

Welcome BrainToBeing

Post by "BrainToBeing" of December 8, 2023 at 5:34 PM

There are piles of bootstrap programs in us. There are various reflex behaviors that reveal early integrations of circuits in babies, such as here:
<https://www.youtube.com/watch?v=8UhAanlThUE>

There are many normal behaviors we take for granted: swallowing, eating itself, sneezing, sleeping, etc, etc.

There are later normal behaviors such as covering ears with loud sounds, balancing behaviors, handedness, pain behaviors.

There are learning behaviors such as many elements of remembering behaviors, "modeling" (copying a trusted source), data integration behaviors, formations of beliefs, values, expectations.

There are way more "bootstrap" behaviors than most people realize - because we take them for granted. But, all of them require that the nervous system knows how to integrate data, and which forms of integration to initiate at which time.

Most of what we learn "how" to do are refinements of processes we are already equipped to do. No one teaches us which muscle to use, in what order, or how long to activate each and every muscle when we learn to walk or run. Rather, the core foundations for the behaviors are already there and what we do is learn to apply those foundations to actual life experience.

Is that enough?