Part 1 of 7: The Origin of Spirituality

Part 1. The Origin of Spirituality 4 min
Part 2. World Models & Agents 6 min
Part 3. The Three Agent Model 9 min
Part 4. Ordinary Spirituality Explained 9 min
Part 5. Attention Schema Theory 6 min
Part 6. Agent Awareness Models 6 min
Part 7. Spiritual Enlightenment Explained 5 min
Spirituality

Text in this color is a summary of information that was presented verbally during the presentation.
What is Spirituality?

- My Equation is:

**Spirituality = Religion – Dogma**

Dogma example = any book that must be believed.
Can be theistic or non-theistic
Cultivates positive values like love and forgiveness.
Uses practices like prayer and meditation.
Hypothesis:

Spirituality developed around 40K to 100K years ago when human consciousness changed.

100K = when humans began to intentionally bury their dead
40K = when humans carved figurines which could represent a fertility goddess
Consciousness Change was Facilitated by:

Modern Language

Which allowed the development of:

A Conceptual Model of the Sensory World
Consciousness Change was Facilitated by:

Modern Language

Which allowed the development of:

Perhaps, around the time spirituality developed, the conceptual world became mostly abstract. This conceptual world may have contained far more abstract concepts than the concrete concepts that model the physical or sensory world.

An Internal Model of a Conceptual World
“Who We Are” Changed:

- Ancient humans would have identified with the body

- Whereas modern humans identify with the conceptual self = “I/Me/My”
<table>
<thead>
<tr>
<th>Part</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Part 1. The Origin of Spirituality</td>
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<td>6 min</td>
</tr>
<tr>
<td>Part 7. Spiritual Enlightenment Explained</td>
<td>5 min</td>
</tr>
</tbody>
</table>
World Models & Agents
An **Agent** is an **entity**, that

- Has **goals**,
- A way of **sensing** the **world**, and
- A way to make **changes** to the **world** to **achieve** those **goals**

Humans are agents.
The Good Regulator Theorem:

A theorem\(^{(1)}\) from control theory says:

“Every Good Regulator of a System Must Be a Model of That System”

\[\text{Good Agents need:} \]

- A Model of the World
- A Self-Model \(\rightarrow\) if the agent is in the world being modeled. Humans self-models are the body model and/or “I/Me/My”

Where Do We Live?

- Are we **humans** living in the **World**?
- Or, are we **Self-Models** living in our **Model of the World**?

...because I/Me/My exists only in the internal conceptual world.

It this is not convincing, consider....
Do We Experience the **World** OR Our **Model of the World**?

**Red Light**
The brain takes the information in these 3 B&W images and constructs this:

**Colors**
Exist Only in Our Model of the World
What We Experience is NOT Sensory Information

E.g. Visual sensory information is the information the eye sends to the brain.

We experience the entire visual scene as being crisp and in-focus, even out to the edge of vision.

However, this plot dictates that visual sensory information should be blurry in the periphery.
What We Experience is NOT Sensory Information

Keep the center of vision on the center of this image...
What We Experience is NOT Sensory Information

This is the information our eyes are sending to our brain – this is not what we experience. (Even when using just one eye, we still don’t experience the blind spot.)
What We **Experience** is the **World Model**, **NOT** Sensory Information

The World Model knows that the real world is crisp and in focus everywhere, not just at the center of vision.
What We **Experience** is the **World Model**, **NOT** Sensory Information

Another Example: **Rapid Eye Saccades**…

During a saccade, the brain shuts off processing visual information while the eyes are moving - but we are unaware of this momentary blindness. Additionally, the world seems stationary even though the image on the retina shifts dramatically.

