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Brain waves and the perception of matter

We feel that the world reaches us directly: the table is hard, the light is bright, the sound is near. But none of it arrives in the brain as a table, a light or a sound. It arrives as electrical activity.

The senses translate. Light falling on the eye, vibration reaching the ear and pressure on the skin are all turned into pulses that travel along nerves. In the brain, millions of cells answer together, and their combined activity rises and falls in rhythms that can be recorded as brain waves.

These rhythms have names by their speed, from slow deep waves to fast alert ones, and they change with sleep, attention and rest. What we call perception is the brain reading these patterns and building from them the objects we experience as solid and real.

So the question stays open and beautiful: if everything we touch is first a rhythm in the brain, is the material world we perceive, at its root, a matter of order?

unirootscience.com · unirootscience@gmail.com · 01066999940