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Please see the image of tree of life. This is an example of how we understand evolution of living things. On the image, you can see the route of the tree, nucleated cells, plant, a worm, butterfly, frog and fungi.

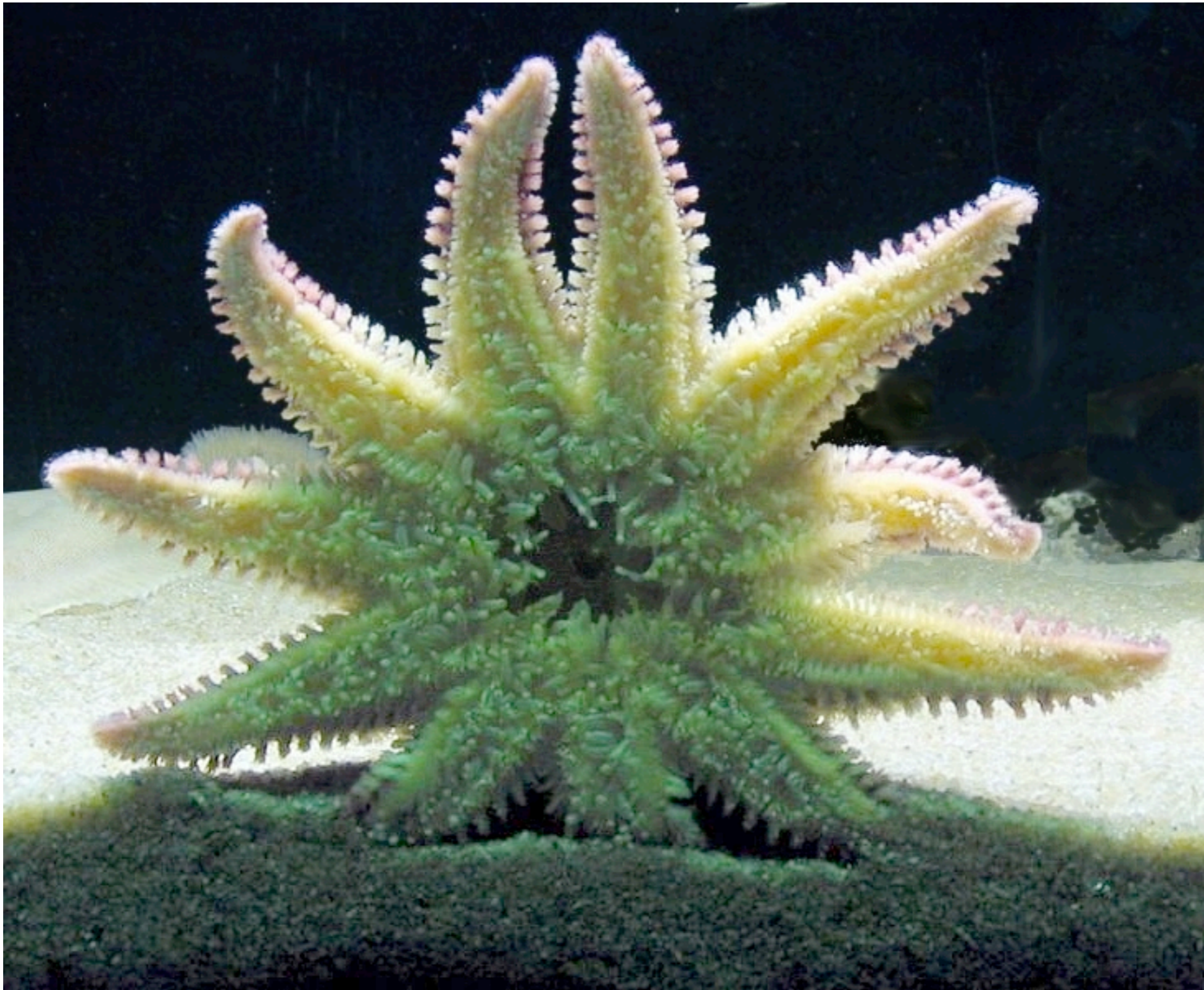
<http://tolweb.org/tree/home.pages/aboutoverview.html>



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Please look at this worm and the branch that the worm belongs to. All animals including human being belong to the same branch. That means human-being and this worm had same ancestor. Also this phylogenetic tree illustrates that the worm is genetically closer to the ancestor than us.

I don't know how the ancestor exactly looks like but at least I can guess that it was in the sea, their body was symmetry, they had head, tail, mouth and anus. I will show you some other animal that have the feature.



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For example, starfish have the feature.

