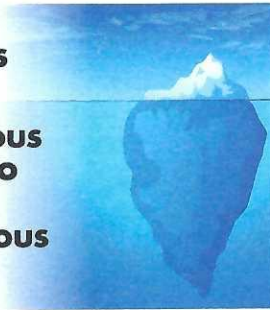


Neuroscience: Renewing Your Mind

Conscious

Preconscious
Super ego

Unconscious
ID



Thoughts Are Real

- Electrical signals can be tracked
- Energy activity in the brain circuits can be seen on a brain scan
- Vibrations of membranes of neurons in the body can be picked up on instrumentation
- Photons to be activated can be seen on a computer screen

Thoughts are divided into 3 Areas

1. Unconscious, Non-Conscious, Implicit Memory Default Neural Network

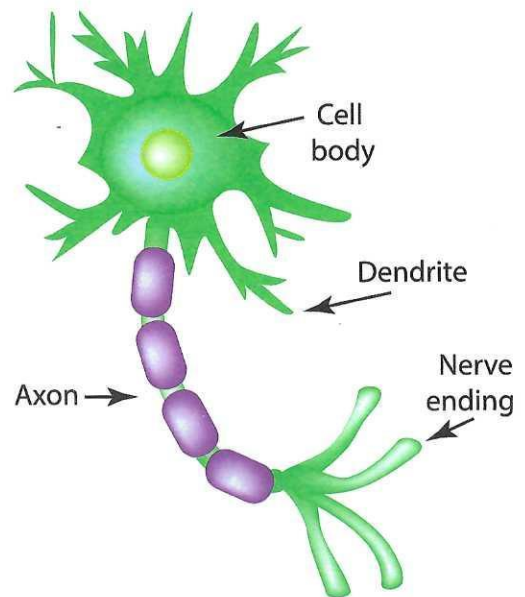
- 90% of activity of the brain takes place
- Operates at 400 billion actions per second
- Self-talk occurs about 400 words per minute
- So much is stored in your non-conscious: thoughts, memories, emotions, perceptions
- Always operational even in your sleep

2. PreConscious or Semi Conscious

- Absent from but capable of being readily brought to consciousness.
- Pre and post dream state, memorization

3. Conscious, Cognitive, Explicit Memory

- Factual, Autobiographical
- 10% of brain activity
- 2000 actions per second

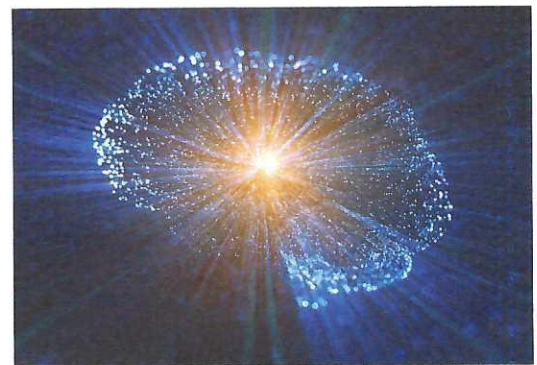


You can re-program your thoughts.

Thoughts are made up of electrical and electrochemical energy signals that grow nerve cells that look like tree branches called **DENDRITES**.

What we think about will grow **DENDITES**.
What we don't feed will die called **DENATURE**.

When the Brain changes as a result of a mental activity this is called **NEUROPLASTICITY**.



*Neuroplasticity is
God's Design for
Renewing Your Mind*