Can One Remember Everything?

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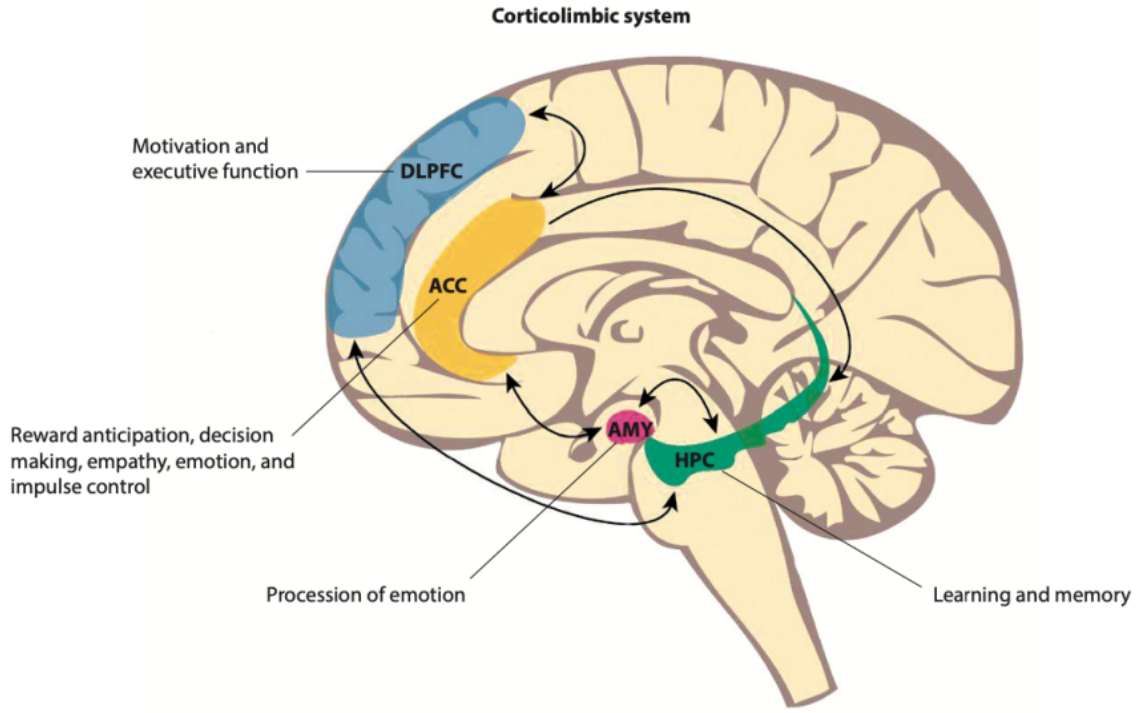

DLPFC – Dorsolateral Prefrontal Cortex, **ACC** – Anterior Cingulate Cortex, **AMY** – Amygdala, **HPC** – Hippocampus

It’s a common sentiment to say, “I can’t remember that” or “I’ve forgotten it completely.” The truth is, we all lose our memories. It’s impossible to keep everything in our minds. Even someone who has completed their exams and perused them again, might say, “Oh, I could have answered this section. I had forgotten it completely.” Even in day-to-day life, we might forget important events or tasks. That’s why people have relied on writing things down for centuries. However, before the invention of writing, ancient people memorized important information to pass down to future generations. This method has allowed humans to endure and progress for centuries. So, while we may not be able to remember everything, we can appreciate the power of memory and the ways it has shaped our history.

The power of writing cannot be underestimated. Archaeologists and geologists have

discovered that writing has been an essential part of human history and communication since ancient times. It all began with humans writing letters on caves and rock walls, sharing their ideas, opinions, and memories. As time passed, the art of writing evolved, enabling people to document crucial aspects of society, such as medicine, laws, history, poems, dramas, and religious canons. Writing allowed people to preserve important information for posterity, ensuring that it would never be forgotten. Writing is not only a means of expression but also a tool for preserving and transmitting knowledge. Hence, it is essential to keep writing correctly and accurately, whether on paper or digitally, to ensure that the valuable information is not lost.

