

The operational or functional structure of the system of consciousness has the inner consciousness looking at the outer consciousness, and the outer consciousness integrated with the senses and looking out at the world.

The inner consciousness is integrated with the body as the arbiter of meaning, and font of emotion. Its expressions, emotions, reflect on the state or activity of the outer consciousness.

The balancing of inner and outer consciousness that produces a healthy system of consciousness occurs by the regard and respect for the inner consciousness on behalf of the outer consciousness. This balancing is a practice of continuous meditation, as the outward intellectual drive demanded of our ideas balances with the interior spiritual drive of the meaning and understanding of our words, expressions, emotions, and concepts.

In particular, a balanced and healthy system of consciousness is necessary to the observation and description of metaphysics. A purpose sincerely committed to the common wealth of humanity is able to discern and discover, and to develop, the common wealth of humanity.

Our cultures have evolved to betray healthy consciousness in many ways, by greed of status,

power, influence, consequence, and economy. The gravity of our cultural deficit is most evident in social and sexual prejudice, where individuals have been denied social and sexual equality according to a cultural adoption of hierarchies of status, influence, and health that violate the human right of personhood.

This obstruction to our macro and micro metaphysical health is a problem of awareness. Each person of sentience, in each species of fauna, has been endowed with a breath of life which we have been jealous of, which we have oppressed and denied in our socio-political nihilism of metaphysical ill-being.

Recognizing this fact is realizing the personal causes of ill-being. With respect for others, the inner consciousness becomes glad and the unity of body, spirit, and mind becomes able to find contentment, satisfaction, and joy. Likewise, all of the elements of awareness, self and other and society and environment, flora and fauna, are available to be respected in favor of metaphysical well being.

“A purpose sincerely committed to the common wealth of humanity is able to discern and discover, and to develop, the common wealth of humanity”, John Pritchard ([@logexist](#))

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