

## Some definitions to improve communication within MBT discussions:

Because of the inherent interconnectivity among the definitions in this list, many of these definitions contain words and concepts that are defined and discussed elsewhere in the list. Thus, one must read the entire list once to gain the background one should have before reading it for the first time.

1. **Awareness** is the knowledge and perception of both self and other than self. Awareness is a sense of, an appreciation and understanding of, one's own existence and of what exists beyond one's self. Awareness is capable of experience. Awareness as perception requires information as an input. Awareness as knowledge requires memory (or every instant would appear to be the first) and some very rudimentary processing since perception must be processed into knowledge. Awareness can only be implemented within an information system -- i.e., a system that provides information input, memory, and processing. Memory carries the assumption of time.
2. **Will** is awareness focused toward the achievement of a specific goal. Defining and achieving a goal requires both choices and change which carries an assumption of implicit time (before, during, and after the goal was achieved or choices made – defining past, present, and future) and the ability to process information (otherwise awareness would remain static and could not evolve). Will can only be implemented within an information system (a system that provides information and dynamic (time based) processing as well as memory (required to support processing) and purpose (required to develop a meaningful goal – e.g., system entropy reduction to facilitate evolution). The “distance” to the goal and the affect that past choices have made to that distance are information outputs that become the input to the next iteration of processing and choice. To achieve a goal effectively requires the evolution of an iterative process called learning.

**Intent** is the expression of active will within consciousness to achieve the desired goal through purposeful choice. **Will** answers the question “what?” and provides the goal. **Intent** answers “how?” and provides the idea (plan, process, vision, or conceptualization) of **how** a specific choice might move the system closer to the goal. Thus intent contains the driver, motivation, thrust, impulsion, and the impetus or reason behind the choice or action in making a specific choice. Morality is attached to the being-level intent, not the choice.

Making the choice executes change in the system (hopefully moving it toward its goal). The systems purpose defines its most general overall goal (decreasing system entropy), but there are many specific sub goals that must be dealt with by will and intent in the process of moving a system, one small step (dynamic iteration) at a time, toward satisfying its purpose.

Will and Intent are an expression of consciousness, they are rooted in the whole consciousness, not just the intellectual part.

**3. Consciousness** (sometimes called “mind”) is an evolving (self-modifying) awareness that employs both **will** and **intent** to facilitate its **evolution**. An awareness that makes intentional, willful choices is called a consciousness. To effectively utilize **will** and **intent** in the service of evolution requires consciousness to have input (from an internal and/or external environment), memory, ability to process information, and a purpose. Moreover, the will of consciousness is **always** free to make choices that are contained within its **decision space**. A consciousness always has a choice, i.e., a consciousness cannot have a zero decision space and remain conscious or have a free will. Consciousness and free will (and thus a finite decision space) are logically necessary for each other to exist. Consciousness can only be implemented within an information system that has evolved memory, processing, and the ability to change itself through free will choice (in order to facilitate its evolution – i.e., satisfy its purpose). Information systems evolve by decreasing their entropy (creating useful information). Entropy is most effectively decreased in the long term when will and intent are applied in such a way that choices are made that move a system toward satisfying its purpose. Within consciousness, the considered effort of will and intent to move the system towards states of higher or lower entropy, define both the practical value (quality) of the choice and the moral value (quality) of the intent.

A typical, though dysfunctional, consciousness works (processes) at two distinct levels: the intellectual level and the being level.

[Note: Focus toward achieving a specific goal from among many potential goals (perhaps also within a hierarchy of goals), requires a focused assessment of the direction forward (will) and a clear intention (vision and plan) that may suggest a specific choice. The choice, because successful evolution cannot be entirely random, requires memory (of previous choices), processing (a comparative result of those previous choices -- learning) and a purpose (criteria by which to compare the value of one choice to another). Change (as evidenced by choice, memory, processing, and learning) carries an implicit assumption of time – which delivers dynamic existence. A choice once made is irreversible and moves the system forward (positive evolution to states of lower entropy) or backward (de-evolution to states of higher entropy) to a new state of being.

A good choice (as opposed to a bad choice) moves the consciousness system toward lower entropy states (positive evolution – becoming love). It is generally a moral (also called high quality or love based) intent that expresses itself as a good choice that increases the quality (lowers the entropy) of the individual and the consciousness system. Will and intent are attributes of a whole individuated unit of consciousness (IUOC) and not simply creations of the intellectual level of a consciousness.

