

being you a new science of consciousness

****Being You: A New Science of Consciousness****

being you a new science of consciousness is an intriguing phrase that invites us to explore the very essence of what it means to be ourselves. Consciousness—the state of being aware of and able to think about oneself and the environment—has puzzled philosophers, scientists, and thinkers for centuries. Today, with advances in neuroscience, psychology, and even quantum physics, a new science of consciousness is emerging, one that promises to deepen our understanding of identity, self-awareness, and the nature of reality itself.

In this article, we'll journey through this groundbreaking approach to consciousness, exploring how "being you" is not just a poetic notion but a scientific frontier. We'll delve into the latest theories, the connection between mind and brain, and how this new science can transform our perspective on life and selfhood.

What Does "Being You" Mean in the Context of Consciousness?

At its core, "being you" refers to the subjective experience—your unique sense of self, your thoughts, feelings, memories, and awareness. The new science of consciousness seeks to unpack this subjective realm, often called the "hard problem" of consciousness, which asks: How and why do physical processes in the brain give rise to personal experiences?

Traditional science has struggled with this question because consciousness is inherently private and intangible. However, modern research approaches this challenge through interdisciplinary methods, combining cognitive neuroscience, philosophy of mind, and computational modeling to understand how "being you" arises from neural activity.

From Brain Mechanics to Subjective Experience

One of the breakthroughs in the new science of consciousness is the focus on neural correlates of consciousness (NCC). These are specific brain states or processes closely linked to conscious experience. By studying how different brain regions fire and interact during various mental states, scientists are beginning to map out the architecture of consciousness.

Yet, simply identifying brain activity patterns is not enough. The new science aims to bridge the subjective-objective gap by proposing theories that explain how physical processes produce conscious experience. For example, Integrated Information Theory (IIT) suggests that consciousness corresponds to the system's ability to integrate information in a unified way—a concept that resonates with the idea of "being you" as a coherent, continuous self.

Key Theories in the New Science of Consciousness

Numerous theories are reshaping our understanding of consciousness, each offering unique insights into what it means to be you.

Integrated Information Theory (IIT)

IIT posits that consciousness arises from the integration of information in the brain. It quantifies consciousness using a measure called phi, which represents how much information is unified within a system. The higher the phi, the richer the conscious experience.

This theory shifts the focus from individual neurons to the quality and quantity of information integration. It suggests that "being you" is essentially about how your brain synthesizes vast amounts of information into a singular, unified experience.

Global Workspace Theory (GWT)

Global Workspace Theory likens consciousness to a theater spotlight in the mind. According to GWT, unconscious processes work in the background, but when information is "broadcast" to a global workspace in the brain, it becomes conscious.

This model helps explain why certain thoughts or sensations enter our awareness while others remain unconscious. It highlights the dynamic nature of "being you," where attention and awareness shape what is experienced moment to moment.

Quantum Approaches to Consciousness

Though still controversial, some researchers explore quantum mechanics as a basis for consciousness. The idea is that quantum processes in the brain might contribute to the emergence of conscious experience, potentially solving puzzles that classical physics cannot.

While this remains speculative, it underscores the depth and mystery still surrounding "being you" and invites a broader scientific dialogue.

The Role of Self-Awareness and Identity

Being you is inseparable from self-awareness—the ability to reflect on one's own thoughts and feelings. Self-awareness is a hallmark of higher consciousness and plays a crucial role in personal identity.

How Self-Awareness Shapes Consciousness

Self-awareness allows you to recognize yourself as an individual distinct from others, to think about your own existence, and to plan for the future. It involves higher-order cognitive functions, including metacognition—the ability to think about thinking.

The new science of consciousness investigates how self-awareness emerges in the brain and how it influences emotions, decision-making, and social behavior. Understanding this process provides practical insights into mental health, as disruptions in self-awareness are linked to conditions like schizophrenia and dissociative disorders.

