

The Science of Reading

Post by “Don” of May 12, 2022 at 11:42 PM

<https://youtu.be/Wt7rR0MCYsg>

I hesitated to post this then realized it speaks directly to the "reliability" of the senses and what we **think** we perceive. There is still a material physical reality with which our senses interact, but we only really perceive what our brains (in many ways) **expect** us to perceive. Just like the brain research of Dr. Lisa Feldman Barrett and others show, our brains are prediction machines. Our sense may take in all kinds of sense data, but most of it never gets processed. It just gets matched up to previous experiences and if it matches or matches close enough, our minds move on to the next split second.

This is fascinating stuff.