

ALPHABETICAL BRAIN™ VOCABULARY HUMANIST FAMILY BRAIN STUDY

LEARN THE 15 BRAIN IDEAS FAST December 24, 2020

Knowing how your brain works is essential if you want to thrive in the future. The main purpose of the Alphabetical Brain Vocabulary© website is to help you understand how your brain works in the most efficient way possible.

This website is designed to provide you with the most accurate descriptions of current scientific knowledge about your brain's physical structures and your mind's mental functions in an easy to understand linguistic context that you can share with others.

The new brain facts and ideas can help you establish what is real and what is fake about the many choices you can make in our digitized global high-tech society. Essentially, your willpower involves your creative mind's ability to regulate your dynamic and malleable mental forces, which include your ability to imagine, reason, and remember!

The primary assumption of this website is that 15 brain ideas are significantly involved in your health and longevity. They can be easily learned. And they are inseparably linked to each other in their interactive properties. This new personal knowledge will be more useful to you when it becomes a part of your explicit brain knowledge, which will become part of your conscious self-awareness.

All 15 brain ideas are defined and described from several scientific perspectives in special files on this website. Links to the files are listed on the Index of the homepage.

The brain ideas can be memorized once you decide to motivate yourself to learn about their interactive relationships. This is an essential requirement because these exciting consequential ideas are not widely discussed either publicly or intimately due to traditional cultural taboos and social class and caste distinctions.

You will be able to easily consolidate and retain the new brain information in your long-term memory system after you have learned about it by purposefully repeating the learning processes advocated on this website. They include the "spaced repetition technique" and the "flash card" method of memorization.

You will learn that your mental forces (brainpower) can be improved at any age by the new brain knowledge. This new knowledge can strengthen your own sense-of-self and self-esteem as you master the new brain facts and ideas.

Now there is new evidence that your creative willpower and adaptable self-identity are really "self-constructed" perceptions of reality. The perceptions are based upon a combination of internal biological and psychosocial influences and external cultural caste and social class influences.

They are just as "objective" as the earth and the sky even though you experience them as being the "subjective" core of your human existence.

Therefore, the fundamental presupposition of this website is that your creative willpower and adaptable self-identity are essential true facts of life --- and not illusions!

It is important to know this scientific fact (basic truth), since there have been so many false ideas about the true

characteristics of your brain that were built into the linguistic structure of the English language in the past. In spite of this fact, our understanding of the human brain has become progressively more correct and more truthful during the past several hundred years and especially the last two centuries since the American Revolution.

During this vastly consequential time period, American English has emerged from Latin and other European languages (after the Middle Ages, the Renaissance, the Enlightenment, and the Industrial Revolution, which accelerated the development of the Scientific Revolution) with new scientific words which have finally given us an accurate true understanding about how human brains and minds work based upon scientific experimentation and personal experience.

To summarize, the new brain vocabulary explains how your brain's physical structures and your mind's mental functions are in a dynamic interactive holistic relationship described by the 15 brain ideas emphasized on this website. To illustrate this fact, see the following **Circle of Consciousness Symbol©**:

CIRCLE OF CONSCIOUSNESS SYMBOL©

The quickest way for you to get a new perception of the relationship between your brain and your mind and a new perception of the true source of your willpower ("free will") is to explore the following four paired diagrams of the Circle of Consciousness Symbol©.

The four metaphorical diagrams identify the dynamic intimate interactive tangled relationships that exist among the 15 essential brain ideas explored on this website:

**CIRCLE OF CONSCIOUSNESS SYMBOL©
THE NAMES OF THE 15 BRAIN IDEAS
OUTSIDE YOUR AMAZING BRAIN**

**TAP, CLICK or SWIPE:
TO MOVE THE NAMES OF THE 15 BRAIN
IDEAS INSIDE YOUR CONSCIOUSNESS**

**Events
Diagram #1**

**ALL 15 RED ARROWS OUTSIDE THE CIRCLE
INDICATE THAT YOU HAVE LITTLE OR
NO CONSCIOUS BRAIN KNOWLEDGE NOW**

**MEANING OF THE CIRCLE OF
CONSCIOUSNESS SYMBOL©**

The Circle of Consciousness Symbol© represents a simplified holistic view of the global connectivity necessary for human consciousness, including your creative willpower and your secular adaptable self to exist.

