

CONSCIOUSNESS

Meaning: Consciousness is the state of being aware of and able to think and perceive one's own existence, thoughts, and surroundings.

1. Consciousness is a complex phenomenon that scientists are still striving to fully understand.
2. Many philosophers debate whether animals possess a level of consciousness comparable to humans.
3. Dreams often provide fascinating insights into the workings of our subconscious consciousness.
4. Meditation can enhance one's awareness and deepen the experience of consciousness.
5. The study of altered states of consciousness has revealed much about human perception and cognition.

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