[https://commons.wikimedia.org/wiki/File:730px-Woda-4\\_ubt\\_modyf.jpg](https://commons.wikimedia.org/wiki/File:730px-Woda-4_ubt_modyf.jpg)



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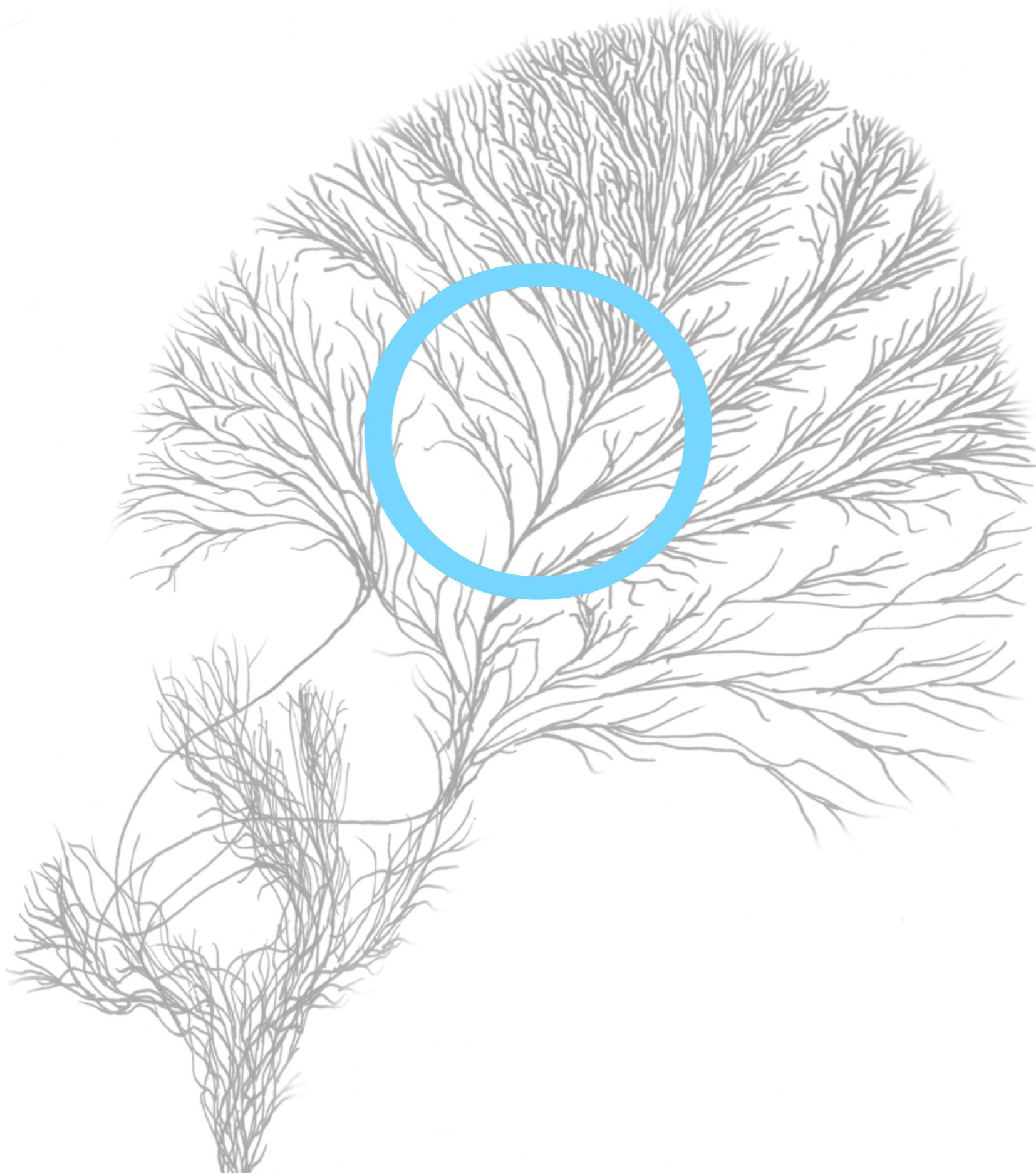
Another example, sea cucumber. Please imagine that our ancestor was like this sea cucumber and imagine how their 'reality' was like... They have neuron system in their body. So I guess they felt pain, comfort, sensed vibration. I am not sure about sounds and smells but possibly. However, they did not have vision.

