

THE HUMAN BRAIN

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- Human brains have the largest cerebral cortex to body size ratio.
- Brain is less than 2% of the body but consumes 25% of the glucose and oxygen.
- It is painless.
- It contains about 100 billion 'neurons' or nerve cells, each having about 10000 connections with other cells through dendrites.
- It is surrounded by or immersed in 500-1000 billion glial cells also called nerve glue.
- The signaling is by an intricate communication system of axons, dendrites and synapses (the gap between the an axon-dendrite or dendrite-dendrite).
- The signaling is by electrical impulses through chemicals called neurotransmitters.
- The human body has about 100 trillion cells and each cell has 6 trillion reactions taking place every second.
- Human nervous system takes in a very minute fraction – 1 part in billion of the total energy vibrating in the system.
- Every atom is more than 99.9999% empty space and the subatomic particles moving through it at lightening speed are bundles of energies.
- Every person thinks 25-30 thoughts every minute (au) in a relaxed state, 50-60 when tense and 5-10 in states of higher consciousness (Enough to create a novel a day), 90% of thoughts of any day are exactly the repeat of the thoughts of the previous day.
- The mind has unlimited capacities and can run previous programmes (Sanskaras/habits/ thoughts/actions) or create new ones.
- It can simultaneously carry out multiple tasks or focus intensively on one or some.
- The focus through soul and consciousness decides for us what we achieve/create for now and in future.