

Mirror Neurons,
Kinetic Melodies
And
Mirror Mechanisms
Giacomo Rizzolatti

Mirror neurons enable “...our minds (to) share in the action being performed by someone else...”, the mirror mechanism.

The mirror effect is seeing “...a person doing something, the same action which this person performed entered inside my motor system and I have a copy of it.”

This sequence of seeing and reacting to the person’s movements is “action understanding”.

A person seeing, “...a physical action, mirror neurons transform this information into a code of the motor act. The next time the brain sees this same act, it can draw up the diagram to understand it.”

“We can activate the same motor schema when we want to do an action, when we **imagine** the same action in our mind, or when we observe somebody doing it...”

“This mechanism can combine the most important part, **goal understanding**, with the details of **vision**...”

“...mirror neurons reflect emotions as well as they reflect action.”

“If you see an expression, a face which is laughing or is sad, you understand emotion...”

“The mirror mechanism also seems to comprehend the **intention** of an action.” An act predicts its goal and outcome.

“...intention is built into all phases of an action; in short, a gesture has a ‘**kinetic melody**’ that forecasts its end at its beginning.”

Rizzolatti, Giacomo. Keynote Address Reflecting on Behavior. Giacomo Rizzolatti takes us on a tour of the mirror mechanism. Association for Psychological Science, July/August 2011. Vol. 24, No.6.