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So I came back to the tree. And what I want to say is,



around this stage of evolution of living things, animal had at least bodily sensation, sound, sense of touch and smell..



bodily  
sensation  
smell  
sound

They had these sensations. But no vision yet.



bodily  
sensation  
smell  
sound

Time

I am going to explain how the reality evolved since then.



bodily  
sensation  
smell  
sound

Time



I remove the tree illustration since I do not think I can arrange terms that I am going to talk about on the precise location of the phylogenetic tree. I use time order only.

bodily  
sensation  
smell  
sound

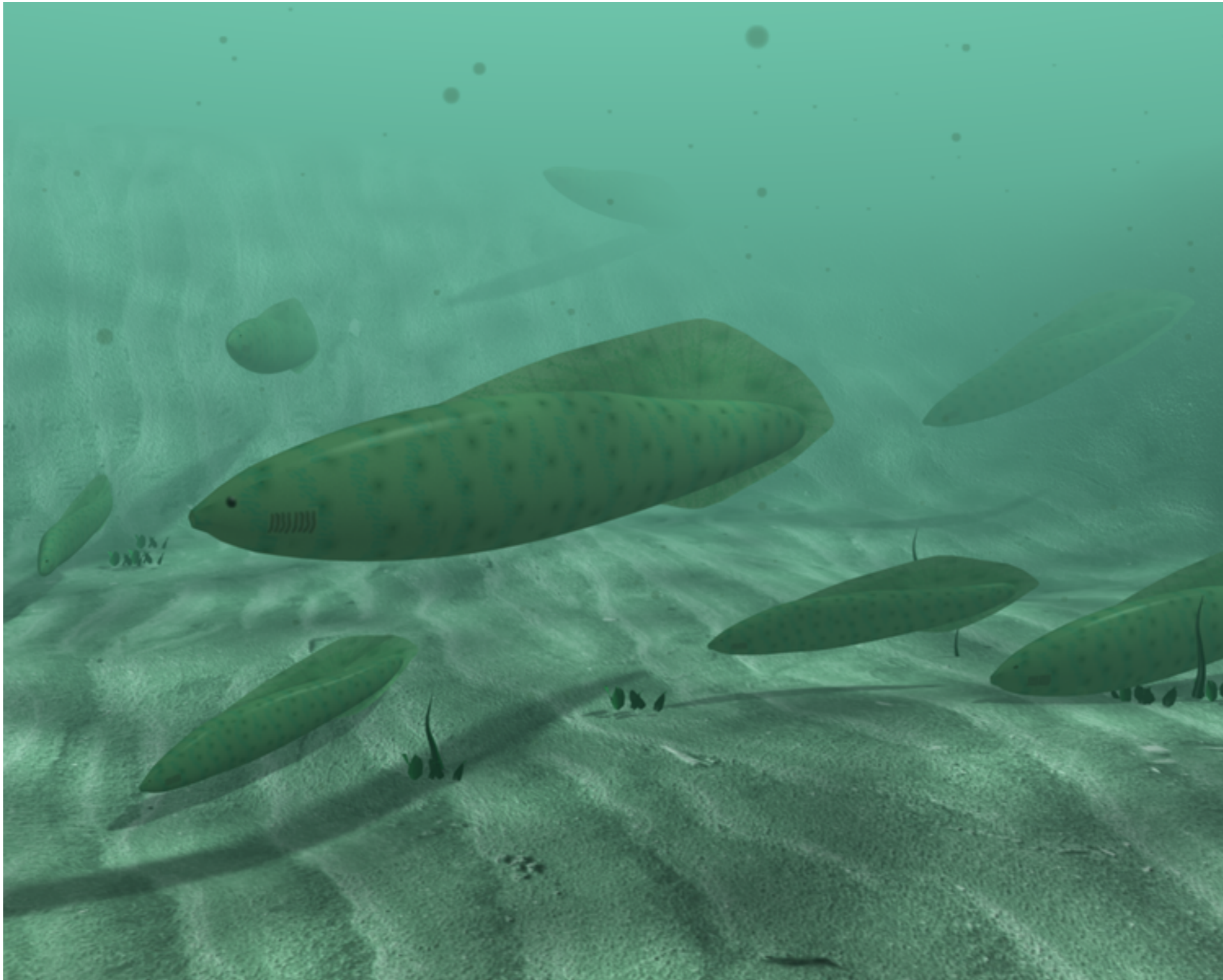
Vision

Time



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The later stage of the evolution, around Cambrian period, our ancestor obtained vision.



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This an eel type of creature (Haikouichthys) that has eye at the Cambrian period.

[https://commons.wikimedia.org/wiki/File:Haikouichthys\\_3d.png](https://commons.wikimedia.org/wiki/File:Haikouichthys_3d.png)

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bodily  
sensation  
smell  
sound

Vision

Time



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Once animal obtained vision, according to a biological theory, predatory activities were accelerated.  
Let's imagine the situation together.



Now you are an animal with primitive vision..

Can you see the dot on the screen?

Imagine that It is something far away.. you wonder what it is. You can measure the distance by focusing function of your lenses and using two eyes. Imagine the dot is moving..