The Fluidity of Identity

Interestingly, recent research suggests that identity is not fixed but fluid and dynamic. Our sense of self can change over time due to new experiences, memories, and social interactions. This challenges the traditional view of a stable, unchanging "you."

By studying this fluidity, the new science of consciousness reveals how adaptable and complex our inner world is, and how "being you" is an ongoing process rather than a static state.

Practical Implications of the New Science of Consciousness

Understanding consciousness isn't just an academic exercise—it has real-world applications that affect how we live, learn, and heal.

Enhancing Mental Health Through Consciousness Research

Mental health disorders often involve altered states of consciousness and disruptions in self-awareness. By unraveling the mechanisms underlying consciousness, scientists are developing better treatments for depression, anxiety, PTSD, and other conditions.

Mindfulness and meditation practices, which cultivate a deeper awareness of the present moment, are also being scientifically validated as tools to enhance consciousness and well-being.

Artificial Intelligence and Consciousness

As AI technology advances, questions arise about whether machines can ever be truly "conscious" or "be you." The new science of consciousness informs debates about artificial sentience and ethical considerations of AI development.

Exploring what consciousness entails helps clarify the boundaries between human experience and artificial simulation, guiding responsible innovation.

Expanding Human Potential

New insights into consciousness can help individuals tap into higher states of awareness, creativity, and intuition. Techniques such as neurofeedback, brain stimulation, and psychedelic-assisted therapy are being explored as ways to expand consciousness and enhance personal growth.

This emerging science invites us to rethink what it means to live fully and authentically as ourselves.

Challenges and Future Directions

While the new science of consciousness has made remarkable progress, many questions remain unanswered.

The Subjectivity Problem

One of the biggest challenges is how to study subjective experience scientifically. Consciousness is inherently first-person, making it difficult to measure objectively. Researchers are developing innovative methods, such as combining brain imaging with subjective reports, to bridge this gap.

Interdisciplinary Collaboration

Consciousness research requires collaboration across disciplines—neuroscience, psychology, philosophy, computer science, and physics. As this new science evolves, fostering communication and integration across fields will be crucial.

Ethical Considerations

As we deepen our understanding of consciousness, ethical questions arise about privacy of thought, manipulation of mental states, and the rights of potential conscious machines. Navigating these issues thoughtfully will shape the future of the science and society.

Being you is not merely a biological or neurological fact; it is a profound mystery that science is beginning to unravel. The new science of consciousness offers a compelling framework to understand how our unique experience of self emerges, evolves, and interacts with the world. As research continues, it promises to transform not only our knowledge but also how we live as conscious beings in an interconnected universe.

Frequently Asked Questions

What is the central thesis of 'Being You: A New Science of Consciousness'?

The central thesis of 'Being You' is that consciousness arises from the brain's internal models of the world and the self, proposing that our sense of being a subject is a form of controlled hallucination shaped by neural processes.

Who is the author of 'Being You' and what is their background?

The author of 'Being You' is Anil Seth, a neuroscientist and professor known for his research in consciousness and cognitive neuroscience.

How does 'Being You' explain the experience of self-awareness?

The book explains self-awareness as the brain's construction of a model of the self, integrating sensory inputs and internal predictions to create the subjective experience of being a distinct individual.

What scientific methods does 'Being You' highlight for studying consciousness?

'Being You' discusses methods such as neuroimaging, computational modeling, and experimental psychology to investigate how brain activity correlates with conscious experience.

Does 'Being You' address the issue of whether consciousness can be measured?

Yes, the book explores approaches to quantifying consciousness, including the use of neural correlates and information integration theories to assess levels of conscious awareness.

How is the concept of 'controlled hallucination' important in 'Being You'?

'Controlled hallucination' refers to the idea that perception is the brain's best guess or prediction of sensory inputs, meaning consciousness is a dynamic process of prediction and error correction.

