

# **Our Home, The Mind**

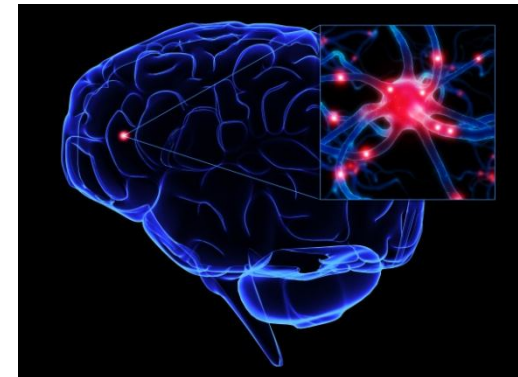
**Understanding it Better, Enjoying it More and  
Using it Well**

**Martin Squibbs**

**The Humanist Community of Silicon Valley  
Sunday Forum October 21<sup>st</sup> 2012**

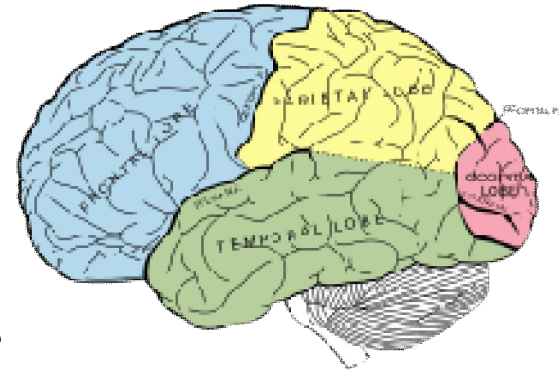
# Memory and Life

- Nature of Life
  - A memory of a Form contained within that Form
  
- Nature of Mind
