



**Exhibit at French Meadow Nord Social Hall: sample North Minneapolis athleader reflections**



**Emmanuel Jones:** *“For this to be the first time visiting the exhibit I was really interested in what I’ve seen. Most of the things here was review from what Jane talked to us about, such as that consciousness can exist separate from the body and brain and interconnects all of life. That stands out to me because it is something that actually happens, it makes you look at things different. I also believe like it says animals have emotional brains. Which makes them able to connect with humans and that connection strengthens foundations and gives comfort.*”

*Jill Bolte Taylor, PhD was a brain scientist who didn’t have use of the left side of her brain. And as I was told your right side brings brighter thoughts which can be a good thing for others to practice. Your mind is powerful so it’s best we use it to the fullest. Education and our sensory conditions are more about the left brain. The exhibit said that for thousands of years from Egypt to Einstein human minds have tried to understand the living universe and the relationship of human consciousness to it. So it’s something that does mean something to me also. Yes I do feel emotional health is a key to mental and behavioral health, so it’s important that the youth make a way to spread the positive news that can change lives.*

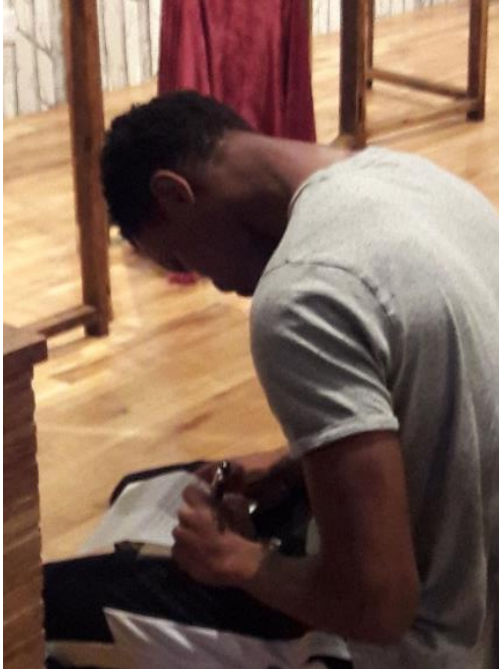
*All of these things open my eyes because first it’s things I didn’t know. I also take my like very serious so I feel it’s important to know how my brain works. As we all know the world is filled with negative things, so if I can find ways to program my mind to think big for the future or think positive I will do so. This experience opened my mind up to wanna help people figure out how the humans and animals mind works. Right now I’m a young black man who really doesn’t know all how my mind works which could lead to bad things so I take this serious to change my life.”*



**Kendale Perkins:** *“What I read going through this exhibit is that for a long time people have been noticing a continuum between humans and everything living is interconnected with how we perceive things in th universe. Consciousness or mind is more than what the brain does and is not to be reduced to brain chemicals and neurons. Consciousness can exist separate from the brain and interconnects al of life. Reality is more than what can be measured and repeatedly tested. Societies and their institutions based on assumptions and reality will lead to divisiveness, mental/emotional disorders.*

*The way this impacts me is I have members of my family that I feel are brought down because of their disabilities and mental/emotional disorders. Like knowing there are ways that we can help people to see and know that they can help themselves with their own problems. Spreading this information could help people open up an realize that we are all connected no matter what we do or what we are. We all pave ways that in the end connect back to ourselves.*

*A thing that caught my eye was placebo. Placebo is the mystery of how meaning, mindset, perception, consciousness and subjective states affect one’s physical response. What that means to me is if your subjective state is not good then the way you do things is going to be bad, but if your subjective state is good then you will put out good things to the world. I feel that everyone should know that everything is interconnected and that the way you feel on the inside or the way your subjective mind is, is the way life is going to go for you.”*



**Jamar Gardner:** *“Society and their institutions think that they know everything about the human mind and false assumptions have made normal human beings seem like they are crazy or have a mental disorder. I believe a lot of psychological disorders can be cured without putting a label on their head, and drugging them up for the rest of their life or calling them crazy. On an interview I once heard Dave Chappelle say “The worst thing you can call somebody is crazy. It’s dismissive. I don’t understand this reason so they’re crazy. That’s bullshit. These people are not crazy. They’re strong people – maybe their environment is a little sick.”*

*I love that quote because in society we throw around the word crazy to people who are obsessed with something that has not shown success yet. So we think it will never work. Until they do succeed then we think they are one of the smartest people in history.*

*When I read the panel about Jill Bolte Taylor and her life for 8 years of only having her right brain it was fascinating. Thinking about how schools only focus on the left brain and how society is based on right and wrong answers. It’s sad because we sit on a hierarchy where if you’re left-side gifted you’re ahead of the game already.*

*The one thing I hate is when people aren’t very smart in school think they are dumb. They could be a genius at a certain ability other than logic left brain things and they would still degrade their self. One of my friends is not a very smart school person but on the basketball court he is a genius. Which is why always tell people who tell me they are dumb, you are just a genius in something else and have to find out what you’re gifted at.”*