

5D Thinking:

The Learning Brain

If you were given a choice between two ways of life, would you choose to be:

- a) A rich person, but with limited intelligence?
- b) Rich in knowledge and highly intelligent, but very poor?

The answer shall be obvious. Mental capacities in addition to knowledge provide access to different dimensions of reality. Thus, we can enjoy our life more through learning. For instance, an uneducated person with no basis in science can only enjoy the external beauty of a flower, whereas a knowledgeable person could reflect on its other dimensions and derive more joy and benefit from it. Let's now explore the multiple dimensions of the learning brain.

◆ **First Dimension: Analytical Thinking**

Scientific Understanding of the Learning Brain

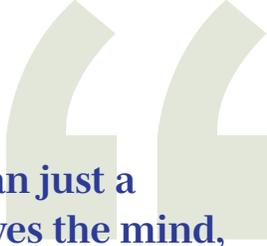
When you were born in this world you didn't know much, did you? As a baby, you soaked up the world around you as soon as you took your first breath. You learned to associate your mother's scent with comfort, milk and rest. How did you learn that? Is it possible to survive in this world without learning? Let us now see how we are made to learn through the parts of the brain that are equipped with the capacity for learning:

1. The Prefrontal Cortex is responsible for interpersonal thinking skills and emotional regulation. People with a dysfunctional prefrontal cortex may behave in unusual ways and say inappropriate things.

2. The Temporal Lobe is involved in reasoning and reading. You are using this part of your brain to understand the letters of this page right now. Damage to parts of the temporal lobe may result in seizures and memory problems.

3. The Parietal Lobe is the part of the brain that you use when you do mathematical calculations.

4. The Limbic System is in the charge of emotions such as fear and anger are regulated.



“Learning is more than just a brain activity. It involves the mind, soul, and brain. The mind comprises the faculties of consciousness, imagination, memory, intellect, will and intuition.”

Amazing Scientific Facts about Learning Memory:

- Practice increases learning. Thus, the more frequently you choose to do an activity, the better you become at doing it.
- The brain has a face recognition system called the fusiform gyrus. Thus, you could not recognize a person if that part of your brain is damaged.
- Forgetting plays a positive role in learning. Thus, when we forget a piece of information and try to retrieve it, we make it to be more strongly imprinted on our memories.
- People have different pathways for learning. Thus, it is wrong to use a one-size-fit-all approach in education.

◆ Second Dimension: Analogical Thinking

Traffic in the Brain vs. at the Airport

The pulses of activity that take place across our brain during the learning process can be compared to air traffic controller. Do you know what an air traffic controller does? Air traffic controllers keep planes from crashing into each other, or into the ground, or even into other planes parked on the ground. With support of sophisticated technologies and radar data, they control the movement of aircraft and vehicles operating on the taxiways and runways of the airport while keeping track of the aircraft in the air.

Similarly, the learning brain works to guide, navigate and protect the physical body. One main difference is that the brain does not utilize gadgets like the air traffic controller does. The brain's inborn faculties are much more sophisticated and complex than any 'gadget' or technology used in the process of controlling air traffic. Moreover, these faculties function precisely without any operator we can see. And as a result, you are protected from coming into contact with potentially harmful external objects in your environment. When you cross the road, how do you estimate the distance between you and approaching cars? The necessary calculations occur in your brain!

At an emotional level, the learning brain is designed to provide you with signals to do necessary things for your survival. For instance, the brain makes you feel hunger so that you can decide to eat. It makes you feel cold so that you can decide to wear a sweater. It makes you feel tired to know it is time for sleep. It functions in ways that are much more amazing than any airline hub and air traffic controller out there. Isn't that amazing? Who is behind all these intricate functions and tasks in the brain?