What implications does 'Being You' suggest for artificial intelligence and machine consciousness?

The book suggests that understanding consciousness as brain-based prediction models could inform the development of AI systems capable of simulating aspects of conscious experience, though true subjective awareness remains a complex challenge.

Additional Resources

****Being You: A New Science of Consciousness****

being you a new science of consciousness represents a transformative approach to understanding one of the most enigmatic aspects of human existence—the nature of self-awareness and subjective experience. This emerging field challenges traditional paradigms in neuroscience, psychology, and philosophy by proposing innovative frameworks that seek to unravel the complex dynamics behind consciousness. As scientific inquiry advances, the quest to decipher "being you" is gaining momentum, offering fresh perspectives on identity, cognition, and the intricate relationship between brain and mind.

Understanding the Foundations of Consciousness

The study of consciousness has long been a multidisciplinary pursuit. Historically, it has been addressed through philosophical inquiry and later through empirical studies in psychology and neuroscience. However, the phrase **being you a new science of consciousness** encapsulates a shift toward integrating diverse methodologies—from quantum physics to computational modeling—to create a more holistic understanding.

Consciousness is often described as the state of being aware of oneself and the environment. Yet, this definition barely scratches the surface. The nuances of subjective experience, or qualia, raise fundamental questions: How does consciousness emerge from neural activity? What distinguishes conscious from unconscious processes? The new science of consciousness aims to answer these by combining rigorous scientific data with innovative theoretical models.

The Role of Neuroscience and Cognitive Science

Neuroscientific research has made significant strides in mapping brain areas associated with conscious experience, such as the prefrontal cortex, thalamus, and default mode network. Functional MRI (fMRI) and electroencephalography (EEG) have allowed scientists to observe correlations between neural patterns and conscious states. Nonetheless, these correlations do not fully explain the subjective quality of experience.

Cognitive science contributes by exploring how mental processes—attention, memory, perception—interact to produce a coherent sense of self. The "being you" aspect emphasizes individual identity, which is dynamic and context-dependent. For example, studies on split-brain patients illustrate how consciousness can fragment, revealing the brain's modular nature and challenging the notion of a singular, unified self.

Innovative Theories in the New Science of Consciousness

Several cutting-edge theories attempt to advance the understanding of consciousness beyond classical views. Among these, Integrated Information Theory (IIT) and Global Workspace Theory (GWT) have gained considerable

attention.

Integrated Information Theory (IIT)

IIT proposes that consciousness corresponds to the capacity of a system to integrate information. According to this framework, the more integrated and differentiated the information a system can process, the higher its level of consciousness. This theory quantifies consciousness using a metric called ϕ (Φ), which measures integration.

The appeal of IIT lies in its potential to provide a mathematical foundation for consciousness, linking physical processes to subjective experience. However, critics argue that measuring ϕ in complex biological systems remains challenging, and the theory may not fully account for phenomenological aspects.

Global Workspace Theory (GWT)

GWT suggests that consciousness arises from the broadcasting of information across a global neural workspace, allowing different brain modules to access and share data. This model likens consciousness to a theater spotlight, illuminating particular mental contents for widespread cognitive processing.

The strength of GWT is its compatibility with observed brain activity patterns and its explanatory power regarding attention and working memory. Nonetheless, some researchers believe it explains access consciousness rather than the deeper subjective experience.

Implications of Being You: Identity and Subjectivity

The phrase **being you a new science of consciousness** inherently touches on the concept of personal identity. Understanding consciousness is not just an academic exercise; it has profound implications for how individuals perceive themselves and relate to others.

Selfhood and Continuity

One of the central challenges is explaining the continuity of selfhood despite constant physical and psychological changes. Neuroscientific evidence shows that brain structures and neural connections evolve over time, yet the sense of being a consistent "you" persists. This paradox fuels debates in both science and philosophy about the nature of self.