The brain ideas featured on the 15 brain flash cards, which introduce the 15 major brain ideas, all have quick links to files that are named DETAILS and SOURCES.

Also, essential QUOTES, from the perspective of science about human consciousness and willpower, are documented with references to neuroscience, biology, and psychology books.

The quotations are directly accessible at the "Quotations about Human Consciousness" link at the homepage Index.

The text on both sides of the 15 brain flash cards, and their 15 brain diagrams, provide an easy way to learn the basic details required to understand your mind's interactive functions and adaptable self-identity.

It was created to convey a powerful visual image of the previously unimaginable coalescence of the many diverse and interactive physical structures of your awesome self-manifesting holistic brain, which has evolved with willpower. In addition, your evolutionary brain's dynamic and malleable mental functions include your creative mind's ability to imagine, reason, and remember.

**instantly go to:
DETAILS ABOUT THE CIRCLE
OF CONSCIOUSNESS SYMBOL©**

By deliberately repeating this learning process several times, you can integrate and retain the new brain information in your long-term memory consolidation system.

The new brain knowledge explains how your adaptive and dynamic long-term memory system is produced by your mind's fine-tuned self-organized memories and the phenomenon of "neuroplasticity," which is the biological changeability of the human brain.

The word neuroplasticity, is often shortened to "plasticity" by brain scientists and science journalists. It refers to your evolutionary brain's ability to "change itself by itself." It can do that even when you are asleep!

This phenomenal process of plasticity is the reason that your willpower gives you the brainpower to think for yourself and be able to control your own emotions and create your secular sense-of-self.

Now it is possible to use modern computerized microscopes and the scientific method of investigation to explore and understand the physical structures of living human brains and the mental functions of human minds. It is important not to be confused by the old ideas that were added to the English language (built into it) during ancient times before there was a modern scientific understanding of the brain and the mind --- and their true interactions!

Now, early in the 21st century, you can learn what is true and learn what is not true about your mental functions. You can choose to understand and adopt the new brain vocabulary, which was invented by well-trained professional scientists to describe their discoveries during the past 150 years. The accumulation of evidence-based factual brain knowledge can now explain the historical mysteries of the human brain and its relationship to the human mind. The dozens of amazing experiments dazzle the human imagination. But now we know!

The unique emphasis of this website is on the connected relationship between your working memory and your long-term memory systems. This vital connection makes possible your creative willpower and adaptable self-identity.

This primary fact explains how your creative willpower is caused by the interactive dynamics of your working memory's random access memory system located in your prefrontal cortex and your hippocampus's relatively permanent hard drive consolidation memory system located in your limbic system.

The interactivity of these two memory systems evolved to help our species *Homo sapiens* win the fierce competition for survival over the past 40-60 thousand

years with other proto-human species. But the struggle to survive started hundreds of thousands of years earlier as hominids (any of a family [Hominidae] of erect, bipedal, primate mammals. They include recent humans together with extinct ancestral and related forms and in some recent classifications the gorilla, chimpanzee, and orangutan) that repeatedly interbred and thereby were able to survive against all the bacteria and viruses prevalent.

Our human memories had to remember the vital survival information coded at both the unconscious genetic level and the conscious self-awareness level of existence. In addition, this new scientific approach to understanding human nature and human behavior involves the development of our new specialized scientific brain vocabulary as well as our extensive general vocabularies.

