



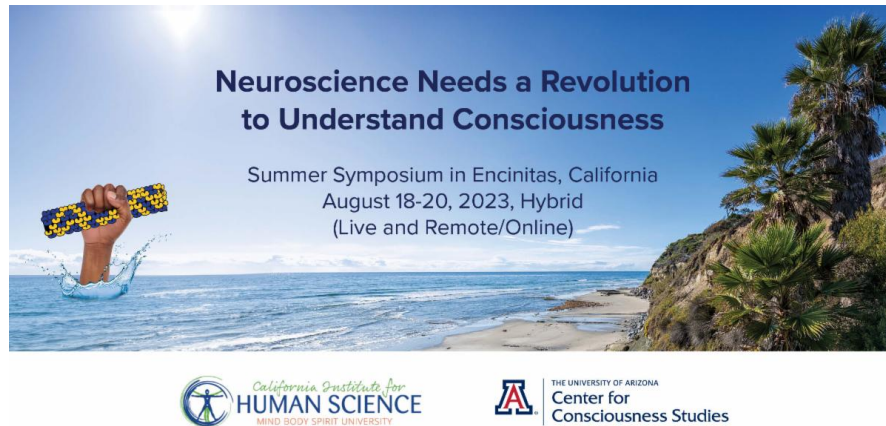
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Neuroscience Needs a Revolution to Understand Consciousness

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77

Categories by Discipline (required)

2.0 Neuroscience

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Primary Topic Area - TSC Taxonomy (required)

[01.01].....The concept of consciousness

Secondary Topic Area - TSC Taxonomy

[02.01].....Neural correlates of consciousness (general)

Abstract Title (required)

Impulsing: a new model

Abstract (required)

Just like the food pyramid simplifies nutrition, the impulsing model simplifies the nervous system. The food pyramid shows how to practice a balanced diet, leaving balanced nutrition, while the impulsing model shows how to maintain healthy impulse activity, leaving balanced emotional feelings. At this simplified level, all systems making up the body function the same. Our metabolism, for example, like our respiration, works the same in all of us. We use this level of self-knowledge as common ground, making it easier to understand and support each other. Now, for more common ground, we can consider the benefits of adding the nervous system. In fact, we may need it to survive and thrive in our world today. At its core, the model assumes the nervous system is responsible for all conscious experience, including our feelings. By understanding the activity involved in the pathways that form conscious experience, we can see how balanced feelings are maintained. This insight can lead to an improved quality of life. The model defines the nervous system as groups of specialized neurons connected by pathways, forming a circuitry in our body. As with other systems, the nervous system requires energy to do its work. The model proposes the presence of energy in the form of lightning-like impulse trails. When sensory neuron groups absorb energy, such as light and sound waves, they translate it into another form of energy. It becomes the electro-chemical energy, impulses, allowing groups to communicate with each other effectively. As the sensory groups monitor the body and the environment, they form impulse trails along pathways. Deeper in the circuitry, when these trails converge on the same neuron group, they often highlight the pattern of neurons they share, resulting in a resolution. As their energy converges on this pattern, it propels a trail forward. This monitoring and resolving trail work infers the primary work of the nervous system at this simplified level, is to monitor and resolve. And fluent propulsive activity is a reflection of healthy functioning. The model suggests that there are four areas in the conscious pathways associated with four kinds of conscious work. For instance, Area 4 is related to the formation of the tension patterns we call emotional feelings. Understanding this activity allows us to restore emotional balance and develop a lifestyle that consistently maintains emotional well-being. In summary, the impulsing model simplifies the workings of the nervous system, enabling us to promote our own well-being and use our common ground to better understand and support each other's emotional health—which complements the healthy functioning of the body's other systems. Overall, this helps us become more able to enhance the welfare of our communities and the integrity of our environment.

Keywords

impulsing, impulse trails, impulses, energy, emotion, balanced feelings, emotional balance, lifestyle, simplified model

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