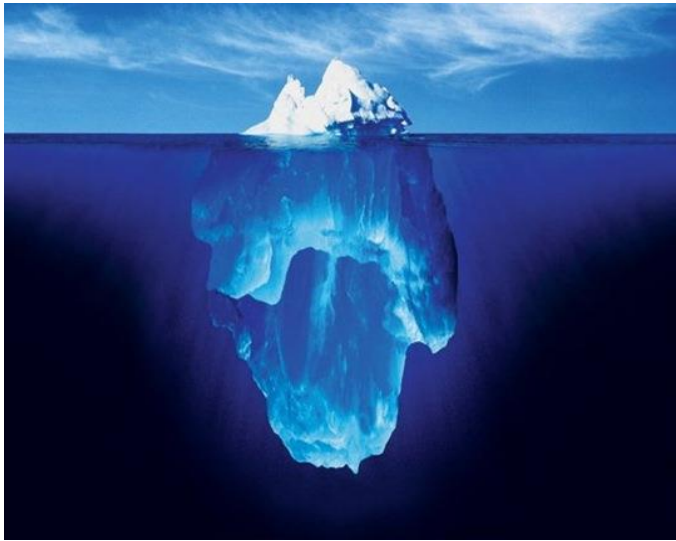


Brain vs mind

#BrainHapps



The brain functions as an electrical and chemical organ – a physical structure connected through circuits. When our senses take in information from our environment, they become electrical signals which travel to and through the brain. The brain gives those signals meaning, then releases chemicals which regulate the body, control movement and influence emotions.

The brain is a tangible piece of hardware that never switches off (as long as we are living). It has the ability to grow new connections and neurons in response to thoughts and emotions. This is why **what you think is what you feel and what do**. Your brain becomes what you focus on.

Maybe that's the brain sitting above the surface up there in that image. And maybe that's the mind positioned below the surface.

We still don't know the exact relationship between the mind and the brain. Many questions have been asked:

- Is the brain where the mind resides?
- Is it possible to have a mind without a brain?
- Does the mind exist apart from the brain?

My simple response to these questions is that the brain and the mind co-exist. And I don't know that for sure – no-one does, but it makes sense to me.

The brain can change what the mind focuses on and the mind can change the structure of the brain.

The mind is the observer and the modifier of information. If it is a well-trained, resilient mind it can observe what is going on internally and help us to overcome negative thoughts, habits and responses to situations we encounter. If we can kick away old habits and feelings and replace them with new ones, the structure of the brain changes. **What we now think becomes what we now do**.