◆ Third Dimension: Critical Thinking

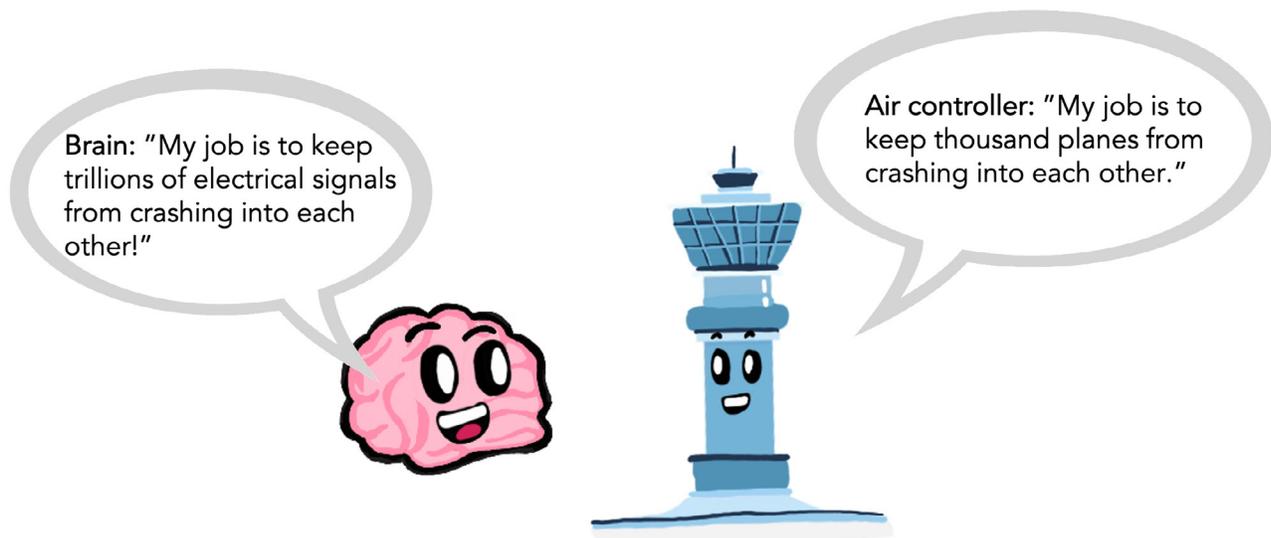
Exploring the Maker of the Learning Brain

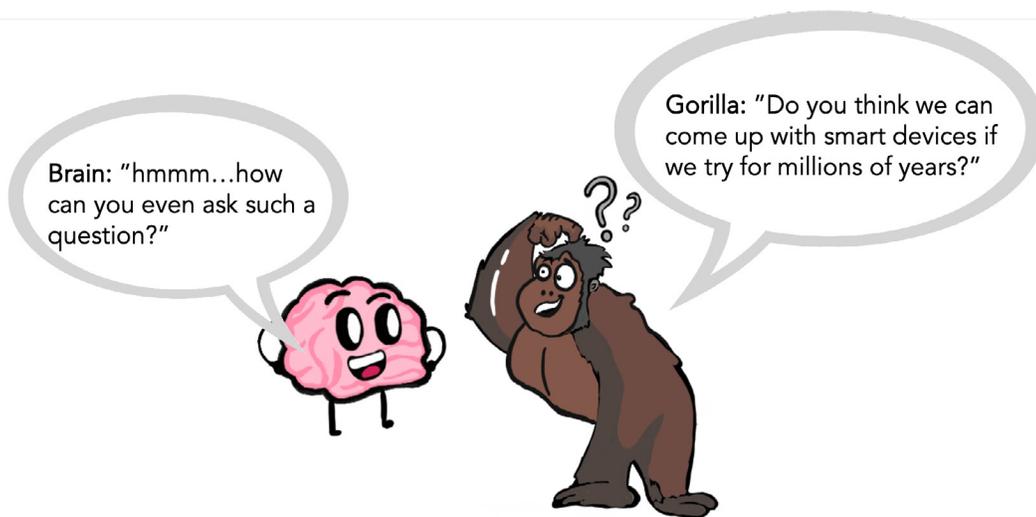
In order to appreciate how amazing the learning brain is, let us reflect on the technology an air traffic controller uses. How was this technology developed? Certainly, the people who developed it must have been experts in I.T. and they also must be aware of how airports function and what they need. They must have studied for long years and worked in teams to help each other develop the required technology for making those 'gadgets.'

Now think about the amazing inner functioning of the brain as compared to an air traffic controller. Using your brain, imagine how much information is being processed right now to help you see, read, understand and reflect. Indeed, we are still very much ignorant of the inner works of the learning brain. Even if all the skilled scientists worked

together, they would not be able to build a functioning brain. Although they know how certain parts of the brain are activated when we think, they are far from knowing how thinking actually takes place.

