

# Antonio Damasio

## Quotes

*Brain, Self, Mind, Thinking, Feelings, People, Important, Simple, Body,  
Differences, Essence, Different, Art, Heart, Problem, Hands, Writing, Memories,  
Emotion, Mean*

We are not thinking machines that feel; rather, we are feeling machines that think.

~Antonio Damasio

More may have been learned about the brain and the mind in the 1990s - the so-called decade of the brain - than during the entire previous history of psychology and neuroscience.

~Antonio Damasio

A conscious mind is a mind with a self in it.

~Antonio Damasio

There is no such thing as a disembodied mind. The mind is implanted in the brain, and the brain is implanted in the body.

~Antonio Damasio

I continue to be fascinated by the fact that feelings are not just the shady side of reason but that they help us to reach decisions as well.

~Antonio Damasio

Emotions are enmeshed in the neural networks of reason.

~Antonio Damasio

The self is a perpetually recreated neurobiological state.

~Antonio Damasio

Consciousness begins when brains acquire the power, the simple power I must add, of telling a story.

~Antonio Damasio

The problem that we, as living organisms, face - and not we only, humans, but any living organism faces - is the management of life.

~Antonio Damasio

Rather than being a luxury, emotions are a very intelligent way of driving an organism toward certain outcomes.

~Antonio Damasio

We are not passive exhibitors of visual or auditory or tactile images. We have selves. We have a Me that is automatically present in our minds right now.

~Antonio Damasio

A mind is so closely shaped by the body and destined to serve it that only one mind could possibly arise in it. No body, never mind.

~Antonio Damasio

The autobiographical self is built on the basis of past memories and memories of the plans that we have made; it's the lived past and the anticipated future.

~Antonio Damasio

Some of us, for better or worse, develop very stable, consistent, and largely predictable machineries of self. But in others, the self machinery is more flexible and more open to unexpected turns.

~Antonio Damasio

For pure joy, I look at a small painting by Ardit Blatas. An ocean liner is at the center of the composition, perhaps ready to depart. It holds the promise of discovery.

~Antonio Damasio

Writing long hand is the last refuge. One needs the time it takes to put pencil to paper and let it run along the ruled line.

~Antonio Damasio

What happens [in a coma] is that you lose the grounding of the self, you no longer have access to any feeling of your own existence.

~Antonio Damasio

How can you have this reference point, this stability, that is required to maintain the continuity of selves day after day?

~Antonio Damasio

Consciousness, much like our feelings, is based on a representation of the body and how it changes when reacting to certain stimuli.

Self-image would be unthinkable without this representation.

~Antonio Damasio

I cannot listen to Beethoven or Mahler or Chopin or Bach when I write because those composers require you stop what you are doing and listen.

~Antonio Damasio

We may smile and the dog may wag the tail, but in essence, we have a set program and those programs are similar across individuals in the species.

~Antonio Damasio

To me, body and mind are different aspects of specific biological processes.

~Antonio Damasio

In 'Self Comes to Mind' I pay a lot of attention to simple creatures without brains or minds, because those 'cartooned abstractions of who we are' operate on precisely the same principles that we do.

~Antonio Damasio

We're seeing it the same way, we're hearing the same way, we have the same conception of the situation. And so, for all purposes, we are operating with a very similar perception.

~Antonio Damasio

In the heart of consciousness is subjectivity, this sense of having a self that observes one's own organism and the world around that organism. That is really the heart of consciousness.

~Antonio Damasio

A self that is very robust, that has many, many levels of organization, from simple to complex, and that functions as a sort of witness to what is going on in our organisms.

~Antonio Damasio

We can be more or less conscious when you create grades of focus on a subject that is flowing in our stream of consciousness.

~Antonio Damasio

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