

# Episode 230 - Cicero's OTNOTG - 05 - Velleius Attacks Misplaced Ideas of Divinity

Post by “Godfrey” of May 26, 2024 at 5:22 PM

Random thoughts:

[Quote from Don](#)

I don't think we can be aware of ourselves without something external to us.

We do have interoception, an awareness of our internal sensations. But of course there's always something external to us. And we can't exist without something external to us (food, water, air).

Someone, somewhere (who I believe was worth quoting) said that awareness is awareness of something, not a state of being aware.