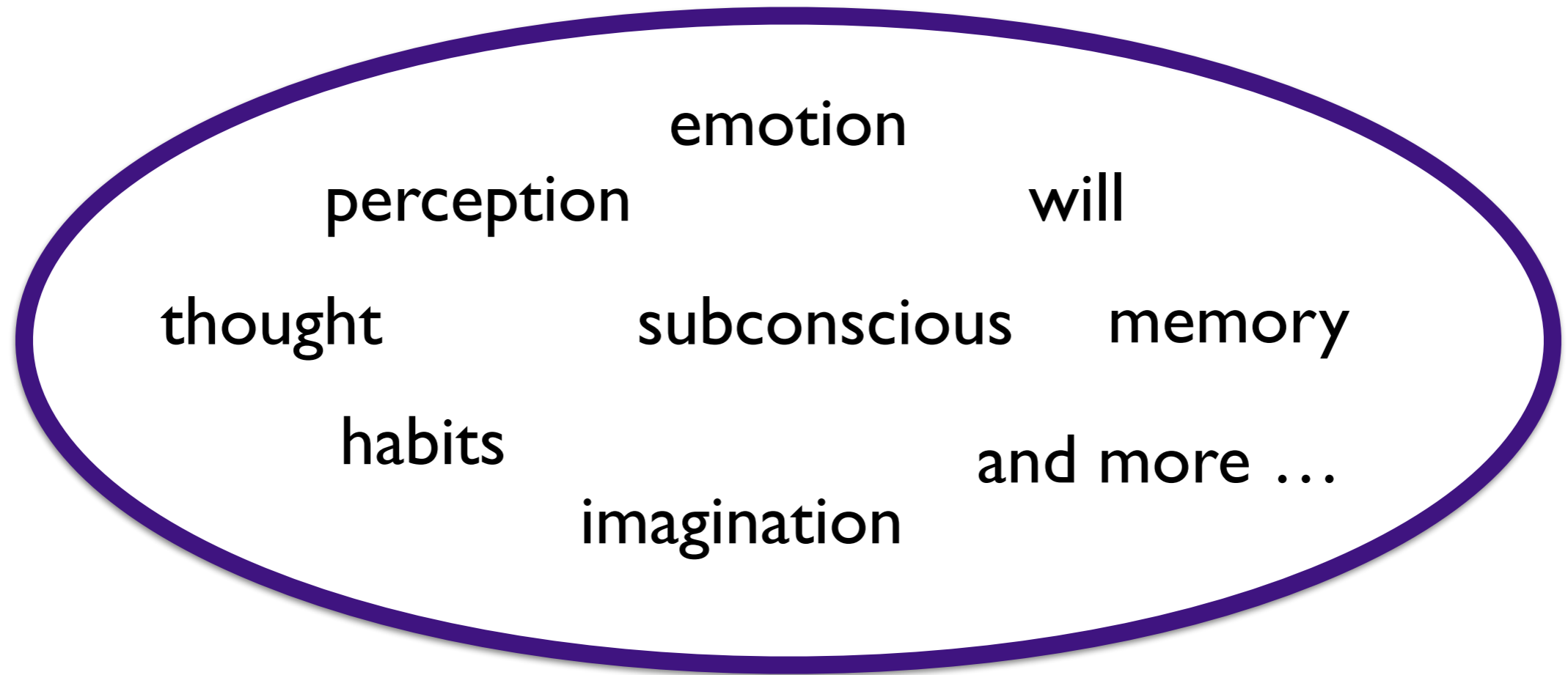


Exploring the hOS

- Scope of mind
- Patterns
- Optimal zone

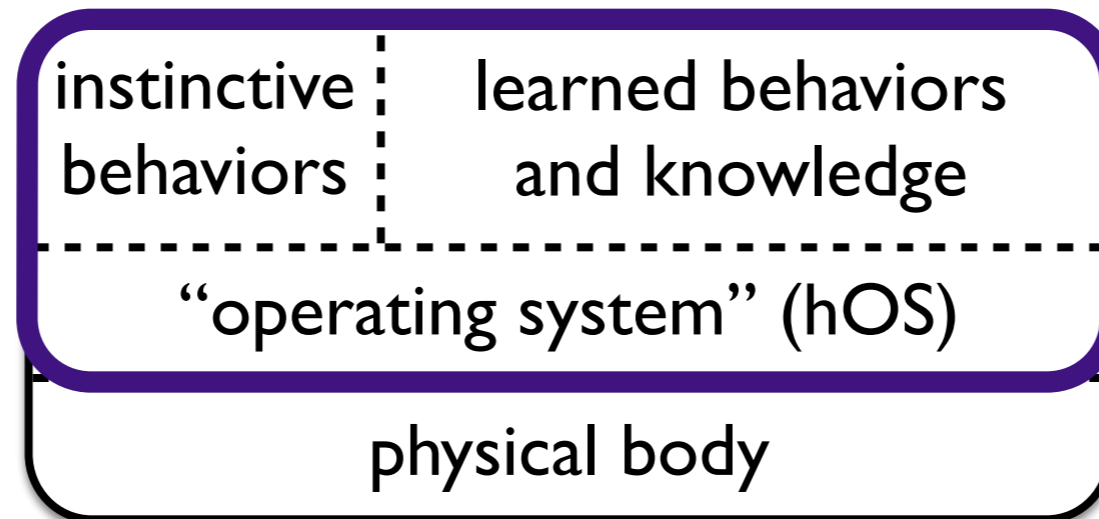
Scope

Mind



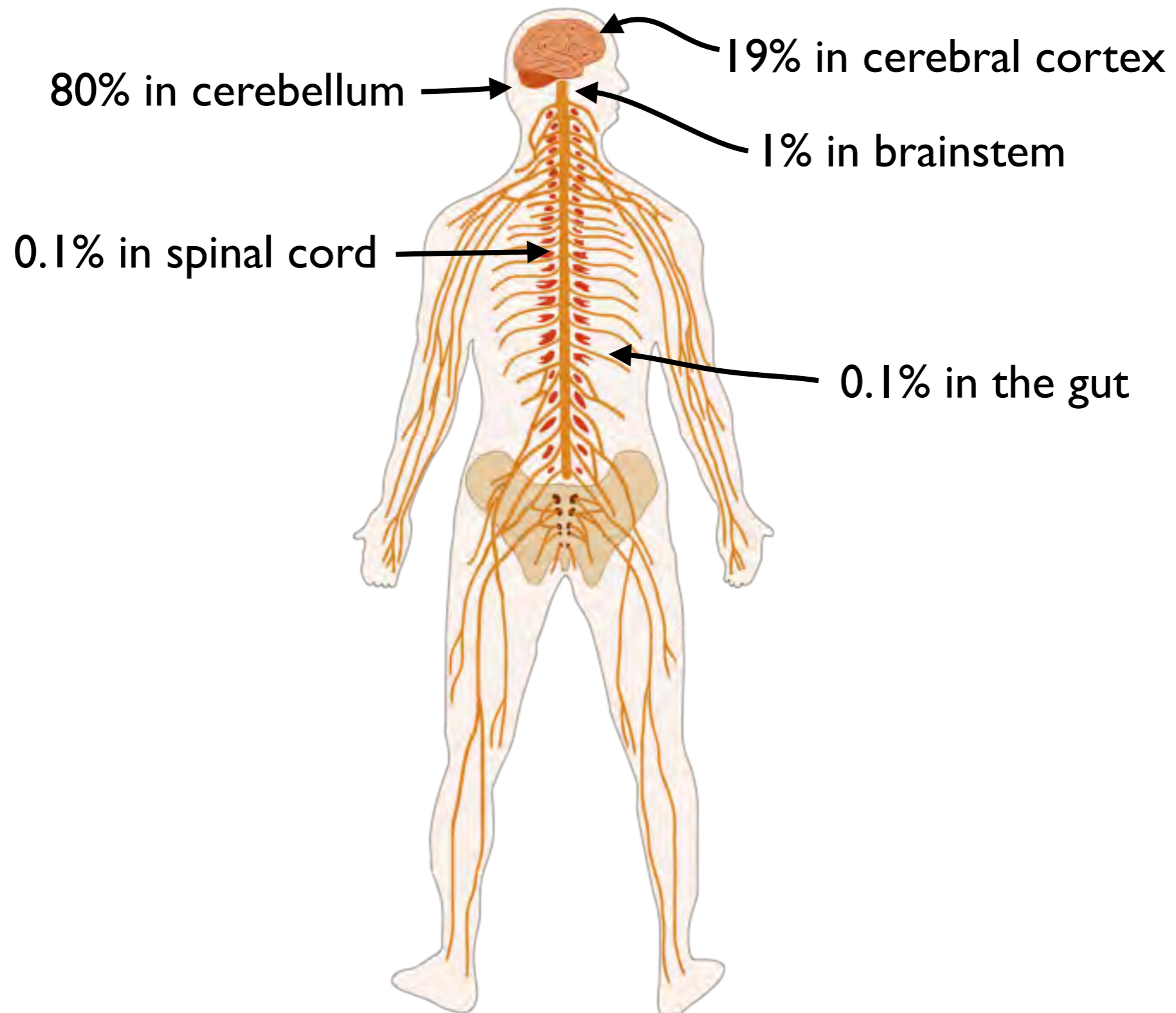
Scope

Mind



Humans

Biology of Mind – Neurons



