Mystery Mind: Why We Experience Déjà Vu

By Ana-Marija Dolaskie — July 19, 2016

Most of us have experienced Déjà Vu — the mysterious phenomenon of having the strong sensation that an event currently experiencing has happened in the past. Its translation from the French language is literally 'already seen.' Déjà Vu continues to baffle scientists, but what we do know about the phenomenon is a lot more scientific than we may think.