  - A memory of a Form contained beyond that Form

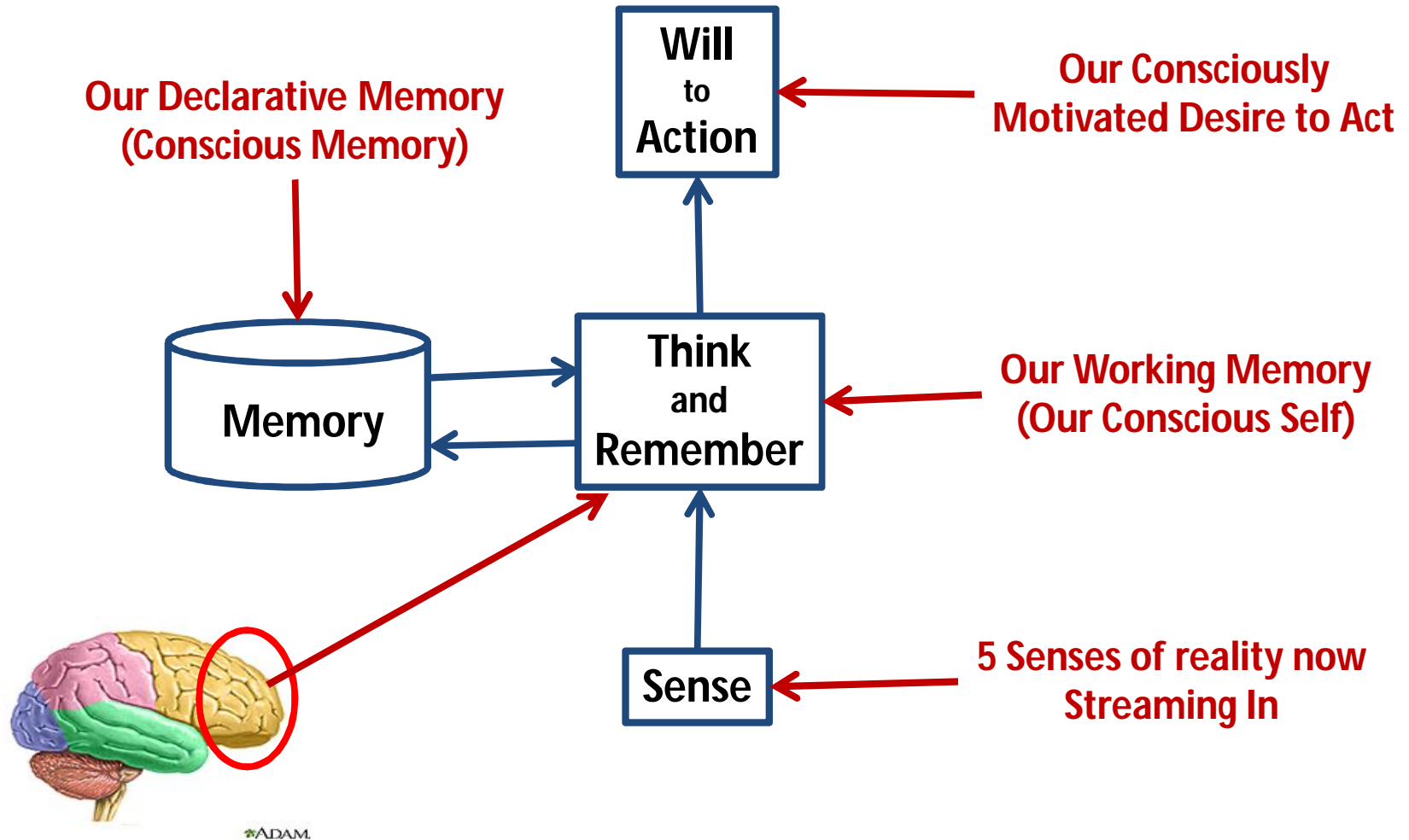


# The Human Brain

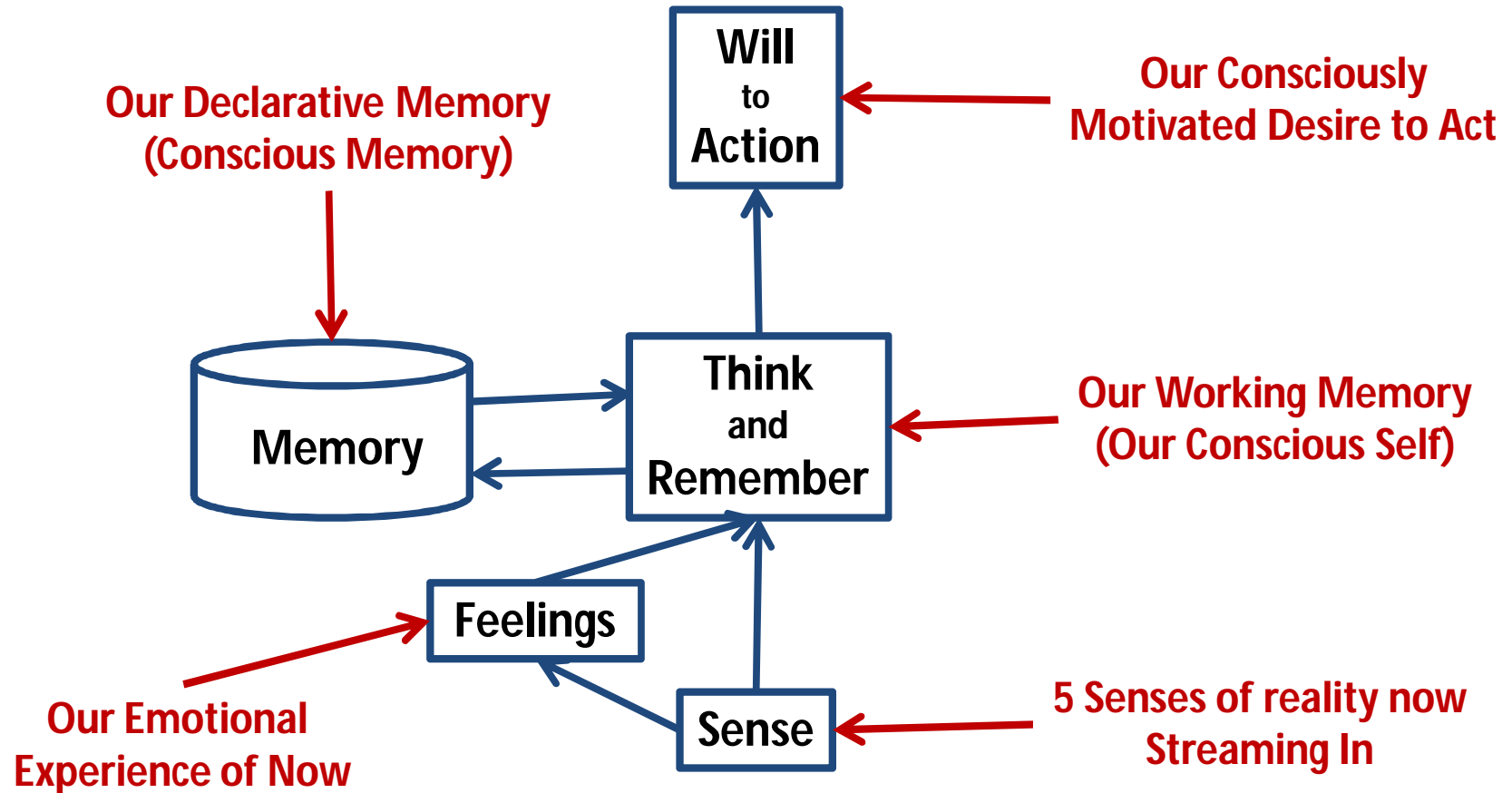
- Approximately
  - 100 Billion Neurons
    - Approximately 100 Trillion Connections
  - 3 lbs in Weight, 6.5 x 5.5 x 3.5 inches in size
    - 2% of Body Weight
  - 30W energy Consumption
    - 20% of Body's energy consumption (150W)
- The most complex form within the known Universe



