

[..]an organism is a model. In other words, an organism does not merely have a model of its world; rather, it is a model. The model is therefore the entire phenotype¹

¹ Michael Kirchhoff et al., "The Markov Blankets of Life: Autonomy, Active Inference and the Free Energy Principle," *Journal of The Royal Society Interface* 15, no. 138 (January 2018): 4, <https://doi.org/10.1098/rsif.2017.0792>.