Emerging research suggests that selfhood may be a dynamic construct, continuously updated through memory, emotion, and social interaction. This perspective aligns with constructivist views, proposing that "being you" is an ongoing process rather than a fixed entity.

Consciousness and Artificial Intelligence

The exploration of consciousness inevitably intersects with developments in artificial intelligence (AI). As AI systems become increasingly sophisticated, questions arise about the possibility of machine consciousness and what it would mean to be "you" in a non-biological context.

Some proponents of the new science of consciousness speculate that understanding the mechanisms behind subjective experience could inform the creation of conscious machines. This prospect raises ethical considerations regarding rights, responsibilities, and the definition of personhood.

Challenges and Future Directions

Despite significant progress, the new science of consciousness faces numerous challenges. One major hurdle is the "hard problem" of consciousness, a term coined by philosopher David Chalmers, referring to the difficulty of explaining why and how physical processes give rise to subjective experience.

Methodological Limitations

Empirical investigation into consciousness is hampered by the inherently private nature of subjective experience. While neuroscientific tools can measure brain activity, they cannot directly access qualia. This gap necessitates innovative experimental designs and interdisciplinary collaboration.

Ethical and Philosophical Considerations

Advances in consciousness research prompt reevaluation of ethical frameworks, particularly concerning human and non-human entities. Questions about animal consciousness, AI rights, and the treatment of altered states of consciousness underscore the societal impact of this field.

Potential Applications

The practical applications of understanding consciousness are vast. For instance, better insight into consciousness could improve treatments for disorders of awareness such as coma, vegetative states, and psychiatric conditions. Additionally, it might enhance human-computer interfaces and deepen our grasp of mental health.

Conclusion: The Ongoing Journey of Being You

The quest encapsulated by **being you a new science of consciousness** continues to provoke curiosity and debate across disciplines. While definitive answers remain elusive, the integration of neuroscience, cognitive science,

philosophy, and emerging technologies is paving the way toward a more comprehensive understanding of what it means to be conscious.

This evolving science does not merely seek to explain consciousness as an abstract phenomenon but aims to illuminate the lived experience of selfhood—how "being you" manifests in the brain, mind, and broader existence. As research progresses, it holds promise for reshaping our conception of identity and the very essence of human experience.

Being You A New Science Of Consciousness

being you a new science of consciousness: Being You Anil Seth, 2021-08-31 A GUARDIAN , ECONOMIST, NEW STATESMAN, FINANCIAL TIMES AND BLOOMBERG BOOK OF THE YEAR 'I loved it.' MICHAEL POLLAN 'Fascinating.' FINANCIAL TIMES 'Awe-inspiring.' NEW STATESMAN 'Brilliant.' CLAIRE TOMALIN, NEW YORK TIMES 'A brilliant beast of a book.' DAVID BYRNE 'Hugely important.' JIM AL-KHALILI 'Gripping.' ALEX GARLAND 'Masterly . . . Vast-ranging, phenomenal.' GAIA VINCE, GUARDIAN Anil Seth's radical new theory of consciousness challenges our understanding of perception and reality, doing for brain science what Dawkins did for evolutionary biology. Being You is not as simple as it sounds. Somehow, within each of our brains, billions of neurons work to create our conscious experience. How does this happen? Why do we experience life in the first person? After over twenty years researching the brain, world-renowned neuroscientist Anil Seth puts forward a radical new theory of consciousness and self. His unique theory of what it means to 'be you' challenges our understanding of perception and reality and it turns what you thought you knew about yourself on its head. 'Seth thinks clearly and sharply on one of the hardest problems of science and philosophy, cutting through weeds with a scientist's mind and a storyteller's skill.' ADAM RUTHERFORD 'A page-turner and a mind-blower . . . Beautifully written, crystal clear, deeply insightful.' DAVID EAGLEMAN 'If you read one book about consciousness, it must be Seth's. JULIAN BAGGINI, WALL STREET JOURNAL