You can demonstrate this momentary blindness yourself: look at your face in a mirror and rapidly saccade between focusing on the left and right eye. You will never see either eye move. Do the same experiment with your front facing cell phone camera and you will catch the eyes moving – this is noticeable because of the electronic delays in the phone.
We are self-models living in and experiencing our model of the world.
Part 1. The Origin of Spirituality 4 min
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Three Agent Model
The Three Agent Model:

- **Thinker**
  - General Problem Solver + generates inner voice and visualizations

- **Doer**
  - Controls the Body + has emotions and feelings

- **Experiencer**
  - Creates the World Model + directs attention
Thinker & Doer are **Consistent With Other Experimentally Derived Cognition Models**

### Psychology: Dual Process Theory\(^{(1)}\)

<table>
<thead>
<tr>
<th></th>
<th><strong>Thinker</strong></th>
<th><strong>Doer</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>System 2:</strong> slow, deliberative, explicit, &amp; conscious</td>
<td><strong>System 1:</strong> fast, intuitive, implicit, &amp; subconscious</td>
<td></td>
</tr>
</tbody>
</table>

### Neuroscience: Action-Outcome/Stimulus-Response Model\(^{(2)}\)

<table>
<thead>
<tr>
<th></th>
<th><strong>Thinker</strong></th>
<th><strong>Doer</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Action-Outcome contingency system / Associative Network</strong></td>
<td><strong>Stimulus-Response habit system / Sensorimotor Network</strong></td>
<td></td>
</tr>
</tbody>
</table>

\(^{(1)}\) Daniel Kahneman popularized Dual Process Theory in his 2011 book, “*Thinking, Fast and Slow.*”

\(^{(2)}\) Yin & Knowlton, (2006) *The role of the basal ganglia in habit formation.* Nat. rev. Neuro. 7. 464-76
Given a Thinker and a Doer,

- The **Experiencer** is **required** by the Good Regulator Theorem
The 4 agents are the Human as a whole, plus the Thinker, Doer, & Experiencer.
Intuition = understanding how the world works without thinking.
Instinct = understanding what to do in the world without thinking.
Other Connections

- **Top-down attention**: Thinker or Doer → Experiencer
- **Bottom-up attention**: Experiencer → Doer & Thinker
- **Inner voice/visualizations**: Thinker → Experiencer
- **Emotions & feelings**: Doer → Experiencer
- **Planned motor actions**: Doer → Experiencer
The agents’ evolutionary goals:
Thinker: Solve problems (see Note 1)
Doer: Many goals in 3 categories: Survive, Reproduce & Be Social
Experiencer: Model the world

=> Make up: “I must always be right!”
Breakup big goal into smaller goals

=> Thinker & Doer can copy the other agent’s goals
When Doer copies the Thinker’s goal of “I must always be right,” the Doer generates anger when someone says “I” am wrong.

Note 1: The Thinker only has one evolutionary goal since evolution designed it to handle unknown changing environments which the Doer instincts cannot handle.
Human and Sub-Agent Self-Models

<table>
<thead>
<tr>
<th>Self-Models</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Thinker</strong></td>
</tr>
<tr>
<td><strong>Doer</strong></td>
</tr>
<tr>
<td><strong>Experiencer</strong></td>
</tr>
<tr>
<td><strong>Human</strong></td>
</tr>
</tbody>
</table>

(Explained Later)
Part 4 of 7: Ordinary Spirituality Explained

Part 1. The Origin of Spirituality  4 min
Part 2. World Models & Agents   6 min
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Explanation of “Ordinary” Spirituality

Ordinary = not including “enlightenment”
The **Problem** that Spirituality **Fixes**: Is the Thinker!

The Thinker is great for science & technology, but it is not good at living a happy life. To a hammer everything is a nail. To a problem solver, everything looks like a problem – this leads to a negative critical attitude towards life. If there is no problem, that is a problem, so the Thinker will need to find a problem. If there is no problem here and now, it will find a problem in the past which often leads to a resentment, or it will try to fix a problem in the future which can trigger fears. So, the Thinker is always rehashing & rehearsing – by having conversations with people who are not in the room. Negative emotions are a problem – how do I make sure this doesn’t happen again? Positive emotions are a problem – how do I make sure this happens all the time? Thus, a positive emotion can generate a negative emotion such as fear, due to an inability to sustain the positive emotion.
Human Self-Model Changes Due to Spiritual Practices

Non-Spiritual

Human self-model:

Thinker self-model

Takes all the credit

Spiritual

Human self-model:

Thinker self-model

Experiencer self-model

Doer self-model

Since intuition comes from the Experiencer.

