how the self controls its brain

How the Self Controls Its Brain: Unlocking the Power Within

how the self controls its brain is a deeply fascinating topic that touches on the very essence of human consciousness and agency. At its core, it's about understanding how our sense of "self"—the inner voice, the conscious mind—interacts with the complex neural networks within our brains to influence thoughts, emotions, and behaviors. While the brain operates through intricate biochemical processes, the self exercises control through layers of cognition, awareness, and intentionality. This dynamic interplay opens up questions about free will, mindfulness, and the potential for personal change.

In this article, we'll explore the mechanisms behind how the self controls its brain, diving into neuroscience, psychology, and practical techniques that reveal the ways we can steer our mental processes. From the conscious regulation of emotions to the ongoing rewiring of neural pathways, understanding this relationship can empower anyone to live with greater clarity and purpose.

The Concept of the Self and Its Role in Brain Function

To grasp how the self controls its brain, it's crucial first to define what we mean by "self." Philosophers and scientists alike describe the self as the subjective experience of being an individual—a continuous sense of identity, awareness, and agency. This internal observer monitors thoughts, reflects on experiences, and makes choices.

The Self as an Executive Controller

Think of the self as the brain's executive controller, akin to a conductor guiding an orchestra. While countless neural circuits hum along automatically, the self can consciously direct attention, suppress

impulses, and set goals. This executive function primarily resides in the prefrontal cortex, a region responsible for decision-making, planning, and moderating social behavior.

By leveraging these cognitive control centers, the self can regulate emotional responses generated in more primitive brain areas like the amygdala. For example, when feeling anxious, the self can consciously initiate calming techniques or reframe negative thoughts, thereby influencing how the brain processes stress.

Neural Correlates of Self-Control

Research using brain imaging techniques like fMRI has identified specific networks involved in self-control. The default mode network (DMN) is active during self-referential thinking, such as daydreaming or reflecting on one's identity. Meanwhile, the cognitive control network helps override automatic behaviors and impulses.

Understanding these networks illuminates how the self exerts influence over brain activity—it's not an all-powerful force but a complex collaboration between conscious awareness and subconscious processing.

How Awareness Enables the Self to Influence the Brain

Awareness is the gateway through which the self interacts with brain function. Without awareness, much of what happens in the brain remains automatic and outside conscious control.

Mindfulness and Metacognition

Mindfulness—the practice of paying deliberate, non-judgmental attention to the present

moment—enhances the self's ability to regulate the brain. By cultivating mindfulness, individuals develop metacognition, or "thinking about thinking," which allows them to observe their mental states without immediately reacting.

This kind of self-observation activates the prefrontal cortex and reduces activity in the amygdala, lowering stress and promoting emotional balance. In effect, mindfulness strengthens the neural pathways that support self-control and cognitive flexibility.

The Power of Intention

Another key way the self controls its brain is through setting intentions. When you consciously choose a goal or mindset—whether it's focusing on gratitude, practicing patience, or breaking a bad habit—you engage brain regions involved in motivation and reward.

Intentional focus can alter patterns of neural firing, leading to neuroplastic changes. Over time, these changes reinforce the desired behaviors and thought patterns, demonstrating how the self's purposeful actions can shape brain architecture.

Techniques to Enhance the Self's Control Over the Brain

Many practical strategies exist to strengthen the self's influence on brain function, improving mental clarity, emotional regulation, and behavioral outcomes.

Cognitive Behavioral Strategies

Cognitive Behavioral Therapy (CBT) techniques are designed to help individuals identify and modify unhelpful thought patterns. By becoming aware of automatic negative thoughts and consciously

challenging them, the self reprograms brain circuits to respond more adaptively.

For example, replacing “I can’t do this” with “I will try my best” activates positive reinforcement pathways and reduces anxiety circuits. Regular practice of these cognitive shifts enhances the self’s mastery over emotional responses.