being you a new science of consciousness: Im Kopf beginnt die Freiheit Ilja Grzeskowitz, 2025-09-02 Nutze die Psychologie der Veränderung für dich und werde zum Gestalter der Zukunft Hast du das Gefühl, in einer schnelllebigen und von Unsicherheit geprägten Zeit zu agieren? Stehst du unter großem Druck, mit den Anforderungen Schritt zu halten? Die täglichen Herausforderungen führen oft dazu, dass wir uns selbst sabotieren. Schnell verlieren wir unsere Motivation und unseren kreativen Antrieb. Stress und Resignation machen es schwer, Ziele zu erreichen, und wir hinterfragen die Sinnhaftigkeit des Lebens. Das muss nicht sein! Im Kopf beginnt die Freiheit von Ilja Grzeskowitz zeigt dir Wege auf, wie Veränderung aktiv gestaltet werden kann. Triff mutige Entscheidungen und starte ein positives Change Management mit nachhaltiger Wirkung auf dein Leben. Mache jetzt den ersten Schritt in ein resilienteres Leben und finde Sinnhaftigkeit, Glück und Zufriedenheit. Setze ein Zeichen und gestalte eine Zukunft, auf die du stolz sein kannst! Nutze die Psychologie der Veränderung! In diesem inspirierenden Buch lernst du: warum uns Wandel oft schwerfällt – und wie du ihn trotzdem meisterst. welche Tools und Methoden Veränderung für dich einfacher machen. wie du tief verwurzelte Mechanismen entschlüsselst und dein Potenzial entfaltest. wie du negative Glaubenssätze transformierst und sie zu Verbündeten machst. wie du die Psychologie der Veränderung nutzt, um deine Träume zu leben. Dein Weg zu einem tieferen Verständnis für die Psychologie der Veränderung: Eine positive Spirale des Handelns erzeugen Dieses Buch gibt dir Werkzeuge an die Hand, um die unbewussten Programmierungen und Glaubenssätze, die dein Verhalten steuern, zu erkennen und zu transformieren. Dir werden Wege aufgezeigt, wie Veränderung aktiv gestaltet werden kann – aus einer Position der Klarheit und Selbstwirksamkeit heraus. Gewohnheiten ändern Du lernst, aus Passivität und Überforderung

auszubrechen. Darüber hinaus gewinnst du deine persönliche Handlungsfähigkeit zurück und kannst ein Leben führen, das geprägt ist von Wertschätzung, Selbstbestimmung und erfüllenden zwischenmenschlichen Beziehungen. Veränderung aktiv gestalten Entschlüsse die emotionalen und unbewussten Mechanismen hinter Veränderungen und verstehe, warum logische Ansätze allein scheitern. Mit diesem Wissen wirst du in der Lage sein, deine persönliche und berufliche Zukunft mit Leichtigkeit und Freude zu gestalten, statt sie passiv zu erdulden. In jeder Veränderung stecken großartige Möglichkeiten! Wie wäre es, alte Gewohnheiten mit Freude und Kreativität zu ändern und wieder die Kontrolle über deine persönlichen und beruflichen Erfolge zu haben? Du stößt positive Veränderungen an und kannst stolz in eine glückliche Zukunft blicken. Hört sich gut an? Dann mach noch heute den ersten Schritt in Richtung Freiheit und freu dich auf ein sinnhaftes und bedeutsames Leben.

