

5D Thinking:

The Human Brain

Suppose your brain suddenly stopped functioning, but somehow you were given the chance to run your brain like you would a computer. How would you do it? Imagine the millions of messages sent from all over your body that would need an instant reply from your brain. Would you be able to handle them?

Let us take a five-dimensional journey to learn how to better understand, appreciate and use your miraculous brain to the best of your ability.

◆ **First Dimension: Analytical Thinking** *Scientific Understanding of the Brain*

Your brain is the most complicated organ of your body. It is located inside your head within a protective skull. It is made up of about 86 billion nerve cells (called **neurons**) that are designed to manage all the processes in your body. Your brain is made up of three parts: the **cerebrum (forebrain)**, **cerebellum (hindbrain)**, and the **brain stem**.

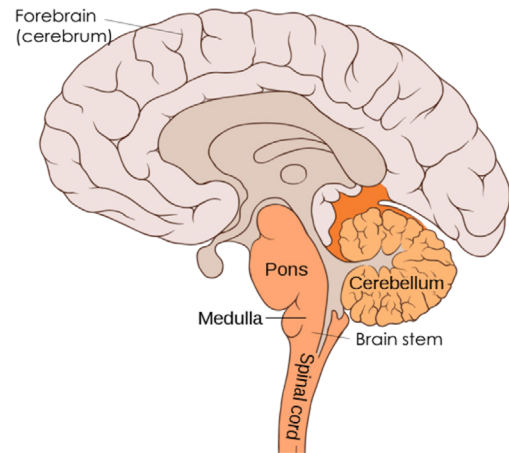
The **cerebrum** is the largest part of the brain. Your senses, memories, imagination, temperature regulation, speech and ability to eat, drink and think, are all processed in this part. The **right hemisphere** operates in connection to the left side of your body. It is associated with abstract things such as colors and shapes. The **left hemisphere** operates in connection to the right side of the body. It is associated with things like math and speech.

The **cerebellum** is located right behind the cerebrum. It is designed to coordinate balance, movement and the coordination of muscles. The brainstem is comprised of the **midbrain**, the **pons** and the **medulla oblongata**. Your involuntary muscles, such as your heart and stomach muscles, are controlled through the brainstem. The **brainstem** serves as a pathway

between the **cerebrum** and the **cerebellum**. The **pons** is the message center of the brain that is also related to our sleep and dreaming. Messages from the upper to the lower parts of the brain are connected and sorted out in the pons. Unconscious tasks such as breathing, blood circulation and the beating of your heart are regulated through the **medulla oblongata**, which is located right above the spinal cord. Can you imagine what would happen if the brain stopped working? Thankfully, our brain is always working- even in our sleep.

Think for a moment. How is your brain capable of performing such incredible tasks? After all, the brain is nothing but tiny cells

made out of what you eat and drink. Does it have some hidden superpower? Before exploring the answer to these questions, let us first reflect on a man-made invention, the computer processor.



◆ Second Dimension: Analogical Thinking

Comparing the Brain to CPU

You have now learned that all body functions are controlled through the brain, the designated control center of the body.

In a similar way, the processor of a computer –the central processing unit or CPU- coordinates the computer’s functions by sending and receiving signals to its various components. The CPU manages and processes every operation you complete using your computer. The speed at which your CPU can complete mathematical operations is linked to the performance of your computer.

If we were to compare the processing speed of the human brain with that of an advanced computer processor, the human brain would prove to be exceedingly superior. Can you believe that it takes 82,000 processors to mimic

a one-minute activity of the human brain?

The brain works very efficiently. In terms of power generation, our brain produces only enough power to light a dim light bulb; yet this power seems to be sufficient to complete a remarkably diverse range of tasks. The most sophisticated computer is no match to the human brain. Indeed, we are far away from having a full understanding of the brain despite the work of thousands of scientists. Thus, there must be a power behind the magnificent functioning of our brains that is greater than the combined efforts of the entire human race.

◆ Third Dimension: Critical Thinking

Exploring the Maker of the Brain

Let us now reflect on how computer processors came to be. Even if you knew nothing about their history, you could still probably tell that they must be the product of intelligent people with scientific knowledge. Think about it- could an ignorant person design or make a computer processor? Clearly, the likelihood of a computer processor being made by someone without education, knowledge or expertise is nil.

