Gordian Knots

A Disruptive Spirituality   
for the Singularity  
  
(Ultimate Tensigral Patterns Yoga   
Neurophilosophy for Health and Wellness)

**Gordian Knots  
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(Ultimate Tensigral Patterns Yoga   
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**Alex Schmitt**Entrepreneur, Neurophilosopher, Independent Publisher

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**Contact Information**www.GordianKnots.net

To my parents, who raised me and supported me.

For anyone who wants to improve themself.

# Medical Disclaimer

I am not a medical doctor; thus, the content of this book does not constitute medical advice. You are advised that Tensigral Patterns Yoga (TPY) is still in research and development. So, it is strongly recommended that you consult with a certified medical doctor to determine whether it is suitable to apply this method to your lifestyle.

First and foremost, you must understand that if you choose to practice Tensigral Patterns Yoga in full or just part of it:

* You agree to do so at your own risk and thus take full responsibility for possible physical and psychological injuries;
* You decide to apply a method still in research and developmentText Body voluntarily; and,
* YOU AGREE TO RELEASE AND DISCHARGE THE AUTHOR FROM ANY CLAIM OR CAUSE OF ACTION, KNOWN OR UNKNOWN, ARISING OUT OF THE APPLICATION OF THE METHOD.

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# **Preface**

“Behold, O monks, this is my advice to you. All component things in the world are changeable. They are not lasting. Work hard to gain your own salvation.”  
**Buddha’s last words**

This book is about neurophilosophy. The philosophy described here is disruptive, as it is a bodily philosophy anchored in the real and based on material facts. It includes a method of physical exercises, a new yoga based on neuroscience, and the kinetics of the human body, which allows the implementation of this philosophy. This new Tensigral Patterns Yoga conditions the body so that we are no longer puppets to our emotions while becoming even more attentive to them, freeing the mind from its chains. Indeed, this philosophy postulates that the mind reflects the body, and vice versa since our Central Nervous System (CNS) and our body are intimately intertwined.

The philosophy was born from an IT career-induced burnout and my subsequent longing to recover from long-term back problems. Disappointed by existing standard yoga to regain health, I decided to understand why, generally, it does not work. Studying neurosciences and practicing yoga for seventeen years helped me determine what was missing to be genuinely effective. I also relied on my knowledge in various fields, often very distant from each other. This conjunction of models and viewpoints allowed me to create this philosophy. The practice of the yoga I invented allowed me to regain much of my pre-burnout abilities and the capabilities of my thirties, even though I am now fifty-seven. I have endured back problems since I was a teen, and to make matters worse, I have worked in an office most of my life. Still, the journey is not over, and while the method is in refinement, its efficacy leads me to think I can continue to improve my overall health in the coming years.

I wanted the philosophy to be practical and suited to our time. So, I redefined the concept of spirituality, a spirituality of the moving body, grounded in the real because only our body connects us to the real world. The goal is to suggest a new definition of nirvana, a nirvana here and now on Earth, and to show that this goal is attainable by all of us. Our world, with eight billion individuals, is no longer receptive to traditional values. Therefore, we should create a new society with values corresponding to current needs if we do not want to fall into dystopia. For as long as there is life, there is hope. This is the potential that the philosophy of Gordian Knots possesses. This is the most fulfilling adventure you can embark on, and I want to take you with me.

This intellectual construction rethinks metaphysics with radically different foundations from the existing ones in the lineage of eliminative materialism. This point of view makes producing such a thought system difficult and especially makes it understandable with only unsuitable old concepts and words. That is why I choose to expose the same arguments from different points of view. So, if I had to summarize this book in two sentences, I would say:

* It is a book of empowerment that helps free oneself from the greatest prison one can endure: the mind.
* Spirituality is when I feel well, am in shape, exercise, and move my body.