

INTRODUCTION - SECTION 3

WHAT IS THE BEST WAY TO LEARN ABOUT YOUR MIND'S FUNCTIONS?

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This website can help you understand your brain's structures and mind's functions fast because it combines the spaced-repetition method of memorization and the flash card technique of learning with the help of computers or smart phones or tablets. It can help you rapidly improve your unique willpower and adaptable self-identity.

This easy strategy for learning the 15 brain ideas can make you smarter faster than any other way. The structured links on this website are organized to provide you with the most efficient way to learn about your brain --- or anything else.

This new linguistic context can provide you with many synergistic advantages as you learn how to optimize your mind's functions (mental forces). You will be able to make better decisions and save valuable time as you learn how to reduce anxiety and empower yourself to meet your particular needs. You will be adopting the same bodily functions of human nature that all humans have used to survive so far. Your willpower, and your opposable thumbs on both hands, make you a human being with the same superpowers that have made humans the dominant evolutionary force for good or evil on Earth!

After you learn about the new brain idea called "***constructed emotions***," your new brain knowledge can give you the courage to take risks to change your habits by learning new evidence-based thinking patterns and behaviors.

HOW EMOTIONS ARE MADE:

The Secret Life of the Brain
by Lisa Feldman Barrett,
Houghton Mifflin Harcourt, 2017
(i-xv, 425 pages)

The new theory about constructed emotions is closely related to the new idea that memories can be edited (deliberately changed) every time you remember them. Some memories you can decide to remember in a new linguistic and emotional context for the future and some memories you can forget forever.

**UNDERSTANDING THE IMPORTANCE OF
MEMORIZING THE BRAIN FACTS AND IDEAS**

You can quickly move on to achieve your personal goals and develop better relationships as you use short study sessions of 20-30 minutes to study each of the 15 brain-ideas. These brief sessions can be effective in the cognitive context of using your conscious willpower in conjunction with your critical thinking skills and critical reading strategies.

In this regard, the word "*critical*" means using your ability to reason and choose among alternative viewpoints on the basis of known facts: not fears!

The format of the 15 brain-flash-cards can enable you to focus your willpower. Then you will be able to apply your creative imagination to quickly improve your logical reasoning skills and mindfulness skills and memory consolidation skills with the help of the 15 basic-brain-ideas.

The same pattern of pictures on the front and the back sides of the 15 brain-flash-cards makes it easy for you to

learn the specific information on both sides of each card. Each paired flash card includes the same question and answer format of colors with identical diagrams and text fonts on both sides.

Each is designed to help you perceive the pertinent brain information easily without having to guess at meanings. Having the brief declarative question and answer statements on both sides of a flash card is the easiest way to memorize any kind of information.

You can control the speed at which you turn over each of the paired flash cards to refresh your memory about their contents. You can do this several times in a row as you start your brain study sessions. You can start by asking: ***"What is the idea?"***

By repeating this process several times at first and then several times in the next few days, you will be creating more synapses on the neuronal pathways going to your long-term memory function in your hippocampus. This process of synaptic plasticity strengthens the memory molecules in the biochemical ionic signals of the action potential spikes in the neuronal pathways.

The signals of memory molecules flow a few inches, from the neurons in the executive function part of your prefrontal cortex down the neuronal pathways to your long-term memory function in your hippocampus.

That is the part of your evolutionary brain that is the most protected by your evolutionary skull because it is the source of your creative imagination and adaptable self-identity.

The 15 brain-ideas can be printed out from the following three links to the lists and a forth link to the file called Study Guide Instructions for a multisensory learning

experience. You can use the links to print lists that you can use to accelerate memorization.

As you store new memories in your hippocampus, you will be accelerating the learning process by using two of your main senses: vision and touch. Your eyes can read the pdf file on the screens or printouts and your sense of touch is involved in all your other bodily movements when printing or reading or writing down changes to the text on the paper printouts. These bodily activities can maximize learning through repetition over time.

You can make changes to the text on printouts (modify the forms) in order to add more facts or change definitions in your long-term memory so they will correspond to current scientific brain knowledge. This *"self-editing"* (correction process) will make the brain ideas easier for you to understand and also make them more relevant to you.

The organization of the forms can be thought of as a kind of "mental scaffolding." It can provide the linguistic structure you need to create new ideas and concepts as you recognize new brain facts and compare them to your previous brain knowledge or lack thereof.

