TRAINING THE BRAIN

By Ammaji

Though humans do have a brain, which can easily be proven by opening up the skull to see it, scarcely any one uses it! The average human resembles the scarecrow in the Wizard of Oz. The only difference being that the scarecrow knows what a brain is for and how to use it, while the human thinks he has a brain but doesn’t know how to use it! The scarecrow says to Dorothy,

“Why, if I had a brain I could while away the hours, conferrin’ with the flowers, consultin’ with the rain. And my head I’d be scatchin’ while my thoughts were busy hatchin.’ If I only had a brain.”

Such a musing is sweet in a scarecrow, but is somewhat frightening when encountered in humans.

THE WIZARD OF OZ - is a charming modern fairy tale reflecting undercurrents of spiritual realities.

In Frank Baum’s classic novel, “The Wizard of Oz”, the scarecrow is the main protagonist of the book. Dorothy Gale, who is swept away in a cyclone falls into a field in Munchkin country where she meets the scarecrow. The scarecrow’s great regret is that he doesn’t have a brain.

"Brains are the only thing worth having in this world, no matter whether one is a crow or a man.” he tells Dorothy.

In the book, Dorothy asks the scarecrow." How can you talk if you haven’t got a brain?” He replies, "I don’t know… but some people without brains do an awful lot of talking, don’t they?’

Points to ponder! The modern educational system doesn’t train the brain. It tends to stuff the children’s brains with straw, till they become in effect, walking, talking, breathing, non-thinking scarecrows!
The Yoga science is the best system available to train the brain. It teaches us how to observe the brain’s workings, control its meanderings, focus its energy, and best of all, how to be quiet so that the physical structure of the brain can open up normally unused areas making the brain an instrument capable of receiving cosmic concepts.

The brain is a part of the body, it is a physical organ. So, whatever is done to the body will affect the brain - all components of a system affect all other components of that system.

So, when performing Asanas, the different body positions will affect the physical structure of the brain and produce health and proper functioning of the physical organ.

Pranayama will “charge” the electrical nerve circuits of the brain and feed energy to the tissue. Concentration develops more localized intelligence. Thus, “brain gets trained” in a very natural manner!

Yoga can give even a scarecrow a brain, if practiced with right knowledge, right intelligence and right effort.