

Consciousness as Phase Coherence

A Phase-Network Model of Awareness Across Life and
Planetary Rhythms

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Preface

This essay began as a question rather than a theory. Across neuroscience, philosophy, and medicine, consciousness is still most often described as something that occurs inside the brain. Yet this assumption has always felt incomplete. Living systems do not function in isolation, and neither does experience.

The pages that follow explore an alternative perspective on awareness—one that places temporal relationships and coordination at the center of living processes. The aim is not to solve the mystery of consciousness, but to approach it from a different angle: not by asking where it is located, but by considering how it is maintained over time.

This is an exploratory essay. It invites the reader to follow a line of thought that moves across disciplinary boundaries, and to consider consciousness as something less contained and more relational than we are usually inclined to assume.

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