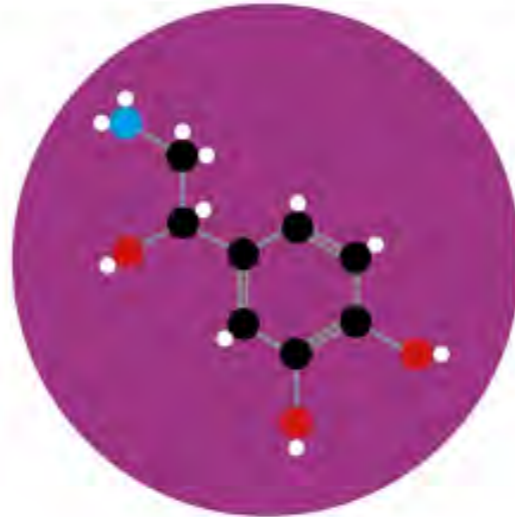
Biology of Mind – Neurotransmitters

ADRENALINE $C_9H_{13}NO_3$
THE FIGHT OR FLIGHT NEUROTRANSMITTER



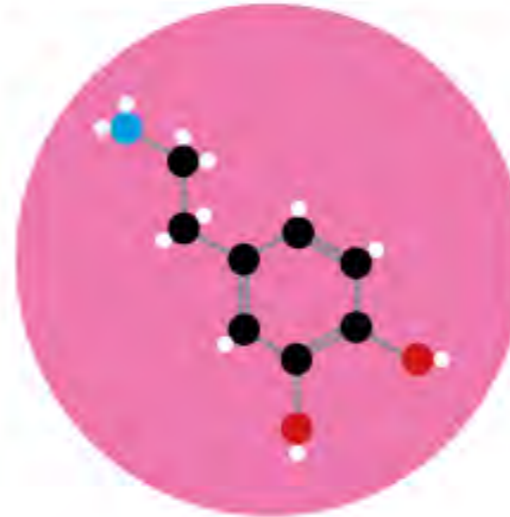
fight or flight

NORADRENALINE $C_8H_{11}NO_3$
