

Chapter 1 : Good Morning My Friend,good morning e-greeting

*Whisperings of the Mind and Soul [Chee Chee Martin] on racedaydvl.com *FREE* shipping on qualifying offers. A BLANK PAGE My mind has trouble conveying my thoughts To my hand and the pen that I hold I try to put the words onto paper So my poem can begin to unfold.*

Once a sweet soul, turned villain now left with a scar, wounded and twisted out of shape, out of life, out of breathing, out of death. Neither living nor dying; just fucked. By the fact that he cannot understand the language this universe speaks most times. Stunted from life, from nature, from love. A gap that stayed too long, the brain forgot to fill it. On the day he manages to live, the beautiful pixels of life come together, piece by piece, catches the perfect shot and portrays how beautiful life can be. This sets his soul on fire like a drop of water does the dried up throat of an old monk and before the sun set, he wants nothing more than this experience of ecstasy, of joy, of happiness, of love. He wants the taste of life. He wants to be human again. He pushes for it. Unyieldingly un-shielding and opening up even if just for a moment, a chink of vulnerability. However, the old demons are knocking, telling me to give the fuck up and stick to what I know. And fuck yes they have a point: But does life end there? Where everything has to be and exist in my mind and mind alone? Does the world not go beyond having mindgasms? I have been trying for the past few days and coming out as robotic as can be. I feel it every time I make an effort. To grow, to include, to come out of my mind, to feel, to love, trying and pushing and for the first time in my entire life, willing to accept the possibility to fail and accept it is okay. And that is why giving up is getting less attractive. It is a whole new world out there anyway. Better I stick to it and dig in as deep as can be, after all, I know not what the final outcome will be. Worst still, a dead man does not fear a second or third death.

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Abstract Treatment of diseases of the brain by drugs or surgery necessitates an understanding of its structure and functions. The philosophical neurosurgeon soon encounters difficulties when localising the abstract concepts of mind and soul within the tangible gram organ containing billion neurones. Hippocrates had focused attention on the brain as the seat of the mind. Experiences gained from accidental injuries Phineas Gage or temporal lobe resection William Beecher Scoville ; studies on how we see and hear and more recent data from functional magnetic resonance studies have made us aware of the extensive network of neurones in the cerebral hemispheres that subservise the functions of the mind. The soul or atman, credited with the ability to enliven the body, was located by ancient anatomists and philosophers in the lungs or heart, in the pineal gland Descartes , and generally in the brain. When the deeper parts of the brain came within the reach of neurosurgeons, the brainstem proved exceptionally delicate and vulnerable. If there be a soul in each of us, surely, it is enshrined here. Brain, Brainstem, Mind, Soul, Neurology, Neurosurgery, Philosophy Introduction

