

The Human as a Time Structure

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Anthropology studies all aspects of human existence. Physical discoveries and theories are fundamental to the understanding of human existence and morphology. On the other hand, human morphology can be a source of information about both basic physical laws and the most complex structures. The study of the concept of humans as a temporal structure within physics includes two main directions - 1. human existence and 2. the perception of time. They can be interpreted through the principles of physical theories. Humans have a well-developed sense of time, and the human activity is the most complex realization of time cycles. This could give us some insight into time properties.

The theory of relativity is challenged by the concept of indeterminacy, quantum entanglement and superposition. Efforts to reconcile quantum mechanics with general relativity, such as theories of quantum gravity, suggest that time itself may be emergent rather than fundamental, arising from more fundamental quantum processes. If string theory is correct, then human beings are essentially complex vibrational patterns of strings. Our physical bodies, thoughts and consciousness can be manifestations of the fundamental string vibrations in higher dimensional space. The idea that all matter and forces emanate from the same fundamental strings suggests a profound interconnectedness of everything in the universe. This could provide a new perspective on the unity of nature and our place in it. String theory challenges our conventional notions of reality, suggesting that what we perceive as solid objects and empty space are composed of the same fundamental strings. This raises questions about the nature of existence and the limits of human perception.

Exploring the human being as a time structure involves examining how biological, psychological, and cognitive processes interact with and are influenced by time. Examples of Biological Time Structures are: Circadian Rhythms, Cellular Processes, Hormonal Cycles ect. Psychological Time Perception involves Subjective Time, Temporal Integration and Cognition. Memory, Decision-making and planning are intrinsically linked to time. There is also a Sociocultural Constructs of Time. Different cultures perceive and value time differently which shape how individuals experience and manage time. Some cultures have a linear view of time, emphasizing schedules and punctuality, while others may have a more cyclical, event-oriented or person-oriented perception of time.

Theories of human body morphology have not yet integrated or reflected new theories in physics. While the topic of time perception has been emphasized, the implications for understanding human anatomy and morphology remain unexplored. The Spiral Theory of the Human Body makes an effort to begin this discussion and aims to integrate homology, holographic, fractal theory, quantum biology, and synergism into a theory of human morphology. The interplay between space-time and the human is also discussed, pointing to free will as a system-forming factor, to strange attractors and skyrmions as appropriate models for describing human morphology. Like string theory, solid objects and empty space are considered equally important and the limits of human nature are discussed.

Human perception of time is mainly a product of neural processes in the brain. Neurons in the brain's timekeeping structures, such as the basal ganglia and the cerebellum, help us perceive and measure time intervals. Cognitive neuroscience explores how the brain integrates sensory information to create a coherent experience of the passage of time. Biological rhythms, such as the circadian rhythm, are governed by molecular mechanisms within cells. The suprachiasmatic nucleus (SCN) in the brain acts as the master clock, synchronizing with environmental cues like light to regulate daily cycles of

activity and rest. These biological clocks illustrate how humans are inherently time-structured at the molecular and physiological levels, with various cycles influence behavior, metabolism, and overall health. Despite the physical theories that describe time as a dimension or an emergent property, human experience of time is linear and sequential. This subjective experience is crucial for memory, anticipation, and decision-making. Viewing humans as a time structure in physics involves integrating insights from relativity, quantum mechanics, and cognitive neuroscience. While physical theories suggest that time is relative, non-linear and potentially emergent, human experience and biological processes are deeply intertwined with the linear sense of time. This interplay between physical theories and human perception, highlights the complexity of understanding time in the context of human existence.

Although string theory remains a highly theoretical framework with many unanswered questions, it offers a possible deeper understanding of the fundamental nature of the universe. This would mean that human existence, like everything else, is rooted in the vibrational patterns of one-dimensional strings woven into the very fabric of a multidimensional cosmos. In agreement with this, the Spiral Theory of the human body, in its conclusion,s regards to the human as an autowave. This perspective not only aims to unify the fundamental forces of nature, but also challenges us to rethink our place in the universe and the nature of reality itself.

Humans, as temporal structures, are influenced by a complex interplay of physical laws, biological rhythms, psychological perceptions, cognitive processes, and sociocultural factors. Understanding these dimensions provides insight into how we experience, measure, and interact with time, but also into its nature and the place for the free will.

Key words: human, string theory, STHB, time