Meditation and Brain Training

Meditation practices, especially those focused on concentration and open monitoring, have been shown to increase gray matter density in brain areas related to attention and self-regulation. Through sustained practice, the self learns to observe distractions without being pulled in, maintaining control over where mental energy is directed.

This improved attentional control also facilitates better decision-making and reduces impulsivity, illustrating how self-discipline can physically reshape the brain.

Physical Exercise and Brain Health

Surprisingly, how the self controls its brain also involves caring for the body. Physical exercise boosts neurogenesis—the growth of new neurons—particularly in the hippocampus, a key area for memory and emotional regulation.

Regular movement supports clearer thinking and enhances mood, enabling the self to function optimally. When the brain is healthy, the self’s capacity to regulate thoughts and emotions is naturally improved.

The Role of Habit and Repetition in Self-Brain Interaction

One powerful aspect of how the self controls its brain lies in habit formation. Habits emerge from repeated behaviors that create strong neural pathways, eventually allowing actions to become automatic.

From Conscious Effort to Automaticity

Initially, the self must exert conscious effort to learn a new behavior or thought pattern. Over time, repetition leads to the formation of stable neural circuits that require less conscious input. This transition frees cognitive resources but also means the self must be intentional about what habits it cultivates.

Breaking Unwanted Patterns

Because habits are deeply ingrained in neural pathways, breaking negative patterns requires sustained self-control and awareness. Techniques like habit stacking—linking a new behavior to an existing positive habit—can help the self rewire the brain more effectively.

Additionally, understanding triggers and rewards involved in habits allows the self to redesign routines, gradually shifting brain activity toward healthier responses.

The Interplay of Emotion and Rational Control

Emotions often feel like powerful forces that overwhelm rational thought, yet the self's control over the brain involves balancing these two realms.

Emotional Regulation and the Self

The limbic system governs emotional responses, while the prefrontal cortex provides regulatory oversight. The self mediates between these systems by bringing awareness to emotional experiences and choosing how to respond.

Practices like labeling emotions (“I am feeling frustrated”) help activate regulatory brain regions, reducing impulsive reactions and enhancing emotional intelligence.

Integrating Emotion and Logic

Rather than suppressing emotions, the self ideally integrates emotional insight with logical reasoning. This balanced approach leads to wiser decisions and deeper self-understanding, demonstrating the nuanced ways the self controls the brain—not through dominance, but through harmonious collaboration.

Neuroplasticity: The Brain’s Adaptability and the Self’s Role

One of the most exciting revelations in modern neuroscience is neuroplasticity—the brain’s ability to change and adapt throughout life. This means the self’s control over the brain is not static but can grow stronger with deliberate practice.

How Experience Shapes Brain Structure

Every thought, feeling, and action influences synaptic connections. When the self consciously engages in positive mental habits, it promotes the growth of new neural pathways and the pruning of less useful ones.

Practical Applications of Neuroplasticity

Learning new skills, practicing gratitude, engaging in creative activities, and maintaining social connections all stimulate neuroplasticity. Through these experiences, the self continually sculpts the brain, enhancing emotional resilience, cognitive flexibility, and overall well-being.

Exploring how the self controls its brain reveals a remarkable dance between consciousness and biology. While the brain provides the hardware, the self acts as the software programmer—adjusting, refining, and optimizing mental processes. By nurturing awareness, intention, and habits, anyone can harness this relationship to foster growth, healing, and a deeper connection to their own mind. The journey of self-control is ongoing, inviting us to become ever more skilled architects of our inner world.

Frequently Asked Questions

How does the self influence brain activity through conscious thought?

The self influences brain activity by directing attention, making decisions, and engaging in conscious thought processes that activate specific neural circuits, thereby shaping patterns of brain activity.

What role does neuroplasticity play in how the self controls its brain?

Neuroplasticity allows the brain to reorganize itself by forming new neural connections in response to learning and experience, enabling the self to control and modify brain functions over time through intentional practice and behavior.

