PHILOSOPHY AND METAPHYSICS

II

In order to consider the problem of the relationship between mind and body, we need to understand the concepts of consciousness and materialism. Consciousness refers to the subjective experience of awareness, while materialism is the belief that all phenomena can be reduced to physical processes. These two concepts are often in conflict, as consciousness seems to transcend material explanation. The problem of consciousness is a central issue in philosophy, and various theories have been proposed to explain it. Materialism, on the other hand, holds that all phenomena are ultimately reducible to physical processes. While materialism provides a powerful explanatory framework, it struggles to account for the subjective experience of consciousness. The relationship between mind and body is a complex and enduring philosophical question that continues to challenge thinkers today.