Now you can see the shape and size.. it can be an another animal..  
If it is smaller than you, it can be food. So, If it is not too far from you, let's chase.  
On the other hand, If it is bigger than you, maybe it is your enemy and you should run away. Either way, definitely, it is good action to do for your servibal.

bodily  
sensation  
smell  
sound

Vision

Distance

Time



So I can say that having vision at least allowed animal to be aware of distance between itself and something.

bodily  
sensation  
smell  
sound

Vision

Distance

There

Time



And 'there' appeared in the reality of animals.



bodily  
sensation  
smell  
sound  
Here

Vision  
Distance  
There

Time



Before that, it was 'here' only.... and animal did not prepare for something there..  
But by having distance, animal started to prepare for something, such as eating or being eaten. Chasing or running away.  
That is action as preparation for a future event,

bodily  
sensation  
smell  
sound  
Here

Vision  
Distance  
There  
Future

Time



bodily  
sensation  
smell  
sound  
Here  
Now

Vision  
Distance  
There  
Future

Time



That means, before that, there was only 'NOW' in their reality.  
So, here and there, now and future, In short,

bodily  
sensation  
smell  
sound

Vision  
Distance

Here  
Now

There  
Future  
Time and space

Time





\*Two of experimentation with audience : 1)Touching eye 2)Hugging

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What can I say from this experimentation? Things you can see need to have distance from you. Things that you see is not you. After having vision, world became bigger and animal's self were isolated from the world. And then..

Self and other objects

bodily  
sensation  
smell  
sound  
Here  
Now

Vision  
Distance  
There  
Future  
Time and space

Time



Self and other objects

bodily  
sensation  
smell  
sound  
Here  
Now

Vision  
Distance  
There  
Future  
Time and space

Time



Self and other objects

bodily  
sensation  
smell  
sound

Here

Now

Vision

Distance

Causality

There

Future

Time and space

Time





Self and other objects

bodily  
sensation  
smell  
sound

Here

Now

Vision

Distance

Causality

There

Future Past

Time and space

Time



I think 'past' appeared as they get causality..  
Since animal understand causality between event, they can make better, more advanced preparation for food or enemy.  
But it require more information processing.

Self and other objects

bodily  
sensation  
smell  
sound  
Here  
Now

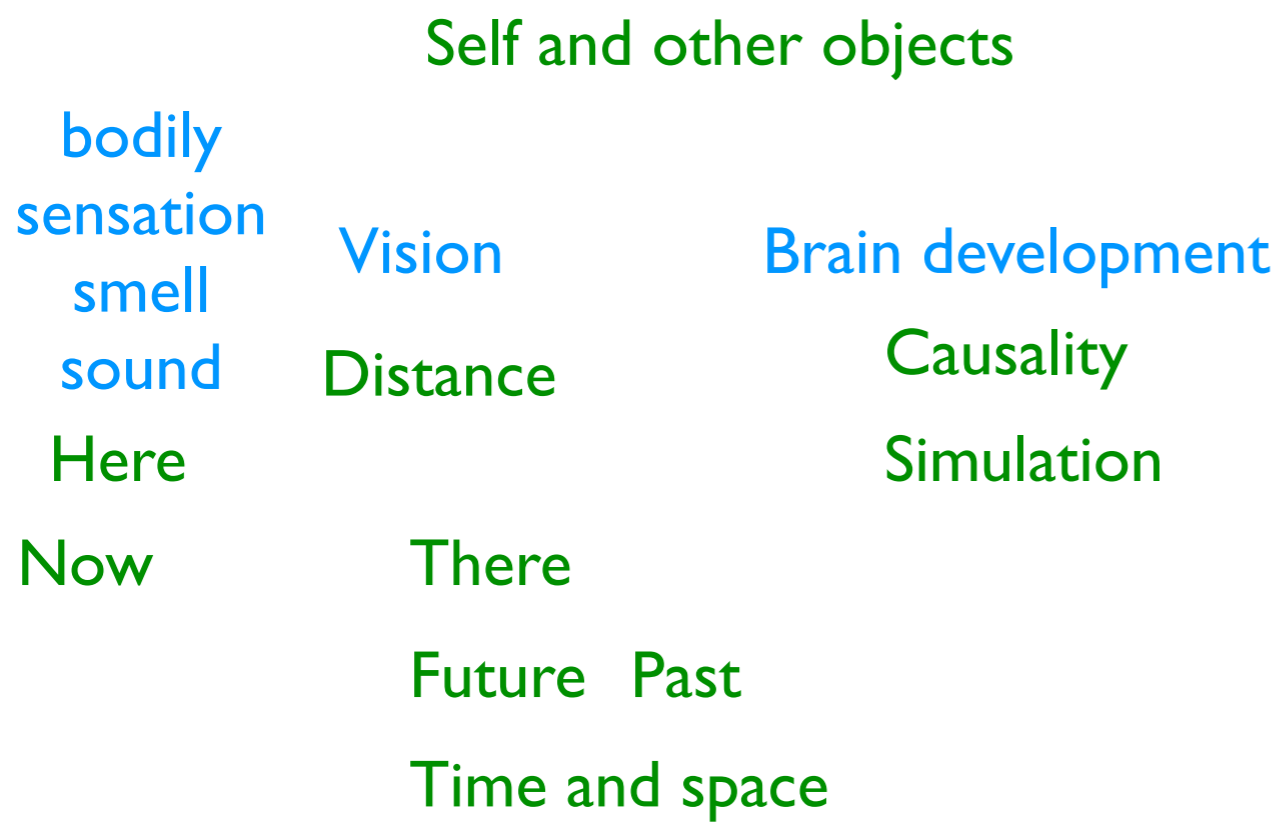
Vision  
Distance  
There  
Future Past  
Time and space