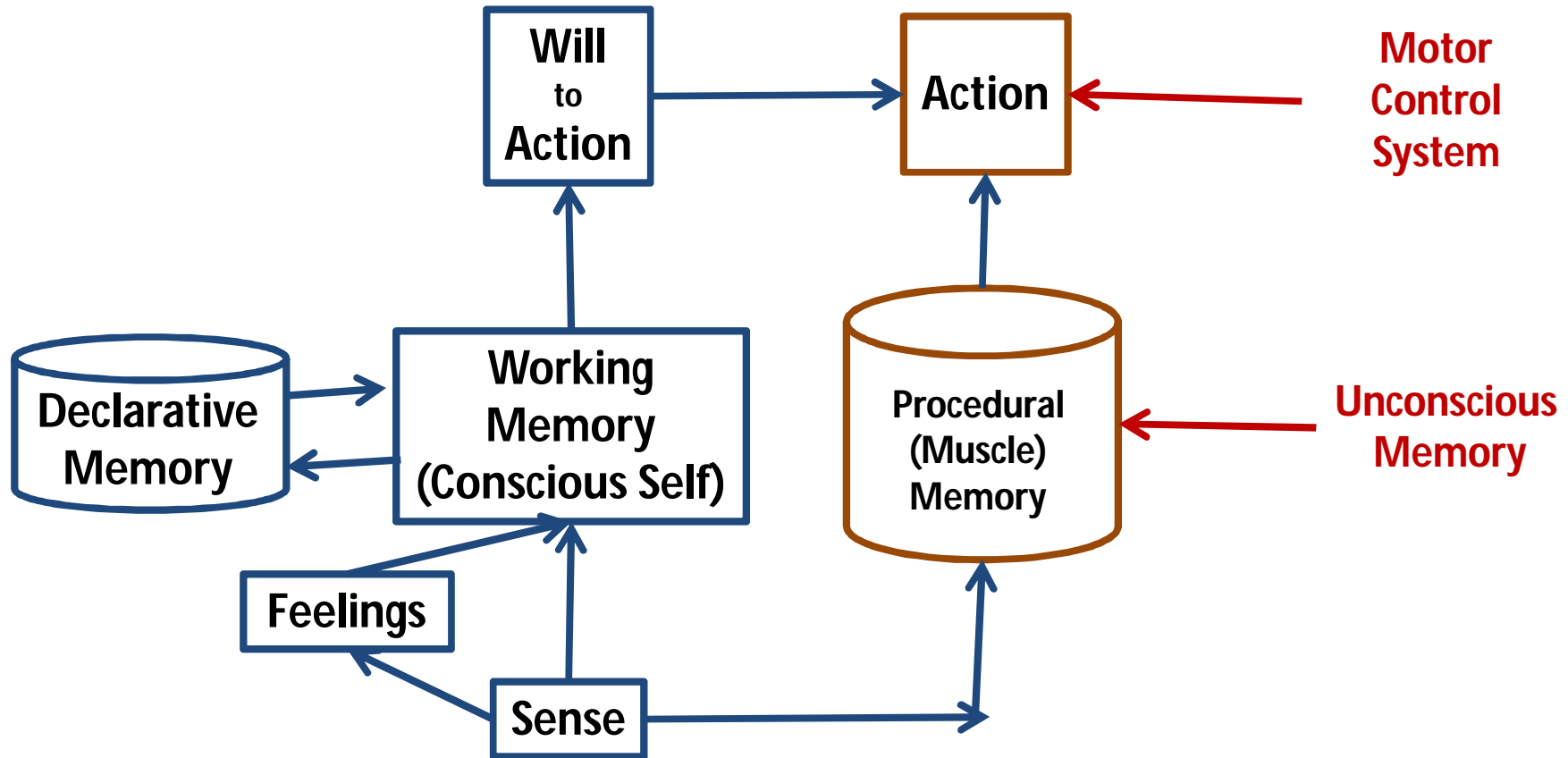
# The Operation of the Human Mind (Conscious)