Feeling of Connection to “God”

Spiritual practices can lead to more of the Doer & Experiencer in the Human S-M.

Does most of the work
The Doer has strong pro-social goals, which leads to Spiritual Virtues. The Thinker self-model of I/Me/My is almost the definition of self-centeredness which is what the Spiritual Vices are centered around.

<table>
<thead>
<tr>
<th>Spiritual Virtue</th>
<th>Spiritual Vice</th>
</tr>
</thead>
<tbody>
<tr>
<td>Love</td>
<td>Hate (or Hatred)</td>
</tr>
<tr>
<td>Altruism (or Selflessness)</td>
<td>Selfishness</td>
</tr>
<tr>
<td>Forgiveness</td>
<td>Resentment (or Regret or Blame)</td>
</tr>
<tr>
<td>Humility</td>
<td>Arrogance (or Pride or Self-centeredness)</td>
</tr>
<tr>
<td>Compassion (or Empathy)</td>
<td>Indifference</td>
</tr>
<tr>
<td>Fairness (or Justice)</td>
<td>Unfairness (or Injustice)</td>
</tr>
<tr>
<td>Acceptance</td>
<td>Rejection (or Judging)</td>
</tr>
<tr>
<td>Patience</td>
<td>Impatience</td>
</tr>
</tbody>
</table>
How “Ordinary” Spiritual Practices Fix the Thinker Problem

- Meditation ➔ Quiets the Thinker and directly experiences the Experiencer.
- Surrender or Prayer ➔ Thinker surrenders and asks for help from the Experiencer.
- Living in the “Now” ➔ Thinker lives in past & future, the Experiencer is always in the “now.”
- Forgiveness and Acceptance ➔ See above...
- Trusting ➔ Trusting “God” ameliorates anxiety caused by the Thinker trying to solve problems in the future.
- Gratitude ➔ Gratitude is the antidote for the Thinker’s negative, critical attitude towards life.

- Forgiveness ameliorates resentments which were caused by the Thinker solving problems in the past.
- Acceptance is what the Experiencer does all the time.
Wise Intuitive Attention Mechanism

Addiction starts with Thinker – “I want to drink.” Doer copies goal “to drink.” Both goals become powerful = addiction. Thinker notices problems and wants to stop, but can’t.

- Can explain AA recovery:
  - Thinker surrenders and ask Experiencer for help with addiction
    Experiencer notices the contradictory goals: stop drinking vs drink; and that the Thinker has asked the Experiencer for help.
  - Experiencer uses wise intuition to decreases attention paid to alcohol
    ➔ This helps “cure” addiction...

- Can decrease other “suffering”
  ➔ Such as suffering caused by attachments and aversions
<table>
<thead>
<tr>
<th>Part</th>
<th>Title</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Part 1. The Origin of Spirituality</td>
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<tr>
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</tr>
<tr>
<td></td>
<td>Part 3. The Three Agent Model</td>
<td>9 min</td>
</tr>
<tr>
<td></td>
<td>Part 4. Ordinary Spirituality Explained</td>
<td>9 min</td>
</tr>
<tr>
<td>Part</td>
<td>Part 5. Attention Schema Theory</td>
<td>6 min</td>
</tr>
<tr>
<td></td>
<td>Part 6. Agent Awareness Models</td>
<td>6 min</td>
</tr>
<tr>
<td></td>
<td>Part 7. Spiritual Enlightenment Explained</td>
<td>5 min</td>
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</tbody>
</table>
Attention Schema Theory
Definitions:

- **Body Schema** is a model of the body
- **Attention Schema** is a model of our current state of attention
Attention obviously does not change the real world. Attention also does not change the World Model. But it does change the Current Representation of the World (see next slide).

