

The Amazing Value of Your Mind

Ancient spiritual scriptures and modern neuroscientists agree that what you know, see, hear, taste, and feel is experienced in, through, and with your mind.

Neuroscience says that even an object that you perceive as being outside of yourself is not experienced outside yourself, but in your own brain and mind. Even a pain you feel in a part of your body is not being experienced in that part of your body, but again, in your brain and mind.

Here's a simple scientific explanation of the electro-chemical brain processes that come together to create the experience of pain in a stubbed toe:

- 1. Nerve impulses that signal pain travel from your toe through the branches of your nervous system.**
- 2. These impulses move up through your spinal cord and into the parts of your brain that deal with pain, as well as to areas of your brain that represent that particular toe.**
- 3. This combination of electric and chemical activity culminates with you experiencing brain patterns that communicate a feeling of pain in your toe.**

And voilà! Stubbed toe pain.

Don't Forget

Just as the experience of a stubbed toe is taking place in your brain and not your toe, so all of your experiences of the physical world are also taking place in your brain and mind.

Be Careful

This example isn't intended to limit the process of personal experience to only what scientists know of the brain and mind. Certainly, whatever is creating your experience of the world is far more amazing than modern science can capture.