

ELEMENTS OF CONSCIOUSNESS

Awareness:

- Sensations
- Observation
- Noticing
- Paying attention
- Emotions

Intelligence:

- Learning
- Generalization
- Prediction
- Reasoning
- Setting targets

Creativity:

- Novel approaches
- Surprise
- Hesitation
- Humor
- Stepping out of context
- Courage

Idea of Self:

- Ego
- Values
- Beliefs
- Morals
- Purpose / mission

Involvement:

- Introspection
- Reflection
- Inner feeling: desire, love etc
- Action

Meta-structure:

- Nested structures
- Self-reference
- Holistic view of Self
- Complexity

Relationship:

- Perceived commonness or difference to others “out there”
- Use of symbols
- Communication: language, music, writing , etc
- Technology