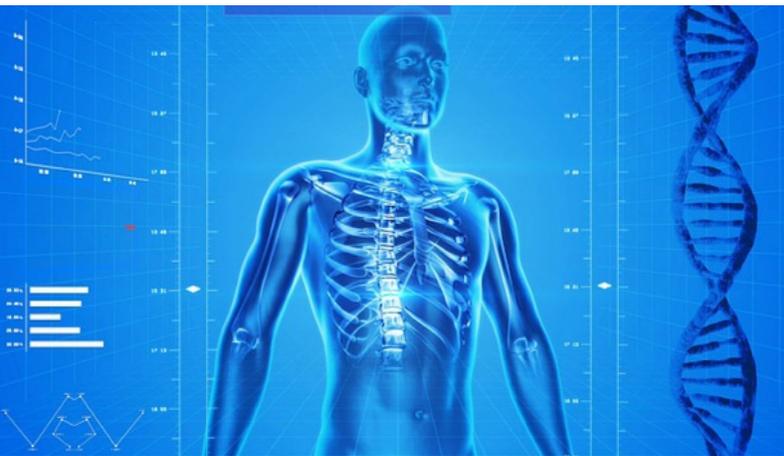
Think about how billions of neurons are interconnected and busy working in order for you to make sense of this world. Did it come into existence on its own? Do you think it is possible for something like nature which has no life, knowledge and consciousness to create the billions of connections required for the brain to be the vehicle of your learning? Obviously, the creation of such an amazing living brain requires much knowledge, wisdom, and power, including the power to give life. As we study the brain, we will realize that it is a meaningful sign pointing to its Maker.





◆ Fourth Dimension: Meditative Thinking

Reflecting on the Attributes of the Maker



Learning is the outcome of billions neural connections within layers of inter-connectivity within the body and the universe. For instance, the lungs work to retrieve oxygen from the air. The stomach works to break down food into energy for the brain. The heart works to supply oxygenated, nutrient-rich blood to the brain. What is more, the human body depends on many things to survive. It relies on plants and animals for food. It relies on the Water Cycle to receive drinking water. It relies on the Sun to receive light and temperature. Indeed, the more we study, the more we understand the

interconnectivity of everything in the universe. In this way, we realize that the perfect creation of the brain within the human body exists within the whole cosmos. Therefore, the maker of the brain, can only be the maker of the body and of the whole world, the planets and the galaxies.

Using our learning brain, we can understand that our Maker must know our needs for learning, thinking, and logic. It is not just a tool for learning. It is also designed to enable us to experience intense emotions such as happiness, anger, grief, excitement, jealousy and joy. It helps us to empathize with our fellow human beings and other creatures on this planet. It is designed to decipher factors in our surroundings that are dangerous and alert our body to take appropriate action. When our senses alert you to the presence of possible danger, such as a wild animal or a fire, our brain is the organ that puts our body into fight or flight mode. In other words, it is designed to help us not only survive in the world but also to thrive.

◆ Fifth Dimension: Moral Thinking

Responding with Better Character

Like many things in our life, we often take the learning brain for granted. However, when we reflect on the huge capacities of our brain and take into consideration those who have learning difficulties, we are able to better appreciate the tremendous value of our brain's ability to learn.

Did you know that an estimated six million people around the world live with Down Syndrome? People are normally born with 46 chromosomes, but children with Down Syndrome are born with 47. This extra chromosome ends up causing reduced mental capabilities to a great extent. They might need lifelong support to maintain their daily life. This condition provides clear evidence that our experience of life depends on an extremely delicate balance and order of multi-layered biological structures. Even a simple disruption in the development of our genes could end up costing us much of our thinking and learning abilities. Another learning disability is prosopagnosia or "face blindness". A person with such a cognitive disorder has difficulty

recognising faces including one's own face. Imagine how our life would look like if we had no ability to recognize the differences in the faces of our friends and families? Now that we learned about the value of our brain, we should offer our appreciation for such a special gift. How? We shall do through remembrance, gratitude, and reflection. That is, we need to think creatively and critically and ask effective questions to find solutions for the many problems we face in everyday life. This will allow us to appreciate life and be grateful to the Giver of life. We shall reflect deeply on the way everything in the universe is created as a sign to its Maker. We should express our gratitude through good words and righteous actions. We shall learn the cosmic language spoken by all things and beings in order to read their hidden messages. We should use our gifted brain and senses to witness, experience and actively remember the beauty all around us, offer thanks to our Maker and praise Him.

