

The Evolutionary Journey of Consciousness

Ronald Williams
ronald.williams@temple.edu

Abstract. This paper explores the evolution of consciousness through a biological framework for understanding the universe. It proposes that the patterns and structures inherent in biological systems mirror the underlying mathematical principles of the cosmos. The essay traces the development of consciousness from its rudimentary state in cells to its complex state in humans, emphasizing the role of evolving environmental complexity in driving evolutionary changes. By recognizing and organizing themselves according to evolving patterns in their environment, organisms, including humans, have navigated survival challenges which developed their physical and conscious faculties into a "pattern recognition engine." This engine developed to a point where it freed itself from its environment's survival constraints—gaining conscious sovereignty in humans. Ultimately, the paper suggests that the purpose of conscious sovereignty is a test to see if the organism, Man, and its society can come to recognize this biological correspondence that exists amongst everything in reality, *then* abide by it. If Humanity abides by it, they remain **conscious** and are deemed worthy to continue living. If they do not abide by it—in other words if they do not organize themselves to the biological patterns necessary for life, they are deemed **unconscious** and will continue carrying-on their *unconscious behaviors* that will ultimately lead to pain, suffering, and the miscarriage of their society. Then, the entire process starts over again.

Introduction:

This essay is a thought experiment aimed at understanding the nature of consciousness by tracing the evolutionary journey of living organisms. It explores how consciousness emerged and evolved from its rudimentary state in cellular organisms to its complex state in humans today. The essay begins by establishing a "*Biological Framework for a Mathematical Universe*," proposing that the patterns observed in biological systems reflect fundamental principles of the cosmos. By guiding the reader through this evolutionary path, the essay seeks to illuminate the processes that have shaped consciousness and to direct its future trajectory towards deeper self-awareness and understanding of the universe.

The Biological Framework for a Mathematical Universe

The theory of a biological framework for a mathematical universe posits that the patterns and structures observed in biological systems provide a fundamental lens for understanding the universe. It asserts that the intricate and self-organizing patterns inherent in living organisms are deeply embedded in the fabric of the cosmos, reflecting underlying mathematical principles. This theory suggests that biological patterns can be structurally mapped to non-biological systems, such as how the circulatory system and a beating heart can be structurally mapped to the ocean currents and the melting and freezing of Antarctica, or how a red blood cell can be mapped to a coffee cup; or how proteins produced by ribosomes from the input of RNA can be mapped to music produced by instruments from the input of fingers; and to how cellular phenomena can be structurally mapped to socioeconomic and cosmological phenomenon revealing a universal order. This order extends beyond living organisms, offering insights into the nature of reality, including physical laws and cosmological phenomena.

Furthermore, this theory postulates that the creation and evolution of life and consciousness are direct consequences of the universe's biologically-patterned processes. As a result, the physiological structures of living organisms can be used as models that help the mind understand the universe's patterns. Analogies drawn from biological patterns can explain various phenomena using Dedre Gentner's approach to analogy. Recognizing and organizing ourselves according to these fundamental biological patterns is crucial for humanity to reach its ultimate evolutionary stage of consciousness, harnessing the potential that life and this biological framework offer—because it is our environment that drives its creation and evolution...

The Creation of Life and Consciousness

Imagine now, in this biological framework for a mathematical universe, the Big Bang occurs, marking the beginning of this vast, interconnected system. This large-scale biological event hurdles matter, energy, forces, and space through time in patterns that are rudimentary biological in their nature, creating all of the structures in the known universe, including our solar system and Earth. As our solar system and Earth tries to reach a state of homeostasis, they evolve to a point where conditions are stable enough for the creation of *Life's first organism*. But prior to its creation, the environments on Earth evolved from these biological patterns inherent to the creation of the universe. All of the processes that were carried out in our universe, in our solar system and on Earth are rudimentary-biological in their nature. Thus, Earth's early volatile processes, while not appearing biological in the traditional sense, is in fact biological in a rudimentary sense, carrying out processes and evolving over time to eventually create a localized environment that establishes all conditions necessary to produce and harbor Life's first living organisms. The *environment* gives birth to Life's first single-celled organisms and the consciousness necessary for it to survive its new environment. Both life and consciousness are rudimentary in their states—due to *an environment* whose nature is rudimentary biological in its patterns. However, we will witness life and consciousness evolve in tandem, driven by its environment's evolution in complexity.

