

THE HUMAN MIND: A CPU IN ACTION



The human mind is often compared to a central processing unit (CPU) of a computer. This analogy can help us understand the complexities and functions of the human brain.

What is a CPU?

A CPU is the brain of a computer. It is responsible for processing instructions, performing calculations, and controlling the computer's operations. The CPU retrieves information from memory, processes it, and sends the results back to memory.

How is the Mind like a CPU?

The mind, like a CPU, is responsible for processing information, making decisions, and controlling the body's operations. It retrieves information from the environment and processes it, resulting in thoughts then emotions, and behaviours. The mind also stores information in memory, which can be retrieved later for future use.

The mind's processing can be broken down into three stages: input, processing, and output. The input stage involves the senses, which gather information from the environment. The processing stage involves the brain, which interprets and analyses the information. Finally, the output stage involves the body's responses to the information, such as behaviours or emotions.

The CPU and the mind also share the ability to multitask. Just as a CPU can perform multiple operations simultaneously, the mind can process different types of information at the same time. For example, while driving a car, a person can simultaneously listen to music, talk to a passenger, and navigate the roads.

Another similarity between the CPU and the mind is the ability to learn and adapt. The CPU can be programmed to learn from past experiences and adjust its operations accordingly. Similarly, the mind can learn from past experiences and adjust its thoughts, emotions, and behaviours in response.

The analogy between the mind and a CPU can also help us understand the concept of consciousness. Consciousness is the awareness of our thoughts, emotions, and surroundings. It is the ability to experience the world around us. Like a CPU, the mind is aware of its operations and can monitor and control its functions.

Our mind comes preinstalled with the need to develop, survive and reproduce. It already has a set of rules on how it learns and processes. Your mind doesn't turn off, it operates 24/7. It attempts to get order and understanding from the world in the form of stories that get wrapped around thoughts and observations of ones experiences in their life.

These stories appear so real, we don't see how we've created these stories and constructs with our own mind. We can learn to peel back the layers of stories and see that without the judgments and drama, they are just neutral thoughts that we have held onto...and we can create new stories from the same thoughts, we get to make that choice.

We can choose to embrace the fullness of all the experiences that are available to us in this lifetime without all the filters and expectations we place on everything, then we'd be just left to experience it in a more pure way without all the layering and mental suffering we add on. We can either use our mind for ourselves or against ourselves.

When we can see the mind and body as being a tool and a container for that part of us that needs them to perceive and experience all of life, then we don't need to take these mind body aspects of ourselves so seriously.

Viewing the mind as a central processing unit is a great step towards discovering who you really are.

[Listen to podcast episode 2 - The CPU of the mind](#)