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Discover miracle of memory

By Maulana Wahiduddin Khan

When you want to express an idea, your mind instantly activates a whole intellectual machine. It recalls that idea, sorts it out from the various jungle of events in your memory, selects the appropriate words, it gathers together its grammar, then it activates your tongue to speak or your finger to write.

The fact is that your mind is filled with numerous ideas. If you have to speak in English, you will have to select some appropriate words from the jungle of about a quarter million words, you sort things out with an unbelievable speed, and then you are able to speak or write a meaningful piece of thought.

A recent research shows that there is an unbelievably complex system in our mind. It all depends upon the memory. The memory is a super-miraculous phenomenon of nature. "A memory is made by linking two or more of the 100 billion nerve cells in your brain, called neurons. It solidifies the connection so you can use it later," said Neal Barnard, an adjunct associate professor of medicine at the George Washington University School of Medicine, in Washington D.C.

And "your brain continues to develop neurons and build new connections to strengthen memory as you age, a phenomenon called neuroplasticity," said Brianne Bettcher, a neuropsychology fellow at the University of California, San Francisco, Memory and Aging Centre. (Nine Ways to Improve Your Memory, Fox News, December 18, 2013).

People talk of some miracles of the past, like the staff of Moses, the ring of Solomon and so on. But, there is a miracle greater than these given by God to every person. This miracle is the mind. If you discover this personal miracle, you will develop such a thrilling sense of gratefulness that all complaints and protests will appear ridiculous. You will live with feelings of thankfulness to God.

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