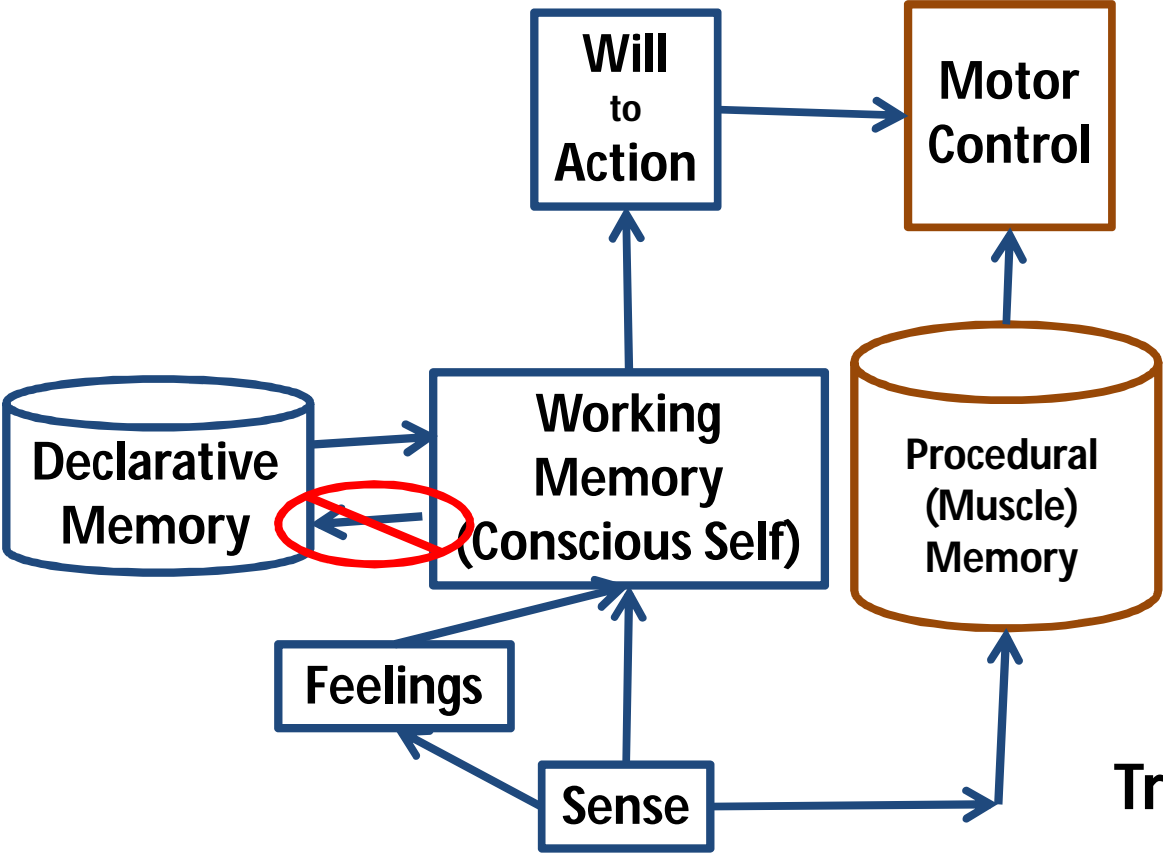
# The Operation of the Human Mind (Conscious)



