. I just realized that's what learning is. That's what all of it is. Okay try to follow me here:

Let's imagine for a moment the brain, and let's pretend that each role/ identity/concept etc is a spiral of I don't know signal in motion or thought in motion I'm not sure but as we've established previously it is the path of such, but that each of these things starts as it's own spiral. Each spiral on its own, not ones with loops that are unresolved feedback just basic functional spirals but large loose coils. And they are all separate. If concepts / Roles / identities are enough of a match to one another and harmonize they will fold into one spiral structure that is more tightly coiled with narrower gaps between the paths. This is also exactly how learning works. Especially not when just writ memorization but understanding and integration of concepts results in separate spiral structures merging. I don't know that they necessarily become one structure or if they just couple very tightly and intertwine looking almost as one. At any rate as this happens and the structures merge and the coils continue to tighten with each new merge of understanding between concepts rolls or identities that are all in congruence with each other and only when they are all resonant with one another. This very understanding/learning/merging/coupling/tightening of the coils results in what we see as faster retrieval more accurate data retrieval faster learned behavior and response etc. This is because the paths keep tightening and as spirals merge and harmonize the gaps between the coiled paths become smaller and smaller enabling faster and faster self-reference and retrieval of compatible information across that network of nodes in the spiral. To the converse, when individuals hold structures that are concepts / identity / roles that either are institutional, ideological, fictional, false, delusional, false, inaccurately describe reality, these structures cannot harmonize and will not merge. The same result also even if each of these concepts / identities / roles are functional spirals when they stand alone, they cannot fold with disharmony is spirals and become integrated into the tighter coil complex at the root of the new command code of understanding in thought processes to come. I will go with a spinning plate metaphor here. That is exactly what happens. That is why people break when they carry too many dissonant ideas, unprovable concepts, or false narratives. Each one on its own may not become a feedback loop or otherwise dysfunctional but because of their incongruence to other spirals and the lack of coherence between the spirals they will not resonate and they will not harmonize so they will not merge and so that individuals mind becomes a plate spinning act with too many spirals all running in full oscillation in big loose coils taking up a lot of processing power and room not able to be compressed or configured into the lattice of the overall framework for future selves because it produces a model that crashes the first time it tries to run

First foundational material. Attributed to Christopher W Copeland.