

Do You Agree?

A couple of years ago I read an article that stated that in order to duplicate the human brain and the computing power of our brain, we would have to build a computer the size of Texas. The fact probably still remains true. Today the question we need to ask ourselves is this: Do we use this incredible power or do we take it for granted?

What do we do to build this wonderful gift that we have? Our brain is like anything else in our bodies. It is a muscle and a muscle needs to be exercised. But today we have smartphones, we tend to rely more on them than we do our natural computer (the brain). We use them to find everything we want to know about anything. We no longer have to store memory. We use them to communicate, to socialize, to select our foods, to shop with. We no longer use our brain to think or control memory. We have it all in our cell phones which are not the size of Texas. Those of us that are older were taught in school to exercise our brains! We can all do simple math in our heads. Using our brain, we memorize and exercise our brains in several different ways. The youth do not have to, they have smartphones and computers.

Your mind is the heart and spirit of your life. It is the one thing that can never be taken away from you and the one thing that you can never give away. It is always yours, under your control. Build it and you build the future. Let it stagnate and you live in the past.

Just as the human body can be strengthened and toned through body building exercises, so too can the mind be strengthened and sharpened through exercising your mind and building your ability to think. So give your smart phones a rest and strengthen your brain and its enormous power.