Brain development  
Causality

Time

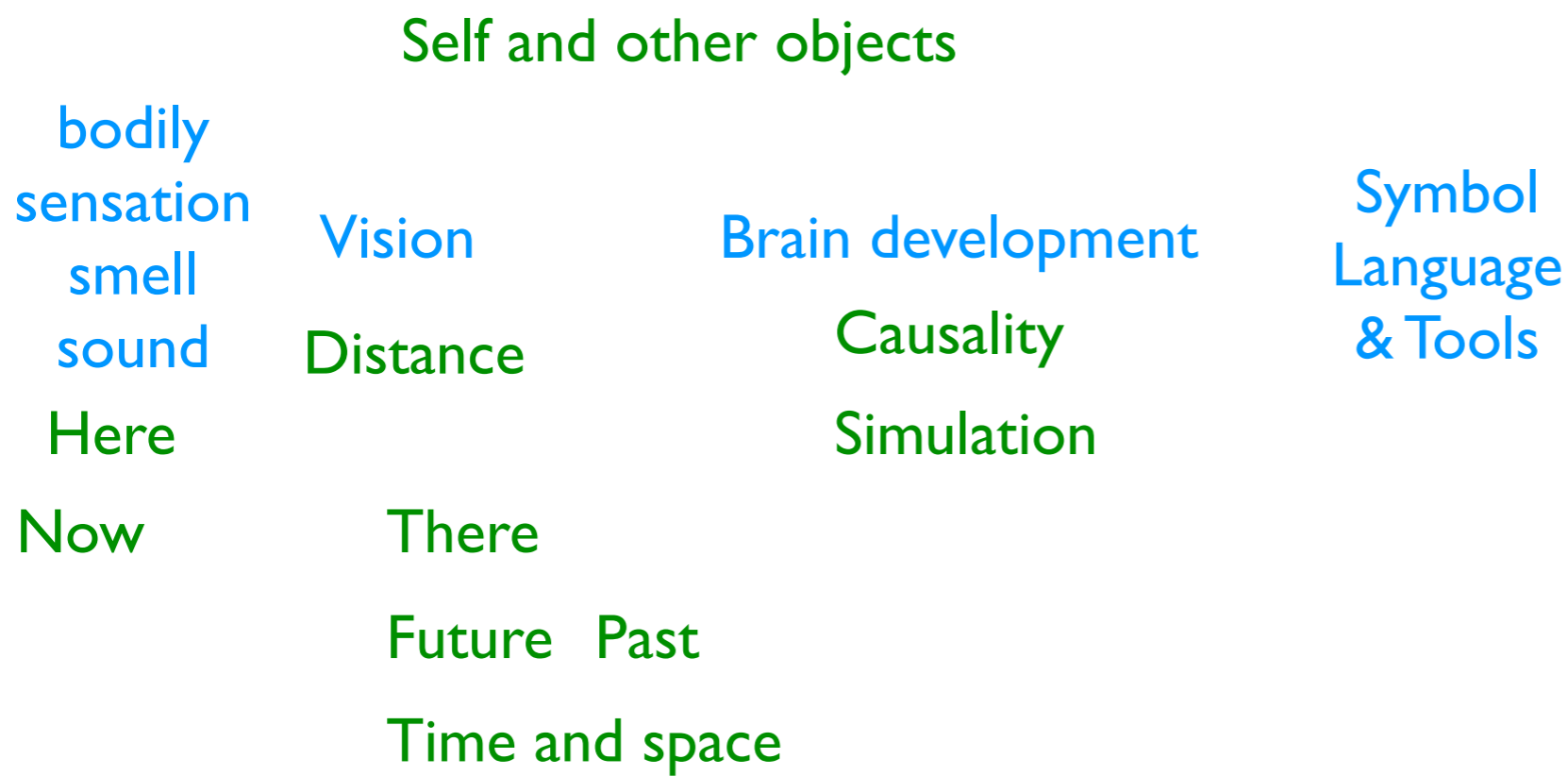


Thus development of brain made difference for their survival. Brain allow animal to store memory of many events and allow them to learn from it. They find pattern, make model of the world in their body and brain. Pre-predicted scenario in body and brain. They can simulate what happens next.

