

**ALPHABETICAL BRAIN™ VOCABULARY  
HUMANIST FAMILY BRAIN STUDY**

**LEARN THE 15 BRAIN IDEAS FAST  
November 22, 2017**

The **Circle of Consciousness Symbol**© shows the essential relationship between your working memory and your long-term memory systems for producing your conscious self-awareness (sense-of-self).

This metaphorical **Circle of Consciousness Symbol**© provides a simple model for explaining the complex human brain. It reveals that the brain is made up of at least 15 essential physical structures and many more mental functions that can be remembered by your long-term memory system located in your hippocampus.

The process of remembering can be comprehended by your working memory system in the prefrontal cortex part of your cerebrum.

The following two sets of paired flash card diagrams display the **Circle of Consciousness Symbol**© in all four diagrams.

The **Circle of Consciousness Symbol**© is a learning device that allows you to focus your attention on the big picture of the *logical progressive sequence* of all 15 brain ideas simultaneously. It also allows you to easily memorize the names of the 15 brain ideas when you begin studying your brain.

The first set of diagrams (#1 and #2) graphically depict the unique sequence of the 15 brain ideas when they are unknown (#1) and when they are known (#2) by you.

The second set of diagrams (#3 and #4) provide the easiest way to memorize the names of the 15 brain ideas in Diagram #4 by experiencing *instant repetitive viewings* of the relationships among the 15 names of the brain ideas (#4) and the 15 memory code cues (#3).

**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 1st diagram depicts the assumption that the 15 names of the 15 brain ideas and their unique sequence of interactive relationships are *outside* your conscious self-awareness when you begin to study your brain.

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**.

Your *mental force* is both your ability to reason and your capacity to make choices.

This 2nd diagram depicts the assumption that the 15 names of the 15 brain ideas and their unique sequence of interactive relationships will be *inside* your conscious self-awareness (sense-of-self) after you have spent some time studying your brain.

You can **TAP** or **SWIPE** on the screen or **CLICK** with a mouse on the **Circle of Consciousness Symbol**© to use your working memory, which is the source of your creative imagination and ability to reason, to start thinking about the 15 brain ideas and their interactive relationships.

To repeat and clarify: the healthy operation of all 15 physical brain structures, altogether produce more than 15 mental functions that are necessary for you to experience your **SELF** as a unique person with free will.

The first set of diagrams highlight the essential connected relationship that exists between your working memory system (brain idea #1) and your long-term memory system (brain idea #15). This fundamental connected relationship is depicted by their locations *next to each other* on the symbol.

In between these two essential memory functions are 13 other essential brain ideas also emphasized on this website.

## **FLASH CARD SET 2**

In addition, you can use Diagram #3 and Diagram #4, which are linked in a flash card format, to repeatedly stimulate your declarative semantic memory cells.

Diagram #3 shows the position of the 15 memory code cues around the **Circle of Consciousness Symbol**© and Diagram #4 shows the names of the 15 brain ideas in their unique order or sequence.

This second set of flash card diagrams makes it possible for you to match the 15 memory code cues to the 15 brain names of the 15 brain ideas in their special sequence for instant repeated viewings by the simple **TAP** or **SWIPE** of your finger on the screen or the **CLICK** of your mouse, no matter what kind of hand-held device or computer you are using.

These two diagrams provide the opportunity for you to focus the intentional executive part of your brain, known by brain scientists as your prefrontal cortex, on the task of training the rest of your brain to learn the letters of the 15 memory code *cues* and to learn the *names* of the 15 brain ideas in the logical order depicted in the **Circle of Consciousness Symbol**©.

By memorizing these particular 15 brain ideas, which symbolize real brain structures and real mental functions, you will be strengthening the "**density**" of the neuronal connections among the billions of memory molecules inside the hundreds of thousands of neuronal pathways in your connectome.

The repetition of the information causes deep penetration in the long-term memory pathways and the circuits in your hippocampus.

Finally, by using the four diagrams 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 amazing brain to do what you want it to do!