

Welcome to:
The Mystery Brain:
Overcoming its Challenges
Pre-seminar slide show

Sharper Mind Centers® Inc.
While you are waiting . . .



A FEW SIMPLE FACTS...

About the brain



Do You Know...



- Your brain weight is about 2 % of your total body weight
- Uses 20 % of your oxygen supply
- Uses 20 % to 30 % of your body energy

Dreams Help Creativity...

- The use of dreams to help in creativity is well documented -- Example:
- Elias Howe, the inventor of the sewing machine tried for months to think of a way to attach thread to a needle.

Dreams and Elias Howe...

- He dreamt he was being attacked by a group of natives who told him to invent the sewing machine or die.
- The tip of each spear had a hole in it.
He woke up and decided that was how the thread was going to be attached to the needle !

(Source - Accelerated Learning by Colin Rose)

Negative Statements...

- The brain cannot process a negative command or statement -- Example:
- If you say to a child "Be careful, don't spill your milk", the child must ***actually THINK of spilling the milk to take the necessary action NOT to do it*** and that is often what tends to happen.
- ***Ask for what you want***, rather than what you don't want.

Stress and memory

- *Stress is one of the biggest destroyers of memory.*
- When stressed, you release high levels of cortisol into your bloodstream.

Stress and memory...

- One of the ways that cortisol affects the brain is to destroy glucose - the brain's only source of food.
- If your brain is not getting the nutrients it needs, it will not function well.

Source -
"Teach Yourself Speed Reading" by Tina Konstant)

Patterns

ABCDEFGHIJ...

Do you know ...

- All literature written in modern English Language consists of *patterns of only 26 letters*
- All paintings ever made are *patterns of only 3 primary colors*
- All the music ever written has *patterns of 12 notes or less*

Patterns...

- All the arithmetical expressions we know *consist of only 10 symbols*
- The vast computations of digital computers are made up of *patterns of only 2 components*
- **"New" patterns are really made up of only a few existing components.**

Do you know ...

Cab drivers have bigger brains!

- A recent study of London Taxi Drivers indicated that after learning all the necessary routes, the part of the brain used for remembering was bigger than in other people. (Source - The London Times 14th March 2000)
- The same would hold true for taxi drivers in any large city!

Brains Grow at Different Rates...

- You probably have heard of the "Terrible Twos" - a time in a child's development when tantrums are the 'order of the day'.
- At this stage, children know what they want to communicate, yet do not have the speech skill to express themselves.

Brains grow at different rates...

- There are a number of factors that can be the cause, one of which may be the rate that parts of the brain mature.
- The **language areas** of the brain become active when a child is about **18 months old**.
- The **understanding** part of the brain matures *before* the part that produces speech.

Brains grow at different rates...

- At this stage, toddlers *understand more than they can say*.
- *A child very often will become angry and throw a tantrum... out of frustration!*

(Source - Mapping the Mind by Rita Carter)

Brain Foods

Your brain needs 4 basic foods to survive:

1. Oxygen (aerobic exercise)
2. A balanced and nutritious diet (eat greens)
3. New & varied knowledge and information (keep learning)
4. Affection and love

It is important to feed the brains of those around you as well.

Repetition is Important !

- Memory creates a pathway between your brain cells.
- It clears a path by repetition, although you may not even realize that you have been down that path.
- When that path is traveled frequently before it 'grows over', it becomes easier than the first journey.

Repetition is Important !

- Successive journeys down a path create a 'footpath', then a 'lane', a 'road', and so on...
- Memory: the more times patterns of thought are repeated, the more likely that information is remembered.
- *Repetition is a key part of learning*

Visual Memory

Did you know...

- Visual recognition of things that we have seen before is practically perfect...
Example:
- 2560 photographic slides were shown to a group of subjects at the rate of 1 every 10 seconds.
- Then 280 pairs of slides with one slide in each pair from the original set of images were shown.

Visual Memory...

- Subjects were asked to select which slide they had seen before
- 85 to 95 percent of the original slides were recognized correctly
- High scores were maintained even when the presentation rate was increased to 1 every second
- This is important if images and pictures are used to represent information
- *Information is more easily remembered if we use pictures*

The Brain's Potential

- The brain contains 1,000,000,000,000 (a trillion) individual neurons or nerve cells; each neuron interacts with up to 100,000 other neurons.
- The brain's potential for pattern forming is a massive number that is beyond the written form!
- ***This suggests that the brain has almost infinite capacity for storing information***

Thoughts are Pictures

- Each day is remembered as 'pictures' rather than words and sentences.
- It is easier to recall information in the picture form than from words alone.
- "A picture is worth a thousand words."

Wiring The Brain

Do you know ...

If you take a Cray Computer (one of the largest computers in the world) and measure the length of its wiring, it has about 60,000 miles in total. If you take the brain and look at it in those terms, it has been estimated that it has over 200,000 miles of wiring!

(Source - Make the Most of Your Mind by Tony Buzan)

Music Is Good For The Brain

Do you know ...

Baroque music (mainly composed 1700-1750) produces exactly the right frequency and sound to harmonize the functioning of the brain and produce a state of calm relaxed alertness. That is why accelerated learning techniques introduce music into the learning process.



Music can also strengthen or weaken you. **Classical music** has been shown to have either a neutral or a strengthening effect, **but Rock Music has a weakening effect!**

The Brain Is Divided In Half...

The upper part of the brain is divided into two halves:

- In most people, the left half deals with language (spoken or written), logic, lists, numbers, linearity, and analysis etc.
- The right half deals with rhythm, intuition, imagination, color, day-dreaming, spatial awareness, Gestalt (whole picture) and dimension.

The Brain Is Divided In Half

- Studies show the more we use both sides of our brain, the more effective our overall brain performance.
- Many of the great minds of our times used both sides of their brains.
- Performance is improved by developing the brain bi-laterality.



The Fantastic Eyes

- The eyes can take in information in one five hundredth (1/500th) of a second
- Reading one word at a time, a potential reading speed of 30,000 words a minute can be read at 500 words a second
- Whatever the current reading speed, it can be improved

(Source - The Speed Reading Book by Tony Buzan)

Active Learning: Conclusion

On an average, we remember:

20% of what we read

30% of what we hear

40% of what we see

50% of what we say

60% of what we do

90% of what we see, hear, say and do !

*(Source - Accelerated Learning for the 21st Century
by Colin Rose and Malcolm J. Nicholl)*