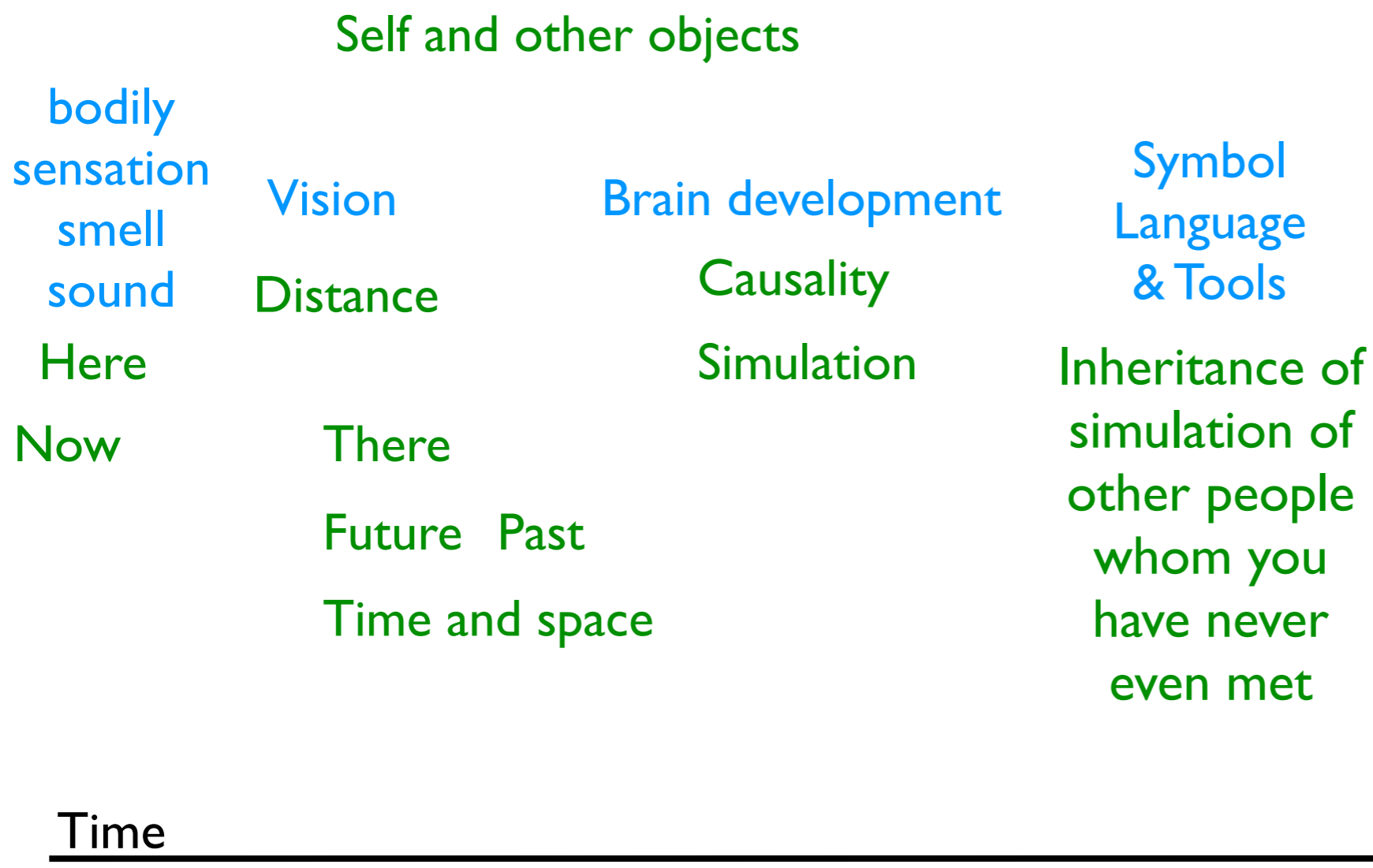


Good simulation is good for survival.

At this point, abstraction of experience became useful in their information analysis. It make many similar experience into one experience. It save memory space in brain and allow brain to develop many complicated scenario.



