# How to use mirror neural networks in our speech

Before my speech, I want to let you know that you should believe yourself more than the education system, people around you and my speech. You can choose to accept what I said. And I will refuse the questions I won’t answer. Last but not least, I don’t want you to use this to hurt or control other people. We should have the freedom and have the right to know what happened. Let’s start.

Do you remember a time when you were riding a bicycle? What’s your feeling when you were riding it?

What’s your feeling when you were meeting a big rock in front of you at that time? Can you predict what will happen? If you won’t hit the rock, what will you do? What will happen when you turn this bicycle on the left? How about braking the bicycle? Which solution is safe for you? ---picture 1

You can prepare something even you are not in this situation. What happens in our brains? Our brains have 1,000 trillion synaptic connections. We have decades of years to shape these connections. We use these connections to address ours feels like the visual sense, the auditory sense, and the motion sense. We have multiple layers to combine these feelings. ---picture 2

So, we have enough neural networks to simulate this situation. We can recall the feelings from our memory as the feeling input. A part of neural networks can deal with these fake feelings. We named these neural networks as mirror neural networks. In this way, we can feel something just like a mirror. We can predict the result based on these fake feelings. We can simulate many solutions. We can choose a solution which good for us. Then we can take some actions based on this simulation. ---picture 3

I want to share three things to use mirror neural networks in our speech.

First, we should be positive during our speech. I think most of us have a feeling of fear of heights. We will have a short time to think about what will happen when we are dropping from a high place. This will use the mirror neural system. The feeling will weaken after we have more of this experience. When we show negative performance like nervous in the stage. Most audiences don’t care about this because they have met too many people like that. Just ignore this negative feeling. If the audiences give some negative responses, we need to keep a positive mindset because they will catch up with us use their mirror neural system. ---picture 4

Second, we should speak naturally. We will rebuild the scenario in the mirror neural system when we speak words one by one. We can use this to smooth the logic in our speech when we are preparing it. We also can choose better words in our speech.

Third, we should have a clear structure in our speech. The mirror neural system can easy to deal with structured information. So, we can divide it into some small pieces. Then we abstract them on different levels. We can easily handle these pieces in different mirror neural networks. We can say very slowly because we have multiple indexes for the next place.

These are what I want to share to use mirror neural networks in our speech. Finally, don’t forget that all of them need enough practice.