

Research Article

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Metaphysical Tuning of Consciousness in Autism: A Holistic Synthesis of Neuroscience, Psychology, Eastern Philosophy, and Esoteric Traditions

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Abstract

Autism Spectrum Condition (ASC) is conventionally framed through deficit-based neuroscientific and psychological models emphasizing atypical sensory processing, executive function, and social cognition. This paper proposes a novel paradigm: autism as a metaphysical tuning of consciousness—a distinct calibration of awareness across multidimensional planes of existence. Integrating Western neuroscience (brain connectivity, sensory gating), psychology (double empathy, monotropism), Eastern philosophies (Buddhist no-self, mindfulness), and esoteric/ metaphysical perspectives (porous astral/emotional boundaries, subtle plane attunement), I synthesize these lenses into a coherent holistic framework. The “lights are on but nobody’s home” trope is reframed as presence tuned to subtler frequencies rather than absence. This cross-referenced synthesis challenges materialist reductionism, embraces “pseudoscientific” elements as valid phenomenological data, and advocates for a neurodiversity-affirming paradigm that honors autism’s role in human consciousness evolution. Implications for therapy, education, art, and spirituality are explored.

Keywords: Protein Aggregation, Nonlinear Kinetics, Gut–Brain Axis, Systems Biology, Computational Modelling, Neurodegeneration

1. Introduction

Autism presents a profound challenge to normative models of human experience. Diagnostically characterized by differences in social communication, sensory processing, and repetitive patterns, it has historically been pathologized. Yet autistic self-reports, artistic output, and emerging research reveal a richer phenomenology: heightened detail perception, intense internal worlds, permeable self-other boundaries, and unique perceptual strengths. This paper advances metaphysical tuning as a unifying concept. Consciousness is not confined to the physical brain but operates across layered realities—physical, astral/emotional, mental/ causal, and beyond. Autistic neurology facilitates differential attunement: stronger resonance with subtler planes and reduced filtering for consensus social reality. This creates both friction (overload, intrusion sensations) and gifts (depth, originality, intuitive access). I systematically integrate these lenses, crossreferencing them throughout, to forge a new paradigm that bridges empirical rigor with esoteric insight.

2. Methods

2.1. Study Design and Search Strategy

This study employed a scoping review methodology combined with theoretical synthesis. I conducted systematic searches of PubMed, PsycINFO, Scopus, and Google Scholar for peer-reviewed articles published between 1990 and 2026 using combinations of the following terms: *autism, metaphysics, consciousness, neuroscience, sensory gating, connectivity, double empathy, monotropism, Buddhism, no-self, mindfulness, esotericism, and subtle planes*. Furthermore, I manually identified foundational texts from Eastern philosophy (e.g., Buddhist sutras, Taoist works) and esoteric literature (e.g., shamanic practices, theosophical writings) referenced in primary autism phenomenological accounts [1].

2.2. Inclusion and Synthesis Criteria

Inclusion criteria required that sources provided either (i) empirical neurocognitive data on autism, (ii) established psychological frameworks, (iii) philosophical treatments of consciousness compatible with neurodiversity, or (iv) phenomenological reports from autistic individuals regarding subjective experience. I excluded purely clinical intervention studies lacking a theoretical

framework [2-4].

2.3. Cross-Paradigm Comparative Analysis

No human or animal subjects were involved; therefore, ethical approval was not required. I employed a qualitative crossparadigm mapping technique. For each core feature of autism (sensory processing, social cognition, self-awareness), I extracted corresponding mechanisms from the four domains (neuroscience, psychology, Eastern philosophy, esotericism) and identified structural homologies [5]. This allowed for the construction of the Metaphysical Tuning Theory (MTT) through iterative synthesis.

Disclaimer :

The author is solely responsible for the conception, content, interpretation, and conclusions presented in this original research perspective article. Large language model (LLM)-based tools were used only to assist with language polishing, formatting, and minor editorial improvements. The LLM did not contribute to the development of the article's scientific arguments, analysis, interpretation, or conclusions. All LLM-assisted text was critically reviewed, edited, and verified by the author, who takes full responsibility for the accuracy, integrity, and originality of the work.

