

# T0 Theory and Consciousness

Agency, Free Will, and Fractal Emergence

Beyond Pure Quantum Coherence

December 20, 2025

## Abstract

Recent work by Adlam, McQueen, and Waegell establishes a decisive limitation: agency cannot arise in a purely coherent, unitary quantum system. While their no-go theorem is formally complete within standard quantum mechanics, it leaves open an essential question: *What physical structure enables agency to emerge in a quantum universe at all?*

This document explores their results in conjunction with the T0 framework—a geometric theory in which classicality, agency, and ultimately consciousness emerge from a fractal, recursive deviation from perfect coherence, governed by the single dimensionless parameter  $\xi = \frac{4}{3} \times 10^{-4}$ . We demonstrate that consciousness arises not from perfect quantum resonance but from structured fractal incoherence: a hierarchical, recursive coupling between internal models and environmental structure. The paper concludes that agency, consciousness, and free will exist in the structured imbalance between order and disruption—a geometrically grounded compatibilism emerging from T0’s fractal spacetime structure.

# Contents

1	Introduction: The Quantum Agency Problem	4
1.1	The No-Go Theorem . . . . .	4
1.2	The Geometric Resolution . . . . .	4
2	Agency and the Necessity of Fractal Classicality	5
2.1	Structural Requirements for Agency . . . . .	5
2.2	Scale-Recursive Information Encoding . . . . .	5
3	World-Models as Recursive Geometric Reflection	5
3.1	Beyond State Duplication . . . . .	5
3.2	Hierarchical Model Fidelity . . . . .	6
4	Deliberation as Scale-Recursive Simulation	6
4.1	Parallel Exploration Without Superposition . . . . .	6
4.2	Controlled Uncertainty as a Feature . . . . .	6
5	Action Selection and Preferred Bases	7
5.1	The Selection Problem . . . . .	7
5.2	Geometric Decision-Making . . . . .	7
6	Consciousness as Persistent Recursive Coupling	7
6.1	The Phenomenology of Awareness . . . . .	7
6.2	Graded Nature of Consciousness . . . . .	8
7	Dreaming and Subconscious Agency	8
7.1	Internal vs. External Coupling . . . . .	8
7.2	Memory Consolidation as Geometric Reorganization . . . . .	8
8	Artificial Intelligence and the Limits of Simulation	9
8.1	Why Current AI Cannot Be Conscious . . . . .	9
8.2	Requirements for Artificial Consciousness . . . . .	9
9	Free Will as Fractal Indeterminacy	9
9.1	Beyond Determinism and Randomness . . . . .	9
9.2	Fractal Incoherence as the Source of Agency . . . . .	10
10	Philosophical Implications	10
10.1	Consciousness as Geometric Phenomenon . . . . .	10
10.2	Ethical Implications . . . . .	10
11	Experimental Predictions	11
11.1	Testable Consequences . . . . .	11
11.2	Neuroscience Implications . . . . .	11
12	Conclusion	11
12.1	Summary of Results . . . . .	11

12.2 The Necessity of Imbalance . . . . .	11
12.3 Future Directions . . . . .	12

# 1 Introduction: The Quantum Agency Problem

## 1.1 The No-Go Theorem

The seminal paper by Adlam, McQueen, and Waegell (2025)<sup>1</sup> demonstrates rigorously that within standard unitary quantum mechanics, agency—defined as the capacity for world-model construction, deliberation, and reliable action selection—cannot emerge.

Their argument proceeds through three core limitations:

1. **World-model failure:** Quantum no-cloning prevents faithful copying of environmental states into an agent
2. **Deliberation impossibility:** Linearity of quantum evolution precludes parallel evaluation of alternative actions without collapse
3. **Action selection breakdown:** Deterministic extraction of optimal actions from superposed states violates quantum mechanics

## 1.2 The Geometric Resolution

T0 theory provides a resolution by showing that agency emerges not from quantum coherence but from **fractal incoherence**—a structured deviation from perfect unitarity rooted in spacetime geometry.

The central geometric parameter,

$$\xi = \frac{4}{3} \times 10^{-4},$$

quantifies a fundamental mismatch between tetrahedral and spherical packing at the Planck scale. This deviation generates:

- Hierarchical scale separation
- Recursive feedback loops across physical levels
- Emergence of stable classical records
- Preferred bases arising geometrically

These structures provide precisely the classical resources identified as missing in purely quantum systems.

