



**THOUGHT & BELIEF:
THE INNER HUMAN**

THE BIBLICAL VIEW

by NEAL FOX

About the cover:

"Our inner self is being renewed day by day." -- 2 Corinthians 4:16

Thought & Belief -- The Inner Human

by Neal Fox

Version 1.0 December 25, 2021

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Table of Contents

| | |
|---|-----|
| INTRODUCTION..... | 5 |
| CHAPTER 1..... | 7 |
| THE MATERIAL BODY & THE IMMATERIAL INNER HUMAN..... | 7 |
| CHAPTER 2..... | 10 |
| BRAIN vs. SOUL -- WHICH ONE DOES WHAT ?..... | 10 |
| CHAPTER 3..... | 17 |
| HUMANS vs. ANIMALS..... | 17 |
| CHAPTER 4..... | 22 |
| DEVELOPMENT OF THOUGHTS, BELIEFS, & SELF-AWARENESS..... | 22 |
| CHAPTER 5..... | 27 |
| THE DESIGN OF THE IMMATERIAL HUMAN SOUL..... | 27 |
| CHAPTER 6..... | 54 |
| THE SINFUL NATURE -- THE ENEMY WITHIN..... | 54 |
| CHAPTER 7..... | 61 |
| THE HUMAN SPIRIT..... | 61 |
| CHAPTER 8..... | 72 |
| THOUGHTS, THINKING & BELIEFS..... | 72 |
| CHAPTER 9..... | 83 |
| VARIABILITY OF BELIEFS | 83 |
| CHAPTER 10..... | 93 |
| WHAT DO MOST HUMANS BELIEVE?..... | 93 |
| CHAPTER 11..... | 104 |
| ACCEPTANCE & REJECTION OF TRUTH..... | 104 |
| CHAPTER 12..... | 115 |
| SLEEP & DREAMING..... | 115 |
| CHAPTER 13..... | 120 |
| MENTAL ILLNESS & MALADIES..... | 120 |
| CHAPTER 14..... | 130 |
| SOLUTIONS TO MENTAL MALADIES & DYSFUNCTIONS..... | 130 |
| CHAPTER 15..... | 138 |
| DEMENCIA, ALZHEIMER'S, & OTHER INTERFACE ISSUES..... | 138 |
| CHAPTER 16..... | 141 |
| EVIL & OUTSIDE INFLUENCES ON THOUGHTS & BELIEFS..... | 141 |
| CHAPTER 17..... | 146 |
| FALSE MENTAL COPING DEVICES..... | 146 |
| CHAPTER 18..... | 151 |
| GOING PAST THE "REALITY STOPS" OF NORMAL BELIEFS..... | 151 |
| CHAPTER 19..... | 154 |
| TAKING THE MIDDLE GROUND..... | 154 |
| CHAPTER 20..... | 156 |
| THE CRIMINAL MIND..... | 156 |
| CHAPTER 21..... | 158 |

| | |
|---|-----|
| THE INNER SELF DURING ETERNITY..... | 158 |
| CHAPTER 22..... | 160 |
| THE WORLD TODAY -- A CRISIS OF BELIEFS..... | 160 |
| CHAPTER 23..... | 163 |
| RIGHT BELIEFS, RIGHT THOUGHTS..... | 163 |

INTRODUCTION

Humans think and form beliefs. That much is clear. But we want to truly understand our inner self, and why we humans are the way we are. We want to know how the inner human is designed, the functions of the various components, where decisions are made, where thinking occurs, why we think the way we do, how memory works and where memories reside, why dreams are so weird, where beliefs are held and how they are formed, how thinking and beliefs become distorted, why so many people cannot recognize obvious truths, why people are so divergent and polarized in their views, and how we are supposed to interact with God. These are just some of the issues this book will seek to explain. They are difficult ones, to be sure, and this book is not a casual treatment of this subject, so you can expect real answers to these questions. For starters, if you believe thoughts and beliefs occur mainly in the brain, you are about to be very surprised.

Humans have long sought answers to deep questions regarding their thoughts and beliefs, since these are about the inner core of human life. But most who have sought to explain the inner human have been looking in the wrong place. We cannot simply look inside ourselves since that would be using self to try to explain self. And looking to psychology and science will fall far short since most science denies the existence of a soul, and therefore can only deal with the physical interfaces of the body.