Now think about the ‘processor’ of your body, i.e. your brain. Using your brain, think about the other eight billion human ‘processors’ around the world. Consider the incredibly complex mechanisms of your brain and its coordinated circuitry that allows you to

process the information received from the environment, without any apparent effort. Do you think it is possible for the components of the brain to come together and create the brain out of thin air? Is it possible that the brain just happened to emerge through the random bonding of atoms and molecules? Since we know that it is not possible to produce computer processors without knowledge, will and power, it is also impossible to create a human brain without a Maker who possesses will, knowledge, wisdom and power. Indeed, the creation of the human brain is a marvel of knowledge, power, beauty and wisdom.

◆ Fourth Dimension: Meditative Thinking

Reflecting on the Attributes of the Maker

In the same way that a computer processor is a platform that needs electrical power to function, the human brain is just a platform through which the Hidden Power does the actual work of the brain. So, what

is the Hidden Hand behind the carefully interconnected and organized activities of the brain?

We have learned that the brain does not work in isolation. It is connected to our internal environment and our external one. The brain, like all living organisms, needs oxygen, water and nutrients via the food that we eat and the air we breathe. Oxygen is produced by plants and preserved by gravity and the atmosphere. Food is produced by plants and animals using stored energy from the Sun. Water is provided through the Water Cycle. Thus, the human brain is connected to plants,



animals, oceans, the atmosphere and the Sun. Actually, if we further reflect on the brain's connections, we will realize that it is connected to the entire universe. The perfect creation of the brain could not have occurred by chance, nor can it be attributed to material causes or nature. The brain is concrete evidence of both Hidden knowledge, power, and wisdom. It is a mark of wisdom that the brain exists and interacts in perfect order and harmony with its surroundings.

The Maker of the brain must know our needs for life. So, in order to fulfill all these needs, He granted us this priceless, miraculous organ. He must be very generous in giving us such a precious gift, at no charge. Since we are totally dependent on His creation, we are deeply grateful to Him.

Clearly, our brain is evidence that our Maker is All-Seeing, All-Knowing, All-Powerful, All-Wise, Most-Merciful, Most Loving, Most Caring, and Most-Kind. The brain and its activities speak of their Maker and make Him known to us by glorifying Him with His beautiful attributes. That is why, as we study the brain, we will learn more about its Maker.



◆ Fifth Dimension: Moral Thinking

Responding with Better Character

Reflect for a moment on the value of your brain. What would happen if your brain was damaged in a car accident? Imagine what your life would be like if you lost the part of your brain that is responsible for processing signals and coordinating your responses to these signals. What if you were born without a brain? A healthy brain is essential for us to be able to navigate our way in the world. Indeed, the human species would be extinct if humans were unable to complete the most basic of tasks or if they were unable to process the information in their environment effectively to keep them safe, secure and well fed.

Now that you understand the true value of the brain, don't you want to know the purpose it exists? Actually, what the Maker, who takes care of our needs, wants in return for the gift of this valuable organ is remembrance, reflection and gratitude.



As we practice remembrance, reflection, and appreciation, we will be able to use our beautiful brain in accordance with its beautiful purposes. Only then, will we be able to fulfill the purpose of our existence. Otherwise, the value of our brain will simply diminish year after year until we cease to exist.

In short, we should be mindful of the Bestower of the brain when using it. When we read the meaningful messages in the book of the universe, we should keep in mind that our brain is processing what we read. We should acknowledge our Maker who has given us such a miraculous custom-made processor. We should use our brain to strive towards excellence. We should not let our brain wither away by wasting our time on meaningless activities. If we use our brain to become better human beings, we can expect that its Maker will grant us this precious gift once again after this earthly life to enjoy the splendid bounties of eternal paradise. What a great reward!

1
Remembrance is understanding that there is a Creator of the brain.

2
Reflection is reflecting on this miraculous organ as a gift of our Creator's mercy and acknowledging it as a priceless wonder of art.

3
Gratitude is appreciating our brain and other blessings and being thankful to the Creator for giving us such good blessings.