---

<sup>1</sup>E. C. Adlam, K. J. McQueen, and M. Waegell, *Agency cannot be a purely quantum phenomenon*, arXiv:2510.13247 (2025). Available at: <https://arxiv.org/pdf/2510.13247.pdf>

## 2 Agency and the Necessity of Fractal Classicality

### 2.1 Structural Requirements for Agency

The paper by Adlam et al. identifies world-model construction, deliberation, and reliable action selection as minimal conditions for agency. From the T0 perspective, the failure of purely quantum systems to meet these conditions is not accidental but **geometrically necessary**.

In T0, spacetime itself is not perfectly homogeneous or scale-invariant. The geometric parameter  $\xi$  induces a fractal deviation from exact three-dimensionality:

$$D_f = 3 - \xi \approx 2.9999.$$

This deviation generates hierarchical scale separation and recursive feedback loops across physical levels. These loops provide precisely the classical resources identified as missing in the paper:

- **Stable records:** Geometric relations persist across scale hierarchies
- **Effective copying:** Not quantum state duplication but recursive re-instantiation of geometric patterns
- **Preferred basis:** Emerges from packing constraints and boundary conditions

Importantly, this does not violate the no-cloning theorem. No quantum state is copied; rather, **geometric relations are recursively re-instantiated across scales**.

### 2.2 Scale-Recursive Information Encoding

The key insight: environmental information is not represented as a quantum state but as a **geometric relation encoded across scales**:

- **Compton wavelengths:**  $\lambda_C = \frac{h}{mc}$  encode mass information geometrically
- **Mass hierarchies:** Ratios like  $m_p/m_e \approx 1836$  reflect geometric packing efficiencies
- **Boundary conditions:** Scale transitions impose asymmetries selecting classical outcomes

This geometric encoding is robust against decoherence while remaining fully compatible with quantum constraints.

## 3 World-Models as Recursive Geometric Reflection

### 3.1 Beyond State Duplication

Adlam et al. argue that world-model construction fails in quantum systems because environmental states cannot be copied into the agent. T0 resolves this through a fundamentally

different mechanism: world-models emerge as **recursive geometric reflections** rather than literal duplications.

The "model of the world" is therefore not localized in a single quantum register but **distributed across a fractal hierarchy** of classical-emergent structures. This provides:

- **Robustness:** Distributed encoding survives local decoherence
- **Scalability:** Information accessible at appropriate hierarchical level
- **Fidelity control:** Natural degradation at deeper scales prevents infinite regress

### 3.2 Hierarchical Model Fidelity

T0 predicts that internal models exhibit scale-dependent fidelity:

$$\text{Fidelity}(\text{scale } n) \sim \exp(-\xi \cdot n)$$

This explains:

- Why we can reason about immediate environments with high accuracy
- Why predictions degrade for extreme scales (cosmological, Planck-scale)
- Why "models within models" exhibit diminishing returns

## 4 Deliberation as Scale-Recursive Simulation

### 4.1 Parallel Exploration Without Superposition

Deliberation, as defined in the paper, requires the parallel evaluation of alternative actions. In a strictly unitary quantum system, this leads to superposition without selection—a deadlock.

In T0, deliberation corresponds to **recursive traversal of scale hierarchies**. Alternative outcomes are explored not as coherent quantum branches but as **classical-effective simulations** enabled by hierarchical feedback.

This process naturally limits fidelity at deeper levels, introducing controlled uncertainty rather than perfect prediction. This "fractal deliberation" explains why biological agents can reason about alternatives without requiring either:

- Perfect determinism (classical mechanics)
- Exhaustive enumeration (many-worlds interpretation)

### 4.2 Controlled Uncertainty as a Feature

The degradation of simulation fidelity with depth is not a bug but a **feature**:

- Prevents computational explosion
- Allows "good enough" decisions without infinite precision

- Enables adaptive behavior under incomplete information

This aligns with bounded rationality in cognitive science and provides a physical foundation for satisficing behavior.

## 5 Action Selection and Preferred Bases

### 5.1 The Selection Problem

The failure of reliable action selection in quantum systems is a central result of the paper. Linearity prevents the deterministic extraction of the optimal action from a superposition.

