

Table of Boxes

| Chapter | Profile | Concept | Practice | Activity |
|---|---------------------------------|--|--|---|
| Introduction | 0.1 Blackmore 0.1 Troscianko | | | |
| 1. What's the problem? | 1.1 Descartes 1.2 James | 1.1 The hard problem | 1.1 Am I conscious now? | 1.1 Defining consciousness |
| 2. What is it like to be...? | 2.1 Chalmers 2.2 Churchland | 2.1 The philosopher's zombie | 2.1 What is it like to be me now? | 2.1 Mary the colour scientist |
| 3. The grand illusion | 3.1 Ramachandran | 3.1 Magic 3.2 Seeing or blind? 3.3 Predictive procesing | 3.1 How much am I seeing now? | 3.1 Filling-in |
| 4. Neuroscience and the correlates of consciousness | 4.1 Koch | 4.1 Mapping the brain 4.2 Phantom phenomena | 4.1 Where is this pain? | 4.1 The rubber hand illusion |
| 5. The theatre of the mind | 5.1 Dennett 5.2 Baars | 5.1 Seeing blue | 5.1 Is my mind a theatre? | 5.1 Cartesian materialism |
| 6. The unity of consciousness | 6.1 Seth 6.2 Tononi | 6.1 Synaesthesia 6.2 Orwellian and Stalinesque revisions | 6.1 Is this experience unified? | 6.1 Are you a synaesthete? 6.2 Split brain twins 6.3 The cutaneous rabbit |
| 7. Attention | 7.1 Graziano | | 7.1 Did I direct my attention or was it grabbed? 7.2 Are you a predictive processing machine? | 7.1 Meditation |
| 8. Conscious and unconscious | 8.1 Goodale 8.2 2 Clark | 8.1 Sensory substitution 8.2 Experimental methods for measuring consciousness | 8.1 Did I do this consciously? 8.2 Was this decision conscious? | 8.1 Incubation |
| 9. Agency and free will | 9.1 Wegner | 9.1 Volition and timing | 9.1 Am I doing this? | 9.1 Getting up on a cold morning 9.2 Libet's voluntary act 9.3 The restaurant |

| | | | | |
|---|------------------------------|---|---|--|
| | | | | game |
| 10. Evolution and animal minds | 10.1 Dawkins 10.2 Grandin | 10.1 Consciousness before birth 10.2 Deception | 10.1 What is it like to be that animal? | 10.1 Lab choice |
| 11. The function of consciousness | 11.1 Humphrey | 11.1 Four ways of thinking about the evolution of consciousness 11.2 Memes | 11.1 Does this Awareness have a function? 11.2 Is this a meme? | 11.1 The sentence line |
| 12. The evolution of machines | 12.1 Turing 12.2 Holland | 12.1 Brains and computers compared 12.2 Humanoid robots and simulations | 12.1 Am I a machine? 12.2 Is this machine conscious? | 12.1 A Turing test for creativity 12.2 The Seventh Sally or How Trurl's perfection led to no good |
| 13. Altered states of consciousness | 13.1 Metzinger | 13.1 State-specific sciences 13.2 Is hypnosis an ASC? | 13.1 Is this my normal state of consciousness? | 13.1 Discussing ASCs |
| 14. Reality and imagination | 14.1 Siegel | 14.1 The ganzfeld controversy | 14.1 Living without the Supernatural | 14.1 Telepathy tests |
| 15. Dreaming and beyond | 15.1 Hobson 15.2 Revonsuo | 15.1 The evolution of dreaming 15.2 Sleep paralysis | 15.1 Staying awake while falling asleep 15.2 Becoming lucid 15.3 What survives? | 15.1 Discussing hypnagogia 15.2 Inducing lucid dreams |
| 16. Egos, bundles, and theories of self | 16.1 Hume | 16.1 Ego and bundle theories of self 16.2 Selves, clubs, and universities | 16.1 Who is conscious now? 16.2 Am I the same 'me' as a moment ago? | 16.1 The teletransporter |
| 17. The view from within? | 17.1 Varela | 17.1 Do we need a new kind of science? | 17.1 Is there more in my phenomenal consciousness than I can access? 17.2 Solitude | 17.1 Positioning the theories |
| 18. Waking up | 18.1 Harris | 18.1 Koans 18.2 Pure consciousness | 18.1 What is this? 18.2 Mindfulness | 18.1 The headless way |