

*The Brain Basics Behind
Napoleon's Everyman-Genius Algorithm(tm)
Part 1*



Prefrontal Cortex

(Cortex means "cover" (of the Brain))
Planning and Decision-Making



The Prefrontal Cortex and the Amygdala are interactively related which means that...

Fear reactions at different times become difficult to regulate. For example, objective information about the world might indicate that a given situation is likely not dangerous. But, when barraged with fear signals from the Amygdala, the Prefrontal Cortex cannot operate to accomplish its own functions of Focus, Factor-Awareness, Decision-Making, Voluntary-Action Initiation and Error Correction. As a result, as a consequence of its own loss of function, the Prefrontal Cortex cannot properly regulate the very fear circuits which connect it to the Amygdala; leaving any person, during his or her life to experience repeatedly fear and anxiety in what are (could the person view them objectively) in fact, safe situations.

Amygdala

[uh-mig-duh-luh], Greek, for "Almond"
Positive and Negative Emotions



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In order for the Amygdala to respond to fear reactions, the Prefrontal Cortex has to be shut down.



Decision-making ability is impaired when the Prefrontal Cortex is diminished. When the Prefrontal Cortex is diminished, the individual is predisposed to anxiety ... This typically becomes in everyone's patterns, some stronger some weaker, so strongly "stamped" onto the relevant brain cells affecting repeating feelings, thoughts and actions, that these patterns seem ("feel") irreversible ... Outside of Brain Science they are called habits, character defects, or even "personality traits", they are just patterns of brain-cell "networked" activity.

Prefrontal function can be due to Genetic and/or to personal life experiences that subtly or dramatically alter Prefrontal connections.

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When the Prefrontal Region is active, the Amygdala is by Genetic Design, inhibited, making it harder to experience fear



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What the Prefrontal Cortex does is control the impulses coming from the Amygdala, which is a part of the brain that is responsible for the emotional response.



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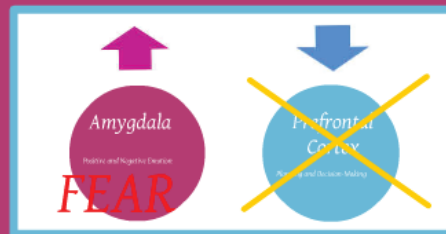
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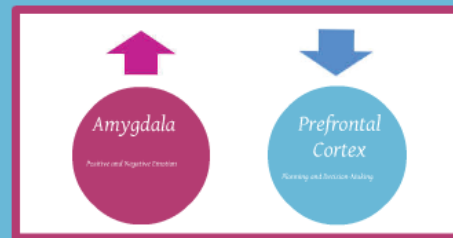


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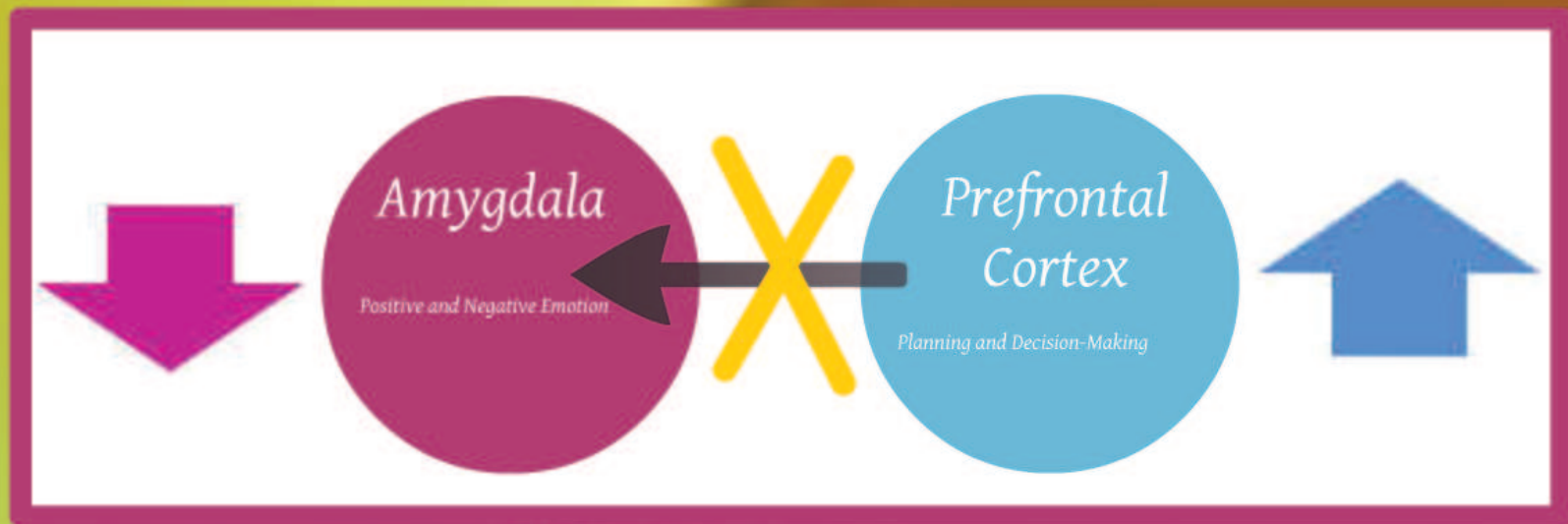
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Severe, repeating & crippling fear, then, can occur only when the Amygdala is unchecked by the Prefrontal Cortex;



and reversal of severe, repeating & crippling fear, (anxiety, worry, upset or dread) requires a person to increase the amount of brain activity in the Prefrontal Cortex so that the Amygdala is less electrochemically able to express fear.

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