While this may seem like an exciting moment, these cellular organisms are now *forced* to recognize and organize themselves relative to the patterns in their environment which establishes and sustains the life of themselves, or else they die. Those organisms that are successful in recognizing and organizing themselves to these patterns within their environment, continue to live and procreate. Those living organisms that can not recognize and organize themselves accordingly to these rudimentary biological patterns within their environment are destroyed. This process gives rise to **consciousness**. Those living organisms that can survive are *conscious*. Those organisms that cannot survive are *unconscious*. Therefore, the consciousness and unconsciousness of an organism is relative to an organism's ability to recognize and organize themselves to the *patterns* in their environment which establish and sustain the conditions necessary for survival, necessary for *life*—patterns that are inherently biological in a rudimentary sense. This same process also develops logic and reasoning skills among organisms, especially as logic and reasoning pertains to survival (Life), however, these organisms have no idea what logic, reason, biology, patterns, life or consciousness are; they are just behaving accordingly to patterns within their environment that help them remain alive.

The Evolution of Life & Consciousness

As the complexity of an organism's environment evolves, so too does the consciousness of organisms. Life and its consciousness evolves and adapts in conjunction with the increasing complexity of their environment. As the environment evolves to become more complex, the requirements for consciousness in living organisms also evolves to become more complex, or sophisticated. To ensure their survival, living organisms have to be able to recognize the patterns within the growing complexities of their environment. The emergence of new variables within this evolving environment compel living organisms to recognize and understand these new patterns and to behave accordingly, leading to the development of more complex consciousness and behaviors.

Cellular organisms are compelled to recognize and behave relative to these new complex patterns present throughout their evolving environment, however they do not know they are doing this, they are just trying to survive. They have to evolve not only their reasoning capabilities but also adapt their behaviors in accordance with these patterns to ensure their survival as their environment further evolves. Organisms that are unable to adapt their ability to reason and behave accordingly to these new complexities within their environment die and are considered *unconscious*. Organisms which reason and organize themselves relative to these new complex patterns in their environment, survive and remain *conscious* to their surroundings.

It is also important to note that as the environment becomes more complex, it will require organisms to develop more complex sensors and physical extremities which will allow them to more effectively explore and collect the data necessary to recognize and behave accordingly to the complexities within their environment, necessary for their survival. Thus, life's physical and conscious evolution evolve in tandem and in harmony with the evolution in complexity of their *rudimentary biologically-patterned environment*.

The Origin of Species: Diversity in Life & Consciousness Begins

The evolution of the environment brings complexity and *diversity*. As the environment becomes more complex, diversity emerges, creating a new landscape for consciousness to further develop and diverge. This diversity in the environment compels living organisms to reason new complex patterns in order to survive in growingly diverse environments. This process leads to variations in reasoning and behaviors that are essential for survival; It also gives rise to conscious and physical variations among organisms, enabling them to thrive in these diverse environments. Now we see these complex and diverse environments drive the divergence among living organisms, resulting in the creation of various species. Thus, this process gives rise to Darwin's *origin of species*. However, the differences among organisms remain connected through these underlying biological patterns embedded within the framework of their environment which created them and continues to drive physical and conscious evolution.

The Emergence of Cooperation — “The Cellular Tribe” (The Complex Organism)

As evolutionary processes advance, the complexity of environments increases, necessitating more intricate reasoning and behavioral patterns for survival. Cooperation emerges as a crucial strategy among cellular organisms, driven by the growing complexities of their environments. This cooperation marks the first steps toward the formation of complex life.

In these environments, cellular organisms begin to cooperate out of necessity, giving rise to the first complex organisms. Thus the “cellular tribe is formed from the “cellular wilderness.” As the environments continue to evolve in complexity, so do the cooperative behaviors among organisms, leading to the establishment of more complex organisms and species.

This evolutionary trajectory underscores the importance of cooperation for survival in increasingly complex environments. As cellular organisms recognize and adapt to the cooperative patterns necessary for survival, they form larger and more sophisticated societies. This progression highlights the intertwined evolution of environmental complexity and the development of cooperative behavior, essential for the emergence and survival of complex life forms and the consciousness necessary to wield them.

The Emergence of Conscious Sovereignty In The Human Pattern Recognition Engine

As evolution progresses, the environment eventually reaches a stage where it provides the fundamental needs of living organisms in such excess that it frees them from immediate survival behaviors. The conscious faculties of organisms are no longer required to recognize and respond solely to survival patterns. This freedom creates a "space for choice" between stimulus and response, as Stephen Covey describes, allowing organisms the ability to recognize patterns freely. With this conscious freedom, organisms can recognize and organize themselves according to any pattern they can imagine, as well as have the freedom to “take a break” from recognizing any patterns.