THE CONCENTRATION NEUROTRANSMITTER



concentration

DOPAMINE $C_8H_{11}NO_2$
THE PLEASURE NEUROTRANSMITTER



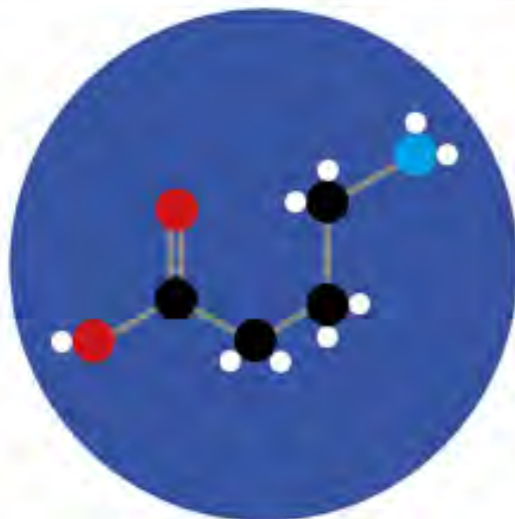
pleasure

SEROTONIN $C_{10}H_{12}N_2O$
THE MOOD NEUROTRANSMITTER



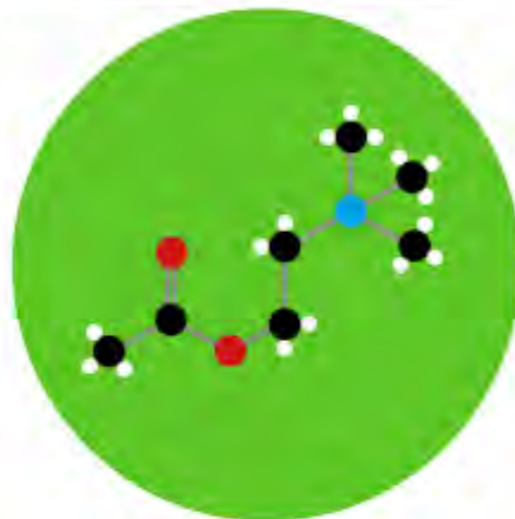
