

## The Brain, Information Processing, and Intuition



The brain is a wonderful organ, but it is still so poorly understood. It is said that vision and other sensory input send 11 million bit per second of information to the brain, while the conscious mind can only 50 bits per second. But even this number is suspect, and more so, the capability of the subconscious mind, which is completely unknown. However, the problem is clear. The brain receives vastly more information than it can process and retain.

So, on a conscious level, most of what we experience is not understood. By developing these schemas from childhood, we build associations that make less processing necessary as each experience is subconsciously labeled according to our closest previous experience. This happens instantaneously to enable us to react quickly when necessary. It also generates thoughts and feelings, which are designed to motivate us to do something that the brain thinks is appropriate. We can see many potential for inaccurate thoughts, feelings, and behavior, and also large differences between each of our perceived "truths", which is really what cognitive psychology is based on.

So, at least one needs to try and see where the other person's views come from, and one's own of course. If one is better able to utilize intuition, but place it in the correct context, more positive outcomes are possible. It sounds as if a lot of thinking may be required, but actually just keeping one's mind quiet produces better results. Maybe the brain is then able to select and process information more appropriately?