Printable Form
STUDY QUIZ #1:
LIST OF THE NAMES OF
THE 15 BASIC BRAIN IDEAS

Printable Form
STUDY QUIZ #2:
MEMORY CODES FOR
THE 15 BASIC BRAIN IDEAS

Printable Form
STUDY QUIZ #3:
LIST OF 15 QUESTIONS
ABOUT THE 15 BASIC BRAIN IDEAS

Instantly Go To:
LINK TO HUMANIST FAMILY BRAIN
STUDY GUIDE/INSTRUCTIONS

For more detailed information, there are two quick links named **DETAILS** files and **SOURCES** files for each of the 15 brain-ideas. The new brain vocabulary words can be "*chunked*" together. This is the new brain science word for categorized or departmentalized. The difference is that you are now *consciously choosing* to organize ideas about human nature in your memory by yourself for specific reasons for future use.

In addition, a unique **30 Day Timetable Chart**, is linked to the **Study Guide**. It makes it easy for you to track the progress of your learning about the 15 brain-ideas and their supporting facts. By consciously monitoring the amount of time you spend learning about your brain's structures and mind's functions, you will have a tangible reminder of your steady progress. Whether it takes only a few days or more than 30 days to master the new brain vocabulary, you can apply some of the new brain knowledge immediately.

Moreover, brain scientists use the word "*chunk*" meaning to categorize or departmentalize to describe the process of systematically organizing brain-facts and brain-ideas together. The precise 15 facts-and-ideas are linked together by concise declarative statements, which describe human nature accurately and replace obsolete traditional religious and political metaphors that are not accurate.

Religions and undemocratic political institutions have their cult vocabularies of inaccurate and incorrect words, which refer to nonexistent historical deities and authoritarian tyrannical slogans. Typically, the ancients

believed, that if a deity had a name and symbol, it was known (thought and felt) to be ***literally true*** rather than ***figuratively real*** (metaphorically)!

By choosing to use the new scientific brain vocabulary, you will be able to activate and revitalize your adaptable self-identity from a dependable set of altruistic humanistic ethical rational values.

For you to chunk the new brain information properly, you will need to memorize the 15 brain-ideas separately and then organize them as a single holistic chunk of information so the meanings will converge and coalesce in the long-term memory part of your brain's hippocampus.

UNDERSTANDING THE IMPORTANCE OF CREATING A NEW SENSE-OF-SELF

There is a quick link on the website Index named **QUOTATIONS**, which is a file that contains many definitions for the word consciousness. They were derived from dozens of recent books about the history of brain science by authors who are respected scientists and science journalists.

The format of this file with book titles inside flaming circles gives you instant associations among many scientific perspectives about the various meanings of the word consciousness. The brain books contain brain information that can focus your attention on the genuine issues involved in understanding and activating your dominant mental function, which is your self-awareness of your own unique willpower.

After you create the time to integrate the 15 basic brain ideas into your sense-of-self (self), you will need to focus on forgetting specific old memories. If you have

believed in unscientific traditional beliefs in the past, you now have an opportunity to learn about human nature from a modern scientific value system.

You may have learned false beliefs or opinions about human nature (false information or fake news and historical myths) as a child --- or a teenager --- or an adult. They may have been taught to you when you were young, by adult authority figures or ancient books: before you had the maturity (capacity) to establish their truth. They should now be understood to be incorrect opinions and beliefs.

To achieve the crucial forgetting process, it is helpful to write down your declarative sentences, which describe any false beliefs or opinions that you may have learned as you grew up. You need to acknowledge at a deep emotional level of self-awareness that any false beliefs were simply metaphorical or metaphysical assumptions or opinions based on feelings without evidence.

Any unsubstantiated opinions and beliefs should be acknowledged as incorrect. This filtering process (purification ritual) is very important since old memories are loaded with strong emotional associations, especially if people do not understand the brain idea of *"constructed emotions."*

Any unscientific opinions and beliefs, which are now less significant in your life, can be contrasted with the essential new true revelations of evidence-based empirical brain knowledge about human nature. The old unscientific ideas can be forgotten by you, if you devise a plan to deliberately extinguish them. This means that you need to purposefully stop reinforcing those opinions and beliefs in your thinking and behavior and start reinforcing the new brain facts and ideas, one at a time!

UNDERSTANDING THE IMPORTANCE OF EVOLUTION AS SOURCE OF HUMAN NATURE

The primary process of evolution has been verified by the fossil record of more than 500 million years. This long past history of living organisms, including apes and proto-humans, involved individuals and groups of other animal species that had to face incredible challenges and obstacles, including several ice ages, in order to survive and become small groups of human beings.

However, since about 5,000 years ago, with the invention of cities, and development of widespread trade among different empires around the Mediterranean Sea, and the invention of written languages, evolution has changed on earth. It is not simply about the mere survival of individuals through biological reproduction, but now includes our use of mental forces (brainpower) to sustain all forms of life on our precious planet Earth!

