



**Prof. Susan Greenfield: The Neuroscience of Consciousness**



Baroness Greenfield, Founder, and CEO of Neuro-Bio Ltd is a neuroscientist, writer, and broadcaster. She has published over 200 papers in peer-reviewed journals, based mainly at Oxford University but has held research fellowships at the College de France Paris, NYU Medical Center New York, and Melbourne University. She holds 32 honorary degrees from the UK and foreign universities; she has received numerous honors including the Legion d'Honneur from the French Government, an Honorary Fellowship from the Royal College of Physicians, The American Academy of Achievement Golden Plate Award, and The Australian Medical Research Society Medal. She is also a Fellow of the Royal Society of Edinburgh.

**TOP EMBODIMENT TIP:** Your brain works with the rest of your body, otherwise you would have biological anarchy.

Neuroplasticity Is a Core Capacity of the Brain:

- There are two different and competing ways that the brain is constantly creating itself: **Neuroplasticity and Neuro-assembly.**
- **Neuroplasticity** happens over time with repetition at a very small level of individual neurons.
- **Neuro-assembly** happens quickly then disappears and seems to impact large scale organizational patterns within the brain.
- Neuroplasticity can be more easily measured and researched than neuro-assembly.

Thought and Consciousness are Related Experiences

- Thought is a more complex experience than consciousness.
- There is a depth of consciousness that is associated with all living things and there is a hierarchy of consciousness.
- When we are emoting or having a feeling this is a clearer example of a state of consciousness.
- Language supports and aids in the linearity of thinking by imposing a beginning, middle, and end.
- **“Thinking is movement refined in the brain”**

Resources:

- ❖ **Books:** *A Day in the Life of the Brain: The Neuroscience of Consciousness from Dawn Till Dusk.*  
*Mind Change: How digital technologies are leaving their mark on our brains.*
- ❖ **Website:** <http://www.susangreenfield.com>  
<https://neuro-bio.com>



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The initiative was founded by Nicoleta Carpineanu (aka Nico de Transylvania), a Romanian, UK-based DJ/Producer who grew up in the forests of Transylvania. We began our first key project in Romania in April 2019 and in our first year planted over 25,000 trees. We reforest land that has been clear-cut, where natural reforestation would not occur. We only plant native, biodiverse species, grown locally and cared for until maturity in legally protected areas, adjacent to existing natural forests. Our aim is to plant one million trees in the Carpathians and beyond by 2025.

**OUR MISSION** is to preserve our forests and the people and wildlife they nurture, and to promote connection with nature through music, art, and culture.

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