World:

or

World

Model:

The WM is required by the Good Regulator Theorem (see pg. 10)

Attention Schema:

With peripheral attention on this house:

Keep eyes fixated on this house
Attention causes additional information to be available about the attended object. The CRW has this extra information. Thus the Experiencer’s attention changes the CRW, and therefore, the Experiencer’s Self-Model is the model of attention = the Attention Schema.
World Model Equation:

Given any two of these three objects, the third can be computed. For example, in this case, the CRW spotlights of extra information are placed as indicated by the AS.
World Model Equation:

Here the AS can be found by subtracting the WM from the CRW
World Model Equation:

Thus the WM is some function of AS combined with CRW. In other words the information content of the WM equals the information content of AS + CRW.
### Self-Models

<table>
<thead>
<tr>
<th></th>
<th>I/Me/My</th>
<th>The Body</th>
<th>Some combination of the three sub-agent self-models shown above</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thinker</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Doer</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Experiencer</td>
<td>Now we can “explain:”</td>
<td>(Explained Later)</td>
<td></td>
</tr>
<tr>
<td>Human</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
### Human and Sub-Agent Self-Models

<table>
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<tr>
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</tr>
<tr>
<td><strong>Doer</strong></td>
</tr>
<tr>
<td><strong>Experiencer</strong></td>
</tr>
<tr>
<td><strong>Human</strong></td>
</tr>
</tbody>
</table>
Attention Schema Theory (1):

(A) Visual **attention** is captured by the image of an apple.
- This is **information**, not **awareness**

\[ \text{CRW} = \text{Current Representation of the World} \]

The images on this slide and the next slide is from Fig 1 A/B of the Graziano & Webb paper. The “black” text on these two slides is a summary of the very long caption of that figure.

Attention Schema Theory (AST):

If the Thinker, Doer & Experiencer were three separate brains, only the Experiencer would be conscious since it is the only brain with an AS, CRW and WM. The Thinker is not conscious, it just appears to be. In reality, the Experiencer infers the activity of the Thinker by experiencing the inner voice and noting changes to Working Memory. Similarly, the Experiencer is aware of the Doer through its feelings and emotions. See pages 20 - 25.

(B) Subjective awareness requires additional models, such as:

- Visual stimulus [CRW]
- Self-model [SM]
- Attention Schema [AS]
  - AS links SM and CRW together

The overall model of awareness is:

\[ \text{SM} + \text{AS} + \text{CRW} \]

Only the Experiencer is Conscious according to AST!
<table>
<thead>
<tr>
<th>Part</th>
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<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>The Origin of Spirituality</td>
<td>4 min</td>
</tr>
<tr>
<td>2</td>
<td>World Models &amp; Agents</td>
<td>6 min</td>
</tr>
<tr>
<td>3</td>
<td>The Three Agent Model</td>
<td>9 min</td>
</tr>
<tr>
<td>4</td>
<td>Ordinary Spirituality Explained</td>
<td>9 min</td>
</tr>
<tr>
<td>5</td>
<td>Attention Schema Theory</td>
<td>6 min</td>
</tr>
<tr>
<td>6</td>
<td>Agent Awareness Models</td>
<td>6 min</td>
</tr>
<tr>
<td>7</td>
<td>Spiritual Enlightenment Explained</td>
<td>5 min</td>
</tr>
</tbody>
</table>
Agent Awareness Models
Thinker Awareness Model

“I/Me/My” + “am aware of” + “the Apple”
(in words)

I/Me/My

Attention Schema

Actual Attention

CRW
Doer Awareness Model

[The Body] + [aware] + [apple]
(in sensory representations)
The Experiencer’s Self-Model is this AS:

But both of these Attention Schemas are really the same AS since they both point to the apple.
Experiencer Awareness Model

Merging the two Attention Schemas results in **Selfless Awareness**!