mood

γ -AMINOBTYRIC ACID $C_4H_9NO_2$
THE CALMING NEUROTRANSMITTER



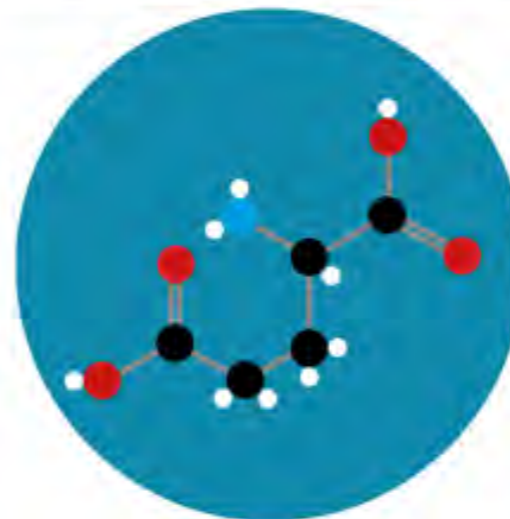
calming

ACETYLCHOLINE $C_7H_{16}NO_2^+$
THE LEARNING NEUROTRANSMITTER



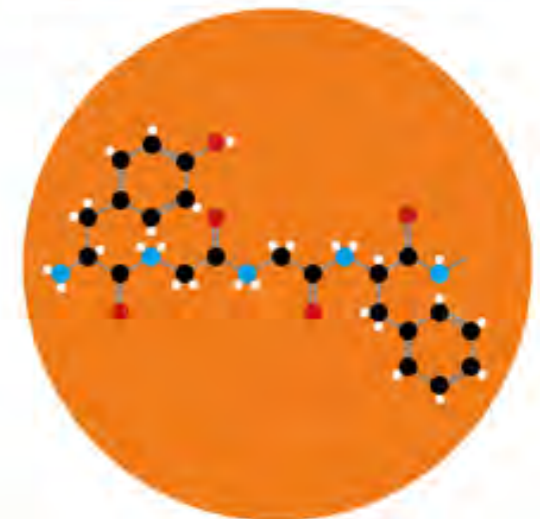
learning

GLUTAMATE $C_5H_9NO_4$