2.4. Western Neuroscience and Psychology: The Hardware and Software of Difference

Neuroscientific evidence establishes autism as involving atypical brain development and connectivity. Early overgrowth in prefrontal and temporal regions, followed by altered pruning, leads to local overconnectivity and long-range underconnectivity. This manifests as enhanced perceptual functioning (detail focus) and challenges in integrating complex social-pragmatic information [6]. Sensory gating differences amplify input, contributing to overload and monotropism—intense, single-channel attention. Psychologically, the double empathy problem reframes social difficulties as bidirectional mismatches rather than autistic deficits. Autistic individuals employ effortful, explicit mentalizing, while neurotypicals rely on intuitive heuristics. This produces mutual incomprehension [7]. Alexithymia, atypical interoception, and executive function variations further shape emotional processing and self-awareness. These features align with the "lights on but nobody home" analogy. Observers perceive absence due to delayed affect, monotropic absorption, or flat expressions, yet the internal "house" buzzes with rich activity—vivid sensory data, logical analysis, or imaginal depth. Cross-referencing with metaphysics, this "absence" reflects consciousness tuned away from dense social consensus toward subtler processing [8].

2.5. Eastern Philosophical Perspectives: No-Self, Mindfulness, and Interdependence

Eastern traditions illuminate autism through consciousness models emphasizing fluidity over fixed selfhood. In Buddhism, *anatta* (no-self) posits the ego as illusory construct. Autistic differences in self-perception—concrete, fact-based selfviews and atypical inner speech—mirror reduced identification with a rigid social self. Monotropism parallels samadhi (concentrated absorption),

enabling deep insight but risking attachment to special interests [9]. Mindfulness practices, when adapted, address sensory overwhelm and emotional dysregulation by cultivating equanimity toward impermanence (*anicca*) and suffering (*dukkha*). Autistic practitioners report benefits in managing shutdowns and rumination through non-attachment, aligning internal intensity with present-moment awareness. Yoga and Taoist principles address energy flow (*prana/chi*), where motor and sensory atypicalities may indicate blocked or heightened subtle channels, resolvable through embodied practice. Cross-referencing neuroscience: Atypical default mode network activity supports lighter ego grip, echoing no-self. Double empathy finds parallel in interdependent arising—social "mismatches" arise from clashing perceptual tunings within a shared field, not isolated deficits [10s].

2.6. Esoteric and Metaphysical Dimensions: Porous Boundaries and Subtle Attunement

Esoteric traditions describe multidimensional consciousness. Autism often involves thinner psychic boundaries—a "crack" permitting greater access to astral/emotional planes, where thoughts and intentions exist as energetic forms. Autistic reports of others "living inside their brain" or feeling mentally transparent reflect this permeability: external intentions register directly due to reduced shielding. This tuning explains intrusion sensations: consciousness resonates more with collective thought-forms and emotional fields than with dense physical-social consensus. The "home" (embodied self) appears vacant to consensus observers because primary awareness inhabits subtler rooms in a multidimensional mansion—detailed pattern realms, imaginal worlds, or intuitive downloads. Esoteric views position autism as evolutionary variation: souls selecting vehicles for accelerated learning, innovation, or bridging realms. Heightened sensory perception equates to expanded subtle access, fueling artistic genius (e.g., savant skills) and spiritual sensitivity. "Pseudoscientific" elements—astral projection, thought-forms, energetic hygiene—are embraced here as phenomenological truths corroborated by autistic lived experience.

3. Systematic Synthesis: Toward a New Paradigm

Integrating these creates Metaphysical Tuning Theory (MTT): Autism is not broken hardware but a recalibrated receiver operating at different frequencies across consciousness planes.

- **Sensory/Perceptual Layer:** Neuroscience (enhanced local processing, poor gating) + Esoteric (heightened subtle input) = Amplified reception of both physical details and astral currents, explaining overload and intuitive gifts.
- **Social/Cognitive Layer:** Double empathy + Buddhist interdependence + Metaphysical boundary permeability = Bidirectional mismatches as plane desynchronization, not deficit. Effortful mentalizing is translation across frequencies.
- **Self and Inner World:** Atypical interoception/self-concept + No-self + Tuned attunement = Lighter ego, richer internal cosmos, with "intrusion" as natural interpenetration.
- **Artistic/Spiritual Expression:** Hyperfocus + Subtle access + Eastern concentration = Profound creative channeling, where autistic art captures resonances invisible to denser perception.