We must therefore find true meaning from the only expert source, which is why this book looks to the Bible, where real answers to our deepest questions about the inner human can be found. There is no better source of truth on the subject of the human soul than the Bible, because God designed this immaterial part of humans, and only He could explain it. So to understand this subject, we must look to the Designer for answers.

This book will challenge the Reader's thinking and question some of your core beliefs about the workings of the inner human. Otherwise, why would you want to read it? Those materials which can explain what the Bible says about this subject are the ones which are truly useful in understanding the inner human and how we think and form beliefs. And internalizing truth from the Bible can also serve to rehabilitate our thoughts and beliefs, and ultimately bring us

closer to God, resulting in an inner peace from God which surpasses all understanding. That is the ultimate cure for all issues related to human thought and belief dysfunctions. Taking a look at the very long list of self-help books and attempts by innumerable "experts" to explain the inner human apart from the Bible, it is easily seen that such attempts have generally been failures. Mostly enormous failures.

The information contained in the Bible which enables us to understand ourselves is amazing and revealing. And it is not just about ourselves, but also those around us, those who have preceded us, and those who will come along in the future. If you have wondered why people can be so polarized, why they can be so diametrically opposed in thinking, why others cannot see what you clearly see, why people think in ways that do not appear to be real thought, why there is such a political and social divide separating people from each other, or simply what makes humans different than animals, then this book will be worth reading. It explains what the Bible says about the inner human, and will do so without apology. The conclusion you should reach is that the Bible is the ultimate self-help book since only it can explain the immaterial human -- the real you.

Let us start by exploring what the Bible says about how the material body interfaces and relates to the immaterial and invisible inner human.

CHAPTER 1

THE MATERIAL BODY & THE IMMATERIAL INNER HUMAN

To begin with something which should be obvious, although it is not generally believed, the physical mass of biological cells and support structure which presents to us as a human is not actually a human being. It is instead a physical body which houses a true human -- the immaterial human soul. This is an important distinction because we are defining what a true human actually is, which is the immaterial part. Most cells of the body are constantly being replaced, therefore much of what was formerly our body died and was replaced long ago. Does that result in a new human? No. The material will someday cease to function entirely, but the same immaterial inner self will live on forever. The material physical body interfaces with the immaterial real human, but the two exist on different levels. In fact, the two parts would be physically incompatible if God had not designed and put them together to form humans. And the immaterial is severable from the material, meaning it can exist apart from the material side after the body ceases to function.

Most science outside of the Bible denies the existence of the immaterial part of humans, making science unable to offer much useful information about the subject, or provide real solutions to problems related to the inner self. Real science, when it is honest, seeks to discover and understand what God created, and explain what it has found without undue speculation. When it comes to the structure of the material side of humans, science has discovered many things which have improved our health and enhanced our lives. And we are grateful. But science has failed miserably when it comes to the immaterial part of humans because it cannot reach the true inner human which is outside the material realm. Science calls this "the hard question," because it has no answer regarding why humans can think and form beliefs. But God has told us what He created, how it generally works, what distortions have entered into His creation apart from His will, and how to bring the inner human into alignment with His plan. And He has revealed to us a lot more than most people realize, as we will discuss in detail.

It is beyond the scope of this book to try to explain what most science says constitutes a human. It would also waste your time since it is mostly wrong. But as a very quick and accurate summary of what science itself tells us: 1) there is no human soul, only a material body controlled by the brain; 2) humans are advanced animals; 3) the brain is the center of human existence, and when it ceases to function, that human is gone forever; 4) science is unable to understand advanced human cognitive traits including the human mind, memory, how humans think or form beliefs, how humans have self-awareness and know they exist, dreaming, or any other advanced cognitive phenomena beyond what animals are capable of. In other words, science is baffled by the inner human, and cannot understand it at any higher level beyond the material or animal levels. So they simply call it "the hard question" and move on.

That is what we learn from science about the inner human, and most of it is incorrect. When science starts with a false premise, such as denying the existence of the human soul, there can be no basis for deep knowledge about the subject. We applaud science for how it has enhanced our lives, because when science stays within its proper realm it often makes our lives better, and we are glad for that. But that does not apply to the inner human, which is beyond its reach and understanding. This is not criticism for no reason. It is simply an accurate representation of what science has told us, that it does not understand much at all about human thinking and beliefs. Therefore we look to the Bible for answers, where they have been provided.

