

## Lives 1st Gathering Guide

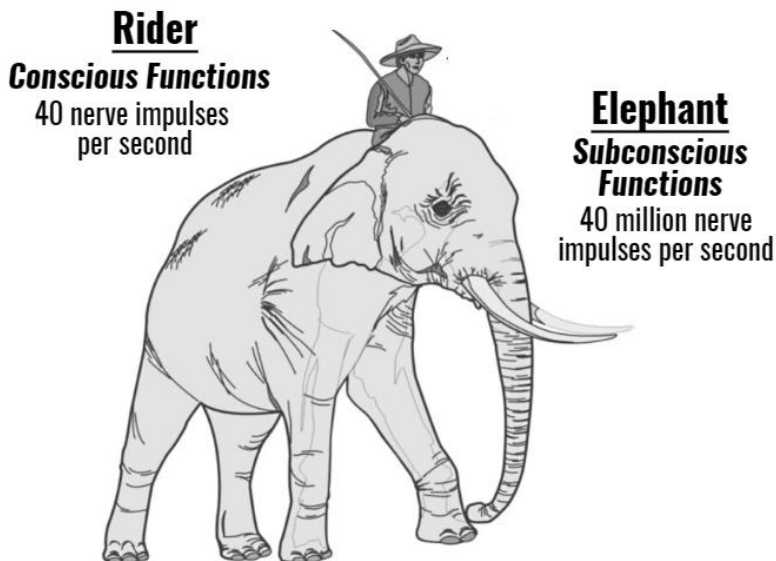
### Things to Explore & Discuss

## Introduction to DNA and Brain Functions

By Jim Myers

*Our bodies are created from a DNA Code  
which is over 99% the same in all people.*

In June 2000, the **International Human Genome Sequencing Consortium** announced that it had produced a draft human genome sequence that accounted for 90% of the human genome. On March 31, 2022, the consortium announced that had filled in the remaining gaps and produced the first truly complete human genome sequence.<sup>1</sup> Genetic information wasn't a consideration in medical schools before the 21<sup>st</sup> century. Now it is indispensable. During that 22-year period medical textbooks were rewritten multiple times. Most American citizens know absolutely nothing about genetics.



DNA creates the brain, which functions on two levels – conscious & subconscious.

As an **information processor** the **subconscious function is one million times more powerful than the conscious** - and it contributes **95% of cognitive activity**.

Beliefs exist in the same neural networks that are involved in life experiences. Beliefs are not files stored in one place. They are parts of memories. Beliefs may be spread across billions of neurons in the brain. The brain constructs beliefs from streams of information sent from sensory organs.

<sup>1</sup> <https://www.genome.gov/about-genomics/educational-resources/fact-sheets/human-genome-project>

The body lives in the world, but **the control center of the body (the brain) lives inside the skull. The top priority of the brain is survival.** The brain uses beliefs like a GPS to identify what's out there and then make decisions. We created the Belief Model below to help people understand the basic functions of the very complex processes that are taking place right now in their brain. Think of the model as an app on your phone.

1. The elephant searches for known patterns in information flowing into it from sensory organs.

2. When the elephant identifies a pattern, it assigns a **name** to it.

3. Linked to each name are **associations** that provide more details.

4. Next the elephant reviews **expectations** linked to associations it has identified.

5. Based on each expectation, the elephant creates a **strategy**.

6. The elephant chooses a strategy and does it.

### **BHC Belief Model**



## **Believing is a Biological Process**



The elephant uses its most trusted belief models to create a **“Bubble of Rightness.”** The Ruler is an **“Individual’s Canon for Measuring What is Right.”** It is also called a **“Belief System.”** The Lines on the Ruler are Belief Models.

Imagine streams of information flowing into the Elephant at 40,000,000 nerve impulses per second and it is using its Ruler and making decisions about 95% of the information without any input from the Rider.

The Rider usually becomes involved when the Elephant senses danger, but it doesn’t have a Belief Model for it.

**BHC**