being you a new science of consciousness: Erleuchtung für Skeptiker. Die 8-Stufen-Meditation für innere Zufriedenheit und einen glücklichen Geist Scott Snibbe, 2024-04-24
Positives Denken und Zufriedenheit kann trainiert werden – durch analytische Meditation!
»Erleuchtung für Skeptiker« verknüpft die traditionelle buddhistische Meditation mit moderner Psychologie und richtet sich an alle, die etwas für ihr geistiges Wohlbefinden tun wollen. Anders als stabilisierende Achtsamkeits-Meditationen, die auf die Klärung des Geistes abzielen, vermitteln Scott Snibbes analytische 8-Stufen-Meditationen aktiv positive Bilder, die dabei helfen, den Geist zu fokussieren und Ängste zu überwinden. Wie man mit dieser einfachen neuartigen Meditationstechnik lernt, positive Denkmuster zu entwickeln, zeigt dieses Buch humorvoll und mit zahlreichen Bezügen zur Popkultur – Erleuchtung garantiert! Mit einem Vorwort des Dalai Lama. Mit einem Vorwort des Dalai Lama Esoterikfrei und alltagstauglich: Das Beste aus Buddhismus und moderner Psychologie Neue und einfachere Meditationstechnik trainiert den Geist im Positiv-Denken - fällt vielen leichter als rein »achtsam« an nichts zu denken, nur wahrzunehmen, was ist 8-Stufen-Ratgeber zu analytischer Meditation für mehr geistiges Wohlbefinden, Lebensfreude und Resilienz

being you a new science of consciousness: Quantenphysik und das Bewusstsein des Universums. Zweite erweiterte Auflage. Bruno Del Medico, 2025-09-01 Wenn wir über Quantenphysik sprechen, denken wir sofort an beschwörende Bilder: flüchtige Teilchen, mysteriöse Sprünge, unverständliche Zusammenhänge. Doch die faszinierende Revolution, die im 20. Jahrhundert von Wissenschaftlern wie Niels Bohr, Werner Heisenberg und Erwin Schrödinger eingeleitet wurde, beschränkte sich nicht auf Gleichungen. Sie stellte unsere Gewissheiten über die Beziehung zwischen Materie und Bewusstsein, zwischen Beobachter und beobachtetem Universum auf den Kopf. Die Frage, die Physiker und Philosophen seit Jahrzehnten beschäftigt, ist überraschend: Würde das Universum existieren, wenn es keine bewussten Beobachter gäbe? Bereits 1931 erklärte Max Planck: „Ich halte Bewusstsein für grundlegend. Alles, wovon wir sprechen, alles, was wir betrachten, existiert nur dank Bewusstsein.“ Diese Vision fand in den Quantenphänomenen des 20. Jahrhunderts fruchtbaren Boden. Das Doppelspaltexperiment, das Thomas Young erstmals 1801 durchführte und aus einer Quantenperspektive neu interpretierte, zeigt, wie ein Teilchen sein Verhalten bei Beobachtung ändert. Einigen Physikern zufolge verbleibt die Realität ohne einen bewussten Beobachter in einem unbestimmten und probabilistischen Zustand. Ein weiteres Schlüsselkonzept ist die Quantenverschränkung. Wenn zwei Teilchen miteinander verschränkt sind, bewirkt jede Veränderung des einen Teilchens sofort eine Veränderung des anderen, unabhängig von der Entfernung. Seit den 1980er Jahren haben Experimente wie die von Alain Aspect an der Universität Paris bestätigt, dass Verschränkung real ist. Die Botschaft scheint klar: Im Herzen der Realität ist alles miteinander verbunden. Sogar das Bewusstsein scheint Teil dieses universellen Netzwerks zu sein. David Bohm, Physiker und Einstein-Schüler, postulierte in den 1980er Jahren, das Universum sei ein Superhologramm, eine vernetzte Struktur, in der jeder Teil Informationen über das Ganze enthält. Bohm argumentierte, das menschliche Bewusstsein sei an diese universelle Struktur gebunden. „Tief im Universum“, schrieb Bohm, „gibt es eine implizite Ordnung, eine fundamentale Einheit, die Materie, Geist und Bewusstsein umfasst.“ Diese Perspektive spiegelt alte

