

# The Mobility Instinct

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## Definition

The *mobility instinct* describes how humans have instinctively pre-programmed circuitry for movement. Movement is a human instinct. The lack of movement inhibits physical independence, a positive sense of self, and the cognitive and intellectual growth that accompanies human evolution. The idea of predicting movement stimulates neurons in other areas of the brain, resulting in both an instinctive movement response and a cognitive reaction to that movement thereby allowing individuals to expand their mobility by the mere ‘theory of movement’.

## Detail

The *mobility instinct* describes how humans have instinctively pre-programmed circuitry for movement. In the case of speech as an evolved behavior, children learn the rules with great speed. Written language, contradictorily due to its recent invention, has not co-evolved although it is no more complex than the spoken word. It is no wonder that children struggle to master it given the time necessary for human evolution.

Movement is a human instinct. The lack of movement inhibits physical independence, a positive sense of self, and the cognitive and intellectual growth that accompanies human evolution. The first mirror neurons identified by Neuroscientist Giacomo Rizzolatti, MD, from the University of Parma, were concerned with predicting movement. Mirror neurons are a type of brain cell that responds equally when we perform an action and when we witness someone else perform the same action. Rizzolatti and his team of researchers found individual neurons in the brains of macaque monkeys fired both when the monkeys grabbed an object and also when the monkeys watched another primate grab the same object.

The idea of predicting movement therefore “triggers” mirror neurons in other areas of the brain stimulating both an instinctive movement response and a cognitive reaction to that movement that allows individuals to expand their mobility by the mere ‘theory of movement’.