“Who am I?”

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**Abstract:** The question of Who am I?” is the end of philosophy. The famous ancient Greek philosopher Socrates raised three ultimate questions in philosophy when he looked up at the starry sky: “Who am I?” “Where do I come from?” “Where am I going？”.

For thousands of years, humans have explored and answered questions about them, including various disciplines such as philosophy, psychology, biology, and neurology etc., but none of them have been recognized.

This article starts with the cosmology and worldview of “Who am I?” and elaborates on the origin of “Who am I?” and the concept of “center”.

**One Sentence Summary:** I know “who I am.”.

**Keywords:** Center; Brain Activated State (BAS); Orde r degree; Selfness; TAO.

**1 Introduction**

“Who am I?” is the ultimate question of philosophy. The famous ancient Greek philosopher Socrates raised one of the three ultimate questions of philosophy when he looked up at the stars: “Who am I?”.

In ancient Greece, there was a temple called the Delphi Temple, and there was a plaque at the entrance of the temple. The plaque read: “Know yourself”. This is a sentence placed at the entrance of the temple, which means that if this question is answered, all other questions are no longer important, indicating the importance of knowing oneself.

French philosopher Descartes (1596-1650) wrote the famous “I think, therefore I am in” in his 《First Philosophical Reflection》. Its meaning is: “I” cannot deny my existence, because when I deny and doubt, I already exist. Because when I think and doubt, there must be a “thinker” who performs thinking, and this “I” as the subject is unquestionable. This I am not the widespread physical “I”, but the “I” of the thinker.

Generally speaking, “I” refers to a person’s address for themselves, which is a pronoun indicating individual existence and self-awareness.

In some philosophies, “I” is seen as an independent entity or self with unique consciousness and will.

In psychology, the concept of “I” is closely related to self-awareness, referring to a person’s understanding and experience of themselves, including individual thinking, emotions, and behavior.

In neuroscience, researchers attempt to understand the concept and essence of “I” by studying brain structure and function, such as studying the neural basis of self-awareness.

Overall, “I” is a complex concept that has not yet been determined. Let’s discuss the concept and essence of “I” from a scientific perspective.

**2 Universe View for “I”**

From the perspective of natural science, that is, the worldview of “who am I”.

In various systems of existence in the universe, there is a commonality that there exists a “center”, which has characteristics such as relatively large matter and high energy. For example, atoms exist with the atomic nucleus as the “center”; The Earth exists with its core as the “center”; The solar system exists with the sun as the “center”; The Milky Way exists with a black hole as the “center”, and so on. All these “centers” make up the reason for the existence of systems because all entities in various systems operate around that “center”. The “center” has great power (such as large mass or high energy) to control all surrounding entities. So for the “center”, the concept of “I” is formed, which means that the atomic nucleus will say that the atom is mine; The center of the earth will say that the moon is mine; The sun will say that the earth is mine; Black holes will say that the Milky Way is mine and so on, clearly the “center” plays an active, dominant, and important role and possessing the concept of “I”. But electrons do not say that atoms are mine; The moon does not say that the earth is mine; Jupiter does not say that the solar system is mine; The sun does not say that the Milky Way is mine or so on. This is because non “central” entities do not have sufficient power to control other entities, and therefore there is no concept of “I”. They play passive, subordinate, and secondary roles, that is, passively controlled, in a subordinate position, playing secondary roles, and there is no concept of “I”.

Obviously, “center” can be understood as the core part of a system. This part has the characteristics of high energy and large matter, occupies a dominant position, has a strong possessiveness, and has the concept of “I”, that is, “‘I’ is the center, the center is me”, “everything is mine”, and so on.

**3 World view for “I”**

From the perspective of social sciences, that is, the worldview of “who am I”.

In a social system, there is also a commonality that there is a “center” that has great power to control the entire system. For example, cells exist with the nucleus as the “center”; The human body exists with the brain as the “center”; The family exists with parents as the “center”; Enterprises exist with the boss as the “center”, and countries exist with the king as the “center”, and so on. All these “centers” constitute the concept of “I”, because in this system, everything runs around the “center”. So the nucleus will say that the cell is mine; The brain will say that the human body is mine; Parents will say that the family is mine; The boss will say that the enterprise is mine; The king will say that the country is mine and so on. Obviously, the “center” plays an active, leading, and important role in the system.

But the cell membrane will not say that the cell is mine; Hands and feet will not say that the human body is mine; Children will not say that the family is mine; Employees will not say that the company is mine; The people will not say that the country is mine and so on. Obviously, this is because they do not have the power or energy to control other entities and play passive, subordinate, and secondary roles.

The power that exists at the center of the human social system can be energy, power, or the order of material information.

For individual humans, this “center” comes from the brain, and the brain’s command system comes from human consciousness. According to the new definition of consciousness: consciousness is a network activated state formed by the material information in the human brain, which is interconnected and interacted with each other under the support of energy and has various functions. Abbreviated as Brain Activated State (BAS) or activated state. Obviously, the essence of consciousness is a combination of material information and energy.

From it, it can be seen that the BAS controls various other organs in the human body and becomes the center of the human body. Although the “center” may not necessarily have properties of large matter or high energy, it is a BAS with highly order degree of material information to manage, direct, and control various activities of other human organs through it after energy support.

