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You are continually cultivating your past as a means of controlling your future. --Lisa Feldman Barrett

Are You A Spectator or a Creator to Reality?

"Your brain constantly runs a model of your body as it moves through the world. You come to know that world only through your cochlea, retina, and the other sensory surfaces of your body. Their signals, along with those streaming from within your body, continuously confirm or correct the ongoing signals in your brain. The implication is a bit startling: You cannot experience the world, or even your own body, objectively. Your experience is always from a particular perspective, and no perspective is universal." Dr. Lisa Feldman Barrett shares more in this piece that uses neuroscience to explain how opening yourself to new experiences and interacting with people who think differently than you gives you the opportunity to create new meaning, and find greater agency.

Be The Change:

More from Barrett in this piece, "The Surprising Origins of Emotion."