

## **How the Brain Communicates**

Every time we have a thought, our brain surges with electrical activity, using up to ten times more energy than the average cell and neurons connect with one another across a tiny gap called a synapse so that various parts of the brain can communicate. At the junction where they connect, the electrical impulses within the neurons change into chemical reactions. Various experiences of life can change these neuronal connections causing them to connect and disconnect in continually changing cycles. Whenever we learn something new the brain makes new connections. This means new knowledge and experiences can develop new networks or pathways which change, develop and extend the patterns in the brain. When we think the same thoughts and perform the same actions over and over again we are stimulating certain parts of the brain which build strong connections in that area. Something practiced many times becomes hard-wired into the brain to the extent that that action no longer has to be thought about but becomes automatic and carried out subconsciously.