



Consciousness

What is consciousness? How do we know? Conduct some initial research into the field of consciousness studies. Consider:

- What do we know about consciousness? How do we know it?
- What does consciousness research today look like? Who is doing it?
- How is modern consciousness research connected to the major spiritual traditions?
- How is modern consciousness research connected to the contemporary study of physics?
- Do we know the full extent of what the human mind is capable of?
- How many consciousnesses are there? Is there only one consciousness that we all share? Are there levels of consciousness?
- What are thoughts? Are thoughts “things,” as many people claim?
- How conscious is the average person of their consciousness?

After completing your initial research, formulate a focused research question having to do with the study and/or understanding of consciousness. Conduct additional, deeper research to answer your research question.