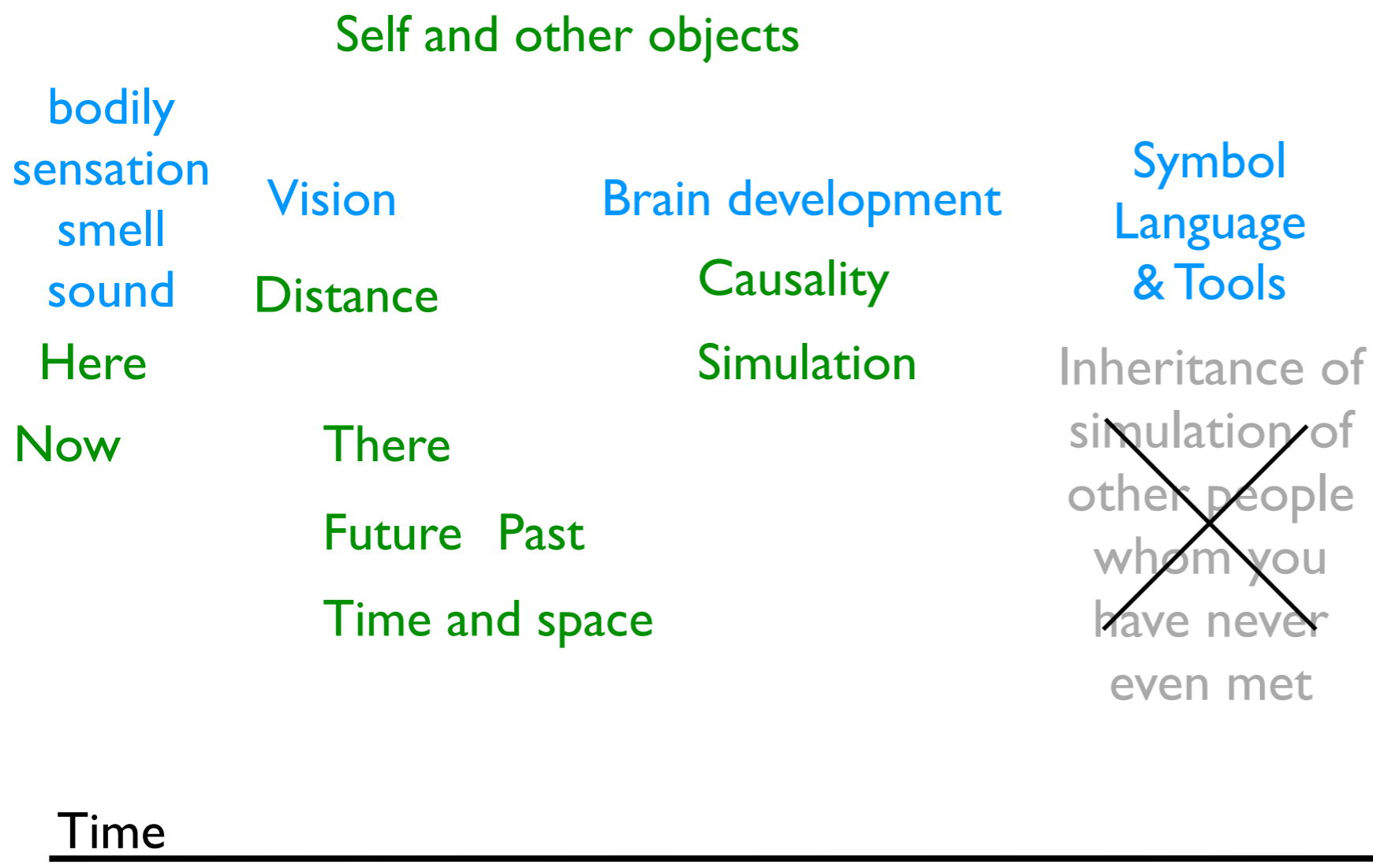
So as the result of abstraction of experience, symbol appeared. And it developed into language. Symbol and language materialised as tool. It is a way of sharing one's simulation with others. They share simulation at this stage.



One can inherit other's experience. Even without knowing the person.  
 Your simulation become other people's simulation. Other people's simulation take over your simulation.  
 At this stage, you start to predict which simulation the other people may have in their brain, what the person might do based on the simulation.  
 And you prepare for that. Simulation of other people's simulation. This is the contemporary reality.

# Improvisation

So here, I want to explain what is happening when I improvise body movement.  
When I improvise with body, I focus bodily sensation and listen to it. Keep moving with my feeling and preference.



It somehow disable this complicated part of my life.

