

## Mini Review

# The “Mind Rewind” of Brain for Back Time Travel: A Theoretical Exploration of Cognitive Retro-Temporal Access

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## Abstract

This research paper presents a theoretical examination of the concept termed “Mind Rewind”, an idea proposing that while human consciousness cannot access the unknown future, it possesses complete and dynamic access to all previously experienced information stored within the brain. Through intentional cognitive activation, memory reconstruction, and deep mental immersion, the mind can simulate retro-temporal travel—a subjective form of travelling back in time. This paper analyzes the neurocognitive models of memory, the phenomenology of reconstructed experience, and the philosophical implications of the mind’s ability to revisit past states with remarkable vividness. Although this model does not assert physical time travel, it argues for a profound form of internal temporal navigation, where the mind reenters and re-experiences lived timelines through neuro-conceptual reconstruction. This research offers a detailed conceptual foundation for “Mind Rewind” as a legitimate cognitive process with implications for psychology, consciousness studies, and theoretical time perception.

## Introduction

Human beings have always been fascinated by the concept of time travel. Classical physics restricts backward movement through spacetime, while science fiction offers imaginative portals to the past. However, within the domain of human cognition, a different form of time travel exists—a *psychological, experiential, and consciousness-based traversal into one’s personal past*.

This paper introduces “Mind Rewind,” a concept that describes:

1. The brain’s ability to access all stored memories, experiences, and sensory records from the past.
2. The mind’s capacity to reconstruct these past events with immersive detail.
3. The subjective experience of revisiting earlier points in life as if travelling backwards in time.

“Mind Rewind” theorises that the brain functions like a biological read-write head, where each life moment is stored in encoded neural patterns. Through deliberate

## More Information

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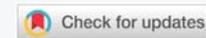
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cognitive focusing, it becomes possible to “rewind” one’s mental timeline and re-enter past states of consciousness. This paper explores the philosophical depth, scientific plausibility, and experiential richness of this retro-temporal mental travel.

## Theoretical foundation of mind rewind

### Memory as the internal archive of time

Memory is the brain’s mechanism for preserving personal history. According to cognitive neuroscience, memories are not static files but dynamic reconstructions encoded through:

- Synaptic patterns
- Neural firing sequences
- Sensory associations
- Emotional tagging

These mechanisms create an internal timeline, an archive of subjective experience. The brain, therefore, is not merely a storage organ—it is a temporal repository of the individual’s lived universe.

The Mind Rewind concept asserts that:



*If all past experiences are stored and accessible, then mentally reentering them is equivalent to travelling back in time.*

Though physically located in the present, consciousness during Mind Rewind *shifts its experiential position* to the past.

### Consciousness as the observer of time

Consciousness does not move through time as the body does. Instead:

- It experiences time
- It constructs the sense of temporal flow
- It organizes past, present, and future
- It shifts attention across memories and perceptions

The mind, therefore, is not bound to linear time but can mentally navigate across the temporal map of personal existence.

Mind Rewind leverages this flexibility by enabling consciousness to:

- Leave the present moment
- Focus on past neural timelines
- Reconstruct immersive past environments
- Experience them as if they are happening now

This process constitutes a form of internal, consciousness-based back time travel.

## Mechanisms of mind rewind

### The brain's read-write head

Dr Shaikh's analogy positions the brain as:

- *A hard drive* storing life data
- *A read-write head* that records new memories
- *A rewind system* capable of recalling earlier data

Each life event forms a neural cluster linked to:

- Sensory inputs
- Emotional states
- Environmental cues
- Behavioral responses

During Mind Rewind, the brain's retrieval systems activate these clusters, allowing individuals to:

- Replay the memories
- Re-feel the emotions

- Reconstruct the sensory details
- Re-experience the moment

Thus, the biological machinery of memory becomes the medium for temporal navigation.

### Reconstruction vs. replay

Unlike computers, the brain does not replay stored information verbatim—it reconstructs it. This reconstruction, however, can be so vivid that:

- Visual imagery becomes sharp
- Sounds are re-heard
- Physical sensations return
- Emotional intensity resurfaces

Neuroscience refers to this as episodic simulation, where the mind rebuilds past experiences from the stored fragments.

In advanced Mind Rewind states, reconstruction becomes immersive enough that the individual experientially inhabits the past, comparable to mentally stepping into an earlier version of reality.

### Deep immersion and retro-presence

Mind Rewind can create a phenomenon called retro-presence, defined as:

*The condition in which consciousness feels located in a past moment rather than the present.*

Retro-presence produces subjective back time travel because it shifts:

- emotional awareness
- cognitive focus
- perceptual experience

Into the past.

During retro-presence:

- Present time fades
- Past environment dominates awareness
- The mind temporarily inhabits an earlier psychological state

This is a purely internal form of time travel, but a powerful one.

## Experiential dimensions of mind rewind

### Emotional time travel

When individuals revisit memories, they not only



remember emotions—they relive them. This supports the assertion that:

The emotional self is timeless within consciousness.

Mind Rewind can re-evoke:

- childhood joy
- adolescent fear
- adult grief
- past relationships
- lost moments of happiness

This emotional fidelity strengthens the sense of temporal displacement [1,2].

### Sensory time travel

Memory stores sensory codes:

- visual impressions
- auditory signals
- tactile sensations
- olfactory cues
- environmental textures

During Mind Rewind, these reappear in consciousness, allowing individuals to *sense* the past with surprising clarity [3-8].

This multi-sensory immersion forms the phenomenological foundation for retro-time travel.