# The Operation of the Human Mind (Unconscious)



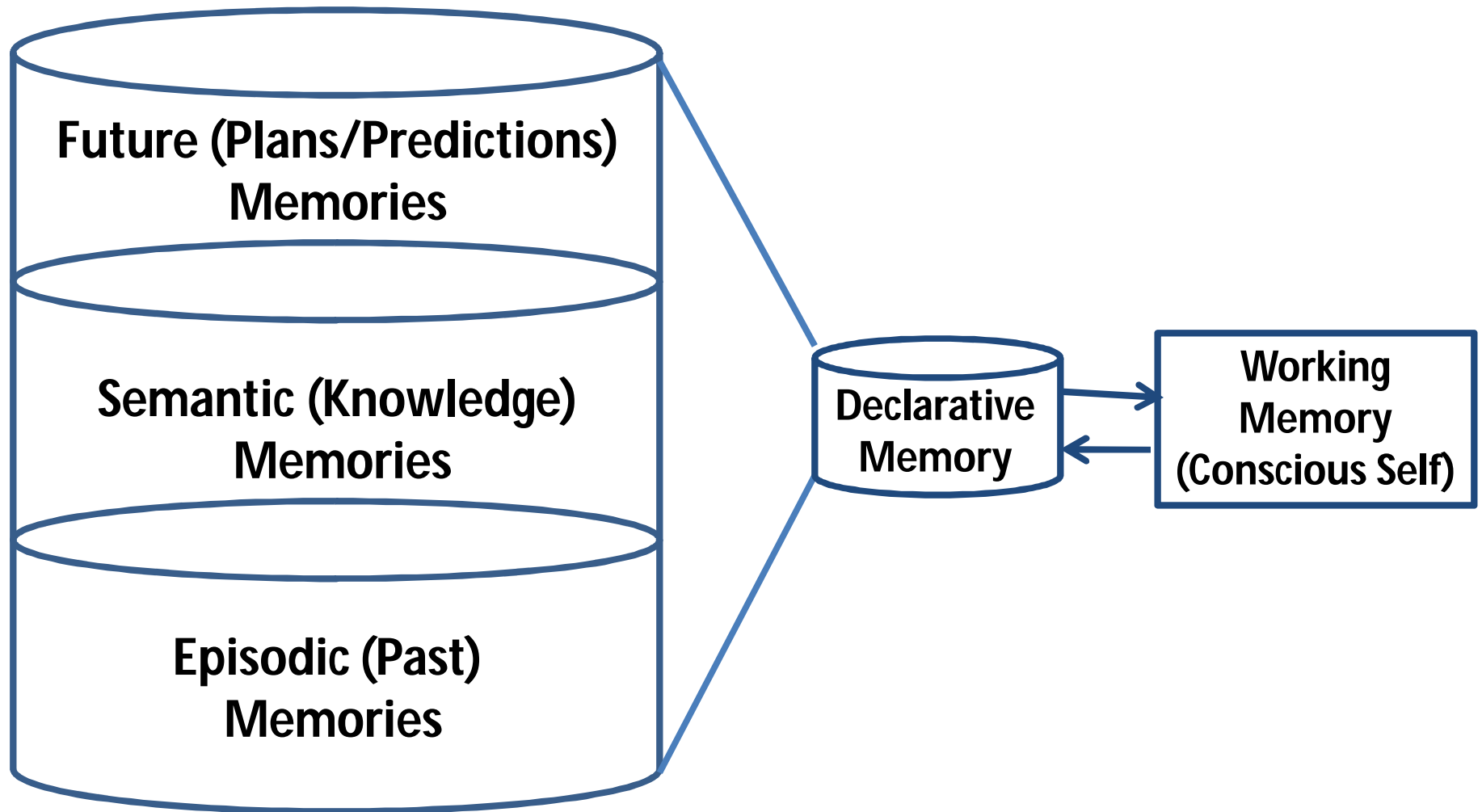
# Understanding Declarative vs Procedural Memory



