What is Consciousness?

Consciousness is being aware. While many people would immediately think in terms of their surroundings, it digs deeper. When I see the word conscience, “inner thoughts” is the first thing that comes to my mind.

How many layers of consciousness were mentioned in the video?

The video provided covers 5 layers of consciousness. The different layers of consciousness explain how & why others may not have the same thought of “Consciousness” as you or I. These layers are supported by theories. While some theories are proven to be true, some cannot and are only opinions. For example, Donald Hoffman’s Theory sides with “fundamental”, meaning he believes that the way people see the world is more so based off of how we interact with objects/each other. While in the other hand Ian McGilchrist believes that the our brains left & right hemisphere both perceive the world oppositely.

What is Qualia?

After watching the video I would define Qualia as a specific experience (physical or emotional) that affects your consciousness.

What does Global Workplace Theory mean to me?

Global workspace theory to me is you’re conscious influenced by other things. What others may see may not be from your perspective but that doesn’t mean it’s wrong.

What is Panpsychism?

Panpsychism is the belief that everything has a conscious. Whether it’s a human or inanimate object. Alfredo north whitehead’s pan experimentalism supports Panpsychism.

Does consciousness help you view the world?

YES! Consciousness in fact does help you view the world. Knowing that everyone views things differently is a day-to-day task especially when interacting with one another.

What is the Indian philosophy?

The Indian philosophy on consciousness is also based on fundamental. I would say the Indian philosophy focuses more on the nature, up bringing, environment & in a more simpler definition “a chosen fate” I say this because when you believe that you will be “Someone” or “something“ because of where you come from or what you’re used to is you’re consciousness being influenced by what you are used to , which also in a way is relevant to Joscha Bachs’ Theory.

How do we truly know who we are?

I don’t believe that there is a correct answer to this question. The different layers of consciousness shows us how what we see may not be the same that others may see. Your consciousness is made up by you. Whether it’s from traditional upbringing or you being in your own thoughts, your consciousness is who you are.