Can mindfulness meditation enhance the self's control over its brain?

Yes, mindfulness meditation trains the self to regulate attention and emotional responses, which can lead to measurable changes in brain regions associated with self-control, such as the prefrontal cortex.

How does the prefrontal cortex contribute to the self's control of the brain?

The prefrontal cortex is responsible for executive functions like decision-making, impulse control, and planning, serving as a key brain region through which the self exercises control over thoughts and behaviors.

Is the concept of 'self' controlling the brain supported by neuroscience?

Neuroscience suggests that while the self emerges from brain activity, it can exert top-down control through cognitive processes that influence neural networks, indicating a dynamic interaction rather than a one-way control.

Additional Resources

How the Self Controls Its Brain: An Exploration of Conscious Regulation and Neural Mechanisms

how the self controls its brain is a question that sits at the crossroads of neuroscience, psychology, and philosophy. Understanding this dynamic relationship involves dissecting the mechanisms through which an individual's sense of self exercises influence over cognitive processes, emotional regulation, and behavioral outcomes. The concept of “self-control” is often perceived as a psychological function, but it is deeply rooted in complex neural networks that govern attention, decision-making, and executive function. This article explores how the self exerts control over its brain from both a biological and psychological perspective, shedding light on the interplay between conscious intention and subconscious neural activity.

The Neuroscience of Self-Control

At the core of understanding how the self controls its brain lies the identification of specific brain regions responsible for executive functions. The prefrontal cortex (PFC), particularly the dorsolateral prefrontal cortex (DLPFC), plays a pivotal role in self-regulation, planning, and inhibitory control. This area acts as a command center, modulating impulses generated in more primitive brain regions such as the amygdala, which is involved in emotional processing.

Research utilizing functional magnetic resonance imaging (fMRI) has revealed that when individuals exercise self-control—like resisting temptation or adhering to long-term goals—there is heightened activity in the PFC. This suggests a top-down regulatory mechanism where the conscious self overrides impulsive behaviors. The connectivity between the PFC and limbic system illustrates the neural basis by which the self navigates between immediate desires and rational decision-making.

Executive Functions and the Role of Conscious Intention

Executive functions encompass a set of cognitive processes that enable the self to control attention, manage working memory, and engage in problem-solving. These functions are crucial for goal-directed behavior and are largely mediated by the frontal lobes. Conscious intention acts as the driver behind these executive processes, steering the brain toward deliberate action.

For instance, when a person decides to focus on a complex task despite distractions, the self harnesses attentional control mechanisms. This selective attention is managed by the anterior cingulate cortex (ACC), which monitors conflicts between competing stimuli and signals the PFC to adjust focus accordingly. The ability to regulate thought patterns and emotional responses depends heavily on this system of checks and balances within the brain.

The Psychological Perspective: The Self as an Agent of Control

Beyond the biological substrate, understanding how the self controls its brain necessitates exploring psychological constructs such as metacognition and self-awareness. Metacognition refers to the ability to think about one's own thinking—a process that allows the self to evaluate and modify cognitive strategies.

Self-awareness is the foundation for intentional control over mental states. The self perceives internal signals, such as emotional arousal or cognitive bias, and can intervene when necessary. This introspective capacity enables adaptive responses and supports mental resilience. Psychological theories propose that the self acts as an internal agent that can either endorse or inhibit automatic neural responses, thereby shaping behavior.

Habits, Automaticity, and the Challenge of Self-Control

One challenge in the discourse on how the self controls its brain is the tension between deliberate control and automaticity. Habits, which are ingrained behavioral patterns, are regulated by the basal ganglia—a brain structure associated with learned routines and procedural memory. These automatic processes often operate outside conscious awareness, making self-control a constant effort to override or modify them.