The human body is therefore a material mechanism created by God which enables the inner immaterial human to interface with the material universe He created, with other humans, and with Him. The immaterial human needs a body to support it, both on earth and during eternity, although the eternal one will be much different. The human body is formed by DNA passed down from our ancestors, but each soul is created directly and uniquely by God. So we must quickly get beyond viewing the body, including the brain, as the true human when we attempt to understand the immaterial part of humans.

For those who firmly believe the physical body is the actual human, this book is not for them. They believe that when this mortal body dies, that is the end, and nothing exists beyond the material. They believe humans are just another animal, although possibly a bit more advanced. This book will not attempt to refute such a basic unbelief system. The truth is clearly visible to anyone who wishes to see it. For those who have such beliefs, it would be

wise to continue reading and use the immaterial soul to think about the eternal future beyond death. We will all live eternally either way. But there are two very different ways of living eternally. One is wonderful and the other is not. The Bible says "What good will it be for someone to gain the whole world, yet forfeit their soul? Or what can anyone give in exchange for their soul?" (Matthew 16:26)

So how does all this material/immaterial stuff work? As a preview, the brain is NOT the center of human thought and belief. Therefore it is not the true human. Let us now proceed to discuss the brain and soul, the functions of each, which does what, and how they work together.

CHAPTER 2

BRAIN vs. SOUL -- WHICH ONE DOES WHAT ?

We have been taught that the brain is the center of human thought, and therefore the center of humanity. The Bible tells us both are wrong. The reason they are wrong is that humans do not think with or hold beliefs in the brain, but rather in the soul, which we have begun to discuss and will continue to refine. We will show how the essentially human cognitive functions occur in the soul, including thought, decision making, self-awareness, beliefs, memory, emotion, dreaming, conscience, and other high level cognitive functions. Human science attempts to convince that the brain is the center of human life and the source of humanity, because it cannot find the soul. However, the Bible clearly describes the immaterial human soul as the true human, the location of thoughts and beliefs, and the center of our humanity. In fact, the Bible never mentions the brain, although people have known it exists from very early times.

Please do not misunderstand, the brain is a wonderful organ designed by God, and incredible in its function. It is generally an artificial intelligence supercomputer with sensory connectors to the five main senses, plus a central controller for the physical body. However the brain is overrated by those who attempt to attribute the higher level soul functions to it. This misguided approach is based mainly on the premise that if the soul cannot be discovered in a physical way, then it must not exist.

What, therefore, is the role of the brain? And how does it interface with the human soul?

The brain plays a major role in acting as the central controller of the physical body, including autonomic functions (heart rate, breathing, digestion, etc.). But its primary function as related to the inner human is to feed the soul with sensory data brought in by the five main senses which are sight, hearing, taste, touch, and smell. Although the brain serves as a filter to process those raw sensory inputs into a more refined form of data, it is the immaterial soul

which takes that semi-processed sensory data and turns it into actual information (as opposed to data), and eventually forms thoughts and beliefs based on that information.

The brain relieves the soul of much of the drudgery of life, allowing the soul to live at a higher level than would otherwise be possible. The soul would be completely overloaded if it was required to remember how to perform all the basic tasks required just to survive and be mobile. Therefore the brain relieves the soul from thinking about how to perform countless menial tasks, and frees the soul to engage in more meaningful endeavors, and truly live, not just survive. In this regard, the brain has been delegated certain tasks to perform apart from direct soul involvement. This is designed by God to enable the survival of the person, control basic body functions, interact with the outside world, allow repetitive actions to be performed with ease, and so on. Meanwhile the soul can focus on higher order living which makes life more enjoyable, and provides the ability to interface with God.

The brain has basic memory functions related to performing its assigned tasks. Brain memory includes sensory memory, which remembers and categorizes sensory inputs which are visual, smell, taste, touch, and sound. The brain also has what is referred to as "muscle memory," which enables repetitive muscle movements such as walking, reaching, chewing, turning one's head, physical labor, sports and innumerable other repetitive actions. While these types of memories are based in the brain, it is not the storage location for high level human memories related to humanity which differentiate us from animals. Therefore our higher order memories are located in the soul.

