"I THINK, THEREFORE I AM... NOT" - UNVEILING THE 5 MULTI-FACETED ELEMENTS SHAPING OUR EXISTENCE

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Rene Descartes, a 17th-century philosopher famously stated, "Cogito, ergo sum," which translates to "I think, therefore I am." This statement is the foundation of Descartes' philosophy that the very act of Thinking was the essence of human existence. Let me debate that.

1. Thinking

It is true that Thinking plays a crucial role in human life, and its importance can be observed in several aspects such as:

- Problem-solving
- Creativity and Innovation
- Learning and Knowledge Acquisition
- Self-reflection and Personal Growth
- Communication and Collaboration

What I would like to debate is that Thinking is the essence of our existence. Although it is essential to our Survival and Growth, our Thinking plays only a partial role in our life.

> ***I am my Thinking***

2. Emotions

Although Emotions are generated in the brain, they are distinct from Thinking, and they do interact and influence each other. While Thinking involves cognitive processes such as reasoning, problem-solving, and decision-making, emotions are primarily affective states that involve subjective feelings and physiological responses in areas associated with the limbic system and the prefrontal cortex.

> ***I am my Emotions***

3. Instinct

Our brains are mostly preoccupied with our survival. The brain's primary function is to ensure regulating essential bodily functions, such as breathing, heart rate, and digestion. Most of these functions are instinctual and do not require conscious Thinking.

I am my Instinct

4. Genetics

Genetics can contribute to variations in cognitive abilities, personality traits, and behavioral tendencies. For example, genetics can influence Thinking abilities and cognitive processes such as:

- Intelligence: cognitive abilities such as memory, problem-solving skills, attention, and processing speed.
- Neurotransmitter Systems: Genetic variations can affect the functioning of neurotransmitter systems in the brain, such as dopamine, serotonin, and glutamate. These neurotransmitters play crucial roles in cognitive processes, including learning, memory, attention, and decision-making.
- Brain Structure: Genetic factors can influence the development, structure, and connectivity of the brain, which in turn, can impact cognitive processes. For example, certain genes are involved in the growth and organization of neural networks, the formation of synapses, and the myelination of neural pathways.
- Myelination: Genetics can influence the process of myelination in the brain, which plays a crucial role in the efficient functioning of the nervous system. Myelination refers to the formation of a protective sheath called myelin around nerve fibers or axons, which enhances the speed and efficiency of nerve impulse conduction.

I am my Genetics

5. Environment

Neville Goddard says: "Everyone is you, pushed out". The opposite is equally true. You are Everyone, pushed out. We mirror our environment, and this external reality influences our internal state. The experiences shape us. The environment we are in touch with plays a crucial role in who we become.

I am my Environment

To conclude,

Our Thinking, Emotions, Instinct, Genetics, and Environment define our existence. Our Genetics influence our Thinking. Our Thinking influences our Behavior. We are a combination of all three factors.

I explained in my article "What makes us who we are?" how we are a combination of Potential (genetics), Thinking (brain) and Behavior (psychology). This triangulation is expressed in the assessment tool developed by Meet Yourself™ to measure all 3 facets of what makes people perform in life and at work.