

4. How Your Brain Blinds You for Two Hours Every Day

Narrator (calm, eerie):

You're awake. Eyes wide open. The lights are on.
But right now, You're blind.

Not metaphorically. Your brain, the thing you trust most is hiding the world from you.
And it's doing it every single day for up to two hours.

You weren't meant to know this but now you do. Welcome to Smart Crows.

THE BLIND SPOT YOU NEVER NOTICE

Let's start with your eyes, the windows to the world. But in the center of your vision there's a hole.

Visuals: eye anatomy, optic nerve connecting to brain.

It's called the optic disc where your optic nerve connects to your retina. There are no light-sensitive cells there. It's a blind spot. But your brain hides it from you.
It fills in the missing image using context, guesses, and memory.

You're not seeing what's there. You're seeing what your brain thinks should be there.

INVISIBLE WHEN YOU MOVE

Now let's talk about saccades. Every time you move your eyes, you go temporarily blind 3 to 5 times per second.

Visuals: fast eye-movement animations, blacked-out frames.

This is called saccadic masking your brain shuts down vision while your eyes jump.
Otherwise, your view would blur like a shaky camera.

Add it up: between blinking, masking, and micro sleeps you lose up to 2 hours of vision per day.

But you don't notice. Because your brain fills in the gaps.

WHEN YOU DREAM, YOU'RE BLIND

During REM sleep, your brain disconnects from reality.

Your eyes move, but you're not seeing, Your brain hallucinates vivid images

These feel real but come from within, not from light.

Visuals: dream-state overlays, EEG scan visuals.

For two hours each night, you experience reality without seeing. It's not a dream. it's a brain-built simulation.

YOUR BRAIN LIES CONSTANTLY

Still think you're in control? You see maybe 1% of the light spectrum. Your brain edits out 90% of sensory data. It prioritizes what you expect, not what's true.

Visuals: illusions, magic tricks, change blindness tests.

Psychologists call it inattention blindness. You don't see the gorilla in the room because you weren't looking for it.

COGNITIVE BLINDNESS

Let's go deeper. Your brain doesn't just blind you to sight. It blinds you to truth.

Confirmation bias: You see what supports your beliefs

Anchoring bias: You trust the first thing you hear

Familiarity bias: You ignore what feels strange

Every conversation. Every argument. Every decision filtered. Reality becomes a reflection of what you already believe.

And you thought you were free.

THE SIMULATION IN YOUR HEAD

Here's the twist. You don't see the world. You see your brain's simulation of the world. Your brain predicts what should come next

It updates only when surprised

You live inside a model built in real-time

Visuals: digital render building itself, neural overlays.

When you walk through your house, you're seeing memory + prediction + 2% light.

HOW MUCH IS REAL?

Ask yourself this: What are you not seeing right now?

You don't notice the feeling of your tongue

You ignore your nose in your vision

You're blind to background hums

You miss the gaps between blinks and thoughts

And when you think you're seeing everything, Your brain sighs, smiles...
and hides more.

You live in a version of the world that your brain creates.
Filtered. Corrected. Cropped.

You don't see reality. You see what your brain lets you. You're blind for two hours a
day maybe more. But now you see it.

You weren't meant to know this but now you do.
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