THE MEMORY NEUROTRANSMITTER



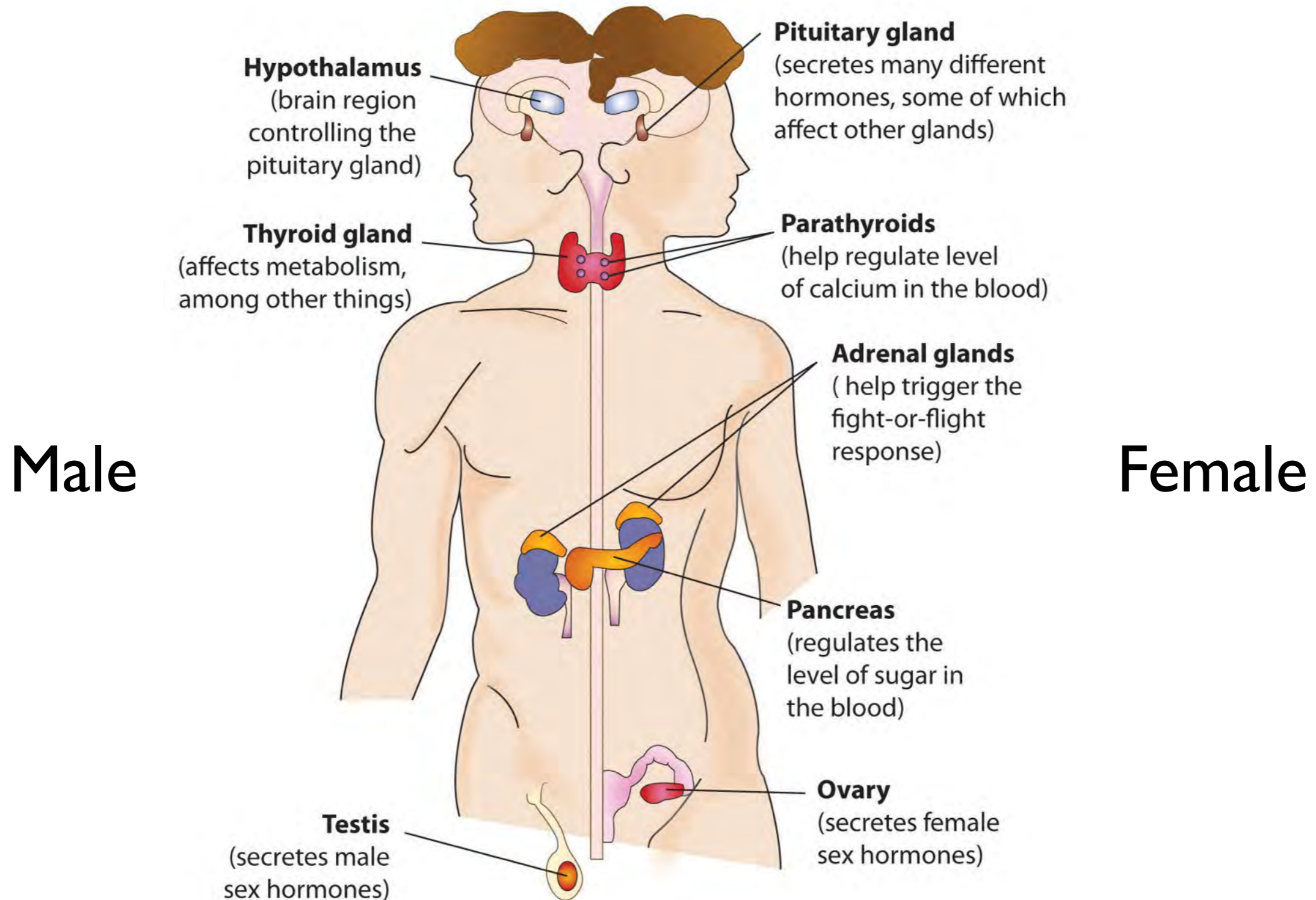
memory

ENDORPHINS 20+ TYPES IN
THE HUMAN BODY
THE EUPHORIA NEUROTRANSMITTERS

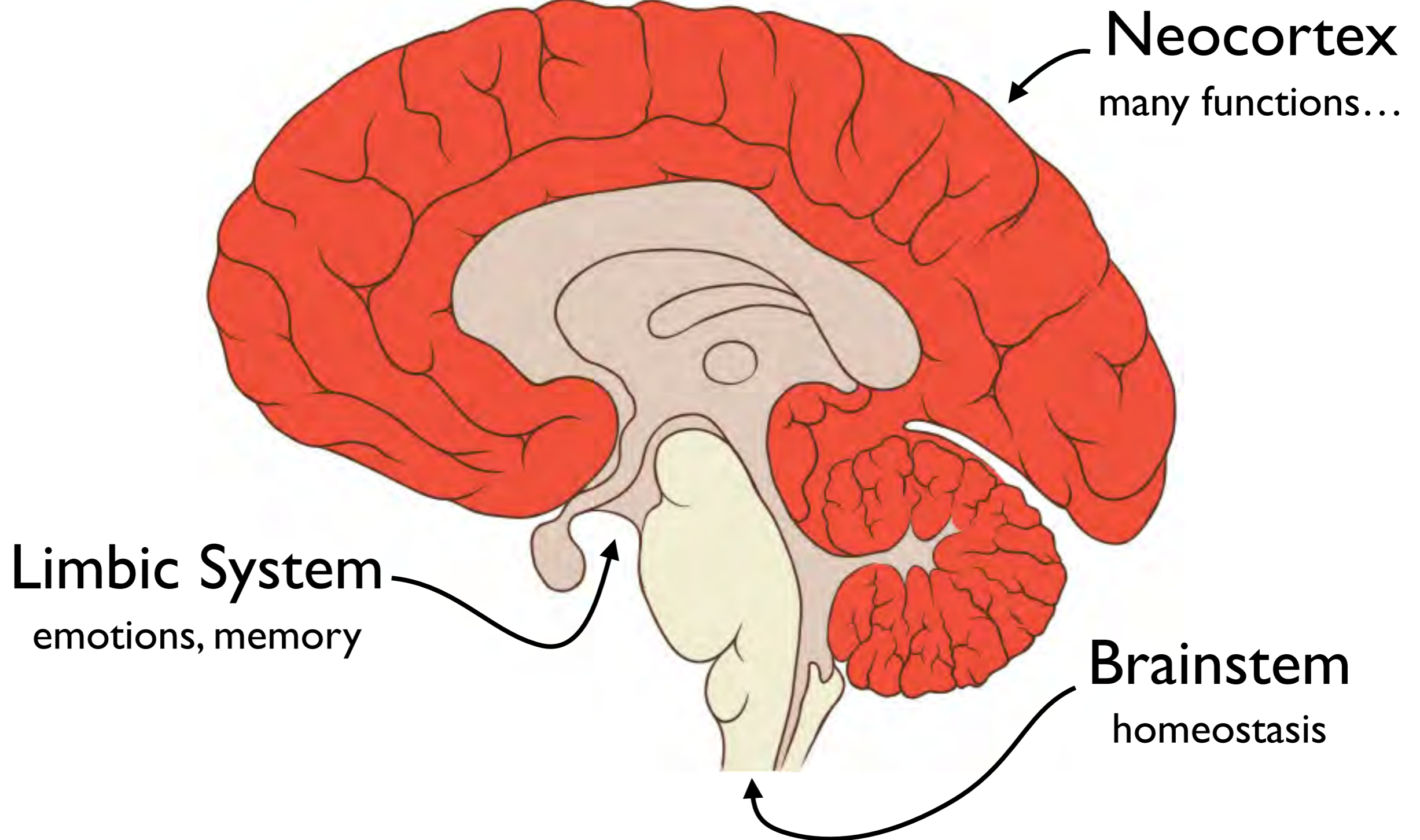


euphoria

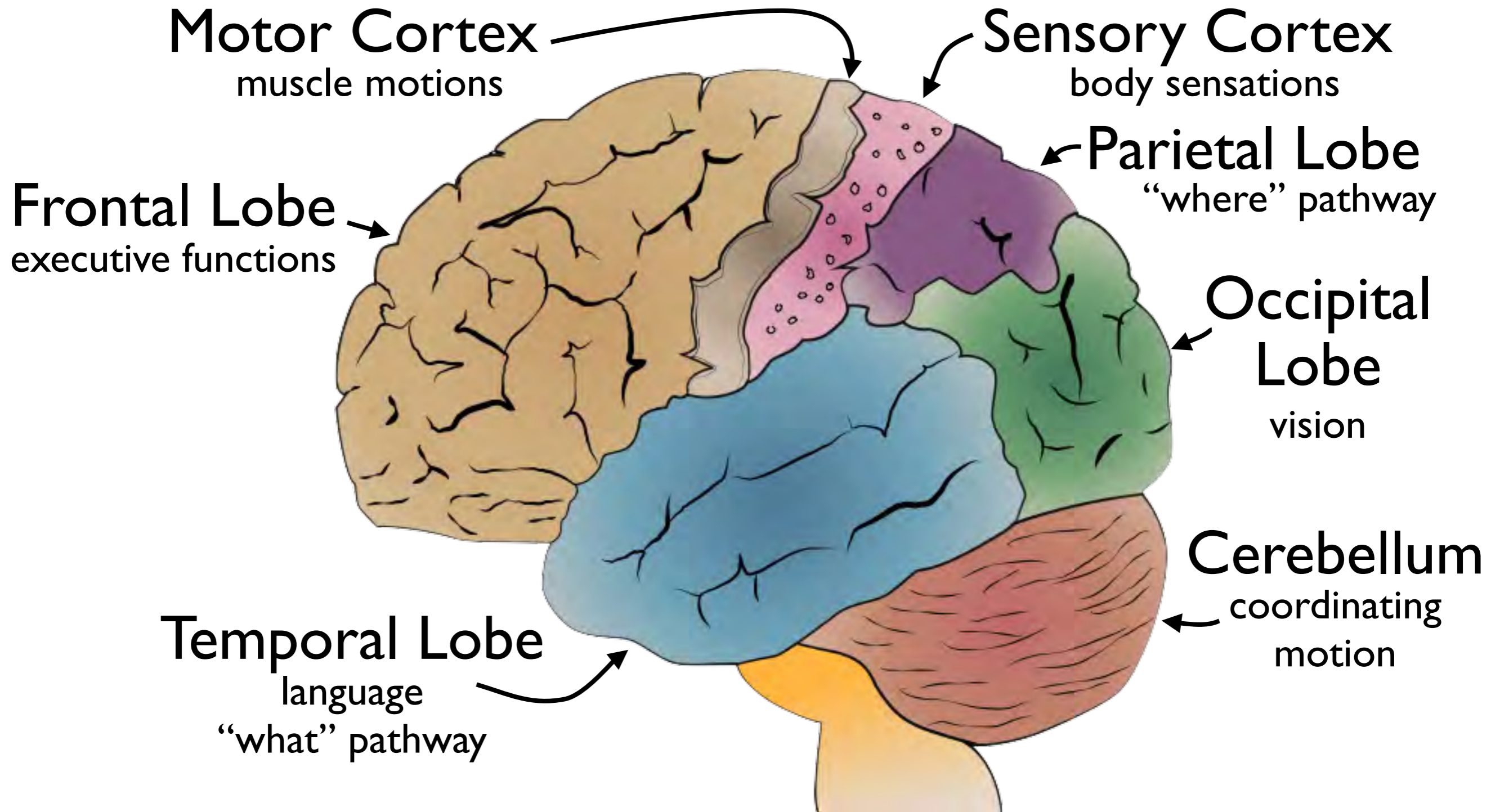
