

Introduction to Our “Realities Generating Brains”

By Jim Myers

I have been doing research on belief systems since 1990. In 2015, I read Dr. David Eagleman’s amazing and informative book, *The Brain: The Story of You*. It completely changed my understanding of what beliefs are and how they work. I spent many hours discussing this information with Dr. Ike Tennison and Rabbi Jeffrey Leynor. At first it seemed like the new information about the brain was taking us on a completely different path from the one we had been on for 25 years, however by 2019 we realized that both paths were merging. Sharing that information became a very high priority at the Biblical Heritage Center.

Today, I want to begin by sharing information from *The Brain: The Story of You* (p. 75). I have reformatted it to highlight specific points.

The cosmos turned out to be larger than we had ever imagined from gazing at the night sky. Similarly, the universe inside our heads extends far beyond the reach of our conscious experience. Today we are gaining the first glimpses of the enormity of this inner space.

It seems to require very little effort for you to recognize a friend’s face, drive a car, get a joke, or decide what to grab from the refrigerator — but in fact these things are possible only because of vast computations happening below your conscious awareness.

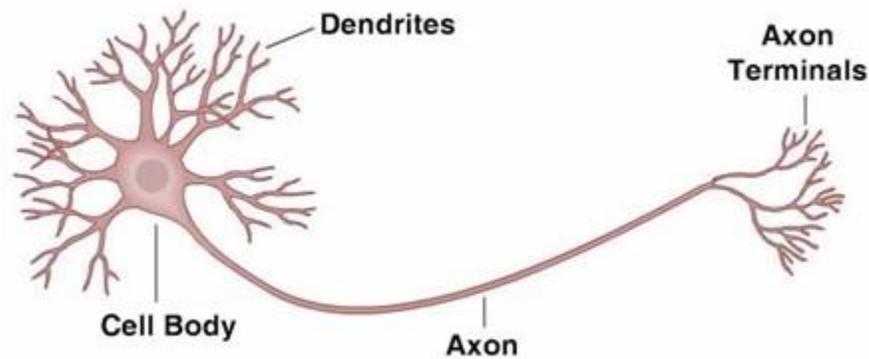
At this moment, just like every moment of your life, networks in your brain are buzzing with activity:

- *Billions of electrical signals are racing along cells.*
- *They are triggering chemical pulses at trillions of connections between neurons.*

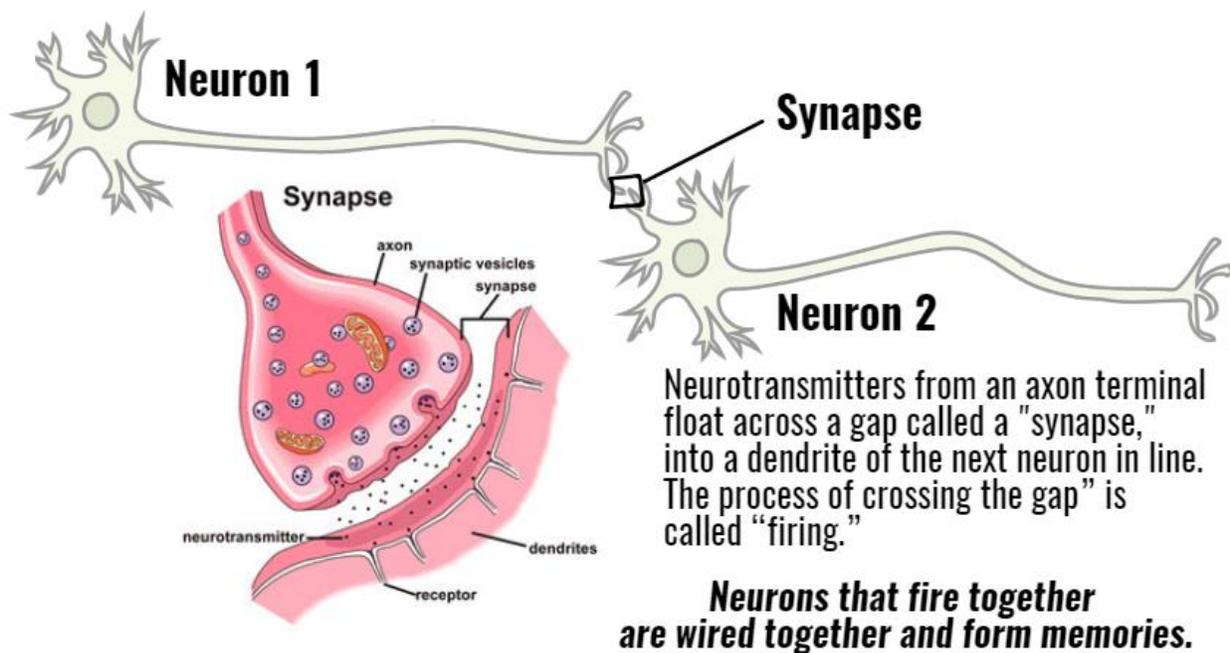
Simple acts are underpinned by a massive labor force of neurons. You remain blissfully unaware of all their activity, but your life is shaped and colored by what’s happening under the hood:

- *how you act*
- *what matters to you*
- *your reactions*
- *your loves and desires*
- *what you believe*
- *The experiences you view as “your life” is the final output of these hidden networks.*

All of the things above happen because DNA contains the instructions for creating this.



This is a **neuron** and the human brain has a total of **86 billion neurons**, of which **30 billion** make up the main information processing area called **the cortex**. Information flows into a **neuron** through its **dendrites** (input) and into the **cell body**. Then the information flows out of the **cell body**, down the **axon**, and into the **axon terminals**.



The brain's 86 billion neurons create 100 trillion interconnections (**synapses**). *The brain has more synapses than there are stars in the universe.* A piece of brain tissue the size of a grain of sand contains 100,000 neurons and 1 billion synapses.¹ This is what we call the "**biology of beliefs**."

This information must be part of any discussion about beliefs or human realities.

¹ [Why Your Brain is Like The Universe - BrainMD Blog](http://www.brainmd.com/blog/why-your-brain-is-like-the-universe)