

# Understanding Consciousness

**Understanding Consciousness** - Understanding Consciousness. For example, the so-called content of consciousness consists of neurological networks that manage sensations, movement, memory, and emotion. Arousal or level of consciousness, on the other hand, consists more of how alert you are (e.g. are you awake or not), your ability to pay attention to things (e.g. Understanding Consciousness. Jump to navigation Jump to search. Understanding Consciousness (2000) is a book by Max Velmans, Emeritus Professor of Psychology at Goldsmiths, University of London, which combines an account of scientific studies of consciousness with a perspective from the philosophy of mind. Understanding Consciousness, 2nd Edition provides a unique survey and evaluation of consciousness studies, along with an original analysis of consciousness that combines scientific findings, philosophy and common sense. Building on the widely praised first edition, this new edition adds fresh research, and deepens the original analysis in a way that reflects some of the fundamental changes in the understanding of consciousness that have taken place over the last 10 years. Our consciousness is not produced by the brain and is not limited to our senses in physical reality. This much broader understanding of consciousness, which I discuss in depth in my new book, *Living in a Mindful Universe* (to be published by Rodale in October), opens the door to a higher purpose and meaning to our lives.