Self and other objects

bodily  
sensation  
smell  
sound

Vision

Brain development

Symbol  
Language  
& Tools

Here

Distance

Causality

~~Simulation~~

Inheritance of  
simulation of  
other people  
whom you  
have never  
even met

Now

There

~~Future~~ Past

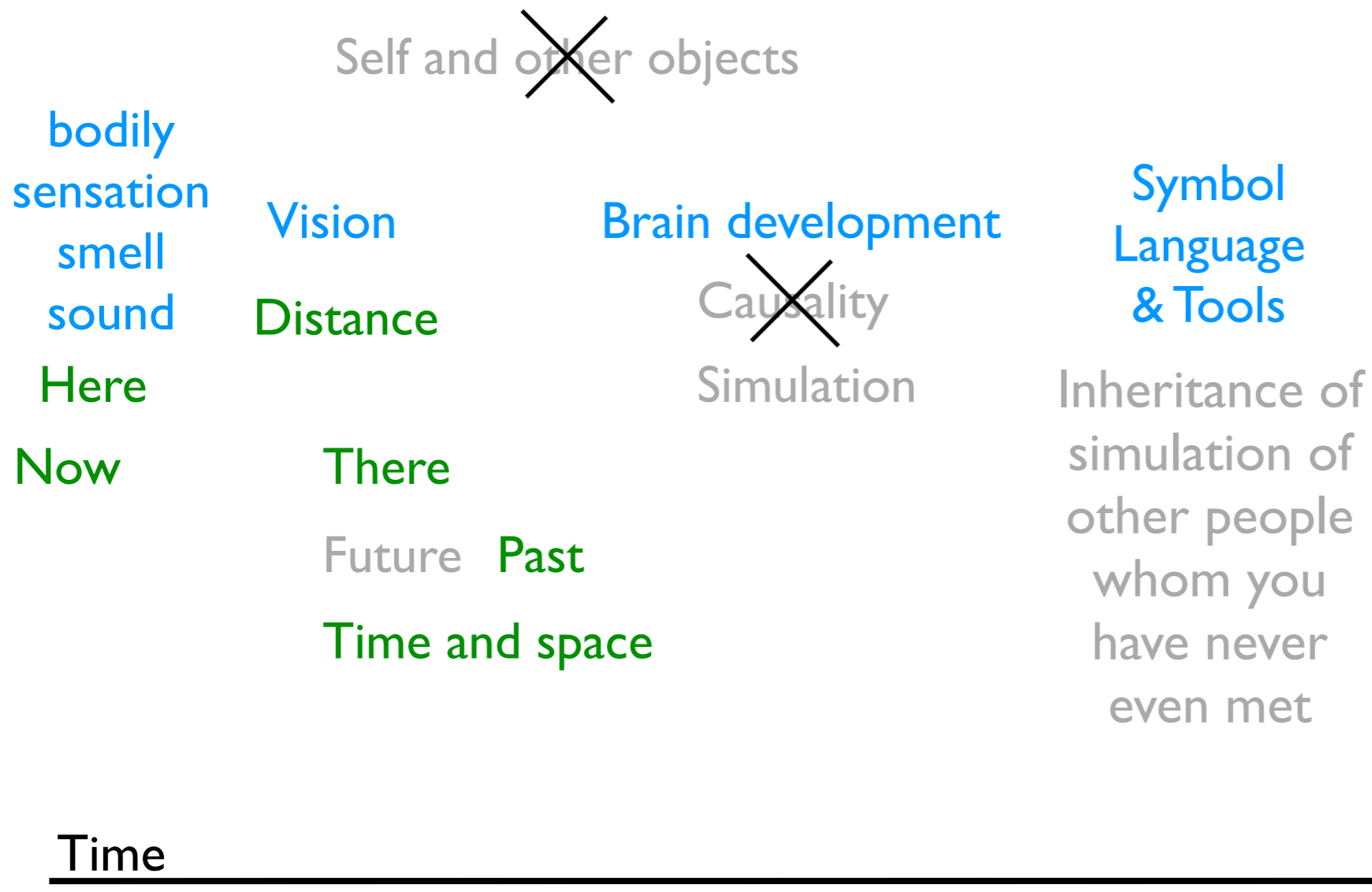
Time and space

Time



Also these two part (simulation and future)





Maybe these part as well (self and other objects)

Self and other objects

bodily  
sensation  
smell  
sound

Vision

Brain development

Symbol  
Language  
& Tools

Here

Distance

Causality

Simulation

Inheritance of  
simulation of  
other people  
whom you  
have never  
even met

Now

There

Future Past

Time and space

Time



When I dance, it is like this.

I dance just because I like it. But maybe It is like , me visiting my ancestor's reality.

By doing so, I want to understand what actually I am doing here in this contemporary reality.

Or maybe I am not totally comfortable in this particular reality that I live and I may want to escape or have some retreat from this world.

# Evolution of reality, and improvisation

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