Tracing a Star from a Mirror

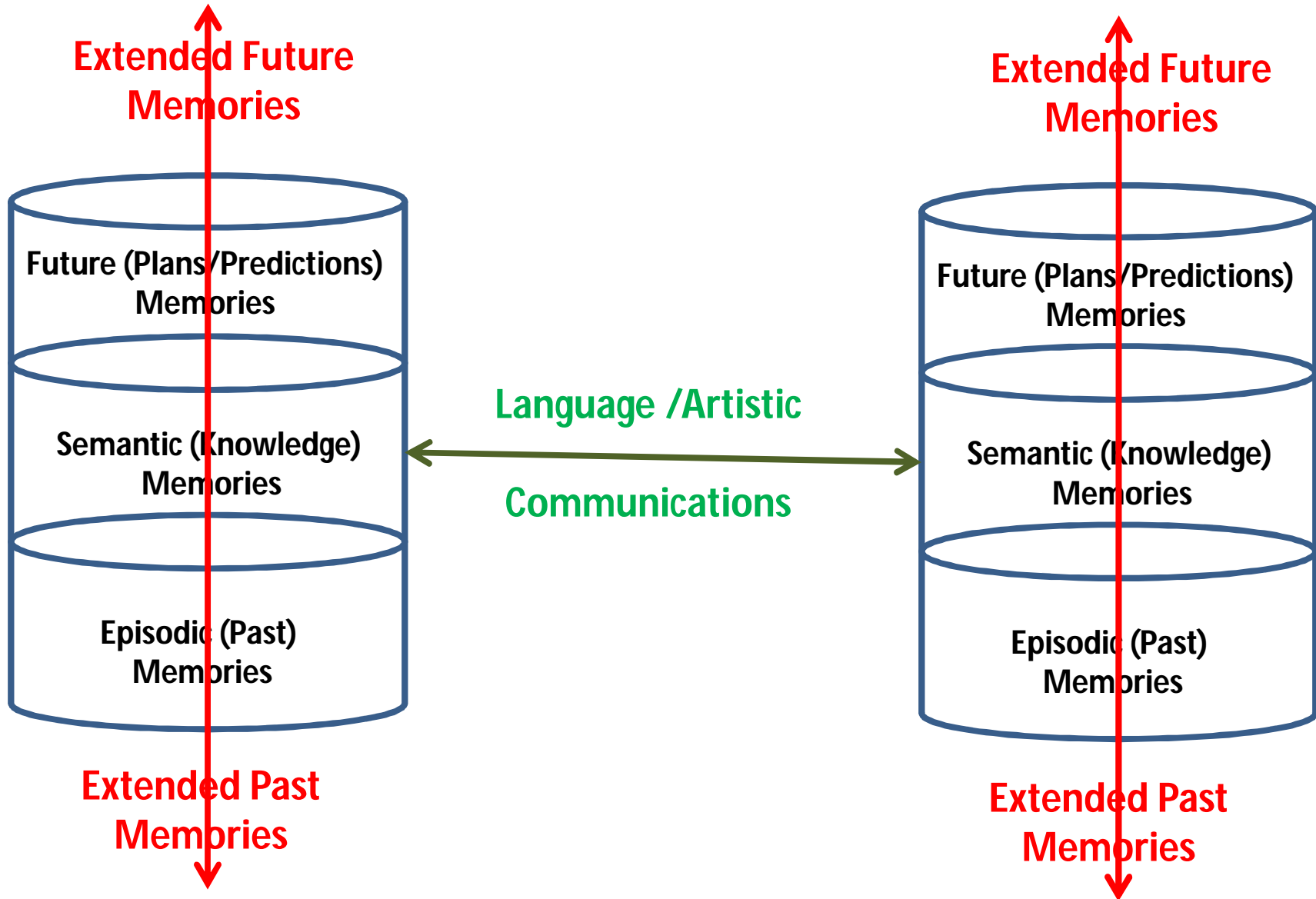
# Exploring our Declarative Memory

(Accessible to and grown by our Consciousness Self)