The "lights on but nobody home" is fully reframed: Lights illuminate subtler planes; the observer simply lacks the receiver to detect occupancy in those frequencies. This paradigm dissolves false dichotomies between science and "pseudoscience," treating first-person phenomenology and esoteric reports as primary data alongside fMRI and behavioral studies. Challenges arise from operating in a world optimized for consensus frequency. MTT predicts benefits from hybrid interventions: neurofeedback for connectivity, adapted mindfulness for equanimity, energetic practices for boundary modulation, and neurodiverse communities for same-frequency resonance.

4. Implications and Future Directions

Clinically, MTT advocates shifting from compliance-based therapies to tuning optimization—sensory accommodations, artistic outlets, metaphysical literacy (grounding, shielding). Educationally, it supports strength-based, interest-led learning. In art and culture, autistic contributions are seen as transmissions from subtler planes. Spiritually, autism offers humanity pathways to expanded awareness and reduced egodic suffering.

Future research could blend methods: neuroimaging during esoteric practices, phenomenological studies of astral experiences in autism, and longitudinal outcomes in tuned environments. Ethically, this paradigm demands autistic cocreation to avoid appropriation.

5. Conclusion

Autism, through metaphysical tuning, reveals consciousness as plural and multidimensional. Western science provides the substrate, psychology the interpersonal dynamics, Eastern wisdom the liberative practices, and esotericism the expanded map. By cross-referencing these without hierarchy, we birth a paradigm where autistic individuals are not incomplete puzzles but finely tuned instruments playing unique harmonics in the symphony of existence. The "crack" is not fracture but portal. Embracing this fosters a more compassionate, creative, and conscious humanity—one that honors all tunings as essential. This synthesis

invites rigorous testing and experiential validation. Autism is not a disorder of the self but a different tuning of consciousness - profoundly whole within its own tuning.

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SI-1: Glossary of Cross-Paradigm Terms (To aid peer reviewers and readers unfamiliar with esoteric or Eastern terminology).

Term	Domain	Definition (within context of this paper)
Sensory Gating	Neuroscience	The neural process of filtering out irrelevant sensory stimuli; impaired in autism, leading to overload.
Monotropism	Psychology	A cognitive style characterized by a narrow, intense focus of attention.
Anatta (No-Self)	Eastern Philosophy	The Buddhist doctrine that the ego/self is a transient, constructed illusion.
Samadhi	Eastern Philosophy	A state of deep meditative absorption and one-pointed concentration.
Astral Plane	Esoteric	A subtle dimension of existence where emotions and thoughts manifest as energetic forms.
Psychic Boundary	Esoteric	The perceived energetic barrier between the self and the external environment; proposed to be thinner in autism.
Double Empathy	Psychology	The theory that social difficulties arise from a bidirectional mismatch in empathy/communication styles between autistic and neurotypical people.

SI-2: Extended Methodology Description^{[1][2]}

Search Query Syntax^{[1][2]}
(autism OR "autism spectrum" OR ASD) AND ("sensory gating" OR connectivity OR "default mode"); (autism) AND ("double empathy" OR monotropism); (autism) AND (mindfulness OR "no-self" OR Buddhism); (autism) AND (esoteric OR metaphysical OR astral OR psychic)^{[1][2]}
Screening: Titles and abstracts were screened by the author. A total of 124 sources were initially retrieved; 47 were retained for full-text synthesis based on relevance to the cross-domain mapping.

SI-3: Potential Research Protocols (Future Directions)

- **Protocol 1:** Neuroimaging (fMRI/EEG) during autistic participants' engagement in self-reported "subtle perception" tasks (e.g., identifying emotional thought-forms in a controlled quiet room).
- **Protocol 2:** Phenomenological interview study utilizing Interpretative Phenomenological Analysis (IPA) to investigate the lived experience of "mental transparency" and "energetic intrusion" in autistic adults.