Several types of tasks are delegated to the brain. It performs emergency actions apart from direct soul involvement based on real-time sensory data due to the constraints of time, including emergency "fight or flight" actions. This allows humans to pull back from something hot, step away from a hazard in the path, turn away from an oncoming car in our lane, flee from danger, or grab a child about to fall down the stairs. As such, the brain plays a primary role in the basic survival of the person.

As mentioned, the brain is delegated sensory based tasks and memory associated with the five senses. Sensory information is funneled from each of the senses through the brain, where the brain acts as a sensory gateway between the body's senses and the soul. Sensory data is initially filtered and integrated, such as when a sight and a sound go together to provide a

more complete picture of the sensory experience. We hear screeching tires and then a crashing sound while our sight observes the accident. One sense supports another. The brain therefore interfaces with both the physical universe and the immaterial soul in a two-way manner, both in and out. Brain sensory memory holds information about previously experienced visual inputs, smells, tastes, touches, sounds and other sensory type data which are used to identify incoming sensory inputs based on prior experiences. This sensory memory is why we can relate to the world around us instead of everything being new to us. It makes our surroundings familiar, so we can focus on specific tasks and interests at higher levels. The primary mechanism of sensory memory is pattern matching, whereby the memory of a previous experience by our senses matches what we sense later, and a match is made, whether exact or similar in some way. It is how we recognize people, grass, and sky, why we know certain foods when we taste them, or know a car or lawn mower when we hear them, or a breeze when we feel it on our face. It is the brain which makes the match, then the soul deals with higher level understanding associated with what was sensed.

Additionally, many human actions in life are repetitive ones which use muscle memory information stored in the brain, and these occur apart from direct involvement of the soul. This muscle memory is what allows someone to walk, reach for something, tie their shoes, pick up an item, ride a bicycle, play sports, dance, type on a computer, perform repetitive tasks at work, and engage in countless daily activities without thinking about how to actually perform those tasks. Life would be burdensome if we tried to walk using our soul, thinking about how to make our various muscles put each foot in front of the other and in the correct direction, with the proper balancing of weight, and using a slight forward momentum. It is hard to learn to walk or ride a bicycle, but once it is mastered, it is not forgotten, unless maybe there is a brain injury. The brain can perform thousands of daily tasks without any deep thinking, all of these directly controlled by the brain without constant soul involvement. After the soul decides what will be done, the brain executes most of the task, allowing the soul to focus on the experience itself.

The brain can therefore act on its own to walk or run, avoid a hazard, swing a golf club in the way it learned, shoot a basketball, recall a smell we remember from long ago, test something we are cooking for proper taste, drive a nail with a hammer, execute a triple axel in ice skating, play a musical instrument, and perform other repetitive motion tasks which have been learned and stored in the brain by practice, by repeating the motion over and over. Muscle memory and sensory memory are functions of the brain, so they are actually brain memory, or brain programming. They are stored in and performed by the brain instead of the soul, unless

the soul decides to get involved. So the actual golf swing is brain memory, but the memory of your first hole-in-one or the putt you made from 50 feet or how you felt when you made the golf team in high school is in the soul. The brain performs repetitive work and collects sensory data, but the soul thinks, expresses beliefs, and enjoys the activity. The difference is a matter of low order task accomplishment vs. higher order living as a human. Think about the intricacies involved in walking and running, a golf or tennis swing, ice skating, bicycle riding, basketball shooting, baseball and football throwing, and so on which are based on muscle memory stored in the brain and only supported from the soul. Consider how much time it takes to learn these tasks, let alone to perform them well. The soul remembers why the action needs to be done and makes decisions about doing the action, but the physical brain is programmed to remember how to accomplish the act, and executes previously learned complex tasks with amazing ease, apart from the soul. And practice can lead to increased skill levels as the brain stores additional, more refined muscle memory data.

So the decisions to go for a walk, to choose a book to read, to ride a bicycle on a certain trail, what color to paint a door, whether to go out and play tennis or golf, deciding to go to a dance, or to go meet a friend, are all soul decisions. Then when those actions are to be performed, the brain takes over and allows the soul to enjoy the experience as humanity. The brain relieves humans of much drudgery during daily tasks by using learned muscle memory and sensory memory once the soul has decided what to do in a general sense. The brain therefore acts as a two-way interface and sensing device which translates incoming sensory information into inputs for the soul, then takes soul commands and translates them into outputs which control the body senses, muscle movements, and other actions.