östliche Philosophien wider. Im Buddhismus und Hinduismus wird die Vorstellung, dass das individuelle Selbst Teil eines kosmischen Bewusstseins ist, seit Jahrtausenden gelehrt. Der Philosoph Carl Jung formulierte in den 1950er Jahren in Zürich das Konzept des kollektiven Unbewussten: eine Dimension, in der Gedanken, Erinnerungen und Archetypen in einer Art platonischem „Ideenraum“ zirkulieren, der jenseits des individuellen Geistes liegt. Heute erscheint die Behauptung, Bewusstsein sei lediglich ein Produkt des Gehirns, reduktionistisch. Die Quantenphysik hat zeitgenössische Denker dazu veranlasst, die metaphysischen Wurzeln der Realität neu zu bewerten. Seit den 1990er Jahren postuliert Roger Penrose, dass das menschliche Bewusstsein mit Quanteneffekten in den Mikrotubuli von Neuronen zusammenhängt. Vielleicht ist das Universum, wie der große Physiker John Archibald Wheeler in den 1980er Jahren vermutete, partizipatorisch. Schon der Akt des Beobachtens trägt zur Gestaltung der Realität bei. Die Frage, mit der diese zweite Ausgabe beginnt, ist einfach und beunruhigend: Sind wir Teil eines universellen Bewusstseins? Ob durch mystische Visionen in Indien oder Experimente im Herzen des Westens – die Quantenphysik legt weiterhin nahe, dass die Welt ohne ein Bewusstsein, das sie beobachten kann, nicht wirklich existiert. Und dass der menschliche Geist vielleicht nur ein Funke des größeren Bewusstseins des Universums ist.

being you a new science of consciousness: Your Mind at Siege David James (The UnMonk), 2023-10-03 Your Mind at Siege is a bold and insightful book that challenges us to break free from blind faith and reassert our cognitive independence. It shines a spotlight on our learned obedience to gurus, elite intelligentsia, and sacred texts, predisposing us to kneel before the emerging power of Artificial Intelligence. Delving into the heart of consciousness, the book scrutinizes our growing submission to AI, exposing the lurking danger: not the AI itself, but our uncritical surrender to it as a silicon deity, jeopardizing our very humanity. Through a daring critique of The Diamond Sutra, the book highlights how language's inherent limitations can inadvertently confine our understanding of consciousness. Drawing on cutting-edge studies from environmental biology, neuroscience, and cognitive sciences, the author emphasizes the intimate link between consciousness and our physical senses, challenging the notion of consciousness as a detached entity. Key Takeaways from the Book - Liberate your mind from the constraints of dogma and societal thought control, and reclaim your cognitive freedom. - Scrutinize our growing reliance on AI, revealing the perils of unquestioning devotion to technology as a modern-day god. - Demystify the interplay between sensory perception and consciousness, dispelling the myth of consciousness as a separate entity. - Reconsider long-held religious and philosophical doctrines, spotlighting the value of personal revelation & lived experience in untangling the riddles of consciousness. Your Mind at Siege isn't just scholarly discourse, it's an invitation to inward reflection, a rebellion against accepted mores, and a road map for understanding the intricate web that links consciousness, technology, and the human condition.