**4. Evolution** represents the process of emergent complexity that naturally begins (self starts) when there are enough degrees of freedom available within a system of sufficient potential to eventually produce (through random changes) basic survivable structures (e.g., like a cell)

which leads to even more complex survivable structures (like a multi-celled entity) made of many interactive basic structures as natural selection of evolution progresses. Next, evolution produces functional specialization within multi-celled entities. In systems with many complex potential outcomes, evolution directs and encourages change (through natural selection) toward more profitable states of being (lower entropy configurations).

[Note: The existence of evolution as a natural process is one of two assumptions of MBT. The second assumption is that awareness, will, intent, and consciousness all eventually evolve or emerge together within an information system of sufficient potential. We see evolution at work every day and we are indeed consciousness, thus evolution must exist and consciousness did evolve. A crude primordial information system that simply can differentiate one state from another (create information) is the simplest most straightforward and basic system that has the potential to evolve into what we call consciousness. Occam's razor suggests starting with the fewest and simplest assumptions, and that is where we have started.]

- 5. Decision space** represents all the choices (options) one has access to (from the intellectual or being level) at any given time. These do not include choices that are theoretically or potentially available but one has no immediate awareness of, or access to, them. To be conscious, one must have a finite decision space. Within the normal person, the decision space contains competing options that represent all the drivers of choice within the awareness (will, intent, intellect, ego, belief, consciousness quality, attitude, emotion and feeling) all simmering within a pungent soup of fear and love. These drivers of an IUOC's choice represent the force behind how it chooses to interpret whatever data it receive from the data-stream and then how and why it chooses a specific response to that interpretation. Choice cannot be completely removed or eliminated from a conscious individual. If choice is entirely eliminated, the individual is no longer conscious.

Will (goals), intents and choices are **not** made exclusively at the intellectual level. The intellectual level and the being level, within a normal or typical individual, work together to produce goals, intents, and choices -- however, either level **may** be dominant in directing the choice. One may try to give up personal responsibility for making a choice, or try to assign that responsibility elsewhere, but the choice remains and it remains yours (the whole IUOC) to make or not. Not making a specific choice is a choice. A choice once made usually alters the size and content of the decision space from which it was chosen as well as the decisions spaces of others who are interactively involved with the chooser. Consciousness is an interactive multiplayer game.

- 6. Free will** is the ability of a conscious awareness to freely make or not make any of the choices in one's decision space. Making a free will choice is rooted in the whole consciousness, not just the intellectual part of a dysfunctional consciousness.

**7. The Intellectual level** reflects what you think. As the seat of your intellect, it represents who and what you would like to think you are as well as what you think about others relative to yourself. It represents the **image** you have of yourself and of the rest of the world. It is aware and processes information, assesses, analyzes, judges, imagines, and plans (thinks) in a way that it usually can justify as rational and reasonable (whether it is or not in the eyes of anyone else). It may contain and be driven by intellectual knowledge, love, fear, ego, expectations, beliefs, and may feel pain and joy. It makes choices and expresses will and intent at the intellectual level. It tends to see the world as arrays and sequences of little pictures – it generally represents left brain function.

The intellectual level usually is not intellectually aware of what is processing within the being level though it often strongly reflects it and then tries to justify it. The intellect uses ego and belief to counterbalance its fear.

When you change (learn and grow) at the intellectual level, you create a larger decision space (greater awareness) and a new image of yourself and others – you do not necessarily change the quality of your consciousness (evolve) unless this intellectual level change is internalized (also produces change) at the being level. The evolution of consciousness must take place at the being level. Knowledge (intellectual content) alone cannot increase the quality of your consciousness. To change (grow up or evolve) at a fundamental level, one must change who and what they are, not simply who they think they are, what they want to be, or what they know about the world.

**8. The Being Level** reflects who and what you are at the core of your being. As the seat of emotion and intuition, it feels and empathizes. It is aware and processes information, assesses, analyzes, judges, imagines, and plans **intuitively**. It does not have to justify itself as rational or reasonable – it just is as it is. It may contain and be driven by intuitive knowledge, instinct, love, fear, ego, expectations, beliefs, and may feel pain and joy. It makes choices and expresses will and intent at the being level. It tends to see the world as an interconnected whole – it generally represents right brain function. The being level sometimes pays attention to processing at the intellectual level but is not ruled by it. Contrary to change at the intellectual level, when you change fundamentally (personal growth, spiritual growth, grow up) at the being level, you may evolved or de-evolved the quality of your consciousness, thus becoming a different person. Change at the intellectual level may or may not result in change at the being level.