For example, the function of your working memory (previously known as short-term memory) and its information processing speed is called "fluid intelligence." It peaks in your 20s and declines considerably at older ages. In contrast, the function of your long-term memory is called "crystallized intelligence." It involves how much you actually know, and how well you can access that knowledge. It improves up through middle age, and then "declines far more slowly than fluid intelligence, if at all in old age," according to Alison Gopnik. See the information box below:

MEANING OF LIFE FROM BIRTH TO DEATH

Alison Gopnik, the author and child development expert at UC Berkeley, confirmed the brain facts about "crystalized intelligence" (long-term memory) and "liquid intelligence" (working memory) in an article

about the cognitive advantages of growing older featured in the Wall Street Journal (October 2, 2018).

Gopnik is the author of the following three books about child development and parenting skills:

[1] The Scientist in the Crib: Minds, Brains, and How Children Learn by Alison Gopnik. William Morrow, 1999 (i-xv, 279 pages)

[2] The Philosophical Baby: What Children's Minds Tell Us About Truth, Love, and the Meaning of Life published by Farrar, Straus and Giroux, 2009 (i-x, 288 pages)

[3] The Gardener and the Carpenter: What the New Science of Child Development Tells Us About the Relationship Between Parents and Children by Alison Gopnik. Farrar, Straus and Giroux, 2016 (i-x, 302 pages)

Links to outlines and reviews of Gopnik's books will be online soon

The new scientific approach to understanding human nature and human behavior can help you understand your brain's physical structures and your mind's mental functions in the holistic context of the 15 brain ideas. They represent hundreds of trillions of intricate interactive relationships among the parts of your brain. They are the true cause of your conscious self-awareness and your adaptive self-identity.

The alphabetized list of definitions of the 15 central brain ideas provides you with a comprehensive linguistic context with which to study the 15 brain ideas that are its central core reality. In addition, dozens of other

important brain vocabulary words provide you with a complete modern unique evolutionary context of meaning for understanding your own brain as well as the brains of other people.

Now you can see the complexity of your brain structures and mental functions at the following Brain Glossary list where the 15 brain ideas are marked in BOLD RED. They deal primarily with your intellectual and emotional control systems and your memory circuits. And they involve complicated interactive neuronal feedback and feedforward circuits, which make your adaptable self-identity possible:

**instantly go to:
ALPHABETICAL BRAIN GLOSSARY**

**USE YOUR INTELLECT
AND MEMORY SYSTEMS WISELY**

This new educational focus can provide you with a new practical way to think about your brain's phenomenal power to understand how your adaptive plastic brain and creative intentional mind can be engineered to work together to transform your subjective self-awareness into an objective self-identity: without the need for divine influence.

Instead, what you need are the correct scientific words and a correct appreciation for and acknowledgment of the importance of the role of science in your life. Science trumps magical metaphorical mythical thinking all the time!

After you have memorized the brain ideas and have learned to manage your thinking habits, you will be able to organize your long-term memories by choosing realistic chunks of data (categories of subjects) with

which to store appropriate new memories to strengthen your evolving adaptable self-identity.

Since all your memories are "constructed" memories, they can be "re-constructed" anytime you bring them into your conscious awareness. You can alter a memory by making a new judgment about its relevance at the moment. When you consciously recognize that the "executive" control function of your prefrontal cortex ("working memory") in conjunction with the "long-term memory consolidation" function of your hippocampus, you will be able to use your willpower to create a fresh new context for the mental process of "re-framing" any memory about anything you want to change!

In other words, you can change an old inferior or false meaning based upon some past thought or feeling that you experienced long ago when it was first created. You can "re-construct" or rebuild an old useless memory with new thoughts and feelings that you decide to associate with a new more relevant memory. The best way to erase an old unnecessary memory is to consciously will a new content and context for creating a more realistic and useful memory!

This re-framing process may take several specific efforts to accomplish just like when you deliberately choose to drive on a different road that may seem strange at first until you have done it a few times and it becomes more natural feeling.