Breaking a habit or forming new ones requires sustained engagement of the PFC and conscious self-monitoring. Studies indicate that prolonged practice and mindfulness can strengthen neural circuits responsible for self-regulation, effectively enhancing the self's capacity to influence automatic brain functions. However, this process is resource-intensive and subject to depletion, explaining why self-control can fluctuate throughout the day.

Mechanisms Facilitating the Self's Control Over the Brain

Several key mechanisms underpin how the self exerts control over its brain. These include neuroplasticity, feedback loops, and emotional regulation strategies.

Neuroplasticity and Learning

Neuroplasticity refers to the brain's ability to reorganize itself by forming new neural connections. This capacity enables the self to "train" the brain through repeated behaviors, thoughts, and experiences. For example, cognitive-behavioral therapy (CBT) leverages neuroplasticity to help individuals reshape maladaptive thought patterns and enhance self-control.

By consciously engaging in reflective practices or disciplined routines, the self actively sculpts neural pathways that support desired behaviors. Over time, this rewiring facilitates more efficient executive control and reduces reliance on effortful regulation.

Feedback Loops and Self-Monitoring

The self controls the brain through continuous feedback loops that involve monitoring performance and adjusting behavior accordingly. The brain's error detection systems, including the ACC, generate signals when there is a mismatch between intended and actual outcomes. These signals prompt corrective actions managed by the PFC.

Self-monitoring also involves emotional awareness. Recognizing emotional triggers allows the self to employ coping strategies such as cognitive reappraisal—reframing a situation to alter its emotional impact. This regulation attenuates limbic responses and maintains cognitive flexibility.

Emotional Regulation and Cognitive Control

Emotions profoundly influence decision-making and behavior. The self's ability to regulate emotions is crucial for maintaining control over impulsive reactions. Techniques like mindfulness meditation have been shown to enhance activity in brain regions associated with emotional regulation, including the insula and PFC.

This regulation ensures that emotional responses do not hijack rational thought, allowing the self to maintain coherence between goals and actions. Emotional intelligence, therefore, becomes a vital component in the dynamic interplay between self and brain.

Implications and Future Directions

Understanding how the self controls its brain has profound implications for mental health, education, and human performance optimization. Disorders such as addiction, ADHD, and obsessive-compulsive disorder often involve impairments in self-regulatory circuits, highlighting the necessity of targeted interventions that restore executive function.

Technological advances, including neurofeedback and brain-computer interfaces, are beginning to offer novel ways for individuals to enhance self-control by directly modulating brain activity. Meanwhile, psychological training programs focused on mindfulness and cognitive restructuring continue to demonstrate efficacy in strengthening the self's control mechanisms.

The ongoing challenge is to unravel the complex bidirectional influences between conscious self-awareness and neural substrates. As research progresses, a more nuanced understanding of how the self controls its brain will emerge, integrating cognitive neuroscience, behavioral science, and philosophical insights into a cohesive framework.

The intricate dance between the self and brain underscores our capacity for change and adaptation. It

is through this dynamic interplay that humans navigate their internal worlds, making choices that define identity, purpose, and well-being.

How The Self Controls Its Brain

how the self controls its brain: How the SELF Controls Its BRAIN John C. Eccles, 2012-12-06 In this book the author has collected a number of his important works and added an extensive commentary relating his ideas to those of other prominentnames in the consciousness debate. The view presented here is that of a convinced dualist who challenges in a lively and humorous way the prevailing materialist doctrines of many recent works. Also included is a new attempt to explain mind-brain interaction via a quantum process affecting the release of neurotransmitters. John Eccles received a knighthood in 1958 and was awarded the Nobel Prize for Medicine/Physiology in 1963. He has numerous other awards honouring his major contributions to neurophysiology.

