

# ALPHABETICAL BRAIN™ VOCABULARY HUMANIST FAMILY BRAIN STUDY

## DETAILS ABOUT THE CIRCLE OF CONSCIOUSNESS SYMBOL© December 21, 2018

### TECHNICAL NOTE

The **Circle of Consciousness Symbol©** is a visual learning device that allows you to focus attention on the big picture of the logical progressive sequence of all 15 major brain ideas simultaneously. It also allows you to easily memorize the names of the 15 main brain ideas by associating them with memory codes, which are short acronyms that contain symbolic cues in their letter combinations.

## DETAILS ABOUT THE CIRCLE OF CONSCIOUSNESS SYMBOL©

The **Circle of Consciousness Symbol©** shows how the essential relationship between your working memory system located in your prefrontal cortex and your long-term memory system located in your hippocampus produces your conscious self-awareness and your trainable self-identity.

This metaphorical **Circle of Consciousness Symbol©** provides a simple accurate core model for explaining how your complex human brain works. It reveals that your consciousness depends upon 15 healthy physical structures and 15 healthy mental functions, which you need to remember in your long-term memory system forever.

All four diagrams in the following two sets of paired diagrams displayed below with the **Circle of Consciousness Symbol©** are presented in flash card format at the **Details about Human Consciousness** link found on the homepage **INDEX** of this website.

## FLASH CARD SET 1

Diagram #1 (which is the front of a flash card) shows 15 red arrows outside the circle, all pointing outward toward the names of each of the 15 brain ideas. This first diagram depicts the assumption that the names of the 15 brain ideas and their unique sequence of interactive relationships are outside your conscious self-awareness before you begin to study your brain seriously.

Diagram #2 (which is the back side of Diagram #1) shows 15 red arrows inside the circle, all pointing inward toward the smaller center circle called **MENTAL FORCE**.

The words "**mental force**" describe your ability to imagine, reason, and remember. They identify the secular source of your capacity to make adaptive choices and decisions, caused by the two clusters of neurons at the front of your cerebrum. Together, that area is known as your brain's prefrontal cortex. It is the ultimate cause of your executive functions at the front of both frontal lobes just under your forehead on both sides of your face.

That area also manages your working memory system. That memory function was often called your short-term memory in the past before the current nano-microscopic understanding of the intimate relationship that exists between it and your long-term memory system.

The second diagram depicts the assumption that the names of the 15 brain ideas and their unique sequence of interactive relationships will be inside your permanent long-term memory system after you have spent serious time studying your brain's structures and your mind's functions.

The new brain vocabulary explains scientifically how your mind's mental functions work. This new brain knowledge can enlarge your conscious self-awareness and help you adapt your self-identity when needed. It also explains who you can become in the future after you have learned how your brain structures interact to create your true mental force (brainpower) potential based upon the new brain knowledge that you can now learn easily.

You can **TAP** or **SWIPE** on the screen or **CLICK** with your mouse on the **Circle of Consciousness Symbol**© to use your working memory in your prefrontal cortex to make adaptive decisions, since it is the secular source of your ability to reason, remember, and imagine.

The first set of diagrams highlights the essential connected relationship that exists between the functions of your working memory (see brain idea #1) of your prefrontal cortex and the functions of your long-term memory (see brain idea #15) of your limbic system.

This fundamental connected relationship, which exists between these two essential memory systems, is depicted by their locations next to each other on the **Circle of Consciousness Symbol**©. The names of both brain ideas, #1 and #15, are touching each other.

This symbolic touching represents the vital importance of keeping the neuronal pathways inside your anterior cingulate cortex healthy, because these pathways are what connect those two essential memory functions.

There are 13 more names of brain ideas in between #1 (working memory) and #15 (long-term memory), since their meanings are essential for understanding how your conscious self-awareness works. Together, the names of all 15 brain ideas can give you a comprehensive *logical pattern of knowledge* about your brain.

But you must decide to *motivate yourself* to learn about them and memorize their interactive relationships.

All 15 names are defined and described from several perspectives on this **Alphabetical Brain™ Vocabulary** website. Links to the files are on the homepage Index.

Together, the 15 brain ideas are significantly involved in your health and longevity. They are inextricably linked to each other in their interactive properties. And they will be more useful to you when they are memorized and become a part of your personal explicit brain knowledge.

Just like implicit gender biases and racial prejudices can interfere with trusting relationships and reduce your opportunities for success in life, merely having opinions instead of real knowledge based upon evidence about brain functions can limit your full potential as a human being. That is because your overall behavior may be controlled more by ignorance than enlightenment.

## **FLASH CARD SET 2**

The second paired flash card set, (Diagram #3 and Diagram #4), is linked so you can repeatedly stimulate the semantic, episodic, and autobiographic memory cells, which are the declarative memory triggers (or indexed sections) in your hippocampus. This is where your long-term memory system is located.

Diagram #3 shows the position of the 15 memory codes around the Circle of Consciousness Symbol©. Diagram #4 shows the 15 names of the brain ideas in their unique sequence around the circle.

Diagram #4 makes it possible for you to match the 15 memory codes to the names of the brain ideas in their special order of brain structures and mental functions.

By simply **TAPPING** or **SWIPING** your finger on the screen or **CLICKING** your mouse, you can have repeated viewings quickly no matter what kind of hand-held device or computer you are using.

These two diagrams provide you with the opportunity to use your cerebrum's prefrontal cortex or **PFC** to train the rest of your brain to learn the letters of the memory codes in the logical order displayed around the **Circle of Consciousness Symbol**©.

By repeatedly paying attention to the 15 names of the 15 brain ideas and the 15 memory codes, you will be causing more synaptic connections to be created in the neuronal pathways of your anterior cingulate cortex.

Those neuronal pathways connect your working memory system with your long-term memory system because of the biochemical signals that flow through them and cause "**memory triggers**" to become activated in the "**index**" that exists in those clusters of neurons inside your hippocampus.

Each time you remember these particular 15 brain ideas, which symbolize your brain's real structures and your mind's real mental functions, you will be strengthening the density of the 1,000 trillion synapses (neuronal switches) among the 100-200 billion neurons in your connectome, which is the vast "**wiring system**" of your brain and nervous system.

Finally, by using the four diagrams of the **Circle of Consciousness Symbol**© along with the 15 brain flash cards and the spaced-repetition method of memorization, you will be able to save time as you train your fantastic physical brain to create your mind's magnificent mental functions to do what you want them to do!

**RECOMMENDATION:** You may print this pdf version and read it. You can underline or highlight the important new brain ideas with colors to save them in your *long-term memory*. Then, edit the text to personalize it and read your edited version of these ideas according to a reinforcement schedule.

You can review the 15 brain ideas in a few minutes and then in a few hours and then several times in the next week or two to take advantage of the power of the *spaced-repetition method* of memorization. Then, you will be able to use the new brain ideas during your deep introspective thinking and feeling about your *self-identity*.