Millennia ago, we embarked on a quest for knowledge of the wonderful structure of man. The organ that puzzled earlier observers most was the human brain. Despite our many explorations, we remained in awe of this organ. We are now aware of nerve cells, their connections and their modes of communication amongst themselves and with a variety of other structures. Injury to, and disease in, the brain often provides crucial insights on the role of its different parts. A dramatic example is the injury suffered by American railway foreman, Phineas Gage in Before his accident, Gage was liked by friends and acquaintances who considered him to be honest, trustworthy, hard working and dependable. A freak accident caused a metal tamping rod to enter under his left zygomatic arch and exit through the top of his skull Barker, The accident left him with little if any intellectual impairment but after the accident, Gage became vulgar, irresponsible, capricious and prone to profanity. The company that had previously regarded him as the most efficient and capable of their employees dismissed him from his job. His change in character after the accident made this the index case for personality change due to frontal lobe damage. Subsequent studies See, for example, Blumer and Benson, have shown a wide spectrum of abnormal behaviour compulsive and explosive actions, lack of inhibition, unwarranted maniacal suspicion and alcohol and drug abuse after injuries to and disease in the frontal or temporal lobes and their pathways to the deeper regions of the brain. Similar abnormalities also follow chemical derangements in the brain. Modern marvels such as computerised tomography and magnetic resonance imaging of the nervous system have provided significant additional data. Functional magnetic resonance imaging now allows us to further localise function within the structure of the brain and correlate abnormalities of its structure and function. Even so, two entities remain enigmatic: Where are they located? Do they lie within the brain? Since neurophysicians treat patients with a wide variety of abnormalities of the brain and neurosurgeons lay bare the brain and often work in its interior, can they provide insights? Neurologists and neurosurgeons rank high among scientists participating in philosophical debates about what might extend beyond the physical world. They are constantly dealing with patients who have fallen into the deep hole of unconsciousness. In their attempts at restoring normalcy to bodies and minds, they also grapple with life and death. Inevitably, they ponder spirituality and the dominion of the soul. The Mind We are embodied spirits and inspirited bodies, or, if you will, embodied minds and minded bodies. The term is often used to refer, by implication, to the thought processes of reason. This changed with the works of Hippocrates ca. On the sacred disease. In his book De anima On the soul , Aristotle BCâ€™ BC felt that man is born with a blank slate tabula rasa on which experiences and perceptions are written to form the mind. Although tabula rasa is a concept traditionally attributed to Locke, Aristotle first referred to it. What it thinks must be in it just as characters may be said to be on a writing tablet on which as yet nothing actually stands written: Jean Fernel â€™ treated mind and brain together in his Physiology. He felt that the brain refined the animal spirits. Purged

of all corporeal dross, they became concepts, finally even universal concepts and the ideas of the moral values Sherrington, He acknowledged the problems encountered in attempting to restrict the mind to the brain. Pinker has recently discussed the role of nature vs nurture in the development of the mind. Dismissing the concept of the blank slate, Pinker wrote: Locke recognized this problem and alluded to something called the understanding, which looked at the inscriptions on the white paper and carried out the recognizing, reflecting, and associating. Neurosurgeons attempt restoration of the internal structure of the brain to normalcy or correct disordered function in select areas by such modes as deep brain stimulation or ablation. Some operations are performed on patients who are awake. Observations on patients provided clues to the functions of the mind in relation to the structure of the brain. When a patch of brain tissue dies, a part of the mind can disappear: Neuroscientists can knock a gene out of a mouse a gene also found in humans and prevent the mouse from learning, or insert extra copies and make the mouse learn faster. Studies on patients who have suffered brain injury such as Phineas Gage have also provided interesting clues on the mind in relationship to the brain. We now know that damaged frontal lobes can no longer exert inhibitory influences on the limbic system with consequent aggressive acts. The relation between the amount of grey matter in the frontal lobes and intelligence; the inferior parietal lobules and spatial reasoning and intuitions on numbers as in Albert Einstein and the third interstitial nucleus in the anterior thalamus and homosexuality Pinker, are a few more examples of specific areas of the brain linked to characteristics attributed to the mind. Paul Broca showed that damage to the area subsequently named after him in the dominant cerebrum results in an inability to talk. Subsequent studies showed several other areas within the cerebrum that govern other aspects of speech. Bilateral frontal lobotomy and subsequent more sophisticated variants such as stereotaxic amygdalotomies or cingulotomies reduce an aggressive, maniacal individual to docility Heller et al. Wilder Penfield â€” , Canadian neurosurgeon, was known for his groundbreaking work on epilepsy. He operated on patients with intractable epilepsy using local anaesthesia, ensuring that they remained awake throughout the operation. He stimulated areas of the brain surface in these patients in order to demarcate the part producing epilepsy. In many patients, electrical stimulation of certain areas of the brain triggered vivid memories of past events. One patient, while on an operating table in Montreal, Canada, remembered laughing with cousins on a farm in South Africa. It brings psychological phenomena into the field of physiology. It should have profound significance also in the field of psychology provided we can interpret the facts properly. We have to explain how it comes about that when an electrode producing, for example, 60 electrical impulses per second is applied steadily to the cortex it can cause a ganglionic complex to recreate a steadily unfolding phenomenon, a psychological phenomenon. But the mechanism seems to have recorded much more than the simple event. When activated, it may reproduce the emotions which attended the original experience. On 1 September , Dr. William Beecher Scoville performed bilateral mesial temporal lobe resections on a patient known as H. The inadvertent severe damage to the important limbic structures resulted in permanent loss of memory in this patient Scoville, But, he could remember almost nothing after that. Damage to discrete areas within the brain can thus produce a variety of disorders of the mind. In his Nobel Lecture, Sperry described the implications on concepts of the mind of the observations made after splitting the corpus callosum Sperry, Myers, showed that the cat with divided corpus callosum now had two minds either of which was capable of learning on its own, and of responding intelligently to changes in the world around it on its own. Subsequent experiments with rats, monkeys and later with human epileptic patients gave similar results. Psychological tests showed that both John Does had remarkably similar personalities. Except for language ability, they were about as much alike as identical twins. Their attitudes and opinions seemed to be the same; their perceptions of the world were the same; and they woke up and went to sleep at almost the same times. There were differences however. John Doe Left could express himself in language and was somewhat more logical and better at [planningâ€“]. John Doe Right tended to be somewhat more aggressive, impulsive, emotional - and frequently expressed frustration with what was going on. Such experiments led Sperry, Ornstein and others to conclude that each of the separated hemispheres has its own private sensations, perceptions, thoughts, feelings and memories, in short, that they constitute two separate minds, two separate spheres of consciousness Gross, In addition to structure, we must consider the chemical processes within the brain. The effects of caffeine, alcohol, marijuana and opium on the