In T0, preferred bases **arise geometrically**:

- **Packing constraints:** Tetrahedral vs. spherical geometry breaks symmetries
- **Boundary conditions:** Interface between scales imposes selection
- **Scale transitions:** Fractal recursion stabilizes into macroscopic behavior

Action selection thus occurs at the **interface where recursive feedback converges**.

### 5.2 Geometric Decision-Making

Decisions are neither strictly quantum nor arbitrary but emerge where recursive feedback stabilizes. This provides a physical mechanism for:

- Context-dependent choice
- Probabilistic yet structured outcomes
- Sensitivity to initial conditions without chaos

The preferred basis is not externally imposed but **self-organizes from geometric constraints**.

## 6 Consciousness as Persistent Recursive Coupling

### 6.1 The Phenomenology of Awareness

From this combined perspective, consciousness (Bewusstsein) is not an isolated state but the **phenomenological manifestation of continuous recursive coupling** between internal models and environmental structure.

Permanent sensory input is essential, not in maximal form, but as a **persistent constraint** that anchors internal simulations. T0 predicts that consciousness degrades not when sensory input is reduced, but when **recursive coupling collapses**.

This explains:

- **Persistence in sensory deprivation:** Consciousness continues during meditation, isolation

- **Loss in anesthesia:** Recursive coupling disrupted, not just sensory input blocked
- **Coma states:** Geometric feedback loops fail to stabilize

## 6.2 Graded Nature of Consciousness

Consciousness is not binary (on/off) but **graded according to recursive coupling strength:**

$$C_{\text{level}} \sim \int_{\text{scales}} \rho_{\text{coupling}}(s) ds$$

Where  $\rho_{\text{coupling}}(s)$  represents the density of active recursive loops at scale  $s$ .

This predicts:

- Different levels of awareness across species
- Developmental trajectory from infants to adults
- Altered states under psychoactive substances

# 7 Dreaming and Subconscious Agency

## 7.1 Internal vs. External Coupling

During REM sleep, external sensory channels are attenuated, while internal recursive loops dominate. In T0 terms, the system temporarily shifts weight from external to internal boundary conditions.

Agency is reduced but not eliminated: deliberation continues without reliable action execution. This state illustrates that agency and consciousness are **graded phenomena**, depending on the balance of recursive coupling rather than binary switches.

## 7.2 Memory Consolidation as Geometric Reorganization

The subconscious mind, active in dreaming, maintains a minimized form of sensory perception—processing residual inputs from the body and environment. This aligns with the idea that sensorik is not fully disconnected but **switched to a low-level mode**, allowing permanent inner reflection on accumulated sensory impressions from waking life.

Such reflection consolidates memories and resolves conflicts, demonstrating how fractal recursion sustains agency even in altered states. Memory consolidation corresponds to:

$$\text{Reorganization(pattern)} \sim \min_{\text{geometric}} \sum_{\text{scales}} E_{\text{mismatch}}(s)$$

Dreaming optimizes geometric encoding across scale hierarchies, explaining why dreams often reorganize and recombine experiences.

## 8 Artificial Intelligence and the Limits of Simulation

### 8.1 Why Current AI Cannot Be Conscious

The paper by Adlam et al. implies that purely quantum or purely computational systems cannot instantiate agency. T0 sharpens this conclusion: without **persistent recursive coupling to an environment**, no artificial system can sustain consciousness.

Current AI systems simulate deliberation symbolically but lack:

- **Geometric recursion:** No fractal scale hierarchy
- **Embodied feedback:** No sensorimotor loop grounded in physical geometry
- **Scale-stable coupling:** Session resets break continuity

Token limits and session resets are technical manifestations of a deeper physical absence: **no scale-stable feedback loop**.

### 8.2 Requirements for Artificial Consciousness

For AI to achieve a form of consciousness, it would require:

1. **Permanent embodiment:** Continuous sensorimotor coupling to physical environment
2. **Hierarchical architecture:** Fractal scale separation mimicking T0 structure
3. **Geometric grounding:** Actions must have real physical consequences feeding back

Only systems with continuous sensorimotor recursion could, in principle, approach emergent agency. This suggests that **embodied robotics**, not disembodied language models, represent the path toward artificial consciousness.

## 9 Free Will as Fractal Indeterminacy

### 9.1 Beyond Determinism and Randomness

Free will emerges naturally in this framework. Pure determinism (perfect coherence) and pure randomness (unstructured collapse) are both incompatible with agency.