Actual Attention

Attention Schema

[aware] + [apple]
(in sensory representations)

CRW

Preview: Buddhists claim “No Self” which is consistent with this selfless awareness.
Experiencer Awareness Model

[World Model]  or  [aware] + [apple]
(in sensory representations)

Selfless Awareness

Attention Schema

Actual Attention

Preview: Advaita claims “No Subject-Object duality” which is consistent with this “World Model” awareness.

The AS + CRW has the same info content as the WM

WM = AS + CRW
Awareness Models for the Agents:

Notice that according to AST, AS is equivalent to “Awareness”. This means the Experiencer’s Self-Model (the AS) is actually “Awareness” itself! See next slide...

<table>
<thead>
<tr>
<th>Awareness Model = SM + AS + CRW</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Thinker</strong></td>
</tr>
<tr>
<td><strong>Doer</strong></td>
</tr>
<tr>
<td><strong>Experiencer</strong></td>
</tr>
</tbody>
</table>

**SM** = Self-Model  **AS** = Attention Schema  **CRW** = Current Representation of the World
Human and Sub-Agent Self-Models

This means any time we experience awareness we are actually experiencing the Experiencer’s self-model (the Attention Schema)!

<table>
<thead>
<tr>
<th>Self-Models</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Thinker</strong></td>
<td>I/Me/My</td>
</tr>
<tr>
<td></td>
<td>(autobiographical self + simple body model)</td>
</tr>
<tr>
<td><strong>Doer</strong></td>
<td>The Body</td>
</tr>
<tr>
<td></td>
<td>(Body Schema)</td>
</tr>
<tr>
<td><strong>Experiencer</strong></td>
<td><strong>Awareness</strong></td>
</tr>
<tr>
<td></td>
<td>(AKA <strong>Attention Schema</strong>)</td>
</tr>
<tr>
<td><strong>Human</strong></td>
<td>Some combination of the three sub-agent self-models shown above</td>
</tr>
</tbody>
</table>
Three Kinds of Consciousness for 3 Agents

Converting the “Agent Awareness Table” into a consciousness table. Note that TC=Thinker+Experiencer and DC=Doer+Experiencer so that they are conscious.

<table>
<thead>
<tr>
<th>Consciousness Models</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Thinker Consciousness (TC)</strong></td>
<td>“I am aware of X” (expressed in words)</td>
<td></td>
</tr>
<tr>
<td><strong>Doer Consciousness (DC)</strong></td>
<td>[Body]+[aware]+[X] (sensory experience)</td>
<td></td>
</tr>
<tr>
<td><strong>Experiencer Consciousness (EC)</strong></td>
<td>[Aware]+[X] or [World Model] (sensory experience)</td>
<td></td>
</tr>
</tbody>
</table>
Agent Self-Awareness Models
Thinker Self-Awareness

Actual Attention → I/Me/My

“"I"+"am aware of"+"Me" (in words)

Attention Schema
Doer Self-Awareness

Actual Attention

[Body] + [Aware] + [Body]
(in sensory representations)

The Body

Attention Schema
Both of these Attention Schemas are the same – and they are equivalent to one AS pointing to itself...
AS is an abstract concept. Unlike other abstract concepts, this AS loop has no connection to any other concepts and it has no location in space. Whenever Actual Attention is directed at the AS, it is found to exist. Thus, “Presence” is a reasonable description of something that is abstract (non-physical), with no location, but exists.

This could also be described as being “aware of awareness” or as “Stillness” (since it does nothing).
Actual attention is directed at an object and at our awareness of that object.
Being Aware of Awareness of an Object

This results in an AS loop that also points to an object.

Note that this kind of awareness would be easier to achieve in a meditation than the pure “Presence” awareness of the Experiencer’s self-awareness state.