Consciousness in living organisms evolved as a pattern-recognition engine, refined through the guidance of biological patterns inherent in the environment. Initially, survival depended on quickly recognizing and reacting to these patterns. However, humans, with their advanced pattern recognition capabilities, achieved a level of physical and conscious sophistication unparalleled in other species which freed them from their environment's immediate constraints—gave humanity its conscious sovereignty.**

Early humans, like their cellular ancestors, had to navigate from wilderness survival to tribal cooperation, and eventually to sophisticated societies. This journey mirrors the evolutionary path of cellular organisms, reflecting a universal rite of passage embedded in the biological framework of the universe. As humans began organizing into societies, their environments met their fundamental needs so thoroughly that survival no longer dictated immediate pattern recognition and corresponding behaviors. The human pattern recognition engine, with its advanced sensory organs and reasoning abilities, enabled humans to explore patterns beyond immediate survival needs.

This conscious freedom allows humanity to recognize, imagine, and organize according to patterns that are not immediately tied to survival. However, humanity's fate remains intertwined with these fundamental biological patterns. The challenge lies in recognizing and aligning with these patterns to ensure the survival and prosperity of all life. This intricate biological correspondence, "as above, so below," underscores the interconnectedness of all existence, urging humanity to look beyond superficial patterns (Chitzoniyut, Zahir) to the deeper, sustaining patterns of life (Pnimityut, Batin), to understand that one's true self (Atman) is identical with the transcendent self, or Ultimate Reality (Brahman).

In essence, humans must wield this pattern recognition engine created by the environment to explore and understand the intricate biological correspondences between themselves and their environment. This journey towards understanding and aligning with these biological patterns throughout their reality represents the final stage of consciousness in life. The true test of conscious freedom lies in humanity's ability to recognize and abide by these fundamental biological patterns, ensuring their survival and the continuation of life on Earth and life's momentum beyond.

What Is The Human Pattern Recognition Engine?

The rudimentary biologically-patterned environment has come to design, create and fine-tune this "human pattern recognition engine," which is comprised of the human mind, body and all of its senses, necessary for the organism's sovereign exploration and recognition of patterns in its environment. The brain allows it to store and process the patterns it observes within the environment, allowing it to combine, understand and reason complex relationships amongst things. Its external extremities allow the human to effectively move about its environment to explore the patterns of its surroundings effectively, while provide efficiencies for all other basic life functions. The sensory organs (sight, touch, hearing, taste, and sound), are sensors, which allow for the recognition of patterns in other states/forms, which provide additional context to patterns.

Recognizing patterns is foundational for communication, allowing humans to convey and record patterns, establishing the various fields of knowledge. Documented patterns extend the understanding beyond an individual's lifetime, enabling future generations to build on past knowledge. This cumulative process helps humanity learn about the universe and the interconnection of all things.

Humanity's challenge lies in recognizing and aligning with the fundamental biological patterns that underpin reality. Initially, humans may be captivated by new patterns they discover, but true conscious freedom will be achieved by understanding and organizing according to these essential biological patterns. This alignment is crucial for the survival and flourishing of life.

Plato's "Cave of Shadows"

The biological patterns inherent to reality become more and more difficult to recognize as human society builds a cognitive framework around the patterns they are recognizing and imagining to be true. This is because humanity becomes fascinated with the *superficial cognitive framework* they unknowingly built on top of this biological framework of the universe. Like a child becoming attached to a blanket, humanity becomes attached to their current way of thinking; all for good reason, many of the patterns they recognize and imagine overlaps truths pertaining to the underlying biological framework of the universe, reassuring humanity of their "valid understanding" of reality. However, those patterns within their *superficial cognitive framework* which do not coincide with the biological patterns that establish and sustain life, contribute to the disorders of their societies. This scenario underscores the necessity of understanding reality's *biological foundation*.

Humanity must explore the patterns within their environment and within themselves to such extent where they can see these biological correspondences, and; they must do so without getting lost in, or attached to, the patterns they recognize along the way to "biological revelation." However, Humanity becomes immersed in their own imaginations and systems of superficial patterns which they create and deem to be true of reality. They recognize the easily *apparent* patterns of good and evil, love and war, art, music, sports, money, power, work, sex, drugs, along with their patterns of science, all of which drive their lives and their attention and focus. Rather than "eating from the Tree of Life," people now "eat from the tree of Money", and the "tree of Politics" and the "tree of Power," and the "tree of Sports", and "the tree of good and evil" etc.—they eat from any tree but that which reveals the true nature of their reality.