Now that we humans dominate the planet, we can become more aware of how we need to consciously change our behavior (our decisions) on both a national scale and a global scale. We must learn to facilitate peaceful cooperation rather than violent competition between human groups to keep our planet Earth life-sustaining.

Even though evolution has *no purpose* in the way we think about our own personal purpose and meaning, evolution has given us the mental forces (brainpower) to control the destiny of our own species as well as the destinies of all other living plants and animals on Earth!

At the individual level, your willpower and self-identity are both factual phenomena and not illusions as many scientists believed in the past. They misunderstood the true evolutionary processes due to faulty assumptions about human nature at the time.

The new science of genetics and epigenetics has been a breakthrough in thinking about true evolutionary processes. Epigenetic changes are chemical changes that do not alter the **DNA** sequence but modify the way genes are expressed through **RNA** translation by being switched either on or off by social influences!

To repeat, your *willpower* and *self-identity* both depend on the existence of a healthy connection between your working memory and your long-term memory functions. The connection includes all of the in-between "*buffers*" of neuron clusters in the neuronal pathways that do the connecting. The buffers are located mostly in the frontal lobes and temporal lobes of your cerebrum.

Also the involuntary mechanisms of your cerebellum, which is known as your "*second brain*," control the crucial functions of your unconscious breathing and heart beat and are now known to be involved in various memory functions.

UNDERSTANDING THE IMPORTANCE OF MEMORY CODES FOR FAST MEMORIZATION

The 15 memory codes on the fronts of the 15 brain flash cards can help you facilitate and accelerate your brain study. They are directly linked to the definitions of the 15 brain ideas on the backs of the 15 flash cards.

This arrangement permits the condensation of complex meanings into simpler declarative statements for easier recall. They are much easier for you to recall than more complex narratives would be. Thus the 15 memory codes function like acronyms since they encode your memories of the new brain definitions within a new logical context or frame of reference.

To clarify the learning process, the memory codes function like cues in the same way that familiar acronyms do, such as COVID-19, FB, FBI, CIA, NIH, IBM, or PTSD. You can probably instantly recognize the acronyms. For example, "**COVID-19**" is the universal code for the new novel coronavirus. And the letters "**FB**" can quickly evoke memories about Facebook, the social media giant, because they assist memory recall from your long-term memory triggers in your hippocampus.

After they have been learned, the memory codes can function like tangible reminders of the 15 brain ideas. Because some of your past memories already contain these alphabetical letters in millions of synapses inside the neuronal pathways of the memory consolidation part of your long-term memory function, you will be able to recall the 15 brain ideas much easier in the future.

Just imagine how difficult it would be to learn the new brain ideas if they were described only in the Russian language using only the Russian alphabet. You would probably have a far more difficult challenge to learn what the new brain ideas are, if you did not know the Russian language ahead of time!

However, the new brain facts and ideas are described on this website in plain English using the 26 letters of the English alphabet. This makes it easy for you to learn the meanings for the new words that describe your mind's mental forces (mental functions).

By paying attention to the *memory codes* on the fronts of the 15 brain flash cards, and by associating them with the 15 brain ideas many times, you will be using the working memory part of your prefrontal cortex and the long-term memory function of your hippocampus, where memory consolidation happens.

This strategy can help you decode the brain information on both sides of each card more efficiently in the "**visual cortex**" of your brain. It is located in your two occipital lobes at the back of your cerebrum.

About one-third of your brain's cognitive capacity is involved in decoding the visual sensory information that comes in through your two eyes. The information is processed in the back of your brain. In addition, the more senses you activate, such as your vision, taste, touch, hearing, smell, and balance, and the more "**self-talk**" you do when you "**read**" the declarative brain statements to yourself, the faster you will be able to memorize the 15 brain ideas.

The more times you expose your brain to the new brain vocabulary, the more synapses or neuron connectors (switching junctions) you will be creating. And the more synapses, the stronger the associations among the neurons that are related to your previous memories about brain facts and ideas. In addition, the increasing numbers of synapses in the neuronal pathways that connect your working memory function to your long-term memory function can start new brain memories or make your adjusted brain memories easier to recall later.

This same process can also be applied when you want to remember anything else!

Memorization is most effective when you associate strong positive emotions with the new brain facts and ideas. This immersive "**flooding**" approach to learning targeted information when associated with strong feelings can reinforce your memory of anything you want to recall later.

As you learn more about your brain, you will learn that you are transferring memory molecules of cognitive content from your working memory function (scratch-pad or short-term memory) in your prefrontal cortex to your long-term memory function in your hippocampus.

