

# The Science of Reading

Post by “reneliza” of May 13, 2022 at 12:03 PM

[Quote from Don](#)

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You don't have to tell your body “move this foot, then move that foot” - you just tell it “start walking” and after a step or two it's going on autopilot.

Which is one reason why we trip maybe. Our brains are like "Woah! That hole wasn't in the walking plan! Oops!"

I think this is right on point with this discussion. And it doesn't negate Epicurus's basic premise that we have to rely on our senses. We have no other direct connection with the physical world than our senses and pleasure/pain. Our minds will "play tricks on us" but the "input" is coming from real, physical, material phenomena.

Yes exactly! Both on tripping, and on reliance on the senses. The data that reaches our conscious mind isn't perfect, but it's all we've got