how the self controls its brain: The Self Psychology of Addiction and its Treatment Richard B. Ulman, Harry Paul, 2013-04-03 In the time of Freud, the typical psychoanalytic patient was afflicted with neurotic disorders; however, the modern-day psychotherapy patient often suffers instead from a variety of addictive disorders. As the treatment of neurotic disorders based on unconscious conflicts cannot be applied to treatment of addictive disorders, psychoanalysis has been unable to keep pace with the changes in the type of patient seeking help. To address the shift and respond to contemporary patients' needs, Ulman and Paul present a thorough discussion of addiction that studies and analyzes treatment options. Their honest and unique work provides new ideas that will help gain access to the fantasy worlds of addicted patients. The Self Psychology of Addiction and Its Treatment emphasizes clinical approaches in the treatment of challenging narcissistic patients struggling with the five major forms of addiction. Ulman and Paul focus on six specific case studies that are illustrative of the five forms of addiction. They use the representative subjects to develop a self psychological model that helps to answer the pertinent questions regarding the origins and pathway of addiction. This comprehensive book links addiction and trauma in an original manner that creates a greater understanding of addiction and its foundations than any clinical or theoretical model to date.

how the self controls its brain: The Immortal Self Richard Wilde, 2010 The Immortal Self traces historical ideas of the self as developed by philosophers, theologians, neurophysiologists, and scientists. It includes explanations of quantum mechanics and Einstein's theory of relativity that are readable and understandable by the layperson. It considers what science presently is capable of contributing to our many diverse concepts of what constitutes the self. To this end, The Immortal Self explores the brain, its morphology and operation, explores our concepts of time, and looks at the metaphysical concepts of quantum physics. The book also considers the paleontological and genetic evidence for the self. Ideas of the self extend into the mists of human history and have been handed down through the ancient Greek philosophers and through the religious prophets and philosophers. These ideas are collected and presented in an unbiased account for consideration by the reader. Finally, an empirical search for the self is suggested. About the Author Richard E. Wilde is Professor Emeritus of chemistry and biochemistry at Texas Tech University. He is a member of the American Chemical Society and the American Physical Society. He has published extensively in the areas of chemical physics and molecular spectroscopy. He is author of The Many Faces of Jesus and co-author with Surjit Singh of Statistical Mechanics: Fundamentals and Modern Applications.

how the self controls its brain: *Crossing a Chasm* Wayne Talbot, 2021-03-11 The author started his working career as an Air Traffic Control Officer in the Royal Australian Air Force, and

after resigning his commission, spent thirty-five years in the Information Services industry. In the context of his writings, he describes himself as an analyst, by aspiration, inclination, proclivity, training, and occupation. His books reflect his primary intellectual pursuit: explanations given for human existence by both religions and evolution. Having published several analyses including “Religion: Of God or Man” and “Seeking After God”, he concluded that there was nothing more that he could learn on that subject – the issue remained an enduring mystery. Returning to the other explanation, evolution, he had long wanted to complete a more thorough analysis of evolution theory, than as presented in his earlier publications, “The Dawkins Deficiency” and “Information, Knowledge, Evolution and Self”. This required that he acquire and study dozens of academic books and other publications, seeking to understand the plausibility, and at times hollowness, of scientific explanations. Using his background knowledge of relevant technologies, he was able to identify parallels between modern automation and mechanisation, and human biological processes. One of particular interest was an analysis of the technical similarities between the human sensory system, and modern telemetry systems. With a lifelong passion for a travel, and a modest appetite for adventure, he has trekked in the Khumbu and Annapurna regions of Nepal, the Peruvian Andes, and Patagonia. His hobby, apart from writing, has been a love of all things motorcycling, from touring remote areas, and attending races, to complete restoration of vintage motorcycles. He has motorcycled throughout parts of his native Australia, North America, New Zealand, Iceland, Bolivia, Peru, Turkey, the Himalaya, Morocco, Greece, and eastern Europe. His business and holiday travels have taken him through sixty countries, and all continents, including Antarctica. Evolution is defined as the change in the heritable characteristics of biological populations over successive generations, resulting in changes in both the genotype and phenotype. The evidence for evolution is primarily circumstantial, being based on fossils of extinct species, physical similarities, and a largely common genome. Charles Darwin believed that all species of organisms arise and develop through the natural selection of small, inherited variations that increase the individual's ability to compete, survive, and reproduce. Today, we know so much more than Darwin did 150 years ago, leading many scientists to discard genetic mutation and natural selection as having the development power previously ascribed to them. What has been missing in the science so far is “systems thinking” - a holistic approach to analysis that focuses on the way that a system's constituent parts interrelate, and how systems work over time and within the context of larger systems. Questioning whether the mind consists of organs of the brain, an emergent property of the brain, or activities of the brain, as scientists suggest, the author has concluded for none of these. The brain being physical, it can only deal with the physical, but the mind deals in the conceptual, which has no physical properties. With his background in related technologies, the author has compared the human nervous system with telemetry systems as used in modern aircraft, vehicles, and other applications. Though implemented differently, the functional requirements remain the same, which has prompted a different perspective on how it could have evolved. The telemetry system in the human body is astounding in its complexity, accuracy, and reliability, leading to the author’s doubts as to its claimed evolutionary origins. Crossing a Chasm is an analysis of the probability that such could be accomplished by innumerable, unguided small steps, over whatever time.