Preview: Some nondual teachers claim “Presence Awareness” is the answer to “Who am I?”
Spiritual “Enlightenment”
What is Spiritual “Enlightenment”

Enlightenment is NOT about “Perfection” (1)

See footnote (1): Ingram rejected all models that have any kind of “Perfection.”

- Enlightenment is **Nonduality** = No subject-object distinction

  The only enlightenment model Ingram fully accepts is the Nonduality model.

- There are anywhere from 2 to more than a dozen **stages** of Enlightenment

(1) Daniel L Ingram, “Mastering the Core Teachings of the Buddha” (2008) see the 31 different models in the “Models of the Stages of Enlightenment” chapter.
Buddhism

Trainings in:

- Morality
- Concentration
- Insight
- More Morality

Insights:

- Impermanence
- Suffering
- No Self

This is “ordinary” spirituality

Even if “Enlightened,” more morality is needed since there is no perfection.

(1) Daniel L Ingram, “Mastering the Core Teachings of the Buddha” (2008)
Hindu Advaita Vedanta

Trainings in:
- Contemplation
- Self-inquiry
- Self-mastery
- Textual studies
- Ethical refinement

Insight is Nonduality:
- Atman = Brahman
- No Subject-Object Distinction

Atman = the human “true self” or soul. Brahman = all of reality

The “Self-inquiry” practice was emphasized by Ramana Maharishi and a number of modern nondual teachers have embraced that practice.
Self-Inquiry

“Who Am I?”

- Not the Ego (AKA Thinker)
- Not the Body (AKA Doer)

- The answer is: “Presence Awareness”\(^{(1)}\)
- “Stillness” is also often mentioned

This book title is the answer to the “Who Am I?” question:

\(^{(1)}\) Answer from John Wheeler in his book “Presence Awareness, Just This and Nothing Else” - Note, this is not John Wheeler the physicist
<table>
<thead>
<tr>
<th>Non-Spiritual</th>
<th>Spiritual</th>
<th>Partially “Spiritually Enlightened”</th>
<th>Fully “Spiritually Enlightened”</th>
</tr>
</thead>
<tbody>
<tr>
<td>Human self-model:</td>
<td>Thinker self-model</td>
<td>Experiencer self-model</td>
<td></td>
</tr>
<tr>
<td>Thinker self-model</td>
<td></td>
<td>Doer self-model</td>
<td>Experiencer self-model</td>
</tr>
<tr>
<td>TC</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Feeling of Connection to “God”

Animals & Ancient Humans = DC
Many Paths to Enlightenment

- Experiencer Consciousness
- Thinker Consciousness
- Doer Consciousness
<table>
<thead>
<tr>
<th>Tradition</th>
<th>Insights</th>
<th>TC</th>
<th>DC</th>
<th>EC</th>
</tr>
</thead>
<tbody>
<tr>
<td>Buddhism</td>
<td>No Self Only the EC has Selfless Awareness</td>
<td>X</td>
<td>X</td>
<td>✔</td>
</tr>
<tr>
<td>Hindu Advaita Vedanta</td>
<td>Atman = Brahman EC awareness=WM</td>
<td>X</td>
<td>X</td>
<td>✔</td>
</tr>
<tr>
<td></td>
<td>No Subject-Object Distinctions</td>
<td>X</td>
<td>X</td>
<td>✔</td>
</tr>
<tr>
<td>Self-Inquiry</td>
<td>Who Am I? = Presence Awareness</td>
<td>X</td>
<td>X</td>
<td>✔</td>
</tr>
<tr>
<td></td>
<td>Stillness</td>
<td>X</td>
<td>X</td>
<td>✔</td>
</tr>
</tbody>
</table>
Conclusion

The **Experiencer Consciousness State** is the “Enlightened” State
Thank You!

- Thanks for directing your **Top Down Attention** to my Presentation!

- I hope that your **Experiencer intuitively understood how** the three agent model of consciousness **explains spirituality**.
I welcome feedback!

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