Soon enough, the system of patterns they imagine, manifest themselves and immerse Humanity in this new environment which now drives their evolution (and in many cases devolution and demented behaviors)—an *environmental-pattern* of their own creation that threatens a miscarriage of their society, unless they recognize and abide by the underlying biological correspondences necessary for the life of themselves and their societies.

What Is The Purpose of Conscious Freedom?

The purpose of *conscious freedom* is a test of consciousness. Similar to how parents must eventually give their child the freedom to go off in to the world in order to explore and learn the trials of life on their own—hoping that what they instilled into their child, since birth, will contribute to their child's success at life and all their child's endeavors—The Universe does in giving Humanity its conscious freedom. In giving Humanity their conscious freedom, the rudimentary biologically-patterned universe lets humanity come to realize, on their own accord, the biological patterns which the universe has been trying to teach living organisms since creation—these biological patterns which establish and sustain Life.

The Universe, whose patterns are rudimentary biological in nature, has evolved to give birth to life. Since before the creation of the universe, these biological patterns have been set into motion in such a manner that it has created, developed and fined-tuned living organisms as "pattern recognition engines," eventually evolving in complexity and taking on *Human form*—"Man made in the patterns of the Biological Universe."

The evolutionary processes of the universe and of Earth have come to raise life (living organisms) as its "children" to the ripe *adolescent* Age of Man—the age when the universe must now let its child go off into the world and explore and learn life on its own, in hopes that Humanity will learn truths about itself, the universe and how all of creation is intimately interconnected to each other, through the patterns of biology established by the universe. Truths which can only be comprehended through their understanding of the correspondence between the physiological patterns of their environment and the physiological patterns of themselves and all living organisms.

It will only be through Humanity's thorough exploration of the world around them, using an engineer's curiosity and approach to understanding the mechanisms of the world around them, and their exploration and understanding of the biological patterns that comprise the physiology of their own bodies, can Humanity begin to reveal and understand the biological patterns that exist throughout all of creation. It is through this approach Humanity can see past their superficial cognitive framework to see the underlying biological framework of the universe—to see past the *chitzoniyut* to see the *pnimiyut*. This “biological revelation” will be necessary for humanity to align themselves with correct patterns that will ensure the lives of each individual, their society, environment, and all life, in harmony with the healthy biological patterns necessary for Life's potentialities—this is the final stage of consciousness in Life.

Thus, the purpose of conscious freedom is a test to see if the organism, Man, and its society can come to recognize this biological correspondence that exists amongst everything in reality—THEN—abide by it. If Humanity abides by it, they remain **conscious** and are deemed worthy to continue living. If they do not abide by it (i.e., if they do not organize themselves to the biological patterns necessary for life) they are deemed **unconscious** and will continue carrying-on their *unconscious processes* that will ultimately lead to the miscarriage of their society, like “The Tower of Babel” metaphor. Then, the entire process starts over again, until life gets it right.

Life's Necessary Future

It is the duty of all living organisms to recognize and organize themselves relative to the *patterns* which establish and sustain the life of themselves, their societies and their environment in a manner that earns them the privilege to achieve the potentialities relative to which that order of life enables. If we do not recognize and organize ourselves and our society relative to the biological patterns necessary for Life, we risk the suffering and negative consequences of such, and our possible imminent destruction. Like an airplane that must abide by *The Physics of Aerodynamics* in order to fly, all Life, including Humanity, must abide by *The Physics of Life* in order to survive and thrive.

Therefore, it is the ultimate purpose of Life to realize and operate in harmony with these biological patterns fundamental to the framework of our reality (pnimiyut, batin)—Patterns established by this rudimentary biologically-patterned universe and hidden by our superficial understanding of reality (chitzoniyut, zahir). It will not be until we explore and understand these biological patterns which compose our physiology and the physiology of all life (atman), that we can reveal and understand the biological patterns that exist in the world around us (brahman)—and in organizing ourselves accordingly, unlock the potentialities biology's [life's] patterns are heir to.

The Labyrinth of Consciousness:

How The Biologically-Patterned Environment
Creates and Develops Life & Consciousness
As Pattern-Recognition Engines, *Then*,
Sets It Free, In Human Form, To Explore
The Patterns of The Universe and of Itself.



The labyrinth represents the evolution in complexity of the rudimentary biologically-patterned environment which creates and evolves life and its consciousness as pattern recognition engines, from its rudimentary state in cells, to its complex state in humans. If at any point in the labyrinth the organism cannot progress it is *unconscious*. If it progresses through the labyrinth, it is *conscious*. Its exit from the labyrinth represents the conscious sovereignty attained through the physical and consciousness development required to free itself from its environment's immediate survival constraints. **