[Note: The “you” that the being and intellectual levels reflect and represent is the “you” as consciousness (as an IUOC) not the “you” as the virtual body of your avatar. The right and left hemispheres of your virtual (“physical”) brain simply represent a logical requirement of the rule-set as it has constrained evolution within our Virtual reality (VR). The constraints of the VR define what information can and cannot be in the data-stream sent to each IUOC player describing VR (“game”) content and interactions. The virtual reality that we describe as “physical” exists only in the awareness (mind) of the IUOC players and the LCS.

The being level and intellectual level only exist as **separate and distinct** entities within a conscious being if that being is fearful (makes fear based choices). The inability of the intellect to deal directly, straightforwardly, and effectively with some fears creates the unnatural and dysfunctional separateness between these two levels of consciousness processing. The fear is pushed out of sight of the intellect but remains active at the being level. The ego is employed to help the intellect ignore (rather than deal with) the fear. Remove the fear and the being level becomes one with the intellectual level. Without fear, the intellectual and being levels meld together to form an optimized, unified, whole awareness – a fully self-aware and other-aware consciousness that effectively integrates and optimized the combined functions of both virtual hemispheres. Separateness between these two levels is pathological. A healthy, whole, fully conscious being (without fear – thus without ego, expectation, and belief) is fully self-aware of all of his intents, ideas, inclinations, instincts, internal processes, intellect, feelings, and intuition. There is no obscured or “subconscious” portion of the mind – the existence of a “subconscious” is a symptom of a dysfunctional, high-entropy consciousness – in other words, it perfectly represents a normal and therefore comparatively “healthy” member of our society. {Remember, in a virtual reality constrained by a rule-set, a **virtual** brain manages (takes care of all CNS functions such as autonomic reflexes, digestion, circulation, hormone release, etc.) a **virtual** body that interacts within a **simulation** of a **virtual** world. Interaction within the virtual world serves to define the constraints placed upon the data stream that is sent to a healthy **real** consciousness that has no subconscious function. Consciousness (The LCS) is the only thing that is real, everything else is virtual – see definition for virtual reality below}]

- 9. Love**, the opposite of **fear**, is about other – it is creatively expressed as compassion toward, and caring about, other – it expresses itself in terms of service and value to others. **Love** is awareness expressing an intention to be caring, helpful, and useful to others. To be more precise, compassion and caring, service and value, being helpful and useful to others are the results of awareness acting on a love based intent which is also a fearless intent. Love is the fundamental nature of a low entropy consciousness. Love is given away at the being level while need is negotiated at the intellectual level. When you eliminate a “normal” being’s high entropy fear, his ego and beliefs also drop away and what you have left is a very abnormal low entropy being of love.

Loving yourself is called Narcissism and is very dysfunctional. Not feeling negative about yourself is necessary and the first step to growing up and getting rid of your fears.

- 10. Fear**, the opposite of **love**, is about self – Fear is creatively expressed as ego, belief, and expectation – it expresses itself in terms of value to itself: I need, I want, I believe, I expect, I deserve. To be more precise, ego and belief, self-centeredness and expectation are the results of awareness acting on a fear-based intent. Fear is the fundamental nature of a high entropy consciousness. Fear resides at both the intellectual and being levels. Without fear, there is no

ego, belief or expectation and the intellectual and being level become one without differentiation. As fear is decreased, awareness and decision space increases.

- 11. Ego** is not simply self-awareness – as we have said above, a sense of self, a sense of one’s own existence is both necessary and good – otherwise there could be no collective experience or learning. Freud called awareness that is not in response to fear “super ego” we simply refer to it as the expression of love. While love expresses awareness in the service of others, **Ego** expresses awareness in reaction to fear – thus, **Ego** is the result of awareness acting on a fear-based intent. Ego resides at both the intellectual and being levels.

[Note: “Ego”, as defined here, from the more **theoretical** MBT point of view, might seem to be quite different than the usual Freudian definition. However, from a **practical** point of view, MBT’s “ego” and Freud’s “ego” are almost identical. Freud observed ego and its dynamics in the people he studied. His model is empirical – i.e., based on his observations – a practical model. The people he studied were almost entirely driven by fear and lived in a society driven by fear -- as is, and as do, almost everyone on our planet. The ego he observed and assessed was self-awareness driven by fear, which is exactly the same as how MBT defines ego. Because such an ego was **normal** to himself and others who seemed to be **comparatively** healthy and doing well within their dominantly fear based society, ego was also defined to be a necessary and healthy part of an individual. From the warped perspective of fearful individuals within a fear based society, having no ego would appear to be dysfunctional. However, as mentioned above, Freud did notice something within the capacity of human awareness that remained outside of the normal, dominant, fear-based pathological self-awareness (ego) – he called that “super ego”. Freud did **not** make the connection that super-ego (what we call love) was a characteristic of healthy low entropy (more highly evolved) consciousness while ego was a characteristic of dysfunctional high entropy (less evolved) consciousness. If he had made that connection, he would have had to place most all of humanity as well as himself and most, if not all, of his associates and potential supporters in the “dysfunctional” or “pathological” category”. That would have not been a theory that would have gone far or become popular – such an idea (choice) was probably unthinkable and thus, not in his decision space.]