Biology of Mind – Hormones



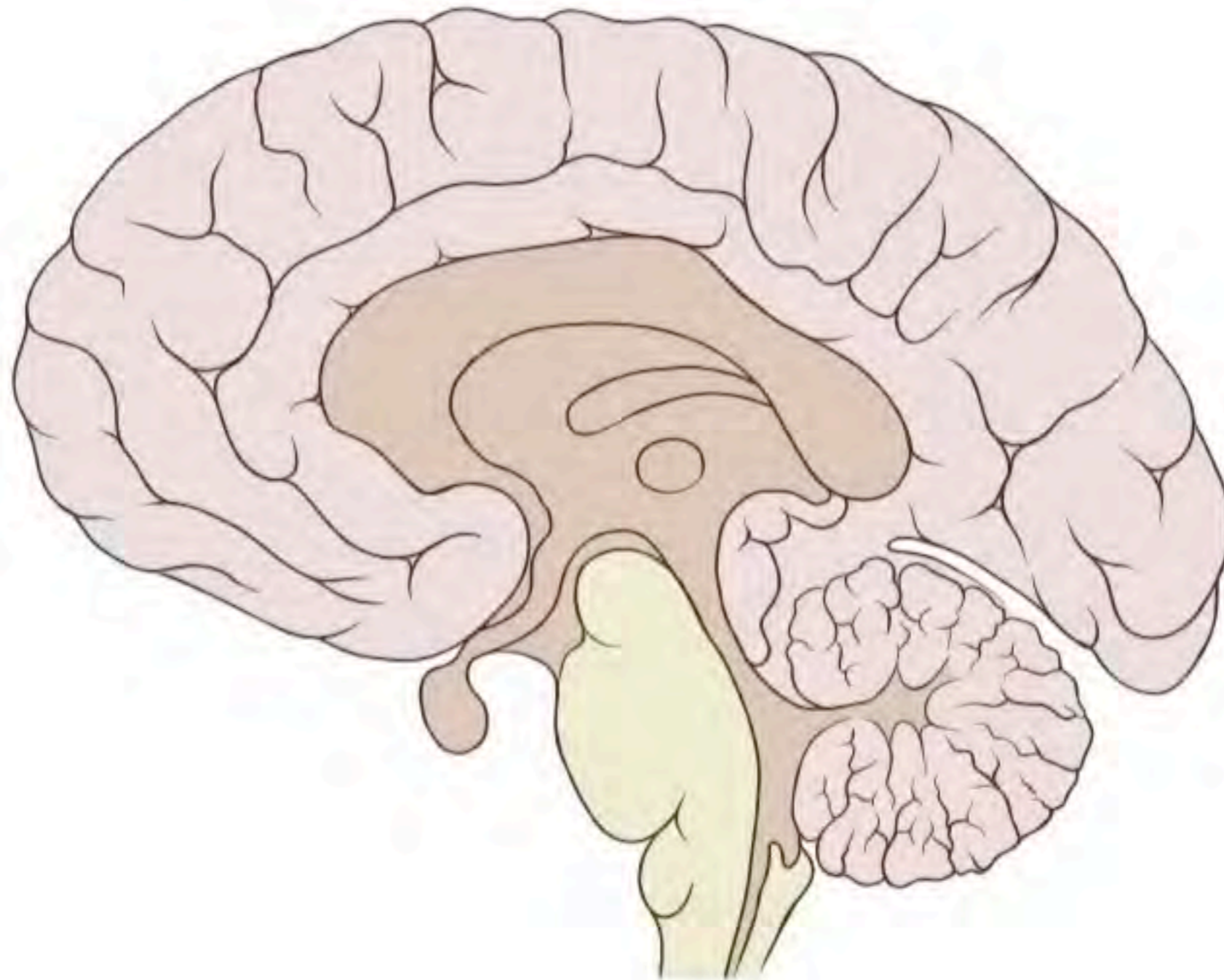
Biology of Mind – Brain



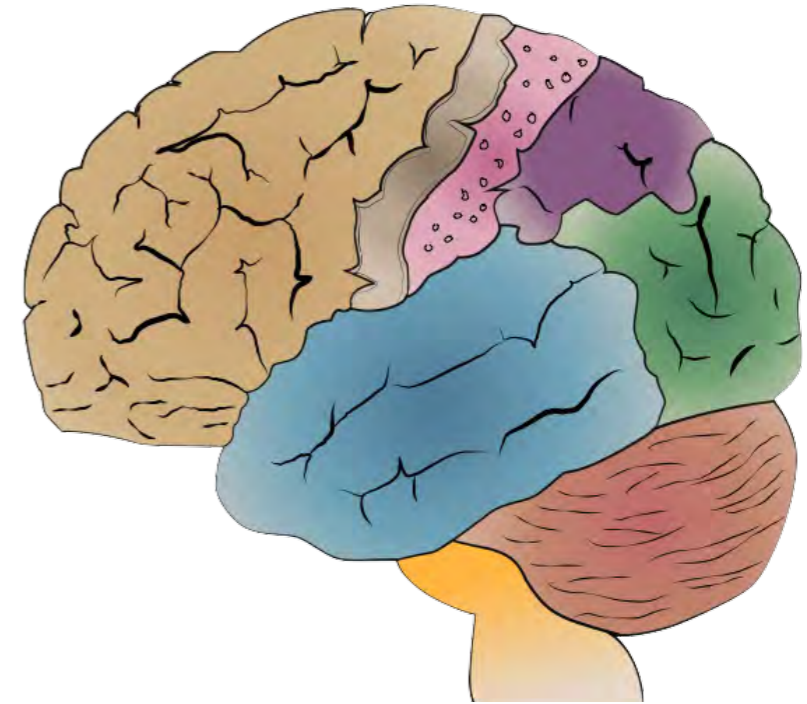
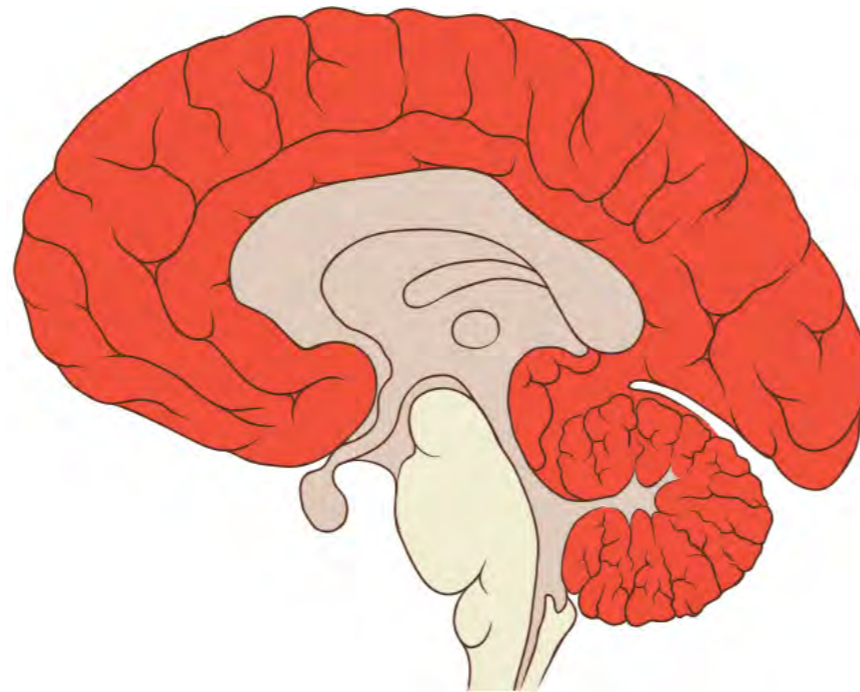
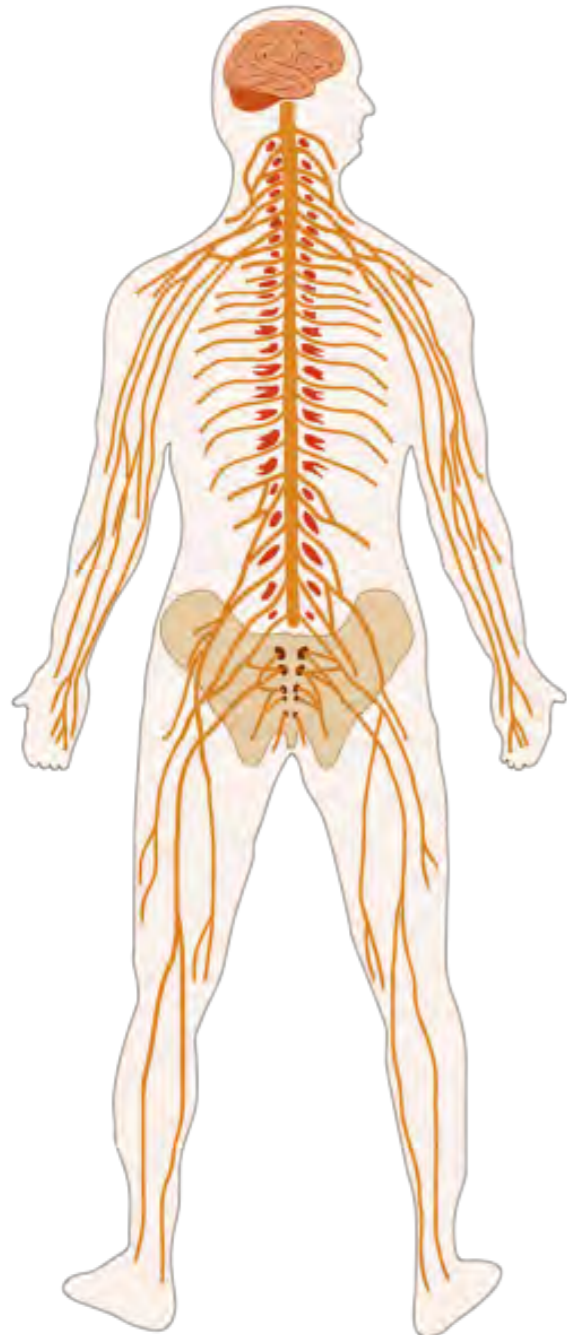
Biology of Mind – Brain