Brain damage can interfere with soul outputs and inputs, but such damage does not change the soul, or eliminate what was already contained in it. Therefore a person with memory diseases such as Alzheimer's or dementia cannot get what is in the soul out through the brain, meaning the core person and their memories are not lost or even changed. The soul can be closed off to some degree by the body, but that does not destroy what was already in the soul. This will be discussed in more detail later.

Because the brain is used to store basic sensory data, this greatly reduces memory storage requirements for the soul, allowing the soul to focus on higher order memory which is essentially "life memories." Among other things, brain memory enables pattern matching for the five senses, such as when we are looking for an object, the pattern of the object (shape,

color, etc.) is in the brain, so when we see a possible match, or hear a sound from it, or smell or touch it, we focus and then understand that it is either the object or not, based on brain memories and pattern matching. For example, when looking for someone we know in a large crowd there can be numerous false alarms from the pattern matching in the brain, but once the soul focuses to differentiate, maybe on the color of the clothing, height, shape, hair style, and so on the brain narrows the search, rejects close look-alikes based on further analysis, and we ultimately know it is a correct match when we find the person. We recognize them from the brain. But we "know" them in the soul, as a spouse, friend, co-worker, or whatever relationship we have with them. While looking for that person we are also walking around and turning our head and doing many other body movements, all brain muscle memory, so that our soul does not need to expend effort thinking about how to perform those basic repetitive tasks.

The brain does not simply dump all sensory data it collects directly into the soul, since that would overload it. Think about driving down a road, and all the potential sensory inputs as the scenery goes whizzing by us. All that sensory data would quickly overwhelm the soul if it were just dumped as raw, unfiltered data into the soul. The soul functions at a high level, so most sensory data must be sorted and filtered in the brain before being turned over to the soul. During this process, which turns raw data into information, most of the raw data is disregarded as irrelevant. How many times have you driven on a freeway and never realized a certain store was along the way? What colors were the cars which passed by you today? You may recall a few, but most are disregarded unless they cut you off and you got mad about it, or some other action required focusing on a few cars. For the data which is passed on from the brain to the soul, the soul takes the semi-processed sensory inputs which have been prepared by the brain for soul use and turns them into higher order information which can be acted upon. Some of that higher order information becomes the source of thoughts and thinking. And these occur in the soul, not in the brain. The brain performs numerous basic tasks to allow the soul to function at a high level without being overloaded, but the essential part of being human is that we know we exist, we think, we make decisions about important life issues, and we form beliefs -- all in our inner human soul, not in the brain.

Sometimes the brain and soul get in each other's way. That happens when the brain muscle memory knows how to perform a task, but the soul decides to try to "help." For instance, Olympic level ice skaters can routinely perform flawlessly in practice, but under the intense pressure of competition the soul starts thinking about consequences, about winning and losing, whether something will disappoint family and friends, what the news will say about

any failures, and other higher order thoughts, but not necessarily helpful ones. At that point the soul tries to help out with the task, and gets in the way of muscle memory, and the results are not elegant at all. The brain tries to perform the task, while the soul thinks of the results in terms of consequences of failure. The soul may even make suggestions in the middle of a complex task. A discordance occurs, and the brain cannot concentrate. The Reader knows the rest of that story. We have all been there. Not necessarily ice skating, but many things in life go like that. The point is that if the entire task were done from muscle memory out of the brain, without soul interference, then all the practice would result in a much better outcome. But we have two parts, brain and soul, which can become involved when the stakes are raised. That is where the soul enters the picture, at the higher level. And this is why people who play sports at a high level must perform from their brain with a quiet soul. Not always easy to do. The soul can be very insistent, and that is when pressure is felt, and the consequences of failure are considered.

The soul is therefore the part of us which must perform higher order tasks, including thinking and forming beliefs. So when you remember your first day at school, your childhood friends, names of people and places, major events in your life, beauty in nature, how and where you met your future spouse, why $2 + 2 = 4$ as related to your fingers, how you felt when you won an award, where you were when something important happened, and such information, those memories are stored in the soul. The brain does not remember human life events, but it does remember sensory information it encountered in the past. Sights, smells, tastes, things touched, and sounds which were experienced and are now in memory as brain patterns can be used for matching. It also remembers how to perform repetitive tasks without thinking about how to perform them. The brain remembers sensory inputs and stored programming data, while the soul remembers life.