- 12. Belief** occurs when you really want to know but do not have the facts... you simply believe you know. Disbelief is another form of belief. If you want to know, or fear not knowing, and are unable or unwilling to discover sufficient facts, a belief fixes that problem – it also, at the same time, eliminates (greatly reduces) the possibility of finding out. Once the belief is made, information conflicting with the belief is easily discounted, disregarded and ignored.

- 13. Virtual reality (VR)** is a computed reality **structure** defined by information that represents the possibilities and constraints of an interactive multiplayer “game” (environment, rules, and individual characteristics and abilities of the game elements and pieces). VRs are constructs of

information. Board game analogy: The VR represents the game board (environment), game rules of interaction, and the game pieces (avatars) that the **players** play. An individuated unit of **consciousness** (IUOC) represents the individual player. “Our VR” and sometimes “the VR” refers to the virtual reality that we call our physical universe – i.e., the VR in which our “physical” body is a virtual character or game piece called an avatar. Our VR is an **evolving** simulation (according to the initial conditions and rule-set) that defines the constraints placed on the data-streams being sent to each IUOC player. **Consciousness**, in the form of the Larger consciousness system (LCS), is the creator (but not the programmer – there is no programmer) of the VR, and of the IUOC (which is a part of the LCS). Consciousness is an **evolving, aware** entity with will and intent implemented within a digital information system. Because **evolution** is an open ended, dynamic process of continuous change, any evolving entity must continue to evolve (to lower its entropy) or de-evolve (increase its entropy – eventually self-destructing or dying) within the constraints of its environment. Thus, positive evolution becomes the most fundamental purpose of all entities (survive and live or disintegrate and die). Conscious entities **can** be directly aware of that purpose and purposely make choices that actualize it – thus optimizing the consciousness evolution process for such an entity.

Rudimentary awareness of this versus that (1 vs. 0) eventually evolves into the LCS, which, in turn, evolves (instead of programs) VRs and IUOCs. IUOCs eventually facilitate and accelerate their opportunities for positive evolution by becoming the free-will awareness, will, and intent, (consciousness) of a virtual avatar in a multi-player, interactive, **evolving** virtual reality originally defined by initial-conditions and a rule-set.

**14. The consciousness evolutionary process** (game) works like this: **Experience happens** (among interactive players and the set) within this virtual reality, and **you** (IUOC), as the mind of your avatar in the VR, have to deal with that experience by making choices that are inspired by your goals and intents (you react to your experience). The **quality** of your goals and intent leads to specific choices that over time cause you to **evolve** or **devolve**. Each choice is based on intent (vision, planning, motivation) that is either **fear-based** or **love-based**. Goals-Intents-choices that are neutral, eventually lead to stagnation which eventually leads to deterioration (de-evolution) and a more limited set of choices. A choice is good if it leads to lower system entropy (positive consciousness evolution – evolving toward becoming love). Moral intentions almost always lead to good choices and will always, in the long run, lead to lowering system entropy. Our interactive, multiplayer VR (our apparent physical reality) is designed to create challenging experiences leading to productive choices by the IUOCs. Think of it as an entropy reduction trainer for Individuated units of consciousness (IUOCs – pieces of the LCS) created by the Larger consciousness system (LCS) to facilitate the evolution of itself in order to survive and live rather than the alternative: disintegrate and die.

The LCS is an aware, imperfect, finite, evolving conscious entity in the form of a large digital information system. At the root, there is nothing but information – everything, every idea, thought, desire, feeling, emotion, star, rock, brain, atom, space and time can be reduced to

information and all interaction reduced to communication. Positing anything more is logically unnecessary (unnecessary assumptions and unnecessary complexity) since all can be directly derived from this single starting point. An understanding that, at the most fundamental level of our “physical” reality, there is nothing but information is an idea that science is now embracing more and more every day.