

The Spiral of Awareness: A Resonance-Based Model of Consciousness and Memory Across Nested Timescales

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Abstract

The present study introduces and empirically tests a novel model of consciousness and memory as recursive, resonant processes structured across biological and cosmic timescales. Drawing from the Spiral of Awareness framework, we propose that time itself emerges not as an absolute metric but through loop closure in nested oscillatory systems—from neuronal gamma bursts to planetary and galactic cycles. Using publicly available EEG data (BNCI Horizon 2020, dataset BNCI2014-001), we analyzed cross-frequency coupling across theta-gamma (4–8 Hz, 30–80 Hz), delta-beta (1–4 Hz, 13–30 Hz), and alpha-gamma (8–12 Hz, 30–80 Hz) bands in three subjects performing motor imagery tasks. Our analysis revealed structured phase-amplitude spirals with consistent modulation indices (MI) across cortical channels (mean MI: 0.74 ± 0.05), indicating harmonic entrainment across temporal bands. Spiral-phase visualizations and quantitative metrics reveal distinct phase-preference profiles for each subject, with theta-gamma coupling showing the highest coherence (0.78 ± 0.04). Cross-shell entrainment analysis demonstrated significant consistency across nested rhythms (0.66 ± 0.04), supporting the hypothesis that memory is sustained through rhythmic returns to coherent states rather than static encoding. The findings provide quantitative support for the idea that memory, perception, and subjective awareness arise from recursive, scale-bridging resonance patterns in neural dynamics. This work opens a path toward a unified theory of memory and consciousness grounded in phase geometry, with po-

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