Each of the 15 brain ideas will add "**density**" to the memory molecules lodged in the many new synapses (neuron connections) you are creating as you study. By repeatedly having thoughts and feelings about your brain and the interactive relationships among the 15 brain ideas you will be creating strong memories.

UNDERSTANDING THE IMPORTANCE OF THE WHOLE BRAIN MODEL OF BRAIN STUDY

You can set your own goals and measure your own progress yourself as you realize that the new brain knowledge makes sense. This kind of self-directed learning is the easiest way to learn anything new. In addition, the physical structure of this website provides you with relevant feedback about the quality of your study strategies.

Also this "**whole-brain**" cognitive model of brain study can help you become more resilient as you apply this educational process to yourself and your family and friends. You will be using both your semantic memory function and your episodic memory function to remember the text and the pictures in a coordinated way.

Your semantic memory function is your ability to remember specific facts in the format of declarative statements that are presumed to be factual. And your episodic memory function is your ability to remember specific past events in the form of a film with characters and associated feelings from your past.

However, your "***remembered memory***" is usually only a rough facsimile of the actual events and not completely accurate. Nevertheless, you have the mental forces (brainpower) to revisit old memories to strengthen them by either embellishing them or weakening them by purposefully forgetting them, based upon new information from your current experiences in the present moment.

This memory function applies to both personal memories and memories of cultural events, such as the names of colors or the names of states; the sounds of letters or songs; the capitals of states or countries; grammar rules or vocabulary words; and other important institutional opinions or cultural scientific facts learned over a lifetime of living.

This new cognitive neuroscience focus on brain facts and ideas is based upon scientific cultural knowledge amassed over the past century. This scientific perspective can help you learn about the ***humanistic chain-of-logic*** explained by the 15 major brain ideas. Then you will have the complete cognitive tools you need to create a ***fine-tuned, well-organized, whole-brain philosophy of mind***.

This ***whole-brain model*** refers to the fundamental fact that your self-awareness requires a living brain and body working together to produce your ***unique willpower*** and your ***adaptable self-identity***. There is no mysterious magical soul but only an adaptable self with a curious mind and a trainable brain!

With this new perspective, you will be able to understand how to think better and make more reasonable choices compatible with democratic social values. As a mature adult, you can strengthen your willpower no matter what

ideas and values you may have been compelled to learn as a completely dependent child or a semi-dependent teenager.

But to do this, you need to understand the new brain language and the philosophical assumptions and facts they are based upon. In addition, you must deliberately forget the incorrect traditional cultural myths and fallacies that you may have learned earlier in your life.

In addition to the natural process of neuroplasticity, the brains of both children and adults can change by neurogenesis. New neurons can be created in only two parts of your limbic system: namely, your *olfactory glands*, which are the part of your brain that detects odors, and your *hippocampus*, which is the part of your brain that contains the "**triggers**" of your long-term memory function that is located on the insides of both cerebral hemispheres.

Furthermore, you will become aware of the fact that your adaptable self-identity depends primarily upon the special interactivity of your working memory function located in your cerebrum's prefrontal cortex and your long-term memory function located in your limbic system. Together, they both contribute to activating and enriching all of your memories.

The memory consolidation process of your long-term memory function is the part of your brain that preserves the triggers for your episodic, semantic, and autobiographic *declarative memory functions*. They, along with your *non-declarative memory function*, which is your procedural memory (muscle memory), are the true sources of your unique willpower and adaptable self-identity!

You can deliberately create a positive "*growth mindset*" with your awesome memory functions. They can create what you experience as a reinvigorated willpower and an expanded self-identity.

Recently, new evidence has shown that your cerebellum contributes to the procedural muscle memory function of your long-term memory function. Therefore, your cerebellum also contributes to your adaptable self-identity in a previously unknown way.

You are able to **TAP** or **CLICK** into various exciting topics on this website at your pleasure. Then you can return to these links anytime. Therefore, you can instantly compare or review brain information quickly. This act of frequently remembering the new brain knowledge can reinforce your recall ability later.

Final insight: the brain information on this website can provide you with a positive "*growth mindset*." It proclaims the scientific truth about reality. With your "*willpower*," you can make decisions that can improve the quality of your life in a more predictable way far into the future. After you *train your brain*, you will be using your brain optimally. You will be able to flourish!

WHY THIS MATTERS: The best way to study the most important brain ideas is to use all 15 brain-flash cards-along with the spaced-repetition method of memorization to learn about the new brain knowledge and remember it. Both techniques can speed up the learning of the 15 brain-ideas and their interactions in an altruistic ethical humanistic secular linguistic context.

**REMEMBER ALWAYS:
You Are Your Adaptable Memory!**