



KNOWLEDGE - BOOSTING YOUR BRAIN POWER

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We were all endowed with knowledge by God, but it's all up to us if we will be boosting our brain power, that is, if we choose to do so, we will be working on it like the way we work out and make our body healthy and fit. We are actually in an age where we are bombarded with all sorts of information and knowledge from every direction. Well, we might also find it hard to adhere or live up to what our Creator imparted us. Sometimes, it comes to an extent where we get disoriented in finding a way to adapt our head to everything that is going on around us. But of course we have to train our mind to become as supple and flexible as an athlete's body. As the saying goes, "We need to have a sound and a sound body to become physically and spiritually fit."

Our minds are filled with various thoughts and ideas, and these are the knowledge that makes our brains work and exercise its power to do and fulfill a lot of things to man and most especially to God. To exercise our mind is adapting to the world of knowledge with which our minds are confronted. Growing our intelligence will actually help us build our future in life and it allows us to expand our perception of things, which will help us develop and discover things. If we often use our minds in the right way, then we become a more skilled thinker. More so, we also increase our ability to focus in life. Our brain therefore needs to be exercised just like a muscle, to become more powerful and put out the best in us.

On the other hand, when we do not use our brains or never use it at all, then our ability to think and learn will actually deteriorate. This is very much the opposite when we exercise our brains. Our inquisitive minds will absorb all the things that we deem important and learn a lot of things that add up to our knowledge. Thus, we broaden our horizons and boost our brain power too. One of the best ways of boosting our brain power is to read, whether it be books, magazine, newspaper; whatever we can lay our eyes on. Apparently, interaction with other people plays a big difference too, for we can learn a lot of things when we mingle with people.

I know for a fact that our minds are too busy every day, because our lives are having hectic schedules. Along with these busy schedules of ours, we should also take time to stop and reflect, because by doing so; we can get the chance to organize our thoughts and prioritize our responsibilities too. It is easily done and said for if we take time to reflect, we could have a better understanding of what is truly important and what is not. Our minds will be less encumbered if we fully realize what the unimportant stuff is and we could focus more on what is really important. With our knowledge comes responsibility, so there is that great need for us and greater task of boosting our brain power!

Questions for discussion:

1. How could you broaden your knowledge? In what ways could you show it?
2. Do you show your knowledge by doing your best in all the aspects of life?
3. What would you do if you find out that there's someone who knows better than you do? Explain your answer.
4. What are the ways in which you could boost your brain power?
5. How could you impart your knowledge to others?