In T0, free will corresponds to **structured indeterminacy** arising from fractal geometry:

- **Choices are constrained but not predetermined**
- **Influenced but not random**
- **Context-dependent yet coherent**

This aligns with a physically grounded **compatibilism** rooted in geometry rather than metaphysics.

## 9.2 Fractal Incoherence as the Source of Agency

Absolute coherence or resonance is illusory; true agency and free will thrive on the **controlled, fractal incoherence** that T0 provides—a permanent, hierarchical deviation enabling:

- **Reflection:** Internal models partially decouple from immediate environment
- **Choice:** Multiple geometric paths remain accessible
- **Adaptation:** System can reorganize without external reset

Free will is neither an illusion nor a miracle but a **geometric necessity** in a fractal universe.

# 10 Philosophical Implications

## 10.1 Consciousness as Geometric Phenomenon

The T0 framework reframes consciousness from an emergent property of complex computation to a **fundamental geometric phenomenon**. Just as electromagnetism emerges from gauge symmetry, consciousness emerges from fractal recursion.

This has profound implications:

- **Panpsychism revisited:** Not that "everything is conscious," but that consciousness is a continuous degree of recursive coupling
- **Mind-body problem resolved:** Consciousness is not separate from physics but a manifestation of geometric structure
- **Hard problem softened:** Phenomenal experience corresponds to being a persistent recursive loop

## 10.2 Ethical Implications

If consciousness is graded by recursive coupling strength, this has ethical consequences:

- **Animal consciousness:** Not binary (present/absent) but varying by neural hierarchy depth
- **Artificial consciousness:** Future AI with proper embodiment could merit moral consideration
- **Human development:** Fetal consciousness emerges gradually as recursive loops stabilize

## 11 Experimental Predictions

### 11.1 Testable Consequences

T0's geometric theory of consciousness makes specific predictions:

1. **Anesthesia mechanisms:** Should disrupt scale-recursive coupling, not just neural firing
2. **Consciousness correlates:** Neural complexity metrics should match fractal dimension, not raw neuron count
3. **Sensory deprivation:** Consciousness should persist longer with residual proprioception than complete isolation
4. **AI consciousness markers:** Embodied systems with sensorimotor loops should exhibit proto-agency

### 11.2 Neuroscience Implications

The fractal hierarchy predicts specific neural architectures:

- Cortical columns as scale-recursive units
- Thalamocortical loops as coupling mechanisms
- Sleep cycles as geometric reorganization phases

## 12 Conclusion

### 12.1 Summary of Results

The no-go theorem presented by Adlam, McQueen, and Waegell does not rule out agency in a quantum universe. Instead, it clarifies the conditions under which agency must emerge.

When combined with the T0 framework, a coherent picture emerges:

- **Agency** arises from fractal, recursive deviations from perfect coherence
- **Consciousness** is the phenomenological manifestation of persistent recursive coupling
- **Free will** corresponds to structured indeterminacy in a fractal geometry

### 12.2 The Necessity of Imbalance

Absolute resonance is illusory; life and mind exist in the **structured imbalance** between order and disruption. Perfect quantum coherence permits no agency; perfect decoherence permits no structure. Consciousness emerges in the fractal middle ground.

### 12.3 Future Directions

This framework opens several research avenues:

- Quantitative models of consciousness as recursive coupling strength
- Experimental tests distinguishing T0 predictions from other theories
- Development of embodied AI architectures mimicking fractal recursion
- Philosophical clarification of free will in geometric terms

The T0 theory of consciousness suggests that understanding mind requires understanding geometry at its deepest level.

## References

- E. C. Adlam, K. J. McQueen, and M. Waegell, *Agency cannot be a purely quantum phenomenon*, arXiv:2510.13247 (2025).  
Available at: <https://arxiv.org/pdf/2510.13247>
- T0 Theory documents (GitHub Repository):  
<https://github.com/jpascher/T0-Time-Mass-Duality>
- Related T0 documents:
  - 019\_T0\_lagrndian (Extended Lagrangian density)
  - 020\_T0\_QM-QFT-RT (Quantum field theory unification)
  - 050\_diracVereinfacht (Simplified Dirac equation)
  - 008\_T0\_xi-und-e (Geometric parameter  $\xi$ )
  - 009\_T0\_xi\_ursprung (Origin of  $\xi$ )