Rachel Consciousness Complete

This was an extensive deep-dive into consciousness - a compilation of definitions and theories to the "how?" and "why?" of consciousness. A myriad of terms, theories, concepts, and ideas were explored on the topic of consciousness, ranging from scientific to spiritual and everything in between. I have never reflected on consciousness quite like this before, but because some of the questions explored in the video delved into existential territory, I really gravitated toward the more spiritual explanations of consciousness.

I found the ideas that referenced a "universal consciousness," or Carl Jung's "collective consciousness" theory, particularly compelling; the idea that there is a greater inaccessible consciousness and our personal consciousnesses are just a part of that resonated with me on a spiritual level. I also appreciated the Buddhist concept of the "illusion of self" - this video explained that this concept does not imply that the self is false but instead that the self is ever-changing, and is never a static thing.

The "hard problem" of consciousness that the video addresses is the simple question: "Why does subjective experience exist?" The video also addressed various potential answers to this question; I found the idea that consciousness is a "convenient fiction" made by the mind in order to experience life to be interesting if a little discomforting. I also thought Jungian analyst James Hollis had an interesting take on this problem: he suggested that consciousness is not just awareness, but the carrier of meaning - shifting the focus of what consciousness *is*to what consciousness *does*. This seemed more in line with Buddhist concepts of self - ever-changing. I'm eager to learn more about consciousness - I think it's exciting to delve into a topic where even the experts in the field are often stumped.