Whenever you become aware of this remarkable power of your own mind, you can enhance nearly any old memory by combining specific memories of past events or attitudes with your new situational awareness at the present moment. This transformation of behaviors and thoughts and feelings is what routines and rituals are all about whenever you are in a situation to do them

willingly. The negative aspect of routines and rituals is when you are forced to do them by someone else and the results are not fulfilling.

For example, you may want to have a particular older memory embellished or discarded due to new factual events or ideas or feelings that you are currently experiencing. This natural memory process usually happens unconsciously, but can be controlled by you if you learn how to do it properly.

For example, you can create more optimistic attitudes and more effective self-talk about your memories in order to strengthen the new memories that you want to save in your long-term memory consolidation system. Also, you can write down or type notes about your thoughts and feelings, which is a form of self-directed multi-sensory learning. Memorization is easier this way than by simply perceiving something and then not purposely reinforcing it.

If you make a habit out of writing a journal or diary, you can create a personal immersive multisensory learning environment in addition to using the spaced-repetition method of memorization to reinforce and shape your new memories about the physical structures and mental functions of your brain.

Also, you can simply plan to study the 15 brain ideas at regular intervals by using the infographic brain images and associated text on the Alphabetical Brain™ Vocabulary website. One easy way to create a reinforcement schedule is to plan to spend 20-30 minutes every night or every other night at the same time and in the same place to focus on only your brain and mind and behavior.

This is a powerful way to establish a habit of studying

the 15 brain ideas and their interactions for your own personal growth and for sharing them with your family members and friends. That is when using good critical thinking skills and good critical reading strategies is essential for using your time wisely when making important choices.

QUICK REVIEW

With proper study, the new brain ideas and the evidence-based facts that support them can become a part of your declarative memory circuits. Their "triggers" are in the consolidation system in your long-term memory system, which is in the hippocampus part of your limbic system.

Then, your working memory system, which is in your prefrontal cortex, can use the new factual memories about your brain's structures and your mind's functions. Those new memories can enlarge your creative imagination and also activate your logical skills of reasoning, which are already stored in your long-term memory consolidation resources. You can use your mental forces (brainpower) to perceive the natural wonders of the real world and also all the fantasies you can imagine!

In addition to the organized information on this website, there will be more information at the Alphabetical Brain™ App, which will be launched soon to provide more evidence of the validity and relevance of the 15 brain ideas and their synergistic interactions.

An Amazon book will be published soon with the title:

Discover Your Alphabetical Brain Handbook.

It will explain consciousness, free will, happiness, and personal success according to evolutionary biology and

modern humanism. The handbook contains written memory boosting exercises to help you memorize the 15 new brain ideas.

By learning the new brain information, you will have the opportunity to expand your self-awareness and change your self-identity as you become a more enlightened science-oriented humanistic person. You can use this new way of organizing brain knowledge to develop a modern 21st century philosophy of life for your future growth and social influence. You must understand your secular sense-of-self in order to transcend its limitations by caring for others.

Note: See in context the 15 brain ideas, including: working memory #1; neurons #2; dendrites #3; axons #4; nucleus of a neuron #5; glial cells #6; synapses #7; potentiation #8; connectome #9; plasticity #10; cerebrum #11; prefrontal cortex #12; limbic system #13; pleasure circuit #14; and your long-term memory #15.

Printable PDF Form **LEARN THE 15 BRAIN IDEAS FAST**

RECOMMENDATION: You may print this pdf version and read it and edit it by adding or deleting ideas. Also you can underline or highlight with colored inks or read it out loud to use these proven memory boosters to help you capture this brain information in your long-term memory.

Then, you can read your edited version of these ideas according to a reinforcement schedule; such as in a few hours and then in a few days and then several times in the next week or two to take advantage of the power of the spaced-repetition method of memorization.

Such deeper introspection can motivate you to achieve self-actualization and self-transcendence and change your adaptable memories to meet your unique personal needs.

REMEMBER ALWAYS:

You Are Your Adaptable Memory!

Alphabetical Brain™ Vocabulary

produced by

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