

The Brain is not the Mind...

The Mind is the activity of the Brain and should be thought of as a verb: **Minding**

Minding is a behavioral activity (as when we say “who is minding the store?”)

Minding incorporates at least five different abilities:

- *using symbols to denote any idea or thing as a social object*
- *using symbols as its own stimulus as in an internal conversation*
- *reading and interpreting Other's gestures, using them as further stimuli*
- *suspending responses*
- *imaginatively rehearsing one's own behaviors prior to acting*

Minding takes place very fast; it should be thought of occurring in jiffies.

A jiffy is no longer (definitions vary) than the length of time it takes light traveling at 186,282 miles/second to travel 1 centimeter (.39 inches) = 33 trillionths of a second.

The electro-magnetic impulses of minding actually travel slower through the brain (since it's not a vacuum)!