

**INTRODUCTION - SECTION 1**  
**WHAT IS THE PURPOSE OF THE**  
**ALPHABETICAL BRAIN™ WEBSITE?**  
**OCTOBER 26, 2019**

The purpose of this educational website is to explain the fundamental characteristics of your brain's physical structures as well as your mind's mental functions, including your ability to imagine, reason, and remember: with increased self-confidence.

This website presents the most sensible explanation of the new brain research that proves beyond any doubt that you can optimize your brainpower (mental force). It unscrambles the technical language invented by brain scientists. And it discloses the source of your own mental force as a progressive logical sequence of biological and psychological mental functions that you can learn to control.

This means that you will feel more comfortable and be more self-confident after you have learned the skill-set definitions which describe your mind's mental force.

The 15 major brain ideas emphasized on this website and the facts that support them are brand new in human history. You must add the appropriate feelings of positivity to the new brain words which name your brain structures and mental functions.

You can do it one word and one name at a time just like children learn each new word in their emerging vocabularies as they expand their conscious self-awareness and adaptive self-identity.

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

Also, files named **QUOTES** document references to neuroscience, biology, and psychology books. They provide the perspective of science concerning the ultimate sources of human consciousness and free will. The quotes are directly accessible from the *Quotations about Human Consciousness* link on the homepage of this website.

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 your adaptable self-identity.

The current "**mapping**" of the human connectome is one of the most important scientific studies ever undertaken in human history. The new brain research seeks fundamental knowledge as well as medical knowledge to better understand brain disorders and diseases and to better treat dysfunctional mental or abnormal emotional behavior. It is an attempt to discover how the human brain and nervous system are connected at the tiny nano-microscopic level as one functioning holistic entity.

After the new brain vocabulary is safely stored in your memory, you will be able to understand how your creative imagination and your emotional intelligence depend upon the learning of specific essential skills. Soon you will be able to comprehend the 15 new brain ideas just as easily as you now understand the meanings of familiar household words such as "**table**" and "**chair**" and "**kitchen**" and "**bedroom**."

In addition, the new brain knowledge can also replace out-of-date mythical religious explanations of human behavior, which claim that you need the help of divine authority to make proper decisions. Now we know that individuals can make up their own minds about everything without regard to historical superstitious religious opinions.

Instead, of believing in such biblical ideas as *original sin* and *heaven*, for example, individuals can now use their own mental force and willpower to make correct ethical and political choices instead of relying on supernaturalism.

The following essay provides an essential analysis of the factors involved in understanding the *cultural context* of a human being's natural *willpower*:

**WHY DOES FREE WILL MATTER?  
[SEE THIS ONLINE ESSAY]**

Therefore, because of new scientific experimentation during this century concerning the nano-microscopic intricacies of the human brain, scientific evidence has confirmed the existence of free will.

However, if you choose to resist understanding how your brain works, you will be susceptible to cultural brain lock. This is the condition when people are controlled by various traditional cultural influences that were learned before they could think for themselves. It also involves accepting other people's uncritical ideas about the nature of reality without developing one's own personal ideas based upon intellectual analysis of many cultural alternatives.

Cultural brain lock can be compared to the common mental dysfunction known as brain lock, which is experienced as temporary confusion, indecision, or mental paralysis (brain fog). It is when the brain gets stuck in a loop that often becomes obsessive-compulsive behavior. Brain lock is usually treated best by group therapy when victims can be treated with both insight therapy and cognitive therapy at the same time.

Also, cultural brain lock can be compared with the rare neurological disorder of locked in syndrome. It is the horrible experience of being completely paralyzed so all voluntary muscles, with the exception of the muscles that control the movements of the eyes, are incapacitated.

Individuals with locked-in syndrome are conscious and awake, but they have no ability to produce movements (outside of eye movements) or speech. This medical disorder defines a conscious person who cannot control most bodily functions nor communicate with normal speech. The inability to speak is called "aphonia." Cognitive functions, however, are usually not affected.

The purpose of making a comparison of cultural brain lock to the psychological disorders of brain lock and locked-in syndrome is that many deep-seated habits of thought can dictate hard to modify beliefs and behavior patterns for people who are ignorant of the new scientific brain ideas. Often the ignorance cannot be overcome without systematic educational intervention for successful rehabilitation.

Unfortunately, billions of innocent children are still being forced to learn false myths about reality by their parents or teachers as youngsters when they were the most vulnerable to false adult beliefs about their human potential. The false myths were stored in their long-term memories where they were consolidated into permanent memories. This happened before their *prefrontal cortex* was mature enough to interpret the false information.

Later, when they grow up, they usually suffer from the closed-mindedness of confirmation bias. This means that as adults they tend to prefer perceptions that validate what they already believe to be true.

The tragic problem for humanity and nature is that hundreds of millions of Americans and billions of non-Americans throughout the world accept the ancient status quo of authoritarian hierarchical societies. They are taught to never think outside their family's familiar traditional belief systems.

As such, they are easy captives for tyrannical political leaders. That is why the new brain knowledge is so important for the future success and happiness of all children. Children need to learn that they have adaptable brains and that they have the willpower to choose altruistic humanistic democratic values to guide them through life.

The new brain research is explaining the biological sources of our perception of our subjective conscious self-awareness and our experience of our emotions in exciting new ways. The science-based rational **"whole-brain"** decision-making model that is emphasized on this website provides an objective way for all family members to apply reason to develop mutual trust in interpersonal relationships.

If you learn the new brain vocabulary, your thoughts will be able to control your feelings about everything better! And you will be able to understand the interactive parts better, which connect all of the complex biological and psychological systems in your brain.

**WHY THIS MATTERS:** The purpose of this website is to assist you in understanding your brain's physical structures and your mind's mental functions. It explains how the new scientific brain vocabulary can improve the quality of your reasoning and creativity, thereby giving you more effective control over your own emotions and behavior and life planning.

**Remember always:  
You Are Your Adaptable Memory!**