how the self controls its brain: Affective Neuroscience Jaak Panksepp, 2004-09-30 This comprehensive text on the fundamental brain sources of human and animal feelings summarizes up-to-date information about the subcortical operating systems that organize the fundamental emotional tendencies of all mammals. Complex material is presented in a comprehensive but readable manner. The book approaches emotions from the perspective of basic emotion theory, but does not fail to address the more complex issues raised by constructionist approaches, including relations to human consciousness. Representing a synthetic integration of vast amounts of neurobehavioral knowledge, this book may be the most important contribution to understanding the biology of emotions since Darwin's Expression of Emotions in Man and Animals. Throughout, the psychiatric implications of this type of knowledge are also addressed.

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2011-02-10 The Oxford Handbook of the Self explores a fascinating diversity of questions about our understanding of self from a variety of interdisciplinary perspectives, including philosophy, ethics, psychology, neuroscience, psychopathology, narrative, and postmodern theories.

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how the self controls its brain: Information, Knowledge, Evolution and Self Wayne Talbot, 2016-02-04 To understand this subject in relation to the overarching narrative of evolution, one must first understand a simple scientific fact, one that is generally hidden by imprecise language: Material storage devices, irrespective of whether they be synthetic or organic, do NOT and CANNOT store information. The same is to be said for communications of any form, through any media. I realise that this may be difficult to accept, so let me explain. Firstly, the word “information” is the noun equivalent of the verb “to inform”, and thus if a communication does not inform you, it is not information to you. It may be information to somebody else, but that is irrelevant in the context of an individual’s cognitive processing and knowledge. In the context of evolution, we must always consider the individual organism, for that is where the mechanisms of evolution are said to occur before impacting a wider group. This is not a science book in the accepted sense, for I am not a scientist. The target readership is people like myself, well educated in a number of fields, enthusiastic amateurs if you like, but willing and able to see through the fog of technical language and unsupported assertions to discern the truth for themselves. Of course, I would welcome readership amongst the scientific community, but such people should understand that some of the rigorous norms of scientific publications are absent from this work.

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how the self controls its brain: Psychiatry and Neuroscience Update Pascual Ángel Gargiulo, Humberto Luis Mesones Arroyo, 2015-10-03 The intention of this unique title is to bridge the gap between psychiatry and neuroscience, allowing a fruitful dialogue between both sciences. Recognizing that psychiatry has received important contributions from the basic neurosciences and that the basic neurosciences have received inspiration and objectives from the open problems of psychiatry, Psychiatry and Neuroscience: Bridging the Divide is designed to identify the borders, trends and implications in both fields today. Comprehensive and developed by a renowned group of

experts from both fields, the book is divided into four parts: Epistemological Considerations About the Study of Normal and Abnormal Human Behaviors; From Basic Neurosciences to Human Brain; Neurosciences, Learning, Teaching and the Role of Social Environment and Explaining Human Pathological Behaviors: From Brain Disorders to Psychopathology. A unique and invaluable addition to the literature in psychiatry and neuroscience, Psychiatry and Neuroscience: Bridging the Divide offers an important and clearer understanding of the relationship between psychiatry and neuroscience.