being you a new science of consciousness: Das achtsame Selbst Jan Benda, 2025-07-12 Der achtsame Weg zum authentischen Selbst Integrativ: Verbindet Erkenntnisse aus Neurowissenschaft, psychedelischer Forschung, buddhistischer Psychologie und westlicher Psychotherapie Praktisch: 20 Übungen für Therapie und Alltag Das Bild, das wir von uns selbst haben, wird in unserer Kindheit geformt und ist oft von verschiedenen emotionalen Verletzungen beeinflusst. Jan Benda beschreibt vier Arten solcher Wunden und zeigt, wie sie durch die Entwicklung von Achtsamkeit und Selbstmitgefühl geheilt und transformiert werden können. Mit einem innovativen phänomenologischen Modell der maladaptiven Schemata unterstützt das Buch achtsame Therapeut:innen dabei, die Mechanismen hinter den Symptomen psychischer Störungen besser zu verstehen und psychotherapeutische Interventionen zielgerichtet anzupassen. Es liefert praktische Anleitungen zum Aufdecken verborgener Kernüberzeugungen und zur Behandlung unserer schmerzhaftesten inneren Gefühle wie Existenzangst, Scham und Einsamkeit. Über die reine Heilung hinaus zeigt es Wege auf, ein authentisches und transzendentes Selbst zu entwickeln und warnt zugleich vor häufigen Fallstricken auf diesem Weg. »Dieses Buch präsentiert eine transdiagnostische Sicht auf die Rolle von Achtsamkeit und Selbstmitgefühl bei der Behandlung psychischer Störungen und therapeutischer Veränderungen. Es stützt sich auf Erkenntnisse aus der

alten buddhistischen Psychologie sowie auf die moderne westliche Psychologie, die psychedelische Forschung und neurowissenschaftliche Erkenntnisse. Es wird auch erörtert, ob sich persönliche und transpersonale Ansätze gegenseitig ergänzen können. Ein interessantes, klinisch und theoretisch reichhaltiges Buch, das sich für Praktizierende aller Richtungen und für Menschen, die an Selbstentwicklung interessiert sind, lohnt.« Leslie S. Greenberg, Ph.D., angesehene Forschungsprofessorin, Abteilung für Psychologie, York University, Toronto, Kanada »Dieses Buch ist eine Einladung zu einem sehr modernen Gespräch über Psychotherapie. Jan Benda bietet ein Therapiemodell an, das Bindungstheorie, Schematherapie, Neurowissenschaften und buddhistische Psychologie mit selbsttranszendierenden Bewusstseinszuständen verbindet, die man eher auf Meditationsretreats und in der psychedelisch unterstützten Psychotherapie findet. Ein verbindendes Thema ist es, Klienten zu helfen, ihre emotionalen Wunden und sich selbst in achtsamer und mitfühlender Bewusstheit zu halten. Dieses gut dokumentierte Buch wird Kliniker aus verschiedenen theoretischen Richtungen inspirieren und informieren.« Christopher Germer, Ph.D., Dozent (Teilzeit), Harvard Medical School, Autor von *The Mindful Path to Self-Compassion* »Das achtsame Selbst ist ein profundes Buch für Psychotherapeuten, die Achtsamkeit und Selbstmitgefühl in die Einzeltherapie integrieren wollen. Jenseits von Gruppenprogrammen wie MBSR und MBCT bietet Jan Bendas Integrative Psychotherapie mit Achtsamkeit eine spezifischere Anwendung von Achtsamkeit und Selbstmitgefühl in der Psychotherapie, die eine Tiefe der Heilung bietet, die in Gruppensettings oft unmöglich ist. Dieses Buch birgt ein wirklich inspirierendes und integratives Potenzial für Kliniker verschiedener Richtungen und spirituell Suchende, die ein erfülltes, authentisches Leben führen wollen.« Petra Meibert, Diplom-Psychologin, Psychotherapeutin, MBSR- und MBCT-Lehrerin, Trainerin, Supervisorin und Autorin; Leiterin des Achtsamkeitsinstituts Ruhr und der Tagesklinik für Psychiatrie und Psychotherapie Oberberg, Essen, Deutschland »Ein einzigartiges Kompendium aus psychologischer Praxis und Theorie - hervorragend recherchiert. Benda illustriert seine klinischen Erfahrungen durch Fallgeschichten. Das Buch inspiriert zu tiefer persönlicher und transpersonaler spiritueller Erforschung, die durch praktische Übungen für Fachleute und Klienten bereichert wird.« Gabor Maté, M.D.

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Edi Bilimoria's guest appearance on the Shepherd-Walwyn podcast series can be found on this link.

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