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Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

ART OF REMEMBERING.

By OSORO P. J. NYAWANGAH

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(Is your remembering capacity fails you?

Because of our squeezed daily timetable, thriving for life; people's minds are always too clogged to think properly thus making their remembering capacity go down you know why?

My friend Charles has been searching in vain for almost sixty minutes, trying to find the bunch of this office keys. He has forgotten where he put it last night and yet this is not the first time he meet the problem. It dawned to him that his remembering capacity has gone down. He couldn't find keys and hadn't the slightest idea where he placed them. He searched his bedroom, the living room, and even the kitchen has been turned upside-down!

Have you ever found you self in the embarrassing situation of the like? Where some one's names escape your memory just as you are forgotten a friend's name you are about to introduce to your fiancée? Are you afraid that you might be suffering from memory lapses? If thus, you are not alone at that1 thousands of people go through the same experience every minute.

According to biology study, memory (power of remembering) is not a little file cabinet in your brain that you can open at a desired time you wish and pick whatever you want easily.

It's a whole series of more complicated mental process. Think of it as SCAFFOLD (putting up structure for workmen to stand on while building walls) so the more scaffolding is built up in a given knowledge are, the more places there are to put things.

It is more successful to store information by writing of telling other people about it, because memory tends to retrieve things relevant to a current situation and to filter out any confusing information. That is why you may not remember the name of an office mate when you run into her at a market place.

When you know a lot about something you are able to make connections an average person finds impossible to make. This is according to scientists who term it as CHUNKING. Pulling stored information chunks rely on external cues

If you happen to see a live event or action-taking place, the memory will always be live whenever you meet the persons involved. But occasionally, the retrieval system gets clogged; well, you know a name all right, but you cannot spit it out. Of course the problem here is that some competing memory is firmly holding one name at the top of your mind so another name can't muscle through.

The most common complaint in memory is inability to remember names; it is one thing to forget the name of an acquaintance and another thing is to draw a complete blank when you are about to

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introduce the your boy friend to your father. It doesn't matter how much you were prepared for the occasion or how much you rehearsed the name, when the time comes for you to term the name, you get clogged and no one can come for your rescue but embarrassment.

After consulting therapists, I have come to the conclusion that anxiety is also linked to the blanking out of memory and when it happens, there isn't much we can do about it

Causes of inability to remembering are: –

Stresses, anxiety, loss of sleep, others are, taking of too much caffeine and when you don't eat well. All this impairs our memory. However, severe absentmindedness can be are symptom of chronic anxiety. It may sound quite obvious but if you find yourself forgetting little but important thing; try to carry a notebook, avoid overworking yourself, have are work time table. You also can have a weekend stroll

and rest so as to keep your mind at ease. You are also urged not to take too much alcohol, caffeine and do not sleep late.

The key to finding objects around your office and at home is–good organization and consistent placement of things. Keep everything in likely spot; do not mix things (everything should have its proper place). Things should not be kept at random. And mark you, DO NOT FORGET AGAIN!

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Lucid Dreaming

By Dr. Barry Burns

Lucid dreaming is simply being aware that you are dreaming while you are in a dream. Learning how to do lucid dreaming intentionally is a personal growth tool. It may help you resolve personal problems because you're able to consciously take an active role in your dreams. It can also be a lot of fun!

Lucid dreaming is a challenging art to master, but there are steps that can be taken to help you achieve the state.

As you go to sleep, use the suggestion: "As I am dreaming tonight, I will realize I am dreaming" (use your own words).

It's important to do this as you are drifting off to sleep, but you can do it throughout the day as well. Sometimes as you are making this suggestion you may actually have a memory of a previous dream come to mind! Your attitude should be one of positive expectation, but gentle inviting rather than insisting or applying any type of pressure or anxiety.

Next, work on remembering your dreams after you wake up. By getting the mind used to remembering your dreams, you are creating a more deliberate connection of awareness between the conscious and unconscious mind. In fact, it's possible that you may already be having lucid dreams, but you aren't remembering them!

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The final step is to attempt to stay in the twilight sleep state for as long as possible upon awakening. You will often have a dream just before you awake in the morning so if you can stay still and keep your eyes closed, you may be able to enter back into the dream, but with more conscious awareness - thus creating a type of lucid dream as you balance between the sleeping and waking states.

A common problem some people encounter with lucid dreaming is that they wake up as soon as they realize they're dreaming. This is because the work of making conscious choices while sleeping causes the conscious mind to rise from its slumber, thus arousing the waking state.

This can be overcome with practice, but there is a technique that can help. Before you go to sleep, plan on what you will do in your lucid dreams. This removes an element of conscious choice during your dreams, which may help you stay in the dream state.

Dr. Barry Burns received his doctorate from the American Institute of Hypnotherapy. He studied Neuro-Linguistic Programming, Hypnosis and Dreams. Dr. Burns founded Wellspring Hypnotherapy, conducts seminars nationwide and is author of "Wide Awake," a book on dreams. For more on the meaning of dreams, visit:



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