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Consciousness is what allows you to experience the world. It's the foundation of your being. It's what makes you who you are. The video provides a deep dive in different principles of consciousness, which finds everything from the mind-body problem to more obscure ideas like Douglas Hofstadter's strange loops and Nir Lahav's relativistic consciousness.

It was interesting to see how different views, such as Buddhist thoughts like Yogacara and Madhyamaka, contrast with scientific models like global workspace theory. Altered states of consciousness, like dreams, meditation, and psychedelics were discussed which challenge the idea of stable awareness.

The hard problem of consciousness, especially through concepts like panpsychism and illusionism, raised thought-provoking questions about whether subjective experience can ever be fully explained. I found John Vervaeke's relevance realization particularly compelling, as it associates consciousness to how we understand the world. Discussion on quantum consciousness, especially Penrose's theory, added another layer of complexity. Overall, the video presented a attractive observation of how consciousness might function, blending philosophy, neuroscience, and metaphysics.