

## **Develop Photographic Memory Easily With Memory Exercises**

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**Sept. 18, 2009** - [PRLog](#) -- FI,USA.....The mind works in quite sophisticated ways and one thing you need to look at of course in this respects is how memory works. The thing is, when we try to remember something, the individual actually travels back in time to certain respects to actually 'remember' something. How the brain works is that it has certain memory banks within the cortex that stores information based on a timeline, and when we try to 'recall', we track back to the time when the information was presented to us to actually recall it.

We actually revisit the imagination, in a sense that there is no real file cabinet inside the brain, but a sort of confused but ordered chaotic membrane of emotions and experiences that gets stored and relived when we try to remember something.

The recent scientific studies show that the brain regenerates these very emotions when we remember something. Basically, the brain acts like a time travel device, by transporting us back to the exact same time and place where these emotions and these experiences happened so that we can remember.

It has been observed that most of the information that goes into the brain does so based on the five senses that are available to us, which is quite interesting in the sense that imagination and memory and spatial experiences are quite correlated when talking about remembering. There are specific neural paths to remembering, and when we recreate the event, we sort of embrace a paradigm of concepts and ideas that were already there in the first place.

This is why people under hypnosis can remember things that we never knew our eyes caught in the first place, or smelled in the first place. This is because through the senses, the brain captures almost everything, and there has been no evidence to the fact that there is any sort of limit at all to what we can store and remember. It has been shown that when the brain cells die, parts of memory and what we remember are removed with their deaths, but there is more study to be done in that area. As it is inevitable that we can forget, we can also develop a photographic memory just by understanding what and how memory works in the brain and this is why visualisation and association exercises are the most important ways to promote a photographic memory.

Because we remember through smell, sight, sound and touch, associating memories with these senses, visualising them and turning them into stories is one of the best ways you can improve your memory. Once you are able to train your mind to be constantly in that state, then you will be able to remember much easier and you can apply this to anything you do whether you do it in your profession or in your social life. With a little effort and constant practice every day at home, you can make this into a habit and mould your mind into a well-oiled memory machine.

If you want to learn more about brain foods, vitamins and amazing exercises that develop a photographic memory and improve your concentration and memory incredibly fast, visit the website here

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