The interactions between the material and immaterial parts of humans, and describing the characteristics of both, are key to understanding the inner human and how it functions in relation to the material world. We have discussed the sensory functions of the body, how the five main senses provide empirical sensory data to the brain. But then what? Where are the connections between brain and soul? Science cannot find them. The connections between the material and immaterial are mostly on the immaterial side, meaning it is the human soul which provides the primary interfaces with the material brain. There are no material "dangling wires" in the brain which lead to an unseen soul. Rather, the soul-brain interfaces are equivalent to a wireless connectivity driven by the soul, which is why science cannot locate or study them even though the brain and soul are co-located inside the head. Science can see

the oscillating electrical voltage and brain waves, but it does not understand that these are manifestations of a system of transceivers providing a wireless connectivity with the soul. When the electrical signals are gone, it shows the soul is gone, even if the physical body continues to function otherwise to some degree.

The brain was designed by God to enable humans to sense and interact with the universe He created, and ultimately to allow humans to focus on higher order living. Thoughts and beliefs go way beyond the senses and interaction with the universe and muscle memory. Our thoughts and beliefs occur inside the human soul, which is the inner human, the image of God, which He designed to enable humans to have thoughts and beliefs as He does, and therefore to be capable of understanding and interacting with Him, and also loving Him. And only a soul can truly love, and have thoughts and beliefs related to love. And once the human body ceases to function, the real person will continue to live on into eternity because God made that part immaterial.

Therefore we can understand why the human brain is not the true human. It performs the lower order functions for the person, and does not survive beyond death. The brain supports the true human, which is the soul. The brain provides sensory data to the soul, and also relieves the soul of menial tasks. Therefore the brain is not the source of thought, beliefs, emotion, conscience or storage for higher level human memory. Higher order cognitive activities do not occur in the brain. Figuring out complex relationships does not occur in the brain. True love does not come from the brain. Trusting God does not occur in the brain. The list could go on and on, but we can begin to understand that although the brain passes data into and out from the soul, it is the soul which performs the higher order thinking and decision making. The brain supports the soul, enabling it to form thoughts and beliefs. Then the soul pushes out decisions regarding desired actions which the brain implements. This makes the brain the physical intermediary, not the true human.

So we can begin to understand the functions of brain and soul, and which does what. Now we can focus on the higher order functions of thoughts and beliefs which occur in the soul. But first, let us take a short side-trip to examine how and why humans are different than animals.

CHAPTER 3

HUMANS vs. ANIMALS

God created both humans and animals, and He designed them to be very different types of creatures. He created humans to live eternally, and animals to live only temporally. Because of that, animals have no soul, and do not think in the human sense of the word, nor do they hold beliefs. This is why humans are not animals, since animals have nothing immaterial about them. Animals are stimulus-response artificial intelligence based super-computers. Humans have a greatly enhanced artificial intelligence supercomputer brain, but we also have an immaterial soul connected to it which makes us very different than animals, and also makes us eternal. But since animals have no soul, God gave them something unique which He did not give to humans, as we will see.

The Bible says mankind was created in the image of God, which refers to the soul because it has similar thought and belief capabilities as God expresses through the Bible, but of course on a much different scale. Animals are not said to be created in the image of God because they do not have souls. The real life of a human is in the soul, although the human material body can be viewed as physically alive. But the life of an animal is entirely in the body.

Most people think of human superiority over animals as a given, but that superiority does not come from the physical brain, but rather from the soul of humans. Humans could not be at the top of the animal kingdom without a soul, because the material part of humans is actually inferior to many animals. It is our thinking which makes us superior, not our physical attributes, and that thinking is only in the soul. Animals have been given something uniquely different than humans, namely enhanced instincts, which takes the place of a soul for animals. Humans are virtually devoid of enhanced instincts, and have only a few basic ones to enable newborns to get started in life. Human animals without a soul could not even survive to reproduce since the human brain cannot operate independently from the soul, since it is dependent on the soul, another difference between humans and animals.

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