### Cognitive time travel

Through mind rewind, individuals can revisit:

- earlier belief systems
- earlier levels of intelligence
- previous knowledge states
- past decision frameworks

This effectively allows one to observe earlier versions of one’s cognitive self from a higher level of understanding.

Such temporal cognitive layering represents a sophisticated meta-awareness system.

## Philosophical and psychological implications

### Time as an internal construct

If time is partly constructed by the mind, then the mind can:

- bend time

- reorder time
- reenter time
- reinterpret time

Mind Rewind demonstrates that psychological time differs from physical time. In physical reality, one cannot go back. But within consciousness, the arrow of time is reversible.

### The past as a living dimension

According to this theory:

The past does not disappear—it exists as an accessible cognitive dimension.

Memories are not dead records; they are living neural environments that the mind can reinhabit. This gives the past ontological weight within consciousness.

### Identity reconstruction

Mind Rewind allows individuals to:

- meet earlier selves
- witness their own evolution
- repair emotional wounds
- reinterpret key life events

This has potential therapeutic value for:

- trauma processing
- identity development
- emotional healing
- self-understanding

Internal time travel reshapes how individuals understand themselves.

### Mind rewind as back time travel: A conceptual model

This section formalises Mind Rewind as a cognitive time-travel system.

#### Stage 1: Activation

The individual consciously decides to revisit a past moment.

#### Stage 2: Retrieval

The brain loads relevant memory clusters.

#### Stage 3: Reconstruction

The memory is rebuilt with sensory, emotional, and cognitive detail.



#### Stage 4: Immersion

Consciousness relocates to the reconstructed past environment.

#### Stage 5: Temporal Presence

The individual subjectively exists in the past, experiencing it vividly.

This five-stage model parallels physical time travel, but within a mental spacetime framework.

## Methodology

### Study design

This research adopts a theoretical–conceptual design supported by interdisciplinary insights from cognitive psychology, neuroscience, and consciousness studies. The study does not rely on experimental manipulation but instead synthesizes established scientific principles of memory and cognition to construct the “Mind Rewind” model.

### Conceptual framework development

The “Mind Rewind” framework is developed through:

- Analysis of existing models of episodic memory retrieval and reconstruction
- Examination of neural encoding and recall mechanisms
- Integration of phenomenological accounts of lived experience

The framework is structured into five stages:

1. Activation
2. Retrieval
3. Reconstruction
4. Immersion
5. Temporal Presence

These stages were derived by mapping known memory processes onto subjective temporal experience.

### Data sources

The study is based on secondary data and theoretical sources, including:

- Peer-reviewed research in cognitive neuroscience
- Studies on episodic memory and mental time travel
- Psychological reports on vivid memory recall and immersion
- Philosophical literature on time perception and consciousness

No primary experimental dataset is generated; instead, the model is supported through the convergence of established findings.

### Analytical approach

The analysis follows a qualitative synthesis method, involving:

- Conceptual comparison between memory recall and time perception
- Interpretation of neural processes as temporal navigation mechanisms
- Phenomenological evaluation of subjective “retro-presence” experiences

This approach allows the transformation of existing knowledge into a unified theoretical construct.

### Limitations of methodology

- Lack of empirical experimentation limits direct validation
- Dependence on subjective experience introduces variability
- Reconstruction of memory may include distortions or inaccuracies

Future research should incorporate experimental and neuroimaging methods to validate the model.

### Conceptual clarification and enhanced understanding

To improve clarity, the core idea of “Mind Rewind” can be summarized as follows:

- It is not physical time travel, but a cognitive simulation of experience
- It relies on episodic memory reconstruction, not literal replay
- The feeling of “being in the past” arises from deep immersion and sensory reactivation
- Consciousness acts as a temporal navigator, shifting attention across stored experiences

Simplified concept model:

- Brain = Storage + Reconstruction System
- Memory = Encoded Experience
- Consciousness = Observer + Navigator
- Mind Rewind = Reconstructed Past Experience with Immersion



This clarification distinguishes the theory from speculative physics and aligns it with known cognitive processes.

### Supporting data and scientific basis

Although this study is theoretical, it is supported by established findings:

#### Episodic memory and mental time travel

Research shows that humans can mentally project themselves into past experiences, a process known as episodic memory recall. This supports the idea that the brain can simulate past environments.

#### Neural reactivation

Neuroimaging studies demonstrate that recalling past events activates brain regions similar to those used during the original experience, including:

- Hippocampus (memory formation and retrieval)
- Prefrontal cortex (organization and reconstruction)
- Sensory cortices (re-experiencing perceptions)

This provides biological support for the immersive aspect of Mind Rewind.

#### Emotional reactivation

Studies confirm that recalling emotional memories can reactivate original emotional intensity, validating the concept of emotional time travel.

#### Constructive memory theory

Cognitive science establishes that memory is reconstructed rather than replayed, aligning directly with the reconstruction mechanism proposed in this paper.

### Conclusion

"Mind Rewind" presents a powerful theoretical framework for understanding internal back time travel. Although it does not imply travelling physically to past eras, it demonstrates that consciousness is capable of:

- Revisiting earlier states

- Re-experiencing past environments
- Reintegrating lost timelines
- Reconstructing vivid sensory-emotional realities
- Achieving temporal presence in non-present moments

In this sense, the mind is the only accessible time machine, capable of transcending linear chronology. Memory is not a static archive but a living portal to subjective time.

This theory encourages deeper explorations of:

- Consciousness as a temporal navigator
- Psychological time travel
- The multi-dimensional nature of mental experience
- The flexible boundaries of human memory

Mind Rewind forms a foundation for future research in metaphysical cognition, consciousness studies, cognitive psychology, and temporal phenomenology.

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