Definition of “Order degree”: the degree of order of material information supported by energy. Equivalent to entropy value, that is, if the order degree is high, the entropy value will be low and otherwise it will be high. Material information itself does not have energy in BAS and does not occupy space, but when it is stimulated and utilized, it will produce human behavior and its results, which can be understood as the different energies possessed by the order degree. This is due to the different energy levels of brain activation in different individuals, resulting in different results. The main reason is that the orderliness of BAS, coupled with complexity, forms differences in energy. That is to say, the higher the complexity and order degree of brain activation, the higher its energy or greater its impact on the environment.

Due to the much higher order degree and complexity in BAS compared to other animals, it is higher for their intelligence and are smarter for their brains. Therefore, humans have the energy to transform the world, while other animals do not have this energy.

For humans, “who am I”, “I” play a central role with BAS (consciousness) in the human body’s operating system. The “role” is an activated state of consciousness composed of matter, information, and energy, which inputs the received information into the activated state and then outputs the information to command other organs. Obviously, the “center” plays a role in commanding and controlling the operation of various other organs and is the central processing unit (CPU) of the human body’s operating system. Among various organs in the human body, only the “center” (brain activated state) has the qualification and ability to say that the entire human body is mine, while other organs are in subordinate, passive, and secondary positions, and do not have the qualification and ability to involve the concept of “mine”.

In short, it can only be played for the role of “I” in human body system by the BAS center, as it is in a dominant, proactive, and important position, that is, “I am the center, the center is me.” “Everything is mine.

Laozi said: People follow the earth, the earth follows the heavens, and the heavens follow TAO. In BAS, material information comes from dust (earth), and energy comes from the sun and air (heavens), so people is from the earth and the heavens.

**4 Attributes of “I”**

As “I” plays the role of the brain’s activated “center” in the human body, it is evident that this is center has attributes such as initiative, dominance, and selfness.

**4.1** **Initiative**

The BAS “center” contains a highly ordered (low entropy) activated state of material information formed under energy support, and commands and controls the activities of various organs (hands, feet, etc.) throughout the human body. Obviously, the “center” has a primitive driving force, which is the starting point of all human activities and triggers the operation of the entire human body system, with proactive characteristics. If “I” want to eat, and then go to a restaurant; I want to sleep, and then go to bed; I want to work, and then go to company, and so on. The starting point of all these activities comes from the BAS, which is triggered by the “center”, that is, the “I” drives other organs to produce corresponding activities, following the instructions of the “center”.

So “I” has an attribute of initiative.

**4.2 Dominance**

The various organs of the human body produce behavior under the command of the BAS (center), and the results will lead to impacts on the internal and external surroundings. According to causality theory, the triggering of brain activation is influenced by surroundings factors, and the degree of its influence is clearly determined by the “central” activation state (consciousness), that is, what you sow, what you sow. So the existence of “I” (i.e. “center”) determines behavior and outcomes, and plays a decisive role. If “I” have good cooking skills, the food I make is delicious; My strong ability leads to a large hunting volume; My emotional intelligence is high, and interpersonal relationships are harmonious. These “I” culinary skills, abilities, and emotional intelligence all come from the combination of complexity and order of material information in the brain’s activated state, all belonging to the “center” category, which is the cause, and the resulting food, work performance, and interpersonal relationships are all outcomes, and the cause determines the outcome.

So “I” has an attribute of dominant.

**4.3** **Selfness**

The order formed by the material information in the BAS (consciousness) is partly composed of innate genetic inheritance, and partly formed by acquired social practice, ultimately synthesizing the core: the “center” of the activated state of the brain, which is “I am the center”, “the center is me”, “everything is for me”, and so on.

The initiative and dominant nature of the “center” determines its self-awareness or selfness: all human behavior is commanded and controlled by the “I”, my commands are all correct. If there are any issues, I did not issue an order by my BAS and correct them, and resulting in subjective consciousness such as “I am right” and “I am good” etc. So other human organs complete corresponding activities and produce results after receiving output instructions from BAS.

Sometimes it is found that when people realize that they have problems in certain aspects, they need to change it. At this point, it is necessary to change certain inherent material information (existing consciousness) in one's BAS. This kind of situation can occur, but overall, it is difficult to change the material information in BAS, so a selfness is inevitable.

The BAS of the brain plays the role of “I am the center”, and its operational logic determines concepts such as “I am right” “I am good” and “I am the only one”. Due to everyone’s self-centered mindset, they always believe that they are right, which leads to different perspectives on an event and inevitably leads to subjectivity, differences and one-sidedness, leading to differences, disputes, confrontations, cold wars, disputes, and wars in social relations.

So “I” has an attribute of selfness.

**5 Conclusion**

5.1 One of Socrates three concluding questions: “Who am I?” Answer: “I” play a central role with the brain’s activated state (consciousness) in the human body’s operating system. “I am the center”, “The center is me”。

5.2 “I” or “center” has the attributes of initiative, dominance, and selfness, among which “selfness” determines the conclusion that “I” has subjectivity, difference, and one-sidedness, and also determines the fundamental reasons for the contradictions in human social relations.

5.3 “I” is the center of the BAS (consciousness), a combination of material information and energy, distributed from “earth” and “heaven”. Therefore, the 3rd question of the end of life from Socrates is: “Where am I going?” Answer: “I will become dust and belongs to nature”.

5.4 The ancient Chinese philosopher Laozi said: “People follow the earth, the earth follows the heavens, the heavens follow the Tao, and the Tao follows nature.”

**Reference:** Written by the ancient Chinese philosopher Laozi《Tao Te Ching》

**Acknowledgments:** None

**Supplementary Materials:** None