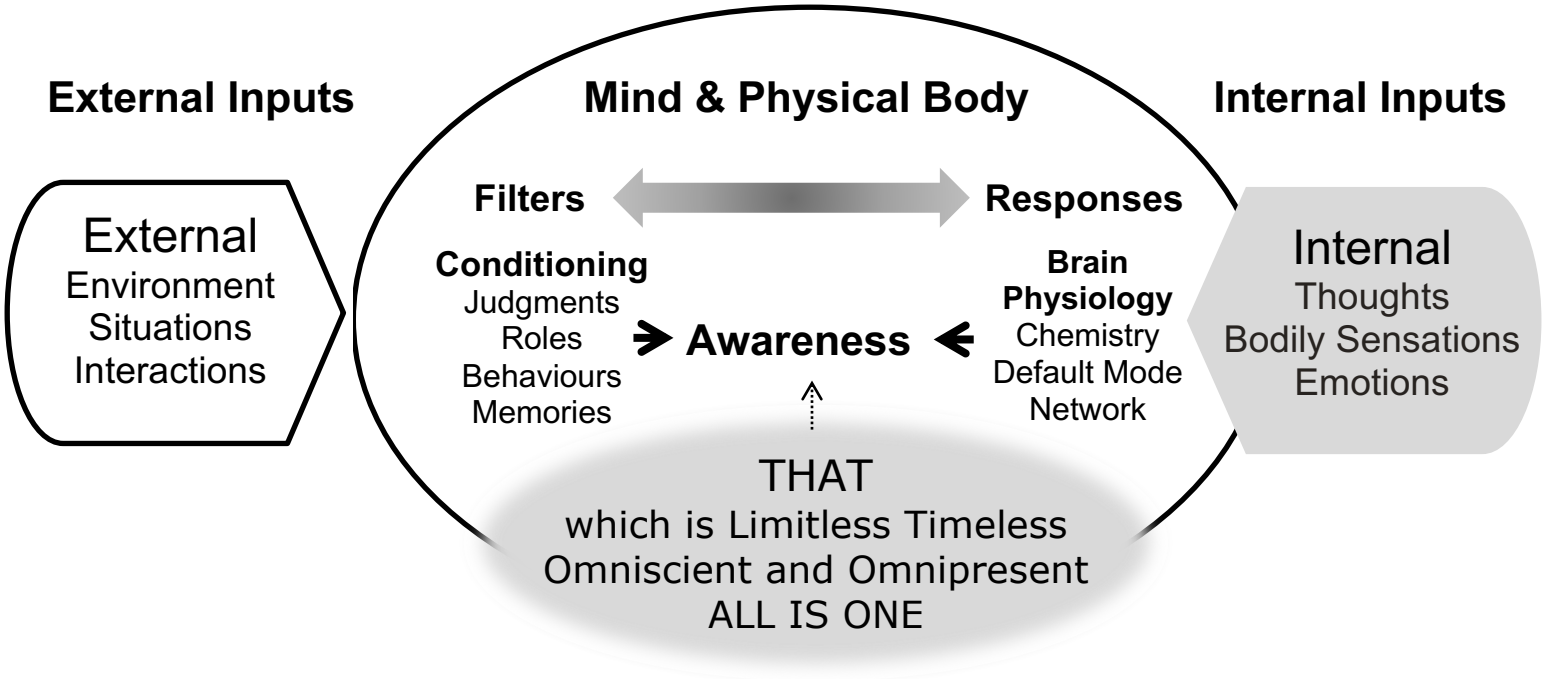
A Model of Awareness



In this model, our awareness comes from different sources

Our awareness arises from the external and internal inputs to our mind and body. These inputs, both external and internal, are filtered by our conditioning and our life experiences. Then these inputs create patterns in our brain physiology.

The patterns that we have created in our brain physiology determine how we respond to our external and internal inputs. This means that specific inputs will create specific responses. And over time the repetition of these responses create very specific reproducible brain patterns for different inputs.

A way to characterize our filters is that they are our judgments, roles, rules, behaviors and our memories. A way to think about our patterned responses is that we create what is called a default mode network (DMN) in our brains. The DNM is the brain network (a cortex structure) that we have developed for specific default patterns we use to respond to specific inputs.

Our filtered inputs and patterned responses interact. So if we change our filters, we change our patterned responses. And if we change our patterned responses we change our filters.

Our filters and patterned responses are the primary inputs to our awareness. But If we involve THAT which is Limitless, Timeless, Omniscient and Omnipresent, this also is an input and changes our awareness.