

# How the Object to Event Oriented Paradigm Shift Allows Inclusion of the Conscious Observer in Physical Theory

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**Abstract.** Incorporating a conscious 1<sup>st</sup> person observer in scientific theories has been hampered by the lack of physically viable mind/body models. I will present a Cognitive Action Theory (CAT) model of an integrated mind/body system and identify the process of creating conscious experience as the basic building block of reality. This building block is a cyclic process in time, which connects the first-person experience with its 3<sup>d</sup> person physical models so that conscious phenomena are possible. We therefore propose a fundamental shift to consider *what we do* to be conscious as an a-priori activity that must be happening for us to be able to ask the question, ‘How can we consciousness beings exist in our physical world?’ This activity contains both qualia and its explanation to produce what Archibald Wheeler described as a self measuring explanatory cycle. At this level of definition such a cycle of activity can accommodate any belief system defining physical reality as an explanation for personal experience and therefore only provides a framework, which accommodates most scientific and spiritual traditions. Whether one believes in the assumptions of physical science or lives by other belief systems does not change this event oriented framework. Only Don Hoffman’s proposal that the evolution of belief systems are not driven by progress toward an ultimate truth but rather evolutionary survival effectiveness differentiates one reality belief from another. To make CAT practically useful I will show how its action flow through time reduces to quantum and then classical physics in the linear domain of small oscillations that do not destroy the fabric of space-time. If we no longer think of elementary particles, but rather, elementary events, then the complexities of high energy particle physics can be approximated by simple forces ( $F_{em}, F_{mc}$ ) holding charge and mass together inside the quantum veil of matter. These internal forces exactly counterbalance the effect of external gravito-inertial ( $F_{gi}$ ) and electromagnetic ( $F_{em}$ ) forces producing Giuseppe Vitiello’s double inside structure that acts as a model of the external world, which we experience as our every day conscious 1<sup>st</sup> person view of the world. By projecting the energy of mass-charge separation occurring into various observed brain components a physical low level micro scale field pattern can be associated with various sensations associated with such components. Cognitive Action Theory (CAT) originally introduced as a process oriented world view (baer 2010a,b) in which events rather than particles are considered as elementary entities from which the universe is built. Developed in various publications (see references) a composite book describing the theory in review at Routledge Press and is scheduled for publication in 2018. The theory suggests *We actually are* a structure of events incorporating cognition as action flowing along our life-time through our Now phase. The flow emanates as solutions to Schrödinger’s wave equation from a disturbance point in both time directions as suggested by H. Walker (2000) in his extension to quantum theory. The two branches meet and cancel when the disturbance is accepted in a new eigenstate of the action structure, otherwise the disturbance continues to propagate until it is either rejected, transmitted to another action structures, or combined with new disturbances into an available eigenstate. Thus the action structure acts like a macroscopic atom which captures or passes action when eigenstates are available to absorb it.

**Keywords:** Consciousness, Reality Models, Event physics, Epistemology, Gravitational Collapse, Cognitive Action Theory, Bohm Pilot Wave, Process physics, Event Physics

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