

ALPHABETICAL BRAIN™ VOCABULARY HUMANIST FAMILY BRAIN STUDY

LEARN THE 15 BRAIN IDEAS FAST
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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.

Only a few scientists and medical researchers have ever had a comprehensive and integrated understanding of how their brains worked until the end of the 20th century. This website is designed to provide you with the most accurate descriptions of current scientific knowledge about your brain's structures and functions.

The latest summary of basic brain facts was just posted online by the **United States National Institute of Health**. The brief introduction is reprinted at the following link with details included at a linked pdf file:

You can learn and use the new brain knowledge to solve everyday problems and overcome traumatic experiences.

The alphabetical way of organizing information is the primary way that humans invented to provide the maximum brainpower needed to manage civilized thoughts and feelings. The profound role that the alphabet and language skills have played in history to expand conscious self-awareness and adaptable self-identities is described in the **Details about Human Consciousness** link at the **INDEX** of this website.

Now, however, the following link provides you with a quick review of the 18 physical parts and mental functions of both sides of your brain and your brainstem. They are depicted with names in two mini-brain charts and one mini-brainstem chart with six diagrams on each chart. In addition, there are additional charts with unnamed brain images for you to use when learning what the brain parts and mental functions are.

All the charts are structured to provide you with the easiest way to apply the most powerful learning technique known. It is called the "**spaced-repetition**" method of memorization. You can estimate how much **TIME** you will need to expose yourself to the new brain vocabulary until you can integrate all the brain ideas into your self-awareness and self-identity.

Remember, the best way to predict the future is to create it! Learn the new brain knowledge and expand your self-awareness.

By focusing on the 15 major brain ideas in context, you will be creating a powerful intellectual foundation for all of your future choices and decisions. This is the primary subject of this website. Both the older classic brain knowledge and the 15 new brain ideas, provide you with accurate up-to-date brain knowledge that you can use to develop a modern 21st century philosophy of life for your future growth as an enlightened science-oriented humanistic person.

The new brain knowledge explains how your adaptive and dynamic consciousness is produced by your mind's fine-tuned self-organized memories. The phenomenal reason that your mind can make you free to think for yourself and develop your own creative identity is your brain's neuroplasticity.

It is your evolutionary brain's ability to "**change itself by itself**" even when you are asleep!

The emphasis of this website is on the essential relationship between your working memory system, which is located in your prefrontal cortex, and your long-term memory system, which is located in your hippocampus. Together, they produce both your conscious self-awareness and your trainable self-identity.

Few people outside of brain scientists and medical researchers have ever had a comprehensive and integrated understanding of how their evolutionary brains worked. This new emphasis on the way your human memory and language produce your conscious self-awareness provides a unique science-based educational approach for you to use as you develop a modern enlightened humanistic philosophy of life. It involves both your general vocabulary and your specialized brain vocabulary.

The 15 brain ideas provide a comprehensive scientific linguistic context for understanding the major influence that your vocabulary and language skills have on the scope of your self-awareness and your self-identity. This new approach to understanding your brain's organic structures and your mind's mental functions describes the intricate interactive relationships among the 15 brain ideas.

The quickest way to get a new perception of your brain is to explore the way the **Circle of Consciousness Symbol**© is used in the following four diagrams. They identify the dynamic interactive relationships that exist between the 15 basic brain ideas and how they cause your self-actualizing brain and creative mental force:

**THE CIRCLE OF CONSCIOUSNESS SYMBOL©
REPRESENTS A SIMPLIFIED HOLISTIC VIEW OF THE
GLOBAL CONNECTIVITY NECESSARY FOR HUMAN
CONSCIOUSNESS TO EXIST**

The **Circle of Consciousness Symbol©** 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.

Remember, your evolutionary brain's dynamic and malleable mental functions include your creative mind's ability to reason, remember, and imagine.

The new brain facts and ideas can help you establish what is real and what is fake about the abundant choices you have to make in our advanced digitized global high-tech society. By avoiding useless social behaviors and treating dangerous addictive habits, you will be able to create enough time to make the plans to achieve your most passionate and fulfilling goals.

Many scientific studies have demonstrated that you can optimize the functions of your mind by taking care of the physical parts of your brain. To achieve this profound goal, simply do more deep breathing and relax more during the day and stay focused on your most important goals and plans for achieving them.

You must be prepared to deal with the menacing mass media and social media pressures to conform to their commercial demands. They assault your brain every moment of every day with overwhelming cultural distractions and temptations to buy things. But this is precisely the kind of immense challenge that your brain has evolved to conquer.

After you have memorized the brain ideas and learned to manage your thinking habits, you will be able to organize your long-term memories by choosing realistic categories of subjects or chunks of data in which to store appropriate new memories. You can strengthen your own sense of reality and satisfy your own personal needs by using critical thinking skills and critical reading strategies as you study your brain.

Also, you can boost memory retention by writing or typing notes and by using the *spaced-repetition* method of memorization to create a personal *immersive multisensory learning environment* inside your brain through *optimistic self-talk*.

QUICK REVIEW: With proper study, the new brain facts and

ideas can become a *part of your declarative memory circuit* in your long-term memory system, whose triggers are in the hippocampus part of your limbic system. Then, your working memory system, in your prefrontal cortex, can use your new factual memories about your brain's structures and mind's functions to augment your creative imagination and enlarge your self-awareness by using better reasoning skills (critical thinking skills and critical reading strategies).

In addition to the free organized brain information on this website now, 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 featured on this website.

The diagrams will also appear on separate pages in an Amazon print-on-demand book that will be published this year with the title **DISCOVER YOUR ALPHABETICAL BRAIN: *Learn how the new Brain Science explains Consciousness, Free Will, Happiness, and Success based upon Evolutionary Humanism.***

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, such as in a few minutes, then in a few hours, and then read it over several times in the next week to take advantage of the power of the *spaced-repetition* method of memorization.