

## Response to Commentary

# Comment on James H. Lake's Review of Conscious Action Theory (CAT)

Wolfgang NMN Baer\*

Nascent Systems Inc.  
&  
Naval Postgraduate School, Monterey, CA

### Abstract

This is the author's commentary on James H. Lake's review of his book "Conscious Action Theory (CAT)".

**Keywords:** Book review, conscious action theory.

I deeply appreciate Dr. Lake's review of my CAT book<sup>1</sup>. I was stunned to read a description of my work that so elegantly captures my mind-body integration concept. The many interesting aspects Dr. Lake was able to describe, from his perspective, encourage me to believe this book will have significant impact in a variety of disciplines. Medical and psychiatric applications<sup>2</sup> are clearly one of them. Finding applications that further scientific understanding is the *raison d'être* for exploring new ideas.

In this case the new idea expressed in Conscious Action Theory turns standard scientific methodology on its head. Instead of starting with a physics of a dead-material universe and attempting to discover how we conscious beings emerge from its laws, it takes the approach that we, as conscious beings, seek to understand our experience by building memory models of what the causes of our experiences might be like. Then we externalize those thought-memories into the books and papers we can share with each other. Therefore I consider the model-building process to be more fundamental than any theory which evolves from such a process.

In that light, my CAT book is primarily a how-to book describing the creation and operation of the conscious thought processes, which includes a functioning model of reality that can be built with paper and ink. The key discovery when participating in such an exercise is to realize that the objective flow of activity - which could be recorded in a multi-media film represented by a pattern of arrows moving right in the frames shown in Figure 1 below - is precisely half the activity that actually happens. The other half of the flow of activity is shown in Figure 2 as a

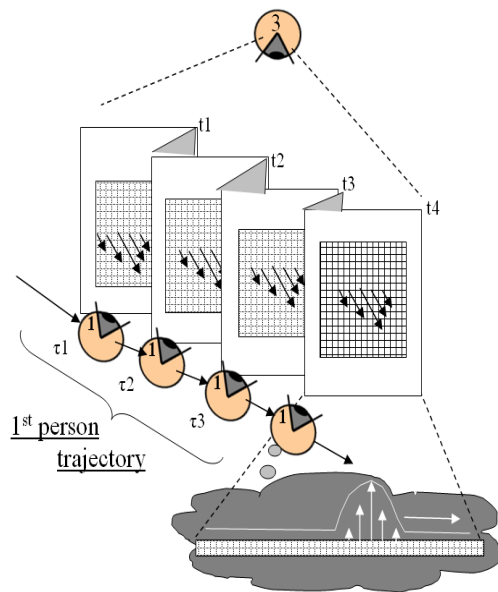
---

\*Correspondence: Prof. Wolfgang NMN Baer (Retired), Nascent Systems Inc. & Naval Postgraduate School, Monterey, CA, USA. <http://www.nascentinc.com> E-mail: [Support@NascentInc.com](mailto:Support@NascentInc.com)

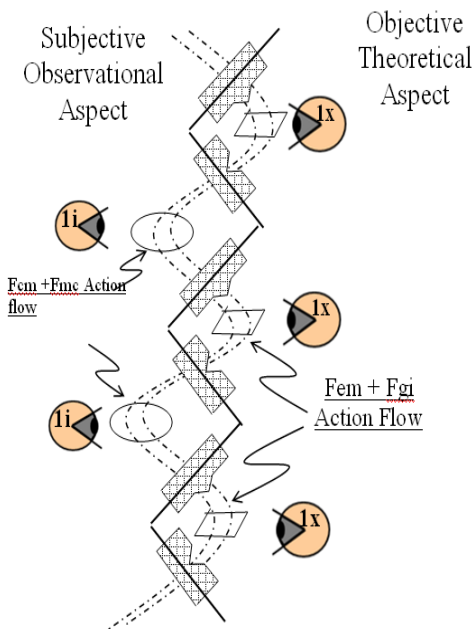
continuation of the objective flow through the internal aspect of the physical material, from which we conscious observers are built, and in which the moving arrows appear.

That objective material in front of ones nose one can see and touch physically has an internal and external side, which can be modeled by doubling the pages of a book designed to describe the objective world we are accustomed to seeing. In physics such a doubling was introduced by G. Vitiello<sup>4</sup> when his attempt to describe the physical brain required a doubling of the degrees of freedom used to specify all its parts. The doubling is also evident in quantum theory, which is the physics describing the inside of material. When we measure this insides we produce a double in the form of the observable world model coded into classical physics. In our every day life we experience the internal aspect of our own matter as sensations or qualia, which is then fused with the memory-model recall experience that explains what the qualia actually is. The result of this fusion is the every day objective world in which we believe ourselves to live..

Whatever the memory-model we chose in which to implement our beliefs, it will only work for us until it reaches its limits. Our challenge<sup>5</sup> is to continually evolve improvements. The next logical step is the integration of the subjective and objective aspects of our material and to model both aspects as a single continuous flow of events. Comparison of Figures 1 and 2 below show the how action flow enables both mind and body experience in each successive event cycle.



**Fig 1.** Oblique view of a CAT block-universe model segment with a mind phase hidden revealing only its objective side



**Fig 2.** Top-down god's eye view of a CAT block universe model doubling the conscious experience by revealing the subjective side

Received August 29, 2020; Accepted October 24, 2020

## References

- [1] Lake, J. (2020) “Review of Wolfgang Baer’s Book: Conscious Action Theory – An Introduction to the Event-oriented World View”, *Journal of Consciousness Exploration Research*, Vol 11 No 5 pp. 548-551
- [2] Mitterauer B., Baer W. (2020)“Disorders of Human Consciousness in the Tri-partite Synapses” *Medical Hypothesis* Vol 136, March 2020, URL: <https://doi.org/10.1016/j.mehy.2019.109523>
- [3] Baer W. (2020) *Conscious Action Theory: an introduction to the event oriented world view*, Routledge Press, ISBN: 978-1-138-66746-4 (hbk) Note: fig.1 and Fig. 2 are on pp. 134-135
- [4] Vitiello, G.(2001) *My double unveiled: The dissipative quantum model of the brain*, John Benjamins ISBN 9027251525
- [5] Baer W. (2020) “The Grand Challenge For Science”, *Interalia Magazine* (July 2020) <https://www.interaliamag.org/articles/wolfgang-baer-the-grand-challenge-for-science/>