes such as intuition, precognition, and many other parapsychological phenomena. These processes and their products probably cannot be presented in a linear and dual manner for the ego to be aware of.

One who has already found the treasure no longer needs to seek it. Those who are currently seeking did not find it.

A system has its boundaries. Although the human brain can create various mental simulations, our creativity cannot exceed its absorbable materials in terms of information (e.g., imagining a non-existent color). Furthermore, conscious intentions do not always work as intended (e.g., do not think about a pink elephant). If the processor (here, the brain) cannot process certain inputs, then the level of deviation will be very significant due to a high initial degree of natural stupidity [2]. Metaphorically, when a person perceives Cthulhu (an incomprehensibly powerful cosmic entity in the fictional works of H. P. Lovecraft), that person goes insane because the human mind cannot handle the information from a "higher being".

There is a phrase often being thrown around in spiritual self-cultivation contexts that I want to borrow: "As above, so below." A system that has expanded its old boundaries now has new boundaries, which is the basis of dynamic evolution. There are many things a fish can never comprehend but feel so natural to humans that we do not even ever consider them as some kind of constraint. When the ecosphere evolves, so do its elements. And thanks to the evolution of the elements, the ecosphere can evolve. Patterns of nature are reflected in humans, and patterns of the collective are reflected in individuals [3].

To find the unseekable, one needs to seek the unfindable.

Despite the cheesy-sounding sentence above, there are actually no concrete methods. However, certain strategies can help in one's journey. The first strategy is employing *negation*. One may not comprehend something but can understand what it is not to narrow down the search direction. The second strategy is dynamic navigation (interval navigating-acting cycles) or the meerkat method [4]. As a system continuously grows, how it navigates should also change to adapt accordingly. The third strategy is to "fight fire with fire":

employing the power of the brain beyond conscious awareness, such as experimenting with intuition and deep meditation techniques. In a sense, we cannot seek a smell with our eyes, but we can always try to rely on our existing noses.

Acknowledgment

References

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