

ALPHABETICAL BRAIN™ VOCABULARY
DETAILS ABOUT YOUR PREFRONTAL CORTEX
Brain Flash Card #12
June 17, 2019

WHAT IS YOUR PREFRONTAL CORTEX?
AND WHY IS IT SO IMPORTANT?

The purpose of your *prefrontal cortex* is to help you survive by giving you the ability to execute orders for the rest of your brain and body to move and achieve your purposes and goals.

It can make you the master of your emotions, which means that it can provide you with cognitive control over your emotions that are caused by your limbic system, if you learn how to make judgments and choices based upon knowledge about your brain functions.

Each of the 15 primary brain ideas in the **Circle of Consciousness Symbol** image emphasized on this website can converge and merge in your mind to produce the mental force (brainpower) that can empower you to stand up for your own beliefs.

But you must mindfully use your critical thinking skills and reading strategies, which means carefully basing your decisions on comprehensive data. If possible, you need to use "slow thinking" to evaluate several perspectives instead of "fast thinking," which is intuitive automatic thinking based upon previous decisions you made in the past under different or similar situations.

The best way to cope with the new scientific brain knowledge is to expand your conscious self-awareness by purposefully stimulating your creative imagination to empower your secular self to create your own goals and plans for success in the future.

Thinking skills and reading strategies both involve improving your vocabulary and language skills as you seek new knowledge and ask yourself essential fundamental questions about the nature of reality to satisfy your robust curiosity.

The questions you ask yourself and your most trusted friends and relatives can involve the most serious kinds of intellectual activity. As you grew during childhood, you learned basic words within the social context in which you were born.

Now you can ask more serious ultimate philosophical questions within the new humanistic scientific context that you can freely create for yourself. If you were lucky, your parents were educated humanists who taught you to be a free thinking ethical humanist with a solid secular brain vocabulary from the start. If not, you can do it yourself!

The following diagram shows that the neuronal pathway of your anterior cingulate cortex connects your PFC to your hippocampus:

PREFRONTAL CORTEX IMAGE

The best way to cope now is to create your own goals and plans based upon altruistic humanistic secular scientific values as you collaborate with other like-minded people for emotional support and empowerment. Everybody, no matter what age, needs to cope with life's great social issues and make serious personal decisions at the predictable turning points in the human life cycle.

RECOMMENDATION: You may print this pdf version and read it and edit it by adding or deleting ideas. Then, you can use the *spaced-repetition method of memorization* as you read your edited version according to a *reinforcement schedule* for deep introspection.