Buddhism has the most extensive canon, consisting of three Pitakas: Sūthra, Vinaya, and Abhidhamma. The Sūthra section alone contains a staggering 17,000 sūthras! After the Buddha's passing, the senior monks gathered in a grand congregation and divided the Dharma into main and small sections, which they assigned to protect by memorization. This meticulous effort by the Buddhist monks ensured that the teachings of the Buddha were preserved for future generations to come.

The Tripitaka, once inscribed on Ola leaves and later on paper, has now found new means of expression in the form of electronic devices such as computers, email, WhatsApp, and Twitter. With these new technologies, students can memorize lessons more efficiently and accurately than ever before. Memory cards enable the safekeeping of various documents, including written documents, images, pictures, and photos, on devices such as computers. Join the digital age and embrace the convenience and benefits of modern technology for a smarter and more efficient way of learning.

> By learning new skills and challenging your brain, you can stimulate the growth of new brain cells and replace dead ones. So, why not make brain training a daily habit and renew your brain every day?

The human brain is a remarkable device that stores memories. Its capacity is yet to be fully understood by scientists and psychologists. However, some learned individuals have been able to use most of their brain. According to philosophers,

The Buddha was one such person who fully utilized His brain and achieved six great wisdoms. This enabled Him to see other people's minds, see past lives, and hear distant sounds, including sounds from heaven. The Buddha is known as 'The Enlightened One' or 'The Sarwanna' as He has reached the pinnacle of human potential. It is said that enlightenment can be achieved after billions of years, but The Buddha accomplished it during His lifetime.

Buddha's wisdom is profound. He understood the causes of sorrow, rebirth, and the path to redemption. However, he was not a redeemer, but rather a guide for humanity. Redemption is an individual journey, one that we must undertake for ourselves. Modern psychology teaches us that we have the power to reach self-actualization by developing our own wisdom. The path to redemption lies within us.

Understanding the brain and its functions is crucial because the brain plays a vital role in our body. It is divided into three parts: the forebrain, midbrain, and hindbrain, each with four lobes that perform different functions: the frontal lobe (in front of the brain), the parietal lobe (upper part), the occipital lobe (behind), and the temporal lobe (lower part of the brain). One of the most important functions of the brain is memory.

The hippocampus, a structure that looks like a seahorse, is responsible for processing long-term memory and emotional responses. The hippocampus is a curved structure on the medial aspect of the temporal lobe that bulges into the floor of the temporal horn. It is essential to take care of our brain and ensure it functions correctly so we can continue to store and retrieve memories.

The brain is the powerhouse of our body, and the hippocampus plays a vital role in its functioning. Without this small part of the brain, we wouldn't even be able to find our way back home. However, the real question we should be asking ourselves is, "Are we using our brains effectively?" It's not enough to simply have a brain; we need to learn how to use it to its full potential.

Throughout history, people have explored various methods to develop and enhance their brain power. From ancient philosophy to modern-day mindfulness practices, there are countless ways to improve our cognitive abilities. Scientists, psychotherapists, and neuroscientists all encourage us to practice mindfulness and engage in brain-stimulating activities. So, let's make the most of our incredible

brains and unlock their full potential.

Did you know that teaching mindfulness to kindergarteners in Massachusetts could have a significant impact on their education? By using clear and unclear water bottles to demonstrate the difference between a calm and distracted mind, children learn to practice mindfulness meditation in a simple way. This approach could potentially lead to a rewiring of the brain, according to neuroscientists. With just six weeks of practice, the brain's structure could be changed, improving the memory system and ultimately benefiting the education system as a whole.

Did you know that you can rewire your brain until you die? Negative thinking, alcohol, and unhealthy food can kill your brain cells, but you can combat this by developing positive thinking and engaging in brain training activities.

By learning new skills and challenging your brain, you can stimulate the growth of new brain cells and replace dead ones. So, why not make brain training a daily habit and renew your brain every day? It's a more effective way to keep your brain healthy than relying on rituals or prayer. Remember, a healthy brain is the key to a healthy life!

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