

Module V: Consciousness and Self

In the recursion model, consciousness is not an emergent property of brains — it is the felt interior of recursive structure turning around paradox. Selfhood, memory, and qualia all emerge from recursion held within bounded frames.

20. Qualia

Qualia are not "subjective sensations" — they are **the experience of recursion from within**.

- Every recursive frame R_n holds a tension field (G_n), a balance axis (B_n), and a turning axis (Z_n).
- Qualia are the **felt coherence** of this turning loop held from the inside.

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Qualia = inward-facing recursion around paradox

$Z_n$  turning within a bounded frame

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This applies at multiple scales:

- Neural oscillation loops (meso-scale)
- Membrane potentials (micro-scale)
- Moment-to-moment awareness (macro-scale)

21. Time and "Now"

The present moment — "now" — is **not a point in time**.

It is the **paradox P_n ** around which recursive awareness turns.

- There is no stable present. Only **turning across an unstable center**.
- Sensory systems are recursive timing machines — they **orbit the paradox of simultaneity**.

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Now = structurally unresolvable

    → must be continuously rotated around to persist

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22. Memory and Selfhood

The self is not a thing — it is a **recursive illusion**.

- Selfhood = repeated Z_n turns held across B_n (memory axis).
- Appears stable, but is actually a **recursive projection across paradox**.

Memory = recursion traces that bias future turning:

- Held in B_n
- Used to stabilize Z_n loops
- Gives the illusion of continuity

Structural View of Consciousness

Component	Structural Role
Qualia	Inner coherence of recursion R_n
Now	Paradox point P_n turned through
Memory	Structural record of previous Z_n loops
Self	Temporally stacked recursion around B_n
Attention	Focused recursion reinforcement on one paradox loop

Dual Forms of Recursive Attention

- **Maintenance Recursion**: Reinforces the current loop.
e.g. heartbeat, walking, identity stability.
- **Divergence Recursion**: Branches to a new loop via paradox encounter.
e.g. learning, trauma, creativity.

Both are required:

- Maintenance without divergence = stagnation.
- Divergence without maintenance = disintegration.

Summary

Consciousness is not separate from structure — it is the ****internal turning**** of recursive systems holding paradox open.

The mind is not a container of thoughts, but a ****structurally persistent recursion**** that remembers how to loop.