



November 2011 Issue 37

“its all about dopamine”

Dr. Robert Sapolsky gave me something to think about -- with his presentation about "what can monkeys tell us about behavior". He is a Professor at Stanford University and I watched the video taking notes from it, totally amazed at how "biological" we are as humans.

The presentation was referred to as "Dopamine Jackpot! Sapolsky on the Science of Pleasure. www.dailymotion.com California Academy of Sciences. My guess is that the video is still on the web in some format, though the above link might not be still active.

The bottom line of the presentation was that we are governed somewhat by our perception of pleasure, related to dopamine release in our brains. Dopamine is a neuro-chemical related to our feelings of anticipation.

Dopamine levels goes up in our brains before (in anticipation of) a reward -- that is *during* the task for which one thinks one will be rewarded. If we are rewarded each time we work we have a dopamine spike, but if we are reward **part** of the time, then the dopamine spike is more than twice as high. The higher the dopamine spike, the more pleasure we feel. Take this to its logical behavioral conclusions, both good and bad, and its an astounding revelation.

Addiction to gambling is very obviously the dopamine spike, very infrequent but highly anticipated reward refined to a science by the makers of gambling machines.

Apparently humans are quite willing to work (increase dopamine levels) when there is delayed reward.

What does this have in relation to the gospel glass newlsetter, well, maybe doing stained glass has a delayed work reward, but more obviously, and mentioned in a negative light by Sapolsky, but for me viewed in a positive light, HUMANS are able to work now for an "eternal" reward, the ultimate in delayed benefits, and very definitely involving the dopamine spike. So when no earthly reward is had, ***the anticipation of eternal reward brings us pleasure, in anticipation of happiness after death.***

dopamine is about the pursuit of pleasure and anticipation of happiness

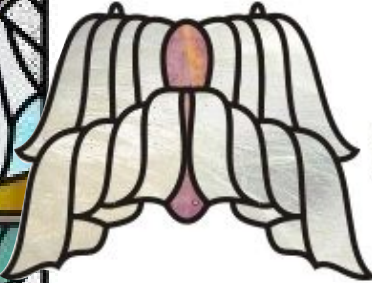
http://www.dailymotion.com/video/xh6ceu_dopamine-jackpot-sapolsky-on-the-science-of-pleasure_news?mid=502

GOSPEL GLASS

Patterns added in October



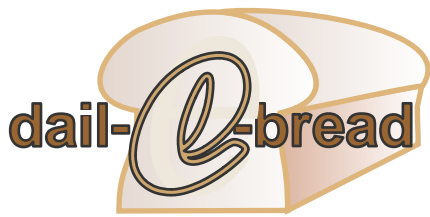
stained glass



counted cross stitch



GOSPEL GLASS



"Man shall not live by bread alone
but by every word that proceeds
from the mouth of G-d"

**Daily calendar sayings for
November 2011** are based on on
the concepts of biological "thirst"
and spiritual "thirsting" for
knowledge
of **Adonai**.