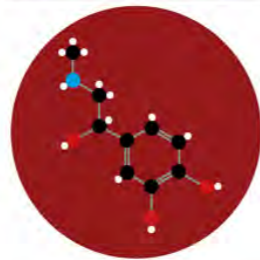
Biology of Mind – Brain



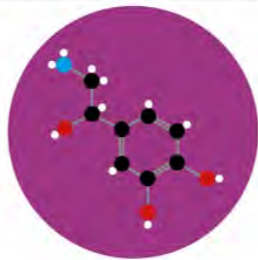
Biology of Mind



ADRENALINE $C_9H_{13}NO_3$
THE FIGHT OR FLIGHT HORMONE



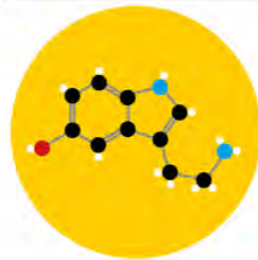
NORADRENALINE $C_8H_{11}NO_3$
THE FIGHT OR FLIGHT NEUROTRANSMITTER



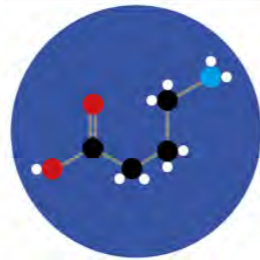
DOPAMINE $C_8H_{11}NO_2$
THE PLEASURE NEUROTRANSMITTER



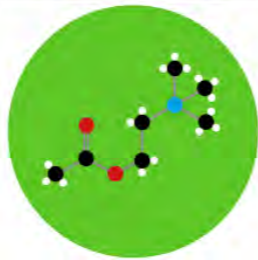
SEROTONIN $C_{10}H_{12}N_2O$
THE MOOD NEUROTRANSMITTER



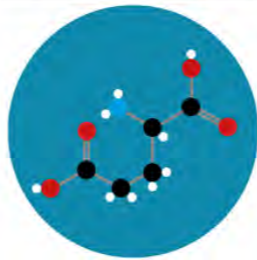
γ-AMINOBUTYRIC ACID $C_4H_9NO_2$
THE CALMING NEUROTRANSMITTER



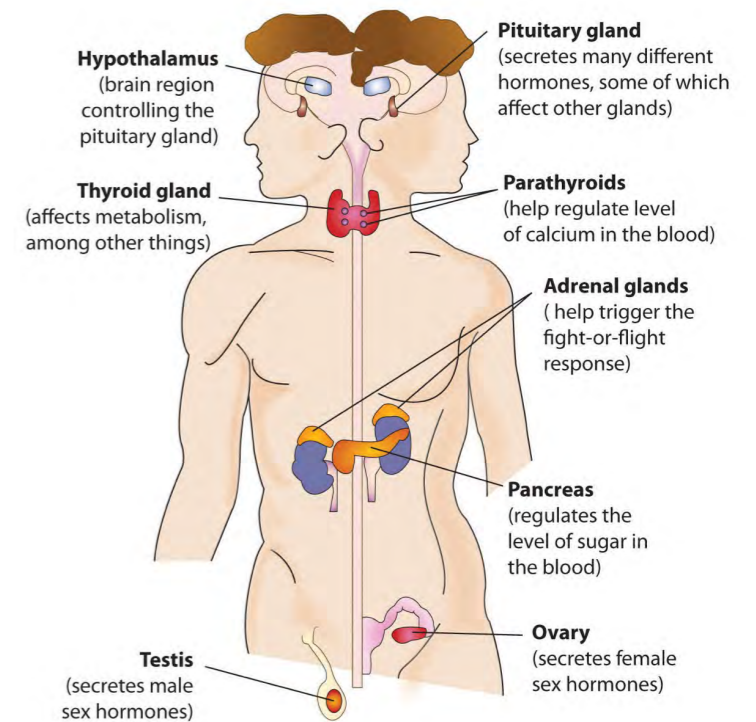
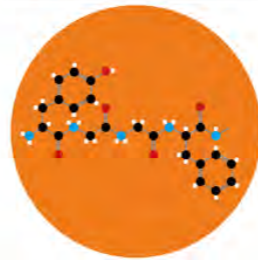
ACETYLCHOLINE $C_7H_{16}NO_2^+$
THE LEARNING NEUROTRANSMITTER