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how the self controls its brain: Spinoza and Contemporary Biology Henri Atlan, 2024-11-30 Published in France in 2018, Henri Atlan's book Cours de philosophie biologique et cognitiviste: Spinoza et la biologie actuelle (Odile Jacob, 2018) represents a turning point in Spinoza's interpretations of contemporary life sciences. Henri Atlan is the first in this field of research, of applied epistemology and ontology, to effectively address contemporary questions in biology and cognitive sciences. Atlan presents us with a genuine understanding of Spinoza's monism, which is neither materialistic nor idealistic, and with an expertise in contemporary life sciences that will open an entire new field of research in Spinoza scholarship as well as in philosophy of sciences. Readers will better understand the connection between Spinoza's Ethics, his ontology and epistemology, and modern life sciences, allowing us to rethink the relationship between ethics and modern sciences.

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Consciousness) First Place, International Excellence Mind, Body Spirit Book Awards, 2017 (Human Consciousness) Bronze Medal, Feathered Quill Book Awards, 2017 (Best Religious/Spiritual) First Place, Great Northwest Book Festival, 2017 (Spiritual Books) First Place, New England Book Festival, 2016 (Spiritual Books) As a neuroscientist, Marjorie Woollacott had no doubts that the brain was a purely physical entity controlled by chemicals and electrical pulses. When she experimented with meditation for the first time, however, her entire world changed. Woollacott's journey through years of meditation has made her question the reality she built her career upon and has forced her to ask what human consciousness really is. Infinite Awareness pairs Woollacott's research as a neuroscientist with her self-revelations about the mind's spiritual power. Between the scientific and spiritual worlds, she breaks open the definition of human consciousness to investigate the existence of a non-physical and infinitely powerful mind.

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how the self controls its brain: Nerve Endings of the Soul E. Stan Lennard M.D. Sc.D., 2018-01-22 It is a common belief that personal communion from the Holy Spirit to mankind ceased at the closure of the canon of scripture. The information presented in this book shows that interaction between the Holy Spirit and the mind of man enabled by the human spirit is bidirectional and continues in our time. Evidence presented from theological and scientific resources confirms the duality of the immaterial mind and the physical brain of man and substantiates the personal interaction between the Holy Spirit and the mind of human beings. The model for study is the neural synaptic network, incorporating the microsite hypothesis of Sir John C. Eccles. Dualist interaction has been substantiated by contemporary theologians and investigators in the neurosciences and information theory, building on advances in quantum wave theory. A hypothesis is offered by this author for a mechanism for dualist interaction involving probabilistic quantum tunneling across synaptic clefts. Transmission of specified information with meaning and purpose occurs within neural codes in spike trains of action potentials in synaptic networks. Through a lifetime of learning archived in memory, the mind of humans interprets neural codes enabled by the unique capacity for language. Communication from the Holy Spirit, as sender, to human minds, as recipients, draws upon current understandings of information and communication theory. The trigger for initiating spike trains as codes is postulated as an immaterial energy source by which the Holy Spirit communicates with the mind of man. Evidence presented in this book provides a compelling rationale for the reality of bidirectional communication with the living, personal Holy Spirit in our time. That Jesus Christ indwells those who accept his truth as a personal, living spirit is confirmation of the promise in John 14:1521. Interaction with God by his atoning grace through Jesus Christ by the power of the Holy Spirit gives receptive mankind comfort and counsel today to his glory.

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