

# Looking for constructive feedback on my mostly Epicurean philosophy of life

Post by “Joshua” of September 13, 2024 at 11:32 PM

## Quote

There is no reliable scientific evidence of consciousness after brain death. At the same time, there is plenty of scientific evidence that all aspects of consciousness (sense impressions, emotions, thoughts, memories, etc.) depend completely upon a live and functioning brain, and that different aspects of consciousness depend upon different neural structures within the brain. Furthermore, general anesthesia or a sharp blow to the head can temporarily extinguish consciousness via their effects on the brain. These facts strongly support the claim that consciousness ends with brain death.

I would consider shoring this up with the observation that there is a relationship between progressive brain damage and progressive cognitive decline, and that that relationship is, to all appearances, a causal one.

I'll also add that I have a residual distaste for my former practice of mindfulness meditation; I hold on to this distaste on the grounds that *escaping* the present moment is, after all, the primary function of the imagination. This was especially useful to me during those long pointless hours sitting (as well as standing and kneeling) in a church pew. Looking back now on the boy in the pew, I cannot honestly say that I would wish him to be mentally present for all of that seemingly endless tedium.