GLUTAMATE $C_5H_9NO_4$
THE MEMORY NEUROTRANSMITTER



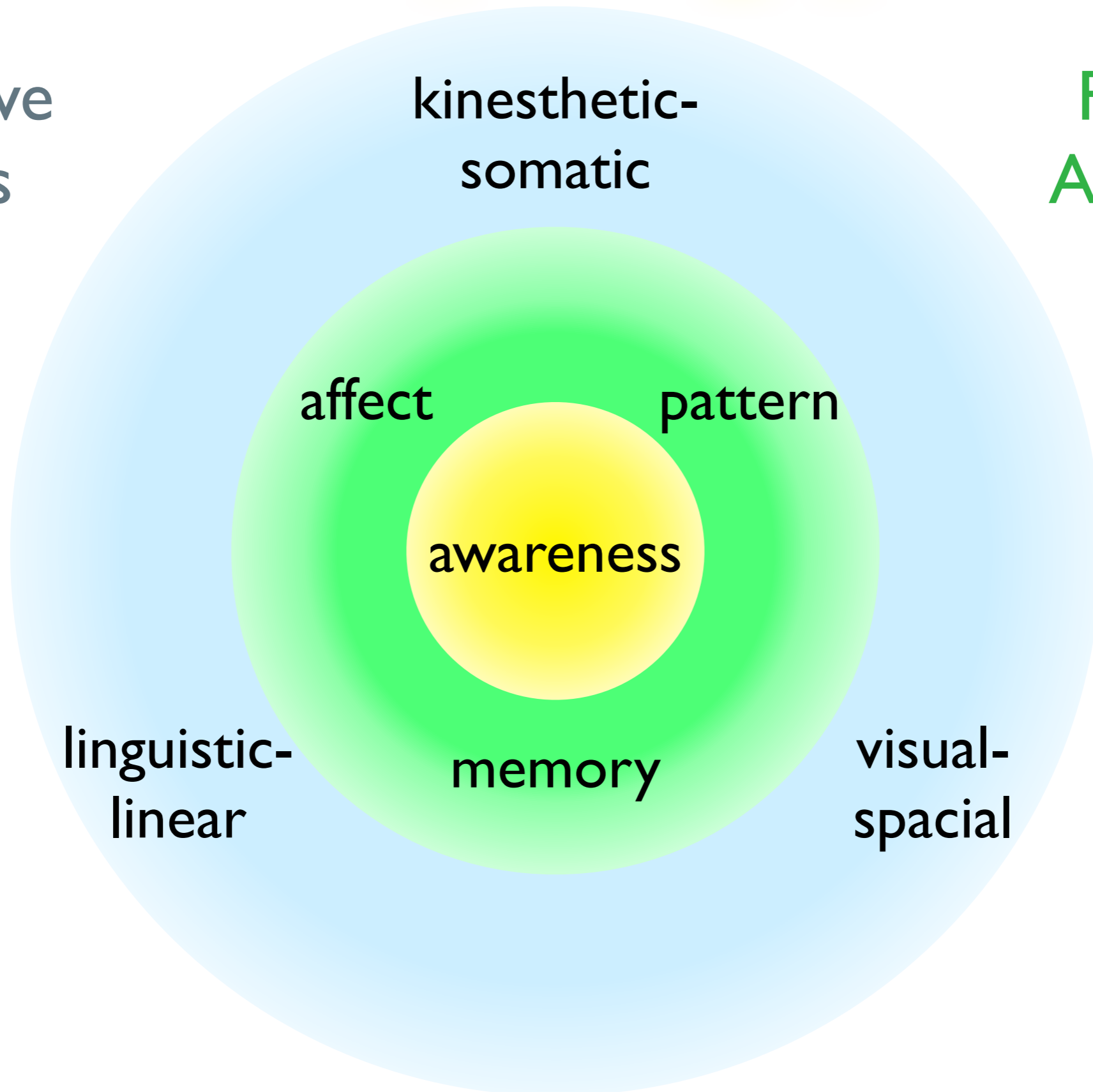
ENDORPHINS 20+ TYPES IN THE HUMAN BODY
THE EUPHORIA NEUROTRANSMITTERS



Human Operating System

Cognitive
Modes

Facets of
Awareness



kinesthetic-
somatic

affect

pattern

awareness

linguistic-
linear

memory

visual-
spacial

Human Operating System

Self with choice ...



... in space and time

Awareness

conscious

external
sense info

spacial
context

internal
sense info

word(s) or
phrase(s)

concept(s)

affect

temporal
context

history

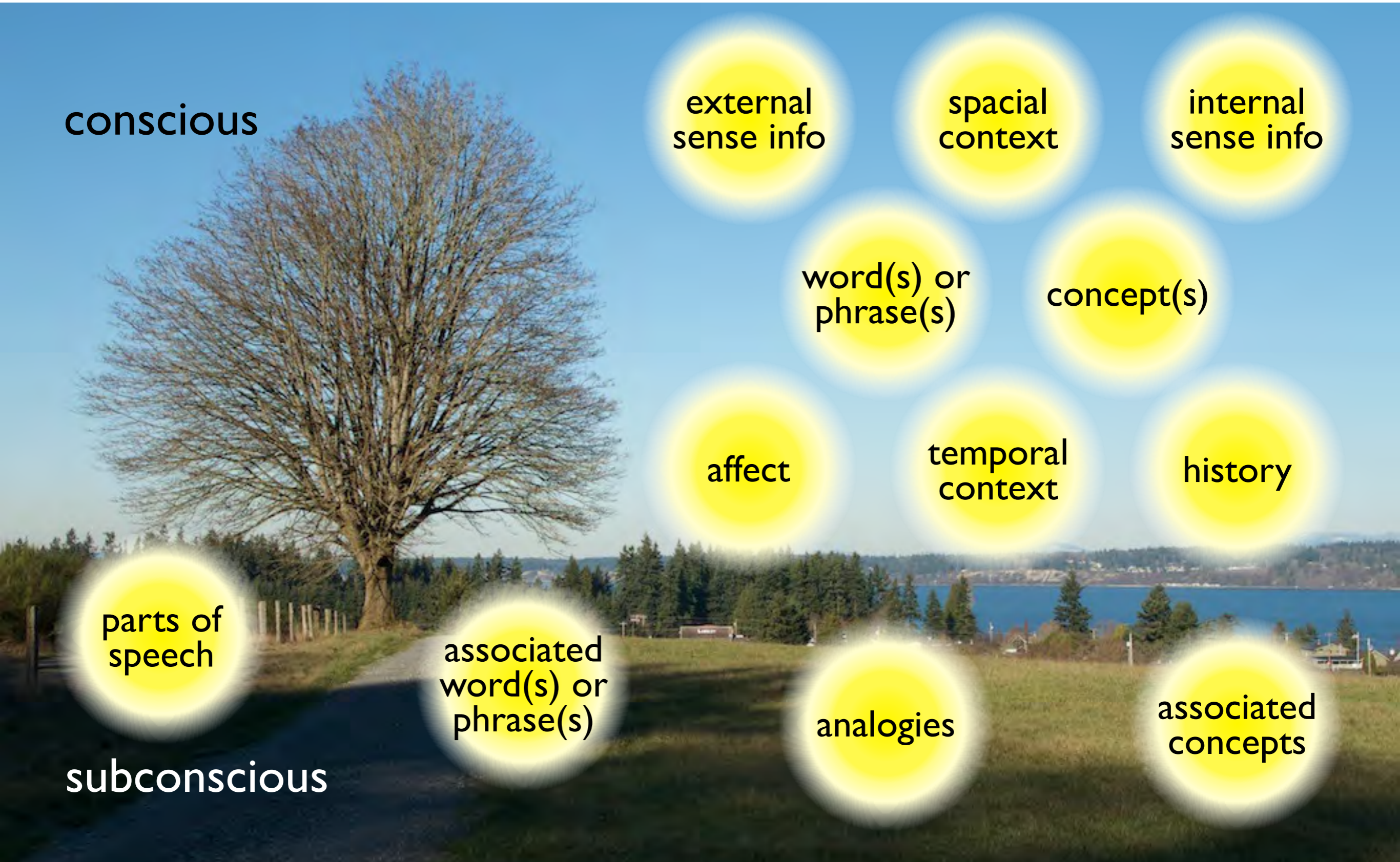
parts of
speech

associated
word(s) or
phrase(s)

analogies

associated
concepts

subconscious



Mind-Bundles

external
sense info

spacial
context

internal
sense info

concept(s)

conscious

affect

word(s) or
phrase(s)

temporal
context

history

subconscious

parts of
speech

associated
word(s) or
phrase(s)

analogies

associated
concepts

THINKING,
FAST AND SLOW



DANIEL
KAHNEMAN

WINNER OF THE NOBEL PRIZE IN ECONOMICS

Thinking, Fast and Slow