brain and mind are common knowledge. Chemicals within the nervous system, such as adrenaline, serotonin, dopamine, the endorphins and encephalins, enable and modify the many functions of brain and mind and body we take for granted. Craig quotes the statement made by Steven Johnson:

Chapter 3 : Understanding Brain, Mind and Soul: Contributions from Neurology and Neurosurgery

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Hinckley spoke at a meeting for new mission presidents and their wives, giving them counsel to guide their next three years of service. Lee, then a member of the Quorum of the Twelve Apostles, set him apart as a stake president: It comes in the day as well, of course. But listen to the whisperings of the Spirit, the gift of revelation, to which you are entitled. He went to bed one night feeling unsettled about the decision he needed to make. Then the whisperings of the Spirit woke him up early the next morning. But into my mind there came the voice of the Spirit. You have a wonderful piece of property where the mission home and the small chapel stand. They are in the very heart of Kowloon, in the location with the best transportation. It can include a chapel and classrooms on the first two floors and a temple on the top two or three floors. That building, which houses a chapel, a mission home, a mission office, and a sacred temple, is a testament of the whisperings of the Spirit to a prophet of God. The Holy Ghost stands as the third member of the Godhead, the Comforter promised by the Savior who would teach His followers all things and bring all things to their remembrance, whatsoever He had said unto them see John It is a gift, sacred and wonderful, borne by revelation from the third member of the Godhead. I believe this power, this gift, is available to us today. There is no greater blessing that can come into our lives than the gift of the Holy Ghost—the companionship of the Holy Spirit to guide us, protect us, and bless us, to go, as it were, as a pillar before us and a flame to lead us in paths of righteousness and truth. That guiding power of the third member of the Godhead can be ours if we live worthy of it. We need it as we teach the gospel in our classes and to the world. We need it in the governance and teaching of our families. As we direct and teach under the influence of that Spirit, we shall bring spirituality into the lives of those for whom we are responsible. They feed the spirit and nourish the soul. May I give a special word of counsel to parents who stand as heads of families: You may be led to someone by the hand of the Lord because of your spirit, your attitude, your feeling, your humility. From time to time, I have been interviewed by representatives of the media. Concerning this, I have recounted to these media representatives the experience of Elijah following his contest with the priests of Baal: That is the way it is. There is a still, small voice. It comes in response to prayer. It comes by the whispering of the Spirit. It may come in the silence of the night. Do I have any question of that? I have seen it in instance after instance. How do we know the things of the Spirit? How do we know that it is from God? By the fruits of it. If it leads to growth and development, if it leads to faith and testimony, if it leads to a better way of doing things, if it leads to godliness, then it is of God. If it tears us down, if it brings us into darkness, if it confuses us and worries us, if it leads to faithlessness, then it is of the devil. That which tears down, which leads us into forbidden paths—that is of the adversary. I think it is just that plain, just that simple. Such an interpretation excludes the power of the Holy Spirit in speaking to and through [us]. Of course we believe in the cultivation of the mind, but the intellect is not the only source of knowledge. There is a promise, given under inspiration from the Almighty, set forth in these beautiful words: They have not heard the voice of the Spirit. They have not heard it because they have not sought after it and prepared themselves to be worthy of it. Then, supposing that knowledge comes only of reasoning and of the workings of the mind, they deny that which comes by the power of the Holy Ghost. The things of God are understood by the Spirit of God. That Spirit is real. To those who have experienced its workings, the knowledge so gained is as real as that which is acquired through the operation of the five senses. I testify of this. And I am confident that most members of the Church can so testify. I urge each of us to continue to cultivate a heart in tune with the Spirit. If we will do so, our lives will be enriched. We will feel a kinship with God our Eternal Father. We will taste a sweetness of joy that can be had in no other way. Let us not be trapped by the sophistry of the world, which for the most part is negative and which so often bears sour fruit. Let us walk with faith in the future, speaking affirmatively and cultivating an attitude of confidence. As we do so, our strength will give strength to others. Those prayers will not go

