

FUNCTIONAL BIOHACKING FRAMEWORK



**THE INTERFACE BETWEEN
AND BIOLOGICAL SIGNALS**

Guide 3

Inputs become internal states

**TEXAS
LEECHES**

GUIDE 3 — THE FUNCTIONAL BIOHACKING FRAMEWORK

THE INTERFACE BETWEEN ENVIRONMENT AND BIOLOGICAL SIGNALS HOW INPUTS BECOME PHYSIOLOGICAL STATES

INTRODUCTION: WHERE EVERYTHING CONNECTS

Up to this point, you have seen two fundamental layers of the system:

- The environment as a source of constant input
- The body as an electrical biological system

But there is a missing layer that explains everything in practice: the interface where external input becomes internal state.

This is where human experience actually happens.

Not in the environment alone.

Not in the body alone.

But in the continuous translation between both.

Every second of your life is this translation process.

CHAPTER 1: THE BODY DOES NOT EXPERIENCE REALITY DIRECTLY

You do not experience the world as it is.

You experience:

- interpreted signals
- filtered sensory input
- processed information

Light becomes perception.

Sound becomes meaning.

Environment becomes internal state.

The body is not reacting to reality.

It is reacting to signal interpretation.

CHAPTER 2: INPUTS ARE ALWAYS BEING TRANSLATED

Every external stimulus passes through a conversion system:

- light → circadian regulation
- sound → threat or safety mapping
- visuals → attention allocation
- movement → spatial awareness
- social cues → emotional prediction

Nothing enters the body unchanged.

Everything becomes a biological instruction.

CHAPTER 3: ATTENTION IS THE GATEWAY

Attention is not passive.

It is the selection system that determines what becomes biologically relevant.

What you focus on is amplified.

What you ignore is suppressed.

This means:

- attention controls signal strength
- attention controls energy distribution
- attention controls internal prioritization

You are not overwhelmed by reality.

You are overwhelmed by selected reality.

CHAPTER 4: STIMULUS → RESPONSE IS INSTANT

The sequence is automatic:

1. stimulus appears
2. nervous system detects it
3. interpretation begins
4. physiological response activates

This happens before conscious thought.

Before reasoning.
Before awareness.

This is why environment feels like identity.

Because it is constantly shaping response states in real time.

CHAPTER 5: YOUR STATE IS A CONTINUOUS OUTPUT

You do not “enter” emotional or cognitive states.

You generate them continuously.

States like:

- focus
- fatigue
- anxiety
- calm
- motivation

are outputs of:

input + interpretation + attention allocation

Change the input → change the state.

CHAPTER 6: MODERN INPUTS ARE NOT NATURAL

The modern environment introduces a mismatch:

Natural systems evolved for:

- stable environments
- low-frequency stimuli
- linear attention cycles

Modern environments provide:

- constant notifications
- fragmented attention demands
- artificial urgency loops

This creates signal overload at the interface level.

Not psychological weakness.

System saturation.

CHAPTER 7: CONTROL HAPPENS ONE LAYER EARLIER

Most people try to control internal states directly:

- “focus harder”
- “be more disciplined”
- “stop being anxious”

But internal states are downstream outputs.

Real leverage is earlier:

control the inputs entering the system.

Because:

inputs define processing
processing defines state
state defines behavior

CHAPTER 8: THE SYSTEM BECOMES VISIBLE

Once this framework is understood, perception shifts.

You stop seeing:

- emotions as identity
- fatigue as failure
- distraction as weakness

And you start seeing:

- patterns
- signals
- system responses

This is the transition from emotional interpretation to system observation.

CONCLUSION: YOU ARE THE INTERFACE

You are not just a body.
You are not just an environment.

You are the interface between both.

Every second:

input becomes signal
signal becomes state
state becomes behavior

This loop defines your entire lived experience.