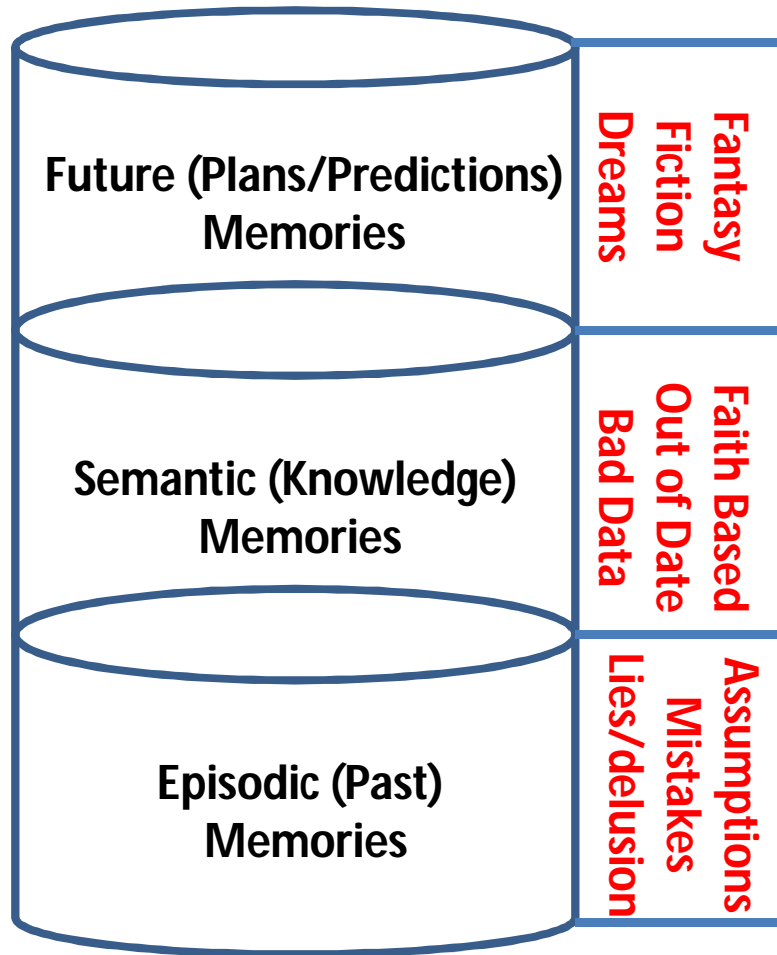




# Language and Communications



# Creating Accurate and Good Memories and Avoiding False and Bad Memories



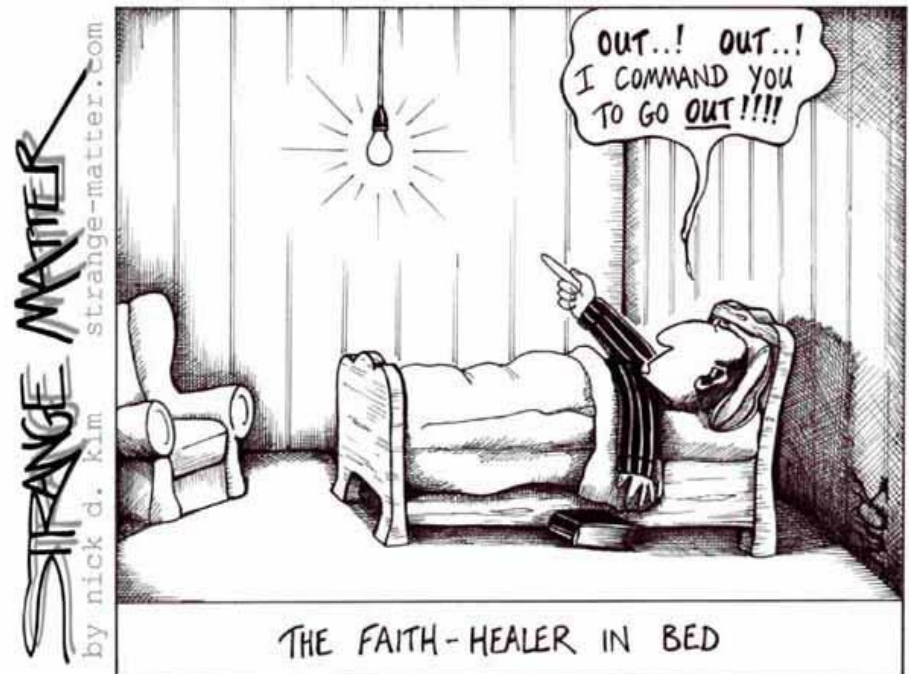
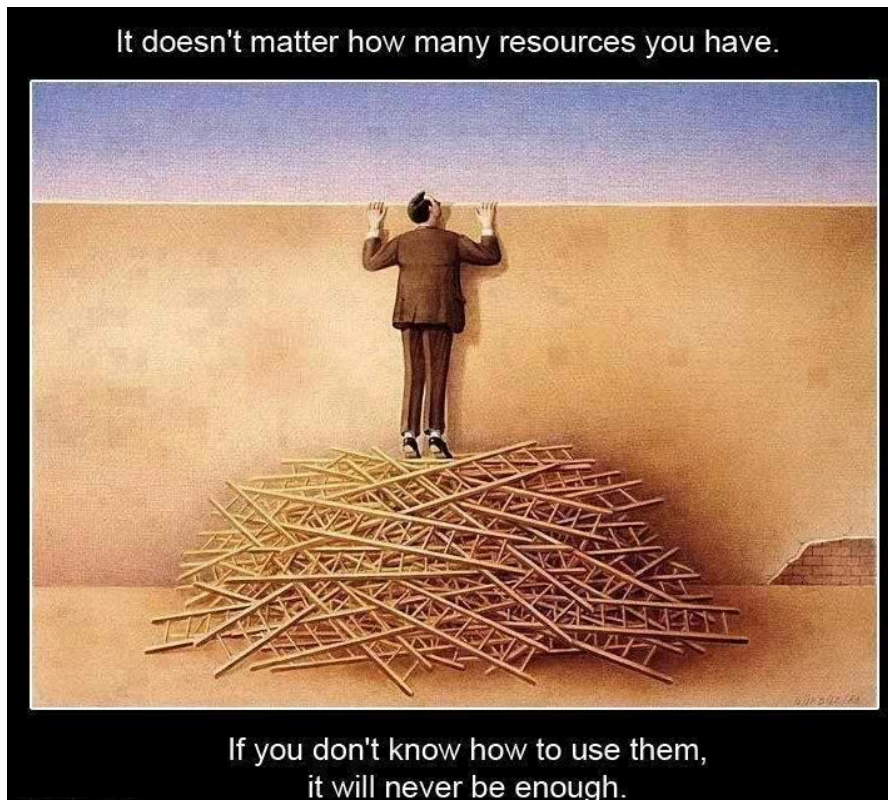
- Align predictions with past/knowledge
- Align your plans with your influence and your abilities
- Develop plans that improve your life and the lives of others

- Be sure they are derived from True Past
- Test via experimetations
- Grow useful Knowledge

