



**The Ouroboros Tinnitus Lecture:  
What Can We Learn from a  
Serpent Eating Its Own Tail?**

by Dr. Hashir Aazh

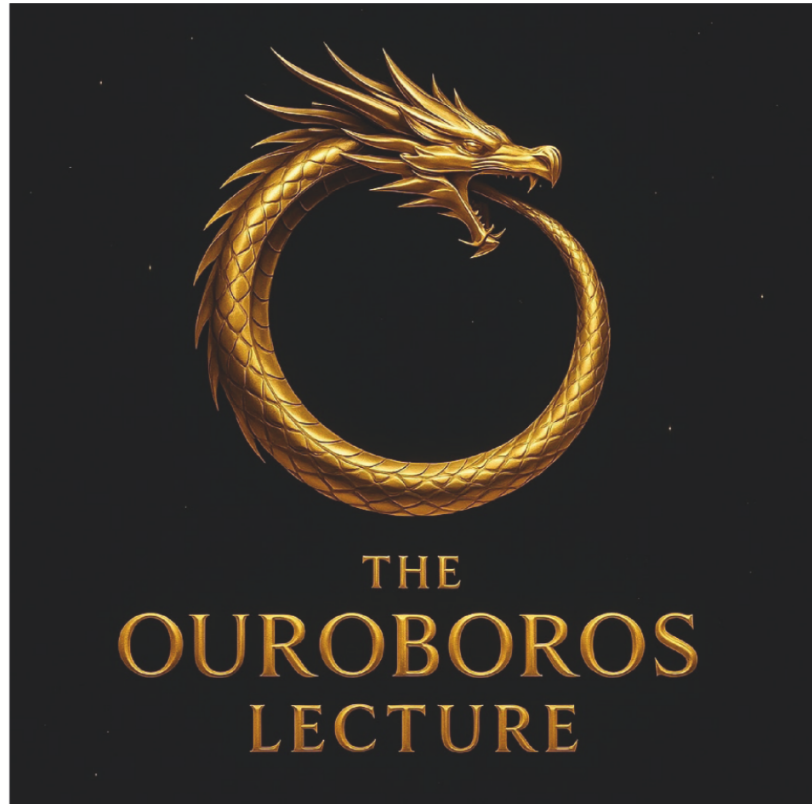
Tinnitus is more than a sound. It is a neural event, a psychological reaction, a private experience, and a socially mediated reality. It resists categorisation and refuses simplification. It is, in short, a paradox.

When approached purely as a biological mechanism, tinnitus becomes amenable to measurement but often eludes meaningful intervention. When framed solely as a subjective complaint, it risks marginalisation, being misunderstood, underfunded, and inadequately addressed. In both cases, something essential is lost. The Ouroboros, a serpent devouring its own tail, is one of the most enduring symbols in human thought. It represents cycles of renewal, the unity of opposites, feedback and recursion, and transformation through encounter with the self.

#### TINNITUS - A DYNAMIC LOOP OF INTERDEPENDENCE

In Jungian psychoanalysis, the Ouroboros symbolises individuation, the lifelong process of integrating the unconscious with the conscious self. For Jung, the psyche regenerates through engagement with what is cyclical and unresolved.

In tinnitus, this unity of opposites is not merely symbolic. Opposing processes



At the 2027 World Tinnitus Congress, the Ouroboros Lecture will be a point of return within the learning programme, a reminder to seek deeper understanding.

actively shape one another through continuous feedback. The desire for cure can increase monitoring, while the

ability to live well can reduce it. Stress can intensify the prominence of tinnitus, while reduced stress can allow it to recede into the background. These are not separate forces but interdependent processes, each influencing the other in a dynamic loop.

The Ouroboros invites us to explore tinnitus not just as a problem to be solved, but as a system shaped by feedback between opposing processes. Perception is not passive. It is influenced by factors such as stress, attention, and internal state, which both affect tinnitus and are affected by it. In this way, elements like stress and tinnitus can become linked through shared pathways, each reinforcing or softening the other. The significance of tinnitus emerges from these interactions, as the system continuously adjusts itself over time.



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### 4th World Tinnitus Congress and XV International Tinnitus Seminar - 2027



From Mechanism to Meaning — The ABC of Tinnitus

For full information and registration, visit: [wtc2027.co.uk](http://wtc2027.co.uk)

**Theme:** *From Mechanism to Meaning — The ABC of Tinnitus*

Hosted by the **Hashir International Institute**, these combined events take place in London from June 30 to July 2, 2027.

The Congress theme - *From Mechanism to Meaning – The ABC of Tinnitus* - is inspired by T. S. Eliot's timeless question: "*Where is the wisdom we have lost in knowledge?*"

The **ABC of Tinnitus** stands for

- **Auditory science**
- **Behavioural understanding, and**
- **Clinical innovation.**

With **11 scientific tracks, distinguished lectures, and round tables on clinical guidelines and health policy**, the 4th World Tinnitus Congress will bring together global experts to shape the future of tinnitus care.

Register to connect with international leaders, explore new approaches, and contribute to a future in which tinnitus care is guided not only by knowledge, but also by wisdom.

#### ADVANCES - DON'T CONFUSE MEASURABLE WITH MEANINGFUL

The Ouroboros Lecture is created to inspire enquiry into what can be learned from the feedback between opposing processes. As the philosophical centrepiece of the 4th World Tinnitus Congress in London in 2027, it explores tinnitus by examining how these opposing processes interact and shape the experience through feedback. This lecture is timely. Tinnitus research is advancing rapidly, with brain imaging, machine learning, and auditory modelling offering unprecedented access to neural mechanisms. Yet with each

advance comes a risk that what is measurable is mistaken for what is meaningful. When objective findings are limited and language is insufficient, the lived reality of tinnitus can be overlooked.

#### THE LESSON OF THE SSSSERPENT EATING ITSELF: A FULCRUM FOR THE WTC PROGRAMME

The lecture offers a moment of synthesis. It acts as a bridge across disciplines and a mirror for collective reflection. It may be delivered by a neuroscientist, a psychologist, a philosopher, or a clinician, but its defining quality is insight.

It is intentionally open-ended, asking not for certainty but for understanding. Beginning in London in 2027, the lecture will become a permanent part of future World Tinnitus Congress events. Like the serpent, it returns to its beginning, not to repeat but to deepen understanding. While scientific tracks explore specific aspects of tinnitus, the Ouroboros Lecture returns attention to the system as a whole and to how experience is formed through interaction.

*By Dr Hashir Aazh, President of the 4th World Tinnitus Congress (London 2027)*