unanswered. To obtain this companionship, we need to ask for it, to live for it, to be loyal to the Lord. That is what you do. And you will have it. Stay away from the sleaze. Stay away from pornography. Stay away from these things that pull you down. The books you read, the magazines you read, the videos you look at, the television programs you look at, the shows you go to, all have an effect on you and will do if you subject yourself to the influence of those titillating kinds of things which are designed to make you poor and somebody else rich. Stay away from them. Did you ever think of that, of how important that is, of what it means to take upon yourselves the name of the Lord Jesus Christ with a pledge and a promise to keep His commandments? And He makes a pledge and a promise to you that He will give you His Spirit to be with you. What a wonderful thing that is. If we continue to walk in virtue, we may enjoy the fulfillment of the promise made by the Lord when He said: See sections 1 and 2. When have you felt the Holy Ghost teach and guide you? What have you learned from those experiences? What have you learned from your own experiences about recognizing communications from the Holy Ghost? How can these teachings help us recognize the influence of the Spirit? What experiences have you had with gaining spiritual knowledge? In what ways have you been blessed by the Holy Ghost? We do all we can to know their interests, achievements, needs, and concerns. We tailor to meet their needs, even if this takes more time and effort. We notice when they are absent and recognize them when they are present.

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Chapter 6 : ~*~ Emotions Of A Mother ~*~

Mind/Soul The human body consists of three parts: the body itself, the mind and the spirit. It is important to note that all three of these parts be balanced and healthy in order to live a life of wholeness.

Chapter 7 : Difference Between Mind and Soul | Difference Between

Soul Whisperings holds a collection of timeless pieces-poems of love and romance, family sanctity, self-awareness, and nature's divinity. From rhyming stanzas to emotionally charged free verse, Orange's writing uplifts with a deep sincerity anyone can appreciate.

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~ Whisper The Words ~ Whisper sweet nothings in my ear Tell me of a love so true Convince me I'm the only one.

Chapter 9 : Happy "Halloween"

You may be wondering, "Who is the Butterfly Soul and why should I read the whisperings?" Well, the Butterfly Soul is me, a young woman looking to reach her full potential, to continue my journey of growth and positive change and hopefully to add a little beauty into the lives of others on the way.