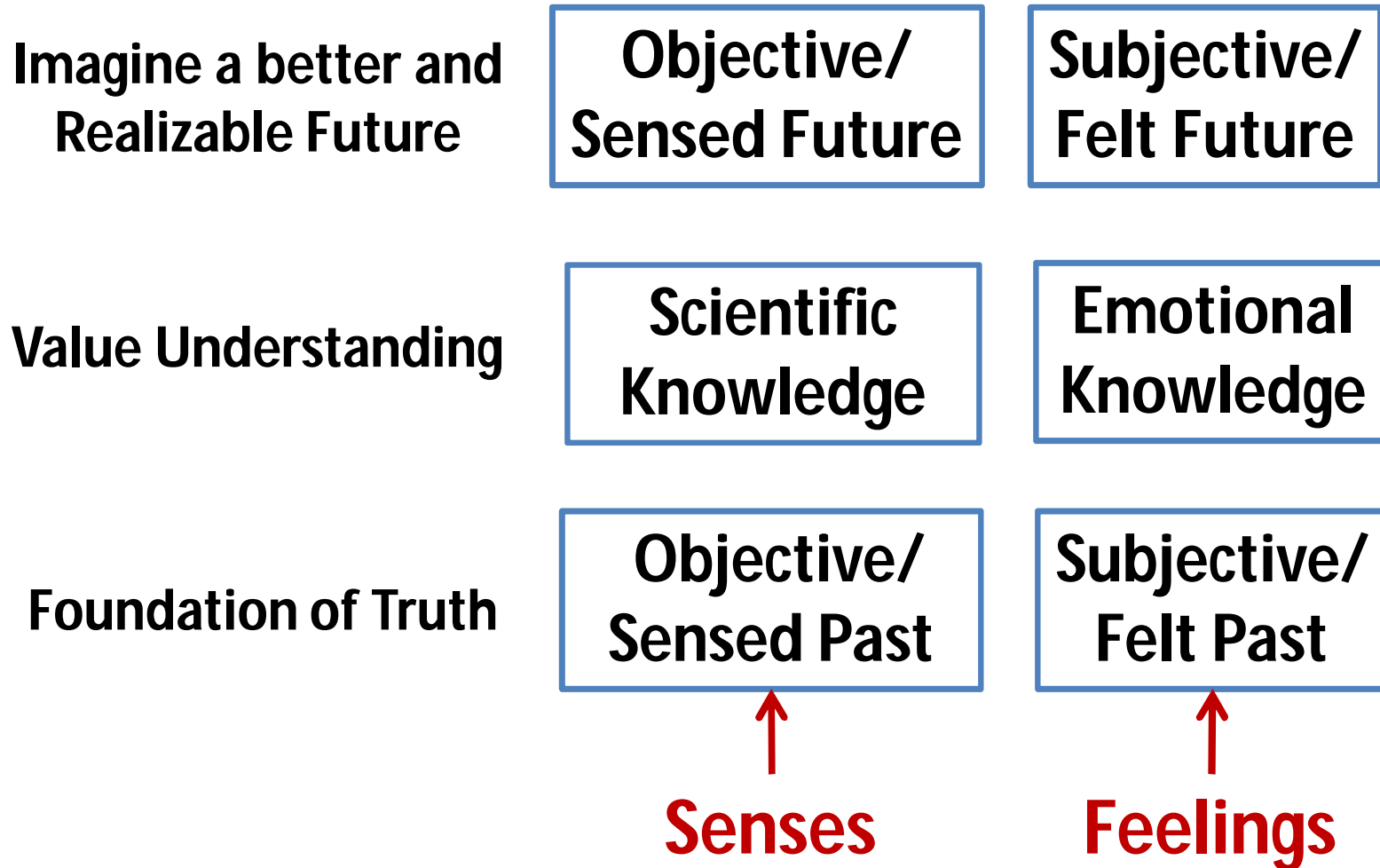
- Differentiate your Past Memories
- Be Skeptical of all Communications
- Accept they cannot change, if true
- Manage their emotional effect

**My world in mind is based exclusively on Past Memories**  
**The closest I get myself to reality now, is my sense of reality now**  
**All that matters in reality are my actions now and how they shape reality**

# The Risks of Failing to Understand and False/ Irrational Thinking



# The Domains of Declarative (Conscious) Human Memory



# The Mind/Brain Form within the Universe

- The Universe is forms of Matter and Energy changing in 3 dimensional reality now
- The Animal Brain is the development of Sensed Past Memory, derived Knowledge Memory, and projected Future Memory, within the body of life.
- The Human Brain is the extension of this with the development of direct Mind to Mind communication of memories through Symbolic Language
- Measures of Time are simply repeating reference past memories (Earth's angular Position on its axis and around the Sun)
- Science is NOT the Study and Understanding of the nature of Reality, but the study and Understanding of our sensed memories of reality, as they relate to reality
- Thus Past, Knowledge, and Future are created and exist as memories in Animal minds, and exist and are experienced only by Conscious minds within Animal Brains

**Essentially, we are the Past, Knowledge and The Future**