



# Pyramid of Personhood©

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Experiences of self and life are primarily generated through sixteen aspects of personhood that shape the existence of individualized persons and their unique experiences. Being a person means possessing these sixteen uniquely individualized aspects of personhood.

From most conscious to least conscious, categorized through the three layers of neurobiological applications of consciousness, the sixteen aspects of personhood include:

*\*Parts of consciousness, while all other aspects of personhood are neurobiological applications.*

## CONSCIOUS KINGDOM (Conscious Mind):

1. \*Unique access to the present moment through the conscious awareness that possesses unique abilities for mindful observation, conscious intentionality, direct awareness, and conscious decision-making;
2. Unique engagement of the brain's prefrontal cortex, providing a lens to directly observe internal and external realities;

## SUBCONSCIOUS REALMS (Unconscious Mind):

3. Unique styles of stimulus-dependent neural network activations, responsible for translating activations of subconscious data into consciously observable thought forms;

4. \*Unique experience of subconscious parts who are energetic communicators of consciousness directly experiencing subconscious realm data, activations, and projections both within and beyond awareness;
5. Unique formation of meaning-making associations creating personally conclusive perspectives regarding self and surrounding world, including preferences, perspectives, beliefs, and personal stories;
6. Unique memory system development, activation, and accessibility housing all life encounters and personal experiences through implicit and explicit styles of memory data;

*FUN FACT! Implicit procedural memories dictate 80% of decision-making beyond all awareness! (Levine, 2015)*

7. Unique attachment development, originally generated through caregiver-bonding experiences during early childhood, which
  - a. provide a foundation for storage of all subconscious data gathered throughout all life moments, including profound influence regarding how experiential elements translate into pieces of memory data and how the unconscious mind develops a sense of personal identity,
  - b. connect subconscious realms and unconscious states,
  - c. affect mind-body connectivity capacities,
  - d. expansively influence automated regulatory tendencies, including those of hormones, neural transmitters, autonomic nervous systems, and cranial nerves, and
  - e. create a paramount foundation for all interpersonal (external with others) and intrapersonal (internal with self) relationships experienced throughout life;

#### UNCONSCIOUS STATES (Unconscious Body):

8. Unique brain wave regulation, measured in Hertz frequencies;
9. Unique experience of seven bodily senses, including the vestibular system and proprioceptive system;

10. Unique sculpting of neural networks, including approximately 100 trillion pathways in the brain (The Human Memory, 2019) and many more “mini-brains” throughout the body;
11. \*Unique experience of unconscious parts who are energetic communicators of consciousness directly experiencing unconscious data and energetic flows of the unconscious body;
12. Unique regulation of central, autonomic, and somatic nervous systems;
13. Unique regulation and activations of hormones and neurotransmitters;
14. Unique engagement of cranial nerves;
15. Unique brain region development, activation, and accessibility, including hemispheric balance between forebrain and hindbrain and left and right brain hemispheres (Bergland, 2009, 2017); and
16. Unique DNA.

Each layer of inner being realms possesses one unique aspect of consciousness, supported by various neurobiological applications. Consciousness is the energy of self-essence, the person within experience, while neurobiology is the brain-body structure that houses consciousness. While they constantly interact with one another, they are two distinct components and entirely separate essences of the human experience. Neurobiology generates automated styles of personal experience through infinitely miraculous wonders, while consciousness is the personal self directly interacting with specifics of experience.

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